

The Senior Scene



New Mexico Museum of Fine Arts, stock photo

March 2014

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



offered by:
Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

03/2014

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



Welcome,

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

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

The newsletter is available at all City of Santa Fe Senior Centers, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov. 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

Ron Vialpando, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

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

Lugi Gonzales, Temp. Coordinator 955-4711

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Louise Kippert, Special Projects Administrator 955-4744

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

Kristin Slater-Huff, Editor/Distribution 955-4760

Email: kwslater-huff@santafenm.gov

Gil Martinez, Graphic Artist

Maggie Coffey, Veet Deha, Jeannie Rae, Copy Editors



DIRECTOR'S REPORT

03/2014

Dear Patrons,

On Wednesday, February 12th, the Division of Senior Services (DSS) held a public hearing to support the third year of our Four Year Plan with the North Central New Mexico Economic Development District, Non-Metro Area Agency on Aging (AAA). The annual public hearings enhance the continuation of services for senior citizens within the City and County of Santa Fe. We were honored to have in attendance various officials including the NM State Aging and Long-Term Services Department Cabinet Secretary; Mr. Gino Rinaldi, Deputy Cabinet Secretary Mr. Myles Copeland, and Mr. Ernesto Ramos, Bureau Chief for Senior Services, as well as Ms. Bobbie Ferrell from Senator Tom Udall's Constituent Services office and Mr. Toby Kessler, Project Manager at the Area Agency on Aging.

At this hearing, the audience composed of over 130 seniors was provided with an overview of each program, introductions of the DSS Advisory Board members, staff reports for their respective programs, and a comprehensive budget analysis which included Legislative and Capital Outlay Requests. At the conclusion of the presentation, the audience was given the opportunity to provide their individual input. We were also fortunate to receive over twenty letters from homebound clients who expressed their gratitude for the services they receive plus their view for priority services. We then asked the seniors present to vote on the services they feel are most critical. As result of this process, our community's needs were identified and services prioritized. The DSS Service which received the most votes was Home Management (#1), closely followed by Transportation (#2), then Respite Care (#3), then Congregate Meals (#4) and Home Delivered Meals (#5).

Please be assured that we will tailor our services to meet the needs of our community and identify these priority services within our Four Year Plan as well as the City's budget process for Fiscal Year 2014-15.



I would like to thank each and every senior, our Advisory Board, and public officials who took the time to participate in our public hearing, as well DSS staff for their exceptional work in preparing and communicating their specific programs. I encourage you to continue to let us know how we are doing and we appreciate your thoughts and suggestions. The staff here takes pride in their task of serving the senior population within our community.

In closing, I would like to wish a Happy St. Patrick's Day to each of you. Please join us on Monday, March 17 for our traditional corned beef and cabbage meal.

Ron J. Vialpando, Director

SENIOR SERVICES PROGRAM INFORMATION

03/2014

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

Eligibility for Senior Services Registration

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

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

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



BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS



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

M.E.G. Center (First, Second & Third Tuesday)	February 4, 11 & 18	11:00am – Noon
Luisa Center (First Thursday)	February 6	11:00am – Noon
Villa Consuelo Center (Second Thursday)	February 13	10:00am-11:00am
Ventana de Vida Center (Third Thursday)	February 20	11:00am -- Noon

SENIOR TRANSPORTATION INFORMATION

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

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

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

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

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

Schedule: Rides are available 8:15 a.m. to 4:30 p.m. Monday through Friday.
Rides to medical appointments are given priority over all other rides.
Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

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

Closures: There are no Senior Center closures in March.
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.

Are you a grandparent raising/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). Assistance is based on availability of funds.

For more information contact Melanie Montoya at 955-4761.

50+ Senior Olympics Let the Games begin!

Tuesday, March 25th, marks the opening of the 2014 Santa Fe 50+ Senior Olympics local competition.



March Dates, Events, Locations & Managers:

- 25: Air Rifle @ County Extension Bldg Bill Black
- 26: Air Pistol @ County Extension Bldg Bill Black
- 27: Basketball Free throw @ Ft. Marcy Cristina Villa
- 28: Table Tennis @ Ft. Marcy Bob Funkhouser
- 29-30: Racquetball @ GCCC Larry Montoya
- 29: Swimming @ GCCC Dick Roth

If you are registered for Air Rifle or Air Pistol, you must be signed up ahead of time, since only eight people can shoot at one time. To sign up, please call Bill Black at (505) 757-6044 or Len Trimmer at (505) 471-3294. We also need to know if you will be using your personal air gun or you need to borrow one.

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes!

For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at 955-4725 or send an email at cavilla@santafenm.gov.

Good luck, Olympians! Till next month!

- Cristina Villa

Happy Birthday! Feliz Cumpleaños!!!



The Foster Grandparent and Senior Companion Volunteer Programs wish a very happy birthday to our

Volunteers born in the month of March.

Michele Chrabot	3/2
Bernard Nuanez	3/8
Mary Lou Martinez	3/14
Della Spencer	3/14
Jane Sandoval	3/21
Vicky Archuleta	3/23
Lydia Trujillo	3/24
Helen Lucero	3/25
Robert Burkhalter	3/26



ECHO Commodity Program

If you are age 60 or over and meet income guidelines (no more than \$1,211 a month if you live alone or a total of \$1,640 a month for a couple), you are entitled to receive a monthly box of supplemental food with cheese, juice, cereal, milk, canned fruit, vegetables and meat.

Bring a photo ID, your current Social Security statement and a utility bill to the County Extension Building at 3229 Rodeo Road between 9:30 a.m. and 1:00 p.m. on the third Tuesday of any month.

For details call (505) 242-6777.

Unicorn Drawing By DSS Staff Member Carlos Tafoya

New Mexico Conference on Aging

Call for Partners

The New Mexico Conference on Aging offers older adults, caregivers and the professionals who work with them a chance to learn and have fun in an environment that supports independence and dignity. This year's conference will be August 19th and 20th at the Isleta Resort & Casino Conference Center. You can be a Conference partner in three ways:



Be a Workshop Presenter - They welcome new ideas for topics. Deadline: April 29.

Be a Financial Supporter - You can help support the Conference by being a Sponsor, Exhibitor, Advertiser, or Gift Contributor. All financial participation options provide important support to the Conference, as well as valuable exposure for you and/or your organization. Deadline: May 19.

Be a Health & Enrichment Fair Participant - The Conference features a two-day Health & Enrichment Fair which features service providers, informational booths and interactive stations. Deadline: May 19.

For more information, please go to the New Mexico Aging and Long-Term Services' website at www.nmaging.state.nm.us.

Dollar Wednesdays at the GCCC

If you have never been to the Genoveva Chavez Community Center on Rodeo



Road, you really should check it out. There are pools (for lap swimming, recreation and therapy); a walking track; an ice skating rink; two basketball courts; two racquetball courts; two areas of exercise and weight equipment, and several classrooms. On Wednesday, general use entrance is only \$1 for seniors, as opposed to \$3 other days.

To learn about all this and more, call them at 955-4000 or go to www.chavezcenter.com

Is it Okay to Talk about Death?

(By members of S. F. Compassion & Choices)



Yes, it would be good to talk about it with your family, friends and doctors. While you have the opportunity, it would be a good time to let others know what you want and what you don't want. These conversations are important to have whether you are in good health or seriously ill. It may sometimes feel difficult to talk about these things, but chances are your doctors would appreciate your questions and concerns, and your family may be more open than you would think.

You might also learn what your family members want at the end of their lives. This can deepen family connection and bring peace of mind to everyone.

You might be wondering under what conditions you would want CPR to restore your heart and breathing. It's important to think about this. Would you want to be resuscitated under all circumstances, or would you prefer nature to take its course if you are seriously ill? Would you want the option to stop all medical treatment, or to stop eating and drinking in order to allow your death to occur?

We encourage you to speak to your doctors, clergy, friends and family about these things. You had no choice about your birth. You can make choices about your death. For more ideas and help, feel free to call Compassion and Choices at 1-800-247-7421 or go online to www.compassionandchoices.org. It doesn't cost anything and they are there to help you.

Compassion & Choices is a national non-profit organization "committed to helping everyone have the best death possible" according to their website. They give free planning resources, consultation, referrals and guidance on end-of-life issues.

Go to their website to read more about their work nationally and locally and to learn about joining the Santa Fe branch.

A los ciudadanos de alta edad, en El Centro Mary Esther Gonzales



-“15 minutos a las once; a las once sirven lonche: ricos tamales, sabrosos frijoles, ensalada y postre.” Así lo dijo el apuesto, el galán de galanes: Patricio Reséndiz, reclinado en el sofá del vestíbulo, mientras jugaba con un palillo en su boca: Relajado y calmado.



Se asomaba ya, a la entrada, un hilo de ciudadanos de alta edad que con su jolgorio llenaban aquel atrio. Se les veía a algunos apoyándose en su bastón; otros muy campantes en su silla con ruedas; otro grupo a paso lerdo avanzaba. Todos se movían. Si! Todos, ellos y ellas, en tránsito hacia el comedor.



Ya! Ya! Las manecillas del reloj... casi, casi se empalman. Ya! Ya! Las manecillas gritan: “Las once de la mañanaaa...!” Ya! Ya! Las manecillas avanzan inexhaustiblemente...



Aquellos ciudadanos mayores los veo alineados, preparados a pagar su cuota por charola con comida. Mientras un pianista inspirado en Beethoven entona notas musicales: rítmicas y acompasadas salen volando como blancas palomas, y llenan ese lugar de alimentos. Oh! Manos graciosos cual aguas “danzarinas” besan aquel ancho teclado. Oh! Cerebro talentoso se siempre así.

Por un momento todo se vuelve alegría: Todo es amor; por un momento olvidamos quiénes somos cada quien; por un momento Dios... visitó ese recinto sagrado.



Ya! Ya! Las manecillas del reloj... casi, casi se empalman. Ya! Ya! Las manecillas gritan: “Las once de la mañanaaa...!” Ya! Ya! Las manecillas avanzan inexhaustiblemente...



-Por Sergio Rodríguez Romo.
Enero 24, 2014

The Senior Scene



February 2014

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



offered by:
Division of Senior Services

We Welcome Your Input

This newsletter is for senior citizens in Santa Fe, and is designed to educate, inform, stimulate, entertain and welcome people into the Division of Senior Services.

We try to include a variety of viewpoints, streams of information and educational resources. We are always open to new ideas and are happy to publish virtually anything that falls within the DSS editorial guidelines, space permitting. Per our guidelines, we do not print items that are directly

religious, political, potentially slanderous or offensive or that endorse a for-profit company's product or service. We reserve the right to refuse materials submitted or to edit them for comprehension or appropriateness for the targeted audience.

You may submit articles, poems, thoughts, events, news or meeting information, in English or Spanish, or suggest particular topics you'd like us to research and publish.

Please send questions or submissions to:

Kristin Slater-Huff, RSVP Office
City of Santa Fe Senior Services
PO Box 909 Santa Fe, NM 87504-0909
Email: Kwslater-huff@santafenm.gov

Phone: (505) 955-4760 Fax: (505) 955-4765

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. This schedule is subject to change. Check updates online at www.santafecounty.org or call 231-2382.

March 2014 Dates, Times and Locations:

3rd: Fort Marcy Complex	9:00 a.m. –	2:00 p.m.
4th: Interfaith Shelter	8:30 a.m. –	1:00 p.m.
5th: SF Comm. College, Admin	9:00 a.m.–	3:00 p.m.
6th: Chimayo Sr. Center	10:00 a.m. –	2:00 p.m.
7th: Solana Center	9:00 a.m. –	2:00 p.m.
10th: Salvador Perez Pool	9:00 a.m. –	2:00 p.m.
11th: St. John Methodist	9:00 a.m. –	1:30 p.m.
12th: El Rancho Sr. Center	10:00 a.m. –	2:00 p.m.
13th: Santa Cruz Sr. Center	10:00 a.m. –	2:00 p.m.
14th: Pasatiempo Sr. Center	9:30 a.m. –	2:30 p.m.
17th: Luisa Sr. Center	9:30 a.m. –	2:00 p.m.
18th: Interfaith Shelter	8:30 a.m. –	1:00 p.m.
19th: Eldorado Sr. Center	10:00 a.m. –	2:30 p.m.
20th: Edgewood Sr. Center	10:00 a.m. –	2:00 p.m.
21st: Casa Rufina Apts.	10:00 a.m. –	2:00 p.m.
24th: Zona del Sol	3:00 –	6:15 p.m.
25th: Ventana de Vida	9:30a.m. –	2:30 p.m.
26th: MEG Sr. Center	9:30a.m. –	2:30 p.m.
27th: Village Sage Apts.	12:00 –	4:00 p.m.
28th: GCCC Comm. Center	9:00 a.m. –	2:00 p.m.

Daylight Savings Begins

Set your clock ahead one hour when you go to bed on Saturday, March 8th.



Flora's Corner

Inspiration from Flora Leyba

Ever wonder...

- Why is it that doctors call what they do "practice"?
- Why "abbreviated" is such a long word?
- Why lemon juice is made with artificial flavor, and dish washing liquid is made with real lemon juice?
- You know that indestructible black box that is used in airplanes? Why don't they make the whole plane out of that stuff?

He will be missed...

Charlie C. Anaya 80 of Stanley, NM passed away on January 24, 2014, due to complications of diabetes and a massive heart attack. Charlie was born on October 14, 1933 in Galisteo, NM to parents Virginia and Frank S. Anaya. He retired from the Stanley Landfill as a caretaker after 29 years of service. He was a familiar face at the Edgewood Senior Center and an active RSVP volunteer.



Technology Tuesdays at Southside Library

Are you clueless about your new tablet? Want to learn how to check out e-books from the library and need help getting started? The Southside branch of the Santa Fe Public Library, 6599 Jaguar Drive, can help on Technology Tuesdays. Workshops are on March 11th and April 8th from 10:00 to 11:00 a.m. in the Community Room. For information or to register, call the Reference Desk at 955-2820.

Volunteer at the Habitat for Humanity Office

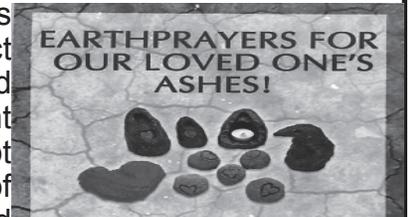
Santa Fe Habitat for Humanity's mission is to provide affordable housing in Santa Fe County. They are currently seeking additional volunteers to support their mission by volunteering a few hours a week (mornings from 9:00 am to 12:30 pm – Monday, Tuesday, Wednesday, or Thursday) in their office on Cerrillos Rd. Duties include answering phones, light clerical and computer work (computer skills are not required).



For more information, please call Kristin in the RSVP volunteer program at 955-4760.

Healing Earth

An "earth prayer" is a small vessel or object composed of sacred earth and a small amount of straw. It can be kept and held as a sort of talisman, for comfort and even filled with the ashes of a departed loved one.



For more information, contact Francis "Mudman" Johnson at 954-4495.



Tax-Aide Santa Fe for the tax year 2013



**We will prepare your Income Taxes
FOR FREE! No Income Limits!**

Anyone in Santa Fe with income less than \$22,000
should file for N.M. Low Income State Rebate.

Friday, January 31st to Tuesday, April 15th

Santa Fe Community College, West Atrium

Mon-Fri 8:30am - 5pm Sat 9am -1pm

Closed for Spring Break at SFCC from March 17 to 23

Pasatiempo Senior Center- Do not Call the Senior Center

664 Alta Vista Street, Santa Fe

Monday - Friday 9:00am -1:00pm

**FREE Direct Deposit of Refund in 8-10 days
Please bring a voided blank check to get direct deposit.**

Please bring the following information:

Photo ID

Social Security Cards for Parents and Children

W-2 year end wage forms from each job for each person

If you work for yourself, all the income and expenses from your work and any 1099's you receive

Interest, dividends, stock or CD sales. You should bring the 1099 forms from the bank.

Social Security. You must bring the year-end statement from Social Security.

Unemployment. You must bring the W2-G form from Work Force Solutions.

Gambling: Bring the 1099 tickets and Win/Loss report from the casinos.

Pensions: Bring the 1099-R form you received from the pension payer.

Bring the list of expenses you paid for Child Care, College or Vocational Training

Medical Expenses & Charity Donations: Bring a complete list. Keep the Receipts for 3 yrs.

Mortgage Interest and Property Taxes:

Direct Deposit: Bring a blank check to get direct deposit of your refund in 8-10 days with no fees.

**Peter Doniger, District Coordinator, AARP Tax-Aide in Santa Fe.
Cell 670-6835 or SFCC 428-1780 or email taxhelpsantafe@gmail.com**



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 kwslaterhuff@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.

Ambercare Hospice

Ambercare Hospice of Santa Fe is seeking compassionate, dedicated volunteers to serve their hospice patients in need.

Volunteering may include visiting patients, helping with pet care or light household tasks, reading and letter writing, supporting a vigil, and/or assisting with administrative tasks in the office.

Special volunteer opportunities are available for **veteran volunteers** to serve their veteran patients.

Mandatory background screenings and training will be provided. Call 955-4760 for details.



Tutor Children

The Santa Fe Community Housing Trust has many at-risk children in their Village Sage (across from Capitol High School) and Stage Coach (3360 Cerrillos Road) apartments. The Housing Trust is initiating a tutoring and reading program for these children. They are in dire need of volunteers right now. The Trust is greatly indebted for your assistance. Please call Kristin at 955-4760 to enroll.



Library for the Blind

The Library for the Blind and Physically Handicapped is part of the State Library of New Mexico. They offer free books on tape for people unable to read or hold up a regular book. Their volunteer needs include:

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 their aging fleet of 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.

Assisting in the recording studio: While the program occasionally welcomes new narrators of books of local interest, they 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. acknowledgments), 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.

Joining the Friends of the Library for the Blind and Physically Handicapped: They are looking for a few good members. The Friends meet quarterly to steward the use of donations from patrons.

Schedules are determined by volunteer requests and library needs. Basic training and a lot of support are provided. The library is on Camino Carlos Rey, off Cerrillos Road and there is plenty of free parking. Staff members and other volunteers are a dedicated group, happy to be doing this important work. Call 955-4760.

MLK Day Event was a Huge Success!

Every year, the RSVP program has a single event or a month-long project in honor of Dr. Martin Luther King, Jr.



This year, we teamed up with the Foster Grandparent and Senior Companion Programs to organize a school supply drive for Adelante, a non-profit serving Santa Fe's children experiencing homelessness.

We sent out a call for donations through this newsletter, flyers at senior centers, and emails to all City of Santa Fe employees. The response was overwhelming!

The Division of Senior Services and anonymous City employees donated two tables worth of brand new pens, markers, pencils, notebooks, backpacks, glue and paper.

The Santa Fe Police Department collected another two tables of brand new supplies.

The Aging and Long-Term Services Department donated small toys that the children can fit into their pockets.

The AFSCME Union donated a check for \$500 to Adelante.

The Cuttery hair salon donated \$100.

Many people at the event even pulled out another \$5 or \$10 right then to donate.

We had a very educational slide show by the staff at Adelante, explaining the vital work they do and how these donations will help.

We thank everyone who helped, donated and spread the word. You made a big difference for those children.

Please Turn in your Volunteer Hours

Please remember to turn in your January, February and March RSVP volunteer hours to Marisa by the end of March. We need to tally them up and share them with the state and the federal government to show what a terrific program we have in Santa Fe.



FELIZ CUPLEAÑOS March

- | | |
|----------------------------|------------------------------|
| Stella Gonzales__3/01 | Carole Van Valkenburgh__3/14 |
| Harriet Levine__3/01 | Carol E. Keiser__3/15 |
| Alfredia Quick__3/02 | Patricia A. Chavez__3/17 |
| Pat Roach__3/02 | Luggie Romero__3/18 |
| Lucy O. Trujillo__3/02 | Sandi Costick__3/19 |
| Rita Walker__3/02 | Cathleen Suspanic__3/19 |
| Mable V. Martinez__3/04 | Helen M. Foster__3/20 |
| Howard Turner__3/04 | Meri Frauwirth__3/20 |
| Roe Lovelace__3/05 | Marcus J. Garcia__3/20 |
| Barbara E. Mason__3/05 | Steve A. Park__3/20 |
| Preston B. Ellsworth__3/06 | Doris E. Brittenham__3/22 |
| Gloria P. Holladay__3/06 | Waldemar Cuevas__3/22 |
| Grace Olivas__3/07 | John Martinez__3/22 |
| Jose Levi Casey__3/08 | Anke Mihalas__3/22 |
| Eloy W. Madrid__3/08 | Claire Martinez__3/23 |
| Jenny Mier__3/08 | Lydia S. Trujillo__3/24 |
| William A. Morrison__3/08 | Carol DeCosta__3/25 |
| Andres V. Romero__3/08 | Vitalia Garcia__3/26 |
| Felicitas E. Guillen__3/09 | Robert A. McCormick__3/26 |
| Anna V. Trujillo__3/11 | Carolyn K. Robinson__3/27 |
| Suzanne A. Shaw__3/12 | Gene R. Gerber__3/28 |
| Diana Baker__3/13 | Consuelo Medina__3/28 |
| William Gilmore__3/13 | Ramona Ruybalid__3/28 |
| Gerald Heggen__3/13 | Estella Espinoza__3/29 |
| Dave McQuarie__3/13 | Waldo Anton__3/30 |
| Terri C. Gonzales__3/14 | Becky Runer__3/31 |
| Flossie Montoya__3/14 | |

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

ACTIVITIES

03/2014

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
Tai Chi Class	Mon.-Wed.	9:00 am
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales (MEG) Senior Center 955-4711

Pool - Cards - 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 955-4711

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
---------------	---------	---------

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
Luisa	Mon. - Wed.	9:00 am

GUITAR CLASS (Beginner)

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

JEWELRY MAKING

MEG Center	Monday	9:00 am
------------	--------	---------

SEWING/KNITTING

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

SING-ALONG

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

WOOD/STRAW APPLIQUÉ

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

Nia Technique

In March, the Nia Technique session will be held only on the 18th, beginning at 1:30 p.m. at the MEG Center. Join us!

Monthly Division of Senior Services Senior Center Meetings

The following meetings are open to all seniors. Come and give us your input. Addresses are on the back cover.

Ventana de Vida: Monday, March 3 at 9:40a.m.
 Villa Consuelo: Monday, March 3 at 10:00a.m.
 Pasatiempo: Monday, March 3 at 1:00p.m.
 Luisa: Tuesday, March 4 at 8:30a.m.

Monthly Senior Services Committee Meetings

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

Senior Olympics: March 12th 9:30 a.m.
 Advisory Board: March 19th 9:30 a.m.
 Travel Committee: March 20th 8:45 a.m.
 Senior Activity Corp: March 20th 10:00 a.m.
 RSVP: March 25th 10:30 a.m.
 Transportation/Nutrition: April 18th 9:00 a.m.

Game & Puzzle Day at Ventana de Vida



Join us at Ventana de Vida for camaraderie and conversation on game day.

Game days are held on Wednesday afternoons from 2:00 to 4:00. The games available are:

- Mexican Train @ 2:00 p.m.
- Cribbage @ 2:00 p.m.
- Jigsaw Puzzles @ 2:00 p.m.
- Chess @ 2:00 p.m.
- Scrabble @ 2:00 p.m.
- Checkers @ 2:00 p.m.
- Rummi Cube @ 2:00 p.m.

Fat Tuesday at Pasatiempo Cancelled

Due to Election Day, Mardi Gras has been cancelled at Pasatiempo Senior Center on Tuesday, March 4th. Sorry for the inconvenience.



THE WALL THAT HEALS

The Traveling Vietnam Veterans Memorial and Museum

On March 19th, the Vietnam Veterans Memorial Fund in Washington, D.C. will be setting up a half-scale replica of the Vietnam Veterans Wall, known as "The Wall That Heals" in Santa Fe. The Vietnam Veterans of America, Northern New Mexico Chapter 996, will be the host and has coordinated with the City of Santa Fe, Fort Marcy as the location for displaying this powerful piece.

The Wall will be open to the public 24 hours a day from 6:00 a.m. on March 20th until 6:00 a.m. on March 24th.

The following is the schedule of special events:

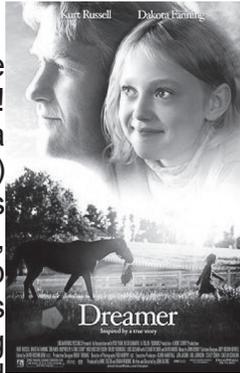
- March 20: Opening Ceremonies
11:00 a.m. to 1:00 p.m.
- March 22: Reading of the Names and
Candlelight Vigil beginning at 3:00 p.m.
- March 23: Honoring Ceremony
11:00 a.m.-1:00 p.m.

Since this is a once-in-a-lifetime event, the Division of Senior Services will transport interested seniors to visit the Wall That Heals on Friday, March 21st. We will leave the MEG Center at 9:30 a.m. and will return by 10:45 a.m. -- just in time for lunch. If you would like to visit the Wall with a group of other seniors, please call Lugi at 955-4711 for your seat reservation.

MEG Center Movie Day "The Dreamer"

March 25th at 1:00 p.m.

You'll cheer all the way to the finish line for this feel-good film! Kurt Russell (Miracle) and Dakota Fanning (War of the Worlds) star as a horse trainer and his inspiring young daughter, Cale, whose determination to help an injured racehorse changes their lives forever. This uplifting story celebrates dreams, second chances and the importance of family.



Weekend Bingo at Pasatiempo

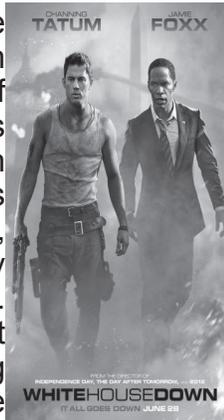
The Pasatiempo Senior Center at 664 Alta Vista St. invites you to play Bingo on Sunday, March 16th, from 1:00 p.m.—4:00 p.m.

The cost is \$12.00 for package and 3 specials at \$1 each. Blackout costs \$2.00. There is a \$100.00 jackpot. We will also serve Frito Pie and a drink for just \$5.00. Please bring small bills. Everyone is welcome.

Movie day at Luisa "White House Down"

Wednesday, March 12th at 1:00pm

Capitol Policeman John Cale has just been denied his dream job with the Secret Service of protecting President James Sawyer. Not wanting to let down his little girl with the news, he takes her on a tour of the White House, when the complex is overtaken by a heavily armed paramilitary group. Now, with the nation's government falling into chaos and time running out, it's up to Cale to save the president, his daughter, and the country. Featuring: Channing Tatum and and Jamie Foxx. PG13



Special Cabaret Performance!

Robert Sinn, veteran singer and performer, and pianist David Geist will present a selection of songs by the great composers of Broadway.

Join us on Thursday, March 27th at the Pasatiempo Senior Center, 664 Alta Vista St. from 12:00 noon to 1:00 p.m.

Senior Trip to Laughlin, Nevada

April 29-May 2, 2014

Join other seniors for this exciting trip which includes round trip bus transportation and three nights at the Edgewater Hotel.



We will depart from MEG Center at 7:00 a.m. on April 29th, arriving in Laughlin at 5:30 Nevada time. We depart Laughlin at 7:30 a.m. on May 2 and arrive back at MEG at 8:30p.m.

The cost is \$140.00 for a double room and there is a 10% cancellation fee.

For information or to reserve and pay, call:

Corrine at (505) 986-1780 or
Alice at (505) 473-1716

Medicare Preventive Services and Extra Help

A representative from the Aging and Long-Term Services Department will present information regarding which preventive health services are covered through Medicare and which programs offer extra assistance for those who qualify. Join us, starting at 10:00 a.m. at one of the following presentations:

- Luisa Senior Center - Tuesday, March 4
- Pasatiempo Senior Center - Thursday, March 13

Please see page 17 for more information

Ash Wednesday at Luisa Center

On Wednesday, March 5th, Deacon Montoya will be giving ashes at 1:00pm at Luisa Senior Center, 1500 Luisa St (enter from Columbia).



Ash Wednesday at Pasatiempo

On Wednesday, March 5th ashes will be distributed at the Pasatiempo Senior Center at 664 Alta Vista at 10:30am.



The Silver Alert Program Could Save Your Loved One's Life

What is a Silver Alert?

A Silver Alert is an advisory notification regarding a missing senior. It gets sent out statewide, similar to an Amber Alert for a missing child. It is a program of the New Mexico Department of Public Safety.

What are the criteria for a Silver Alert?

Silver Alert is a notification relating to a person who could be in danger because he or she is:

- Confirmed to be a missing person; and is
- Fifty (50) years or older; and has
- An irreversible deterioration of intellectual faculties.

When did the NM Silver Alert go into effect?

The Silver Alert law took effect on July 1, 2013 and was signed by Governor Martinez.

What if you believe a family member is missing and falls under a Silver Alert?

Contact your local law enforcement immediately. The sooner this information gets out, the better.

What information will I need when reporting to law enforcement?

The Silver Alert program has created a form that can be filled out ahead of time. Information on the form includes basic descriptors of the missing person, specifics pertaining to their age and mental state, last known location, vehicle description if a vehicle is involved, and an updated photograph. *It is very important to include the most recent photograph in color.

What happens when a Silver Alert goes out?

The Department of Public Safety sends the alert to all media outlets for broadcast. Information included are: general descriptors;

last seen location; photo; etc. Information will go statewide, unless there is specific evidence leading one to believe the loved one is in the general area.

What to do if one sees the Silver Alert person?

Dial 911 immediately.

How can I get the form and program details for my loved one?

The Silver Alert Report Form and other program information can be obtained, for free, in one of two ways and stored safely in case they are ever needed.

If you are computer savvy, you may request a Silver Alert USB drive/ bracelet with a writable form and other pertinent information. You can download a recent color photo directly onto the USB. In an emergency, the documents may be emailed to the police or the whole bracelet may be taken to the police in person for them to download.

If you do not use a computer, you may request paper copies of the form and information. After you fill out the form, attach a recent color photo. You can take the whole packet to any police station in an emergency.

Both versions are available through the City of Santa Fe's Division of Senior Services by emailing kwslater-huff@santafenm.gov, calling (505) 955-4760, or dropping by the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe.

If you would like assistance completing the form on the computer or on paper, please call ahead and schedule an appointment and a staff member would be happy to sit with you to fill it in.

alzheimer's  association®

the compassion to care, the leadership to conquer



Medicare Preventive Services Covered by Part B Medicare

Which services are covered under Original Medicare,
Medicare Advantage Plans, and Other Medicare Plans:

- Annual Wellness Visit with Personalized Plan Preventive Services
- Alcohol Misuse Screening and Counseling
- Abdominal Aortic Aneurysm Screening
- Bone Mass Measurement
- Cardiovascular Disease Screening and Behavioral Therapy
- Colorectal Cancer Screening and Annual Depression Screening
- Covered Diabetes Services; Diabetes Screening; Covered Diabetes Supplies; Diabetes Self-Management Training
- Glaucoma Examination
- Human Immunodeficiency Virus Screening
- Obesity Screening and Counseling
- Pap Tests & Pelvic Exams w/ Clinical Breast Exam; Screening & Diagnostic Mammogram
- Prostate Cancer Screening
- Vaccines : Influenza and Pneumococcal; Shingles (Under Part D); Hepatitis B
- Counseling to Prevent Tobacco Use
- Medicare Kidney Disease Education

Extra Help Programs

Social Security Administration (SSA): Extra Help/Low Income Subsidy (LIS)
Part D deductible, premium and co-pays

Medicaid for Low Income and Resources: N.M. Medical Assistance Division
Qualified Medicare Beneficiary (QMB)
Pays Medicare Part B deductible, premium and co-pays Automatic Help with RX

Medicaid for Low Income and Resources: N.M. Medical Assistance Division
Specified Low Income Medicare Beneficiary (SLMB)
Pays Medicare Part B Premium Automatic Help with RX

Medicaid for Low Income and Resources: N.M. Medical Assistance Division
Qualified Individual (QI1)
Pays Medicare Part B Premium Automatic Help with RX

Come to an educational presentation regarding these services at:

**Luisa Senior Center on Tuesday, March 4 at 10:00 a.m. or
Pasatiempo Senior Center on Thursday, March 13 at 10:00 a.m.**

For additional information contact the Aging and Disability Resource Center at
2550 Cerrillos Road in Santa Fe or call 1-800-432-2080 Dear Patrons:

Lawyer Referral for the Elderly Program is now Legal Resources for the Elderly Program



This free legal helpline staffed by the State Bar of New Mexico still uses the acronym LREP, but the new name more accurately expresses their mission.

The Legal Resources for the Elderly Program (LREP) is a statewide, free legal helpline for New Mexico residents age 55 and older. The Program does not have any income restrictions.

LREP is a program of the New Mexico State Bar Foundation and has been in existence for nearly 30 years. LREP is currently funded by the New Mexico Aging and Long-Term Services Department, the New Mexico Civil Legal Services Commission, and the State Bar of New Mexico.

Through its helpline, LREP provides legal advice and brief services to more than 4000 New Mexico seniors annually. Each caller speaks with a trained intake staff member who collects the necessary contact and demographic information. After completing an intake, each caller who is eligible for the Program speaks to one of LREP's five staff attorneys, each of whom is a highly qualified professional specializing in the legal issues that most affect New Mexico seniors.

LREP staff attorneys provide legal advice and brief services in most areas of civil law. Two of LREP's attorneys are fluent Spanish speakers.

Examples of civil legal areas for which LREP frequently receives calls are: debt collection problems; employment issues; foreclosure; kinship guardianship; grandparent visitation; guardianship/conservatorship; long-term care; landlord/tenant issues; probate; Medicare/Medicaid; powers of attorney; Social Security Disability; transfer on death deeds; and wills and trusts.

If you are 55 or over and have concerns like the ones listed above, you may call them toll-free at 1(800) 876-6657, Monday through Friday between 8:00 a.m. and 5:00 p.m.

Medical Alert Scam

(Excerpted from the Albuquerque Journal 1/26/14, article by Nick Pappas)

The Federal Trade Commission and the Office of the Florida Attorney General filed a complaint against a company that allegedly raked in over \$13 million dollars by using the following scam, and variations on the theme, have been found all over the country:

A senior citizen receives a phone call claiming a friend or family member has purchased a medical alert device on his or her behalf. These devices, typically worn around the wrist or neck, come with a button that can be pressed in an emergency to connect with a private monitoring center.

When prompted to press "1" for more information, the individual is transferred to a real person who falsely states that the device is recommended by the American Heart Association, American Diabetes Association and the National Institute on Aging.

Lastly, the recipient of the call is assured that he or she won't be charged the monthly fee for monitoring the system until the device has been delivered, installed and activated. In practice, the initial monitoring fee is billed to the individual's credit card immediately, which typically comes to \$30+ a month.

In New Mexico, reports of this popular scam were "very active" last summer, according to the Albuquerque Better Business Bureau.

Remember these tips

Hang up on unsolicited offers: Even asking for general sales information can come back to haunt you later in additional calls.

Don't believe claims that devices are free: While the caller may state otherwise, chances are that Medicare, Medicaid, and most private insurers won't cover the cost.

Resist the temptation to "opt out" of future calls: While that might seem like the logical thing to do, all it really does is confirm to the caller that yours is a working number.

No order, no pay: Regardless what the person on the other end of the line might tell you, if you didn't order it, don't agree to pay for it.

PUZZLE 154

ACROSS

1. 18 and 30, e.g.
5. Locate
9. Dry
14. Beekeeper's structure
15. Kind of shirt
16. Soap plant
17. Nautical direction
18. Provoked
19. Drawing room
20. "2001: ____"
23. Was in charge
24. Roman bronze
25. Lessens

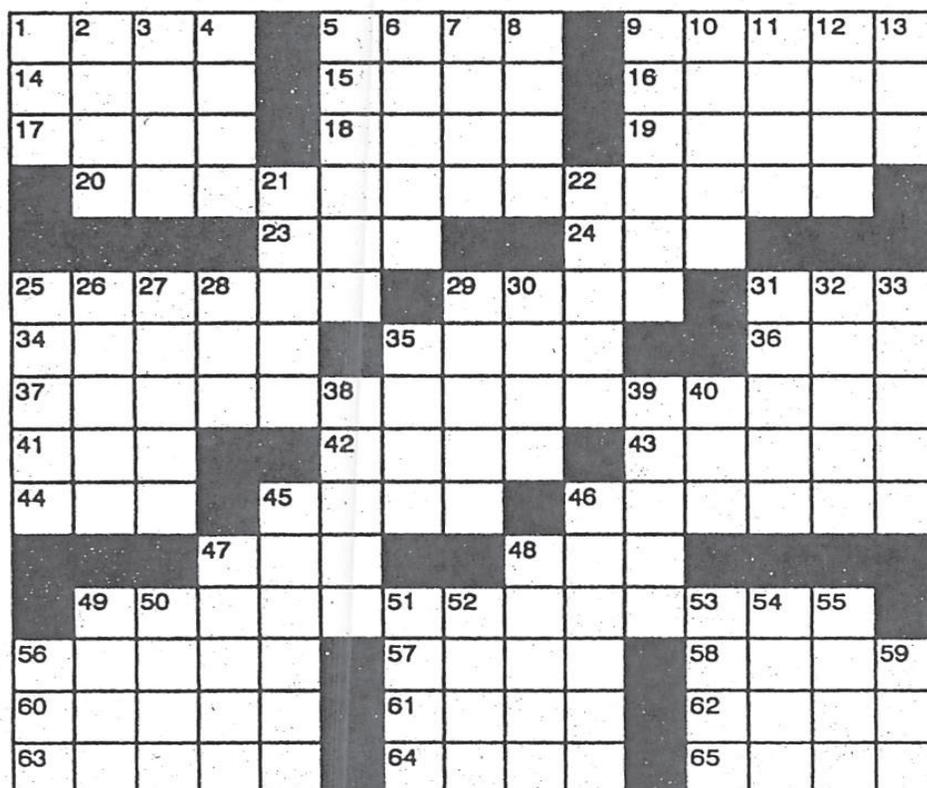
29. "The Wizard of Oz" actor
31. Mickey's ex
34. Memento
35. Indifferent
36. Board or check
37. Kubrick film, with "A"
41. German article
42. Iowa college town
43. Perfect
44. Actress Frances ____
45. Square
46. Reluctant
47. Chemical suffix
48. Turkish title

49. Kubrick film
56. Uneven
57. Muffin ingredient
58. Bland
60. Kind of beam
61. ____ off
62. Continent
63. Chasm
64. Bewildered
65. Interpret

8. Mrs. Lincoln's maiden name
9. Driver, at times
10. Accumulate
11. Function
12. Surfeit
13. Chick's mom
21. Smart ____
22. Uncouth person
25. Formed a luminous bridge
26. Misrepresent
27. Isolated
28. Muscle spasm
29. Italian actress
30. Requests
31. Doubleday of the Civil War

DOWN

1. Exclamation of surprise
2. Colorado feeder
3. Pre-holiday nights
4. Permeate
5. Nutmeg et al.
6. Studied
7. Bread spread



32. Robert Urich show
33. Fred's sister
35. Several
38. Vacillate
39. Competitor
40. Fruit beverage
45. Comes in
46. Schedule
47. Curves
48. Coincide
49. Cheerless
50. Blushing
51. Official deeds
52. Refusals
53. Esau's grandson
54. Clamping tool
55. English essayist
56. Guido's note
59. Mom's mate

Lake Front

It's time to stop, "lake," and listen to solve this puzzle of famous lakes from around the world! How many do you recognize?

Solution on the next page

- | | | |
|--|---|------------------------------------|
| <input checked="" type="checkbox"/> ALBERT | <input type="checkbox"/> ONTARIO | <input type="checkbox"/> TANA |
| <input type="checkbox"/> ATHABASCA | <input type="checkbox"/> OUACHITA | <input type="checkbox"/> TEXOMA |
| <input type="checkbox"/> BAIKAL | <input type="checkbox"/> PLACID | <input type="checkbox"/> TORRENS |
| <input type="checkbox"/> BALKHASH | <input type="checkbox"/> RAINY | <input type="checkbox"/> TURKANA |
| <input type="checkbox"/> CHAD | <input type="checkbox"/> REINDEER | <input type="checkbox"/> VICTORIA |
| <input type="checkbox"/> CHAMPLAIN | <input type="checkbox"/> SAINT
Clair | <input type="checkbox"/> VOLTA |
| <input type="checkbox"/> CRATER | <input type="checkbox"/> TAHOE | <input type="checkbox"/> WINNEBAGO |
| <input type="checkbox"/> EDWARD | | <input type="checkbox"/> WINNIPEG |

<input type="checkbox"/> ERIE	A M U D I C A L P D P V N G R
<input type="checkbox"/> GATUN	Y U B A L K H A S H K Y L I E
<input type="checkbox"/> GREAT Salt	U Y G D B O I A A N A K R U T
<input type="checkbox"/> HURON	R Y H A G I Y T M S K E W N A
<input type="checkbox"/> KENTUCKY	B A M C R R H K A P E K I A R
<input type="checkbox"/> MARACAIBO	A T I H C A U O C D L A N L C
<input type="checkbox"/> MEAD	I L T N B T C W N U S A N W O
<input type="checkbox"/> MICHIGAN	K O B A Y N A I R O T C I V B
<input type="checkbox"/> NICARAGUA	A V S E E O E N N T Y N P N I
<input type="checkbox"/> NYASA	L C T O R R E N S A E G E R A
<input type="checkbox"/> OKEE- CHOBEE	A L C A I T G E M D D X G K C
	O K E E C H O B E E W M O H A
	H U R O N U T A G X A T A M R
	T H M I C H I G A N R D X N A
	V W K G T A H O E M D D P A M

PUZZLE ANSWERS

PUZZLE 154

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

WORD SEEK PUZZLE SOLUTION

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

BREAKFAST MENU

03/2014

Senior Center Breakfast Menu for March 2014

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

3rd	Cold cereal, small roll, peanut butter, jelly, tomato juice, milk
4th	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
5th	Grilled ham, peppers, salsa, small roll, margarine, milk
6th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
7th	Sausage, salsa, hashbrowns, small roll, margarine, milk
10th	Grilled ham, cheese, red chile, small roll, margarine, milk
11th	Breakfast burrito: egg, cheese, salsa, bacon on a tortilla, hashbrowns, milk
12th	Waffles, maple syrup, sausage, tomato juice, milk
13th	Scrambled egg, salsa, hashbrowns, small roll, jelly, milk
14th	Ham and cheese on a large biscuit, with salsa, jelly, milk
17th	Scrambled egg, cheese, salsa, hashbrowns, bacon, milk
18th	Sausage, cheese, green chile, potatoes, margarine, milk
19th	Hot oatmeal, margarine, boiled eggs, tomato juice, milk
20th	Diced ham, cheese, peppers, small roll, margarine, milk
21st	Pancakes, maple syrup, margarine, scrambled eggs, tomato juice, milk
24th	Boiled eggs, salsa, small roll, margarine, milk
25th	Grilled ham, cheese, English muffin, margarine, tomato juice, milk
26th	Sausage, cheese, red chile, small roll, jelly, milk
27th	Breakfast burrito: egg, cheese, green chile, bacon on a tortilla, hashbrowns, milk
28th	Ham and cheese on a large biscuit, margarine, salsa, milk
31st	Waffles, maple syrup, sausage, tomato juice, milk

Nutrition Education: Eating Right for Older Adults (From the Academy of Nutrition and Dietetics)

Cut back on sodium and empty calories from solid fats and added sugars. Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later. Write down what you eat to keep track of how much you eat.



SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Strip Basket w/ Mashed Potatoes & White Gravy Steamed Asparagus WW Roll w/ Butter Chilled Pineapple Bits - Milk	Lasagna w/ Meat Sauce Mixed Vegetables French Bread Fruit Cobbler Milk	ASH WED Baked Fish w/ Tartar Sauce Baked Tater Tots Broccoli Salad WW Roll w/ Butter Chilled Apricots Milk	Green Chile Cheese Hamburger Ranch Beans Onion Rings Chilled Applesauce Milk	Red Chile Bean Burrito Spanish Rice Green Salad w/ Dressing Chilled Pears Milk
10	11	12	13	14
Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	Roasted Glazed Ham Baked Yams Steamed Broccoli WW Roll w/ Butter Baked Apples Milk	Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Butter White Cake Milk	Baked Macaroni and Cheese Brussels Sprouts WW Roll w/ Butter Vanilla Pudding Milk
17	18	19	20	21
St. Patrick's Meal Corned Beef w/ Cabbage Glazed Carrots WW Roll Strawberries and Banana Salad Milk	Chicken Fajitas w/ Tortilla & Salsa Chile Beans Jell-O w/ Fruit Milk	Pork Loin Steamed Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/ Dressing WW Roll w/ Butter Chilled Pears Milk	Tuna w/ Pasta Shells Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk
24	25	26	27	28
Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato WW Roll w/ Butter Banana Pudding Milk	Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk	Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	Turkey Dinner Baked Yams Steamed Green Beans Cornbread w/ Butter Sugar Cookie Milk	Seasoned Fish Fillet Wild Rice Cauliflower and Carrots Biscuit w/ Butter Fruit Yogurt Milk

31

Menu is Subject to Change

BBQ Chicken Thighs
Creamy Coleslaw
Tossed Green Salad
WW Roll w/ Margarine
Chocolate Pudding
w/ Whipped Topping
Milk



Lunch Hours:
All Senior Center
Serving Times:
11:00 am till 12:30
pm
Monday thru Friday



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

City of Santa Fe

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

