

The Senior Scene

Vistas de los Mayores



Photo by Bill Todino

July 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 the "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 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
 FAX Machine - Inventory 955-4706

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
 1500 Luisa St. (enter from Columbia St.)
 Santa Fe, New Mexico 87505

MARY ESTHER GONZALES (M.E.G.) 955-4721
 1121 Alto St.
 Santa Fe, New Mexico 87501

PASATIEMPO 955-6433
 664 Alta Vista St.
 Santa Fe, New Mexico 87505

VENTANA DE VIDA (Pacheco) 955-6731
 1500 Pacheco St.
 Santa Fe, New Mexico 87505

VILLA CONSUELO 474-5431
 1200 Camino Consuelo
 Santa Fe, New Mexico 87507

COUNTY INFORMATION 992-9896
 Ron Pacheco 570-7281

DIRECTOR'S REPORT

Dear Patrons,

We have made it through another fiscal year and have been able to accomplish and exceed the goals that were set for this past year. To jump-start the new year, we have already analyzed, compiled, and submitted our 2013 Legislative Capital Outlay Request. For this request, we are seeking funding for new construction for our centers, renovation/code compliance, kitchen equipment, exercise/other equipment, and replacement vehicles totaling approximately \$1,600,000. We will keep you posted as this process unfolds. Please be assured that we continue to evaluate and address our community's needs so that we can maintain and enhance our solid and proven services. Our mission is to improve the quality of your life, enabling you all to remain active in the community while living in the comfort of your own homes.

As many of you are aware, we are currently conducting our annual participant reassessment as mandated by our funding source, the Area Agency on Aging (AAA). This reassessment allows us to confirm and update your basic record such as your address, phone number, emergency contact information, etc. as well as update our database as required by the AAA. Please be advised that we uphold the strictest confidentiality and protection of data collected from each of our participants. Therefore, all registered seniors must update their record with the assistance of administrative staff at the Mary Esther Gonzales (MEG) Senior Center. If you need to schedule a ride to the MEG Center to complete this process, please call our Transportation office at 505-955-4700. We are also required to conduct and complete the Nutritional Health Screening section of the reassessment form for all participants. Your cooperation and prompt attention to this important matter enables us to continue to provide you with quality senior services. I would also like to extend a personal thank you to the participants who have already completed this process for our Nutrition, Transportation and In-Home Support programs. Your cooperation is greatly appreciated.

Last month we said goodbye to one of our Transportation drivers, and this month we are bidding farewell to another who will be retiring in July. Daniel Romero, Transit Operator, joined our Transportation section in October 2008, and provided our clients with professional and personalized care for almost four years. His warm, kind personality and commitment to his job and all seniors will surely be missed. Please join me in congratulating him on his retirement and wishing him the best in his future endeavors.



On July 4, 1776, the Continental Congress announced that the thirteen American colonies regarded themselves as independent states and no longer a part of England and then adopted the Declaration of Independence. One of the most powerful sentences, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness" continues to be pursued and experienced by all Americans to this day. Please have a safe and enjoyable celebration of the birth of the United States. Also, be advised that all centers will be closed Wednesday, July 4th in celebration of this holiday.

Happy birthday America, let the fireworks begin!

A handwritten signature in blue ink, appearing to read "Ron J. Vialpando".

Ron J. Vialpando

SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

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

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



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

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

For details call Brenda Ortiz at 955-4722.

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

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

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

SENIOR TRANSPORTATION INFORMATION

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

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

When scheduling a ride, please specify if you require a wheelchair lift van.

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.
Rides to medical appointments are given priority over all other rides.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**
No more than four one-way trips per person, per day.

SF Ride: Persons under age 60 who have disabilities and who are paratransit-eligible must use Santa Fe Ride rather than Senior Services Transportation. For Santa Fe Ride call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: We will be closed on Wednesday, July 4th.

NEWS & VIEWS

Letters from the Pacific World War II

Fourth Installment from Yolanda Cruz

Letters between brothers Nelson & Enoch Cruz
April 12, 1944

Dear Brother:

I received your two letters last night. I wrote you a letter about ten days ago but it was rejected. I've been trying to write you ever since but something always comes up. I'm doing ok over here now and it's impossible to get transferred. You do know where I'm at don't you? I've been trying to get a knife but there's a lot of red tape in order to get one. I'd like to go to XXXXX [blocked off] very much, as I want to get a lot of things.

You do remember Parmen Gonzales, don't you? Priscilla Lucero is from Las Vegas and I don't think you know her. Do you remember Rita Velarde she used to go to Harvey Jr. High and SFHS? Stella Velarde is her sister. She's blond about 5'6" and built like "Un comun de ladrio". I don't think I'll even hear from Stella because I wrote her sometime ago and I received her letter about a week ago, wrong address. I also received a wrong address from Leo Gomez but the strangest thing is that I wrote on a Vmail, two page letter and I only received page two but not page one.

You asked me about Susie so I'll tell you the truth. Yes, she used to go around with Adolfo and they write each other frequently. I don't seem to remember if Benny Gonzales used to work at "La Fonda" or not. What does he look like, is he dark, seems to have curly hair? I still can't remember that Charlie N.

It's nice to boast about a brother that doesn't smoke or drink, so keep it up. I'm telling you once a person starts those habits it's lost somewhere. Remember the F10 I wrote you about? I got in a XXXXX game and raised it to F40 but I kept in shooting XXXXX and I finally broke even two days after pay day. I can't think of much more to write so I'll close now.

Your brother,
"Snorfe" (Enoch Cruz)

Senior Center Closures

All City of Santa Fe Senior Centers will be closed Wednesday, July 4th in honor of Independence Day. We'll reopen July 5th.

Happy Fourth of July!

Where are the Santa Fe Senior Centers?

Although the addresses of each of the five City of Santa Fe senior centers are posted on the inside cover of this newsletter, not everyone knows where to find them. At the suggestion of a reader, we have added a map of the City of Santa Fe with all five senior centers marked on the back cover of the newsletter. We hope this is helpful. Your suggestions are always welcome.

ECHO Commodities Food Distribution

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



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

For more information, please call the ECHO office at (505) 242-6777 in Albuquerque. Next distribution is July 17th.

You must bring a current utility bill in your name.

Food Giveaway at St. John's

Bring a bag or box to St. John the Baptist Catholic Church at 1301 Osage Ave. and receive 10 food items every third Friday of the month (July 20th) from 3:00 to 4:30pm.



NEWS & VIEWS

The Mobile Health Van nurse, Angela Thorndyke, RN, BSN, provides free services for any age, including health assessments, health education, finding affordable healthcare in your community, and answers concerning eligibility for many payment options. You may call Angela at 231-2382.



Sunday, July 1st

Pojoaque Pueblo Farmer's Market
(time TBA)

Monday, July 2nd

Fort Marcy Complex 9am-12pm
La Cienega Community Center 1pm-4pm

Tuesday, July 3rd

Edgewood Senior Center 9am-12pm
Bethel Community Storehouse 1pm-4pm

Sunday, July 8th

Lamy Railroad Station 10am-2pm

Monday, July 9th

Eldorado/Adam Senior Center 9am-12pm
Agora Supermarket, Eldorado 1pm-4pm

Tuesday, July 10th

Chimayó Senior Center 9am-12pm
Cundiyo Community Center 1pm-4pm

Wednesday, July 11th

Ventana de Vida Housing 9am-12pm
Camino Jacobo Housing 1pm-4pm

Monday, July 16th

Santa Cruz Senior Center 9am-12pm
Nambé Pueblo Wellness Center 1pm-4pm

Tuesday, July 17th

St John's Methodist Food Pantry 9am-12pm
Salvador Perez Pool 1pm -4pm

Wednesday, July 18th

Pojoaque Pueblo Sr. Center 12-3pm
Pojoaque Pueblo Farmers Market 3:30-6pm

Saturday, July 21st and Sunday, July 22nd

Galisteo Rodeo Hours TBA

Monday, July 23rd

El Rancho Senior Center 9am-12pm
Pojoaque Wellness Center 1pm -4pm

Tuesday, July 24th

Villa Consuelo Senior Center 9am-12pm

Luisa Senior Center 1pm-4pm

Wednesday, July 25th

Rio en Medio Community Center 9am-12pm

Pasatiempo Senior Center 1pm-4pm

Sunday, July 29th

Church stop Location & times TBA)

Monday, July 30th

Encino Villa Housing 9am-12pm

Casa Rufina Housing 1pm-4pm

Tuesday, July 31st

MEG Senior Center 9am-12pm

No Nursing Home for Me

(Submitted by senior Stanley Rosebud Rosen)

There will be no nursing home in my future...When I get old and feeble, I am going on a Princess Cruise Ship. The average cost for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long term discount and senior discount price of \$135 per day. That leaves \$65 per day.

1. Gratuities are \$10 per day, leaving me \$55.
2. I will have as many as ten meals a day, if I can waddle to the restaurant, or I can have room service, which means I can have breakfast in bed every day of the week.
3. Princess has as many as three swimming pools, a workout room, free washers and dryers, and shows every night. They have free toothpaste, razors, soap and shampoo.
4. They will even treat you as a customer, not a patient. An extra \$5 worth of tips have the entire staff scrambling to help me, and I still have \$50 per day.
5. I will meet new people every 7 to 14 days.
6. TV broken? Light bulb need changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for your inconvenience.
7. You get clean sheets and towels every day, and you don't even have to ask.
8. If you fall in the nursing home and break your hip, you are on Medicare. If you fall and break your hip on the Princess ship, they will upgrade you to a suite for the rest of your life.

Do you want to see the world? Princess will have a ship ready and waiting. So don't look for me in a nursing home.

P.S. Keep in mind, when you die at sea, they just dump you over the side at no charge, saving thousands in funeral expenses.



FREE Farmer's Market Vouchers

The New Mexico Farmers' Markets Association has \$28 in vouchers for income-eligible seniors age 60 or over, **if you have not already gotten the vouchers this year.** The vouchers may be used to buy fresh fruits, vegetables, herbs, pinto beans, whole, raw chile and honey at participating New Mexico farmers' markets. You will receive 7 vouchers worth \$4 each to use like cash when you pay the farmers. If you are not able to shop at the market, you may send someone in your place.

The income guidelines: For a single person in the household, income may not exceed \$1,723 a month; for two in the house, total income of \$2,333 a month is the maximum; three people \$2,944 a month; four people, \$3,554. You must bring a photo ID to prove your age and address, and proof of total household income. You will fill out a brief application for the vouchers.

On the dates with *, staff from the Aging and Long-Term Services Dept's Prescription Drug Assistance Program will present an overview of the various programs and resources to assist people, who cannot afford their medications, in obtaining needed medications at no or low cost by drug manufacturers such as insurance plans, discount cards, pharmacy discounts and other options.

Santa Fe City and County Senior Centers

* Thurs. July, 5th:	10:30 - 12:00	Ventana de Vida 1500 Pacheco St., Santa Fe
* Fri. July 6th	10:00 - 12:00	Luisa Senior Center 1500 Luisa St, Santa Fe
Mon. July 9th	10:00 - 12:00	Villa Consuelo 1200 Camino Consuelo, Santa Fe
* Wed. July 11th	10:30 - 12:30	MEG Senior Center 1121 Alto St., Santa Fe
* Mon. July 16th	10:30 - 12:30	Edgewood Center 114 Quail Trail, Edgewood
* Wed. July 18th	10:00 - 12:00	Eldorado/Adam Center 16 Ave Torreon Santa Fe
* Mon. July 23rd	10:30 - 12:30	El Rancho Senior Center, El Rancho
Mon. July 24th	10:30 - 12:30	Chimayo Center, Rt 1 Box 68 Chimayo
Mon. July 30th	10:30 - 12:30	MEG Senior Center 1121 Alto St. Santa Fe
Tues. July 31st	10:30 - 12:30	Santa Cruz, 145 Santa Cruz Site, Santa Cruz
Wed, August 1st	10:00 - 12:00	Pasatiempo Center 664 Alta Vista St. Santa Fe



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.

Library for the Blind and Physically Handicapped (LBPH)

The LBPH provides books and magazines, playback equipment, and some print materials to 4,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled. The collection contains more than 60,000 titles and 300,000 volumes.

They can always use volunteers to repair their cassette and digital tape player; record books onto tape (vocal, mechanical and proofreading aspects); and join the Friends of the LBPH.

Helping One Student to Succeed (HOSTS)

HOSTS is school-year one-to-one tutorial in reading at César Chavez Elementary School on Jaguar Drive. After passing a criminal background check and receiving orientation, volunteers are paired with students who have been recommended into the program by their teachers.

Volunteers typically donate one hour per week, although they have several people who give them more time. Volunteers are provided with an easy to follow lesson plan and all necessary materials. No preparation is necessary. All you need to do is come!

Call Kristin at 955-4760 to learn more.

Santa Fe Habitat for Humanity

Santa Fe Habitat for Humanity promotes affordable home ownership for Santa Fe area residents by constructing simple, adequate houses through the cooperative efforts of volunteers, partner families, donors and staff.

Volunteer opportunities include physically fit construction and Habitat Re-Store volunteers; office assistance; administrative volunteers who work one-on-one with families; and creative volunteers (think fundraising, graphic design, etc)

Big Brothers Big Sisters of Northern New Mexico (BBBS)

Big Brothers Big Sisters is not your typical organization. They help children realize their potential and build their futures. They nurture children and strengthen communities.

For a few hours, a couple times a month, you can give a "Little" the invaluable gift of your friendship. By simply changing their perspective of what the world can offer, you can literally start changing their lives.

After passing a criminal background check and committing to at least nine months, volunteers can be placed in the "Lunch Buddy" program where they visit a child over school lunch once a week, or they can be paired with a "Little" to spend a few unstructured hours together a week.

Santa Fe Care Center

Santa Fe Care Center is more than just a nursing home... they have entertainment, crafts, social visits, outings, games, activities, and more. After a background check and an in-depth interview, SF Care staff matches a volunteer with an elder who has similar interests.

Volunteers assist with daily group activities, one-on-one visits with residents, or special events or field trips.

To learn more about these volunteer jobs, please email kwslater-huff@santafenm.gov or call 955-4760

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

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 opportunities 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.

RSVP to Issue Farmers' Market Vouchers

The City of Santa Fe Retired Senior Volunteer Program is pairing up with the Aging and Long-Term Services Department to offer you information and, for income-eligible seniors 60+ they will give out \$28 worth of vouchers for any New Mexico Farmers' Market. Please see the flier in this newsletter on page 8.

Rummage Sale July 25th

The RSVP program will hold a fundraiser rummage sale at the MEG Senior Center on Wednesday, July 25th, starting at 8:00 a.m. on the patio outside the dining room.

If you have items in good condition that you would like to donate, we would be grateful. Due to the proximity to the eating area, we are not able to accept clothing. Also, please no books. Donations may be brought into the RSVP office after the first week in July. Thanks.

We will use the funds raised for unplanned program purchases like flowers for an ill volunteer; special "thank you" gifts for volunteers who need a boost; or fingerprint background checks for volunteers entering organizations who require that.



Birthdays this Month

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

July

Mary Louise		Willie J. Horne	7/20
Mayhew	7/02	Susana A.	
Alice Vargas	7/02	Montoya	7/20
Lorna Dyer	7/03	Laura Quintana	7/20
Thomas K.		Christine Evertsz	7/21
Pedersen	7/03	Beatrice Garcia	7/21
Roberta Carter	7/04	Lillian McConnell	7/22
Martiniano A.		Jim Scott	7/22
Valencia	7/05	Rosina Tapia	7/24
Lorraine Graham	7/06	Ann Aceves	7/25
Marvin Lachman	7/06	Doris Patton	7/25
Donna Sellers	7/06	Esther R. Vigil	7/25
Sue Ann		Lillian M.	
Spoonhoward	7/07	Martinez	7/26
Michaela Gallagher-		Carmen Montano	7/26
Gonzales	7/08	Peter B.	
Anita Alarid	7/09	Quintana	7/26
Esequiel Marquez	7/09	Carol Silva	7/26
Maria E. Naranjo	7/09	Pauline Candee	7/27
Nancy R. Nofield	7/10	Michaela Shelley	
Yvonne Prior	7/10	Valencia	7/29
Eleanor L. Riser	7/13	Consuelo Garcia	7/30
Frank Hogan	7/14	Jo An Riter	7/30
Tessie Horne	7/14	Angie Doss	7/31
Jerry London	7/17	Frank M.	
Gen Lopez	7/17	Esquibel	7/31
Tillie Garcia	7/18		
Helen R. Lujan	7/18		
Frank Sena	7/18		
Graciela Thorpe-			
Powers	7/19		

FGP/SCP Foster Grandparents / Senior Companions Programs

34th Annual New Mexico Conference on Aging “A Diverse Community: Exploring Options, Expanding Horizons”

August 21 – 22, 2012, at Hard Rock Hotel and Casino Conference Center, Albuquerque. The Conference on Aging is an opportunity for seniors to learn and have fun in an environment of support for senior independence and dignity. Attendees will enjoy workshops, entertainment, a health fair, lunch and much more. Keynote speakers include Fernando Torres-Gil, PhD, Director of UCLA Center for Policy Research on Aging and Susan Snyder, Director of Project Enhance Senior Services in Washington.

If you are interested in attending the conference, please let Melanie know as soon as possible. As an active Foster Grandparent or Senior Companion volunteer, the program will pay for your registration, meals and transportation to/from the conference. You may choose to attend the whole conference or one day.

End of another School Year

For those Foster Grandparents who have completed another school year, our many thanks for the difference you have made in the lives of so many children. If you are taking the summer off, enjoy the blue skies and warm summer nights. The new school year will resume on August 22, 2012.

July In-Service

On Thursday, July 19th, our mandatory in-service training will consist of a presentation by Patti Murray, Community Educator with VistaCare Hospice. She will provide information on understanding your Medicare Hospice benefits and other useful information about what Hospice is and how it can be of assistance to you. The meeting will be held at 9:00 a.m. at the MEG Senior Center. You are not required to volunteer your regular schedule on this day so please plan to attend the meeting. If you require transportation to the meeting, please call transportation 24 hours in advance.

Foster Grandparent & Senior Companion Volunteers enjoying a much deserved day trip to the Albuquerque Aquarium and the Natural History Museum.



Volunteers Joan Baca, Lucille Valerio and Ramona Griego



Volunteers Martha Yadan and Isidra Pacheco



Volunteer Peter Abeyta and staff member Louise Kippert

Fourth of July

In observance of Independence Day, volunteers are not required to volunteer their regular schedule on Wednesday, July 4th. Enjoy your day off.

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

Sue Ann Spoonhoward	7/7	Isidra Pacheco	7/21
Joan Baca	7/9	Rosina Tapia	7/24
Jeanne Plotner	7/9	Catalina Ortiz	7/24
Carmen Montoya	7/16	Sylvia Farber	7/26
Geniva Lopez	7/17	Martha Yadan	7/29

SENIOR OLYMPICS

Senior Olympics Spotlight

The weather this year has been the best we've had in the last few years. The sun was out and it was a little windy, but not bad at all. On Friday, May 11th the Senior Olympics Cycling event took place in Stanley, New Mexico. Cyclists competed in 5 different races. There were about 20 cyclists. The eldest competitor was Dale Goering, an athlete in his 80s. He rode the 10km in 23:30.00. Great job Dale! Karin Roth, the event manager, did a wonderful job as always scheduling the races. There were a few new faces, which is always good to see. The majority of the cyclists are from a group called Seniors on Bikes (SOB). This year we were unable to get a sheriff or any emergency response staff as back up, but with great volunteers, we managed just fine. Thank you, Karin, for a great job.



Our Golf Event took place on Wednesday, May 16th at the Marty Sanchez Golf Links. Eloy Ulibarri, 2nd year Event Manager, did a great job. The sun was out, but the air was brisk and it was windy. We had 21 men and 4 women. The staff members at Marty Sanchez were a great help. The top scorer was Al Ulibarri with a score of 83. Our most senior competitor is Lee Sanchez, age 85, who scored an 95. Job well done!



Horseshoes took place on Thursday, April 24th, for Singles and Friday, April 25th, for Doubles. We moved the date later this year but it was still windy and on Friday, very smoky with the fire



that was burning nearby. We had a total of 24 participants compete. Barbara Cohen, Event Manager, did a terrific job with help of Johnny Roybal our former Event Manager. We all pitched in, in taking score for each match. Congratulations to Robert Fernandez, age 76, for competing in horseshoes.

On Thursday, May 31st runners of all ages from 50's to 70's took to the field and ran from 50 yard dash to 10K races. Did you know that the 10K is 25 times around the field? Talk about endurance. A round of applause goes out to one competitor Vinnie Kelley who ran all the races. That is what you call someone who is in great shape. They all did an amazing job. I was the event manager along with help from Kristin and Jesse. An All-American Albert Esparsen, age 76, was the oldest competitor and state champion.



The Racewalk took place at Santa Fe High School on June 1st. About 17 Olympians participated in this event. Race walkers raced around the field, knees locked, fists softly clenched, hips swerving from side to side. Event Manager Joe Armbruster and assistants Dick and Karin Roth did a terrific job in coordinating this event. The most senior competitor was Alice Ladas, age 91. There is no stopping Alice. She is young at heart. Great Job Alice!

We have run out of room, but look in the August Senior Scene for highlights of the Shot Put, Discus, Tennis, Tai Chi, and Table Tennis Senior Olympic events.

Until next month,
-Cristina Villa-

AT A GLANCE

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

Computer

Work Karen Turk gets down to business after classes in the MEG Center computer room



Food Distribution Elaina K. Gonzalez volunteers to set up this weekly event at Pasatiempo Center



Food Distribution

Volunteers Bill Dally and Dolores Gonzales put out some fruit for the commodity distribution



In-Home Support Respite Care

provider Anna Cordova keeps client Beatrice Montañó on her feet, per doctor's orders



Guitar Class Sister Jo Romero, guitar teacher extraordinaire, instructs her weekly class



Pool Sharks Juan Marquez and Eloy Ulibarri enjoy a friendly game of pool at the MEG Center



Office Volunteer

Yolanda Cruz keeps the RSVP office organized and up to date-what would staff do without her?

ACTIVITIES

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

Ongoing Activities by Senior Center

Luisa Senior Center

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

Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class	Mon.-Thurs.	8:15 am
Yoga (Dahn)	1st & 3rd Tues.	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	10:00 am
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings

Pasatiempo Senior Center

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

Ventana de Vida Senior Center

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

Villa Consuelo Senior Center

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

Ongoing Activities by Activity or Class Type

ART

Ventana-Class	Tuesday	1:00 pm
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BINGO

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

BRIDGE

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

CERAMICS/CLAY

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

COMPUTER

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

EXERCISE CLASSES/FITNESS EQUIPMENT

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

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Monday	9:00 am
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DANCE at PASATIEMPO CENTER

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

SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Thursday	10:00 am
(no class on 2nd Thurs. of the month)		
MEG-Knitting	Friday	2:00 pm

SING-ALONG

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

TAI-CHI

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

WOOD/STRAW APPLIQUÉ

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

YOGA

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

Movie Day at the M.E.G. Senior Center "War Horse" July 27th at 1:00 p.m.

This story of a remarkable horse and his experience with people and soldiers reveals the humanity, and lack thereof, that exists among people no matter on which side they fight. This intellectual story has a lot of heart and a subtle anti-war message delivered through the eyes of a brave horse who is at the mercy of the decisions of the man.



Rated PG-13 for war violence.

Free Hair Cuts at MEG & Pasatiempo

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

MEG Senior Center July 18th
Pasatiempo Senior Center July 25th



Pasatiempo Barbecue July 13

Please join us at Pasatiempo Center on Friday, July 13th 11:00- 12:30 for a summer barbecue and live music by Frank Vigil. Louis will serve brisket, potato salad, pork and beans, and watermelon.

Zoo to You

Join us at the MEG Senior Center, starting at 11:00 a.m. on Monday, July 30th for a visit from an animal expert and some of the smaller zoo animals.

Yoga Class at MEG Center

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

Tuesday, July 3rd and Tuesday, July 17th

AARP Driver Safety Program

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



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

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

July 10th call Patricia Penn at 438-0460

July 24th call Patricia Penn at 438-0460

BBQ at Ventana de Vida Senior Center

Please join us at the Ventana de Vida Senior Center for their annual BBQ on Friday, July 20th, 11:00 a.m. – 12:30 p.m. for a suggested donation of \$1.50 for seniors age 60+ or \$7.01 for those age 59 and under. Hamburgers and hotdogs and all the sides and fixings will be served. Also, come and listen to the music of Phil Trujillo. It'll be a lot of fun!



Senior Center Closures

All City of Santa Fe Senior Centers will be closed Wednesday, July 4th in honor of Independence Day. We'll reopen July 5th.

ACTIVITIES *for this month*

Summer Dance

Thursday, July 26th 1:00 p.m. to 4:00 p.m.

Fraternal Order of Eagles,
833 Early Street

Admission Fee: \$2.00 for seniors age 60+

Band: Corazon

Sponsored by: M.E.G Senior Center

Light refreshments will be served



A trip to Branson, MO

"Live Musical Show Capitol of the World"

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

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

Double Occupancy \$720.00 per person

Single Occupancy \$910.00 per person

Travel insurance is included in fee.

For information and reservations, call:

Alice Vargas at (505) 473-1716

Root Beer Floats at Luisa Center

You scream, I scream, we all scream for ice cream (floats). Join us for cool, sweet root beer floats for \$2.00 at the Luisa Center on Friday, July 20th 11:30 – 12:30. Then, stay for Bingo!



Weekend Bingo \$100.00 Blackout

The Pasatiempo Center at 64 Alta Vista will host Bingo for \$12 a package on Sunday, July 22 starting at 1:00 p.m. Buy a delicious home-made Frito pie and a soda for just \$5. This fundraiser benefits the center's activities.



Poetry Workshop at MEG

There will be a poetry workshop on Tuesday, July 10th at 10:00 at the Mary Esther Gonzales Senior Center hosted by Patti Merrill. Focus will be on poems about America and the works of Robert Frost. Bring a poem (or 2 or 3) to share. RSVP Patti at 424-0362.

MEG Knitting/Crochet Class Recognition

On May 21, 2012, volunteers from the Mary Esther Gonzales knitting/crochet class were honored by our City's First Lady, Carol Rose Coss and the Santa Fe Women's Club.



The group had been asked by Mrs. Rose Coss and the Woman's Club to make and donate baby blankets and hats for needy mothers and children from La Familia de Santa Fe. All in all, this group graciously made and donated more than 16 blankets and 30 hats over a five month period!

The volunteers involved in this wonderful endeavor were: Mary Lee Ortiz (Group Leader & Instructor), Maria Perez, Lucy Romero, Judy Cruz, Karon Hanrahan, Rosie Sweeney, Ama Ortiz, Teresa Bonal (age 92), Tonie Martinez (age 86), Christina Gale, Maria Goldstein, Sheila Epstein, Sheila Cooper and Linda Garcia.

We would like to thank these wonderful ladies for their hard work and continued support to our community.

Yang Style Tai Chi at MEG

Come join us for Tai Chi. It is now being taught Monday through Thursday from 8:15 until 9:15 a.m. at the MEG Center. Gene Gerber is teaching the class and he has been following Tai Chi for about thirty years, in one way or another. The style being taught is yang style as popularized in the west by Master Chen Man Ching and his student Master Tao. Tai Chi incorporates many different aspects of exercise including yoga, movement, relaxation, quieting of the mind, and energy enhancement. It has been shown to be a valuable tool for the slowing of the aging process and maintenance of health. We already have a sizable and socially well integrated group of enthusiasts. Come join us and maintain health, conditioning, and enjoy the interaction with other class members.

HEALTH & SAFETY

What's Up? Not My Blood Pressure!



**Nurses With Heart
Home Care**

By Elais Ponton, RN of Nurses With Heart Home Care

The National Health and Nutrition Examination Survey (NHANES) states that 76 million adult Americans, or approximately 29% of the adult population of the United States, have hypertension. Cardiovascular disease is the primary cause of deaths in the United States. In 2008, the number of deaths due to cardiovascular disease was greater than the number of deaths caused by cancer, accidents, and Alzheimer disease combined.

High blood pressure is correlated with an increased risk of heart failure, stroke, and chronic kidney disease. However, high blood pressure does not have to be "high" to lead to these issues; even prehypertension can put one at risk for heart failure, stroke, or chronic kidney disease. People with pre-hypertension are more likely to develop sustained hypertension over the next 5-10 years.

There are two aspects to blood pressure: systolic and diastolic values.

Normal blood pressure is systolic blood pressure (SBP) <120 mm Hg and diastolic blood pressure (DBP) <80 mm Hg or 120/80.

Hypertension is defined as SBP \geq 140 mm Hg or DBP \geq 90 mm Hg or \geq 140/90.

Pre-hypertension is defined as untreated SBP 120 to 139 mm Hg or untreated DBP 80 to 89 mm Hg.

Stage 1 hypertension is SBP 140 to 159 mm Hg and/or DBP 90 to 99 mm Hg.

Stage 2 Hypertension is SBP \geq 160 mm Hg and/or DBP \geq 100 mm Hg.

Remember, the presence and staging of high blood pressure should be based on two or more blood pressure readings during clinical office visits.

Age and lifestyle factors strongly influence the likelihood of one having high blood pressure. Lifestyle modifications are essential to maintaining a healthy blood pressure. Lifestyle modifications include weight control, exercise, dietary sodium restriction, moderation of excessive alcohol, and a sensible diet.

The ease of home blood pressure measurement has grown with the introduction of small, easily and reliably operated automatic monitoring devices. Home blood pressure devices are convenient and inexpensive methods of getting involved with your own care. However, unless devices are properly maintained and used, they may produce unreliable results.

Blood pressure should be taken while sitting in a chair with feet on the floor and your arm comfortable supported at heart level. Caffeine, exercise, and smoking should be avoided for at least 30 minutes prior to taking your blood pressure.

If you do find at home that you have high blood pressure and visit a clinic for follow up, the physician may prescribe ambulatory blood pressure monitoring for 24 hours. Ambulatory blood pressure monitoring provides a many blood pressure measurements over a period of time, usually 24 hours, which can give a better picture of your blood pressure status.

Once diagnosed with hypertension, the physician will recommend lifestyle modifications (such as diet and exercise), cessation of smoking, and may prescribe a daily anti-hypertensive to lower your blood pressure. It is important to follow these guidelines and take the medication as prescribed at the same time each day to effectively lower your blood pressure. Your physician may also arrange for a follow-up appointment in two months to monitor the effectiveness of your prescribed regimens.

The target goal for an individual with elevated blood pressure is <140/90 mm Hg, except for individuals with diabetes mellitus or chronic kidney disease, for whom a target of <130/80 mm Hg is recommended.

It is important to remember that you can manage your blood pressure and change does not happen overnight. By adhering to the dietary guidelines, exercise regimen, and medication schedule you can control your blood pressure!

Nurses With Heart Home Care's professional CNAs and RNs provide nursing and home health services in the comfort of your home 24/7, with no minimum hours required. When you need compassionate care, call (505)424-9099 or find us on the web at www.nurseswithheart.com.

LEGAL & CONSUMER

Protecting Medicare and You from Fraud (Centers for Medicare and Medicaid Services)

Insert Medicare/CMS logo from May issue p. 18

Most doctors, health care providers, suppliers and private companies who work with Medicare are honest. However, there are a few who aren't. Medicare works with other government agencies to protect the Medicare Program and you from fraud. Fraud costs the Medicare Program millions of dollars every year. You pay for fraud with higher health care costs. Fraud schemes may be carried out by individuals, companies, or groups of individuals.

Examples of Medicare fraud:

- A health care provider bills Medicare for services you never got
- A supplier bills Medicare for equipment different from what you got
- Someone uses another person's Medicare card to get medical care, supplies, or equipment
- Someone bills Medicare for home equipment after it has been returned
- A company offers a Medicare drug that hasn't been approved by Medicare
- A company uses false information to mislead you into joining a Medicare plan

Watch Spending in Medicare

When you get health care in the Original Medicare Plan, you get a Medicare Summary Notice (MSN) from a company that handles bills for Medicare. The MSN shows what was charged for health care services, medical supplies, or equipment and how much Medicare paid.

Review each MSN you get to make sure Medicare wasn't billed for services or items you didn't get. If you see a charge that may be wrong, call the doctor, health care provider or supplier to ask about it. The person you speak to may give you information that helps you better understand the services or supplies you got. Or, they may realize a billing error was made that needs to be corrected. Correcting a billing error helps both you and the Medicare Program.

It's also helpful to learn what Medicare will and won't pay for. You can find this information in your "Medicare & You" handbook.

Report Errors and Concerns

If your doctor, health care provider or supplier doesn't help you with your questions or concerns or if you can't contact them, you can:

- Call Medicare at 1 (800) 633-4277, which is also 1 (800) MEDICARE; or
- Write a letter to Medicare. Mail it to: Beneficiary Contact Center, PO Box 39, Lawrence, KS 66044; or
- Call the HHS Office of Inspector General Hotline at 1 (800) 447-8477 which is also 1-(800) HHS-TIPS; or
- Send an email to the HHS Office of Inspector General at hhtips@oig.hhs.gov

Prepare Before you Call

- The provider's name and any identifying number you may have
- The service or item and date you are questioning
- The payment amount approved and paid by Medicare
- The date on your Medicare summary Notice
- Your name and Medicare number
- The reason you think Medicare shouldn't have paid, and any other relevant information

You May be Eligible for a Reward up to \$1,000

To be eligible for a reward, all of the following conditions must be met:

You report your suspicion;

- Your suspicion is referred to the Inspector General's Office for review;
- The fraud report isn't already being investigated;
- Your report leads directly to the recovery of at least \$100 of Medicare money; and
- You aren't related to people who work for certain federal agencies

To learn more about the reward program, call 1 (800) MEDICARE or 1 (800) 633-4227.

PUZZLES

USA State Capitals

Find and circle all of the USA State Capitals that are hidden in the grid.
The remaining letters spell a secret message - a Bill Vaughan quotation.

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A T C I T I G S A L E M I A T L A N T A Z E E H
N R O F A M R E B O I S E N N E Y E H C R R A I
C E A W H J U N E A U I T O D T Y L L C R R I O
S N S S O T B H E O C A S O I I N N E A T E B N
Y T I C N O S R A C L K T C T K A L A F O I M D
N O L F O I I G H L C N N L T N C N O B F P U R
O N O O L R R D A A E O O I X M E R A C L O L O
T L P A U C R H J R S A O T M I D M A P N A O C
S A A N L C A Y D R E B K T S O N T A M O I C N
O N N E U S H N E C M B L L U E N E O R S L L O
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I O E N H A F F A L E L Y A I P M Y L O E C T S
N A S H V I L L E S A L T L A K E C I T Y I O N
  
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ALBANY (New York)
ANNAPOLIS (Maryland)
ATLANTA (Georgia)
AUGUSTA (Maine)
AUSTIN (Texas)
BATON ROUGE (Louisiana)
BISMARCK (North Dakota)
BOISE (Idaho)
BOSTON (Massachusetts)
CARSON CITY (Nevada)
CHARLESTON (West Virginia)
CHEYENNE (Wyoming)
COLUMBIA (South Carolina)
COLUMBUS (Ohio)
CONCORD (New Hampshire)
DENVER (Colorado)
DES MOINES (Iowa)

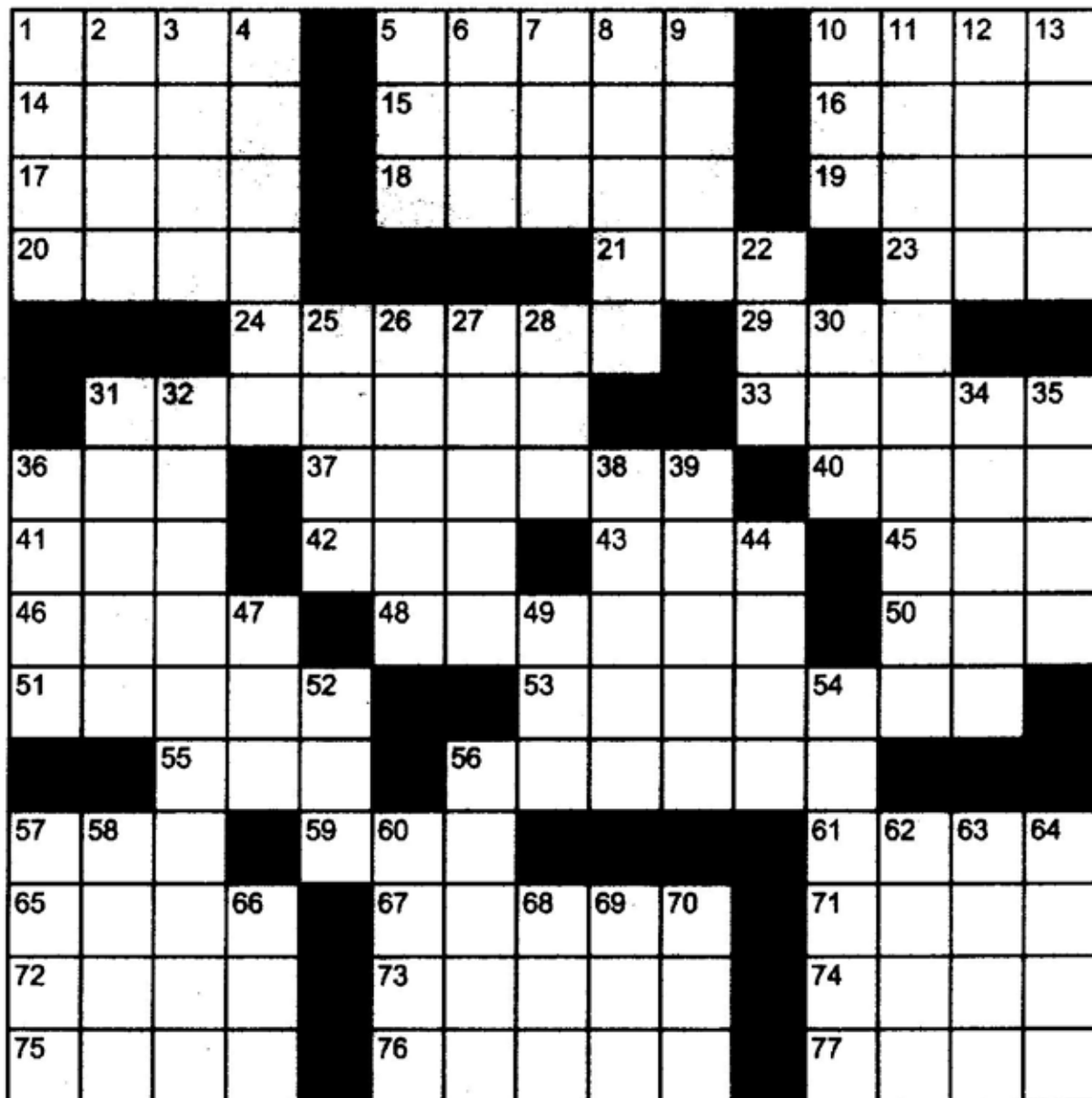
DOVER (Delaware)
FRANKFORT (Kentucky)
HARRISBURG (Pennsylvania)
HARTFORD (Connecticut)
HELENA (Montana)
HONOLULU (Hawaii)
INDIANAPOLIS (Indiana)
JACKSON (Mississippi)
JEFFERSON CITY (Missouri)
JUNEAU (Alaska)
LANSING (Michigan)
LINCOLN (Nebraska)
LITTLE ROCK (Arkansas)
MADISON (Wisconsin)
MONTGOMERY (Alabama)
MONTPELIER (Vermont)
NASHVILLE (Tennessee)

OKLAHOMA CITY (Oklahoma)
OLYMPIA (Washington)
PHOENIX (Arizona)
PIERRE (South Dakota)
PROVIDENCE (Rhode Island)
RALEIGH (North Carolina)
RICHMOND (Virginia)
SACRAMENTO (California)
SALEM (Oregon)
SALT LAKE CITY (Utah)
SANTA FE (New Mexico)
SPRINGFIELD (Illinois)
ST. PAUL (Minnesota)
TALLAHASSEE (Florida)
TOPEKA (Kansas)
TRENTON (New Jersey)

PUZZLES

ACROSS

1. Theatrical group
5. Excuse
10. Rug type
14. Clarinet's relative
15. Ambulance alarm
16. Minute amount
17. Deep purple color
18. Fold
19. Teen dance
20. Sharp bark
21. Stick
23. James Bond e.g.
24. Bids
29. Work by Shelley
31. Determine
33. Saw and pliers, e.g.
36. ____-and-hers
37. Actor Keanu ____
40. X marks the ____
41. Rearward
42. Lobe locale
43. ____ in the hole
45. Needle feature
46. Skidded
48. Organized
50. Bump hard
51. Macho males: hyph
53. Patton's rank
55. Dazzle
56. Calm
57. Skillful
59. Summer color
61. Slightly closed
65. Baby bed
67. Batman's partner
71. Ditto
72. Forbidden thing: hyph.
73. Hint
74. Till bills
75. Nervous
76. Spread
77. Twiggy home

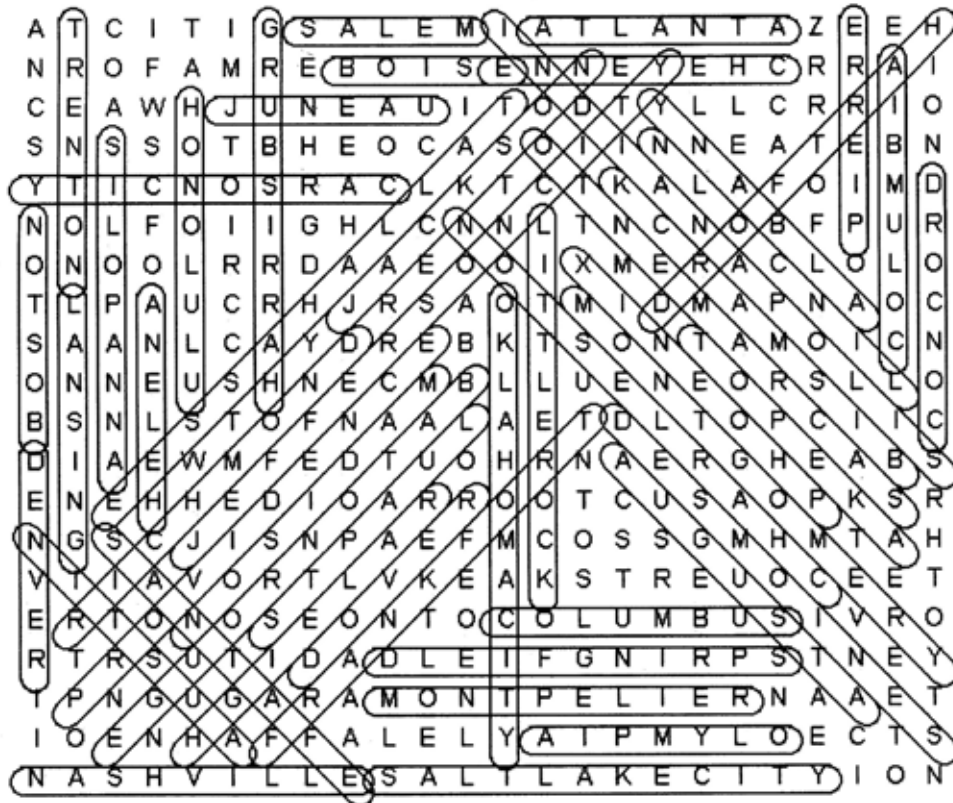


DOWN

1. Mimic
2. Up to the task
3. "Heart and ____"
4. Rates of speed
5. Cleopatra's serpent
6. Roll for Mae
7. Great fury
8. Smokey and Yogi
9. "____ the Woods"
10. Short drink
11. Western: 2 wds.
12. On the peak
13. Tangy, as meat
22. Polka ____
25. Links cry
26. Dogs' banes
27. Tennis great
28. Gun an engine
30. ____ and don'ts
31. Long gun
32. Calculating roughly
34. Faithful
35. Flower stalk
36. Food mixture
38. Avid
58. Spur
60. Handicrafts
62. Tarzan's lady
63. City in Iowa
64. Musical pause
66. Young fellow
68. Tavern
69. Chill
70. Not used

PUZZLE ANSWERS

July 2012



BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU JULY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Boiled Eggs Salsa Small Roll Margarine Milk	3 Sausage Cheese Red Chile Small Roll Jelly Milk	4 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Ham & Cheese Biscuit: Ham Cheese Salsa Large Biscuit Jelly Milk	6 Breakfast Burrito: Scrambled Egg Cheese Green Chile Tortilla Bacon Milk
9 Sausage Salsa Hashbrowns Small Roll Jelly Milk	10 Scrambled Egg Cheese Grilled Peppers Potatoes Margarine Milk	11 Grilled Ham Salsa Small Roll Jelly Milk	12 Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	13 Tomato Juice Small Roll Cold Cereal Jelly Milk
16 Grilled Ham Cheese Salsa Small Roll Jelly Milk	17 Breakfast Burrito: Scrambled Egg Cheese Red Chile Tortilla Bacon Milk	18 Sausage Tomato Juice Pancakes Maple Syrup Milk	19 Scrambled Egg Salsa Hashbrowns Jelly Milk	20 Ham & Cheese Biscuit: Ham Cheese Salsa Large Biscuit Jelly Milk
23 Scrambled Egg Cheese Grilled Peppers Hashbrowns Bacon Milk	24 Sausage Cheese Green Chile Potatoes Margarine Milk	25 Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	26 Diced Ham Cheese Peppers Onions Small Roll Jelly Milk	27 Scrambled Egg Cheese Salsa Tortilla Bacon Milk
30 Peanut Butter Tomato Juice Cold Cereal Jelly Milk	31 Scrambled Eggs Cheese Salsa Potatoes Bacon Milk		Breakfast Served at MEG, Luisa and Pasatimepo Senior Centers Daily. Serving Times are from 7:30am till 8:30am Senior Donation: \$1.00 Non-Senior Mandatory Fee: \$7.01	

LUNCH MENU



SENIOR CENTER LUNCH MENU JULY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chile Dog w/ Garnish Baked Potato Wedges Buttered Mixed Veggies Fresh Orange Milk	3 Chicken Fettuccini Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	4 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Tuna Salad w/ Pasta Tossed Green Salad Crackers Chilled Peaches Milk	6 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk
9 Chicken Tetrazzini w/ Pasta California Vegetables Crackers Apple Crisp Milk	10 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Fruit Salad Milk	11 Red Chile Burrito Supreme Spanish Rice Tossed Green Salad Chilled Apricots Milk	12 Baked Pork Chop Carrot/Zucchini/Tomato WW Roll Scalloped Baked Apples Milk	13 Classic Lasagna w/ Meat Sauce Tossed Green Salad Mixed Vegetables French Bread Plum Cobbler Milk
16 Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	17 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	18 Pork Stir Fry Stir Fry Vegetables Tossed Green Salad WW Roll w/ Butter Apple Cobbler Milk	19 BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	20 Baked Chicken w/ Mushroom Alfredo Sauce Sweet Potato Wedges Biscuit Chilled Pears Milk
23 Roasted Roast Beef Mashed Potatoes w/Gravy Vegetable Salad California Vegetables WW Roll Cherry Cobbler Milk	24 Pork Posole Tossed Green Salad Mustard Greens Garlic Bread Pumpkin Spice Cookie Milk	25 Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Butter Jell-O w/ Peaches Milk	26 Red Chile Frito Pie W/ Garnish Pinto Beans Angel Food Cake w/ Apricot Topping Milk	27 Roasted Turkey Sandwich w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Tapioca Pudding Milk
30 Pueblo Red Chile Beef Stew Steamed Carrot Coins Tossed Green Salad Cornbread w/ Butter Chilled Pears Milk	31 Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk		PRINT YOUR NAME CLEARLY FOR MEALS, PLEASE	

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$7.01 Lunch \$7.01

