

The Senior Scene

Vistas de los Mayores



Photo by Don Bell



December 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 955-4717	VENTANA DE VIDA (Pacheco) 955-6731
1500 Luisa St. (enter from Columbia St.)	1500 Pacheco St.
Santa Fe, New Mexico 87505	Santa Fe, New Mexico 87505
MARY ESTHER GONZALES (M.E.G.) 955-4721	VILLA CONSUELO 474-5431
1121 Alto St.	1200 Camino Consuelo
Santa Fe, New Mexico 87501	Santa Fe, New Mexico 87507
PASATIEMPO 955-6433	COUNTY INFORMATION 992-3094
664 Alta Vista St.	COUNTY TRANSPORTATION 992-3069
Santa Fe, New Mexico 87505	



Happy Holidays

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 \$1 for a reprint. **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, December 11 and 18

January 8, 15, 22 and 29

February 12, 19 and 26

9:00am to 1:00pm

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 8:15 a.m. to 4:30 p.m. Monday through Friday.

Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

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.**

County: For rides within S.F. County but outside city limits, call 992-3069.

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use 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: We will be closed on December 25 and January 1.



NEWS & VIEWS

Senior Center Holiday Closures

All Santa Fe senior centers will be closed on Tuesday, December 25th in observance of Christmas and on Tuesday, January 1st in honor of New Year's.

Senior Board Commends Cindy Sena

Andres Romero, Chairman of the Santa Fe Senior Citizens Advisory Board, sent a letter to Mayor David Coss on behalf of the entire Advisory Board commending Transit Operator Cindy Sena, a 23-year veteran of the City.



"The many senior citizens she has transported over the years hold her in high esteem. Ms. Sena always shows utmost courtesy and concern when dealing with seniors. She is always very pleasant and it is easy to tell that she enjoys her job and interacting with senior citizens" reads the letter, in part.

It concludes: "If the City of Santa Fe had an Employee of the Quarter/Year program, Ms. Sena would without a doubt be our first nominee."

Coping with Grief through the Holidays

Vista Care Hospice will host a series of meetings entitled "Surviving the Holidays" for anyone who has lost a loved one and struggles through grief during the holiday season.

The meetings are free and available on a drop-in basis. You may go as often as you desire. Meetings are held on Thursdays from 5:30 to 6:30 p.m. on December 6th, 13th, 20th and 27th at the Vista Care offices at 1911 Fifth Street, Suite #100. Call them for details: 988-5331.

Los Pastores December 15th

La Sociedad Folklorica will present Los Pasores on December 15th at 2:00 p.m. at the Santuario de Guadalupe at 417 Agua Fria. Admission is free but donations are accepted.

Be a Santa to a Senior

Home Instead Senior Care® joins the Division of Senior Services, Wal-Mart, CHRISTUS St. Vincent Regional Medical Center and S.F. Care Center to provide presents to previously identified seniors who otherwise might not receive a gift this holiday season.



Christmas trees will be up at both Santa Fe Wal-Mart stores on Cerrillos Road and the second floor lobby at CHRISTUS St. Vincent Hospital (near the information desk) until December 17th. The trees will be covered with ornaments with the first names of the seniors and their respective gift requests. Holiday shoppers at Wal-Mart can pick up an ornament, buy items on the list and take them with the ornament to Customer Service. At the hospital, please return the gift(s) you purchase along with your ornament to the hospital gift shop.

There will also be a gift wrapping party on Friday, December 14th at 2:30 at the MEG Center, after the movie. Everyone is welcome to join staff wrapping gifts to holiday music.

For more information call 471-2777.

Congratulations to Patti Merrill!

Our own Patti has been given the award of one of the poets in the "Who's Who of American Poets" listing for 2012. Wow!

Join us for Christmas Dinner December 14th

We look forward to seeing you at any of our five senior centers on Friday, December 14th between 11:00am and 12:30pm, for our annual Senior Services Christmas dinner.

We will serve roast beef with gravy, mashed potatoes, salad, California vegetables, a whole wheat roll and cherry cobbler. We ask for the regular suggested donation of \$1.50 (if you are a senior) or the fee of \$5.32 for non-seniors age 59 and under.

Please stay afterwards for a free movie "The Christmas Miracle of Jonathan Toomey" in the MEG Center dining room at 1:00pm.

NEWS & VIEWS

Free Massage or Polarity Sessions

You are invited to schedule a free 45-minute massage or polarity session offered by students from the New Mexico Academy of Healing Arts. (Polarity therapy is energy-based bodywork designed to restore and maintain proper energy flows throughout the body).



Students will bring massage tables and chairs and will work on whatever part(s) of the body you request. You are asked to wear comfortable, loose fitting clothing, as you will be worked on fully clothed.

These students have completed almost their entire bodywork course and are preparing for certification.

The bodywork is free and is a part of the school curriculum and any gratuities given are added to the school's scholarship fund.

Sessions are approximately 45 minutes each, scheduled in one-hour increments. They will be held at the MEG Senior Center at 1121 Alto St. on Thursdays, December 13th and 20th. Schedule for 2:00, 3:00 or 4:00 p.m.

In order to give everyone equal access, please only call if you were not scheduled for a massage with this program before. To schedule a free session, please call Kristin in the RSVP office at 955-4760.

These are the gifts I wish for you this Christmas!

Written by Patti Merrill

The gift of each new day.

The gift of healing, wholeness and health.

The gift of freedom. The gift of LOVE.

The gift of choices and wisdom to make the right decisions for your life.

The gift of friends and family.

The gift of music.

The gift of new beginnings.

The gift of AWARENESS.

The gift of joy-and the gift of Christmas to keep in your heart, now and always!

The Happiness Initiative

There will be a free presentation by John de Graaf, author and film maker on Sunday, December 9th 3:00 to 4:00 p.m. at the Social Hall at the First Unitarian Church in Albuquerque (SW corner of Carlisle and Comanche NE).

What do we want from our economy? John de Graaf says it's time to stop chasing economic growth and start valuing happiness. He will address the mistaken belief that constant expansion of the economy as measured by the Gross Domestic Product (GDP) will lead to greater happiness and well-being for all Americans.

Numerous communities have started happiness initiatives. They begin with citizens taking a Happiness Initiative survey (www.happycounts.org), a tool for measuring personal and community well-being. The survey is based on the concept of Gross National Happiness (GNH) developed in the country of Bhutan. It provides a snapshot of how each of us is doing in a variety of important areas not measured by GDP that contribute to well-being. These include social connection, time balance, education, environmental quality and work experience.

John will suggest specific steps we can take to implement this exciting initiative.

They will be Missed...

Jairo Jimenez

passed away on October 30th at the age of 75. He was born in Medellin, Colombia on June 4th, 1937 and later moved to

Santa Fe, NM. He is survived by his sons and daughters. He was a familiar face, sitting with "the guys" in the MEG Center dining room each morning.



George Ortiz left this world on October 29th at the age of 75. George was a hard working volunteer, washing dishes, preparing and serving meals, and helping in the dining room at the Luisa senior center. We will miss his quiet smile and willingness to offer a hand.

NEWS & VIEWS

ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30a.m. – 12:30 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



Please call 1-(505) 242-6777 for details.

TIME FOR THE HOLIDAYS... LET'S TALK ABOUT IT

With Lillian Alexander

Christmas is unlike any other holiday. It adds a comforting religious spirit and a magnificent array of gifts. Whether you are a religious person or not, Christmas plans begin long before the holiday. Spending Christmas with family often requires a trip. Sometimes our families visit us, which can be lovely, but also means a good amount of work for us.

Although we may admit that entertaining has become stressful for us, we should not ignore holidays. Lately, seniors are getting together rather than being alone. Spending holidays with a friend is a wonderful idea. Let's enjoy this holiday in a manner that suits us.

Fellow seniors, have a merry Christmas and a happy New Year.

TWO QUESTIONS FOR YOU:

1. Do you look forward to the holidays?
2. What do you think this holiday will be like?

LIHEAP Applications Available

If you need assistance with heating costs (gas, electric, propane or wood) this winter, apply for the Low Income Heat and Energy Assistance Program (LIHEAP). Blank applications are at the MEG Center front desk. After you fill one out, you must take it, along with all supporting documents, to the Income Support Division (ISD) office at 39-B Plaza La Prensa.

If you have questions about the LIHEAP program or applications, you may call ISD directly at 476-9200.

Senior Olympic Spotlight

Kick-Off Registration for Local Games

Mary Esther Gonzales Center

Monday, January 7th, 2013
From 9:00 a.m. – 12:00 noon

We welcome new faces and hope to see you there this year. Join us!

Local games Registration

Monday, January 7th – Friday February 1st

Late Registration February 4th – February 8th

Registration fee is \$12.00

Late Registration is \$20.00

Until next month, happy holidays.

-Cristina Villa, Senior Olympics Coordinator



Mariachi Christmas

The Senior Travel Committee is planning a road trip to Albuquerque's Popejoy Hall to see Mariachi Christmas. The performance is on Friday, December 14th and tickets and transportation are \$40 or you may get dinner at Sadie's restaurant before the performance for an extra \$15-\$20. Call Carol Weber at 820-3523 to make your reservation today.

County Dance for Seniors

Santa Fe County Senior Programs invite you to a Christmas Dance on Thursday, December 6th 1:00 – 4:00 at the Santa Fe County Extension Building at 3229 Rodeo Road. Call 992-3069 for details.



AT A GLANCE



Lawyer Referral for the Elderly staff give a free legal presentation.



Many seniors attended the legal workshop.



Zumba Gold is the way to go!



Look at those seniors work!



Volunteer **Alvin Thomas** entertains during the lunch hour.



Juan Romero getting a flu shot at the MEG Center shot clinic

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.

Are You a Polar Bear?

Do you enjoy being active in cold weather? Would you like to meet some terrific new people? Oh, and are you a very early riser? If you answered "yes" to those questions, you are just the kind of person we need at Food for Santa Fe! Climb out of bed before winter daybreak and join other hearty souls in preparing and giving out 900 bags of groceries to our neighbors in need. Nothing feels better than seeing the gratitude on someone's face as you give them a bag and a smile.

Call Kristin at 955-4760 for details.

Villa Therese Catholic Clinic

The Villa Therese Catholic Clinic is a private organization under religious auspices offering its services to the poor of Santa Fe, regardless of age, race, creed, gender, ethnicity or national origin, sexual orientation, or disability.

Their mission is to meet basic medical and social well-being needs...the main outreach being toward children.

What are your talents and interests? Their volunteer needs include administrative tasks, help with special events and projects, and professional or technical needs.

Call the RSVP office at 955-4760 to sign up. Speaking Spanish is a real plus for this volunteer location, but it is not mandatory.

Making a Difference for People with Medicare

The Aging and Disability Resource Center (ADRC) Needs Your Talents and Skills



Navigating Medicare can be tough for many seniors. From prescription drug plans to private health plans to complicated billing, it's not surprising that people with Medicare are confused about their health insurance and their options. Fortunately, there is an organization they can turn to for help.

New Mexico's ADRC works with people to help them understand their Medicare benefits, bills, and rights. ADRC services are free, unbiased, confidential, and available to all New Mexico Medicare beneficiaries, their families, and their caregivers.

Volunteers play a critical role in providing ADRC services and helping seniors. Each volunteer makes a unique difference to Medicare recipients. Volunteers help educate people about Medicare, connect low-income seniors to programs that could lower their health care costs, work on special projects, and much more.

"It is a welcomed challenge to be able to find solutions to the problems our clients present to us. I find it to be personally rewarding to be able to improve the quality of life for our clients, may it be in a direct or indirect way." Volunteer from Deming, NM since 2004!

ADRC is looking for dedicated and resourceful volunteers with all sorts of talents and skills. Their volunteers come from many backgrounds and have a variety of experiences. They are good communicators, reliable, and have a willingness to help their community. If this describes you and you are looking for a meaningful way to assist your friends, neighbors, and community, please call Kristin in the RSVP office at 955-4760.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

RSVP Program Information

RSVP is the Retired Senior Volunteer Program. There are RSVP programs all across America (in fact, there are 16 others within New Mexico). We are designed to recruit and support senior volunteers. The Santa Fe RSVP Program is funded by the City of Santa Fe, the State of New Mexico's Aging and Long-Term Services Department and the federal government's Corporation for National and Community Service. The Corporation for National and Community Service engages more than 5 million Americans in service through Senior Corps, AmeriCorps, and the Social Innovation Fund, and leads President Obama's national call to service initiative, United We Serve.

Each year, more than 5 million individuals of all ages and backgrounds help meet local needs through a wide array of service opportunities. These include projects in six priority areas: disaster services, economic opportunity, education, environmental stewardship, healthy futures, and veterans and military families through CNCS's core programs: AmeriCorps, Senior Corps, and the Social Innovation Fund.

People—diverse, passionate and committed—make America strong. Through national service and volunteering, Americans from all walks of life contribute to their communities and the nation. Today's social and economic challenges are complex and require comprehensive, integrated and innovative approaches to shape solutions that work. Engaged citizens are at the center of these solutions. Join us! Call 955-4360

Time to Turn in Your Hours

Please send in your RSVP volunteer hours by the end of this month. You may mail, email or deliver a total of the volunteer hours and miles you have given in October, November and December before New Years'.

Please call Marisa at 955-4743 if you have any questions or concerns.



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

December

Mary Ann Sanchez	12/01	Judi L. Beare	12/16
Joseph S. Gonzales	12/01	Manuel Martinez	12/16
John L. Hanners	12/02	Flavia Pavia	12/16
Bob Spaulding	12/02	Julius Sebastian	12/16
Fran Devore	12/03	Maria Rarick	12/17
Sandra P. Rudnick	12/03	Pina Leffelbein	12/20
Cordelia Garcia	12/04	John Quintana	12/20
Irene Gentilseco	12/04	Jimmie Spulecki	12/20
Patricia Penn	12/04	Gentry Varner	12/20
Thomas Johnson	12/05	Bill J. Vaughn	12/20
Gilbert Garcia	12/07	David E. Roberts	12/21
Laurie McGrath	12/07	Judy Barr	12/23
Jean W. Marrs	12/09	Elaina K. Gonzalez	12/25
Janet A. Thompson	12/09	Marie Millsap	12/25
Al Webster	12/09	Dolores A. Mose	12/25
Mary Jo Read	12/10	Mary Trujillo	12/25
Mary Margaret Rael	12/11	Raymond W. Willison	12/25
Linda Stanford	12/10	Michelle Springer	12/28
Miguel P. Trujillo	12/12	Beverly J. Walling	12/28
Linda Alessi	12/14	Eileen Levy	12/30
Connie S. Valencia	12/14	Pamela Grob	12/31
Suan Eakins	12/15	Virginia Soto	12/31
Eric P. Edmunds	12/15		

FGP/SCP Foster Grandparent / Senior Companion Programs

The following is a list of our dedicated volunteers. Please take time to thank them for their service to our community in 2012 and for proving that one person can make a difference through volunteer service.

Foster Grandparent Volunteers:

Share Today. Shape Tomorrow.

Socorro Arroyo	Prescilla Martinez
Joan Baca	Ilya Morozov
Mary Baca	Bernard Nuanez
Maria Carta	Isidra Pacheco
Michele Chrabot	Ariel Quintana
Rita Contreras	Bonnie Rice
Peter Crook	Aurora Rodriguez
Rita Gallegos	Mary Grace Saiz
Viola Gomez	Fabiola Sandoval
Margie Gurule	Jane Sandoval
Jong Heiser	Tillie Trujillo
Tillie Kitchens	Connie Valencia
Cordy Martinez	

Senior Companion Volunteers:

Make Independence a Reality.

Pete Abeyta	Mary Lou Martinez
Vicky Archuleta	Perfilia Martinez
Nancy Armendariz	Christine Mendoza
Olivia Benta	Carmen Montoya
Robert Burckhalter	Benerita Morales
Grace DeAguero	Katie Ortiz
Mela Delgado	Thelma Plotner
Maria Duran	Bernadette Sandoval
Socorro Garibay	Mary Sandoval
Amelia Garcia	Virgina Soto
Lugarda Griego	Della Spencer
Ramona Griego	Sue Ann Spoonhoward
Ramona Gutierrez	Rosina Tapia
Dorothy Lear	Lydia Trujillo
Helen Lucero	Joe Vigil
Genevieve Maes	Lucille Vigil

FGP/SCP Advisory Committee

Gilbert Alarid
Tonie Ann Gallegos
Ramona Griego
Frank Lucero
Rosina Schutz
Connie Valencia

December In-Service

Please join us for a free Senior Health Awareness Fair on Tuesday, December 4, 2012. The fair begins at 9:00 a.m. and volunteers should plan on attending the educational fair. The fair will include educational information, screenings, prevention and information focusing on senior issues and geriatric wellness.

Program Reminder

Due to several holidays this month, volunteers are not required to volunteer on the following days:

- Tuesday, December 25th - Christmas Day.
- Tuesday, January 1st - New Year's Day.

HAPPY BIRTHDAY!

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

Connie Valencia	12/14
Ramona Gutierrez	12/18
Virginia Soto	12/31



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)	Tuesday	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
No Class on 3rd Thurs. of Month		
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Dance	Friday	9:30 am

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

DANCE CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba	Friday	9:30 am

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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SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Thursday	12:30 pm
No Class on 3rd Thurs. of 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)	Tuesday	9:15 am
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ACTIVITIES *for this month*



Special Cabaret Performance!

Bob Sinn, veteran singer and performer, and pianist David Geist will present a selection of songs by the great composers of Broadway. Mr. Sinn is originally from Virginia and moved to Santa Fe in 1965. He was inspired by the music of the Broadway Theater from a very early age. He considers discovering Santa Fe and her people one of the greatest gifts of his life. Mr. Geist had a twenty year career playing piano in Broadway orchestras before moving to Santa Fe seven years ago. Bob and David have performed together at Pranzo and Vanessie over the past six years.

Norton Bicolli will make a guest appearance performing a few of his personal favorites.

Join us on Thursday, December 20th at the Pasatiempo Senior Center at 664 Alta Vista St. from 12:00 noon to 1:00 p.m.

Pasatiempo Bake Sale

Mouth watering, homemade baked goods will be available for purchase on Tuesday, December 18th at Villa Consuelo Senior Center, at 1200 Camino Consuelo, across from the old Wal-Mart from 9:00am until they are sold out. Proceeds benefit the center. Come and buy some goodies for the holidays!



Free Hair Cuts at MEG & Pasatiempo

During the month of December our volunteer Fabiola will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:am to 2:00 pm. Please note: haircut sign-in begins at 9:00 am.

MEG Senior Center Dec. 5th and 12th
Pasatiempo Senior Center Dec. 19th



Yoga Class at MEG Center Every Tuesday

Yoga Dahn (Energy) class will now be held every Tuesday at the MEG Center from 9:15 to 10:00a.m.

Snowball Dance

Join us for the annual Snowball Dance on Thursday, December 13th from 1:00 p.m. – 4:00 p.m. at the Fraternal Order of the Eagles on Early Street. We will have live music by Banda Alegre and refreshments.



This dance is sponsored by Pasatiempo Senior Center. Admission is \$2.00 and please bring your senior membership card.

Movie Day at the M.E.G. Senior Center Friday December 14th at 1:00 p.m.

The Christmas Miracle

This live-action feature, based on one of America's most loved books is now a must see family movie experience. Oscar nominee Tom Beringer stars as a recluse with a secret past until a widowed mother and her young son move into town and commission the ill-tempered woodcarver to create a replica of a nativity set given to the boy by his father. A story of love, redemption and above all, hope, makes the Christmas Miracle of Jonathan Toomey a holiday classic.



Weekend Bingo at Luisa: \$100 Jackpot!

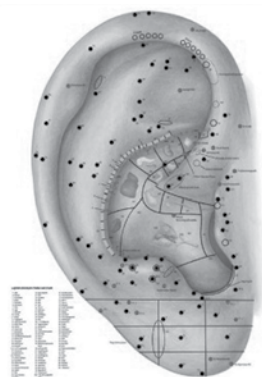
The Luisa Senior Center at 1500 Luisa St will be hosting a Bingo on Sunday, December 9th from 1:00 p.m.–4:00 p.m. It is just \$12.00 for package and there is a \$100.00 jackpot. Plan to buy a lunch including a tamale, beans, red chile and a drink for \$5.00.

Please bring small bills. Everyone is welcome.

ACTIVITIES *for this month*

Free Acupuncture Clinic for Veterans

Beginning Thursday, December 6th from 2:00 – 4:00 p.m., there will be a free clinic of acupuncture on the ear for all Veterans and their families. The acupuncture points used have been shown to help with sleep, anxiety, anger issues and PTSD.



The clinic will be held at the Mary Esther Gonzales Senior Center on Alto St. by Carolyn Bleakely, Doctor of Oriental Medicine. Come, get a free treatment, ask questions and relax.

The clinic will be closed on holidays and snow days. You may call 577-1677 if you need more information.

Arts & Crafts Workshop at MEG Center

You are invited to join us for Arts & Crafts workshops at the Mary Esther Gonzales Senior Center. This month's focus will be on Christmas tree ornaments and hand-made cards, and will take place on Tuesday, December 4th from 10 – 11 am in the board room of the MEG Center. The workshop is hosted by our very artistic volunteer, Patti Merrill. Materials will be provided, so, bring a friend and join the fun!



Zumba for Seniors Fridays at MEG

The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers, as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. And, it is a lot of fun!

Classes take place at the MEG Center on Fridays from 9:30 am – 10:30 am

Teatro Paraguas Performance

The Santa Fe theater company, Teatro Paraguas (Umbrella Theater) will give a dramatic reading of Siempre El Corazon (Always the Heart). This is a bilingual poetry piece by Española's favorite poet Jim Sagel (1948-1998). Come to this free performance at the Pasatiempo Senior Center on Thursday, December 6th at noon.

Senior Activity Corporation Trip Biloxi and New Orleans

April 6-14, 2013
\$820.00

Diamond Tours will take seniors by motorcoach on this exciting trip including:

- 8 nights lodging (4 at a casino hotel)
- 8 breakfasts and 6 dinners
- Spectacular gulf coast gaming
- A guided tour of the bay of St. Louis
- A guided tour of New Orleans
- Free time in New Orleans' French Quarter
- A visit to a second gulf coast casino

There is a 10% for trip cancellation. For reservations and information, call:

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

Senior Centers Closed December 25

Adult Protective Services

APS Staff will give an informational presentation at Ventanna de Vida on December 11, 2012 9:30am - 10:30am.

Christmas Social luncheon at Villa Consuelo

Villa Consuelo committee members would like to invite all the residents from Villa Consuelo to a luncheon on Wednesday, December 19th at 11:00 a.m. Lunch includes posole, chile and tortilla. Please bring some goodies to bring in the Christmas holiday!

Season's Greetings

HEALTH & SAFETY

FREE



Senior Health Awareness Fair

Education, screenings, prevention and information focusing on senior issues and geriatric wellness

Participating providers include (but not limited to)

NMDDPC Guardianship Program - Education & Information

NM Aging & Long Term Services - Benefit Counseling, Fraud, Adult Protective Services, Health Care, etc.

La Familia Medical Center - Health Education and Screening

Christus St. Vincent Hospital - Geriatric Wellness

NM Rail Runner Express - Transportation Information

NM State University, Santa Fe County Cooperative Extension - ICAN-Ideas for Cooking and Nutrition

AARP - Information and Medical Changes/Options

Santa Fe Animal Shelter and Humane Society - Adoption, Foster, and Pet Outreach

Senior Services Programs - Volunteerism and Services

Senior Services Nurse - Blood Pressure, Blood Sugar, Oxygen Levels and Individual Consultations

And Much More

Free Door Prizes - Must Be Present To Win

Refreshments - Healthy Snacks and Drinks



Tuesday, December 4, 2012

9:00 a.m. to 12:30 p.m.

Mary Esther Gonzales Senior Center

1121 Alto Street

Please mark your calendars!

LEGAL & CONSUMER



Medicaid Fraud

Tips for Protecting Yourself and Medicaid

Medicaid fraud is big business for criminals. The Medicaid program spent about \$400 billion in 2010 and the government thinks more than \$22 billion of that was “improperly spent” — meaning the care was not necessary or the bill was wrong. That dollar amount probably doesn’t include all the money that was stolen by scam artists looking to rip off you and the government.

Medicaid fraud hurts us all. When bad health care providers steal from Medicaid, there is less money for the things patients need. People can get hurt when doctors or other providers give less or more care than needed just to make more money.

In one case of Medicaid fraud, the person who committed the fraud was sentenced to 20 months of incarceration and ordered to pay \$1 million in restitution.

She was found guilty of aiding and abetting health care fraud, providing services by unlicensed practitioners and billing Medicaid for services that were not covered.

What is Medicaid Fraud?

- **Billing for “phantom patients”**
Example: A doctor or therapist bills Medicaid for a service that was never provided.
 Some health care providers have even been caught billing for patients who had passed away.
- **Double billing**
Example: A health care provider bills Medicaid twice for the same procedure or service.
- **Billing or providing unneeded services**
Example: A doctor puts a diagnosis or symptom in a patient’s records that the patient doesn’t really have. The doctor then bills for services not provided.
- **Billing patients extra for covered services**
Example: A doctor charges Medicaid for a service and then bills the patient for the difference between what Medicaid pays and what the doctor would like to be paid.
- **Prescription drug substitution**
Example: A pharmacist fills a prescription with a generic drug but bills Medicaid for a brand name drug that costs more.
- **Kickbacks**
Example: A medical equipment or home health provider offers items such as cash, gifts or free vacations to doctors who refer Medicaid patients to them.

Protect, Detect, Report

LEGAL & CONSUMER

Medicaid Fraud Prevention Tips

- ✓ Do not give your Medicaid or Medicare numbers to telephone callers, door-to-door solicitors or to anyone you do not know.
- ✓ Treat your Medicaid and Medicare cards like you would a credit card — never “loan” them to anyone.
- ✓ Do not show or share your Medicaid or Medicare card in exchange for money or “free” services or supplies.
- ✓ Do not give your Medicaid number for “free” medical tests. If it is “free,” they don’t need to see your card.
- ✓ Never sign a blank form. Always read and keep a copy of any document you sign.

MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)
NAME OF BENEFICIARY
JANE DOE
MEDICARE CLAIM NUMBER
000-00-0000-A
SEX
F
DATE OF BIRTH
07-01-1900
IS ENTITLED TO
HOSPITAL INSURANCE (PART A) YES
MEDICAL INSURANCE (PART B) YES
SIGN HERE
DO NOT SEND CLAIMS FOR PAYMENT OF MEDICARE BENEFITS TO THIS (&) ADDRESS

Don't Confuse Medicaid with Medicare

Medicaid is a program run by the federal and state governments to help pay medical costs for low-income people such as:

- Families, children, pregnant women
- The elderly and persons with disabilities
- Recipients of Supplemental Security Income (SSI)
- Women diagnosed with breast or cervical cancer

Medicare is a federal health insurance program for:

- People age 65 or older
- People under the age of 65 with certain disabilities
- People of any age who have permanent kidney failure requiring dialysis or a kidney transplant
- Certain people with ALS (Lou Gehrig's disease or amyotrophic lateral sclerosis)

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare errors, fraud and abuse; **DETECT** potential errors, fraud and abuse; and **REPORT** your concerns. SMPs use trained senior volunteers to help educate and empower seniors in the fight against health care fraud. Your SMP can help you with questions, concerns or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

For assistance, call your local SMP program 1-800-432-2080

For more information or to locate your state SMP, visit www.smpresource.org

Supported by grant number 90NP0001/01 from the U.S. Administration on Aging (AoA),
Department of Health and Human Services



New Mexico

Protect, Detect, Report

PUZZLES

Meryl Streep Movies

Find and circle all of the Meryl Streep movies that are hidden in the grid.
The remaining 40 letters spell an additional Meryl Streep movie.

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L D E A T H B E C O M E S H E R E E
M A C R Y I N T H E D A R K T O N F
S P S R E T T A M K R A D R Y A J I
S B L A S T A I M A M M A M C U O L
K T M E N N N S H E D E V I L N B R
R S I A N H I U C K H E R I E E E U
A T I L L T G S H E A F A T F C V O
M S M L L R Y U H R A E R O I M O Y
E H A R K O O T L F E U R O I A L G
R E R D E W F F O T E E H S D N N N
V A V G A O O T S T A C D E O H I I
S R I N C P U O H N S G E E F A G D
K T N I P O T I D E O W N U H T N N
R B S N R N N A I O N I F I O T I E
A U R E I G F H T O U I L R C A L F
M R O V M T P T R I U B G N A N L E
E N O E E O T I E E O V T H E N A D
R T M R S N O I T I D N E R T S F D
  
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A CRY IN THE DARK
ADAPTATION
BEFORE AND AFTER
DANCING AT LUGHNASA
DARK MATTER
DEATH BECOMES HER
DEFENDING YOUR LIFE
DOUBT
EVENING
FALLING IN LOVE

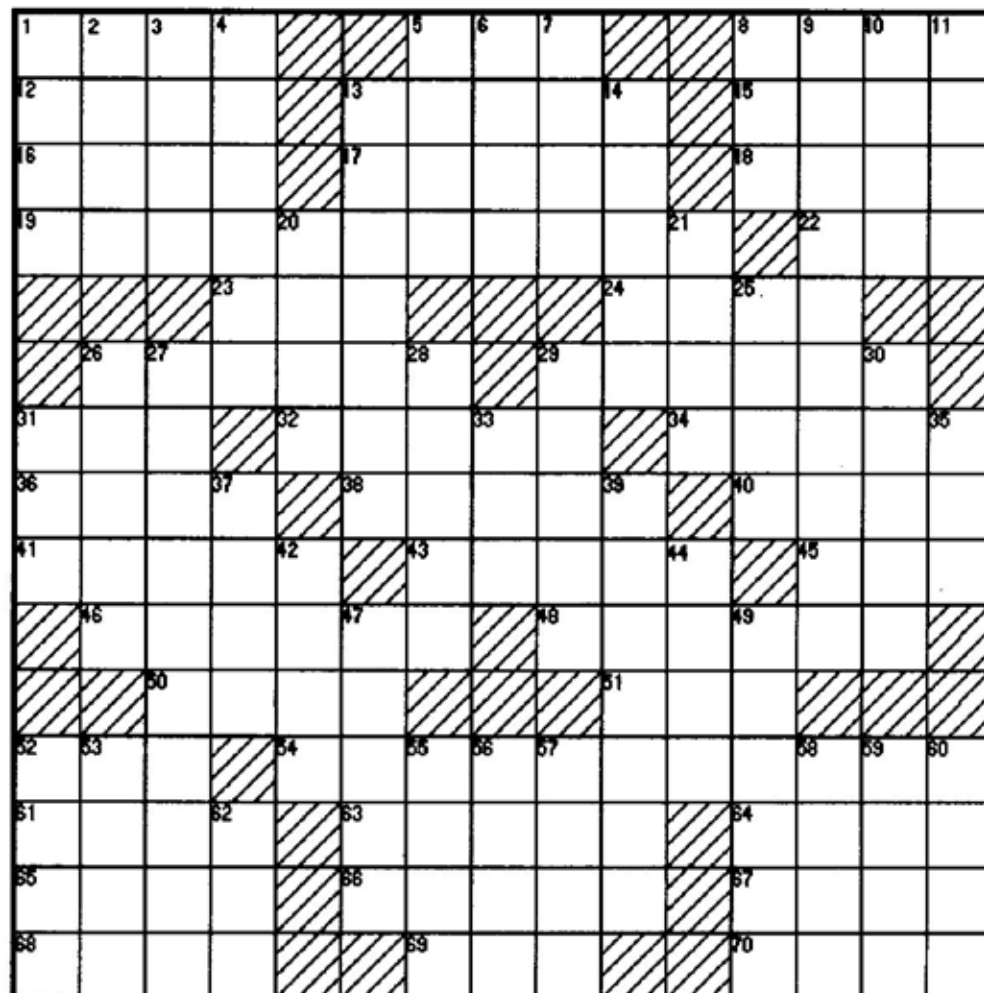
HEARTBURN
IRONWEED
JULIA
KRAMER VS. KRAMER
LIONS FOR LAMBS
MAMMA MIA
MANHATTAN
MARVIN'S ROOM
MUSIC OF THE HEART
ONE TRUE THING

OUT OF AFRICA
PLENTY
PRIME
RENDITION
SHE-DEVIL
SILKWOOD
SOPHIE'S CHOICE
STILL OF THE NIGHT
THE DEER HUNTER

PUZZLES

ACROSS

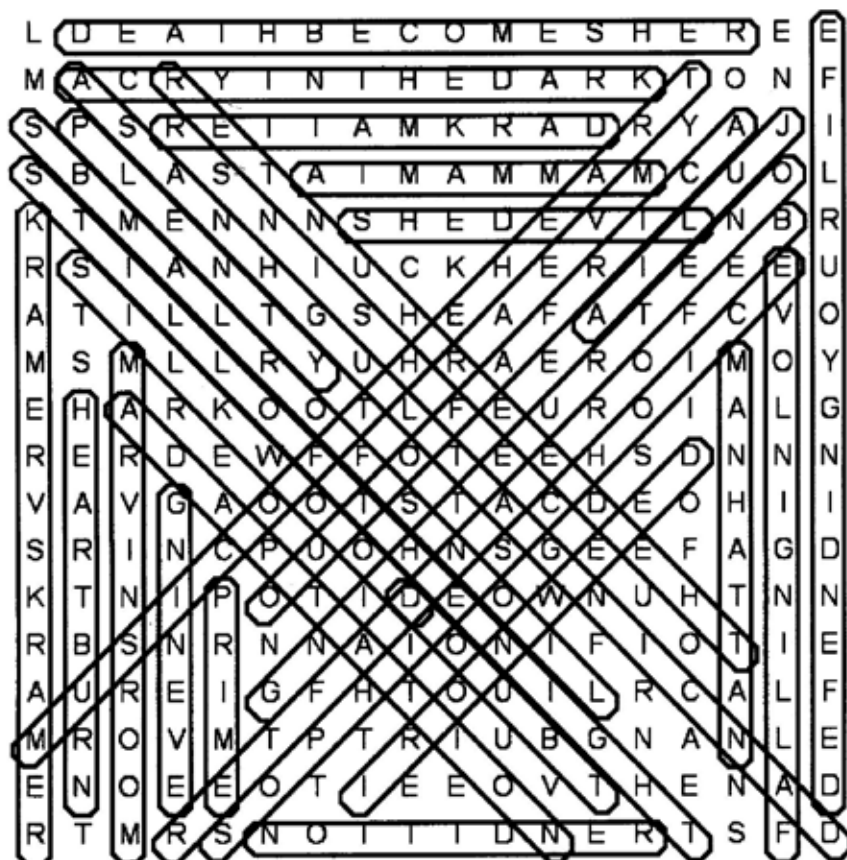
1. Chew
5. Very Important Person
8. ____ and Andy, radio show
12. One one-billionth
13. Himalayan country
15. Catholic diocese attached to Naples Italy
16. People of the Kuril Islands
17. Utilisers
18. A catch or tear
19. Someone who wishes to change genders
22. Flying saucers
23. Coney or hyrax
24. Chamber
26. Answer or sum
29. Accepted practices or procedures
31. Not strict
32. Biennial garden herbs
34. ____ Park, Edison's lab
36. Snakes
38. Slumber
40. English college
41. Encounters
43. Antibodies that cause cells to rupture
45. Gorilla
46. Priests of ancient Celtic peoples
48. To playfully dishevel
50. To go within
51. National Broadcasting Corporation
52. First of a suit
54. Combines different elements to create something new
61. Single
63. Satchmo ____ Armstrong
64. CART and FI chassis manufacturer
65. 2.54 centimeters
66. Consumer of food
67. Not found
68. Deign or suppose
69. Donkey
70. "Oh my!"



DOWN



- | | | |
|-------------------------------|----------------------------------|---|
| 2. Small fly | 20. Apostle Paul's original name | 44. Small lumps |
| 3. Depilatory cream | 21. Rich soil of clay and sand | 47. Sherlock Holmes creator, Conan ____ |
| 4. ____ Paquin, actress | 25. S-shaped curve in molding | 49. Old World bulbous herbs |
| 5. Injuries done be deep cuts | 26. Levelled or destroyed | 52. Amongst |
| 6. Clamp | 27. Practical acquaintance | 53. Pyramidal shape with a round base |
| 7. Wild goats | 28. Says | 55. US weather bureau |
| 8. South American country | 29. Utilize (archaic) | 56. Clucks disapprovingly |
| 9. Answer (abbrev.) | 30. Incline | 57. Hurries (archaic) |
| 10. Stupendous | 31. Rapid escape by criminals | 58. Series of computer games |
| 11. Former king of Norway | 33. Unlocking tool | 59. Born Free lioness |
| 12. Starch used in puddings | 35. Not two | 60. Saturdays (abbrev.) |
| 13. Fights or skirmishes | 37. Render senseless | 61. Unit of electrical resistance |
| 14. Emperors of Russia | 39. Initiator | |
| | 42. Sets on a chair | |

PUZZLE ANSWERS



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


BREAKFAST MENU

<div> <div>December</div> <div>SENIOR CENTER BREAKFAST MENU DECEMBER 2012</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk	4 Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	5 Grilled Ham Salsa Peppers Small Roll Margarine Milk	6 Scrambled Egg Cheese Red Chile Potatoes Margarine Milk	7 Sausage Salsa Hashbrown Small Roll Margarine Milk
10 Scrambled Egg Cheese Grilled Peppers Hashbrown Bacon Milk	11 Sausage Cheese Green Chile Potatoes Margarine Milk	12 Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	13 Diced Ham Cheese Peppers Small Roll Margarine Milk	14 Scrambled Egg Tomato Juice Pancakes Maple Syrup Bacon Milk
17 Grilled Ham Cheese Red Chile Small Roll Margarine Milk	18 Breakfast Burrito w/ Scrambled Egg Cheese Salsa Tortilla Bacon Milk	19 Sausage Tomato Juice Waffles Maple Syrup Milk	20 Scrambled Egg Salsa Hashbrown Small Roll Jelly Milk	21 Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Margarine Milk
24 Boiled Eggs Salsa Small Roll Margarine Milk	25 ALL CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS	26 Sausage Cheese Red Chile Small Roll Jelly Milk	27 Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla Bacon Milk	28 Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Jelly Milk
31 Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk		Senior Breakfast Meal Donation=\$1.00 Non-Senior Mandatory Breakfast Fee=\$5.32 (59 years of age or younger)	Breakfast is Served at MEG, Luisa and Pasatiempo Centers. Serving Times are: 7:30am till 8:30am Monday - Friday	

LUNCH MENU

December 2012

SENIOR CENTER LUNCH MENU DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Open Face Hot Turkey Sandwich Mash Potatoes w/Gravy Buttered Peas & Carrots Tapioca Pudding Milk	4 Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp Milk	5 Baked Chicken Provencal (Veggie Topping) Steamed rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit Milk	6 Green Chile Cheese Hamburger w/ Garnish Ranch Beans Onion Rings Chilled Applesauce Milk	7 Grilled Pork Chop Mashed Potatoes Steamed Peas Baked Biscuit Cherry Cobbler Milk
10 Red Chile Burrito Supreme Spanish Rice Green Salad w/ Dressing Chilled Apricots Milk	11 BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	12 Baked Chicken over Garlic Noodles Green Peas & Carrots Cornbread w/ Butter Fruit Salad Milk	13 Pork Tamale Vegetable Salad Pinto Beans Flour Tortilla (1) Mandarin Oranges Milk	<u>Christmas Dinner</u> 14 Roast Beef w/ Gravy Mashed Potatoes Vegetable Salad California Vegetables Whole Wheat Roll Cherry Cobbler Milk
17 Hamburger Steak Mash Potatoes w/Gravy Steamed Green Beans Biscuit w/ Butter Fruit Salad w/ Cottage Cheese Milk	18 Baked Chicken Thighs Rice Pilaf Steamed Broccoli WW Roll w/ Butter Cherry Cobbler w/ Vanilla Ice Cream Milk	19 Baked Fish Fillet w/ Tartar Sauce German Coleslaw Mixed Vegetables Hushpuppy Banana Pudding Milk	20 Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad-Crackers Jell-O w/ Mixed Fruit Milk	21 Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus Whole Wheat Roll w/ Butter Applesauce Milk
24 Tuna w/ Macaroni Tossed Salad w/Dressing Saltine Crackers Chilled Peaches Milk	25 ALL CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS HOLIDAY	26 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato Whole Wheat Roll Banana Pudding Milk	27 Turkey Dinner w/ Gravy Bread Stuffing Steamed Green Beans Potluck Roll w/ Butter Cranberry Salad Pumpkin Pie Milk	28 Beef Tips & Rice Steamed Broccoli Green Salad Whole Wheat Roll W/ Butter Chilled Pears Milk
31 Chicken Fettuccini w/Alfredo Sauce Buttered Peas & Carrots Garlic Bread Chilled Pears Milk		Come and Join Us for Our Annual Christmas Dinner on Dec 14, 2012 at 11am till 12:30pm		Lunch is served at all five senior centers 11:00 - 12:30 Monday - Friday

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