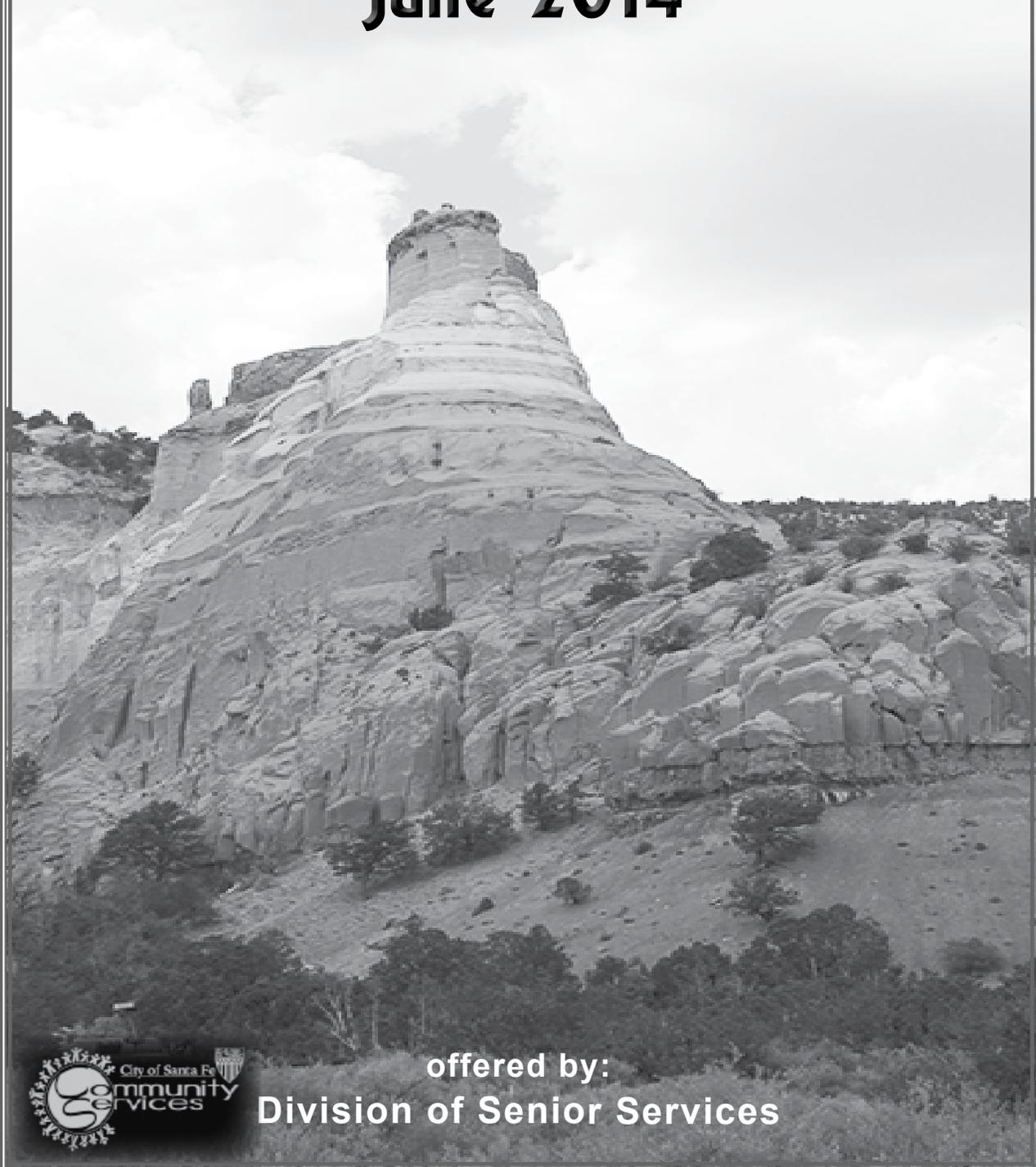


The Senior Scene

Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores

June 2014



offered by:
Division of Senior Services

Photo by Donald E. Bell



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

06/2014

Welcome,

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

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov. Enter "Senior Scene" in the keyword search box at the top. Then click the purple underlined words "Senior Scene Newsletter". Or, you may find it on the Retired Senior Volunteer Program's website at www.rsvpsantafe.org.

- Kristin Slater-Huff, Senior Scene Editor



Front Desk Reception (505) 955-4721

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Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

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Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Transportation Admin. Assistant 955-4756

Nutrition

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Cindy Sena, Program Coordinator 955-4715

M.E.G. Center, Ventana de Vida Center

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

In Home Support Services: Respite Care,

Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, RSVP Community Relations Admin, 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737



Santa Fe County Information 992-3094

Newsletter Production

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Gil Martinez, Graphic Artist

Maggie Coffey, Veet Deha, Jeannie Rae, Copy Editors



DIRECTOR'S REPORT

06/2014

Dear Patrons:

As we approach the end of the fiscal year and gear up for a new one beginning July 1st, we find it necessary to remind our clients of the importance of contributing to our nutrition and transportation services.

The Division of Senior Services is proud to offer a variety of services including our Nutrition Program (congregate and home-delivered meals), and makes every effort to improve services each year. Our posted suggested meal donation is very important to the program. All proceeds received allow us to improve menu selection and overall product quality. We provide breakfast at three of our senior centers (MEG, Pasatiempo and Luisa) and lunch at our five senior centers and have established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Meal tickets are offered at a suggested donation of \$12.50 for 10 meals thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites and from Nutrition office staff.

Our Transportation program depends also on our posted suggested donations for rides provided. Our services provide rides to doctor appointments, grocery shopping, dialysis, pharmacies, senior centers, volunteer sites, etc. This program has established a suggested donation of \$.50 per ride (one-way-trip). Donations received help with increased gasoline costs, provide vehicle maintenance assistance, and help cover overtime expenditures. Transportation ride tickets are offered for a suggested donation of \$10.00 for 25 rides thereby saving \$2.50. Ride tickets may be purchased from any of our Transit Operators/Drivers and/or Transportation office staff.

All donations received are then used to purchase food, beverages, gasoline and various supplies needed to operate and enhance our meal services and transportation program. Many of you who can afford to contribute help compensate and offset for those who regrettably cannot contribute at all. If you are interested in utilizing our transportation services you must contact our dispatch office at 955-4700 at least 24 hours in advance to schedule a ride thereby reserving a space for you on our vans.

Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes thereby ensuring that your money is going directly to the program/service of your choice.

Again, thank you for your continued patronage and we look forward to assisting you with the various services offered through our program. Father's Day will be celebrated on Sunday, June 15th when we honor our fathers and celebrate fatherhood, paternal bonds and the influence of fathers in society. Hope you have a Happy Father's Day.



Ron J. Vialpando,

DSS Director



SENIOR SERVICES PROGRAM INFORMATION

06/2014

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services curriculum is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on our various sign-in sheets e.g. meals, health screenings, fitness activities, transportation, in-home assistance, etc.

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act:

Be sixty (60) years of age; or Be the legal spouse of a member age 60 or over, residing at the same address; or For meals only, be disabled and living at Luisa, Pasatiempo, or Villa Consuelo (senior housing).

For more information, contact Brenda Ortiz at 955-4722. Email bmortiz@santafenm.gov



BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS



CANCELLED UNTIL FURTHER NOTICE

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance.
When scheduling a ride, please specify if you require a wheelchair lift van.
To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday.**
Rides to medical appointments are given priority over all other rides.
Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
No more than four one-way trips per person, per day.
- Closures: **Senior Centers will be closed on May 26 for Memorial Day.**
On the first Tuesday of every month, last call for pick up will be 3:15pm.
- County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

Veterans' Lunches

Pacifica Senior Living in Santa Fe has a special place in their heart for Veterans. Not only do they have many Veterans living with them, but they have many family members who have served their country.

To honor ALL Veterans, Pacifica Senior Living holds a free Veterans' Lunch the first Tuesday of every month from 11:30 a.m. to 1:00 p.m. David Smith, Veterans' Service Officer for Santa Fe, attends every lunch and helps Veterans start their paperwork for any benefits for which they are eligible.

The lunch is open to all Veterans and their spouses. Veterans need to take advantage of all their benefits and this lunch will give them all the information they need, plus, it is a great time to socialize and share stories with fellow Veterans.

Pacifica Senior Living Santa Fe is dedicated to honoring the service and sacrifices that all Veterans made to their country. Please join them for their free Veterans' Lunch the 1st Tuesday of every month, beginning at 11:30 a.m. Pacifica Senior Living is located at 2961 Galisteo Road in Santa Fe, just off Rodeo Road.

For more information or to RSVP for the lunch, please call 505-438-8464.

Free Benefits Consultations

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

Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

You may make an appointment for a free, individual, ½ hour consultation at the Mary Esther Gonzales Senior Center (1121 Alto St.) on any Wednesday morning by calling 955-4721. You must make an appointment ahead of time.

Are you a grandparent raising or providing financial assistance to a grandchild or grandchildren?

Financial assistance is available through our Grandparent Raising Grandchildren Program!

Eligibility requirements:

- You must be 60 years of age or older;
- A resident of the City or County of Santa Fe;
- Actively raising and/or providing assistance to your grandchild or grandchildren; and
- Assisting with out-of-pocket expenses such as food, clothing, medical expenses, etc., for the child or children.

This program currently assists with an annual allowance of \$150.00 per child for expenses related to raising a grandchild(ren).

For more information contact Melanie Montoya at 955-4761.

Senior Employment Training Program

If you would like to earn \$10.50 an hour for 20 hours a week, read on. Applicants must be: income-eligible (\$14,363 maximum a year for a person living alone); age 55 or better; living in New Mexico; currently unemployed and seeking a job but frustrated in the process because of a lack of job skills; interested in updating old job skills or developing new ones; and willing to commit to a set schedule with a professional attitude.

Please call Howard at the Aging and Long-Term Services Dept. at (505) 216-8719.

Happy Birthday, FGP and SCP!

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

Wesley Sandel 6/18

Christine Mendoza 6/22



Mind Body Energy Classes

Instructor Julie Salazar offers free classes to quiet your mind, awaken your body and free your spirit. She says "I have spent most of my adult life searching for the true meaning of health and wellness. What I have discovered is that the health of our physical body depends a great deal upon our mental, emotional and spiritual condition. Even deeper than that, what Chinese medical practitioners have known for a millennia is true: it's all about energy! Through breath work, gentle stretching, movement, and guided energy meditations, you will begin to activate your own powerful healing abilities for a healthier and happier life."

Classes are held twice a week, in different locations. You are invited to join her at the MEG Senior Center at 1121 Alto Street every Thursday morning from 9:30 to 10:30. Open classes are also held at the Villa Alegre Community Center at 144 Villa Alegre Street (enter from West Alameda) on Wednesday afternoons from 1:30 to 2:30.

For more information, call Julie at (505) 660-0251 or email julsbern@aol.com

Thank You, Volunteer Celebration Donors!

This year, the annual Mayor's Senior Volunteer Celebration was enriched by donations of door prizes, coffee mugs, staff hours worked and financial contributions from several businesses in town. We greatly appreciate their support and hope you will join us in thanking:

Del Corazon Hospice
Home Instead Senior Care
Kingston Residence
Santa Fe Care Center
Vogue College of Cosmetology

Congratulations, Del Corazon Winner

Congratulations to RSVP volunteer Barbara Mason who won the gift card giveaway drawing from Del Corazon Hospice at the Mayor's Senior Volunteer Celebration on May 8th. Thank you, Del Corazon, for your generosity.

Flora's Corner

(Inspiration gathered by senior Flora Leyba)

**"Love without fear
Trust without questioning
Need without demanding
Accept without change
Want without restriction
Desire without inhibitions"**
-Walter Leyba



Nominations for Aging Conference Awards

The New Mexico Aging and Long-Term Services Department is accepting nominations for the New Mexico Conference on Aging Awards.

The winners will be recognized at the 36th Annual New Mexico Conference on Aging in August at the Hard Rock Hotel & Casino Albuquerque/Isleta Resort Casino August 19th and 20th. More than 1,300 individuals are expected to attend the Conference, which features workshops, interactive exhibits and a two-day Health & Enrichment Fair.

The 2014 Conference on Aging Awards Committee is extending the deadline for award nominations until June 9th at 5PM. Nominations for the following awards are being accepted:

- K Rose Wood Outstanding Older Adult Award
- Lovola Burgess Lifetime Leadership Award
- Gregorita Chavarria Arts Award
- Public Service Award

Award descriptions, forms and eligibility requirements are on the website: www.nmaging.state.nm.us.

Nomination forms can be emailed to Evone Gallegos at evone.gallegos@state.nm.us, or mailed to her. They can also be faxed to 505-222-4526. For any questions, please call Ms. Gallegos at 505-222-4523.

NEWS & VIEWS

06/2014

Santa Fe Bandstand

Santa Fe Bandstand is a free summer music festival on the Santa Fe Plaza, brought to you by Outside In Productions. Outside In is a nonprofit, community-based group established in the spring of 1995, to bring free, live performances, presentations and workshops to people confined to shelters, residential treatment facilities, nursing homes, correctional facilities, and any other institutions or human services programs where people would otherwise not have access to the arts.

Opening night is Monday, June 23rd.
6:00 pm - 7:00 pm Brass Band Music

The Mil-Tones are a Santa Fe brass band that plays the traditional music of New Orleans.
7:15-8:45 Zydeco Music

For nearly 30 years, Grammy award winning artist Terrance Simien, 8th generation Louisiana Creole, shatters myths about Zydeco.

No tickets or reservations are ever needed and admission is free. Go to www.SantaFeBandstand.org for details or check the local papers for the full summer schedule.

Commodities Available at County Extension

If you are age 60 or over and meet income requirements (no more than \$1,211 income per month if you live alone, or \$1,640 a month for a couple) you may get a box or bag of commodities every month.

The program, called ECHO (for Economic Council for Helping Others) brings food and staff from Albuquerque to distribute to eligible seniors. RSVP volunteers assist with the process.

Nonperishable monthly packages contain a block of cheese, juice, cereal, milk, canned vegetables and fruit, meat, pasta or rice, and peanut butter or beans.

Distribution is at the S.F County Extension Building on Rodeo Road on the third Tuesday of every month, between 9:30 a.m. and 12:30 p.m. Please bring a photo ID, your 2014 Social Security Award Letter and any other proofs of income and a utility bill.

For more information, call (505) 242-6777.

Welcome, New Nutrition Staff Members

Division of Senior Services wants to welcome three new hires to our Meals on Wheels program (David Lucero- MOW Driver, Kim Romero- MOW Driver and Raymond Dominguez-MOW Cook). All three new hires have previous experience with senior programs and have been a great asset to our program. It has been a delight to have such great individuals providing this crucial service to our senior population that are need of our assistance.



Make Home Safer for Seniors

Recent research conducted by the Home Instead Senior Care® network provides a compelling look at senior home safety. The survey of ER doctors, seniors and adult children reveals that home isn't always the safe haven that seniors and their loved ones dream about.

And adult children, their aging parents and emergency room doctors don't always see things the same way. For one thing, 100% of ER doctors in the U.S. and Canada say it's very important for adult children to take one day each year to perform a safety check of their aging parents' homes. But in the last year, only 44% (41% in Canada) have done this.

Taking aim to help with this problem, **Home Instead Senior Care will be providing free in home safety checks throughout the month of June 2014.** Call Home Instead at (505) 471-2777 or visit for more information and to set up an appointment for a free in-home safety check.

AT A GLANCE

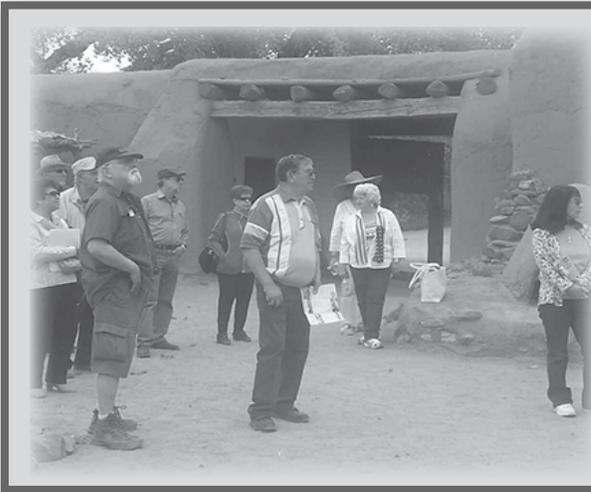
06/2014



Everyone had a wonderful time fishing during a day trip to the Pecos River.



Santa Fe Mayor Javier Gonzales and City Councilor Signe Lindell address the crowd at the Mayor's Senior Volunteer Celebration. Councilor Lindell is in an apron because she was busy serving our volunteers!



Activities Trip for Senior Board of Directors to El Rancho de las Golondrinas



**FREE
EVENT!**

**FREE
EVENT!**

Plan for Life Ahead
at the
Senior Resource Fair

Mary Esther Gonzales Senior Center
1121 Alto Street, Santa Fe

When: JUNE 4th from 9:30 am- 1:00 pm

Free refreshments

Screenings, prevention and information by participating providers

Professional Case Management of NM
AARP
Santa Fe County Nutrition Program
Human Services Dept. (LIHEAP)
Christus Geriatric & Internal Medicine

Alzheimer's Inc.
Walgreens
Home Instead Senior Care
Humana
Massage Envy

During this event, the M.E.G. Senior Center Resource Fair will provide our community and seniors with **FREE** services such as blood pressure tests and massage, as well as booths providing educational information on health awareness, safety and other services available to the community, all focusing on senior and geriatric wellness.

Event Co-sponsors



HOME HEALTHCARE
HOSPICE
MEDICAL EQUIPMENT
PERSONAL CARE SERVICES



Why do we Volunteer?" Video Screening

Many RSVP, FGP and SCP volunteers were generous enough with their time and energy to allow themselves to be interviewed as to why they volunteer (and when and for how long).

The City of Santa Fe's videographer, Joe Abeyta, put together a lovely video based on the interviews. We showed it at the Mayor's Senior Volunteer Celebration, but something went wrong with the sound, so we promised to show it again in a smaller arena.

Please join us for a rebroadcast of the video on Friday, June 20th at 2:00 p.m. at the MEG Senior Center.

There are additional enticing reasons to mark your calendar for this event. We will also print and give away the photos that Don Bell and Ted Yamada took at the May celebration. You could win one of five door prizes of gift certificates or other goodies. We will have snacks as well.

While you are here, we will ask RSVP volunteers to check the information sheet we have on you in our files to make sure we have your current information.



What: Video, gift giveaway, and meeting

Who: All RSVP, FGP and SCP Volunteers

When: Friday, June 20th at 2:00 p.m.

Where: MEG Senior Center at 1121 Alto St.

Why: For prizes, a movie and pictures

Mark your calendars for an afternoon of gratification!



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

06/2014

Community Needs



The following are volunteer positions, and each comes with training from the volunteer "station" and support from the Retired Senior Volunteer Program.

If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the RSVP 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.

Teach Health

Local non-profit seeking volunteers to teach basic health education, nutrition and/or basic first aid classes to low-income families. Being bi-lingual is highly desirable.

For further information contact: Debra LightHeart, Service Coordinator - Stage Coach and Village Sage Apartments (505) 629-9777.

Many Mothers

Many Mothers strengthens communities by providing vital support at the pivotal time when a new baby joins a family. Skilled volunteers share their expertise to help a family with its practical, educational and emotional concerns by:

- listening to, validating and reassuring the mother regarding her parenting skills, personal needs, infant/child and parenting issues;
- providing infant care and care of older siblings;
- performing light housekeeping and meal preparation tasks;
- assisting with errands and accompanying the mother and infant to doctor appointments, social service agency meetings or the park;
- referring services of other non-profits and social service agencies or assisting the family filling out applications for GED, drivers' licenses, etc.

How would you like to help a new mother? Call Kristin at 955-4760.

New Mexico State Library for the Blind and Physically Handicapped



Volunteers are always needed for:

Repairing of C1 cassette players and digital players: They are in need of volunteers who have some electrical experience, preferably with cassette machine repair and maintenance.

Volunteers who wish to work on our aging fleet of C1 cassette players must understand diagrams, the use of Tenma testers, and have a familiarity with soldering, torque test, frequency response, etc. Volunteers who wish to learn digital machine repair should be computer literate and have the ability to read and understand manuals containing tests that can be run on machines that no longer work properly, have insufficient battery charge or have software errors due to player misuse or mechanical errors.

Helping in the Recording Studio: While the program occasionally welcomes new narrators of books of local interest, we particularly need computer-friendly individuals, who will help with the insertion of digital "markers" for the digital book format. These "markers" are typically inserted at chapter headings and other clear book sections (e.g. acknowledgements), thereby allowing the listener to "navigate" to various sections of a book. In addition, the program welcomes "reviewers" of books to listen to narrations for mistakes and mispronunciations.

Call Kristin at 955-4760 to sign up.



St. Elizabeth Shelter is dedicated to helping individuals experiencing homelessness live more productive, stable, and satisfying lives. Can you help them by volunteering as a Front Desk Receptionist; Meal Provider; Donation Solicitor; Painter or Landscaper; Move-In/Move-Out Housekeeper; Instructor; Annual Fundraiser Event Support or Resource Center Volunteer?

To learn more call Kristin in the RSVP Volunteer Office at 955-4760.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

06/2014

Volunteer Insurance Change

Beginning July 1, 2014, the volunteer insurance company CIMA will no longer cover volunteers for automobile liability while traveling to or from volunteer work, but only if you drive your own car in the course of volunteerism. We apologize for the inconvenience of this change, but it was set by the insurance company.

Report your Hours on our Website and Win a Prize!

The RSVP program is lucky enough to have a truly amazing volunteer, Sue Cover, who has created a clear, easy, interesting, informative, and now, fillable website.

If you have or can get internet access, please go to www.rsvpsantafe.org and check it out. You will find pictures of volunteers, program overviews, volunteer birthdays and volunteer opportunities, program benefits, upcoming events, newsletters, recognition information, and more.

Now, we have a new and ever-easier way to report your volunteer hours. On the website, under the tab that says FORMS, there is an orange-highlighted link labelled "Submit your volunteer hours using a new online form". It will take you to a fast, easy, fillable page for reporting. It will ask your name, the month you are reporting on, the location, and the number of hours you served. There are optional spaces for mileage tracking and volunteer duty descriptions or other comments. The information is then compiled with other volunteers into a report for Marisa.

Anyone who reports their April, May and June hours by July 1st will win a prize from the RSVP office. Easy and rewarding!

Join us June 20th

See the full-page flyer in this newsletter to learn about another volunteer recognition event we will host at the MEG Senior Center at 2:00 p.m. on June 20th. We will re-screen the volunteer video from the May banquet, give door prizes and serve refreshments.

See you there, volunteers.



RSVP volunteers born in June!

Arlene Mayer	6/01	Dale Wells	6/13
Lillian O. Phillipovich	6/01	Sheryl Zeigler	6/13
Ethel Roberts	6/02	Eileen C de Baca	6/14
Sarah "Sally" Connelly	6/03	Margaret Rodriguez	6/14
Rosella Fleming	6/04	Helen Whitfill	6/14
Pauline Pino	6/05	Sandy Cordova	6/16
Dan Rusthoi	6/05	Kia Mudge	6/17
Joan-Ann Ryan-Murphy	6/05	Sandra Squadrilli	6/17
Frances Segovia	6/05	Tony Valerio	6/17
Maria D. Varela	6/05	Bonnie Baldwin	6/18
Moya Melody	6/06	Thomas Minton	6/18
Juan M. Apodaca	6/07	Wesley Sandel	6/18
Alfonso "AL" Ulibarri	6/07	Ann M. Young	6/19
Augustina Valdez	6/07	Lee Meyers	6/20
Bernardo C de Baca	6/08	Kristine Dorris	6/21
Clorinda Nava	6/10	Patricia G. Gonzales	6/21
Olivia M. Trujillo	6/10	Joseph Shain	6/21
Valentin Medrano	6/10	David E. Lucero	6/23
Annabelle Gutierrez	6/11	Juan P. Lopez	6/24
Robert E. Meinershagen	6/11	Juanita I. Olivas	6/24
Michael M. Reilly	6/12	Mary O. Romero	6/26
Dan Rodriguez	6/12	Celine Sena	6/26
Bob Peck	6/13	Charles M. Spring	6/26
Edith Tichonchik	6/13	Robert L. Pavia	6/29

Please note that the above birthdays are of people who are enrolled in the RSVP volunteer program and turn in their hours quarterly.

ACTIVITY

06/2014

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

Luisa Senior Center 955-4725

Pool Table	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 (MEG) Senior Center 955-4715

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

Pasatiempo Senior Center 955-4725

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

Ventana de Vida Senior Center 955-4715

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 pm

Villa Consuelo Senior Center 955-4725

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

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 GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	2 pm - 4 pm

CERAMICS

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

COMPUTER

MEG	Mon. - Fri.	1 pm - 4:30 pm
Pasatiempo	Tuesday	9 am - 11 am

FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
MEG Nia Technique	3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
Ventana Class	M/W/F	9:00 am

TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm

SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

WOOD/STRAW APPLIQUÉ

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

ACTIVITY

06/2014

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Come give us your input about activities at your favorite senior center. Senior center addresses are on the back cover.

- Ventana de Vida: Monday, June 2 at 9:40 a.m.
- Villa Consuelo: Monday, June 2 at 10:00 a.m.
- Pasatiempo: Monday, June 2 at 11:00 a.m.
- Luisa Center: Tuesday, June 3 at 9:00 a.m.

MEG Movie Day Tuesday, June 24, 1:00 p.m. "Selena"

A true story of a girl who had the spirit to believe in a dream and the courage to make it come true. "Selena" is the vibrant story of the Grammy-winning singer whose life ended at its creative peak.



Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following days, starting at 10:00 a.m.



Note: She will only give 20 haircuts each day. At the MEG Center, haircut sign-in begins at 9:00 a.m. in the Program Coordinator's office.

- MEG Center June 4th & 18th
- Pasatiempo Center June 25th

Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: July 8th 9:00 am
- Senior Olympics: June 11th 9:30 am
- Advisory Board: June 18th 9:30 am
- Travel Committee: June 19th 8:45 am
- Senior Activity Corp: June 19th 10:00 am
- RSVP: July 22nd 10:30 am

Bring in the Summer Fun with a Dance



Let's start the summer off with a bang! Come listen to some great music at the Mary Esther Gonzales Senior Center 1121 Alto St. on June 12th, from 1:00 to 4:00pm

We will celebrate with the live music of Bandalegre. Light refreshments will also be served. There is a \$2.00 charge for this dance.

The June dance is being sponsored by the MEG Senior Center. Call your friends and invite them.

Acupuncture Clinic for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free acupuncture clinics for veterans and their families at the MEG Center from 2:00 to 4:00p.m. on the following Thursdays:

June 5th and 19th

Spring Cleaning Yard Sale

Ventana de Vida will hold their annual community yard sale on Saturday, June 7th from 8:00 a.m. to 1:00 p.m. in the parking lot of the Ventana de Vida Senior Center, located at 1500 Pacheco Street. Tables are still available to rent (\$10.00 per table). To reserve a table call Bernard at 982-6438.

If you enjoy yard sales, please mark your calendar and plan on attending this annual event and maybe you'll find that one item you just can't live without.

Day Trip to the Botanic Garden and Aquarium

Join others for a trip to the Botanic gardens and Aquarium Park in Albuquerque on Tuesday, June 17th. We will be departing the M.E.G center at 9:00 a.m. There is a suggested \$5.00 donation for the bus ride. Please bring a sack lunch or some money to eat at the Park.



Entrance fee to the Botanic Gardens is \$4.50 per senior. Please wear comfortable shoes.

To sign up, please call Cindy at 955-4715.

ACTIVITY

06/2014

AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver". Classes are held monthly in the dining



room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, 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 entire 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. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

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

The number of participants for each class will be limited to 30.

To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- July 8th Stewart Farley 603-4543
- August 12th Tricia Penn 438-0460

Father's Day Celebration at Luisa

All fathers are invited to come to the Luisa Senior Center located at 1500 Luisa St. on Friday, June 13th from 11:30am – 12:30pm to receive a gift. Don't miss out!

Oil Painting and Acrylics Class

Anyone interested in learning how to work with oil and acrylic? Anita West will be starting a painting and acrylics class on Fridays, at Ventana de Vida Senior Center.

For additional information please call Anita at (505) 577-0113.

Senior Resource Fair

Plan on attending the Senior Resource Fair scheduled for Wednesday, June 4th from 9:00 a.m. to 1:00 p.m. at the Mary Esther Gonzales Senior Center. This event is being sponsored by Ambercare Hospice.

The fair will provide the community and our seniors with free services such as blood pressure tests and massage booths, as well as offer educational information on health awareness, safety and other services.

This event will focus on senior issues and geriatric wellness. Save the date (June 4th) and come join the fun

Let's Celebrate Your Birthday

Humana will be serving cake and ice cream at senior centers in honor of monthly birthdays. They will be at the Mary Esther Gonzales Senior Center on Wednesday, June 4th and the Ventana de Vida Center on June 18th. So come out and celebrate with us



Weekend Bingo at Luisa



The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host a Bingo on Sunday, June 8th from 1:00 p.m.–4:00 p.m.

The cost is \$12.00 for package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! Please bring small bills.

We will serve nachos, dessert and drink for just \$4.00.

Everyone is welcome- join us!

You Scream, I Scream...

The Villa Consuelo Senior Center at 1200 Camino Consuelo will sell ice cream sundaes as a center fundraiser on Tuesday, June 24th at 11:30 a.m.

Come enjoy and celebrate warm weather with a delicious treat, for just \$2.00 per person.



ACTIVITY

06/2014

Indoor Flea Market

Come by the Luisa Senior Center located at 1500 Luisa St (enter from Columbia off St. Francis) on Saturday, June 14th from 8:30am – 1:00pm for a terrific indoor market.

If you are interested in selling, vendor spaces are still available for \$10.00 a table. For information call Cristina at 955-4725.

Luisa Movie Day: "Labor Day"

Wednesday, June 18th at 1:00 p.m.



From Academy Award-nominated director Jason Reitman (Up in the Air, Juno), Labor Day is "a romance to root for" starring Kate Winslet and Josh Brolin as two strangers drawn together under incredible circumstances.

What starts as an unforeseen encounter over a long holiday weekend soon becomes a second chance love story in the unforgettable film that critics are calling "satisfying and deeply touching". Rated PG-13

Free Computer Workshops

Join us at Pasatiempo Senior Center located at 664 Alta Vista for a computer workshop every Tuesday from 9:00am – 11:00am. Volunteer Wes Sandel will be instructing classes.



Summer Barbecues

Make plans to enjoy all our senior center barbecues this summer. They will be held during regular lunch times for the suggested donation of \$1.50 for seniors age 60 or over.

- Pasatiempo July 11th
- Ventana de Vida July 18th
- Luisa Center July 31st
- MEG Center August 8th
- Villa Consuelo August 15th



Senior Activity Corporation Trip To Florida, including: Amelia Island, St. Augustine & Jacksonville September 26- October 6, 2014

Join other seniors on this exciting adventure for ten nights and eleven days! The trip fee includes:

- Motorcoach transportation
- Ten nights' lodging, including four consecutive nights in Florida
- Eight dinners and ten breakfasts
- A visit to the Fountain of Youth
- A visit to the historic Kingsley Plantation
- A narrated cruise on the St. John's River
- Guided tours of Amelia Island, St. Augustine and Jacksonville
- An exclusive Diamond Tours dinner party with entertainment
- Driver gratuity and travel insurance
- And much more

Single Rooms: \$1350.00 per person

Double Rooms: \$1025.00 per person

Note: There is a 10% cancellation fee.

Call Cecilia at 204-9527 or
Alice at 473-1716



HEALTH & SAFETY

06/2014

Stroke Prevention for Women (From the National Stroke Association)

Each year, more women have strokes than men. A set of stroke prevention guidelines for women was established to outline stroke risk factors unique to women. Stroke kills twice as many women as breast cancer annually.

Approximately 55,000 more women than men have a stroke each year. Stroke is a leading cause of death for Hispanic women.

The above information was gathered from a survey conducted in 2010, commissioned by HealthyWomen, the nation's leading independent health information source for women, in partnership with National Stroke Association and the American College of Emergency Physicians. Women need to be educated and empowered to take charge of their health so they not only know how to reduce their risks, but can recognize the signs of stroke.

One way you can improve your odds for not having a stroke is to learn about stroke risks for women and how lifestyle changes and medicines that can lower your stroke risk.

Guidelines for Women to Prevent Stroke

- Women who experience migraines with aura and smoke are advised to stop smoking immediately.
- Women who are pregnant should monitor their blood pressure during and after pregnancy to lower the risk of stroke.
- Women over 75 should be screened for Atrial Fibrillation
- Women should be screened for high blood pressure prior to starting a birth control regimen.
- Women with concerns about high blood pressure or stroke should consult a doctor.

These guidelines have been researched by The American Heart Association and were published in the journal Stroke February 2014.



Learn the many warning signs of a stroke for anyone. Act **FAST** and CALL 9-1-1 IMMEDIATELY at any sign of a stroke.



Use **FAST** to remember the warning signs:

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a certain phrase. Is there speech slurred or strange?

Time: If you notice any of these signs, call 9-1-1 immediately.



NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

Stroke Risk Factors

Anyone can have a stroke no matter your age, race or gender. But, the chances of having a stroke increase if a person has certain risk factors, or criteria that can cause a stroke. The good news is that up to 80 percent of strokes can be prevented, and the best way to protect yourself and loved ones from stroke is to understand personal risk and how to manage it.

There are 2 types of risk factors for stroke: controllable and uncontrollable. Controllable risk factors generally fall into two categories: lifestyle risk factors or medical risk factors. Lifestyle risk factors can often be changed, while medical risk factors can usually be treated. Both types can be managed best by working with a doctor who can prescribe medications and advise on how to adopt a healthy lifestyle. Uncontrollable risk factors include: being over age 55, being a male, being African American, Hispanic or Asian/Pacific Islander, or having a family history of stroke or transient ischemic attack (TIA).

Thank you, volunteer and retired nurse Michele Charbot for suggesting we highlight the subject of strokes in women.

SENIOR OLYMPICS

06/2014

SENIOR OLYMPICS SPOTLIGHT

Solid and striped balls rolled all over the five pool tables on Thursday, April 17th as the Senior Olympic 8-Ball Tournament unfolded at the Mary Esther Gonzales Pool Room. This year we had two ladies play. They played best of three, double elimination. There were a total of 24 athletes.



In age category 70-74, Ernest Griego went undefeated and in age group 75-79, Juan Romero went undefeated. That is what you call a "Pool Shark"! Event Manager, Eloy Ulibarri did a great job coordinating this event. There was no stopping Sammy Ortiz, age 80, as he took the gold by eliminating his other three competitors.



Shuffleboard took place at Genoveva Chavez Community Center on Thursday, April 24th and Friday, April 25th. Black and yellow discs moved from one side of the mat to the other. Every participant was trying to score a perfect 10. A big

thank you to Betty and Herb for keeping score for the event. There were quite a few "no shows" because there was a change in the venue. A big thanks to Karl Cardenas, Bernadette Romero and Joanne Sena and the rest of the participants for assisting in setting up and tearing down. Great teamwork! Next year Karl Cardenas will be the Event Manager for Shuffleboard. Go Karl!



Reading, violin, Omni cord, guitar, belly dancing and singing all took place on Friday, as part of the annual Senior Olympic Talent Show on May 2nd at the Fraternal Order of Eagles. The show started off with belly dancing. The costumes and dancing were both amazing. Next was reading. There were four competitors. Each reading had a special meaning behind it. Next, we were treated to vocal solos. The competitors have outstanding voices. Scarf dance followed by a group of ladies who did a great job swinging those scarves from side to side.

Guitar, violin, Omni cord and harmonica instruments were played by individuals who have a great talent. Last, but not least, was the category for group vocals. These two groups have phenomenal voices. Thanks to the judges: Valerie Leinberger, Melissa Baca, Hannah Whitmore and Lisa

On Wednesday, May 7th Pickle Ball was held on at the Genoveva Chavez Community Center. They played singles, doubles and mixed doubles all in one day. There were athletes who had to play several matches. They got a few minutes to take a drink and a little break. They all pitched in by keeping score. After the event was finished, the players got together and went to lunch. Event Manager, Bruce Tobin did a terrific job coordinating this event.



Just a friendly reminder if you are interested in attending State Senior Olympic Games in Roswell, late deadline registrations runs through June 16th and costs \$75.00. No registrations will be accepted after this date. Don't miss out!

Senior Olympic BBQ Play Day Celebration will be held on Friday, June 27th. This is a celebration to honor all local athletes who participated in 2014 games. Athletes will eat free and prices are as followed for non-athletes: \$2.00 children under 13; \$5.00 children 13 and older adults.

Congratulations to all the athletes who participated in local games!

Until next month,
Cristina Villa

PUZZLE

06/2014

PUZZLE 44

ACROSS

- 1. Collide
- 6. Kind of machine
- 10. Subsides
- 14. Love affair
- 15. "Kon-____"
- 16. Smack
- 17. Harm
- 18. "Bonanza" character
- 19. Emanation
- 20. Nursery-rhyme character
- 23. ____ Kippur
- 24. Grasp
- 25. Actress Arthur
- 28. Low-grade wool
- 31. Trim
- 34. Kind of sleeve
- 36. Kampuchean leader Lon ____
- 37. Class
- 39. Economist Henry and family
- 40. Adhesive
- 42. Badgerlike animal
- 44. Singer Sonny ____
- 45. Discharge
- 47. Aggregate
- 49. Study
- 50. Peruse again
- 52. Extra-ordinary
- 53. Certain high sch. students
- 54. ____ Lanka
- 55. Sis's sibling
- 57. Stove fuel
- 59. Belushi/Aykroyd film, with "The"

- 66. Toyland visitor
- 68. On the Pacific
- 69. Riding attire
- 70. Space chimp
- 71. Gossip
- 72. Go to Gretna Green
- 73. Dryer fuzz
- 74. Establishes
- 75. Librarian's term

DOWN

- 1. Canaanite fertility god
- 2. Both: pref.
- 3. Whip
- 4. Vigorous
- 5. Shortly
- 6. Attempt
- 7. Adriatic resort
- 8. Endorses
- 9. Lumberjack's call
- 10. Biblical twin
- 11. Aristocrats
- 12. Watering hole
- 13. Hot tub
- 21. Arab dignitary
- 22. Spring
- 26. Breadwinner
- 27. Actor Williams et al.
- 28. Infuriates
- 29. Dancer Ray ____
- 30. County-fair prize
- 32. Med school subj.
- 33. Coach
- 35. Lump

- 38. Stiff hair
- 41. Wind dir.
- 43. Slow, in music
- 46. Forbidden
- 48. Jacket material
- 51. Fears
- 56. Actor Davis
- 58. Fissile rock
- 60. In case
- 61. Ernie's buddy
- 62. Squeals
- 63. Black
- 64. Ready
- 65. Fuss
- 66. Babylonian god of the earth
- 67. American cuckoo

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73						74					75				

PUZZLE

06/2014

- | | | |
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| <input checked="" type="checkbox"/> ACCESSORY | <input type="checkbox"/> LIGHTED | <input type="checkbox"/> SILVER |
| <input type="checkbox"/> ADJUSTABLE | display | <input type="checkbox"/> SIZES |
| band | <input type="checkbox"/> METAL band | <input type="checkbox"/> STAINLESS |
| <input type="checkbox"/> ALARM | <input type="checkbox"/> MINUTE hand | steel |
| <input type="checkbox"/> ARABIC | <input type="checkbox"/> PLATINUM | <input type="checkbox"/> STYLES |
| numerals | <input type="checkbox"/> ROMAN | <input type="checkbox"/> TIME |
| <input type="checkbox"/> BATTERY | numerals | <input type="checkbox"/> TITANIUM |
| <input type="checkbox"/> BEADS | <input type="checkbox"/> SECOND hand | <input type="checkbox"/> WEAR |
| <input type="checkbox"/> BEZEL | <input type="checkbox"/> SEQUINS | <input type="checkbox"/> WRIST |
| <input type="checkbox"/> CLASP | V P J T M Y R L E W E J H U Z | |
| <input type="checkbox"/> CRYSTAL | D D C D M M Y E C I R A N J B | |
| <input type="checkbox"/> DATE | I I Z D U O U R H U S I Z E S | |
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| <input type="checkbox"/> DIGITAL | S P O L I S L H N S A D L O G | |
| display | E L B A T S U J D A S E M D C | |
| <input type="checkbox"/> DISPLAY | L A C A A N T F I N T E L N U | |
| <input type="checkbox"/> FACE | Y Y L L L I B A G S D I C O B | |
| <input type="checkbox"/> GEMSTONES | T N A L P U T A I E I V T C J | |
| <input type="checkbox"/> GOLD | S R S W V Q M R T N T L R E A | |
| <input type="checkbox"/> HOUR hand | M O P E V E W H A T L U V S Z | |
| <input type="checkbox"/> JEWELRY | M M T G T S G W L E E E N E Y | |
| <input type="checkbox"/> LEATHER | Y A R A B I C W A M W R S I R | |
| band | D N L Z L E Z E B I W G Y S M | |
| | S A A H D G E M S T O N E S L | |

PUZZLE ANSWERS

06/2014

PUZZLE 44

B	A	R	G	E	S	L	O	T	E	B	B	S
A	M	O	U	R	T	I	K	I	S	L	A	P
A	B	U	S	E	A	D	A	M	A	U	R	A
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L	I	N	T	S	E	T	S	R	E	N	E	W

V	P	J	T	M	Y	R	L	E	W	E	J	H	U	Z
D	D	C	D	M	M	Y	E	C	I	R	A	N	J	B
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BREAKFAST MENU

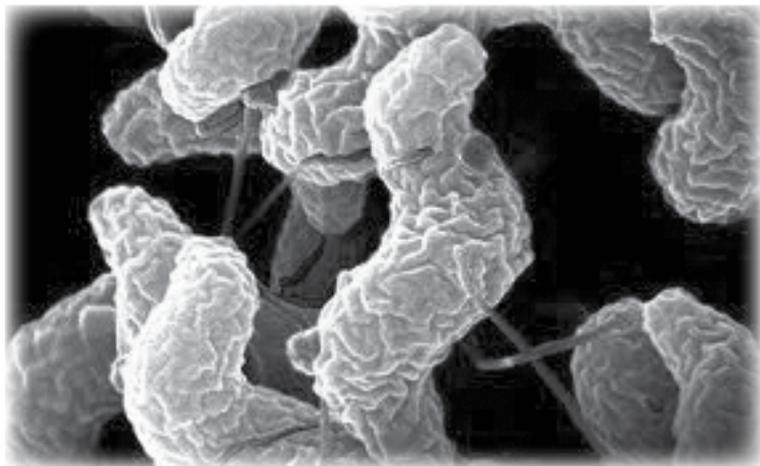
06/2014

Senior Center Breakfast Menu for June 2014

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

2nd	Sausage patty, cheese, green chile, hashbrowns, small roll, margarine, milk
3rd	Scrambled egg, cheese, potatoes, margarine, tomato juice, milk
4th	Grilled ham, cheese, peppers, salsa, tortilla, margarine, milk
5th	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
6th	Breakfast burrito: egg, cheese, red chile, potatoes, bacon on a tortilla, milk
9th	Ham and cheese on a biscuit with margarine, salsa, milk
10th	Pancakes, maple syrup, sausage patty, tomato juice, milk
11th	Scrambled egg, cheese, salsa, bacon, hashbrowns, small roll, milk
12th	Breakfast burrito: egg, cheese, green chile, potatoes, bacon on a tortilla, milk
13th	Grilled ham, cheese, salsa, potatoes, small roll, margarine, milk
16th	Scrambled egg, sausage, sautéed onions peppers, hashbrowns, margarine, milk
17th	Boiled egg, cheese, green chile, potatoes, bacon, milk
18th	Pancakes, maple syrup, scrambled egg, sausage, tomato juice, milk
19th	English muffin w/ ham and cheese, margarine, tomato juice, milk
20th	Hot oatmeal, peanut butter, jelly, small roll, tomato juice, milk
23rd	Pancakes, maple syrup, scrambled egg, sausage, tomato juice, milk
24th	Ham and cheese on a biscuit with margarine, salsa, milk
25th	Grilled ham and cheese, peppers/onions, salsa, tortilla, margarine, milk
26th	Hot oatmeal, peanut butter, jelly, small roll, tomato juice, milk
27th	Breakfast burrito: egg, cheese, red chile, hashbrowns, bacon, tortilla, milk
30th	Breakfast burrito: egg, cheese, green chile, potatoes, bacon, tortilla, milk

Nutrition Education: Four Foodborne Illnesses (From the Partnership for Food Safety Education)



The US food supply is among the safest in the world, but organisms that you can't see, smell, or taste - bacteria, viruses, and tiny parasites - are everywhere in the environment. According to the Centers for Disease Control and Prevention (CDC) each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country can be traced to foodborne pathogens.

Foodborne illness costs Americans billions of dollars each year, and serves as a constant challenge for consumers, researchers, government and industry.

The Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to serious secondary long-term illnesses. For example, certain strains of E.coli can cause kidney failure in young children and infants; Salmonella can lead to reactive arthritis and serious infections; Listeria can cause meningitis and stillbirths; and Campylobacter may be the most common precipitating factor for a debilitating disease, Guillain-Barre syndrome.

JUNE SENIOR LUNCH MENU

06/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Chilled Mandarin Oranges Milk	3 Traditional Meatloaf w/ Tomato Topping Scalloped Potatoes Steamed Green Beans WW Roll w/ Margarine Strawberry Shortcake Milk	4 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Margarine Apple Cobbler Milk	5 Beef Steak Topped w/Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Margarine Lemon Bar Milk	6 Roasted Turkey w/ Stuffing & Gravy Steamed Green Beans Potluck Roll w/Margarine Cranberry Salad Pumpkin Pie w/Topping Milk	
9 Baked Chicken Breast Topped w/Veggie Sauce Steamed Rice Buttered Spinach WW Roll w/ Margarine Chilled Tropical Fruit Milk	10 Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll White Cake Milk	11 Chicken Fettuccini w/ Alfredo Cream Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	12 Red Chile Came (Pork) Adovada Spanish Rice Country Blend Veggies Tortilla Chilled Mixed Fruit Milk	13 Chicken Fried Steak Mashed Potatoes w/ Gravy Tossed Salad WW Roll w/ Margarine Cherry Cobbler Milk	
16 Oven Baked Chicken Rice Pilaf Buttered Broccoli Buttered French Bread Cherry Cobbler w/ Ice Cream Topping Milk	17 Red Chile Pork Tamale Pinto Beans Vegetable Salad White Tortilla Chilled Mandarin Oranges Milk	18 Traditional Spaghetti w/ Meat Sauce Snow Peas Garlic Bread Chilled Peaches Milk	19 Roasted Pork Roast Mashed Potatoes w/ Gravy Topping Asparagus Tips WW Roll w/ Margarine Chilled Applesauce Milk	20 Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	
23 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Margarine Tropical Fruit Salad Milk	24 Braised Pork Chop 3-Bean Salad Buttered Green Peas WW Roll w/ Margarine Baked Apples Milk	25 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Margarine Chilled Pears Milk	26 Stuffed Chicken Breast Steamed Asparagus California Vegetables Baked Biscuit Peach Crisp Milk	27 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	
30 Chalupa (Beef & Bean) w/ Garnish & Salsa Fiesta Salad Chilled Fruit Cocktail Milk				Menu is Subject to Change	

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$4.20

Lunch is Served at:

MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers

11:00am till 12:30pm **23** Monday thru Friday

Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

Genoveva Chavez Community Center

