The Senior Scene

Vistas de los Mayores

Mesa Vista Street 1940
Photo by John Bell

January 2014

Programs and Activities for Older Adults

offered by the

Division of Senior Services

City of Santa Fe Community Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services and we look forward to meeting you.

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov (byentering "Senior Scene" in the serarch box at the top) or at www.rsvpsantafe.org.

- Kristin Slater-Huff, Senior Scene Editor

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

Senior Services Registration

Brenda Ortiz, Database Specialist	955-4722

Transportation Ride Reservations **955-4700**

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

Nutrition

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

Meals On Wheels (for homebound individuals)

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

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager	955-4711
Lugi Gonzales, Temp. Coordinator	955-4711
M.E.G. Center, Ventana de Vida Center	
Cristina Villa, Program Coordinator	955-4725
Luisa, Pasatiempo, Villa Consuelo	

In Home Support Services, Respite Care
Homemaker, Non-Medical Personal Care

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

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

50+ Senior Olympics

Cristina Villa, Program Coordinator	955-4725

Miscellaneous

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

Santa Fe County Information

Information	992-3094

Newsletter Production

Kristin Slater-Huff, Editor/Distribution	955-4760
Email: kwslater-huff@santafenm.gov	
Brian Ferns, Graphic Artist	
Maggie Coffey, Veet Deha	
Jeannie Rae and Barbara Speers Kehoe, Copy Editors	

DIRECTOR'S REPORT

Happy New Year Patrons!!

Shortly after the holidays, we dive into the State Legislative Session and follow the progress of the various requests we submitted for consideration. The 2014 Session convenes on Tuesday, January 21, 2014. This is a very important process for Senior Services as well as for other senior programs statewide. After a thorough evaluation of our programs, we specifically identified capital improvement projects and operational needs that will enhance and benefit the seniors utilizing our programs. For this session, we submitted both a Legislative Request totaling $290,961 to maintain our levels of service and a Capital Outlay Request totaling $1,232,362. The Capital Outlay request is for capital improvement projects as well as to replace older kitchen equipment and program vehicles with high mileage and/or costly maintenance.

During the Session we will continue to work hard for you in securing necessary funding to augment our City programs. As always, we would like to thank our local deligation for their continued support both now and in the past. Santa Fe's State local delegation members are as follows:

House of Representatives
Brian E. Egolf
Vickie Perea
Nick Salazar
Carl Trujillo
Jim Trujillo
Luciano "Lucky" Varela

Senators
Phil Griego
Nancy Rodriguez
Peter Wirth

Also, please mark your calendar for Tuesday, January 28, 2014, which is Senior Day at Legislature. Your presence at the Legislature is greatly appreciated and truly makes a difference in the decisions our Legislators make. I hope many of you will be able to continue to assist us with this very important process. Please be advised that our Transportation service will be available to transport interested individuals to and from the Capitol Roundhouse. Information regarding arraignments may be made by contacting our Transportation Section at 955-4700.

I would like to give special credit to Chip Lilienthal who recently retired from the City of Santa Fe. Chip has been instrumental in coordinating and overseeing the Division of Senior Services' many renovations, code compliance and improvements for our many senior centers. We will truly miss his professionalism, knowledge, sense of humor and smiling face. Thank you Chip for everything and enjoy your retirement!

I hope you and your families had a wonderful holiday season and I look forward to seeing you this year at our various meal sites and events.

Ron J. Vialpando, Director

SENIOR SERVICES PROGRAM INFORMATION

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services curriculum including, but not limited to, our transportation, nutrition, in-home support, volunteer opportunities, fitness activities, etc., is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on our various sign-in sheets e.g. meals, health screenings, fitness activities, transportation, in-home assistance, etc.

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number.

Staff will provide you with a photo membership card for a $2 fee as well as provide you with notification as to when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act:
Be sixty (60) years of age; or Be the legal spouse of a member age 60 or over, residing at the same address; or For meals only, be disabled and living at Luisa, Pasatiempo, or Villa Consuelo (senior housing).

For more information, contact Brenda Ortiz at 955-4722.

Email bmortiz@santafenm.gov

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 outside city limits but within Santa Fe County, 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. SF Ride operates 6:15am - 9:15pm Mon. - Fri. and 8:15am - 7:15pm Saturday and 8:15am to 6:15pm Sunday.

Closures: There is no transportation on January 1 or January 20.
On the first Tuesday of every month, last call for pick up will be 3:15pm.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS CONSULTATIONS

The Division of Senior Services is proud to offer this free service. Volunteer Robert 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.

Wednesday	**Mornings**	**January 8, 15, 22 and 29**

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 476-4846 or 1(800) 432-2080.

BLOOD PRESSURE, 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:

MEG Center	**1st,2nd & 3rd Tuesday**	**Jan. 7, 14 & 21**	**11a.m. to 12p.m.**
Luisa Center	**1st Thursday**	**Jan. 2**	**11a.m. to 12p.m.**
Villa Consuelo Center	**2nd Thursday**	**Jan. 9**	**10a.m. to 11a.m.**
Ventana de Vida Center	**3rd Thursday**	**Jan. 16**	**11a.m. to 12p.m.**

CITY OF SANTA FE SENIOR CENTER MEETINGS

These meetings are open to all seniors-come give your input. Addresses on back cover.

Villa Consuelo Center	**Monday**	**January 6**	**10:00 a.m.**
Pasatiempo Center	**Monday**	**January 6**	**1:00 p.m.**
Luisa Center	**Tuesday**	**January 7**	**8:30 a.m.**
Ventana de Vida Center	**Monday**	**January 6**	**9:35 a.m.**

SENIOR SERVICES COMMITTEE MEETINGS

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

Advisory Board	**Wednesday**	**January 15**	**9:30 a.m.**
Travel Committee	**Thursday**	**Janaury 16**	**8:45 a.m.**
Senior Activity Corp.	**Thursday**	**January 16**	**10:00 a.m.**
Transportation/Nutrition	**Tuesday**	**January 14**	**9:00 a.m.**
Senior Olympics	**Wednesday**	**January 8**	**9:30 a.m.**
RSVP	**Tuesday**	**January 28**	**10:00 a.m.**

Senior Center Closures

All Santa Fe senior centers will be closed on Wednesday, January 1st, 2014 for New Year's Day and Monday, January 20th in honor of Martin Luther King Jr. Day.

Quality of Life Outreach Program

The Quality of Life Outreach Program sponsored by Palliative Care of Santa Fe (PCS) and Nurses With Heart Home Care. This is the 2nd in a series of free community talks regarding life and health issues that affect everyone: individuals, families, and caregivers. The topic of this month's talk is Health and Life Planning Documents – critical paperwork in taking charge of your life. It will include Powers of Attorney and Wills, explained by an estate planning consultant; healthy life planning presented by a financial advisor; "What not to do…" motivating stories from an attorney The talk will be held on Saturday, January 25th from 3:00 to 5:00p.m. at the Santa Fe Community Foundation, 501 Halona St Donations for the event go to PCS, a 501 (c) (3) nonprofit that provides caring support free of charge to people in our community going through life-threatening illnesses.

Thank you to Home Instead

On behalf of the Division of Senior Services, we extend a heartfelt "Thank you" to Chico Marquez from Home Instead Senior Care for another successful year of "Be a Santa to a Senior".

Because of his efforts, four hundred frail, homebound individuals living at home or residing at Santa Fe Care Center received a Christmas gift. This was the only present that many of them received during this holiday season. Thank you also to Christus St. Vincent Hospital, the Santa Fe Wal-Mart Stores, all of you who generously purchased gifts, and those who participated in gift wrapping and/or delivering of Christmas presents to our seniors.

Each of you truly made a difference in the lives our senior community!

Martin Luther King, Jr. Day Project

The Santa Fe Retired Senior Volunteer Program, Foster Grandparent Program and Senior Companion Program, are proud to announce that they will sponsor a school supply drive through to benefit Adelante. The Adelante Program works to strengthen opportunities for the academic achievement and life success of Santa Fe children and youth who are experiencing homelessness.

Please help us collect from the list below. Drop boxes are available at the MEG Center and the Pasatiempo Center from January 1 to 29. They need brand new:

- Backpacks
- Crayola Markers- thick
- 2-pocket portfolio folders
- Spiral Notebooks- wide rule
- Ballpoint Pens
- Number 2 pencils with Erasers

Monthly Veterans' Breakfast

Pacifica Senior Living is offering a free, hot breakfast to Veterans on the first Thursday of each month from 8:00 a.m. to 10:00 a.m. David Smith, Veterans' Service Officer for Santa Fe will be on hand at every breakfast offering information on Veteran's Benefits, including Aid & Attendance, Medical Benefits, Pensions, Burial Benefits and Service Related Disabilities.

You will need to bring your DD214 Discharge or Separation papers in order to file a claim. For more information or to R.S.V.P. for the next breakfast, please call 505-438-8464. Pacifica Senior Living (formerly Rosemont) is located at 2961 Galisteo Road in Santa Fe.

Low-income and Subsidized Senior Housing in Santa Fe

By John Quintana of S.F. Civic Housing Authority

Affordable housing for economically challenged seniors comes in many forms all of which have income limits. To find out eligibility factors, call specific agencies or apartment complexes for information.

Federally subsidized housing comes as both public housing and Section 8 Vouchers. Public Housing are apartments owned by housing authorities or certain privately owned apartments which are subsidized by the government. Section 8 Vouchers are rent vouchers that can be taken to eligible rentals in the private sector and the rent will be subsidized up to 70% by one of the two housing authorities, Life Link or the Santa Fe Community Housing Authority for HIV/AIDS clients. The following are federally subsidized programs:

- Santa Fe Civic Housing Authority, 664 Alta Vista, 988-2859,
- Santa Fe County Housing Authority, 52 Camino de Jacobo, 992-3060,
- Santa Fe Apartments, 255 Camino Alire, 983-2260,
- Encino Villa Apartments/ 55+ only, 1501 Montano Street, 989-7271
- Sangre de Cristo Apartments, 1801 Espinacitas, 984-1856, and
- Santa Fe Community Housing Trust (HIV/ AIDS housing), 1111 Agua Fria, 989-3960,
- La Luz/Life Link, 2325 Cerrillos Rd., 438-0010.

Nonsubsidized housing with below-market rents exist in the form of Tax Credit housing. These apartments were built using federal money. Many such apartments exist, but one must be income eligible to qualify. The below market rent complexes in Santa Fe are:

- Anasazi Village, 6921 Airport Road, 474-7200,
- Bluffs at Tierra Contenta, 6600 Jaguar Drive, 471-3100,
- Campo Alegria/62+, 104 Camino del Campo, 983-6324 or 5016011
- Casa Rufina/55+, 2323 Casa Rufina Road, 988-1116,
- Casa Villita/55+, 3330 Calle P'o Ae Pi, 474-7400,
- Country Club Gardens, 5999 Airport Road, 471-1871,
- Evergreen Apartments, 2020 Calle Lorca, 474-9260,
- Las Palomas, 2000 Hopewell, 984-8887,
- Paseo del Sol Apartments, 4551 Paseo del Sol, 473-5980
- San Miguel Court, 2029 Calle Lorca, 471-8325,
- Stage Coach, 3360 Cerrillos Road, 466-1560
- Tres Santos, 1899 Pacheco Street, 988-2846,
- Tuscany at St. Francis, 2218 Miguel Chavez Road, 983-6666,
- Ventana de Vida/ 62+, 1500 Pacheco Street, 982-3200,
- Villa Alegre, 244 Villa Alegre families and senior segregated, 501-6011,
- Villa Rael, 501 West Zia Road, 989-3487,
- Village Sage, 15951 Larson Loop, 474-3360.

All tax credit apartments have managers, housing coordinators or social workers who can assist in completing documentation for admission.

If your housing situation becomes critical, there is temporary shelter can be found at the following facilities:

- La Luz/Life Link, 2325 Cerrillos Road, 438-0010,
- St. Elizabeth's Senior Transitional Living Program, 982-6211.
- Casa Familia (women and families), 1604 Berry Street, 983-2042. (Con't)

Emergency funds to help pay existing rents and utility assistance exist at:

- The Salvation Army, 525 West Alameda, 988-8054,
- St. Vincent de Paul, 1088 Early Street, 989-8328,
- Some churches assist with housing and utility allowances, but you must call them individually to find out who helps.

If you find yourself in a crisis, do not hesitate to call the different housing agencies and ask for help. Not only do they provide temporary housing and meals, but they have social workers on staff that can provide social services needed to get you back on your feet. The City and County senior divisions can provide invaluable help in times of need. Call

- City of Santa Fe Senior Services 955-4421
- Santa Fe County Senior Services at 992-3094

New Mexico Library for the Blind & Physically Handicapped is a Free Service

If you or someone you know is having trouble reading printed material due to visual impairment or a physical handicap, you can still enjoy the pleasure of a good book by listening to a talking audiobook. Talking books and the playback equipment needed to listen to them are free and available to all state residents who qualify through the New Mexico Library for the Blind & Physically Handicapped, which is administered by the New Mexico State Library.

The LBPH is responsible for meeting the reading and information needs of nearly 3,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled. Once registered, patrons are issued playback equipment that allows them to utilize books, magazines, and other material in alternate formats (digital cartridge, cassette, Braille, and electronic text). The collection focuses mainly on recreational reading, and contains more than 60,000 titles in a variety of genres, including mysteries, westerns, romances, and bestsellers. Patrons may also download titles directly from the National Library Service for the blind through BARD (Braille and Audio Reading Download). If you have a mobile device such as an iPod or iPad, you can utilize the BARD mobile app, which allows for downloads directly to your device.

For more information about eligibility requirements and how to apply, please contact the LBPH at 1-800-456-5515. More information is also available off of the State Library web site at http://www.nmstatelibrary.org. The LBPH is open Monday through Friday from 9:00 to 4:00 for phone service and for the walk-in public.

She will be missed…

Socorro (Garibay) Martinez passed away on November 28, 2013 after a brief illness. She was surrounded by her loving family. She was preceded in death her husband Sebedeo Martinez who was a Meals on Wheels driver. Socorro was a Cook Aide for Senior Services and then became an active volunteer.

Register to Vote

You can register to vote in Santa Fe City and County at your senior center -- MEG, Pasatiempo, Ventana de Vida, Luisa, Villa Consuelo.

Why register to vote? Voting is a right and a responsibility; it is your individual expression to guide your government. In order to vote, you must be a U.S. citizen, 18 years old by election day and a resident of the state where you vote. Registering with your current address and your current name is important for this provides you a ballot that reflects your voting precinct and enables you to vote near where you live. You do not need an ID to register.

Registering before February 4th will ensure you can vote in the March 4th City of Santa Fe Municipal Election. Those living in the City limits will be electing a mayor for the City and a Councilor for their City Council District. There will also be several amendments to the Santa Fe City Charter to vote on and proposed changes to the powers of the mayor.

Members of the League of Women Voters will be available at each center in January to register or re-register any resident or staff member. The League of Women Voters is an inclusive, independent, and nonpartisan organization for men and women who are committed to civic improvement. The League helps safeguard democracy by advocating for good government, ethics, accountability, transparency, and public involvement. The League educates voters about key issues, including voting rights, human rights, health care, quality education, social services, environmental protection, and fair tax policy. In Santa Fe the League chapter provides voter

registration services, Voter Guides, and Candidate Forums.

If you prefer, you can register to vote by going to your County Clerk's office or other voter registration sites, or you can download the National Voter Registration Application through the NM Secretary of State's website. You can call the County Clerk's Office and ask for a registration form to be mailed to you. The Santa Fe County Clerk's phone number is 986-6280. To find your County Clerk and other information, go to http://www.sos.state.nm.us/sos-VoterReg.html. To confirm your registration, find your precinct, district, and other voting information, visit https://voterview.state.nm.us/. That system works only if you enter your name in exactly the same way you used to register.

Voter Registration will be 11:00am to noon:

MEG:	Friday, Jan 3 & Wed., Jan 8
Pasatiempo:	Wed., Jan 15
Luisa:	Wed., Jan 22
Ventana de Vida:	TBA
Villa Consuelo:	Friday, January 31

Flora's Corner

Inspiration collected by senior Flora Leyba

"Thoughts for the New Year"
Give us through the coming year
Quietness of mind.
Teach us to be patient
And always to be kind.
Give us reassurance
When everything goes wrong
So our Faith remains unfaltering
And our hope and courage strong.
And show us that in quietness
We can feel Your presence near
Filling us with joy and peace
Throughout the coming year.
-Helen Steiner Rice

HAPPY NEW YEAR!!!

FELIZ AÑO NUEVO!!!

Happy Birthday, FGP and SCP Volunteers!

The Senior Volunteer Programs wish a very happy birthday to the Foster Grandparent and Senior Companion Volunteers born in the month of January:

Tillie Kitchens	1/6
Tillie Trujillo	1/6
Peter Crook	1/8
Joe Vigil	1/10
maria Carta	1/26
Perfilia Martinez	1/28

If you would like to join these programs and serve in our schools or Head Start programs or visit with another senior in his or her home, please call Melanie Montoya at 955-4761. She will explain the programs and their benefits and eligibility requirements. You will be delighted that you started the year off right, as a Senior Volunteer. Call today!

Significant Dates for Voters for the S.F. Municipal Election March 4, 2014

Jan. 28	Absentee ballots mailed out; absentee voting at City Clerk's office in City Hall downtown, 8am-5pm
Feb. 4	Last day to register to vote in the Municipal Election
Feb. 12	First day of Early Voting at City Clerk's office 8 am-5 pm
Feb. 28	Last day for Early Voting at City Clerk's office. Last day City Clerk will mail out or give out absentee ballots
Mar. 4	Election Day: in-person at the polling places, or absentee ballots to the City Clerk Office downtown.

Thanks to Annabelle Montoya

Annabelle Montoya, Northeastern Regional Manager of Alzheimer's Association New Mexico Chapter, led an informative and superb presentation for caregivers and staff at the MEG Senior Center on November 19. Thank you so much Annabelle for sharing your expertise with us!

We would also like to thank Leslie Van Pelt, Owner of Comfort Keepers and Valorie Leinberger, Community Liaison of Ambercare Hospice for the much-appreciated Caregiver gifts.

AT A GLANCE

Satff and volunteers who participated in the Be a Santa to a Senior gift wrapping party.

Katie Ortiz & Lillian Phillipovich

Valerie Trujillo, Tammy Anderson

Pauline Salazar

Rena Mares, Linda Aragon

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.

Tax Aide Program Seeks Baby Boomers

Would you like to help with the AARP Tax aide free income tax preparation program? After training, volunteers usually take a weekly 4-hour shift at the SF Community College or at Pasatiempo Senior Center, from Feb 1st through April 15th. To be a preparer, you have to pass the IRS test. There are 4 kinds of training this year and you have to go to at least one. For new volunteers, the training is January 7-10.

It is a busy, challenging, short-term, results-driven volunteer opportunity that should especially appeal to you Baby Boomers out there. See how much money you can help bring back to the pockets of income-challenged New Mexicans. Please call Kristin at 955-4760 to enroll in RSVP and the Tax Aide program.

Pacifica Senior Living- Share your Passion!

This facility, formerly the Rosemont, needs volunteers of all kinds to work and play with their residents suffering from dementia.

Do you like crafts? How about exercise? Or music? Or board games? You could perform music, lead a craft project, play board games, or do some basic exercise moves with residents.

They are looking for volunteers almost any time Monday- Friday. They can supply some materials, but if you have a game or art supplies you would like to share, they would appreciate it. Call the RSVP office at 955-4760.

Palliative Care of Santa Fe

Make a significant difference by improving someone's quality of life. Learn how to support those in our community experiencing life threatening illness.

Palliative Care of Santa Fe (PCS) offers a profound psych/social/physical/emotional palliative care training. Over a full two weekends—March 1, 2 and March 8, 9, you will be hear from respected health professionals, compassionate care givers, and PCS clients and team members. Along with the informational presentations, experiential aspects are certain to touch your heart and give deeper understanding of the health and loss issues of those they support as palliative care volunteers.

They serve people in their home in both big and small ways—from listening to a patient's challenges, advocating for their goals of care, to helping with a household task. For more information, call the RSVP office at 955-4760.

Esperanza Shelter

Esperanza empowers people to live violence-free lives through protection, prevention, awareness and education. They empower clients to consistently experience safety, respect, equality, self-determination and compassion.

Volunteer opportunities are varied. You could help with fundraising, administrative office assistance, sorting donations, or maintenance.

After you have completed a full course of 24 hours of volunteer training and passed a background check, there are more direct ways you can serve. You can do outreach/education by making presentations to schools and groups or sit at an information table at a community event. Court advocacy volunteers monitor battered persons' court cases and help clients file Temporary Restraining Orders. Or, you can cook meals, tutor children, transport clients to the doctor or on errands, offer companion support, or offer your professional expertise.

At which level would you like to begin? Call Kristin at 95-4760.

Martin Luther King, Jr. Day Project

Each year, the City of Santa Fe Senior Volunteer Programs create a project in honor of Dr. King. Our Senior Volunteer Programs: Retired Senior Volunteer Program, Foster Grandparent Program and Senior Companion Program, are proud to announce that in collaboration with the Adelante Program, they will sponsor a school supply drive through January 29, 2014.

The Adelante Program works to strengthen opportunities for the academic achievement and life success of Santa Fe children and youth who are experiencing homelessness. Their services are bilingual and include advocacy, tutoring, evening programs, case management and providing material aid such as school supplies and clothing.

Please purchase an item or two from the list below to donate to this worthy cause. Drop boxes are available at the MEG Center and the Pasatiempo Center from January 1 to 29.

You are also invited to a ceremony to present the donations to Adelante staff on Thursday, January 30th at 9:00 a.m. at the MEG Center. This will also be an opportunity for you to learn more about this wonderful program and how you might be able to help them.

They need brand new:

Backpacks
Crayola Markers- thick
2-pocket portfolio folders
Spiral Notebooks- wide rule
Balpoint Pens
Number 2 pencils with Erasers

Forgot to turn in your hours?

If you are an RSVP volunteer and you have not had a chance to turn in your report of hours served on October, November and December, it may not be too late. We can still collect them up to January 9th to report them for this quarter.
If you read this after January 9th, we can collect them and add them to next quarter's tally. Those hours are what enable us to receive the funds that pay for volunteer insurance, gifts and recognition events.

Email mvromero@santafenm.gov or call Marisa at 955-4743 with questions. Thanks!

The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of November. Please note these are only members of RSVP who report their hours of service.

January

Jhana Noble	1/01	Mary Erlin Medina	1/16
Al Hill	1/03	Dian Wahl	1/16
Lucy E. Romero	1/03	George Auchampaugh	1/19
Grace E. Gutierrez	1/04	Marta Boettcher	1/21
Emily Marquez	1/04	Barbara Ann Davis	1/21
Moises Morales Jr.	1/05	Susan M. Sheldon	1/21
Reyes P. Garcia	1/06	Sylvia Wohlmut	1/22
Barbara Rochford	1/06	Sandra Giron	1/25
Margaret Christensen	1/08	Virginia Lierz	1/26
Juan Revuelta	1/08	Michael Mier	1/26
Carolyn Rockenfield	1/08	Pauline Orosco	1/26
Cy Martinez	1/09	Donna L. Herbst	1/28
Alan Karp	1/11	Dottie Hill	1/28
Gordon Mark	1/13	Ray Jimenez	1/28
Pat Bell	1/13	Terry Meachem	1/28
Ann Hume	1/14	Caro Wateman	1/28
Elizabeth Romero	1/14	Deluvine R. Baca	1/29
Dolores Vigil	1/14	Art Espinoza	1/31
Nancy Ann Paraskevas	1/15	Norman Jordan	1/31

ACTIVITIES

All activities are open to registered seniors. Schedule is subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center 955-4725

Pool Table	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Tai Chi Class	Mon.-Wed.	9:00 am
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales (MEG) Senior Center 955-4711

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Sewing	Thursday	12:30 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	Call for info.	955-4711
Zumba Gold	Friday	9:30 am
Nia Technique	1st & 3rd Tues.	1:30 pm

Pasatiempo Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center 955-4711

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

Villa Consuelo Senior Center 955-4725

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
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
CERAMICS		
Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am
COMPUTER		
MEG	Call for times	955-4721
Pasatiempo	Tuesday	9 am - 11 am
MOVEMENT 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 Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am
EXERCISE CLASSES/FITNESS EQUIPMENT		
MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm
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
SEWING/KNITTING		
MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm
SING-ALONG		
Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm
TAI-CHI		
MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am
Luisa	Mon. - Wed.	9:00 am
WOOD/STRAW APPLIQUÉ		
Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

ACTIVITIES for this month

Senior Center Closures

All Santa Fe senior centers will be closed on Wednesday, January 1st for New Year's Day.

All Santa Fe senior centers will again be closed on Monday, January 20th for Martin Luther King Jr. Day.

Voter Registration at Senior Centers

From 11:00a.m. to noon:

MEG:	Friday, Jan 3 & Wed., Jan 8
Pasatiempo:	Wed., Jan 15
Luisa:	Wed., Jan 22
Ventana de Vida:	TBA
Villa Consuelo:	Friday, January 31

DSS New Year's Eagles Dance

Let's ring in the New Year with a dance on Thursday, January 9th from 1:00 p.m. to 4:00 p.m. at the Fraternal Order of Eagles. Dance to the live music of Los Malcriados. Light refreshments will be served This dance is sponsored by the MEG center. Patrons will be charged a $2.00 entrance fee. Call your friends and meet them there!

The Fraternal Order of Eagles is located at 833 Early Street.

New Year's Dance at Luisa

Please join us at the Luisa Senior Center at 1500 Luisa St (off Columbia) for an afternoon dance on Thursday January 23rd from 12:30 p.m. – 3:30 p.m. There will be live music by Bonifacio. Admission is $2.00 for seniors.

They will also be giving door prizes, so come join the fun!

Senior Olympics

Kick-Off Registration for Local Games

Mary Esther Gonzales Center

Monday, January 13th, 2014
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 13th – Friday February 28th
Late Registration March 3rd - March 7th
Registration fee is $20.00
Late Registration is $30.00

We will be registering at the Genoveva Chavez Community Center on the following dates:
Friday, January 31st from 9:00am- 12:00pm
Friday, February 21st from 9:00am – 12:00pm

We welcome new faces!

Free Legal Workshop at MEG Center

By Lawyer Referral for the Elderly Program

We invite you to a free legal workshop on Estate Planning and Long-Term Care Medicaid Planning. The workshop and clinic are for anyone age 55 or older and will be held at the Mary Esther Gonzales Senior Center on Tuesday, January 21st.

The workshop covers: Powers of Attorney, Advanced Health Care Directives, Estate Planning and Long-Term Care Medicaid Planning. They will include a presentation by an LREP staff attorney, a question-and-answer period and a free 30-minute one-on-one consultation (appointments scheduled in advance).

- Date: Tuesday, January 21, 2014
- Place:MEG Center (1121 Alto Street)
- Workshop Presentation: 9:30 to 10:45 a.m.
- Appointments: 12:30 to 3:00 p.m.

To schedule a free 30-minute appointment, call Lugi ASAP at 955-4711 (appointments are limited).

For additional information, you can also call 1-800-876-6657 or (505) 797-6047.

ACTIVITIES for this month

NDI "Winter Dance Escape" Performance

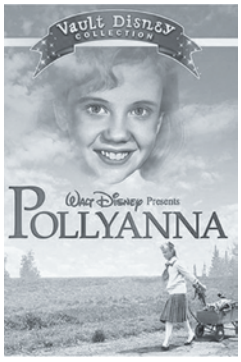
The NDI New Mexico's Dance Barns program is presenting "Winter Dance Escape" this year.

The Dance Barns has once again invited seniors to attend this year's delightful performance which will be held on Friday, February 21st from 10:00 to 11:15 a.m. This event is free of charge, however since space is limited, you do need to reserve a seat.

If you would like to attend, please reserve your seat by calling Lugi at 955-4711. If you don't want to miss this wonderful opportunity, call as soon as possible!

Movie Day at MEG Center

From the Vault of the Disney Collection
"Pollyanna"
Tuesday, January 28th at 1:00 p.m.



Hayley Mills received a Special Academy Award (1960, Most Outstanding Juvenile Performance) for her performance as Pollyanna in this timeless Walt Disney tapestry of small-town Americana.

Here you'll meet Pollyanna, the orphan who brings sunshine into the lives of everyone she meets. But her strict Aunt Polly (Jane Wyman) is too concerned with appearances, propriety and local politics to appreciate her effervescent niece. It isn't until the town almost loses their "Glad Girl" that Aunt Polly realizes the power of love and lightheartedness.

Featuring an impressive all-star cast and a story filled with fun, laughter and tears, Pollyanna is just as delightful today as it was at the turn of the century!

Senior Day at the 2014 Legislature

Tuesday, January 28th is Senior Day at the New Mexico State Legislature. All seniors, members of the aging network, and interested members of the public are invited to attend a morning promoting senior awareness at the Roundhouse that day.

There will be various activities including information tables covering a wide variety of aging issue and speeches by elected officials and policy-makers in the Aging Network.

Senior Services Transportation will drive interested seniors from the Mary Esther Gonzales Senior Center at 9:00a.m. to the Roundhouse. One van will leave the Roundhouse at 10:30 for those who wish to have lunch at MEG Center, and another will leave the Roundhouse at 11:30 for those who wish to stay longer. Please call 955-4721 to sign up for a ride.

Yoga in a Chair at MEG

Join us for this new Yoga class being offered at the Mary Esther Gonzales senior center on Thursday afternoons from 1:00 p.m. to 1:40 p.m.

This gentle, fun yoga class is suitable for beginners and those who have practiced yoga before. We will do our yoga seated in a chair, or standing holding onto the chair for support. By the time we get our senior cards our bodies have experienced injuries, illness, or just gotten stiff from sitting too much. Everyone's body is unique and we honor that. With slow movements and stretching, each person will explore and expand his or her range of movement and build flexibility and strength. Yoga should never hurt, and you know your body better than anyone and you will move at your own pace. Bring a friend!

Our volunteer instructor Eliza is a qualified Kripalu Yoga teacher, and a senior herself! In the December newsletter, we assumed the first class would be on January 2nd, however our apologies, since the first class will actually take place on Thursday, January 16th, 2014.

ACTIVITIES for this month

Scrapbooking Workshop

You are invited to bring your pictures and photo books to begin making keepsakes for your loved ones – (or finish the ones you started a while ago). Bring a friend and have some fun.

Join us at the Pasatiempo Senor Center at 664 Alta Vista Street starting at 1:00 p.m. on Wednesdays, February 5th and 19th.

This activity is lovingly sponsored by Palliative Care of Santa Fe and Comfort Keepers.

AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver". Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road using all new materials and new videos.

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 $20.00. If you are an AARP member the cost is only $15.00, although your AARP card or number must be presented the day of the class.

Be prepared: temperatures fluctuate in the dining room, so please dress in layers.

Beginning in January, the number of participants for each class will be limited, due to limited materials. People without a reservation will most probably be turned away.

To register, please call the volunteer instructor for the date you would like:

January 14th	Tricia Penn	438-0460
February 11th	Alan Kalman	629-0752
March 11th	Alan Kalman	629-4951

(Please note different phone numbers for each month)

MEG SEWING CLASS NEWS

Terry, our wonderful sewing class instructor will return on Thursday, January 16th.

Free Hair Cuts Canceled in January

There will not be haircuts at either Pasatiempo or the MEG centers. Fabiola, our volunteer will return in February.

Tax Aide New Mexico- Santa Fe

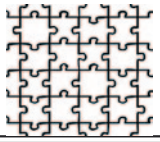
Free income tax preparation and electronic filing will be available again this year, by AARP Tax Aide volunteers at the Pasatiempo Senior Center and the Santa Fe Community College from February through April 15th. See details in the February newsletter.

Musical Chairs Game at Luisa

The Luisa Senior Center will host a great game of musical chairs on Tuesday, January 14th at 12:30 p.m. The cost is 50 cents per game and you could win prizes!

Game & Puzzle Day at Ventana de Vida

The Ventana de Vida Center invites you to their Game and Puzzle Day. Games are played in the dining room of the Ventana de Vida Senior Center at 1500 Pacheco Street on Wednesday afternoons from 2:00 to 4:00 p.m.



Hope for Blood Cancer Patients

Remarkable progress has been made in treating patients with blood cancers, with survival rates for many having doubled or tripled, and in some cases quadrupled, since The Leukemia & Lymphoma Society (LLS) was founded in 1949.

Since its inception LLS has invested more than $1billion in research to find cures and better therapies. LLS supports investigators' efforts to find new molecular targets for treatment and potential immunotherapies, and helps them translate their laboratory findings into more effective therapies for patients. Its Therapy Acceleration Program (TAP) is a bold initiative to quickly develop the next round of blood cancer therapies.

The impact is being felt: survival rates for children with acute lymphocytic leukemia, the most common childhood cancer, have risen over the past 40 years from 3 percent to nearly 90 percent today; Hodgkin lymphoma patient survival rates have doubled to 86 percent since the 1960s, and survival rate for myeloma patents has more than tripled in the past decade.

Through its patient services programs, LLS offers a comprehensive array of education and support services to blood cancer patients and their families. LLS's web site www.LLS.org is the definitive resource for information about blood cancers and the Information Resource Center (IRC) is a call center staffed by master's level social workers, nurses and health educators who provide information, support and resources to patients and their families and caregivers. IRC information specialists are available at (800) 9554572, Monday through Friday, 9 a.m. to 6 p.m. ET.

LLS also provides the following services at no cost to patients and families:

- Patient Financial Aid Grant ($100 stipend)
- Co-Pay Assistance Program (varies from $500 - $10,000)
- Peer-to-Peer Support
- Family Support Groups
- Local Education Programs
- Trish Greene Back to School Program for Children with Cancer
- Free Education Materials
- Online Chats & Discussion Boards
- Disease-Specific Web Seminar/ Teleconferences

The Leukemia & Lymphoma Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life for patients and their families.

Written by:

Southwest Region- New Mexico/El Paso
Ana Portillo, MSSW
Patient Access, Education & Advocacy Manager
Phone: (505) 872-0141
Email: Ana.Portillo@lls.org

Health Wire

From Consumer Reports "onHealth" Dec. 2013

New Warnings on Tylenol

Containers of Tylenol now carry a message indicating that the drug contains acetaminophen and that users should "always read the label." More than 78,000 patients go to emergency rooms each year because of overdoses of acetaminophen, a pain reliever found in more than 600 prescription and over-the-counter drugs, including headache and cold medicine. Acetaminophen can cause liver damage if you exceed 4,000 milligrams in a 24-hour period. (That's the amount in just eight Extra-Strength Tylenol caplets.) The warning doesn't appear on generic versions of acetaminophen, so read dosage instructions carefully.

Four Ways to Live Longer

A plant-based diet, exercise, stress management and social activities may help prolong your life by lengthening your telomeres-the ends of chromosomes that control cell aging, suggests a study of 35 men with prostate cancer. The ones who made these lifestyle changes saw a 10% increase in telomere length after five years vs. a three percent decrease in those who didn't adopt healthier habits.

Money 101: After a Loved One Dies
By Senior Volunteer Anke Mihalas

I would like to add to my article about funerals published here in September of 2013 so that readers have as much information as possible when they have to deal with this most difficult time in their lives.

If you would like to donate your body to science, there is no fee to your family. If you meet their "healthy" criteria, you may donate your body to UNM Medical School. A simple form has to be filled out, notarized and sent to their donor program ahead of time. You will receive a donor card with the phone number for family to call when death occurs. UNM will send a funeral home car to pick up the body. In my case, Riverside Funeral Home picked up my husband. They were very kind and respectful. I had a get-together at the house with friends, neighbors, colleagues, family and we shared about my husband. It was a nice closure for all of us.

My big surprise was the efficiency of the Social Security Administration. I had notified them upon my husband's death and I got the death certificates from the funeral home within 5 days. When I called Social Security to see if I needed an appointment to take in the birth certificate, marriage certificate and death certificate to the local office, I was informed that this was not necessary; everything had already been processed. I asked about applying for the one-time death benefit of $255 and I was told that it was already in my bank account as well as the new Social Security benefit as a survivor! This was after only 9 days! I could not believe it, but sure enough, the deposits were in my bank account.

The process is lengthier for life insurance, annuity or retirement benefits, and retiree supplemental health insurance. The companies will send you paperwork to be signed and filled out and they will want original death certificates. There may be decisions to be made on how you want to receive these benefits, like a lump sum or annuity, or to be withdrawn from an account over time.

These are big decisions as some of the choices you make may be irreversible. If you are not sure, get advice or hold off on decisions rather than regret later a choice that was made in the midst of grief.

An existing IRA owned by your spouse, if you are the beneficiary, can be rolled into your IRA or you can keep it as a survivor. You can take the money in a 120-month payout, lump sum or other payout. Just remember that you have to pay taxes on whatever you take out.

If car titles are held jointly in both your names, the title has to be changed at the Motor Vehicle Dept. for $5 before you can sell the car.

If you have joint bank accounts, the bank will remove the deceased's name when you bring them a copy of the death certificate.

If you want to take a deceased's name off a joint credit card, they will most likely cancel the card immediately and have you apply for a new one in your name.

To place an obituary notice in the The New Mexican the set-up fee is $55, then $0.69 per word and an extra fee of $25 to add a photo.

There are several organizations that will be happy to take your medical equipment like walkers, wheelchairs, raised toilet seats, shower chairs, adult disposable briefs and under pads, etc. including the Santa Fe Division of Senior Services' In-Home Support Program.

Then you need to deal with other items that belonged to the deceased. You can take clothing to the Interfaith Shelter or St. Elizabeth Shelter. Glasses can be donated in boxes at most optometrists' offices. Hearing aids can be donated at hearing aid offices for recycling. Cell phones may be dropped at the MEG Senior Center to be reformatted as free 911 emergency phones. This way, you are passing along some of the good of your beloved deceased.

PUZZLES

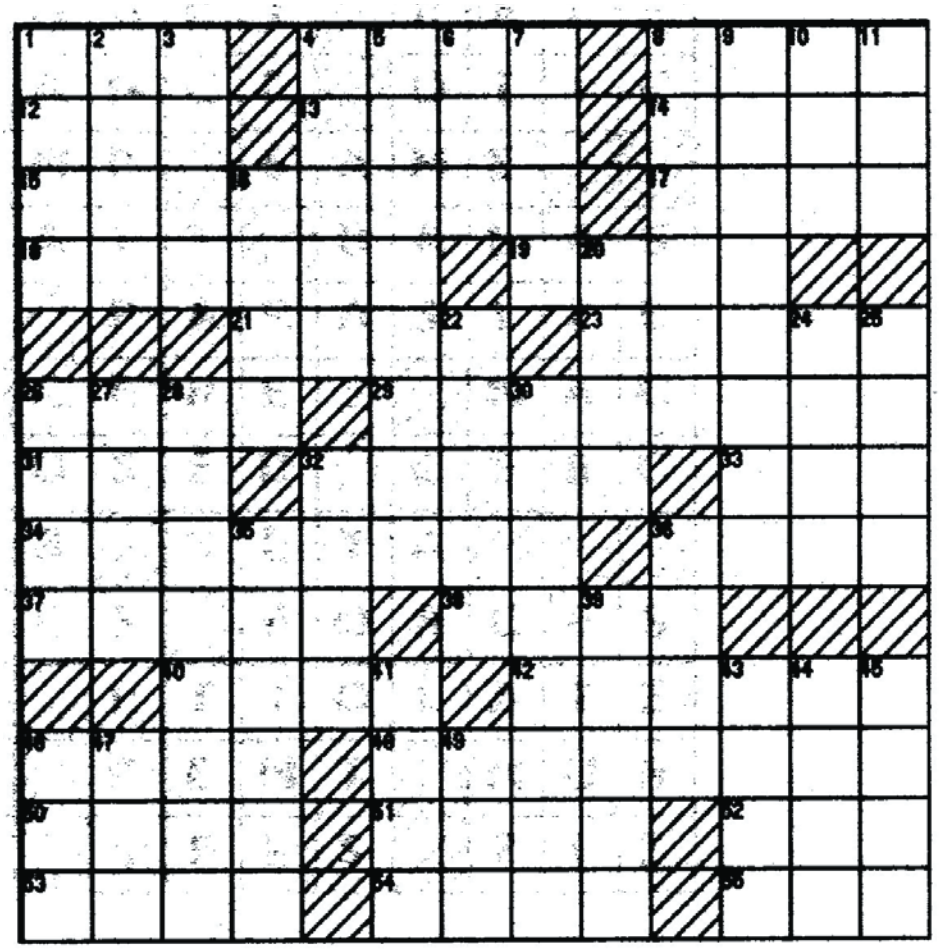
Surgery

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a secret message.

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

ANESTHESIA
APPENDIX
BIOPSY
BLOOD
BONE SAW
BRAIN
CALIPER
CANNULA
CATHETER
CLAMPS
COLON
DILATORS
DISTRACTORS
DRILL
ENDOSCOPE
FORCEPS
GRASPERS
HEART
HEMOSTAT
HOOK
INCISION
INJECTION
IRRIGATION
KIDNEY
LANCET
LIVER
LUNGS
MALLET
NEEDLE
OCCLUDERS
PROBE
RETRACTORS
RIBS
RULER
SCALPEL
SCISSORS
SKIN
SPECULA
SPLEEN
SPLINT
SPONGE
STAPLER
SUCTION
SURGEON
SUTURE
SYRINGE
TISSUE
TRACHEOTOME
TRANSPLANT
TREPHINE
TROCAR
TWEEZERS

PUZZLES



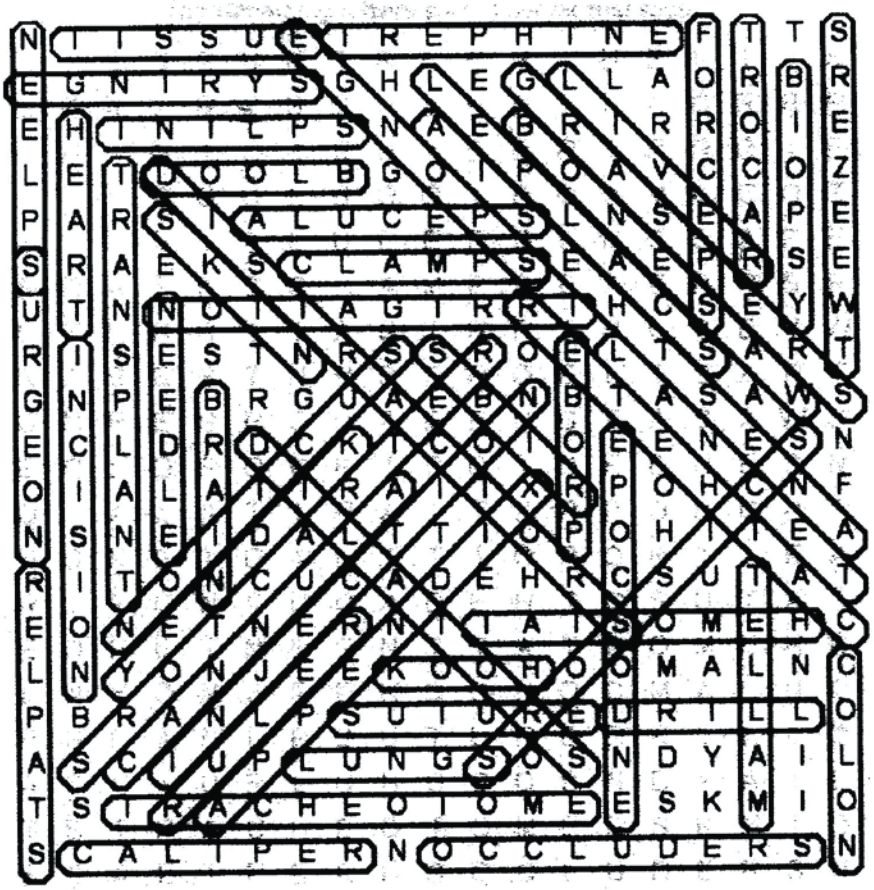
ACROSS

1. Obstruct
4. South American armadillo
8. Month
12. The compass point that is one point south of due east
13. Imbecile (British)
14. Abnormal breathing
15. Quality
17. About organ of hearing
18. Absquatulate
19. Unchanged in character or nature
21. A person's manner of walking
23. Red mineral
26. Narrow wood or metal or plastic runners used for gliding over snow
29. Minion
31. A way to get into
32. Demeter
33. Hack
34. In a way, made use of
36. Medium-sized mackerel
37. Has required courage
38. Any of numerous rigid or bristly and springy organs or parts of animals or plants
40. Humen
42. Pulls
46. Roman Statesman
48. Develop without chlorophyll
50. Times
51. In a way, changed form
52. Austrian river
53. Installation from which a military force initiates operations
54. Finds out
55. Dish baked in pastry-lined pan often with a pastry top

DOWN

1. Transfer property
2. Having sufficient skill, knowledge, etc.
3. Millisecond
4. Small terrestrial lizard of warm regions of the Old World
5. Winds
6. Basics
7. Cereal grains
8. Smells
9. Determine time
10. Caliph
11. Not just "play"
16. Chokes
20. Fabrics
22. Equalisers
24. Attar
25. Edible lily bulb
26. Wearing footgear
27. Polynesian coffee shrub
28. Repeats
30. Explain again
32. Curative
35. Peace
36. __ Sagan, astronomer
39. Honks
41. The compass point that is one point south of southeast
43. Gathering
44. Small ornamental ladies' bag for small articles
45. Dried-up
46. Small two-wheeled horse-drawn
47. Honorable title (Turkish)
49. Drive

PUZZLE ANSWERS



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

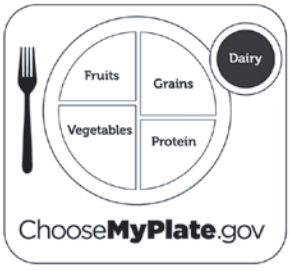
BREAKFAST MENU

Senior Center Breakfast Menu for January 2014

Breakfast is served Monday – Friday, 7:30-8:30am, at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of $1 for seniors 60 and over and a $4.20 fee for non-seniors (59 years of age or younger).

1st ALL CENTERS CLOSED in observance of New Year's Day
2nd Sausage, cheese, salsa, potatoes, margarine, milk
3rd Breakfast burrito: scrambled egg, cheese, red chile, bacon on a tortilla, milk
6th Hot oatmeal, boiled egg, margarine, tomatoes juice, milk
7th Breakfast burrito: sausage, cheese, green chile, margarine on a tortilla, milk
8th Peanut butter, jelly, small roll, tomato juice, milk
9th Grilled ham, cheese, peppers and onions, small roll with margarine, milk
10th French toast, scrambled egg, maple syrup, tomato juice, milk
13th Pancakes, sausage patty, maple syrup, tomato juice, milk
14th Scrambled egg with cheese, grilled peppers, hashbrowns, bacon, milk
15th Scrambled egg with salsa, hashbrowns, small roll with jelly, milk
16th Grilled ham, salsa, potatoes, margarine, milk
17th Breakfast burrito with scrambled egg, cheese, salsa and bacon on a tortilla, milk
20th ALL CENTERS CLOSED in observance of Dr. Martin Luther King, Jr. Day
21st Cold cereal, cottage cheese, jelly, tomato juice, milk
22nd Grilled ham with peppers, a tortilla, margarine, milk
23rd Waffles, maple syrup, scrambled eggs, tomato juice, milk
24th Breakfast biscuit with sausage, cheese, salsa, margarine, milk
27th Diced ham and cheese, salsa, potatoes, margarine, milk
28th Breakfast burrito: scrambled egg, cheese, red chile, bacon on a tortilla, milk
29th Sausage patty, hashbrowns, green chile, small roll, margarine, milk
30th French toast, scrambled egg maple syrup, tomato juice, milk
31st Hot oatmeal, margarine, boiled egg, tomato juice, milk

Nutrition Education: More Tips for Eating Better on a Budget
(From the USDA www.choosemy plate.gov)



1. Convenience costs: Convenience foods like frozen dinners, pre-cut vegetables, and instant rice or oatmeal will cost you more than preparing them from scratch.
2. Easy on your wallet: Certain foods are typically low-cost all year. Try beans as protein, carrots, greens or potatoes for vegetables and apples and bananas for fruit.
3. Cook once and eat all week! Prepare a large batch of your favorite recipes and then freeze the extra for later so you are not tempted to spend money on take-out meals.
4. Get your creative juices flowing: Spice up your leftovers by using them in new ways. Leftover chicken stir-fry can go into a salad or chicken chili. Don't just toss it!
5. If you want to eat out: Remember that restaurants are expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages.

LUNCH MENU

SENIOR CENTER LUNCH MENU
JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All Senior Center Serving Times Are From: 11:00am till 12:30pm Monday - Friday	**1** **ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY**	**2** Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Tropical Fruit Salad Milk	**3** Braised Pork Chop 3-Bean Salad WW Roll w/ Butter Buttered Peas Baked Apples Milk
6 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	**7** Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	**8** Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	**9** Beef Steak w Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	**10** Baked Chicken Breast Sandwich Celery Sticks Baked Tater Tots Cottage Cheese w/ Peaches Milk
13 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk	**14** Chicken Provencal (w/ Veggies & Sauce) Steamed Rice Buttered Spinach WW Roll w/ Butter Chilled Tropical Fruit Milk	**15** Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips WW Roll w/ Butter Chilled Applesauce Milk	**16** Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	**17** Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
20 **ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY**	**21** Spaghetti w/ Meat Sauce Steamed Broccoli Topped w/ Cheese Sauce Garlic Bread Chilled Peaches Milk	**22** Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	**23** Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	**24** Red Chile Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Mixed Fruit Milk
27 Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O / Milk	**28** Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Cherry Cobbler Milk	**29** Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	**30** Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears / Milk	**31** Santa Fe Chicken w/ Rice Broccoli w/ Cheese Buttered Carrots Pineapple Upside Down Cake / Milk

Please Note: Senior Meal Suggested Donations: Lunch $1.50
Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast $4.20 Lunch $4.20

City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

Presorted Standard
U.S. Postage
PAID
SANTA FE, N.M.
PERMIT # 285

Place Label Here

WE ARE LOOKING TO CUT COSTS

If you have Internet access, please go to www.santafenm.gov and read the Senior Newsletter online.

Or if you can pick one up at a library, senior center, city owned/operated fitness facilities or at Christus St. Vincent Hospital. Please do so.

To remove your name from the mailing list, please call Kristin at 505-955-4760.

City of Santa Fe
Community Services
Senior Services