

The Senior Scene

Vistas de los Mayores



Photo by Don Bell

August 2012

Programs and Activities for Older Adults



Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to www.santafenm.gov

- You will be on the City of Santa Fe's website Home Page.
- Click on the words "A to Z index" in the upper left corner of the City's Home Page. A new page will appear.
- Scroll down to the letter "S" and click on "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information, staff contacts, and enrollment forms for Senior Services Membership card and for the RSVP Volunteer Program.

If you have any questions or comments about the Senior Services web pages, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or 505-955-4760.

Front Desk Reception

From Santa Fe **955-4721**
 From outside Santa Fe (toll-free) 1-866-824-8714

Ron Vialpando, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721
 Sadie Marquez, Receptionist 955-4741

Nutrition

Thomas Vigil, Program Administrator 955-4740
 Enrique DeLora, Inventory Supervisor 955-4750

Meals On Wheels

Carlos Sandoval, Program Supervisor 955-4748
 Yvette Sweeney, Administrative Assistant 955-4739
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Ventana de Vida, M.E.G. Center
 Cristina Villa, Program Coordinator 955-4725
 Pasatiempo, Luisa, Villa Consuelo

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Transportation Ride Reservations **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Marisa Romero, Administrative Secretary 955-4743
 FAX Machine - RSVP Office 955-4765

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Board/Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760
 Email: kwslater-huff@santafenm.gov
 Brian Ferns, Graphic Artist
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - RUN SENIOR CENTERS

LUISA 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	VENTANA DE VIDA (Pacheco) 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
MARY ESTHER GONZALES (M.E.G.) 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	VILLA CONSUELO 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
PASATIEMPO 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	COUNTY INFORMATION	992-3094

DIRECTOR'S REPORT

Dear Seniors:

Happy New (Fiscal) Year! We have closed last year's budget and are now in the second month of our new fiscal year. It has always been our practice to continue to monitor our current program funding, units of services, and operational needs. As many of you know, our three main services are Nutrition, Transportation and In-Home support. Of these three programs, our Nutrition and Transportation programs rely on donations from our participants and suggested donation signs are strategically placed to remind participants of their importance.

With regard to our Nutrition program, we have established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch for seniors. Many of you have elected to purchase our meal tickets that offer 10 meals for a suggested donation of \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites, from the Meals-on-Wheels driver, and/or Nutrition office staff. These donations are then used to help us purchase gasoline, food, and various supplies needed to operate and enhance this program. Furthermore, those seniors who can afford to make a contribution helps compensate for the many participants who cannot contribute at all.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). When we compared this with other state programs the average suggested donation was \$2.00. These donations help out with increased gasoline costs; provide vehicle maintenance assistance and assists with overtime expenditures. Many regular riders have elected to purchase a Transportation ride ticket, valid for 25 rides for a donation of only \$10.00 thereby saving \$2.50. These ride tickets may be purchased from any of our Transit Operators/Drivers and/or Transportation office staff.

Every donation counts, even if it is less than the suggested donation, and by your generosity you are helping us provide quality services to our community. Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes thereby ensuring that your money is going directly to the program/service of your choice.

There are times when we get so wrapped up in the day to day tasks that we get distracted to the point of forgetting to welcome new participants at our Senior Centers. Therefore, I would like to formally welcome all new members to our community. I am confident that you will find our services and staff extremely pleasant and helpful and that you, too will join our regular participants in accessing our many services. Also, I would like to extend a sincere thank you to those who have utilized our programs over the years. Without you our mission and purpose would not exist!

Thank you for patronage and we look forward to continuing to provide you the best quality services.

Ron J. Vialpando



SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or congregate meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. Tracking the card enables us to receive vital funding for our programs.

If you do not have a card, please come to MEG center to get one. The card only costs \$2 and does not expire. Reprints cost \$1 but reprints will only be issued in person. **Please bring exact change.** You will need an emergency contact name and phone #, the last 4 digits of your Social Security number and your date of birth for your card.



To qualify for DSS Services. The following criteria or exceptions must be met:

1. Be sixty years of age or older per the Older American Americans Act; and/or
2. Be the legal spouse of a member sixty years of age or older; and/or
3. Be disabled and living in Luisa, Pasatiempo or Villa Consuelo senior housing regardless of age (for meals only); and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For details call Brenda Ortiz at 955-4722.

Cards are not official identification. To obtain an official New Mexico identification card, you must go to the Motor Vehicle Division. Senior Membership Cards are only for use in City of Santa Fe Senior Centers.

We will print cards on the following days:
Tuesdays, July 10, 17, 24 and 31
Aug. 14, 21* and 28
9:00am to 1:00pm

*** Note: On August 21, cards will only be issued 9:00am to Noon**

SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

Ride reservations can be made up to five business days in advance.

When scheduling a ride, 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: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)

You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.

Rides to medical appointments are given priority over all other rides.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**

No more than four one-way trips per person, per day.

SF Ride: Persons under age 60 who have disabilities and who are paratransit-eligible must use

Santa Fe Ride rather than Senior Services Transportation. For Santa Fe Ride

call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride.

For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: There are no closures in August.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

You must make an appointment ahead of time. To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

Wednesdays	8:00 - 11:45 a.m.	August 1, 8, 15, 22 and 29
Thursday	12:30 - 3:30 p.m.	August 23

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 1(800) 432-2080.

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	August 7	8:30 a.m.
Pasatiempo	Monday	August 6	1:00 p.m.
Ventana de Vida	Friday	August 7	9:30 a.m.
Villa Consuelo	Monday	August 6	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	August 15	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	August 16	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	August 16	10:00 a.m.
Transportation (Now meets quarterly)	Tuesday	October 9	9:00 a.m.
Senior Olympics	Wednesday	August 8	9:30 a.m.
RSVP	Tuesday	August 28	10:00 a.m.

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, on the following dates:

M.E.G. Center - First and Second Tuesday	August 7 & 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	August 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	August 9	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	August 21	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	August 16	11:00 a.m. to 12:00 noon



NEWS & VIEWS



Pictured are members of the Mary Esther Gonzales knitting/crochet class, led by Mary Lee Ortiz, along with some of their creations.

Lower Non-Senior Meal Prices

The Area Agency on Aging has revised the mandatory fee for breakfast and lunch for participants age 59 or younger. It is now just \$5.32 per meal.

Observation from Joe Stowell

A few years ago, the banking empire Citicorp ran a series of billboards about money: "Money changes hands-just make sure it doesn't change the rest of you" and "If people say you are made of money, you should work on your personality!" These ads gave a refreshing new perspective on riches.

No More Mobile Health Van

Dear Seniors and Staff of City of Santa Fe Senior Programs:

It is with much regret that I am leaving my job as the nurse on the Mobile Health Van. I have enjoyed getting to know all of you during the last seven years. I have learned more from you than I could ever imagine and I will miss you all tremendously. I wish you all good health in body, mind and spirit.

You have a big place in my heart always.

-Angela Thorndyke, Mobile Health Van Nurse

Last Van Dates:

Friday August 3rd & Saturday August 4th
9a.m.-5p.m. at the Santa Fe County Fairgrounds



ECHO Commodities Food Distribution

Commodities, including cheese, cereal, fruit juice, canned fruit, canned and powdered milk, canned meat, and pasta, rice or beans, are available to seniors age 60 or over and who meet income eligibility guidelines (earning no more than \$1,174 a month for one person in a household or \$1,580 total for two people in the house).



Individuals must bring proof of age and income to the County Extension Building at 3229 Rodeo Road on the third Tuesday of the month between 9:30a.m. and 12:30 p.m.

For more information, please call the ECHO office at (505) 242-6777 in Albuquerque. Next distribution is August 21st.

You must bring a current utility bill in your name.

Food Giveawat at St. John's

Bring a bag or box to St. John the Baptist Catholic Church at 1301 Osage Ave. and receive 10 food items every third Friday of the month (August 17th) from 3:00 to 4:30pm.



Virginia Soto Named Living Treasure

(Excerpted from an article in The New Mexican)

Virginia Soto, age 83, was one of four seniors who were honored as Living Treasures on in June. The Living Treasures Program was founded by peace activist and minister Mary Lou Cook in 1984 as a way of recognizing seniors who've made a difference in the community.



Soto certainly fits this description. She is recognized for 15 years of volunteering almost daily as an activities organizer at the Pasatiempo Senior Center. She's organized bingo nights, bake sales, pancake breakfasts and Frito pie Saturdays to raise money for the center.

More

NEWS & VIEWS

On being a Living Treasure, Soto said, "It's quite an honor; I didn't expect it." She hopes to stay active in the Pasatiempo community for as long as possible. "If I was to become a baby again and grow up again, I wouldn't change anything," she said.

A New Belief...Let's Talk About It

With Senior Lillian Alexander

We are sometimes reminded of a horrible event that happened many years ago. Recently, my thoughts flashed back to such an experience. As a result, I was drawn to write about it for the first time.

We were living in Ohio when my first book was published. A year later we moved to Florida and I began writing for a monthly magazine while working on a novel. My husband kept busy with a senior social club and my ninety-nine year old mother was enjoying the Florida climate. Life was good.

Several years later, one night at 3 a.m., a week before Christmas, the apartment above us burst into flames. The screaming of a woman woke my husband and me. Within minutes, flames were falling on our lanai. I hurried to wake my mother my husband collected a few important items then shouted, "Let's get out of here!" We settled my mother in the clubhouse. She bravely said, "Don't worry about me. I'm fine." My husband and I stood helpless watching our home being destroyed. It was a while before I realized that the manuscript of the book I was writing would have been destroyed also. I let out a cry. My husband put his arm around me and said, "Let's be grateful for our lives!"

By the time it was morning, we were given two rooms in a crowded hotel of Christmas vacationers. My husband suggested that I look after my mother in one room. We had a few hours of sleep before a knock on both our rooms startled us. Still in our



nightclothes, we opened the doors to a woman with a handful of clothes for my mother and me. A man stood behind her and offered my husband a pair of trousers, a shirt and socks. The same man handed me an envelope with money and said it was from some of the guests staying at the hotel. It was an emotional happening. The pain that was caused by the loss of all our belongings, including my manuscript, was suddenly dismissed.

I have finally put in writing something that has changed my life and my writing.

A question for you: Everyone has a life-changing story. What's yours?

Arthur E. (Art) Baca wins Award

The K. Rose Wood Memorial Award honors an individual who has made significant contributions during his or her lifetime to enrich the lives of New Mexico's older adults. This year's award winner is Arthur E. (Art) Baca of Santa Fe, who has dedicated his professional career and his free time to enriching the lives of New Mexico's senior citizens.

After a tour in Korea, Art began working at the Luna County Welfare Department. He had the privilege of getting to know K. Rose Wood who visited his offices in her capacity with the State. In 1966, Art began to direct the State Employment Program. He served there until 1974, when K. Rose Wood convinced him to transfer to the Commission on Aging, which would later become the Aging & Long-Term Services Department. At the Commission, Art started the first senior employment program with \$20,000 appropriated by the state legislature. The program became a success; state and federal funding increased and services were expanded throughout New Mexico. Art directed the Senior Employment Program until his retirement from State Government in 1988.

In addition to his "day job", Art supported older adults after hours, finding time and energy to get involved in NM Senior Olympics, serving as an event manager for competitions. Art has continued to serve his community as a volunteer through the City of Santa Fe Retired Senior Volunteer Program, working with Senior Olympics to increase the health and fitness of countless older

NEWS & VIEWS

New Mexicans. Meanwhile, he has participated in local, state and national senior games, winning numerous medals.

The K. Rose Wood Memorial Award will be presented to Arthur on August 22nd at the Conference on Aging.

The CyberNetworkNM

The CyberNetworkNM organizational mission is to refurbish and transfer donated computers and related equipment to 501c3 organizations, senior centers, senior citizens, college and high school students and immigrants. Staff conducts computer and Internet instruction for those groups and individuals and sponsors and/or coordinates youth computer projects and camps.

The CyberNetworkNM refurbishes donated computers and donates or sells them on a sliding scale, based on the recipient's documented income. All fees charged go towards defraying the cost of shop rental and a minimal reimbursement to the technicians.

They currently have an abundance of computers they would like to pass along to others in the community.

If you are a senior who would like a computer for no cost or low cost, please contact them at cnnm@cybermesa.com or 983-2577 or stop by their shop at 1964 Cerrillos Road in Santa Fe, at the corner of Llano St.

New Mexico Conference on Aging

Since 1978, the Aging & Long-Term Services Department has sponsored an annual New Mexico Conference on Aging that offers older adults, caregivers and professionals who work with them a chance to learn and have fun in an environment that supports independence and dignity. The conference includes 42 workshops; 8 discussion groups; an exciting Health & Enrichment Fair; fascinating keynote speakers; awards; entertainment; exhibits, and much more. The 2012 conference is on August 21st and 22nd at the Hard Rock Casino and Conference Center in Isleta, south of Albuquerque. The cost for attendees age 55 and over is \$45 for two days or



\$30 for one day. For non-seniors it is \$105 for two days, \$60 for one.

Go to www.nmaging.state.nm.us for details or call 866-451-2901 toll-free.

National Employ Older Americans Week

America is witnessing a dramatic growth in the number of citizens 55 or older, a trend that will continue through the 21st century. As the population ages, older Americans will play an increasingly important role in our economy and America's leadership in the world marketplace. National Employ Older Workers Week recognizes the vital role of older workers in the workforce.

By 2014, 41% of Americans 55 or older will be employed, making up over 21% of the U.S. labor force. The Committee on Economic Development indicates that employers rate older workers high on characteristics such as judgment, commitment to quality, attendance, and punctuality. National Employ Older Workers Week aims to increase awareness of this labor segment and develop innovative strategies to tap it.

This year, National Employ Older Workers Week is September 24th-28th.

"Navigating Your Future" Conference

AgeNation and Empower New Mexico invite you to The Navigating Your Future 2012 Conference & Life Style Product Expo August 24th -26th at the Scottish Rite Center in Santa Fe.

There will be three days of inspiration, information, entertainment and a lifestyle exposition featuring world-class authors and experts: Jean Houston, Ram Dass, Zalman Schachter-Shalomi, Julia Cameron, Michael Meade, Michael Gelb, Randal Hayes and a host of others.

Also, join them for special musical performances, a major product/services exposition open to the public, inspiring videos and films, great refreshments and much more.

AgeNation and Empower New Mexico are committed to ensuring that we all better understand our individual and collective opportunities for the future.

For details go to www.AgeNation.com or call (505) 982-5753. The cost is \$249 for Saturday and Sunday or \$135 a day.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS



The following are volunteer positions and each comes with training and support. If you are interested in any

of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email kwslater-huff@santafenm.gov.

RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.

Make Your Mark at Pasatiempo!

The Pasatiempo Senior Center could use a few more dedicated volunteers to help keep it the amazing place it is. Do you like to decorate for holidays? Help with weekend Bingo or Frito pie fundraisers? Lend a hand for center parties and dances? Bake some goodies for a bake sale? Just come in and lend a hand?

If so, please contact Virginia Soto at Pasatiempo at 955-6433 and let her know what you would most enjoy doing. And, thanks!

Big Brothers Big Sisters Lunch Buddies

Big Brothers Big Sisters of Northern New Mexico seeks volunteers for a "Community Alliance" with Aspen Community School. Each participating RSVP volunteer will be matched with a child and meet with them over lunch once a week for the whole school year. Ideally, you would stick with the same child for several years.

This is a great opportunity to make a huge difference for a child with minimal time commitment.

The screening and orientation process can happen at the MEG Center. Please call Kristin at 955-4760 for details.



Birthdays this Month

The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

August

Agnes "Aggie"		Jerre Fox	8/15
Cardenas	8/01	Ingrid Chronis	8/16
Mary Louise Giron	8/02	Marta Demarest	8/16
Joyce M. Martinez	8/02	Lucille Martinez	8/16
Joe W. Archuleta	8/03	Melisendro Martinez	8/16
Patricia T. Peterson	8/03	Mary T. Boggs	8/17
Joe A. Casados	8/04	Jeanne Bjorngaard	8/18
Judy Maes	8/04	Louise P. Jackson	8/18
Mike Amparan	8/05	Jackie Cooper	8/19
Donald E. Bell	8/05	Gail Takeshita	8/19
Carolyn Minton	8/05	Corinne P. Willison	8/19
Carlos J. Ortiz	8/05	Bill Caperton	8/20
Roxanne Gonzalez	8/06	Ralph Nava	8/20
Rose Marie Lenahan	8/06	Karla Vigil	8/20
Ena Berglund	8/07	Pedro Garcia	8/22
Annie L. Valdez	8/08	Frank Lucero	8/22
Ramona Griego	8/09	William Buchanan	8/23
Lee Leven	8/09	Dolores M. Brock	8/24
Dori Lynn	8/09	Juanita Valdez	8/26
Edward L. Gonzales	8/10	Ernestine B. Hagman	8/27
Rose Ortega	8/10	Cecilia Romero	8/27
Berneice "Bee"		Manuel Rodriguez	8/28
Schulman	8/11	Glenn L. Whitecotten	8/28
Raymond L. Nichols Jr.	8/12	Josephine Valencia	8/29
Louie Bryant	8/13	Lugarda Griego	8/30
Arthur M. Gabaldon	8/13	Beverly Hollander	8/30
Beverly A. Ireland	8/14	Thomas Van Kampen	8/30
Ben Valdez	8/14	Ben G. Martinez	8/31

FGP/SCP Foster Grandparents / Senior Companions Programs

Goodbye to a wonderful volunteer...

Foster Grandparent Lucille Valerio moved to Albuquerque at the end of July to be closer to her immediate family. Lucille had volunteered with both the Foster Grandparent and Senior Companion programs for the last twelve years. Most recently, she was a volunteer at Agua Fria Elementary School where she became part of the family there.



Asked why she volunteered for so many years, Lucille said that volunteering gave her something to do and she enjoyed the children and the teachers

were always nice to her. Lucille also mentioned that she enjoyed volunteering at many different schools, meeting different students, and sharing her time as a Senior Companion with her clients. When she wasn't volunteering, Lucille always takes time to keep her house tidy, swim as much as possible and visit with her friends.

In the fall, Lucille plans to join the Albuquerque Foster Grandparent program and continue to be an active volunteer. Although we will sincerely miss Lucille, we wish the luck in her future endeavors and thank her for her many years of service that she offered to our programs.

On a final note, Happy Birthday Lucille!

Attention Foster Grandparents!

Is summer vacation over already? The first day of school for Foster Grandparents will be on Monday, August 27, 2012. It is standard to allow teachers one week with students before sending in our wonderful Foster Grandparents to volunteer. More details will follow at the August in-service.

Now recruiting Foster Grandparent volunteers for the new school year.

Are you ready to share today and shape tomorrow? As a Foster Grandparent, you're a role model, a mentor, and a friend. Serving at a Head Start or at a local public school, you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You give the kind of comfort and love that sets a child on a path toward a successful future. If you're at least 55 and want to share your experience and compassion, you might have what it takes to be a Foster Grandparent. You may qualify for a tax-free stipend, mileage reimbursement and many other benefits.

We are currently recruiting for the new school year and we have many volunteer stations to choose from. Volunteers are especially needed at the Presbyterian Medical Services Head Starts and at La Casita Pre School.

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 Foster Grandparent volunteer, please call Melanie at 955-4761.

In-Service Meeting

On Thursday, August 16, 2012, we will be having our monthly mandatory in-service meeting. The meeting will begin at 9:00 a.m. in the MEG Dining Room. Staff will review rules and back-to-school news. You are not required to volunteer this day and should plan on attending the meeting instead.

HAPPY BIRTHDAY!

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of August.

- Genevieve Maes 8/4
- Lucille Valerio 8/4
- Marcia Ware 8/5
- Ramona Griego 8/9
- Pauline Baca 8/11
- Lugarda Griego 8/30



SENIOR OLYMPICS

Senior Olympics Spotlight

On Friday, June 1st we held the Field Events at SFHS. The events consisted of Discus, Javelin, Running Long Jump, Standing Long Jump, and Shot Put. Have you all ever tried picking up a shot Put, much less throwing one?



Our own James Koch, age 77, is ranked 4th in the world in his age group for Shot Put. He threw that ball 37'2! Arlene Mayer, Event Manager, did a wonderful job, keeping it professional and fun. Also, it was Arlene's birthday the day of the event. A round of applause to Carlos Pacheco, age 90 and still able to throw the discus, shot put and javelin.



Tennis took place on Friday, May 11th and Saturday, May 12th, at Alto Park with 19 participants. Event Manager, Bonnie Rogers did an outstanding job in coordinating this event.

On Friday, May 18th, the Table Tennis competition was held at Ft. Marcy. It was an all-day event. It lasted until 6:00 in the evening. There were 23 athletes who participated in singles, doubles and mixed doubles. Maureen Knightly-Adams did a phenomenal job!

Eight athletes participated in Tai Chi on Saturday, May 19th, at Ft. Marcy. Event Manager, Paul Zisman did a great job in organizing this event.



The first City of Santa Fe Senior Olympics Program's Celebration of Athletes took place Friday, June 15th, from 11:00 a.m. – 1:30 p.m. at Alto Park. It was a great success. The weather was perfect for outdoor grilling and picnicking. We served hamburgers, hot dogs, chips and watermelon to a total of 100 athletes and family members. The food, music and location were great and good feelings were abundant!

Mariachi Porvenir did a wonderful job! Juan and Jesse were the volunteer cooks for the day. Karin Roth, Senior Olympics Chairwoman, spoke on behalf of the committee. She acknowledged the athletes of all ages and those 3 athletes in their 90's.

Mayor Coss was there and presented a lovely, framed proclamation exclaiming that June 15, 2012 was Senior Olympics Day in Santa Fe! Ron Vialpando, DSS Director also spoke on behalf of Senior Olympics. I, Cristina congratulated all the athletes and the event managers for all their hard work. City Manager Robert Romero came to honor our senior athletes.

It was nice to get all the athletes together to catch up with friends and share in camaraderie.

I want to send out a big shout out to my left hand man, Dick Roth. This man went above and beyond his job duty throughout the Senior Olympics season. He sent out all my bulk e-mails and created the Senior Olympic database to track athletes and scores. He lent a helping hand in the celebration of athletes by assigning name tags to everyone who showed up and helped collect admission fees. Thanks, Dick, for all your hard work and dedication!

-Cristina Villa

AT A GLANCE

Welcome to your new monthly newsletter page specifically added to highlight the people, places and activities at the Division of Senior Services!



Bingo!
Volunteer Juan Romero gets ready to call numbers

City Manager Robert Romero and DSS Director Ron Vialpando at the Senior Olympic Celebration of Athletes



Phil Trujillo crooning at the Ventana de Vida BBQ



Chaco Canyon:
Seniors enjoy a picnic with a view



Chaco Canyon: A tour of the breathtaking ruins

Ventana de Vida BBQ:
Volunteer Fabiola Guillen and husband Robert enjoy the day



ACTIVITIES

All activities are open to eligible seniors with a Senior Membership card (see pg. 4). Classes are held at City of Santa Fe Senior Centers. (See inside cover.) Subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center

Pool Tables	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along-Spanish	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class	Mon.-Thurs.	8:15 am
Yoga (Dahn)	1st & 3rd Tues.	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	12:30 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings

Pasatiempo Senior Center

Pool/Ping Pong	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance - Beginner	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm

Villa Consuelo Senior Center

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

Ongoing Activities by Activity or Class Type

ART

Ventana-Class	Tuesday	1:00 pm
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BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

BRIDGE

Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm

CERAMICS/CLAY

Pasatiempo	Mon. & Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

COMPUTER

MEG Classes	For info. call	955-4721
MEG Open Use	Mon. - Fri.	1 pm - 4:30pm

EXERCISE CLASSES/FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. - Fri.	8:00 am
Luisa Open Use	Mon. - Fri.	7:00 am
Ventana Class	M/W/F	9:00 am

GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

JEWELRY MAKING

MEG Center	Monday	9:00 am
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DANCE at PASATIEMPO CENTER

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Line Dance	Tues. & Thurs.	1:00 pm

SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Thursday	12:30 pm
(no class on 2nd Thurs. of the month)		
MEG-Knitting	Friday	2:00 pm

SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am

TAI-CHI

MEG	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

YOGA

MEG (Dahn Yoga)	1st & 3rd Tues.	9:15 am
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ACTIVITIES for this month

Viva la Fiesta at Pasatiempo!

Join the Santa Fe Fiesta celebration at the Pasatiempo Senior Center (664 Alta Vista St) on Thursday, August 30th. Enjoy live music by Mariachi Encanto from 11:00 a.m. to 2:00 p.m. and a visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas at 1:15 p.m. Refreshments will be served and, as always, this is a free event. See you there!



AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road. New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.



Classes are held on the second Tuesday of each month. The fee to cover materials is \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To register for the AARP class, please call the volunteer instructor of that class:

August 14th call Alan Kalman 629-0752

September 11th call Patricia Penn at 438-0460

Fiesta Dance

Que viva la Fiesta! Join us at the annual Senior Services Fiesta Dance at the Fraternal Order of Eagles, 833 Early Street. Fiesta de Santa Fe Royalty and Mariachis will join us at 2:00 p.m.



The dance will be on Thursday, September 6th, 1:00 to 4:00 p.m., with refreshments and live music by Rudimentz. Admission is \$2.00. Please bring your Senior Membership Card for scanning. This dance is sponsored by staff and volunteers of the Luisa Senior Center.

Villa Consuelo Annual BBQ August 10

The Villa Consuelo Senior Center, at 1200 Camino Consuelo, will have their annual BBQ on Friday, August 10th from 11:00 a.m. – 12:30 p.m. and you are invited.



Juan Apodaca will be serving hamburgers, hot dogs, chips and watermelon for a suggested donation of \$1.50 for seniors and \$5.32 for non-seniors under the age of 59. Don't miss out on some great BBQ!

A trip to Branson, MO

“Live Musical Show Capitol of the World”

Sign up now and reserve your spot for a fun filled trip to Branson, Missouri October 7th – 13th. The trip will include bus transportation, hotel, 6 breakfasts and 4 dinners, shows, including Red Skelton Tribute, “Hooray for Hollywood”, the Acrobats of China, the Branson Belle Showboat on the waters of the Table Rock Lake, and much more! Seats are still available.

Double Occupancy	\$720.00 per person
Single Occupancy	\$910.00 per person

Full payment is due upon registration. Trips fill on a first come, first served basis, and there is a 10% fee for cancellation. Travel insurance is included in fee. Call:

Alice Vargas at (505) 473-1716 or
Corrine Sanchez at (505) 986-1780 or
Virginia Lucero at (505) 983-8853

ACTIVITIES for this month

Senior Travel Committee Upcoming Trips

Please note: There is a 10% cancellation fee. Trips are still in planning stages so exact dates and prices are subject to change.

Balloon Fiesta Trip

Thursday, October 11th the van will leave MEG Center at 5:00 a.m. to go see the balloons in Albuquerque. Cost is \$15.00 per person. Call Done Bell at 982-2707 to reserve space.



Chama Toltec Railroad Day Trip

This 12-hour trip is on Friday, October 19th leaving MEG Center at 7:00 a.m. The cost is \$110.00 per person. Call Don Bell today at 982-2707 or Mercy Moreno at 986-1416 to reserve.



"Christmas on the Pecos" River Cruise

Join the Senior Travel Committee on December 5th, 6th & 7th for a trip to Carlsbad, N.M. The tour will travel on the Senior Services bus and includes a cruise down the Pecos River to see the Christmas lights reflecting on the water, two nights in a hotel, two breakfasts, and a tour of Carlsbad Caverns (including a new cavern never made public before).

Double Occupancy \$205.00 per person
Single Occupancy \$310.00 per person

Call: Cecilia Lopez at 204-9527 or Chuck Niggeman at 988-2958

Yoga Class at MEG Center

Dahn (Energy) Yoga class will be held on the first and third Tuesday of each month at the MEG Center from 9:15 to 10:00. This month's dates are:

Tuesdays, August 7th and 21st

Movie Day at the M.E.G. Senior Center

"The Help" August 24th at 1:00 p.m.

"The Help" stars Emma Stone as Skeeter, Viola Davis as Aibileen and Octavia Spencer as Minny—three very different, extraordinary women in Mississippi during the 1960s. They build an unlikely friendship around a secret writing project that breaks societal rules and puts them all at risk. From their improbable alliance a remarkable sisterhood emerges, instilling all of them with the courage to transcend the lines that define them, and the realization that sometimes those lines are made to be crossed—even if it means bringing everyone in town face-to-face with the changing times.



State Fair Trip September 17th

DSS will take interested seniors on our bus to the State Fair on Monday, September 17th. The bus fee is \$6.00. Individuals pay their own way at the fair gates. Remember to bring money for lunch. Plan on arriving at the MEG center by 8:30 a.m. The bus will depart to the State Fair at 9:00 a.m. and will leave from the Fair at 3:00 p.m. Remember to wear comfortable walking shoes.

Please call Christine at 955-4715 to reserve your seat.

BBQ at M.E.G. Senior

The Mary Esther Gonzales Senior Center is having their annual BBQ on Friday, August 17th, during the lunch hour (11:00 a.m. – 12:30 p.m.) for a suggested donation of \$1.50 for seniors age 60+ or \$5.32 for those age 59

and under. Hamburgers and hotdogs and all the fixings will be served. At 12:30, listen and dance to the music of one-man-band Bonifacio Benavidez.



ACTIVITIES for this month

Weekend Bingo at Luisa for \$100 Jackpot

The Luisa Senior Center at 1500 Luisa St will host a Bingo on Sunday, August 5th from 1:00 p.m.–4:00 p.m.



The cost is \$12.00 for package; \$5.00 for 5 specials and there will be a \$100.00 jackpot! Plan on lunch and get 2 slices of pizza, salad and a drink for \$4.00. Everyone is welcome

Volunteer Sewing Class Instructor needed

The Mary Esther Gonzales Activities Program is seeking a sewing instructor to teach classes on the 1st, 2nd and 4th Thursdays of the month from 12:30 p.m. - 3:00 p.m.

If you are interested in volunteering for this activity, please contact Christine Sanchez-Warren at 955-4715.

Poetry Workshop at MEG Senior Center

There will be a poetry workshop on Tuesday, August 7th at 10:30 at the Mary Esther Gonzales Senior Center hosted by Patti Merrill. Focus will be on poems about family and friends. Bring a poem (or 2 or 3) to share. Come join us for fun and refreshments! Please RSVP to Patti at 424-0362.

Music Boxes “Your Story” August 22nd

Anyone who has a music box with an interesting history, or anyone with an interest in music boxes is invited to come to the Board Room at the Mary Esther Gonzales Senior Center on Wednesday, August 22nd at 10:30 a.m., to share and learn about music boxes. Refreshments will be served. Come and join the fun. Hosted by Patti Merrill at 424-0362.

Free Hair Cuts at MEG & Pasatiempo

During the month of July our volunteer Fabiola will provide free hair cuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:am to 2:00 pm

MEG Senior Center	Aug 1st & 8th
Pasatiempo Senior Center	Aug 15th & 29th

Free Workshop for Women

Take "Total Control" of your Bladder

"Total Control", for women of most ages, is an educational and stretching/fitness class. This ground breaking program curriculum is a medically based/researched wellness program.

"Total Control" was created to work a woman's body "from the inside out" by activating three core muscle groups that affect continence, alignment, sexual pleasure and posture. We will discuss bladder basics, bladder friendly (or not) lifestyle traits, the effects of aging on the bladder, exercises for a better bladder and behaviors that can improve your bladder health.

The classes are each 90 minutes. You will be asked to stand, sit and lie down. Please wear comfortable clothing and bring a mat to lie on.

The classes will be taught by Sheryl Zeigler, M. Ed., certified "Total Control" instructor. She is offering this free non-medical workshop to all interested women.

This series of classes will be held at the Mary Esther Gonzales Senior Center from 1:00 to 2:30 p.m. on the following dates:

- Thursday August 30th
- Tuesday September 4th
- Thursday September 6th
- Thursday, September 13th
- Tuesday September 18th
- Tuesday September 25th
- Thursday, September 27th
- Tuesday, October 2nd
- Thursday, October 4th
- Thursday, October 11th
- Tuesday, October 16th
- Thursday, October 18th
- Tuesday, October 23rd
- Thursday, October 25th
- Tuesday, October 30th

For further information and/or to reserve your place in the workshop, please call Sheryl Zeigler, M. Ed., at (505) 470-0758.

Sheryl will be presenting an overview of the program at the New Mexico Conference on Aging on Tuesday, August 21st from 11:00 a.m. to noon.

HEALTH & SAFETY

Stroke Warning Signs

(From Home Care Assistance)

Did you know that strokes account for almost 10% of the 50 million deaths worldwide every year?



Despite being a leading cause of death and adult disability, fewer than one in five people across North America can recognize a symptom of a stroke.

Did you know that treatments within the first three hours of stroke make a dramatic difference in the long-term disability and could mean the difference between life and death? The National Stroke Association recommends the think FAST approach to recognizing stroke symptoms. Use FAST to remember warning signs:

- Ask the person to smile. Does one side of the **face droop**?
- Ask the person to raise both **arms**. Does one arm drift downward?
- Ask the person to repeat a simple phrase. Does the **speech** sound slurred or strange?
- If you observe any of these signs, then it's **time** to call 9-1-1.

Reducing Risk of a Stroke

What many people don't realize is that managing their blood pressure is the single most important thing they can do to help reduce the risk of a stroke.

Some of the factors that contribute to high blood pressure include lack of physical activity; poor diet; excess weight; and drinking too much alcohol.

Be knowledgeable about the risk factors of a stroke and have an active dialogue with your physician to discuss lifestyle modifications to reduce your risk. Home Care Assistance is one of North America's leading providers of post-stroke assistance in the home. Their unique Balanced Care approach emphasizes physical and mental exercise and activity helps stroke victims recover as effectively as possible.

Age Proof Your Brain- 10 Ways to Stay Sharp

(Extracted from: "Age Proof Your Brain" by Beth Howard in *AARP The Magazine*)

Alzheimer's isn't inevitable and many experts now believe you can prevent or at least delay dementia-even if you have a genetic predisposition. Reducing risk factors such as obesity, diabetes, smoking, and low physical activity by just 25% could prevent up to a half million cases of the disease in the United States. The goal is to stave it off long enough so that you can live life without ever suffering symptoms.

Get Moving- As little as 15 minutes of regular exercise three times per week can help reduce dementia risk by 30 to 40 %.

Resistance Training- Resistance training may increase the levels of growth factors in the brain which nourish and protect nerve cells.

Seek Out New Skills- Learning spurs the growth of new brain cells. When you challenge the brain, you increase the number of connections between those cells. Learn new things.

Learn to Meditate- Chronic stress floods your brain with harmful stress hormones which lead to impaired memory.

Eat Like a Greek- A Mediterranean diet – fish, vegetables, fruit, nuts and beans – reduced Alzheimer's risk by 24 to 48 percent.

Spice it Up- Herbs and spices like black pepper, cinnamon, oregano, basil, parsley, ginger and vanilla are high in antioxidants, which may help build brainpower.

Set Goals and Intention- Research shows that those who approach life with clear intentions and goals were less likely to develop Alzheimer's.

Be Social- A rich social life may protect against dementia by providing emotional and mental stimulation. Come to the senior centers.

Reduce Your Risk- Diabetes, obesity and hypertension increase the risk of dementia. Check

Vitamin Deficiencies- Vitamin deficiencies can affect brain vitality. Older adults at risk of vitamin B12 deficiencies had smaller brains and scored lower on test measuring thinking, reasoning, and memory.

LEGAL & CONSUMER

Your Tax Dollars at Work: Free Amplified Phones

When looking for an amplified phone, it's important to remember it's not always about volume. This is one of the most common mistakes made when addressing hearing loss. Hearing loss is about volume and tone/pitch. I'm sure you've met someone who can hear a soft sound that maybe you were unable to hear but they can't hear when you speak to them. This is because the pitch/tone was different for each situation.



We begin to lose our hearing in the high pitch range starting with the day we are born – just a part of life. The lower pitch range is typically lost from a qualifying event like a loud boom or prolonged exposure to loud sound. Be sure to look for tone/pitch control when considering an amplified phone.

If you find that an amplified phone is not going to offer you a solution, you can now request a phone with captions that also amplifies 40dB (4 times). There is no charge for the captioning service or the phone. Captions are paid with your tax dollars through the Federal Government and the phone is a permanent loaner. But, you must have internet service and a phone line for the captioned phone to work.

The company that makes the phones is offering them for free but they ask you to use Promo Code HS1033 to register, so they can track which customers heard about this offer from which source.

If you would like to try the phone in person, visit the ATS Resources office in Albuquerque or contact them and we'll see if we can set up a workshop in your area.

From:
ATS Resources
3301 Menaul, NE, Albuquerque
(505) 222.0608 or (877) 287-0608
www.ATSResources.org

Senior Discounts

(Received in an email via a local senior)

We have been informed that the following discounts are available to senior citizens at these chain stores. In most establishments, the discounts are not offered unless you ask for them. Check with your local business to ensure they follow the national chain and do offer these deals.

Restaurants

- Applebee's: 15% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Burger King: 10% off (60+)
- Denny's: 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- Golden Corral: 10% off (60+)
- Hardee's: \$0.33 beverages everyday (65+)
- IHOP: 10% off (55+)
- KFC: free small drink with any meal (55+)
- Long John Silver's: various discounts at locations (55+)
- McDonald's: discounts on coffee everyday (55+)
- Subway: 10% off (60+)
- Taco Bell : 5% off; free beverages for seniors (65+)
- TCBY: 10% off (55+)
- Village Inn: 10% off (60+)
- Wendy's: 10% off (55+)

Retail

- Big Lots: 10% off
- Goodwill: 10% off one day a week (date varies by location)
- Hallmark: 10% off one day a week (date varies by location)
- Kmart: 20% off (50+)
- Kohl's: 15% off (60+)
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)

Grocery

- Albertson's: 10% off first Wednesday of each month (55+)

PUZZLES

ACROSS

- 1. Medics
- 5. Crab's pincer
- 9. Love seat
- 13. Mountain refrain
- 14. Got up
- 15. Difficult
- 16. Not fatty
- 17. Kind
- 19. Paving goo
- 20. Burro
- 21. Cleans house
- 22. Horned animal
- 25. Clump
- 26. For every
- 27. Sneaky
- 29. Hem's partner
- 32. And
- 35. TV's "___ Buddies"
- 37. Wretchedly bad
- 38. Persuade
- 39. Cub Scout unit
- 40. Hero
- 41. Jealousy
- 42. Cuban dance
- 44. Necessity
- 45. Envision
- 46. "Joan of ___"
- 47. ___ sauce
- 49. Vast time span
- 51. Intensify
- 56. ___ and kicking
- 59. That lady
- 60. Cerise
- 61. Summer-time fruit
- 65. Crow
- 66. Hymn finale
- 67. Prize
- 68. Lessen
- 69. Sweet potatoes
- 70. Annoying person
- 71. Changed hair color

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	28			29	30	31	
32	33	34			35	36				37				
38						39				40				
41					42			43		44				
45					46			47	48					
			49	50			51	52				53	54	55
56	57	58						59				60		
61						62	63	64				65		
66					67							68		
69						70						71		

DOWN

- 1. "___ Dawn" (Reddy song)
- 2. Arctic or Indian
- 3. Graph
- 4. Father's boy
- 5. Crunchy
- 6. Fireplace wood
- 7. Cigar residue
- 8. Tiny
- 9. Bush
- 10. Horse's grains
- 11. Bother

- 12. Increases
- 14. Soak up
- 18. Stir
- 20. Pub fare
- 23. Type of glue
- 24. Fragrance
- 25. Exercise room
- 28. Lengthy
- 29. Cover up
- 30. Skin-cream ingredient
- 31. Fuse metal
- 32. Super serves
- 33. The ___ Ranger
- 34. Collect

- 36. Aroma
- 37. Strong plastic
- 42. Soup tin
- 43. Climb
- 48. Rowing tool
- 49. Balances
- 50. Above, to Keats
- 52. Brief
- 53. Assortment
- 54. Poke fun at
- 55. Bordered
- 56. Not home
- 57. Tibetan priest
- 58. Gossip bit
- 62. Road guide
- 63. Flock mama

- 64. ___ Vegas, Nevada
- 65. Garden plot

PUZZLES

Family Ties

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a special occasion for families.

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

ANCESTOR

AUNT

BOND

BROTHERS

CHILDREN

CLAN

COUSINS

DAD

DAUGHTER

DESCENDANTS

FATHER

FOLKS

GENEALOGY

GRANDPARENT

HALF BROTHER

HALF SISTER

HUSBAND

KIN

MARRIAGE

MOM

MOTHER

NEPHEW

NEWLYWED

NIECE

OFFSPRING

PARENTS

PROGENY

RELATIONS

RELATIVES

SIBLING

SISTERS

SON

SPOUSE

STEPPARENT

TRIPLETS

TWINS

UNCLE

WIFE

PUZZLE ANSWERS

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

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

BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU 2012 August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast Served Daily at MEG, Luisa, and Pasatiempo Centers. (Monday thru Friday) Serving times are from 7:30am till 8:30am Seniors: \$ 1.00 Donation Non-Senior Mandatory Fee of \$5.32		1	2	3	
			Scrambled Egg Cheese Grilled Peppers Hash brown Bacon Milk	Grilled Ham Salsa Potatoes Margarine Milk	Peanut Butter Tomato Juice Small Roll Jelly Milk
	6	7	8	9	10
	Boiled Eggs Tomato Juice Hot Oatmeal Margarine Milk	Breakfast Burrito w/ Sausage Cheese Green Chile Tortilla Margarine Milk	Peanut Butter Tomato Juice Small Roll Jelly Milk	Scrambled Egg Tomato Juice French Toast Maple Syrup Milk	Cottage Cheese Tomato Juice Cold Cereal Jelly Milk
	13	14	15	16	17
Scrambled Egg Cheese Salsa Small Roll Bacon Milk	Sausage Patty Tomato Juice Pancakes Maple Syrup Milk	Scrambled Egg Tomato Juice Waffles Maple Syrup Milk	Breakfast Biscuit w/ Sausage Cheese Salsa Biscuit Margarine Milk	Grilled Ham Grilled Peppers Small Roll Margarine Milk	
20	21	22	23	24	
Diced Ham Salsa Potatoes Jelly Milk	Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Red Chile Tortilla Bacon Milk	Sausage Patty Cheese Green Chile Hash Brown Roll Margarine Milk	Scrambled Egg Salsa Hash Brown Roll Margarine Milk	Breakfast Biscuit w/ Sausage Cheese Salsa Biscuit Margarine Milk	
27	28	29	30	31	
Scramble Egg Cheese Grilled Peppers Potatoes Margarine Milk	Grilled Ham Green Chile Small Roll Margarine Milk	Scrambled Eggs Cheese Salsa Tortilla Bacon Milk	Sausage Patty Tomato Juice Hot Oatmeal Margarine Milk	Breakfast Burrito w/ Scrambled Egg Salsa Tortilla Bacon Milk	

LUNCH MENU



SENIOR CENTER LUNCH MENU AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tuna w/ Macaroni Tossed Green Salad w/ Dressing Crackers Chilled Peaches Milk	2 Hot Ham Sandwich w/ Gravy Lima Beans California Vegetables Chocolate Chip Cookie Milk	3 Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Chilled Pears Milk
6 Green Chile Hamburger Stew Tossed Salad w/ Dressing Cornbread w/ Butter Peanut Butter Cookie Milk	7 Baked Chicken Wild Rice Carrot and Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	8 Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	9 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/Dressing Whole Wheat Roll w/ Butter Apple Cobbler Milk	10 Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk
13 Baked Fish Fillet w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	14 Beef Tips w/ Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/ Butter Chilled Pears Milk	15 Red Chile Beef Enchiladas Pinto Beans Crackers Chocolate Pudding Milk	16 Chicken Fettuccini w/ Alfredo Sauce Carrots & Peppers w/ Butter Garlic Bread Chilled Pears Milk	17 Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Topping Jell-O Milk
20 Chicken Salad Creamy Coleslaw Glazed Carrots Crackers Cherry Cobbler Milk	21 Beef Chalupa w/ Garnish & Salsa Fiesta Salad Chilled Fruit Cocktail Milk	22 Spaghetti w/ Sauce Buttered Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/ Pears Milk	23 Pork Posole w/ Red Chile Spinach Salad Pinto Beans & Tortilla Strawberry & Peaches Peanut Butter Cookie Milk	24 Baked Chicken w/ Noodles and Alfredo Sauce Steamed Carrots w/ Butter Whole Wheat Roll Fresh Orange Milk
27 Chile Con Carne Grilled New Potatoes Steamed Cabbage w/ Butter Whole Wheat Roll Chilled Peaches Milk	28 Chicken Provencal w/ Veggie & Sauce Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit Milk	29 Baked Ham Baked Yams Steamed Broccoli w/ Butter Whole Wheat Roll w/ Butter Baked Apples Milk	30 Bean Burrito w/ Green Chile Sauce Spanish Rice Salsa Corn Tossed Salad w/ Dressing Spiced Apples Milk	31 Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32