

# THE SENIOR SCENE



3 year old Nikki Lujan



Offered by: Division of Senior Services  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**SEPTEMBER**  
**2019**

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

# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

SEPTEMBER 2019

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](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services: Respite Care,</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Katie Ortiz, Clerk Typist	955-4746
Cara Alunno, Receptionist	955-4741	<b>Foster Grandparent/Senior Companion Program</b>	
FAX Machine - Administration	955-4797	Melanie Montoya, Volunteer Prog. Admin.	955-4761
<b>Senior Services Registration</b>		Romella Glorioso-Moss, Special Projects Admin.	955-4744
Brenda Ortiz, Database Specialist	955-4722	<b>Retired Senior Volunteer Program (RSVP)</b>	
<b>Transportation Ride Reservations (page 3)</b>	<b>955-4700</b>	Triston Lovato-Armstrong, RSVP Administrator	955-4760
Linda Quesada-Ortiz, Project Manager/ Dispatch	955-4700	Marisa Romero, Program Coordinator	955-4743
Erika Cuellar, Administrative Assistant	955-4702	<b>50+ Senior Olympics</b>	
<b>Nutrition</b>		Cristina Villa, Program Coordinator	795-3817
Yvette Sweeney, Program Administrator	955-4739	<b>Miscellaneous</b>	
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	955-4736
Tebrina Roibal, Administrative Assistant	955-4749	Pool (Billiard) Room	Not in service
FAX Machine - Nutrition	955-4794	<b>Other Important Numbers</b>	
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe Civic Housing Authority	988-2859
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Information	992-3069
Robert Duran, MOW Assessments	955-4747	<b>Newsletter Production</b>	
<b>Senior Center Programming (Activities)</b>		Triston Lovato-Armstrong, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	<a href="mailto:trlovato@santafenm.gov">trlovato@santafenm.gov</a>	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (MEG), Ventana de Vida		Mela Sanchez, Mailing Distribution	
Cristina Villa, Program Coordinator	955-4725	Christella Vigil, Mailing Distribution	
Luisa, Pasatiempo, Villa Consuelo			

# ***SENIOR SERVICES PROGRAM INFORMATION***

SEPTEMBER 2019

## **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. For more information please contact Brenda Ortiz at (505) 955-4722 or [bmortiz@santafenm.gov](mailto: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.
- Note:** **Monday, September 2nd, All Senior Centers will be Closed for Labor Day**  
**Friday, September 6th, services stop @ noon**
- 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.

SEPTEMBER 2019

*By Gino*  
A message from the Division Director



Greetings and happy fiestas! The Santa Fe Chamber of Commerce is hosting the “Senior Lifestyle Expo” this month at Santa Fe Place. You can find more information below – stop by and check it out! 😊

The graphic consists of several colored rectangular blocks. A dark grey block contains the word 'SEPT'. A blue block contains a colorful geometric logo and the text 'SANTA FE CHAMBER OF COMMERCE'. An orange block contains the words 'SENIOR LIFESTYLE'. A dark grey block contains the date '19 2019'. A blue block contains the word 'EXPO'. A dark grey block contains the text 'SANTA FE PLACE'.

## 2019 Senior Lifestyle Expo

THURSDAY, SEPTEMBER 19, 2019

Santa Fe Place

9:00 am – 3:00 pm

Free Admission

Health Screenings • Retirement • Finances Housing  
• Advice / Resources  
Veteran Resources

[www.santafechamber.com](http://www.santafechamber.com)

# NEWS & VIEWS

SEPTEMBER 2019

**Disclaimer:** *The material contained in this publication is provided for general information purposes and is meant to keep our readers informed on community events, workshops, and announcements. The content that is shared may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.*

## City of Santa Fe Senior Center Closures

**Monday, September 2** – Closed for Labor Day; services resume on Tuesday, 9/3

**Friday, September 6** – Centers close and services stop at noon.

## Pelvic Floor Dysfunction and Balance – What you need to know

Join us for a free seminar on the symptoms and treatment opportunities for pelvic floor dysfunction (the inability to control the muscles of your pelvic floor, which are used to control your bowel movements, urination, etc.). The discussion, led by Charlotte Schnepf, Physical Therapist for Lovelace UNM Rehabilitation Hospital, will discuss different types of pelvic floor issues for women and men, including stress and urge urinary incontinence and prostate issues. She will then discuss why as we age, we are more prone to losing balance and falling and some tips and strategies on how physical therapy can help to prevent falls. The seminar will take place on Thursday, September 19 at 9:00 am in the Mary Esther Gonzales Senior Center Dining Room. All are welcome to attend!

## La Sociedad Folklorica

**Event:** Original fashions of yester year dating from the 1800's to the turn of the century, known as the "exhibicion de modas" and a traditional Spanish Colonial Merienda of hot frothy chocolate served with New Mexico's state cookie – bizcochitos.

**Date:** Saturday, September 7, 2019

**Time:** 3:00 pm

**Place:** James A. Little Theater, located at the New Mexico School for the Deaf (1060 Cerrillos Road)

**Tickets:** \$10.00 per person (adult); \$2.00 ages 6–18 years old; Tickets available at the door.

**Contact:** Patricia Gonzales, (505) 982-9315

## Comfort Keepers Sponsors Support Groups

### People Living with Chronic Illness

2nd and 4th Tuesdays 2:00–3:00 pm

### Family Caregivers

2nd and 4th Wednesdays 2:00–3:00 pm

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share: about the illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself, and effective communications with family, friends, and health team.

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team.

As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The support group for people living with chronic illness such as: Cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays from 2:00–3:00 pm. The family caregivers support group meets every 2nd and 4th Wednesdays from 2:00–3:00 pm. Please contact Eileen at (505) 428-0670, or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com), to reserve your place and get directions to the convenient location in Santa Fe.

## Free Stroke Support Group

This group for stroke survivors and their significant others meets the first Wednesday each 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 in-patient rehab at (505) 913-5319.

# NEWS & VIEWS

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## You Know the Diagnosis--Now What? A Workshop for Dementia Caregivers

This FREE workshop will look at the daily challenges faced by people living with dementia and their caregivers. The goal is to provide new techniques to improve communication, comfort, and connection. It will take place Monday, September 23 from 12:30–2:30 pm at the Betty Ehart Senior Center (1101 Bathtub Row) in Los Alamos. Call Laura at (505) 780-8066 to sign up. Sponsored by Memory Care Alliance of NM and led by Certified Positive Approach to Dementia Care Educator, Laura Hendrie.

## EverWalk Nation Meet Me at Frenchy's Park

EverWalk Nation will have its next walk on Saturday, September 7, at 8:00 am. The starting at Frenchy's Park off Agua Fria. This walk will be about three hours and will be along the Santa Fe riverbed. It is all about your pace and peace of mind. Join the group! Dogs are welcome. EverWalk's mission is to get you up off the couch and join in the possibilities of a good time and continued good health. For more information please contact John Sirin at (414) 324-1364 or [canmsirin@gmail.com](mailto:canmsirin@gmail.com).

## Senior Fall Trip to Laughlin, NV

The Senior Citizens trip to Laughlin, Nevada will be with Herrera Coaches and will take place on September 29, 30, and October 1, 2. Single occupancy is \$175 and double occupancy is \$145. Please call Corrine Sanchez at (505) 986-1780 or Eileen C de Baca at (505) 470-1498 for details and to make your reservations for the trip. Money for the trip will be collected at a later date. Only 50 seats are available on the bus.

**Please note:** The City of Santa Fe Division of Senior Services and Mary Esther Gonzales (MEG) Senior Center is not administering or coordinating this trip. Do not call the MEG Center about it – contact the volunteer trip coordinators listed above for any information.

*The City of Santa Fe Division of Senior Services is not affiliated with, responsible, or liable for anything associated with this trip and or Senior Resources, Inc.*

## 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 14 from 11:30 AM to 2:30 PM at Franklin Miles Park, located at 1027 Camino Carlos Rey. Held in partnership with The City of Santa Fe's Parks and Recreation Department and The City of Santa Fe Arts Commission, this event, open to the whole community, will showcase SFPS schools and the range of learning programs and services we have available. 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, live music and FUN in the park's family-friendly setting and support student learning and education in Santa Fe. Don't miss this wonderful opportunity!



# NEWS & VIEWS

SEPTEMBER 2019



**In Memory - We are saddened to say good-bye to three individuals who were dedicated and active members in our senior centers and volunteer programs for many years. We are grateful for their service and the time each one of them gave to our programs.**



**Jose Anastacio Tacho Garcia**, (February 3, 1941–July 20, 2019) passed away peacefully surrounded by his loving family. He was born in Pajarito, NM, to Doroteo I and Conferina Garcia, and had a wife of 38 years Esther who preceded him in death. Tacho was a regular at the Mary Esther Gonzales Senior Center – you

could often times find him chatting with his friends and other regulars in the poolroom. He is greatly missed by those who knew him.



**Virginia Soto**, 90, passed away Friday, August 2, 2019 at her home in Santa Fe, New Mexico. She was surrounded by family and loved ones. She was born December 31, 1928 in Tererro, NM, the eldest daughter of Eugeno and Adelina Soto. She was married to Leonard Heidel in 1951; He preceded her in death in 1974. She is survived

by her children, Michael, Larry, Paul, Kathy, and Louis, as well as multiple grandchildren and great grandchildren. Throughout her life Virginia was active in her Santa Fe community. She was very proud and dedicated to her volunteer work at Pasatiempo Senior Center for over 20 years, and she was a strong and respected advocate for her fellow senior citizens. She is greatly missed by all of those whose lives she touched.

**Frank Lucero Sr.**, 84, of Santa Fe, NM, passed away on August 1, 2019. Frank was born to Carlos and Vicenta Lucero on August 22, 1934 in Lumberton, NM. The youngest of six children, he is the last to pass on to join his brother Carlos, sisters Ascension, Helen, Rose and Lucy who have preceded him



in death. Also preceding him are his wife Belen, son Frank Jr., and granddaughter Jessica. Frank proudly served in the U.S. Air Force, was a member of the St. John's Holy Name Society, SF Senior Volunteers (RSVP), and SMHS '53 Coffee Klatch. God, his faith and spending time with his family were his priorities with fishing and going to his cabin in Dulce, NM, not far behind. Frank was the favorite Tio, Primo, Compadre and friend to so many as his kind, gentle and loving spirit touched so many in his life journey. Frank is survived by children Gloria Lucero, Sheila Chavez, Matt Lucero and wife Regina. Grandchildren Joey Demny (Violet), Chris Lucero (Crystal), Raquel Lucero, Kevin Chavez, Adrienne Chavez, Madyson, Andres, and Max Lucero. Great grandchildren Xavier and Alex Demny, Trinity, Dylan, Erabella and Aries Lucero, and so many more children who always called him Grandpa Frank. Frank had many nieces and nephews from the Lucero and Valdez families who he loved so dearly, cousins with whom he kept close contact with and numerous very special friends including his sweet companion Julie who was by his side throughout his illness.

## The Memory Club – A Service of the Memory Care Alliance of Northern New Mexico

Sponsored by Comfort Keepers, in-home caregivers, this weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. The group meets on the fourth Friday of each month from 2:00–3:00 pm at the Unitarian Church (corner of Barcelona and Galisteo). Families including loved one with dementia are welcome. Please contact David at (505) 310-9752 or [david@memorycarenm.org](mailto:david@memorycarenm.org) to reserve your place.

SEPTEMBER 2019



# 2019 Senior Resource Fair

**Wednesday, October 9, 2019**

9:30 am—1:00 pm



**Mary Esther Gonzales Senior Center**

1121 Alto Street, Santa Fe

**Blood pressure checks • Flu shots • Glucose screenings  
Nutrition Education • Door Prizes**

*The Resource Fair will feature additional information about local resources and services for senior citizens and their loved ones. Stay tuned for a list of participants!*

**Contact (505) 955-4760 for more information.**

EVENT SPONSORED BY:



*City of Santa Fe*  
**Senior Services**



**Mi Casa Bonita inc**  
*Where my house is your home*

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER 2019

## 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](mailto:trlovato@santafenm.gov).**

### Kitchen Aide Needed for AM Shift at MEG

A volunteer is needed to assist Monday through Friday (or as your schedule allows) from 6:30–8:30 am at the Mary Esther Gonzales Senior Center kitchen/dining area. This person will assist the cook with morning preparation including: setting up ice/water station, clearing dishes, getting dish water/sanitizer station setup, and assisting with serving breakfast as needed. Please call the RSVP office to get started!

### Volunteer with the Railyard Park Yardmasters

The Yardmasters are the volunteers who help maintain the Railyard Park gardens. Yardmasters meet **every Tuesday & Thursday morning** at the Railyard Park Community Room (701 Callejon, behind SITE Santa Fe). It's a great opportunity to learn about native plants, meet amazing people, learn gardening techniques, and contribute to the beauty of Santa Fe's premier, free, public, green-space. No experience necessary – we go over the day's task before starting work. We have tools and gloves you can borrow. Dress for the weather. Email [shannon@railyardpark.org](mailto:shannon@railyardpark.org) for current times or more information.

- **Summer: 8:00–10:00 am**
- **Spring/ Fall: 9:00–11:00 am**
- **Winter: 10:00 am–noon**

Railyard Park Yardmasters is a community partner of the Retired Senior Volunteer Program (RSVP). Current RSVP volunteers can now volunteer here and report hours to our office, and new volunteers can begin with this opportunity and enroll with RSVP to receive program benefits such as volunteer insurance while on duty, mileage reimbursement, recognition gifts/events and more! Call Triston at (505) 955-4760 for more information about RSVP.

## AARP Driver Safety Instructors Needed

AARP offers Driver Safety classes for older drivers, provided by local volunteer instructors. This four-hour class, with handbook and videos, is offered monthly at the Mary Esther Gonzales Senior Center and is looking for instructors. Commitment involves conducting the class, perhaps three times annually, training and assistance is provided. Please contact Don or Ellie Blossom at [blossomdrb@yahoo.com](mailto:blossomdrb@yahoo.com) or at 505-984-9995 for further information.



### RSVP *Voluntarios*

Ginger Blackmar	9/01
Terry Nobbe	9/03
Celedonio F. Lucero	9/06
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Karen Winter	9/09
Roy Trujillo	9/10
Harry A. Caton	9/11
Mary Lou Vaness	9/12
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
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.*

# ONGOING ACTIVITIES

SEPTEMBER 2019

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)		9-11 am: Computer assistance	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 1:30 pm: Oil painting (every other Tuesday) 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting	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: General computer lab hours (Computer Classes: Tuesdays & Wednesdays, 10 am–noon)				

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 Noon-1 pm: Line dance (Beginner) 1-2:30 pm: Line dance (Improver and Intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	
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	10 am: DanceAbility (Returns in October) 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 2019

## 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 1:00–5:00 pm but please arrive at 12:30 pm 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. Please note that only cash and checks are accepted for payment. We also advise that you 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 10**
- **October 8**

## Let's Celebrate Your Birthday

Celebrate September birthdays with cake and fun during lunch at the following centers:

- **MEG:**  
Wednesday, September 4
- **Ventana de Vida:**  
Wednesday, September 18



## Advisory Board Meeting

The Senior Advisory Board meeting is held monthly at the Mary Esther Gonzales Senior Center. This is posted pursuant to the Open Meetings Act. The next meeting will be Wednesday, September 18 9:30 am.

## Monthly DSS Senior Center Meeting

This meeting is open to all seniors. Please come and give us your input about activities. Ongoing activities are listed on the Activities section of the newsletter. This month's meeting is at Ventana De Vida on Tuesday, September 3 at 9:30 am.

## Dates for Blood Pressure, Blood Sugar and Oxygen Level Tests

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 will be conducted by Lupe Gonzales, LPN on the following date:



- |                    |                                  |
|--------------------|----------------------------------|
| <b>MEG:</b>        | Friday, September 20 (noon hour) |
| <b>Pasatiempo:</b> | Friday, September 27 (noon hour) |
| <b>Ventana:</b>    | Friday, September 13 (noon hour) |

## Ice Cream Sundaes at Luisa Center

Stop by Luisa Senior Center and cool off with a Sundae! Join us on Friday, September 13 from 11:30 am to 12:30 pm. The cost is \$1.00 per float. All proceeds will go to the Luisa Senior Center.

## Weekend Bingo at Luisa (September 8)

The Luisa Senior Center (1500 Luisa St.) is hosting a Sunday Bingo on September 8 from 1:00–4:00 pm. It is \$12.00 for a package, there will be four specials at \$1.00 each, and \$2.00 each for jackpot. There is a \$100.00 jackpot guarantee! Don't forget your small bills, because with only \$5.00 you can buy a Frito Pie and drink. Everyone is welcome, so don't miss out on a chance of winning!

# UPCOMING ACTIVITIES

SEPTEMBER 2019

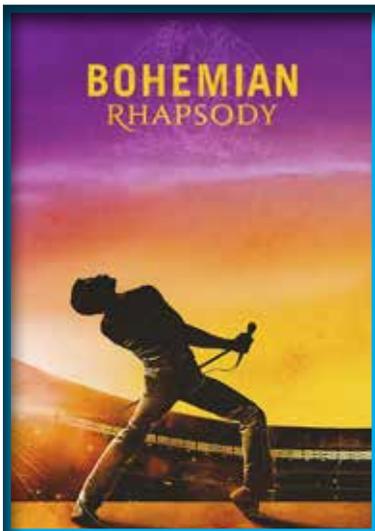


**Movie Day**  
at Ventana de Vida Senior Center  
Wednesday, September 11, 2019 at 1:00 pm  
"Bohemian Rhapsody"  
(2018 • PG-13 • 2h 13m)



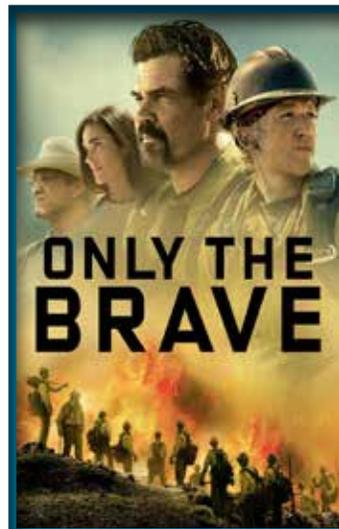
**Movie Day**  
at MEG Senior Center  
Tuesday, September 24, 2019 at 1:00 pm  
"Only the Brave"  
(2017 • PG-13 • 2h 14m)

Winner of four Academy Awards (including Best Actor), the film is a celebration of the British rock band, "Queen". It tells the story of Queen's extraordinary lead singer, Freddie Mercury, who defied stereotypes and shattered convention to become one of the world's most beloved performers.



The movie traces the rise of the band through their iconic songs and revolutionary sound, and their near implosion as Mercury's lifestyle spins out of control, then finally, their triumphant reunion on the eve of their Live Aid concert. Freddie Mercury, facing a life-threatening illness, leads the band in one of the greatest performances in the history of rock music. Starring Rami Malek and Lucy Boynton.

Through hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the United States. While most people run from danger they run toward it, watching over lives, homes and everything people hold dear, while forging a unique brotherhood that comes into focus with one fateful fire in Yarnell, Arizona.



## Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales Senior Center (MEG) for assistance. Get help with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available on Tuesdays and Wednesdays from 10:00 am to noon. He will be available to assist with computers as well as Android phones, Android tablets, and Kindle tablets. Walk-ins are welcome!

## 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). Haircuts begin at 10:00 am. This month's haircut schedule is as follows:

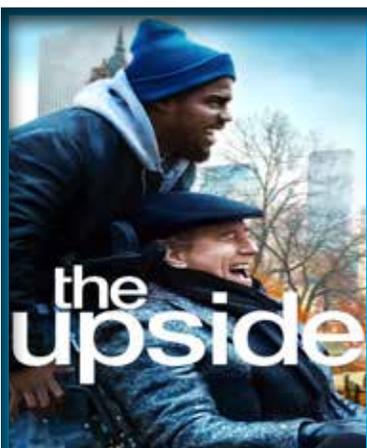
- Thursday, September 5 at MEG
- Thursday, September 12 at MEG
- Wednesday, September 18 at Pasatiempo
- Wednesday, September 25 at Pasatiempo

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



**Movie Day**  
at Luisa Senior Center  
Thursday, September 12, 2019 at 1:00 pm  
"The Upside"  
(2017 • PG-13 • 2h 5 m)

After a 14-year-old falls into a frozen Missouri lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. The boy's mother prays intensely and inspires others to pray for him too, as she asks God for a miracle in this true story.



# UPCOMING ACTIVITIES

SEPTEMBER 2019

## 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

ICAN classes are held as follows:

- **Luisa:** Monday, Sept. 23 at 10:00 am
- **MEG:** Wed., Sept. 11 and 25 at 10:30 am
- **Ventana:** Monday, Sept. 9 at 1:30 pm
- **Villa Consuelo:** Thurs., Sept. 19 at 10:00 am

For more information, please contact Renee at (505) 471-4711.

## Blue Lotus Class

The September Blue Lotus Art Outreach class at the Luisa Senior Center will feature an open art studio on September 9, from 1:30 to 3:30 pm, and a field trip to the Museum of Indian Arts & Culture on Monday, September 23 at 11:00 am. The program is led by Diana Mamalaki, an artist and a docent at the Museum of Indian Arts and culture and International Folk Art. To sign up for the field trip contact Cristina Villa at (505) 955-4725.

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will take place on Tuesdays, September 3 & 17 from 1:30–2:30 pm. Please join them for this enjoyable class.



## DanceAbility at Ventana de Vida Center

This class is not available this month. Class will resume on Thursday, October 24. We apologize for the inconvenience.

## Day Trip to Sandia Tram

Join us on a day trip to the Sandia Tram in Albuquerque on Thursday, September 26. The Sandia Peak Aerial Tramway transports you above deep canyons and breathtaking terrain a distance of 2.7 miles. See some of nature's dramatic beauty unfold before you and enjoy beautiful views from the observation deck atop the 10,378-foot Sandia Peak, which affords an 11,000 square-mile panoramic view of the Rio Grande Valley and the Land of Enchantment. We will meet at the Mary Esther Gonzales Senior Center at 8:30 am and depart at 9:00 am. There is a suggested donation of \$5.00 for the bus and the tram is \$17.00 per person. Bring own lunch or you can eat at the restaurant. To reserve your seat please contact Cristina at (505) 955-4725.

## Fiesta Dance at the Eagles

Come join us for the annual Fiesta Dance at the Fraternal Order of Eagles (833 Early St.). The dance is scheduled for Thursday, September 5, from 1:00–4:00 pm. Don't miss out on a chance to dance with Don Diego y La Reina, who will stop by around 2:30–3:00 pm. Live music will be provided by Camino Oscuro, light refreshments will be served, and the entrance fee is \$2.00. Sponsored by the Mary Esther Gonzales Center.

## Los Volcanes Day Trip

The Los Volcanes Senior Center in Albuquerque is celebrating 29 years with an annual day of celebration. There will be plenty of food vendors, a flea market, vendor tables, and live music indoors and outdoors. Join us for this day trip on Friday, October 4. The senior bus will leave the Mary Esther Gonzales Center at 9:00 am and will return around 3:30–4:00 pm. There is a \$5.00 suggested donation for the bus and please bring your money to purchase food at the event. Call Albert at (505) 955-4715 to reserve your seat on the bus.

# UPCOMING ACTIVITIES

SEPTEMBER 2019

## Brain Gym Class at MEG Senior Center

This new class will start on Thursday, October 3 in the Mary Esther Gonzales Senior Center Craft Room from 1:00–2:00 pm.

The **Brain Gym®** is made up of 26 movements, along with several other movement-based techniques that help balance, posture, and coordination skills for daily life success.

The **Brain Gym®** balances your brain/body for comprehension, focus, organization, communication, and emotional health.

**Brain Gym®** has been used daily in schools, corporations, elder facilities, athletic training programs, as well as for personal and professional growth.

**Brain Gym®** has been enjoyed in over 80 countries throughout the world.

**Brain Gym®** books are translated into 40 languages.

**Brain Gym®** movements can be accommodated to individual needs and also is a wonderful activity tool in group settings.

**Brain Gym®** movements are simple and fun and a great daily addition for the following:

- stress management
- focusing
- organization
- communication
- listening/hearing
- posture
- memory
- balance/harmony
- coordination
- depth perception
- emotions
- energy
- learning
- self-esteem
- spatial awareness and more

## Are you 60 plus? Hike with us!

Please note that hikes are subject to change due to weather or other unforeseen circumstances.



This month's hike is Alamo Vista (Carl's Meadow) Trail. This moderate hike to Carl's Meadow will be a special treat – about 1 ½ miles roundtrip (nice and short), but steep for the first quarter mile. We will stop frequently to catch our breath, through lovely Aspen forests, ending with a snack/rest at the top of Carl's Meadow and looking out across the meadow toward the Rio Grande Valley and Los Alamos. As we rest, we will decide as a group whether we want to continue upwards for another half mile to the saddle for an even more spectacular view. This is where the mid-mountain chair lift drops off skiers.

**This hike will be on the fourth Thursday, September 26.** If less than five people sign up in advance, the hike will be cancelled and those who signed up will receive a cancellation telephone call on the day before the scheduled hike. The elevation will be 10,000 to 11,182 feet, where colder temperatures are normal in late September. So just a tip – dress in layers that you can easily take off and put back on depending on your temperature. Also, don't forget WATER, snack food, and sunscreen. If you have hiking poles, bring them; if not that's no problem.

1. Register for the hike by calling Albert at (505) 955-4715; call 24 hours in advance to cancel;
2. Arrive at the Mary Esther Gonzales Senior Center between 8:30 & 8:45 am for check-in;
3. Required: You must present your current Senior Membership card;
4. Fee/Donation: Suggested \$1.00 roundtrip;
5. Suggested items to bring: Water, a hat, lunch/snack, sturdy shoes, jacket and under layers and gloves;
6. Although it may feel warm out, colder temperatures still exist above 10,000 feet so dress accordingly.

## September is National Cholesterol Education Month

Source: Centers for Disease Control and Prevention (cdc.gov)

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.

### 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) External 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

# HEALTH & SAFETY

SEPTEMBER 2019

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.

The following chart shows optimal lipid levels for adults:

## Desirable Cholesterol Levels

<b>Total cholesterol</b>	Less than 170 mg/dL
<b>Low LDL ("bad") cholesterol</b>	Less than 110 mg/dL
<b>High HDL ("good") cholesterol</b>	35 mg/dL or higher
<b>Triglycerides</b>	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 External** 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.



## **Debunking the Myths of Older Adult Falls**

Many people think falls are a normal part of aging. The truth is, they're not.

Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

### **Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

### **Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

### **Myth 3: If I limit my activity, I won't fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

### **Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

### **Myth 5: Muscle strength and flexibility can't be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.



**Myth 6: Taking medication doesn't increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don't need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Learn more about falls prevention at [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention).

# PUZZLE

SEPTEMBER 2019

## PUZZLE 167

### ACROSS

1. Ink and launch
5. Mother-of-pearl
10. Ancient Peruvian
14. Curved molding
15. Edgar \_\_\_\_\_ Poe
16. Twelve o'clock
17. Wrinkle
18. Hurts
19. Big truck
20. Heavyweight legend
21. Actor Summerville
22. Map book
23. Afar
25. Reinforce
28. Fuse together
30. O'Hare, for one
34. Assert
37. Stage whisper
39. By birth
40. Search
41. Rub out
42. Skeleton part
43. Past
44. Not a person or thing
45. "The Toy" actor
46. Architects' needs
48. Schlep
50. Dog's chain
52. Middlemen
56. Baffling question
59. Teenage woe
61. Lubricate
62. Singer Paul \_\_\_\_\_
63. Gesture of indifference

65. Qualified
66. Glance at
67. Speed
68. Groveled
69. Stage decors
70. Bygone anesthetic
71. Hardy character

### DOWN

1. Arctic bear
2. Spry
3. Dungaree material
4. Behold
5. Italian seaport
6. Jai \_\_\_\_\_
7. Increase
8. Campaigned
9. Printing measures
10. Foot part
11. Yuletide
12. Robin Cook novel
13. Blackbirds
21. Goblet feature
22. Real estate unit
24. Leave out
26. Reared
27. Camp staffer
29. Annoy
31. Mere
32. Las Vegas alternative
33. Rend
34. Bloke
35. Small sled
36. Shortly
38. Pouch
41. Actress Raines
42. Hankering

44. Actress Angeli
45. Book leaf
47. Washes
49. Forest patrolman
51. Abrasive
53. Worthy of honor
54. Mah-jongg pieces
55. Yukon vehicles
56. Overtake
57. A single time
58. Card game
60. Adorable
63. That gal
64. Hedda Hopper's topper
65. Prone

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
23				24			25	26	27					
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			50				51		52			53	54	55
56	57	58					59	60				61		
62					63	64					65			
66					67						68			
69					70						71			

# PUZZLE

SEPTEMBER 2019

32

*Whiff!*

**Whiffle Ball**, based on the principles of stickball, was the mid-'50s brainchild of semipro baseball pitcher David Mullany. He was inspired by watching his son play backyard stickball with a plastic golf ball. The game's name derived from "whiff," a slang term for "strikeout" in baseball.

- |                                     |                                          |                                     |
|-------------------------------------|------------------------------------------|-------------------------------------|
| <input type="checkbox"/> BACKYARD   | <input type="checkbox"/> PARK            | <input type="checkbox"/> RUN        |
| <input type="checkbox"/> BAT        | <input type="checkbox"/> PERFORATED ball | <input type="checkbox"/> SCHOOLYARD |
| <input type="checkbox"/> CATCH      | <input type="checkbox"/> PITCHER         | <input type="checkbox"/> SCORE      |
| <input type="checkbox"/> CHILDREN   | <input type="checkbox"/> PLASTIC ball    | <input type="checkbox"/> STRIKEOUT  |
| <input type="checkbox"/> CURVE ball | <input type="checkbox"/> PLAY            | <input type="checkbox"/> SWING      |
| <input type="checkbox"/> FIELD      | <input type="checkbox"/> POSITIONS       | <input type="checkbox"/> TEAMS      |
| <input type="checkbox"/> FLY BALL   | <input type="checkbox"/> RULES           | <input type="checkbox"/> THROW      |

- |                                           |                               |
|-------------------------------------------|-------------------------------|
| <input type="checkbox"/> FOUL LINES       | G G Y N C H I L D R E N M T F |
| <input type="checkbox"/> FUN              | N P L A S T I C F V S A H N O |
| <input type="checkbox"/> GAME             | I H W O L A U T U G R R W I U |
| <input type="checkbox"/> GRIP             | W M F U P P H O N K O T H V L |
| <input type="checkbox"/> GROUND BALL      | S W F T T H G I E W T H G I L |
| <input type="checkbox"/> HIT              | E C T D C L N R N K W U D A I |
| <input type="checkbox"/> HOME PLATE       | T B H O H N S A I F I E L D N |
| <input type="checkbox"/> INNINGS          | A S N O I T I S O P T R K H E |
| <input type="checkbox"/> LIGHTWEIGHT ball | L K G R O U N D B A L L T V S |
| <input type="checkbox"/> LINE DRIVE       | P L B S O L H E R O C S R S P |
| <input type="checkbox"/> MARKERS          | E S A A S C Y O U E T U W A U |
| <input type="checkbox"/> OUTDOORS         | M E M B T R F A N G C Y R E W |
|                                           | O L M A Y R S D R A Y K C A B |
|                                           | H U C A E L I N E D R I V E M |
|                                           | T R W P G T F B R E H C T I P |

# PUZZLE ANSWERS

SEPTEMBER 2019

## PUZZLE 167

P	A	D	S		N	A	C	R	E		I	N	C	A
O	G	E	E		A	L	L	A	N		N	O	O	N
L	I	N	E		P	A	I	N	S		S	E	M	I
A	L	I		S	L	I	M			A	T	L	A	S
R	E	M	O	T	E		B	R	A	C	E			
			M	E	S	H		A	I	R	P	O	R	T
C	L	A	I	M		A	S	I	D	E		N	E	E
H	U	N	T		E	R	A	S	E		U	L	N	A
A	G	O		P	L	A	C	E		P	R	Y	O	R
P	E	N	C	I	L	S		D	R	A	G			
			L	E	A	S	H		A	G	E	N	T	S
P	O	S	E	R			A	C	N	E		O	I	L
A	N	K	A		S	H	R	U	G		A	B	L	E
S	C	A	N		H	A	S	T	E		P	L	E	D
S	E	T	S		E	T	H	E	R		T	E	S	S

## 32

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

# BREAKFAST MENU

SEPTEMBER 2019

**Breakfast is served Monday – Friday from 7:30–8:30 am 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
<b>2</b> <b>All Senior Centers Closed for Labor Day</b>	<b>3</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>4</b> Cinnamon Oatmeal Raisins Toast w/ Margarine Orange	<b>5</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>6</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>9</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>10</b> Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit	<b>11</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>12</b> Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	<b>13</b> Biscuit w/ Country Gravy Sausage Patty Orange
<b>16</b> Corn Flakes Apple Mini Muffin Tomato Juice	<b>17</b> Malt-O-Meal Ham, Egg & Cheese Croissant Apple	<b>18</b> Cinnamon Oatmeal Raisins Toast w/ Margarine Orange	<b>19</b> Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	<b>20</b> Cheerios French Toast w/ Syrup, Bacon Sliced Pears
<b>23</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>24</b> Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage Green Chile Mixed Fruit	<b>25</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>26</b> Pancakes with Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	<b>27</b> Biscuit with Country Gravy Sausage Patty Orange
<b>30</b> Corn Flakes Apple Mini Muffin Tomato Juice				

## Healthy Eating for Older Adults

*Reviewed by Taylor Wolfram, MS, RDN, LDN*

*Published May 2, 2017 (eatright.org)*

Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, *trans* fats, salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats).
- Switch from solid fats to oils when preparing food.

# SENIOR CENTER LUNCH MENU

## SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>All Senior Centers Closed for Labor Day Holiday</b>	<b>3</b> <b>Hawaiian Chicken</b> Steamed Rice Green Beans Hawaiian Roll Tropical Fruit	<b>4</b> <b>Meatloaf</b> Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll with Margarine Applesauce	<b>5</b> <b>Frito Pie</b> with Garnish Mexicorn Coleslaw Vanilla Pudding with Cinnamon	<b>6</b> <i>Meals on Wheels Only</i> <b>Chicken Salad Sandwich</b> 3-Bean Salad Carrot Sticks Croissant Mandarin Oranges
<b>9</b> <b>Beef Ravioli</b> Marinara Sauce Italian Veggies Garlic Toast Plums	<b>10</b> <b>Chicken Crunchy Taco</b> with Garnish Salsa Chile Beans Calabacitas Chilled Peaches	<b>11</b> <b>Hot Roast Beef Sandwich</b> with Swiss Cheese Au Jus Sauce 3-Bean Salad Tossed Salad Fresh Apple	<b>12</b> <b>Green Chile Cheeseburger</b> with Garnish Pickle Spear Pork & Beans Potato Chips Watermelon	<b>13</b> <b>Gilled Ham &amp; Cheese</b> Vegetable Soup Potato Chips Pineapple
<b>16</b> <b>Country Style Ribs</b> Baked Beans Spinach Salad Peas & Carrots Cornbread Yogurt	<b>17</b> <b>Turkey Sandwich</b> with Garnish Potato Salad Peaches in Cottage Cheese	<b>18</b> <b>Green Chile Chicken Enchiladas</b> Pinto Beans Tossed Salad Cherries in Cobbler	<b>19</b> <b>Sloppy Joe</b> Tater Tots California Veggies Coleslaw Peanut Butter Cookie Apple	<b>20</b> <b>Baked Fish</b> Onion Rings Vegetable Medley Cucumber & Tomato Salad Roll with Margarine Chocolate Pudding
<b>23</b> <b>Chicken Tenders</b> Country Gravy Seasoned Fries Green Beans Biscuit with Margarine Apricots	<b>24</b> <b>Carne Adovada Burrito</b> Refried Beans Chuckwagon Corn Rainbow Sherbet	<b>25</b> <b>Cheesy Baked Ziti</b> with Meaty Marinara Italian Veggies Spinach Salad Breadstick Mixed Fruit in Jello	<b>26</b> <b>Salmon Patty</b> Tomato Macaroni Asparagus Lemon Bar Pineapple	<b>27</b> <b>Pork Posole</b> with Red Chile Spanish Rice Mixed Veggies Tortilla Strawberry Ice Cream
<b>30</b> <b>Soft Fish Taco</b> Tartar Sauce Pico De Gallo Mexican Slaw Black Beans				

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.

**City of Santa Fe**  
**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

**LUIA**  
 1500 LUIA STREET  
 (entrance on Columbia St.)

**VILLA CONSUELO**  
 1200 CAMINO CONSUELO  
 (closed for renovation)

