

THE SENIOR SCENE



Programs and Activities for
Older Adults
Programas y Actividades para
Adultos Mayores

SEPTEMBER
2018



City of Santa Fe
Community
Services



Offered by: Division of Senior Services

www.santafenm.gov/senior_scene_newsletter

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

SEPTEMBER - 2018

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

Front Desk Reception

Toll-Free Administration Line

Gino Rinaldi, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Receptionist, Vacant

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 3) 955-4700

Linda Quesada-Ortiz, Acting Project Manager/ Dispatch 955-4702

Linda Quesada-Ortiz, Administrative Assistant 955-4700

Nutrition

Yvette Sweeney, Program Administrator

Enrique DeLora, Inventory Supervisor

Tebriana Roibal, Administrative Assistant

FAX Machine - Nutrition

955-4739

955-4750

955-4749

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Robert Duran, MOW Assessments

955-4748

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

In Home Support Services: Respite Care, Homemaker

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Romella Glorioso-Moss, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Program Coordinator

955-4760

955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator

795-3817

Miscellaneous

Craft Room

Pool (Billiard) Room

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

(Out until further notice)

988-2859

992-3069

955-9538

Newsletter Production

Triston Lovato-Armstrong, Editor/Distribution

trlovato@santafenm.gov

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

955-4760

SENIOR SERVICES PROGRAM INFORMATION

SEPTEMBER - 2018

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card. Please note that these cards are NOT valid as legal identification.

Eligibility for Senior Services Registration

Per the Older Americans Act, participants must be at least 60 years of age, or be the legal spouse of a member 60 or over, residing at the same address, or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

- To Reserve:** Call (505) 955-4700 before 4:00 pm to reserve a ride.
Rides must be requested at least 24 hours in advance of service. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost:** **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.** You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule:** **Rides are available 8:15 am to 4:15 pm Monday through Friday.**
Please Note: Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).
Rides to medical appointments are given priority over all other rides.
- Notes:** Closed Monday September 3rd & Friday September 7th half day (Fiestas)
- SF County:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.

By Gino

A message from the Division Director



I hope everyone has been enjoying the summer – we have been very busy here at the Division of Senior Services, between all the activities and the new projects! We continue to experience growth in membership and we are glad to be able to meet the needs of so many folks. There is however one area where I can use your help.

The City of Santa Fe Division of Senior Services is required by the State of New Mexico, one of our funders, to conduct consumer assessments. The Non-Metro Area Agency on Aging (AAA) Policy manual, Section VI.613.1 outlines Consumer Assessment requirements. In summary it states the following:

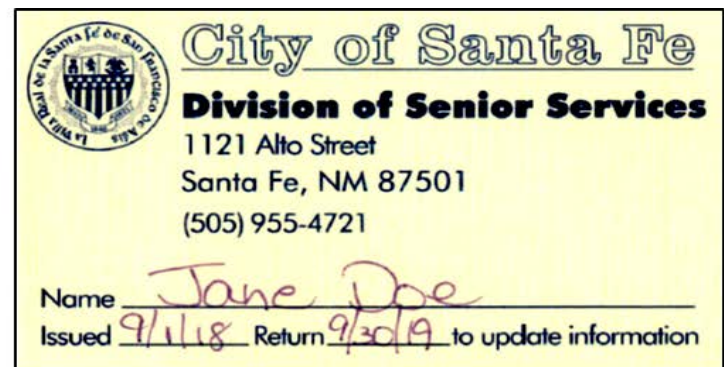
Older persons who request services or referred for services shall be screened by a DSS Staff for eligibility during an intake process. The screening process is intended to ensure that the targeted populations are given preference without excluding others from participating in service to the extent services are available. Determination must be based on an assessment of need which assesses functional ability, adequate support systems and risk. The Non-Metro AAA Consumer Assessment Form (version 4.0) must be used and can be found in the Non-Metro AAA Assessment Workbook.

When we contact you to come in and do your re-assessment, it is because we are required to keep the assessment up-to-date. Things change, whether it's our personal information or our service needs. By keeping the assessment current, we are in the best position to serve you. So, I am asking you to assist us by looking at your current DSS membership card (see below).

Membership Card 1



Membership Card 2



We are no longer issuing membership cards with the photo (Membership Card 1 above); if you have one of these membership cards and have not been reassessed in the last six months, please come in to the Mary Esther Gonzales Senior Center to get reassessed. If you have any questions about the process please call (505) 955-4721 between 8:30 am and 4:30 pm Monday through Friday. Otherwise, if you plan to come into the MEG Senior Center for lunch (11:00 am–12:30 pm) in the near future please visit the front/administration office. The process will only take 5–10 minutes; staff will verify whether your personal information is current, then go through some questions that pertain to the services that we provide. Thank you in advance for keeping your information accurate! 😊



City of Santa Fe Senior Services

Fiscal Year 2017/2018 Accomplishments

The City of Santa Fe Division of Senior Services offers a variety of programs to senior citizens and operates five senior centers throughout the city. These programs and services are essential components of a long-term care system that enables seniors to remain active within their community while continuing to live independently and comfortably within their own home. The Division of Senior Services encourages seniors to stay active, engaged and strive for wellness, and supports this through the services offered.



Activities & Fitness

34,101 sessions of education and training, physical fitness, nutrition education, recreation and arts provided through Activities Programs.

669 medals awarded to **280** athletes and event participants through the 50+ Senior Olympics.



Registration & Outreach

16,252 senior citizens enrolled with Senior Services.

1,831 seniors received Health Promotion and Assessment Screenings.

Grandparents Raising Grandchildren provided **\$10,000** in assistance to **50** grandparents for costs associated to raising their grandchildren.



Transportation

36,259 rides provided by the Senior Transportation Program.



Volunteers

23,700 hours of tutoring/mentoring provided to children with exceptional needs in public schools and Head Starts by **Foster Grandparent volunteers**.

77,990 hours provided by **RSVP volunteers** to 55 community partners in Santa Fe to address local needs.

32,125 hours of assistance and friendship provided to adults who have difficulty with daily tasks, by **Senior Companion volunteers**, allowing them to remain independent in their homes.



In-Home Support

8,880 hours of in-home service provided by Homemaker Program.

8,119 hours of respite provided to caregivers by the Respite Program.

Family Caregiver Support provided training, support, counseling, nutritional supplements, medical equipment and other supplemental services **947** times.



Nutrition

61,834 nutritious hot meals served within five congregate meal sites.

108,263 meals delivered by Meals on Wheels to frail, home-bound seniors.

NEWS & VIEWS

SEPTEMBER - 2018

All City of Santa Fe Senior Centers closed on Monday, September 3 for Labor Day. Services resume on Tuesday, 9/4. Centers also closed at noon on Friday, September 7th. No lunch will be served this day.

Santa Fe County Mobile Health Van

The mobile health van will not be out until further notice. For more information, call Patricia Boies, Health Services Division Director, at 505-995-9538.

Alzheimer's Walk Luncheon Fundraiser

Join others from the community to support the Alzheimer's Association on Friday, September 21 from 11:30 am to 1:30 pm at Pacifica Senior Living in Santa Fe. Enjoy a delicious enchilada buffet, desserts, beverages, music and a raffle for \$10.00 for adults and \$5.00 for children 12 and under. The raffle basket is \$5.00 per ticket. All proceeds will go to the Alzheimer's Association. For more information please call (505) 695-2901.

Let's Grow! Herb Harvesting and Propagation Saturday, September 8 from 9:00-11:00 am at County Fairgrounds - Herb Garden

Discover herbs that prosper in our region and how to propagate them from cutting, as well as techniques for growing, pruning, harvesting and preserving herbs.

5th Annual End Hunger Summit

Did you know that every week, nearly 70,000 New Mexicans seek food assistance? Or that out of this number, 21% are senior citizens? Do you want to know how to get more information about food resources or how you can get involved in addressing hunger in New Mexico?

Attend the fifth annual End New Mexico Hunger Summit, which will be held on Tuesday, September 25 at Embassy Suites in Albuquerque. The event, sponsored by New Mexico Cares Foundation, will continue to address challenges and solutions to ending hunger in the State of New Mexico. Morning keynote speakers will include experts on the subject of hunger and the afternoon session will be a continuation of working groups with the FY17-21 New Mexico Action Plan to End Hunger; there will also be door prizes, exhibits and a community sponsors fair.

To attend and participate in the summit you must register by Friday, September 21 or register on site for a higher fee. The price for seniors (60+) is \$25 and for non-seniors (59 and under) it is \$35; add \$10 if registering on site. Registration forms are available at the Mary Esther Gonzales Senior Center (1121 Alto Street); please ask for Triston Lovato-Armstrong.

Back to School Bash!

The Santa Fe Public Schools (SFPS) invites you to celebrate the start of school at the Back to School Bash on Saturday, September 15 from 11:00 AM to 1:00 PM at Franklin Miles Park, located at 1027 Camino Carlos Rey. The focus of this year's celebration is on STEAM--science, technology, engineering, art and math. Held in partnership with the City of Santa Fe's Parks and Recreation Department, the event will showcase SFPS schools and departments and the range of learning programs and services available to public school students and families. City emergency responders, including the fire and police departments, will have fire trucks and other equipment on hand for all to explore. Come enjoy free food, games, giveaways, music and FUN in the park's family-friendly setting and support student learning and education in Santa Fe.

Terminio G. Arce

NEWS & VIEWS

SEPTEMBER - 2018

83rd Annual Exhibicion de Modas y Merienda (Vintage Fashion Show) presented by La Sociedad Folklorica De Nuevo Mexico (The Folklore Society of New Mexico)



The Merienda began in 1935, when Cleofas Martinez y Jaramillo and friends formed La Sociedad Folklorica. At one of the meetings it was decided to have a fashion show and Merienda. So these ladies searched in trunks and attics for old heirloom fashion dresses, jewelry, mantillas, shawls, hats and other finery. As they

prepared for the fashion show, the excitement began and is continued through today. Models are members, daughters, granddaughters and family members. La Sociedad Folklorica has in its collection over 100+ dresses (trajes), two that belonged to our Founder, Cleofas Martinez y Jaramillo. The collection consists of beautiful and elegant evening dresses that are made of satin, lace, organdy and are heavily beaded. Some are hand stitched, with beautiful lace, that were worn to the Governors Ball or weddings and other grand festivities. We also have garden dresses with parasols and beautiful wedding dresses with long trains which have been worn by some of our previous members. Our

collection also includes military uniforms dating back to the Civil War and men's and children's clothing. La Sociedad Folklorica is very fortunate and grateful to the people and families that have donated these wonderful dresses that can be shared for years to come.

In 1935, the first Merienda y Exhibicion de Modas was held at the Sena Plaza. Creamy, warm, smooth chocolate and biscochitos were served in 1935, and will be shared at this year's Merienda on September 8, 2018, which will be enjoyed with our friends and new acquaintances. The Exhibicion de Modas will start at 3:00 pm. Will be at James A. Little Theatre.



For those who aren't familiar, a Merienda is similar to an English High Tea. La Sociedad Folklorica has published the following books and they will be available at the door:

For more information call: 505 690-4450

- Cookbook - Comidas de Ayer y Hoy
- Spanish Riddles & Colcha Designs
- Compendio de Folklore – Book of Folklore of Spanish Tails
- Tesoro de Cantico Sagados
- Las Posadas – Prayer and Hymns

Benchwarmers Short-Play Festival at the Santa Fe Playhouse

This play features Robert Benjamin's, "Broken Off," a comedy about a senior struggling to help his daughter. An old guy and flight attendant clash when his computer won't power down before takeoff. It's one of eight plays at each show. Afternoon shows will be on Sept. 30, Oct. 7, 14. Evening shows will be Sept. 27-29, Oct. 4-6, and 11-13. Details and tickets are available at <https://SantaFePlayhouse.org/season/>. The Santa Fe Playhouse is at 142 East DeVargas St., near the Roundhouse.

Spaghetti Dinner Fundraiser

This dinner, hosted by the Knights of Columbus Council 10517 & Catholic Daughters of America, will take place on Saturday, September 22 from 5:00–8:00 pm. The dinner will be in the Santa Maria De la Paz Social Hall (11 College Drive) and the menu includes: spaghetti (meat and vegetarian), salad, garlic bread, desserts and beverages. The cost is \$10.00 for adults (age 12+); kids 3-11 can eat for \$5.00; under 3 eat free. There will be a raffle, silent auction, great food and a great time. For more information visit www.KofC10517.com.

NEWS & VIEWS

SEPTEMBER - 2018

Support Group Information

Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11:00 am to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call Anna at (505) 988-2583.

Jewish Care Program Support Group

The Jewish Care Program in Santa Fe currently offers a FREE grief and loss support group on Thursdays from 1:00–2:00 pm. Open to anyone in Santa Fe 18+ who has lost a loved one, pre-registration is required; call 505-303-3552. Once you pre-register, you can show up as desired. Since this is an ongoing group, there is no time commitment required. Call for location and more information.

Family Caregivers Support Group

Sometimes the best medicine is just being safe to say what you are thinking and feeling without being judged or given unwanted advice. Listening to someone else can be a welcome break from your own situation and can offer a new perspective. As part of Comfort Keepers in-home caregivers, this support group is free and meets every 2nd and 4th Wednesday from 2:00–3:00 pm. The next dates are September 12 & 26. Contact: Eileen Joyce, 505-428-0670, ej@eileenjoyce.com.

Support for Living with Ongoing Health Issues

Sometimes you just need a place to talk about your health, in a group who understands the challenge of not feeling well. The purpose of this group is to learn and share about: your illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself and creating resilience. The group is sponsored by Berardinelli Support for Living Programs, and is free and facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The group meets every 2nd and 4th Tuesday from 2:00–3:00 pm. The next dates are September 11 & 25. Contact: Eileen Joyce, 505-428-0670, ej@eileenjoyce.com.

6-Week Grief Recovery Support

This program is for those who have experienced the deaths of family, friends, or colleagues. The purpose of this group is to learn and share in a confidential setting. Each week the group will discuss grief and loss and how they affect work, life and relationships. Over the six weeks the group will cover:

- Losses and how we deal with them;
- The myths about grief, loss and healing;
- How unresolved grief affects your capacity for happiness;
- Caring for yourself and others going through devastating loss;
- What to say and what not to say;
- Creating resilience even in times of great challenge.

The group, sponsored by Berardinelli Support for Living Programs, is free and facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. Attending all six weeks is recommended. If not possible, please come as your schedule permits. Please contact Eileen at (505) 428.0670 or ej@eileenjoyce.com to reserve your space.

Six Saturdays, 11:00 am–noon
October 6, 13, 20, 27 and November 3, 10
at the Berardinelli-McGee Life Event Center
1320 Luisa St., Santa Fe, NM 87505

Alzheimer's Cafes

The Eldorado Alzheimer's Café takes place on the second Monday of the month from 2:00–4:00 pm in the meeting room at Vista Grande Library (14 Avenida Torreon).

The Santa Fe Alzheimer's Café takes place on the second Wednesday of the month from 2:00–4:00 pm at the Santa Fe Children's Museum (1050 Old Pecos Trail).

For more information please email lokvig@gmail.com or call (505) 501-2412.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER - 2018

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.**



Now Recruiting Foster Grandparent and Senior Companion Volunteers

Are you ready to get out of the house and make a difference in our community? As a volunteer, you're a role model, a mentor, or a caregiver and a friend and if you're at least 55 and want to share your experience and compassion, you might have what it takes to be a volunteer! As a volunteer, you may qualify for a tax-free stipend, mileage reimbursement and many other benefits. The Foster Grandparent Program is currently recruiting for the new school year and there are many volunteer stations to choose from. Volunteers are especially needed in the Head Starts. The Senior Companion Program is also looking for volunteers who drive and who are willing to assist with errands and provide companionship to frail/lonely senior citizens who need a bit of assistance so they can remain living in their own homes.

When you volunteer, you're not just helping others – you're helping yourself. Volunteering leads to new discoveries and new friends. Plus studies show that volunteering helps you live longer and promotes a positive outlook on life! If you are interested in becoming a volunteer, please call Melanie at (505) 955-4761.

Literacy Volunteers of Santa Fe Need You

The Literacy Volunteers of Santa Fe (LVSF) will be hosting Basic Literacy and English as a Second Language Tutor Trainings on Thursday, October 4 from 4:00–6:00 pm and on Friday, October 5 from 9:00 am to 5:00 pm. Interested individuals can contact LVSF for more information at (505) 428-1353 or apply online at <https://lvsf.org/tutor-application-form/>. To receive assistance and support from RSVP for costs associated to volunteering in this opportunity please contact Triston at (505) 955-4760.



RSVP *Voluntarios*

Ginger Blackmar	9/01
Celedonio F. Lucero	9/06
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Roy Trujillo	9/10
Harry A. Caton	9/11
Elizabeth Hinds	9/13
Jane Gabaldon	9/14
Bruce H. Kidman	9/14
Stan Cooper	9/15
Lydia Anicito	9/16
Sophia M. Gallegos	9/16
Barbara Anderson-Acosta	9/17
Belle Garcia	9/18
Celina "Sally" Roybal	9/18
Lois M. Parkes	9/20
Mary Dunham	9/24
Frances Gomez	9/24
Lucy R. Brown	9/25
Angie Quintana	9/26
Kathleen Wise	9/27
Kim Martinez	9/28

FGP/SCP *Voluntarios*

Pita Vasquez	9/05
Amelia Garcia	9/06
Annette Strom	9/10
Gail Askew	9/15
Socorro Arroyo	9/19
Mary Grace Saiz	9/22

Please note that the above birthdays are people who are enrolled in the Senior volunteer program and turn in their hours quarterly.

SEPTEMBER - 2018

SPONSORED BY THE CITY OF SANTA FE SENIOR CORPS VOLUNTEER PROGRAMS

9/11 National Day of Service and Remembrance

COMMUNITY CLEAN UP

Tuesday, September 11 @ 9:30 am



VOLUNTEERS NEEDED

The City of Santa Fe Senior Corps Volunteer Programs have adopted a highway and we need your help cleaning up the area! Take pride in your community and help us clean up our section of Artist Road/Hyde Park Road (NM 475) which leads up to the Santa Fe Ski Basin. Meet us at the Mary Esther Gonzales Senior Center (1121 Alto Street) at 9:00 am to catch a ride up there or meet us at the location at 9:30 am, which begins at the blue sign located at mile marker two. We will pick up trash and debris in an effort to keep our environment safe, healthy, and beautiful while remembering that September 11 is a time to come together as a community and do at least one good deed. Trash bags, gloves and safety vests will be provided. Light refreshments will be served.

Sign up now. Call (505) 955-4760.



SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE



City of Santa Fe
Senior Services



ONGOING ACTIVITIES

SEPTEMBER - 2018

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Grupo Cielo Azul (live music every other Tuesday)			1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9:30 am: Yoga 1:30 pm: Oil painting 9/11, 9/25 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 st & 3 rd Wednesday)	8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer lab hours (<u>Wednesdays</u> , 10 am-noon, General Computer Instruction; <u>Fridays</u> , 10 am-noon, Online job/application assistance)				

Pasatiempo Senior Center – 664 Alta Vista Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full)	8:30 am: Zumba 9:30-11:30 am: Guitar class 11 am: Line dance (Beginner) noon: Line dance (High intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	noon: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	10 am: DanceAbility 1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

***NOTE:** Please print your name on our activity sheets every time you participate.

UPCOMING ACTIVITIES

SEPTEMBER - 2018

AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- September 11
- October 9

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses can be found on the Ongoing Activities page.

Luisa: Tuesday, Sept. 4 at 9:00 am
Ventana De Vida: Tuesday, Sept. 4 at 9:30 am

Monthly Senior Services Committee Meetings

All meetings held at the MEG Senior Center.
(Posted pursuant to the Open Meetings Act)

Senior Olympics: Thursday, Sept. 13 at 1:30pm
Advisory Board: Wednesday, Sept. 19 at 9:30 am

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates:

Luisa: Friday, September 7, 10:30 am – noon

MEG: Friday, September 14, 10:30 am – noon

Pasatiempo: Friday, Sept. 28, 10:30 am – noon

Ventana: Friday, September 21, 10:30 – noon

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St, will host a Bingo on Sunday, September 2, 2018 from 1:00–4:00 pm. It is \$12.00 for a package, four specials at \$1.00 each and \$2.00 for the jackpot. There is a \$100.00 jackpot guarantee so don't miss out! Everyone is welcome, food will not be served – only cokes and candy. Please bring small bills.

Luisa Bingo \$100 Guarantee

Join the Bingo crew on Friday, September 21 from 1:00–4:00 pm at the Luisa Senior Center for a game with a \$100.00 guarantee. Don't miss out on a chance of winning!



Fiesta Dance

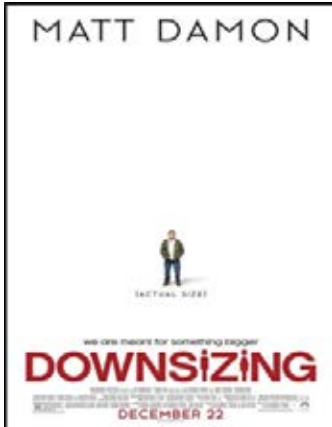
Que viva la Fiesta! Join us at the annual Fiesta Dance on Thursday, September 6 at the Fraternal Order of Eagles (833 Early Street). The dance will be from 1:00–4:00 pm and admission is \$2.00. Live music will be provided by Camino Oscuro and the Fiesta Cuadrilla will drop by from 2:30–2:50 pm to celebrate! This dance is sponsored by the Luisa Center and food will be donated by Kingston.

UPCOMING ACTIVITIES

SEPTEMBER - 2018



Movie Day
at Ventana De Vida Senior Center
Wednesday, September 12, 2018 at 1:00 pm
"Downsizing"
(2017 • R • 2h 15m)



When scientists discover how to shrink humans as a solution to over population and climate change, an occupational therapist and his wife decide to abandon their stressful lives and "get small" in order to move to a luxury downsized community located outside of Santa Fe, NM. Although this is an entertaining science fiction movie with a LOT of funny parts, it is also a thought-provoking film both of this moment and timeless. Starring Matt Damon, Kristen Wiig and Christopher Waltz.



Movie Day
at Luisa Senior Center
Monday, September 17, 2018 at 1:00 pm
"Shock and Awe"
(2017 • R • 1h 32m)



Based on true events, President George W. Bush makes a statement about Saddam Hussein's possession of weapons of mass destruction. Knight Ridder journalists question the American president's claims during the events that led up to the Iraq War in 2003.

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- MEG: Wednesday, September 5
- Pasatiempo: Wednesday, September 12
- Ventana de Vida: Wed., September 19



Movie day
at MEG Senior Center
Tuesday, September 25, 2018 at 1:00 pm
"Coco"
(2017 • PG • 1h 49m)



Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, September 24 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales (MEG) Senior Center for assistance. Please note that assistance at Luisa is currently unavailable due to Internet issues.

Wednesdays, 10:00 am–noon

Get assistance with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available during this time block; walk-ins are welcome!

Fridays, 10:00 am–noon

Get assistance with job searches, online applications, email, research and other general computer instruction. The volunteer instructor is available during this time block; walk-ins are welcome!

UPCOMING ACTIVITIES

SEPTEMBER - 2018

Free Hair Cuts at MEG & Pasatiempo

Senior Center volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come first serve basis, 20 haircuts per day). The haircut days in September are as follows on Wednesdays at 10:00 am:

- September 12 at MEG
- September 19 at Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9:00 am.

Free Hair Cuts at Ventana De Vida

Senior Center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis, 20 haircuts per day). She will be available on the first and third Tuesday each month starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

Chi Gung Session at Mary Esther Gonzales Senior Center

Please join volunteer instructor, Rezi for "Chi Gung – energy medicine for health and harmony, embrace the universal forces of nature through sacred animal forms" at the Mary Esther Gonzales Senior Center dining room. The class focuses on slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise session takes place on Thursdays from 10:00–11:00 am. For more information please call Rezi at (505) 992-1909.

MEG Exercise Room

Please join volunteer trainer Gitta Mainland in assisting seniors in the MEG exercise room. She will be available for the month of September on Thursday, 9/13 and 9/20 from 10:00 am to noon. Please join her if you would like assistance.

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Sister Jo will be teaching a class from 9:30–10:30 am on Wednesdays at Ventana de Vida Senior Center. Join her!

ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

Attend an ICAN class at the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center!

- MEG: Wed., September 12 & 26 at 10:30 am
 - Ventana: Monday, September 24 at 1:30 pm
- For more information please contact Renee at (505) 471-4711.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will take place on Tuesday, September 4 and 18 at 1:30 pm.

Ventana de Vida Beading Class

Senior center volunteer Elizabeth McDermid, will be teaching a class on beading at Ventana De Vida Senior Center every other Friday afternoon at 1:00 pm beginning September 28. If you have beads and wire or elastic, please bring those items with you and after the first class we can determine what supplies we will need and try to purchase some. Please join this new class and have some fun!



Teeniors Tutoring Session

Teeniors, the tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching will be back in Santa Fe this month! Join them at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Friday, September 21 from 2:00–4:00 pm. They will be available to help seniors with issues or questions regarding your iPhone or iPad, so please come join them if you need this assistance! Call Albert to sign up 505 955-4715.

UPCOMING ACTIVITIES

SEPTEMBER - 2018

Day Trip to Pecos National Historical Park

Join us for a day trip to Pecos National Historical Park on Thursday, September 20. Meet at the Mary Esther Gonzales Senior Center by 8:30 am; we'll leave at 9:00 am. The cost is a suggested \$5.00 donation for the bus; we will stop for lunch afterward at Mayelas Restaurant, which will be \$10.00 for your meal and a drink. The menu will be red beef or green chicken enchiladas with posole, rice, and beans. Or you may bring your own lunch if you so choose. Please call Albert at (505) 955-4715 to reserve your seat on the bus.

SATURDAY Market
OPEN YEAR ROUND
Early opening 7am June-Sept
8am-1pm
RAILYARD MARKET

TUESDAY Market
MAY 1 - NOV. 20
Hours always the same as Saturday
RAILYARD MARKET

EAT FRESH BUY LOCAL
50 YEARS
SANTA FE FARMERS MARKET
EST. 1968
LOCALLY GROWN NATIONALLY KNOWN

WEDNESDAY Evening Market
JULY 4 - SEPT. 26
3pm-6pm
RAILYARD MARKET

Tuesday 3pm-6pm
JULY 3 - SEPT. 25
El Mercado Del Sur
LOCATED IN PLAZA CONTENTA 6005 JAGUAR DRIVE

RAILYARD Artisan Market
ART & GIFT GALLERIA
SUNDAYS 10am-4pm

WWW.SANTAFEFARMERSMARKET.COM | 505.983.4098

Are you 60 plus? Hike with us!

Have you been thinking about hiking this summer but haven't gotten around to it? Well read on for this month's hikes, which will be a search for the beautiful autumn aspen colors! Please note that hikes are subject to change due to weather or other unforeseen circumstances.

Moderate Hike – Sept. 6 (1st Thursday) Aspen Vista (Service Vehicle) Trail

This easy/moderate hike will be to Aspen Vista, along the Aspen Vista Road, an unpaved road reserved for vehicles servicing the cell towers at Tesuque Peak. We will hike about 2 miles one way, stop for a snack/lunch and return. Our altitude will be between 10,000 and 10,500 feet. Along the way we will enjoy panoramic views of the Aspen forests – and hope for fall colors. The hike will be leisurely and no hiking experience is required.

Strenuous Hike – Sept. 20 (3rd Thursday) Alamo Vista Trail (to the Ski Lift)

This strenuous hike is an often requested and long-awaited hike to Karl's Meadow and beyond to the top of the mid mountain ski lift. Distance is 2 ½ miles roundtrip; altitude gain is from 10,000 feet to 11,182 feet. We'll hike through spectacular Aspen groves that should be in full autumn colors. At the ski lift we will break for snacks as we feast our eyes on a 180-degree view from Albuquerque to Taos. Allow a little later return time – estimate 1:00 pm. NOTE: The first half of this hike, to Karl's Meadow only, is an easy/moderate hike, suitable for most people. Try it – and then relax in the meadow while the advanced group continues to the ski lift – we'll pick you up on the way down.

The hikes are led by a volunteer with the van departing at 9:00 am from the Mary Esther Gonzales Senior Center (1121 Alto Street); there is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack/sack lunch, and it's recommended that you dress in layers. The max number of participants for these hikes is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot. For cancellations, please call at least 24 hours in advance.

HEALTH & SAFETY

SEPTEMBER - 2018

September is National Cholesterol Education Month

Source: CDC Centers for Disease Control and Prevention



Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country.

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

HEALTH & SAFETY

SEPTEMBER - 2018

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

The National Cholesterol Education Program has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition; you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

CDC Programs That Address Cholesterol

National Heart Disease and Stroke Prevention Program

Since 1998, CDC has funded state health departments' efforts to reduce the number of people with heart disease or stroke. Health departments in 41 states and the District of Columbia currently receive funding for these activities. These programs promote policy and system level changes at the state and community level to support heart-healthy and stroke-free living and working conditions.

WISEWOMAN

The WISEWOMAN program helps women with little or no health insurance reduce their risk for heart disease, stroke, and other chronic diseases. The program helps women aged 40 to 64 years quit smoking, improve their diet, and increase physical activity. WISEWOMAN also offers tests for high blood pressure, high cholesterol, and diabetes. CDC funds 21 WISEWOMAN projects in 19 states and two tribal organizations.

Lipid Standardization Program

CDC's Environmental Health Laboratory serves as the world reference laboratory for measuring cholesterol, triglycerides, high-density lipoproteins, and low-density lipoproteins. Doctors require accurate measurements to diagnose and properly treat people with high cholesterol levels. The laboratory helps ensure the quality of about 35 million cholesterol measurements made annually in the United States.



Someone Tried to Steal My Social Security Benefits!

Keep an eye on your account online before scammers try to take it over
by Kenneth Terrell, **AARP**, April 13, 2018

Identity thieves might be sending you false information through the mail.

Ruth Eckenstein was surprised to get the letter from the Social Security Administration (SSA), given that she wasn't receiving her benefits yet. But when the Oklahoma City resident opened that envelope in December, her surprise turned into the worst kind of shock.

Identity thieves pretending to be Eckenstein had accessed her Social Security account and were about to receive a check for her back benefits of \$11,665. The check was so large because it was the total amount Eckenstein, 66, would have received by then if she had started claiming benefits when she turned 65.

"Luckily, I opened it up and read it, otherwise I wouldn't have known about it," Eckenstein says. "I felt really vulnerable."

After hours of discussion with SSA employees, Eckenstein was able to convince the agency to stop payment on the check. But the incident reveals a frightening type of fraud endangering the retirement income that millions count on. Depending on when you enroll to claim benefits, the theft could go on for years before you discover it.

The SSA has not released the number of identity theft incidents involving Social Security benefits. But it has reported attempted breaches of its My Social Security website, the primary portal for benefit recipients. Between February 2013 and February 2016, there were more than 58,000 allegations of fraud related to My Social Security accounts. That's a small fraction of the 34 million people who use the website, but still a substantial number of incidents.

It was through her My Social Security account online that Eckenstein was able to confirm that someone was trying to claim benefits in her name. Even though she wasn't yet receiving benefits, Eckenstein already had set up her online account. She did so following the advice of the SSA, which for years has urged everyone over the age of 18 to open accounts to help prevent con artists from opening an account in your name and claiming your benefits.

But as Eckenstein can attest, it's not foolproof.

"Getting an account and checking it often is a good idea; it just doesn't necessarily stop fraudsters from trying to commit fraud in your name," says Brian Krebs, a cybersecurity expert who runs **Krebs on Security**, based in northern Virginia.

After receiving the notice, Eckenstein logged on to her My Social Security account and confirmed that a payment of \$11,665 was scheduled to be paid via debit card. Fraudsters like to use debit cards because the money loaded onto them can be spent almost as easily as cash and leaves little of a meaningful paper trail.

It turns out the identity thieves had enrolled by phone for Eckenstein's benefits. They also changed the phone number on her account to a Miami area code. Luckily, her mailing address was still correct. Eckenstein also discovered that the identity thieves had attempted to apply for disability benefits in her name. After months of multiple meetings with the SSA, Eckenstein says she has managed to resolve the issues related to the account takeover.

Experts advise Americans age 18-plus to check their accounts once a month for suspicious activity. Incidents can be reported to the SSA's Office of the Inspector General (800-269-0271) or a local SSA field office



PUZZLE

SEPTEMBER - 2018

PUZZLE 95

TRIPLE PLAY

Some of the clues in this crossword are Triple Play clues. They consist of three words separated by commas. The answer to a Triple Play clue is a word that can precede or follow each of the three words to form a common phrase, name, or compound word. For example, the answer to "Shelter, Income, Payer" is TAX (Tax shelter, Income tax, Taxpayer).

ACROSS

1. Cloak
5. Goblet part
9. Nonexploding firework
12. Story, Cut, Hand
13. Peel
14. Composer Thomas ____
15. Body's trunk
16. Land measure
17. Uncouth
18. Deco, Work, Nouveau
19. Tie, Lace, Line
21. Quake
23. Fiscal, Book, End
25. Positively!
26. Charged particle
27. "____ to Joy"

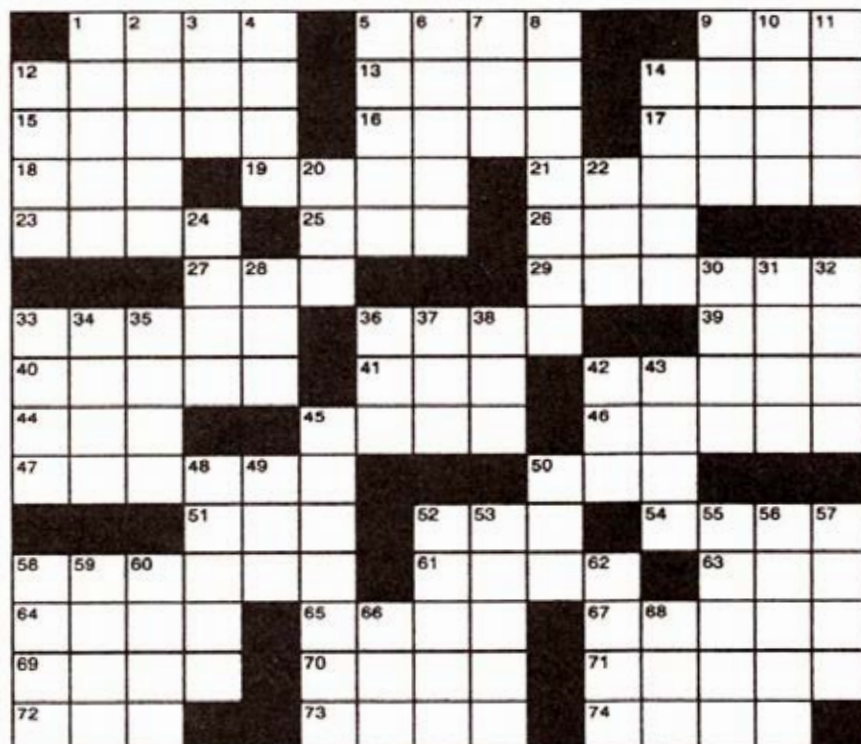
DOWN

29. Closer
33. Wheat, Number, Hog
36. "King ____"
39. Hole in one
40. Subscribe again
41. Fury
42. Solemn promises
44. Be unwell
45. Once again
46. Make fuddled
47. Using a crowbar
50. Certain evergreen
51. Actor Van Cleef
52. Health resort
54. Racetrack-shaped
58. Picture, Sickness, Less
61. Spinal, Wood, Rip
63. Pub quaff

DOWN

64. Gumbo ingredient
65. Kick, Cloth, Off
67. Inert gas
69. Praise highly
70. Yorkshire river
71. Robin, Table, House
72. Pigment
73. Father's boys
74. Cap, Deep, High
1. Task
2. Main artery
3. Couples: abbr.
4. English school
5. Outer, Shuttle, Walk
6. Nails
7. Goof
8. Conference

9. Major, Snare, Ear
10. Take apart
11. Rein, Hound, Stalker
12. Put, Main, Over
14. Amphitheater
20. Lash, Private, Ball
22. Fish eggs
24. Play, Model, Conflict
28. A.M. condensation
30. Ship deserters
31. Chamber, Location, Gram
32. Home, Easy, Room
33. Gift, Around, Up
34. Loom, Apparent, Ship
35. Exclusively
36. Relatives
37. Mine yield
38. Brand, Born, Comer
42. Japanese sash
43. Flight prefix
45. Committee's schedules
48. Homeric epic
49. ____-Darwinism
50. Away, So, Fetched
52. Contempt
53. Vatican leaders
55. Unclear
56. Leave, Stand, Let
57. Give temporarily
58. Shape
59. All right
60. Love, Blue, Hearted
62. Horse, Ages, Continent
66. ____ Grande
68. Actor/director Howard



Calcium Word Search

P	O	W	E	R	W	B	I	Z	Y	D
C	H	O	C	O	L	A	T	E	O	E
C	P	R	O	T	E	I	N	C	G	S
O	L	A	C	T	O	S	E	O	U	I
W	C	A	L	C	I	U	M	N	R	C
S	T	R	O	N	G	P	F	E	T	R
V	I	T	A	M	I	N	D	S	L	E
M	I	L	K	O	A	J	M	E	Y	X
U	S	P	I	N	A	C	H	E	U	E
C	F	Q	D	A	I	R	Y	H	Z	H
P	S	O	X	G	U	W	N	C	A	A
B	O	N	E	S	N	T	O	F	U	O

DIRECTIONS: Find the following words below. Some words may be spelled across, backwards, diagonal or vertical. **HAVE FUN!**

CHEESE
STRONG
PROTEIN
DAIRY
EXERCISE

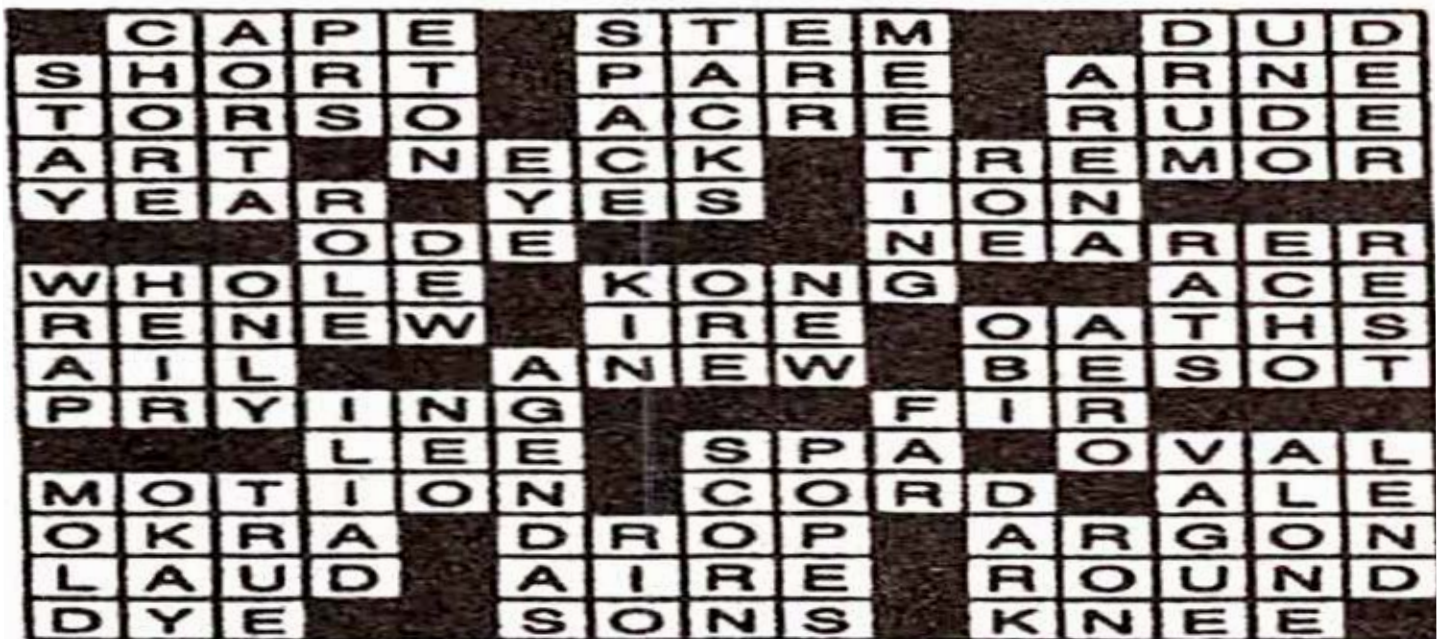
SPINACH
CALCIUM
CHOCOLATE
BONES
MILK
YOGURT

VITAMIN D
LACTOSE
POWER
TOFU
COW

PUZZLE ANSWERS

SEPTEMBER - 2018

PUZZLE 95



Calcium Word Search



DIRECTIONS: Find the following words below. Some words may be spelled across, backwards, diagonal or vertical. **HAVE FUN!**

Whole Grain Unscramble –
Answers

- 1.) ICRE = RICE
- 2.) RCAEEL = CEREAL
- 3.) NRPPOOC =
POPCORN
- 4.) LAEMTAO = OATMEAL
- 5.) RFBEI = FIBER
- 6.) OWHEL NRGIA =
WHOLE GRAIN

BREAKFAST MENU

SEPTEMBER - 2018

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1.00 for seniors 60 and over and a fee of \$7.00 for non-seniors (59 and younger). **Milk is served with each meal. Menu is subject to change.**

Please print your name clearly on our meal sheets when eating at senior centers.

Monday	Tuesday	Wednesday	Thursday	Friday
3 All City of Santa Fe Senior Centers CLOSED for Labor Day	4 Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage, & Green Chile Mixed Fruit	5 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	6 Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	7 Malt-O-Meal Biscuit w/ Country Gravy Sausage Patty Orange
10 Corn Flakes Banana Mini Muffin Tomato Juice	11 Malt-O-Meal Ham, Egg & Cheese Croissant Melon	12 Cinnamon Oatmeal Raisins Toast w/ Margarine	13 Bran Flakes Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	14 Cheerios French Toast w/ Syrup, Bacon Sliced Apples
17 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	18 Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit	19 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	20 Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	21 Malt-O-Meal Biscuit w/ Country Gravy Sausage Patty Orange
24 Corn Flakes Banana Mini Muffin Tomato Juice	25 Malt-O-Meal Ham, Egg & Cheese Croissant Melon	26 Cinnamon Oatmeal Raisins Toast w/ Margarine	27 Bran Flakes Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	28 Cheerios French Toast w/ Syrup, Bacon Sliced Apples

Whole Grains Unscramble

Whole grains are the healthiest kinds of grains – naturally high in fiber, they help you feel full and satisfied, which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems. The Dietary Guidelines for Americans recommends that at least half of all the grains you eat are whole grains. Try the word scramble below to find out what whole grains you should add to your diet! (Sources: mayoclinic.org and USDA SnapEd)

1.) ICRE

My color can be either white or brown and I am the most eaten grain in the world.

2.) RCAEEL

A grain eaten in the morning with milk.

3.) NRPPOOC

A grain usually eaten at movie theatres.

4.) LAEMTAO

A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain.

5.) RFBEI

Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.

6.) OWHEL NRGIA

Contains the entire grain kernel.

SENIOR CENTER LUNCH MENU

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 All City of Santa Fe Senior Centers CLOSED for Labor Day	4 Chicken Fettuccini w/ Alfredo Sauce Broccoli & Cauliflower Garlic Bread Pears	5 Meatloaf Scalloped Potatoes Carrot Raisin Salad Roll w/ Margarine Apples in Cobbler	6 Frito Pie Pinto Beans Garnish Mexicorn Coleslaw Vanilla Pudding w/ Cinnamon	7 Half Day: Meals on Wheels Only Tuna Salad Coleslaw, Crackers Cold Peas Chocolate Chip Cookie
10 Salisbury Steak Mashed Potatoes w/ Mushroom Gravy Spinach Roll w/ Margarine Tropical Fruit	11 Chicken Soft Taco Garnish, Salsa Chile Beans Calabacitas Chilled Peaches	12 Hot Roast Beef Sandwich w/ Swiss Cheese Tossed Salad 3 Bean Salad Fresh Apple	13 Pork Posole w/ Red Chile Spanish Rice Mixed Veggies Strawberry Ice Cream	14 Baked Chicken Mushroom Sauce Rice Pilaf French Style Green Beans w/ Red Peppers Roll w/ Margarine Pineapple
17 Country Style Ribs Baked Beans Spinach Salad Peas & Carrots Cornbread Yogurt	18 Turkey Sandwich w/ Garnish Potato Salad Peaches in Cottage Cheese	19 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Tossed Salad Cherries in Cobbler	20 Sloppy Joe Seasoned Fries Peas & Carrots Coleslaw Peanut Butter Cookie	21 Chicken Salad Sandwich Croissant Potato Chips Cold Peas Tropical Fruit Salad
24 Chicken Tenders Country Gravy French Fries Coleslaw Biscuit w/ Margarine Apricots	25 Carne Adovada Refried Beans Chuckwagon Corn Tortilla Mandarin Oranges	26 Cheesy Baked Ziti w/ Meaty Marinara Sauce Italian Veggies Tossed Salad Breadstick w/ Margarine Mixed Fruit in Jello	27 Grilled Ham & Cheese Vegetable Soup Tater Tots Pickle Spear Rainbow Sherbet	28 Salmon Patty Tomato Macaroni Asparagus Lemon Bar

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.00 --- Lunch \$7.00

Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
11:00 am – 12:30 pm Monday through Friday

Please print your name clearly on our meal sheets when eating at any of the centers.

Milk is served with each meal. Menu is subject to change.



Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 955-4721)

PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO
(closed for renovation)

Genoveva Chavez Community Center

