

# The Senior Scene

*Vistas de los Mayores*



Front Yard Bird Bath

Photo by Don Bell

## June 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](http://www.santafenm.gov)

- You will be on the City of Santa Fe's website Home Page.
- Click on "A to Z index" in the upper left corner of the City's Home Page.
- 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](mailto: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](mailto:kwslater-huff@santafenm.gov)  
 Brian Ferns, Graphic Artist  
 Jeannie Rae and Judy Valdez, Copy Editors

## CITY OF SANTA FE - RUN SENIOR CENTERS

<b>LUISA</b> 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	<b>VENTANA DE VIDA (Pacheco)</b> 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
<b>MARY ESTHER GONZALES (M.E.G.)</b> 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	<b>VILLA CONSUELO</b> 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
<b>PASATIEMPO</b> 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	<b>COUNTY INFORMATION</b> Ron Pacheco	992-9896 570-7281

# DIRECTOR'S REPORT

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Dear Patrons,

After 25 years of dedicated service to the elderly of our community, Jerry Martinez, one of our Transit Operators, will be retiring this month from the City of Santa Fe. Jerry started with the Division of Senior Services, Transportation Section in April 1987, where he perfected the transporting of individuals confined to wheelchairs, and was one of our initial ADA (wheelchair) drivers. Jerry was committed to the senior program and this was clearly reflected in both his service and dedication when providing transportation with compassion and understanding regardless of extenuating circumstances (bad weather, staffing shortages, vehicle limitations, etc.). Jerry displayed loyalty and leadership by reporting to work early every day and assisted when needed with administrative tasks and the coordination of providing efficient transportation thereby leading by example and inspiring his peers. He was a pioneer and an intricate participant in the development and expansion of our Transportation program that has lead us to where we are today.



His motivation and devotion in maintaining his assigned vehicle was respected and admired by all staff. We never worried that anyone would go without a ride because Jerry would take upon himself to do whatever was necessary to ensure rides were provided, he knew seniors depended on him and they looked forward to seeing them daily. The Transportation program is truly a better place because of him, his loyalty, dedication, and honesty. Please join me in wishing the best to Jerry who has been an inspiration to all who know him.

Also, it is with great pleasure and pride to announce that we have received notification from the North Central New Mexico Economic Development District Non-Metro Area Agency on Aging (AAA), in addition to our four-year contract (agreement), we have also received an increased annualized appropriation of \$43,504 for our congregate meals, home delivered meals, and homemaker services. We also received from the New Mexico State Aging and Long-Term Services Department increased annualized appropriations totaling \$23,000 for our Foster Grandparent, Senior Companion, and Retired Senior Volunteer Programs. These additional dollars will enable us to enhance our delivery of service while addressing the needs of our senior population. Again, I would like to thank each and every one of you, seniors, volunteers, our Advisory Board, public officials, and staff for your efforts, to include attendees at our public hearing, thereby enabling us successfully obtain additional support from our funding sources.

June is the month that we take time to commemorate our fathers. In 1913, a bill to accord national recognition of the holiday was introduced in Congress. As a national holiday, Americans pay homage to their fathers, grandfathers, brothers, nephews, uncles, cousins, etc. and thank them for all that they are and all that they do for each of us. This year Father's Day will be celebrated on Sunday, June 17. I would like to take this opportunity to wish one and all a wonderful holiday.

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, June 12, 19 and 26  
July 10, 17, 24 and 31  
9:00am to 1:00pm**

## SENIOR TRANSPORTATION INFORMATION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Closures: There are no scheduled closures in June.

# SENIOR SERVICES MONTHLY EVENTS

## FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are 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.

<b>Wednesdays</b>	<b>8:00 - 11:45 a.m.</b>	<b>June 6, 13, 20 &amp; 27</b>
<b>Thursdays</b>	<b>12:30 - 3:30 p.m.</b>	<b>June 14 and 28</b>

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

## CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	June 5	8:30 a.m.
Pasatiempo	Monday	June 4	1:00 p.m.
Ventana de Vida	Friday	June 1	9:30 a.m.
Villa Consuelo	Monday	June 4	10:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	June 20	9:30 a.m.
Travel Committee	Thursday	June 14	8:45 a.m.
Senior Activity Corp.	Thursday	June 14	10:00 a.m.
Transportation	Tuesday	June 12	9:00 a.m.
Nutrition	Tuesday	June 12	10:00 a.m.
Senior Olympics	Wednesday	June 13	9:30 a.m.
RSVP	Tuesday	June 26	10:00 a.m.

## BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

<b>M.E.G. Center</b> - First and Second Tuesday	June 5 & 12	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	June 7	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	June 14	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	June 19	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	June 21	11:00 a.m. to 12:00 noon

# NEWS & VIEWS

They will be missed...

**Guadalupe (Lupe) Romero**, born December 12, 1929, passed away on January 19, 2012 in the care of his family. A lifelong resident of Santa Fe, Lupe served in the U.S. Marines, and had a career as a corrections officer. He was also a skilled hunter, rancher and builder.



Among his many friends and family members, Lupe leaves behind his nephew, Senior Services Transportation Driver of 19 years, Ernest Romero, who introduced his uncle to the senior programs. Lupe was a dedicated member of the Senior Services staff, delivering Meals on Wheels for more than sixteen years, until he was 80 years old. Delivering nutrition and a caring smile for his clients was the most rewarding of all of his occupations. In Lupe's memory, his family encourages everyone to spend time with the homebound.

**Ms. Apolonita (Pauline) Montoya** passed away peacefully at her Santa Fe home where she lived with her son and caregiver Gilbert Garcia, on April 28, 2012.



Ms. Montoya was born in Santa Fe, NM to Alfredo Montoya and Ana Maria Garcia Montoya. She grew up on Baca Street where she lived most of her life. She is survived by her loving son Gilbert Garcia and daughter Martha Cisneros.

She was a volunteer at Mary Ester Gonzales (MEG) center in the dining room. Previous to that, she was a volunteer and dancer with Lilly Baca and danced at many Santa Fe Fiesta events. Her friends and relatives remember her as a very active, friendly person who had a smile for everyone.

A Mass of Christian Burial was conducted on May 16, 2012 at Our Lady of Guadalupe Church. Gilbert would like to thank Larry Valdez, the church choir and Don Diego de Vargas and staff as well as friends at the MEG Center.

## Santa Fe Senior Photo Club

(By founder Waldy Cuevas)



My mentorship of the Santa Fe Senior Photo Club ends with the last meeting at 10 a.m. on June 9 at the Casa Rufina Apartments Clubhouse. For personal reasons and due to my upcoming knee surgery, it is time for me to bow out. If anyone would like to take over the mentorship of the club, they would be welcome to do so. Please contact me at 577-5749 or waldyphoto@hotmail.com or call Kristin in the RSVP office at 955-4760.

## Happy Birthday!

### Happy Birthday, Volunteers

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



- Lillian Phillipovich 6/1
- Maria Delgado 6/3

### A Poem for Father's Day

(By Patti Merrill)

Fathers...they give a quiet strength to our homes just by being there, and we honor them today.

Dads make us feel special. We love them a lot. They are in our hearts to stay.

Uncles, dads and brothers who are kind and smart-to encourage us along life's way.

So-here's to dad and the men in our lives. We think you're wonderful. Happy Fathers Day!

### 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 (June 15th) from 3:00 to 4:30 p.m.



# NEWS & VIEWS

## Summer Beginning

(By Brooklyn senior Lillian Opass)

Some may choose the month of June To plan their wedding or honeymoon.

But then, again, we shouldn't ignore That wonderful person we really adore, And don't forget to make a fuss Over the man who means so much to us. Remember to celebrate Father's Day In a special and loving kind of way. I am also thinking of a long summer's day With lots of leisure and lots of play. And, just remember, when all's said and done Summer's here, so have some fun.



## "Hello, Summer"

Let's Talk About It...

With Senior Lillian Alexander

Years ago, summer was vacation time for most of us. We visited relatives in another state, or rented a cottage at the beach. These days we may no longer care to travel, not even for a vacation.

So how about trying something new - a vacation without leaving home? How about a day enjoying our wonderful down town park, followed by visiting the fabulous shops busy with vacationers impressed with it all.

How about visiting the many fabulous art galleries? How about having lunch at one of our terrific restaurants each serving fabulous menus. How about visiting a mountain to take in the spectacular view while breathing in the refreshing air? How about checking out a casino with hopes of wining big?

And to top it all, how about having an ice cream cone and enjoying it as we did a zillion years ago. There you are; a summer vacation without leaving home!

Ah, Santa Fe! Only you can offer such a spectacular vacation.

Two Questions for You:

1. What were your past vacations like?
2. Do you vacation these days?

## Free Massage or Polarity Sessions

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

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

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

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

Sessions are approximately 45 minutes each, scheduled in one-hour increments. They will be held at the MEG Senior Center at 1121 Alto St. on Thursdays, June 21st & 28th. Schedule for 2:00, 3:00 or 4:00 p.m.

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

## Father's Day Memorial

VistaCare Hospice cordially invites you to a memorial event to honor our fathers who are no longer living. Participants are encouraged to bring a photo or memento to share on their Remembrance Table. Music and symbols of honor will accompany the Reading of the Names. Light refreshments will be served. Please RSVP so that they may allow for space and goodies. Join them on Thursday, June 14th at 5:30 p.m. at VistaCare Hospice, 1911 5th St. (across from Kmart).

RSVP to Elizabeth Graham @ 988-5331 or EGraham@odsyhealth.com

# NEWS & VIEWS

## Santa Fe County Mobile Health Van

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.



### Friday, June 1st:

Edgewood Senior Center 10:00a.m. – 2:00p.m.

### Friday, June 8th:

Chimayo Senior Center 9:00a.m. -12:00  
Cundiyo Com. Center 1:00 – 4:00p.m.

### Saturday, June 9th:

Sunflower Market, Southside SF 10:00 -2:00

### Wednesday, June 13th:

Rio en Medio Center 11:00a.m.-1:00p.m.  
Pojoaque Pueblo Farm Market 2:00 -6:00p.m.

### Thursday, June 14th:

Santa Cruz Sen. Center 9:00 a.m. -12:00  
Salvador Perez Pool, SF 1:00 – 4:00p.m.

### Friday, June 15th:

Eldorado/Adam Center 12:00 – 3:00 p.m.  
Eldorado Farm Market 4:00 – 7:00 p.m.

### Saturday, June 16th:

Lamy Legal Tender 10:00a.m. – 2:00p.m.

### Wednesday, June 20th:

El Rancho Senior Center 9:00 a.m. -12:00  
Luisa Senior Center 1:00 – 4:00 p.m.

### Thursday, June 21st:

St. John's Methodist Food Pantry Santa Fe  
9:00 a.m. – 12:00  
Pasatiempo Senior Center 1:00 – 4:00p.m.

### Friday, June 22nd:

Tesuque Pueblo Health Fair 9:00a.m -2:00p.m.

### Saturday, June 23rd:

Southside Library 10:00a.m. – 2:00 p.m.

### Wednesday, June 27th:

Pojoaque Supermarket 11:00a.m. – 1:30p.m.  
Pojoaque Pueblo Farm Market 2:00 – 6:00 p.m.

### Thursday, June 28th:

Encino Villa Housing SF 9:00a.m. -12:00  
Casa Rufina Housing SF 1:00 -4:00 p.m.

### Friday, June 29th:

Agora Market Eldorado 12:00 -3:00p.m.  
Eldorado Farm Market 4:00 -7:00 p.m.



## How can you transform \$3.16 into \$16.00?

...by contributing to Food for Santa Fe! Donations enable this all-volunteer organization to buy items at bulk prices and carry out its mission of providing bags of food to needy families and individuals every Thursday morning and giving cartons of milk and healthy snacks to children. They bridge the gap during difficult times for those who are hungry.

They are always happy for additional volunteers. They start at 6 a.m. on Wednesdays (to bag the food) and Thursdays (to distribute). Come check them out through the door at the left rear of the Food Depot building at 1222 Siler Road.

They also welcome open hearts, willing hands and financial contributions! Mailing address: P.O. Box 31086 Santa Fe, NM 87594-1086. Online at [www.foodforsantafe.org](http://www.foodforsantafe.org)

## Spring Festival and Children's Fair

Celebrate la primavera with the costumed villagers of El Rancho de las Golondrinas living history museum! The festival includes sheep shearing, weaving, blacksmithing, milling; archery, arts & crafts, face painting, tin stamping, and lots of hands-on activities for children; friendly animals (meet mini horses, a wolf and a rare white buffalo on Saturday); wagon rides, music and dance; fresh bread and bizcochitos fresh from the horno; traditional New Mexican crafts for sale directly from some of the best artists in northern New Mexico; and an outdoor procession and Mass on Sunday.



The festival is on Saturday and Sunday, June 2nd and 3rd 10:00 am to 4:00 pm at El Rancho de las Golondrinas Living History Museum, just south of Santa Fe. Exit 276 off I-25; Follow "Las Golondrinas" signs. Admission: Adults are \$8, Seniors (62+) and teens (13-18) are \$5, and children 12 and under are always free. For more information call 471-2261 or go online to [www.golondrinas.org](http://www.golondrinas.org).

# NEWS & VIEWS

## Flora's Corner

Inspiration collected by Flora Leyba

### Wisdom

- Wisdom has two parts:  
1) Having a lot to say. 2) Not saying it.
- He is wiser today who knows he was wrong yesterday.
- A wise man will change his mind at times, but fools never feel the need to.
- It takes courage to cross some bridges and wisdom to know which others to burn.
- Don't use a gallon of words to express a spoonful of thought.

- R. Whitson Seaman

## 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 June 19th.

You must bring a current utility bill in your name.

## Upcoming Barbecues

It is a tradition at the Division of Senior Services that every summer, each senior center hosts a barbecue during the lunch hour, for the regular lunch suggested donation of \$1.50.

Please plan to join us for hot weather cook outs at the following senior centers:

Luisa Center	June 28th
Pasatiempo Center	July 13th
Ventana de Vida	July 20th
Villa Consuelo	August 10th
MEG Center	August 17th

## SFCC Warm Water Aerobics

(By RSVP volunteer Ruth Vilmain)

Did you know that there is a warm water aerobics class at the Santa Fe Community College? The cost is \$70 facility fee for a whole semester, +\$7 or \$8 per class, also for the whole semester. After you are enrolled for a class, you have access to the entire facility (weight room/exercise room, pools, hot tub) for the entire semester, whenever there are no classes scheduled there.

Some of the classes I've taken over the years (and recommend) are Warm Water Exercise, Aqua Fusion (a combination of pilates and yoga in warm water), Senior Aquatics, and Senior Strength Training. The entire facility is senior citizen friendly, and you're in the great company of others trying to improve their flexibility, strength and overall wellbeing.

## I'm Fine

(Author unknown, submitted by Louise Rubio)

There is nothing whatever the matter with me.  
I'm just as healthy as I can be,  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze.  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.  
I think my liver is out of whack  
And a terrible pain is in my back.  
My hearing is poor, my sight is dim  
Most everything seems to be out of trim,  
But I'm awfully well for the shape I'm in.  
I have arch supports for both my feet  
Or I wouldn't be able to go out on the street.  
Sleeplessness I have night after night,  
And in the morning I'm just a sight.  
My memory is failing, my head's in a spin,  
I'm peacefully living on aspirin.  
But I'm awfully well for the shape I'm in.  
The moral is, as this tale we unfold,  
That for you and I who are growing old,  
It's better to say "I'm fine" with a grin,  
Than to let them know the shape you're in.

# Happy Father's Day!

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



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

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

### **Bienvenidos Outreach, Inc.**



Their mission is to provide food and clothing to those in need.

They are dedicated to feeding and clothing the homeless, elderly, disabled and economically disadvantaged. They seek to break the cycle of hunger and poverty by providing food boxes, lunches, clothing and household items to all who seek assistance.

You can help in several ways. If you have a truck or an SUV, you could pick up food donations from local grocery stores. They need help, also, in the clothing room, or to prepare food boxes or lunch bags for the homeless. Sometimes they need back-up assistance at the front desk as well.

This is a tight-knit group of volunteers always ready to welcome additions.

### **St John's Soup Kitchen**

Would you like a volunteer job where you can see the difference you make? Offer to cook, serve or clean for the weekday lunches served at St. John's Soup Kitchen on Osage Ave. Pick a day to become part of this important work to feed the hungry in Santa Fe.

### **Seeking Summer Morning Volunteers**

The Interfaith Community Shelter Group is seeking summer time volunteer help.



During the cold winter months, the shelter offers a hot meal and a warm bed to homeless Santa Feans. In the summer, they offer free showers, clothing, and other resources. What would you like to do to help? They need volunteers for:

#### **Community Closet Program:**

Volunteers help guests select clean donated clothes and make sure everyone gets equal, fair access.

#### **Shower Program:**

Volunteers check guests in and out of the showers and also clean the showers between guests.

Both programs need volunteer assistance on Tuesday and/or Friday mornings from 8:30 to 11:30 a.m.

Also, if your Faith Group would like to be responsible for a specific day each month and recruit 3 volunteers per duty, that would be wonderful.

### **Santa Fe Public Library**

The Main Santa Fe Public Library at 145 Washington Ave is seeking a volunteer to mend the books which have been over-loved.

If you are interested, you don't need to ever have mended books, but some bent toward the artist/ craft talent would be helpful. They do have some training videos on book mending and a staff member will be happy to train also. They won't hold the volunteer to a particular schedule, except at first for orientation and training and the first few times when the staff can help you. As a volunteer, you will receive free parking during your shifts- you just pick up a placard each time.

Be a part of the wonderful world of libraries in the historic downtown building.

Call Kristin at 955-4760 to learn more about any of these volunteer opportunities.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Time to Turn in Your Hours

Please send in your RSVP volunteer hours by the end of this month. You may mail, email or deliver a total of the volunteer hours and miles you have given in April, May and June.

In fact, if you have not reported for a while, it is not too late. Before July 1, we can accept any hours from as far back as last July.

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

## 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 that require that.

## Root Beer Floats after BBQs!

As an additional fundraiser, RSVP staff will be selling root beer floats at some of this summer's barbecues at senior centers. Help us out and enjoy a treat.



## Thoughts on Volunteerism

"Not being able to do everything is no excuse for not doing everything you can" -- Ashleigh Brilliant

"No act of kindness, no matter how small, is ever wasted" -- Aesop

"Volunteers are not servants. Volunteers are partners working together for improving America's future." -- Mayor Richard Daly



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

## June

Arlene Mayer	6/01	Margaret	
Lillian O. Phillipovich	6/01	Rodriquez	6/14
Eliza Martinez	6/02	Eileen Romero	6/14
Ethel Roberts	6/02	Viola Romero	6/14
Sarah "Sally" Connelly		Helen Whitfill	6/14
Ernest Madrid	6/03	Sandy Cordova	6/16
Rosella Fleming	6/03	Isabel V. Torres	6/17
Johnny Marquez	6/04	Del Wilkinson	6/17
Shirley Lopez	6/04	Bonnie Baldwin	6/18
Pauline Pino	6/05	Thomas Minton	6/18
Dan Rusthoi	6/05	Wesley Sandel	6/18
Joan-Ann		Gabriella M. Rodriguez	6/19
Ryan-Murphy	6/05	Ann M. Young	6/19
Maria D. Varela	6/05	Lee Meyers	6/20
Charles Yonker	6/05	Patricia G.	
Juan M. Apodaca	6/07	Gonzales	6/21
Alfonso "AL" Ulibarri	6/07	Joseph Shain	6/21
Nancy Bell	6/08	Christine	
Clorinda Nava	6/10	Mendoza	6/22
Olivia M. Trujillo	6/10	David E. Lucero	6/23
Martin A. Gallegos	6/11	Juan P. Lopez	6/24
Lois K. Mandros	6/11	Marie E.	
Robert E.		McQuarie	6/26
Meinershagen	6/11	Mary O. Romero	6/26
Dan Rodriguez	6/12	Celine Sena	6/26
Rosina Martinez	6/13	Charles M.	
Bob Peck	6/13	Spring	6/26
Edith Tichonchik	6/13	Robert L. Pavia	6/29
Cleotilde "Cleo" Ulibarri		Diane Polaco	6/30
Sheryl Zeigler	6/13	Mary V. Roybal	6/30
	6/13		

# 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 (practice)	Tuesday	8:15 am
Yoga (Dahn)	1st 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
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	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 (practice)	Tuesday	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 Tues.	9:15 am
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# ACTIVITIES for this month



The Senior Activity Corporation presents:  
**A trip to Branson, MO**  
**“Live Musical Show Capitol of the World”**  
**OCTOBER 7-13, 2012**

Sign up now and reserve your spot for a fun filled trip to Branson, Missouri. The trip will include bus transportation, hotel, 6 breakfasts and 4 dinners, shows, including Red Skelton Tribute, “Hooray for Hollywood”, the Acrobats of China, the Branson Belle Showboat on the waters of the Table Rock Lake, and much, 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 or  
 Carol Webber at (505) 989-3604

## Spring Fling at Pasatiempo June 1st

The Pasatiempo Senior Center will host a Spring Fling celebration on Friday, June 1st from 11:00 to 1:00 p.m. There is no admission fee and refreshments will be served.

Music by: Phil Trujillo and Frank Vigil

## Free Hair Cuts at MEG & Pasatiempo

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

MEG Senior Center	June 6th
Pasatiempo Senior Center	June 20th

## 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:

June 12th call Stephanie Thomas at 466-4738  
 July 10th call Patricia Penn at 438-0460

## Movie Day at the M.E.G. Senior Center “We bought a Zoo”

June 22nd 1:00 p.m.



Based on a true story, Benjamin Mee is a Los Angeles newspaper columnist and adventure writer who, as a single father, faces the challenges of raising his two young kids. Hoping that a fresh start and a new life will restore their family spirit, Mee quits his job and buys an old rural house on 18 acres outside the city that comes with a unique bonus feature: a zoo named the Rosemoor Animal Park, where dozens of animals reside under the care of head zookeeper Kelly Foster and her dedicated team. With no experience, limited time and a shoestring budget, Mee sets out with the support of his family and the local community to reopen the zoo. Now, Benjamin is no longer reporting an adventure story; he’s living his own and it’s right in his own backyard.

# ACTIVITIES for this month

## Ventana de Vida Community Yard Sale

Ventana de Vida Senior Center will have their annual yard sale, along with a bake sale on Saturday, June 9th, from 8:00 a.m. to 1:00 p.m.



The Center is at 1500 Pacheco Street, nestled in between the Ventana de Vida apartments.

Come and join us...you just might find that something you've been looking for. See you there!

## Yoga Class at MEG Center

Dahn (Energy) Yoga class will be held one day a month only, until further notice. It will be held in the MEG Center Board Room on the 1st Tuesday of each month. This month's date is:

Tuesday, June 5th from 9:15 to 10:00

## Weekend Bingo at Luisa



The Luisa Senior Center at 1500 Luisa St will be hosting a Bingo on Sunday, June 10th, from 1:00 p.m.-4:00 p.m. The cost is \$10.00 for package- and you might win big.

Plan to have lunch: a submarine sandwich, chips and a drink for just \$4.00. Proceeds benefit the center.

Everyone is welcome.

## Father's Day Celebration at Pasatiempo

The Pasatiempo Senior Center located at 664 Alta Vista will have a celebration for all fathers on Friday, June 15th, at 11:00 a.m. Refreshments will be served. The wonderful Phil Trujillo and Frank Vigil will play music and sing for us once again. Please join us.

## Father's Day Celebration at Luisa

The Luisa Center at 1500 Luisa St. will honor all fathers with a celebration on Friday, June 15th starting at 11:00 a.m. Each father will receive a gift. Don't miss out, dads!

## Taos Pueblo Pow Wow Saturday, July 14th

Join the Senior Activities on a trip to the Taos Pueblo Pow Wow. Events include Dance and Drum contests, Ground Dancing, Arts & Crafts and Food Booths on Saturday, July 14th.



Round trip bus fare is \$10.00 per person. The bus will leave MEG Center at 9:00am and return at approximately 4:30pm on Saturday, June 14th. Lunch is on your own.

To sign up, please call Don Bell at 982-2707 or Christine Sanchez-Warren at 955-4715.

## Free Computer Classes at Pasatiempo

Starting on June 5, the Pasatiempo Senior Center will offer free beginner computer classes every Tuesday for six weeks. Classes are 9:00 – 11:00 a.m. and space is limited. Sign up at the Pasatiempo Center at 664 Alta Vista St.

## Luisa Center's BBQ/Dance June 28

The Luisa Senior Center, at 1500 Luisa St. will hold their annual BBQ on Thursday, June 28th during the lunch hour (11:00a.m. -12:30 p.m.) for a suggested donation of \$1.50 for seniors age 60+ or \$7.01 for those age 59 or below. Toya will grill hamburgers and hotdogs, and we will serve pork and beans, potato salad and watermelon.

Stick around after the food, because there will be a dance from 12:30 to 3:30 p.m. at the center, for just \$2 a person with live music by Bonifacio!

## Sing-a-long at Ventana de Vida

Join us in singing songs you already know...and if you don't know them, we have song sheets available. So, come join us! Remember it's all for fun. Lorelee leads the group which meets on Wednesdays, at Ventana de Vida Senior Center, at 1:15 p.m.



# HEALTH & SAFETY

## Toxic Medicine: What You Should Know to Fight the Misuse of Psychoactive Drugs in California Nursing Homes

Excerpted from California Advocates for Nursing Home Reform (CANHR)



Nursing homes often conjure images of elderly people lying in bed or slumped in wheelchairs completely detached from the world around them. Many visitors and even staff members believe that unresponsive residents are the sad evidence of unavoidable mental declines brought about by dementia or simple old age. However, the poor quality of life for many nursing home residents is often caused not by the symptoms of their disease but by the side effects of their medications.

Tens of thousands of nursing home residents with dementia receive powerful antipsychotic drugs that are not intended or approved for their medical conditions. Rather, the drugs are often used to sedate and control them, a terrible substitute for the individualized care they need and deserve. The U.S. Food and Drug Administration (FDA) has issued its most dire warning – known as a black box warning – that antipsychotic drugs cause elders with dementia to die.

Antipsychotic drugs don't just hasten death; they often turn residents into people their own families barely recognize by dulling their memories, sapping their personalities and crushing their spirits. When families win battles to take residents off these drugs, they sometimes find that the person they've always known is still there. As one resident's daughter told us, "I got my dad back."

### What are Psychoactive Drugs?

Psychoactive drugs – sometimes called psychotropics or psychotherapeutics – contain powerful chemicals that act on the brain to change a person's mood, personality, behavior, and/or level of consciousness. There are 4 major classes of psychoactive drugs: antipsychotics such as Zyprexa and Haldol; anti-anxiety drugs such as Ativan and Valium; anti-depressants such as Prozac and Zoloft; and sedative/hypnotics such as Halcion and Restoril.

## Risks Galore, Including Death

Psychoactive drugs have numerous, potentially fatal side effects. Some of the most common include tremors, over-sedation, toxicity, anxiety, confusion, delirium and insomnia.



Perversely, psychoactive drugs often cause the agitation and anxiety they are prescribed to treat, leading to even more drugs or higher doses. Elderly nursing home residents are especially at risk of harmful drug interactions because most take many other medications and are in poor health. The use of psychoactive drugs puts them at greatly increased risk of falls and serious injuries that lead to immobility and often death.

Antipsychotic drugs are not approved for the treatment of dementia-related psychosis. Furthermore, there is no approved drug for the treatment of dementia-related psychosis. Healthcare professionals should consider other management options.

### Psychoactive Drugs Cannot Be Used Without Informed Consent

Informed consent is a legal right that requires doctors to respect the decisions of their patients. As the term suggests, the concept has two components: information and consent.

The information part of informed consent requires doctors to explain any proposed treatment to their patients and, if applicable, to their patients' legal representatives.

The consent part of informed consent simply requires that patients or their representatives agree to any form of health care treatment before it is undertaken. Failure to obtain consent before administering treatment is battery against the patient.

Article continues on next page

# HEALTH & SAFETY

## Questions to Ask Doctors

### When Psychoactive Drugs are Proposed

What specific, documented behaviors or symptoms prompted the need for a psychoactive drug? (e.g., are there delusions or is the resident simply agitated?)

- Have all possible medical or environmental causes been ruled out? (e.g., pain, dehydration, infection, sleep disruptions)?
- Has the doctor recently physically examined the resident?
- What alternative treatments have been tried?
- Are other options still available?
- What are the drug's risks & side effects?
- Is there an FDA black box warning for this drug?
- Has the FDA approved the use of this drug for this purpose?
- How will side effects be monitored? By whom?
- Will the proposed drug interact with any of the resident's other medications?
- Is the proposed drug duplicating other current medications?
- Will the resident start on the lowest possible dose of medication?
- When and how often will the need for the drug be reassessed? The law requires a reassessment at least every three months.

### Advocacy Tips

You do not have to accept a doctor's recommendation to use psychoactive drugs. Do not give consent if the doctor has not directly examined the resident. Don't consent to the use of antipsychotic drugs unless you are certain that all other care and treatment options have been exhausted.

Insist that the doctor or nursing home provide written information on adverse consequences of the proposed drugs, including black box warnings. Carefully review and consider the written information before making a decision. Consider seeking a second opinion from a trusted physician or advocate if you have doubts about giving consent.

Periodically request a complete list of current medications from the nursing home and/or review the resident's medication administration records kept by the facility, especially if unauthorized drugging is suspected. If you discover that psychoactive drugs are being used without consent, file a formal complaint with the Department of Public Health and notify the local Ombudsman program.

Ask for a care plan meeting to discuss the need for proposed psychoactive drugs. The nursing home should hold a care plan meeting because the need for psychoactive drugs signals a significant change in the resident's condition. You have a right to attend and participate in this meeting.

### Right to Refuse

Even if a nursing home resident has problems making health care decisions, she may refuse psychoactive drugs at any time. The right to refuse treatment is a basic constitutional right that may not be violated without a court order. A doctor's declaration that a resident does not have capacity is not enough to override the resident's right to refuse treatment. A nursing home may not retaliate or try to evict a resident who exercises her right to refuse these drugs.

### Chemical Restraints and Unnecessary Drugs are Illegal

Even if a nursing home resident or representative has given informed consent to the use of a psychoactive drug, the drug's use may violate state and federal laws prohibiting chemical restraints and unnecessary drugs. A chemical restraint is any drug imposed for purposes of discipline or convenience and not required to treat a resident's medical symptoms. An unnecessary drug is any drug when used in excessive dose, for excessive duration, without adequate monitoring, without adequate indications for its use, or in the presence of adverse consequences that indicate the dose should be discontinued or reduced.

[http://www.canhr.org/reports/2010/Toxic\\_Medicine.pdf](http://www.canhr.org/reports/2010/Toxic_Medicine.pdf)

# SENIOR OLYMPICS

## Senior Olympics Spotlight

For the first year in Santa Fe local games, "Huachas" was held at the County Extension Building on Thursday, April 12th. For those of you who don't know what the sport is, it is also known as "Hillbilly horseshoes" because it is a physical game of skill that is similar to horseshoes in that an item is tossed at a target. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch platform on the ground. The boards are 21 feet away from the throwers.



The Huachas games were double elimination. All the participants really enjoyed themselves. Event Manager, Juan Lopez did an outstanding job in coordinating this event.

Solid and stripped balls rolled all over the pool table on Thursday, April 19th as the Senior Olympic 8-Ball Tournament unfolded at the Mary Esther Gonzales Senior Center's Pool Room. This year we had two ladies play.

In age category 65-69 Al Ulibarri lost his first game and made his way from the losers bracket to play his brother Eloy Ulibarri in the Semi Finals, won, then he went to the finals and took the gold. Event Manager, Eloy Ulibarri did a great job in coordinating this event. Hutch Hutchinson, age 82, is still able and willing to shoot. We enjoyed having him play.



Reading, piano, violin, belly dancing, ballroom dancing, and singing all took place on Monday, April 23rd, at the Fraternal Order of Eagles. I apologize that we had to keep changing the day. The day that it was scheduled for the Eagles was not available.

That morning we had two participants play the piano at the MEG Center. Alice Ladas, age 92, and Patti Merrill did a phenomenal job! In the afternoon the rest of the talent show took place. All of the participants could be on one of the reality shows such as "Dancing with the Stars", "So You Think you Can Dance", or "American Idol". They have so much talent and they are in great shape. Their costumes were amazing as well.



Archery was held on Tuesday, April 24th, at the Archery Range. There were 6 shooters, in total: One person shot Compound Release; one shot Recurve; and 4 shot Barebow Recurve. Sam Tuma had a high score of 754. This year we had one lady Emma Roybal, and her score was a 378. Event Manager,

Ricardo Roybal, did a wonderful job coordinating this event. This group had a great time!

# SENIOR OLYMPICS

Handball took place on Saturday, April 14th. Rand Marco, Event Manager, did a great job coordinating this event.

Maybe next year we can get more handball participants. Rand is willing to have a class on how to play for anyone who is interested. It is a serious workout and it helps to have fast reflexes, but we invite everyone to try it out.

Shuffleboard took place at Ft. Marcy Complex on Thursday, April 26th and Friday, April 27th. There were black and yellow discs moving from one side of the mat to the other. Every participant was trying to score a perfect 10. A big thank you to Rosella Ortega for keeping score for the event. Ben Mendoza, Event Manager, has been coordinating this event for several years and hopefully will continue his great work in coordinating Shuffleboard.



On Wednesday, May 2nd, Pickle Ball was held at the Genoveva Chavez Community Center. On this day Joyce Montoya had a round robin. It was nice that everyone was able to play against each other. They got a lot of play time. On Friday, May 4th those planning to attend State Games were given a chance to play. Joyce Montoya, Event Manager, did a terrific job in coordinating this event. They all had a great time. At the end of the event each participant received a certificate with a pickle and a ball on it.

## Remember:

*“You don’t stop playing because you grow old-*

*You grow old because you stop playing.”*

## State Senior Olympic Games

Just a friendly reminder if you are interested in attending State Senior Olympic Games in Las Cruces, deadline registrations are as follows:

April 2 – May 31 – Early Bird registration – Take advantage of this rate at \$45.00

June 1 - June 15th – Regular registration - \$60.00

June 16 - June 30th – Late registration – \$75.00

- No registration will be accepted after this date. Don’t miss out!

## Celebration of Athletes

Also, on Friday, June 15th, we will be having an Inaugural Celebration of Athletes from 11:00 am at the Alto Park, behind the MEG Senior Center.

This event will include speakers, a performance by Mariachi Porvenir, an award ceremony for special categories of Olympians, and the meeting of new and old friends. Lunch we be served to all athletes. In order to defray costs for this event, we are asking for a \$\$ donation per attendee.

Until next month,  
Cristina Villa

## Plan ahead for State Senior Olympics Team Tournaments:

Volleyball in Rio Rancho August 17th -19th

Softball in Rio Rancho September 7th -9th

Basketball in Santa Fe November

For details, call the New Mexico Senior Olympics at 1 (888) 623-NMSO (6676) or go to [www.nmseniorolympics.org](http://www.nmseniorolympics.org).



# PUZZLES

## ACROSS

- 1. Flutter
- 5. Part of CD
- 9. Crown of light
- 13. Narrow path
- 14. Cook's clock
- 15. Quickly, for short
- 16. Play sections
- 17. Burdensome
- 19. Hard-shelled insects
- 21. Morrison of song
- 22. Juan or Jose
- 23. Bread grain
- 24. Trial
- 25. Classified items
- 27. Naval greeting
- 30. Winged mammals
- 34. "I'm \_\_\_ in Love"
- 35. Most rational
- 38. Ballet skirt
- 40. Extreme
- 42. Wall-covering hanger
- 44. Locale
- 45. Start again
- 47. Tent stake
- 48. Circus attraction
- 50. "Star \_\_\_"
- 51. Before, to Poe
- 52. \_\_\_ as pie
- 55. Have property
- 57. European peak
- 60. TV host Linkletter
- 61. Warm garment
- 65. Sacramento's state
- 68. In the flesh
- 69. Civil uprising
- 70. Transmits
- 71. Lower joint
- 72. Football positions
- 73. Sched. visit
- 74. Relay

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17				18				
19				20				21				22	
		23				24							
25	26			27	28	29			30	31	32	33	
34				35				36	37		38		39
40			41					42		43			
44				45		46					47		
	48			49		50						51	
				52	53	54			55	56			
57	58	59		60				61	62			63	64
65			66				67				68		
69					70						71		
72					73						74		

## DOWN

- 1. Loose flesh
- 2. Decorative trim
- 3. Major highway
- 4. Touchy
- 5. Slopes down
- 6. Mischief-maker
- 7. Cater to
- 8. Coffee lightener

- 9. Holds title to
- 10. Sales condition: 2 wds.
- 11. Volcano's flow
- 12. Unlocked
- 14. Boot tip
- 18. Uppity one
- 20. Minimal
- 24. Coloring agent
- 25. Ifs, \_\_\_\_, or buts
- 26. Day of films
- 28. Tresses
- 29. Fairy-tale beginning
- 31. Snacked
- 32. Paint solvent
- 33. Guide, as a car
- 36. \_\_\_ of the moment
- 37. Gentle
- 39. Persuade
- 41. Horse or gull
- 43. Kind of tea
- 46. Porky's pen
- 49. Four-\_\_\_ clover
- 53. Smell
- 54. Watchband
- 56. Takes a hike
- 57. Farm measure
- 58. Reclined
- 59. Trudge
- 61. Fine sand
- 62. Had been
- 63. Break \_\_\_
- 64. Hollow stalk
- 66. \_\_\_ in the bag!
- 67. Nibble

Solution on the next page

# PUZZLES

## Summer Olympics

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

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

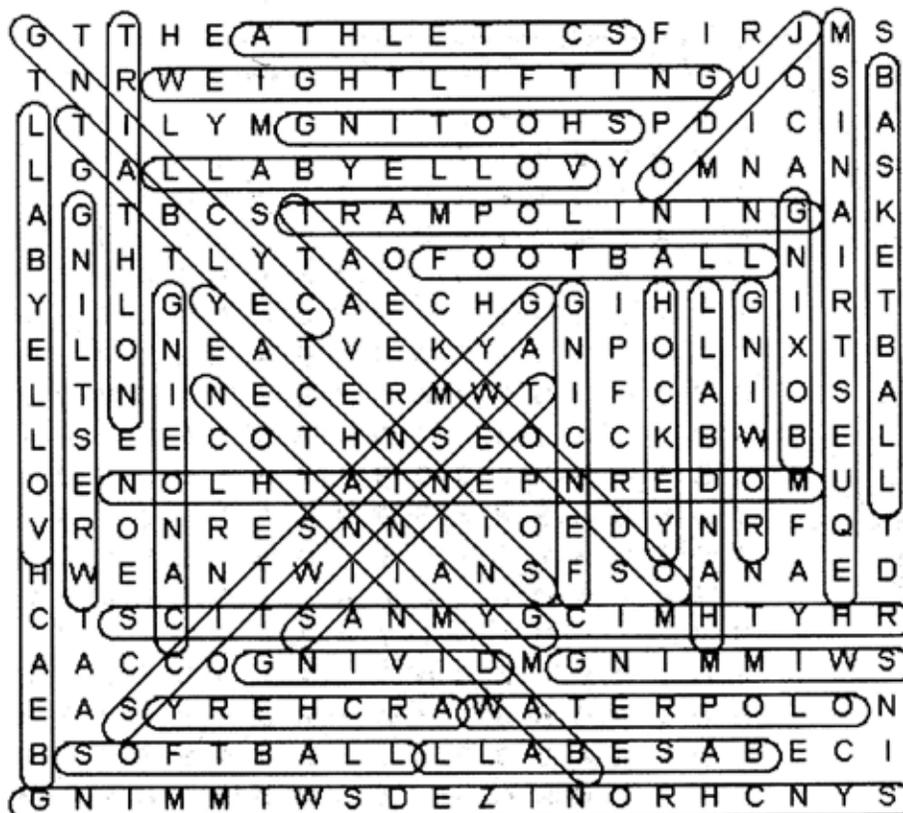
G T T H E A T H L E T I C S F I R J M S  
 T N R W E I G H T L I F T I N G U O S B  
 L T I L Y M G N I T O O H S P D I C I A  
 L G A L L A B Y E L L O V Y O M N A N S  
 A G T B C S T R A M P O L I N I N G A K  
 B N H T L Y T A O F O O T B A L L N I E  
 Y I L G Y E C A E C H G G I H L G I R T  
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

ARCHERY  
 ATHLETICS  
 BADMINTON  
 BASEBALL  
 BASKETBALL  
 BEACH VOLLEYBALL  
 BOXING  
 CANOEING  
 CYCLING  
 DIVING  
 EQUESTRIANISM  
 FENCING

FOOTBALL  
 GYMNASTICS  
 HANDBALL  
 HOCKEY  
 JUDO  
 MODERN PENTATHLON  
 RHYTHMIC GYMNASTICS  
 ROWING  
 SHOOTING  
 SOFTBALL  
 SWIMMING  
 SYNCHRONIZED SWIMMING

TABLE TENNIS  
 TAEKWONDO  
 TENNIS  
 TRAMPOLINING  
 TRIATHLON  
 VOLLEYBALL  
 WATER POLO  
 WEIGHTLIFTING  
 WRESTLING  
 YACHTING

# PUZZLE ANSWERS



# BREAKFAST MENU

## SENIOR CENTER BREAKFAST MENU JUNE 2012

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<p>Breakfast is Served at MEG, Luisa and Pasatiempo Senior Centers</p> <p>Serving times are 7:30am till 8:30am daily</p> <p>Seniors \$1.00 Donation for Breakfast</p>	<p><b>PLEASE PRINT YOUR NAME CLEARLY FOR YOUR MEAL</b></p>		<p><b>1</b></p> <p>Boiled Eggs Salsa Potatoes Bacon Milk</p>
<p><b>4</b></p> <p>Scrambled Eggs Red Chile Small Roll Margarine Milk</p>	<p><b>5</b></p> <p>Sausage Patty Cheese Salsa Hashbrown Jelly Milk</p>	<p><b>6</b></p> <p>Peanut Butter Tomato Juice Cold Cereal Jelly Milk</p>	<p><b>7</b></p> <p>Ham &amp; Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Margarine Milk</p>	<p><b>8</b></p> <p>Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk</p>
<p><b>11</b></p> <p>Sausage Cheese Salsa Grilled Potatoes Margarine Milk</p>	<p><b>12</b></p> <p>Scrambled Eggs Grilled Peppers &amp; Onions Small Roll Bacon Milk</p>	<p><b>13</b></p> <p>Grilled Ham Cheese Salsa Small Roll Jelly Milk</p>	<p><b>14</b></p> <p>Scrambled Eggs Tomato Juice French Toast Maple Syrup Milk</p>	<p><b>15</b></p> <p>Peanut Butter Tomato Juice Small Roll Jelly Milk</p>
<p><b>18</b></p> <p>Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla Bacon Milk</p>	<p><b>19</b></p> <p>Diced Ham Cheese Grilled Peppers &amp; Onions Small Roll Jelly Milk</p>	<p><b>20</b></p> <p>Scrambled Eggs Cheese Salsa Potatoes Jelly Milk</p>	<p><b>21</b></p> <p>Cottage Cheese Tomato Juice Hot Oatmeal Margarine Milk</p>	<p><b>22</b></p> <p>Sausage Tomato Juice Waffles Maple Syrup Milk</p>
<p><b>25</b></p> <p>Sausage Tomato Juice Pancakes Maple Syrup Milk</p>	<p><b>26</b></p> <p>Scrambled Eggs Cheese Salsa Small Roll Jelly Milk</p>	<p><b>27</b></p> <p>Sausage Cheese Green Chile Hashbrown Jelly Milk</p>	<p><b>28</b></p> <p>Ham &amp; Cheese Biscuit w/ Ham Cheese Salsa Biscuit Margarine Milk</p>	<p><b>29</b></p> <p>Boiled Eggs Salsa Grilled Potatoes Margarine Milk</p>

# LUNCH MENU

## SENIOR CENTER LUNCH MENU JUNE 2012

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Lunch is Served at: Luisa, Pasatiempo, Villa Consuelo & Ventana de Vida Senior Centers 11:00a.m. till 12:30 & MEG Center 10:45am till 12:30pm		PLEASE PRINT YOUR NAME CLEARLY FOR YOUR MEAL		<b>1</b> Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake Milk
<b>4</b> Baked Fish Fillet w/ Tartar Sauce Baked Tater Tots Broccoli Salad WW Roll w/ Butter Chilled Apricots Milk	<b>5</b> Green Chile Beef Stew Steamed Carrots Tossed Green Salad Cornbread w/ Butter Peanut Butter Cookie Milk	<b>6</b> Baked Pork Chop Mixed Vegetables WW Roll w/ Butter Baked Apples Milk	<b>7</b> Chicken Taco (1) w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	<b>8</b> Beef Tips Over White Rice Steamed Broccoli Tossed Green Salad WW Roll w/ Butter Chilled Pears Milk
<b>11</b> Glazed Ham Sweet Potatoes w/ Marshmallow Topping Steamed Green Beans Cornbread w/ Butter Chilled Mixed Fruit Milk	<b>12</b> Red Chile Cheese Beef Enchiladas Salsa Corn Tossed Green Salad Apple Cobbler Milk	<b>13</b> Chicken w/ Noodles Steamed Carrots & Green Peas Cornbread w/ Butter Chilled Fruit Salad Milk	<b>14</b> Pepper Steak Baked Sweet Potatoes California Vegetables WW Roll Cherry Cobbler Milk	<b>15</b> Chicken Fajitas w/ Salsa Tortilla Chile Beans w/ Cheese Jell-O w/ Mandarin Oranges Milk
<b>18</b> Hot Turkey Sandwich w/ Turkey Gravy Mashed Potatoes w/ Gravy Buttered Peas & Carrots Chilled Tapioca Pudding Milk	<b>19</b> Beef Brisket Pork & Beans Creamy Coleslaw Buttered Garlic Toast Apple Crisp Milk	<b>20</b> Baked Seasoned Chicken Corn & Asparagus WW Roll w/ Butter Pumpkin Spice Cookie Milk	<b>21</b> Hamburger Steak w/ Mushroom Gravy Mashed Potatoes Green Beans w/ Onions WW Roll w/ Butter Pineapple Bits Sugar Cookie Milk	<b>22</b> Red Chile Pork Tamale Vegetable Salad Pinto Beans Tortilla Mandarin Oranges Milk
<b>25</b> Chile Con Carne Mashed Potatoes Steamed Cabbage WW Roll w/ Butter Chilled Peaches Milk	<b>26</b> Beef Stroganoff w/ Egg Noodles Steamed Broccoli Carrot Raisin Salad Fresh Banana (1/2) Milk	<b>27</b> Baked Macaroni and Cheese Casserole Brussels Sprouts w/Butter WW Roll Chocolate Pudding Milk	<b>28</b> Carne Adovada Spanish Rice Country Blend Veggies Tortilla Jell-O w/ Mixed Fruit Milk	<b>29</b> Chicken Salad w/ Topping & Dressing Creamy Coleslaw Honey Glazed Carrots Crackers Cherry Cobbler Milk

**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**