
The Senior Scene

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

May 2014



Courtesy of Don Bell

offered by:
Division of Senior Services





CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

05/2014



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



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Craft Room 955-4736

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DIRECTOR'S REPORT

05/2014



Dear Patrons,

This month's Director's Report is a tribute to Louise V. Kippert, Division of Senior Services Special Projects Administrator, who passed away on April 11, 2014. Louise was hired with the City of Santa Fe's Division of Senior Services in October 1993 and truly dedicated her life to the needs of our elderly population. She worked very closely with the volunteer programs, and provided technical assistance to virtually all of our programs, in one way or another. Her extensive knowledge and understanding of the Senior Services budgets and process was invaluable.

Louise's commitment with our program and mission earned her much respect from her fellow staff members, as well as from the Aging and Long Term-Services Department and the Area Agency on Aging, who are our funding sources.

She was always willing to step in and assist her co-workers regardless of how small or large the project was. Louise was a fine example of the term "team player". She always had a positive attitude and greeted everyone with a large smile. Louise will be missed and will live in our memories forever.



Louise V. Kippert
8/2/56 - 4/11/14

May is the month that we take time to commemorate our mothers and thank them for all that they are and all that they do for each of us. This year Mother's Day will be celebrated on Sunday, May 11th. I would like to wish one and all a wonderful holiday.

Another United States federal holiday observed this month is Memorial Day. This day was established in 1882 and was passed by Federal law in 1967 to honor all Americans who have died in wars while serving in the Armed Forces. This day has also evolved into an occasion for general expressions of memory of deceased relatives. Let us take the time to remember and thank all who have served in the military, as well as family and friends who are no longer with us.

I wish each of you a safe Memorial Day, and to remind you that all Senior Centers will be closed on Monday, May 26th in observance of this holiday.

Ron J. Vialpando,
DSS Director



SENIOR SERVICES PROGRAM INFORMATION



05/2014

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



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)	May 6, 13 & 20	11:00am – Noon
Luisa Center (First Thursday)	May 1	11:00am – Noon
Villa Consuelo Center (Second Thursday)	May 8	10:00am -11:00am
Ventana de Vida Center (Third Thursday)	May 15	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: **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.



Don Bell is City's "Employee of the Month"

Senior Services Transit Operator and RSVP volunteer Donald E. Bell was chosen for the City of Santa Fe's Employee of the Month award for April 2014. Don began as a volunteer with the City of Santa Fe Division of Senior Services in 1978 and joined the Retired Senior Volunteer Program in September of 1999.



As a Transit Operator, he is safe, reliable, cheerful, willing, and he treats his senior clients with dignity and respect. At the age of 76, he has never had an accident and carries clients' groceries or gives them a boost into the van as well as his younger counterparts. He is the "go to" guy, always ready to step up, no matter what the situation. He gets along with everyone -- staff and clients. He will never even take his lunch break until he knows that all seniors have been taken care of.

Don, a frequent contributor of photos for the cover of this newsletter, wears many hats at Senior Services. He has been a member of the Travel Committee and the Nutrition Committee for years; he plans, organizes, drives for and leads countless trips a year. He is our building overseer on the weekends and evening driver for folks who return from adventures after 5:00p.m. Last summer, he was instrumental in the planning and implementation of new parking arrangements in our busy back parking lot to improve safety. He graciously stepped in as a Meals on Wheels driver when the need arose.

Mr. Bell embodies the term "public servant", humbly and cheerfully offering his services to all members of our senior community and any other members of the public he encounters. Congratulations, Don! We appreciate you.

The Beauty of Life
(A Tribute to Tia Cora, dedicated to all with us here today)
Great surprises does life bring
If we listen with our heart,
we hear the angels sing
As we experience the four seasons
We have friends for various reasons
Great challenges does life bring
Finding ourselves listening for that phone to ring
For our elder parent(s) as they need our aid
They smile and understand
the sacrifices we've made
We are like hamburgers;
yes, the parents of yesterday
Sandwiched in from day to day
The amenities of our burgers are unique
All ages, all sizes, both genders;
like owning a beauty boutique
They are our grandchildren
and great-grandchildren
The leaders of tomorrow, both men and women
Our adult children no matter their age
Various responsibilities and activities
they all engage
Family and friends are like a Feast
That is to say the Least

© Dr. Viola López-Herrera
January 12, 201

Cinco de Mayo for Esperanza

You are invited to the first annual "Arts, Culture and Community Cinco de Mayo Celebration" to benefit Esperanza Shelter for Battered Families. The events will take place at El Museo Cultural in the Railyard.

On May 3rd, there will be a silent auction 5:30 – 8:00 p.m. followed by dancing from 9:00 p.m. to midnight with live music by Lumbre del Sol.

On May 4th, there will be a free community celebration from 1:00 to 5:00p.m. with Mariachi Buenaventura, Danza Azteca, a kids' corner with arts and crafts, games, piñata, a food stand and more.

Center Closures

All City of Santa Fe Senior Centers will be closed on Monday, May 26th in honor of Memorial Day. The centers will re-open as normal on Tuesday, May 27th.



Spring Garden Fair



On Saturday, May 3rd from 10am to 4pm, the Santa Fe Master Gardener Association will host the 10th annual Spring Garden Fair at the SF County Fairgrounds at 3229 Rodeo Rd. Admission is free for this day of exciting speakers, demos and exhibits. There will be tool sharpening offered, food vendors to enjoy, plus our "Ask A Master Gardener" station to answer your gardening questions. Youngsters will have fun at the Jr. Gardener Corner, while a "Garden Shop" browse might discover a treasure! Of course "The Best Plant Sale in Santa Fe!" returns...come join us.

For more information, please visit SFMGA.org. (505) 471-6271

Handyman Services Available

There are two gentlemen who volunteer to do minor home repairs for seniors who cannot afford to pay a professional repair person.

To see if you qualify, please call Kristin in the Volunteer Program at 955-4760.

Annual Letter Carrier Food Drive May 10

On Saturday May 10, 2014 The Food Depot and the US Postal Service will be partnering once again for their annual Letter Carrier Food Drive. During the day, letter carriers will be collecting bags of non-perishable food throughout Santa Fe and bringing them back to the post office where volunteers will sort the goods which will then be loaded on to Food Depot box trucks and sent back to the warehouse for distribution throughout northern New Mexico.

They will need volunteers at both the Pacheco Street and downtown (on Federal) post offices during two shifts that day, 2:00 to 4:00 pm and 4:00 to 6:00 pm. Please contact Nate Patrus, Volunteer Coordinator at The Food Depot at (505) 471-1633 x15 or email at npatrus@thefooddepot.org to sign up to be part of the team. Thank you in advance for helping end hunger in New Mexico!



Cascarones

The Sociedad Folklorica of Santa Fe is sponsoring the 74th Los Cascarones on Saturday, May 17, 2014. The family-oriented dance will be held at the Santa Fe Convention Center on Marcy Street from 7 p.m. to 11 p.m.

The Baile de Cascarones (Dance of the Eggshells) is a custom going back to Spanish Colonial America. The custom began to wane at the turn of the century and in 1940, the local chapter of La Sociedad Folklorica revived the custom as part of its contribution to the celebration of the Coronado Cuarto Centennial. This is the 74th yearly event.

Adults are encouraged to bring children over 6 years of age to learn such dances as la raspa, el valse, la varsiovana, polkas, el shotis, and other traditional dances, which will be demonstrated/taught during the dance. In addition, cascarones, confetti filled egg shells decorated by the Sociedad members, will be sold during the dance. This tradition calls for people to crack a confetti-filled egg over the head of the person with whom they wish to dance. Some of the eggshells are so elaborate; people keep them as collectors' items.

Music will be provided by Reflections and beverages will be available for purchase at the dance. Admission is \$15 per couple, \$10 single, and small children \$2.00. Come join the fun!

For more information, please call Gloria Kahn (983-7839) or Pat Gonzales (982- 9315).



End Hunger in New Mexico Summit

Currently New Mexico is second in the nation for seniors at risk of hunger but many people aren't aware of that fact. So, AARP New Mexico is joining efforts by the North Central New Mexico Economic Development District and other community partners to conduct the End Hunger in New Mexico Summit on July 17th and 18th at the Isleta Conference Center and Resort.

"Often when people think of individuals suffering from hunger we think of third-world countries but that's not the case, often it's the working poor – people who have jobs and a home but just can't make ends meet on a regular basis," said Beth Velasquez, AARP New Mexico Associate State Director for Communication. "It can be our friends and neighbors; we just don't know it because everything looks fine from the outside. The purpose of the Summit is not only to raise awareness that hunger is a very real issue in our state but also to start coming up with some realistic, viable ways to end hunger here."

The two-day summit will feature a variety of workshops that covers topics such as finding services and support, solutions to address hunger issues and economic security, among others.

Instead of charging a registration fee, participants will be asked to bring a food donation. For more information call 1-866-699-4927 or visit ncnmedd.com/aaa_hunger.html

T'ai Chi Classes at Villa Alegre

There are now free Tai Chi classes offered to all seniors at the Villa Alegre Senior Clubhouse, at 144 Villa Alegre Street, off Alameda by St. Francis Drive. These classes are offered by volunteer



instructor Magdalena Babuljak, who has moved the classes from the Luisa Senior Center to Villa Alegre.

Beginner Classes:

Thursday afternoons 1:30 – 2:30 p.m.

Friday mornings 10:00 – 11:00 a.m.

Intermediate Classes:

Monday, Tuesday and Wednesday mornings

9:30 – 10:30 a.m.



Comfort Keepers.

Seniors can be Targets of Bullies too

Comfort Keepers® wants to raise awareness of how bullying can affect seniors.

Unfortunately, there are people out there who see seniors as weak and vulnerable. Some seniors become victims of fraud and crime. Other seniors may be treated harshly by those close to them such as a son, daughter or other relative. Scare tactics and verbal intimidation are key factors of bullying, making the victims feel powerless. Often, these instances go unreported because the senior victim may be too ashamed to admit they have found themselves in that situation.

Seniors who live in assisted living facilities or who have in-home health care may also become victims of bullying. Seniors in these settings are sometimes unable to physically care for themselves in varying degrees and may be vulnerable to feeling inadequate. While this group of seniors is not necessarily targeted, they may become victims of staff who belittle or bully them for no other purpose than because they can. Bullying encompasses cruel actions by a person who imposes strength against the weak. Whether physical or emotional – being bullied can be traumatic regardless of your age. Because of that, it is important to make sure that the individuals trusted to care for seniors are checked through multiple interviews, background screening tools and criminal background checks. These screening processes are ones that reputable facilities and in-home care companies insist on having in place.

Pay close attention to senior loved ones when visiting. Look for signs of isolation or emotional distress that may be the effect of being bullied. Start conversations about how rampant bullying can be in senior circles. Ask your loved one if they have witnessed bullying, or have ever been a victim. These steps can empower seniors by letting them know they are not alone and that they can look to you for help if they are being bullied.

Comfort Keepers 505-982-1298 located @ 1301 Luisa Street, SF, NM 87505



They will be missed...



Arthur E. Baca died peacefully on March 19th. He was born on April 26, 1934 in Loma Parada, NM. He graduated from Robertson High School and immediately joined the United States Marine Corps and was a Korean War Veteran. He received his Bachelor's Degree from New Mexico Highlands University while serving in the US Army Reserve.

Art married Angie and they had three children. He spent 28 years working with the NM State Agency on Aging. After retirement, he was very involved with Senior Olympics and won the prestigious Kay Rose Wood Award at the NM Conference on Aging in 2012.

Art's terrific energy and enthusiasm will be missed at the senior centers and in the Senior Olympics.

Mary Ann Chrane passed away suddenly at home on March 28. According to her friends from the Glorieta area, they had all been regular participants at the MEG Senior Center for over 20 years. They go on to explain "Mary Ann had a very kind heart and loved helping others. On Thursdays, you could always find her playing cards at the MEG Center. She was a beautiful person and a friend to many. She will be missed greatly



by all who knew her."

Gretchen Anne Terry, born July 7, 1935, died on March 30 at age 78. She was a 55 year resident of Los Alamos and Santa Fe. Gretchen was a veteran of the U.S. Army and had a long history of volunteer activity, including Eastern Star, Disabled American Veterans (DAV), and caring for her fellow senior citizens.



Marta Demarest, born August 16, 1939, passed away on April 6. She was a wonderful RSVP volunteer who kept things going at the Edgewood Senior Center for many years. Her energy, enthusiasm and care will be greatly missed.

Casa Villita Activities

In May, come join the fun at Casa Villita Retirement Community at 3330 Calle Po Ae Pi between Airport Rd. and Rufina St..

Upcoming events include:

- "Alligator" the musical performer, Tuesday, May 6th, 7:00 -8:00 p.m.
- Community Yard Sale, Saturday, May 10th, 9:00am-1:00pm
- Game Night every Friday at 6:30 pm
- Needlework every Wednesday at 10:00 am

Call Casa Villita staff at 474-7400.

Seeking Al-Anon and AA Facilitators

Esperanza Shelter for Battered Families is looking for a volunteer that can facilitate an AA group on Tuesday evenings.

They are also seeking a volunteer facilitator for an Al-Anon women's group on Wednesday evenings.

For more information, please contact Tamara tamara@esperanzashelter.org or call at 474-5536.



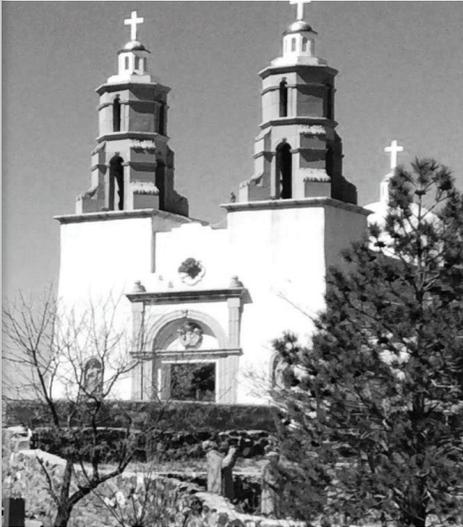
Seeking Board Members for ATS

ATS Resources is a non-profit agency offering hearing loss, low vision, safety, and literacy solutions for Albuquerque and Northern New Mexico. They serve the private and business sectors through assistive technologies for home, workplace, church, state and federal agencies, schools, courtrooms, libraries, etc. Technology solutions from ATS Resources improve quality of life for those with hearing or vision impairment, impacted families, caregivers, nurses, employers and teachers, improving equal access and equal opportunity.

ATS Resources is seeking volunteer Board members interested in supporting the deaf, hard of hearing, low vision, and blind communities throughout NM. Please contact their Executive Director, Romy Pierce, at (505) 292-0298 or pierce@atsresources.org



**San Luis, Colorado
Stations of the
Cross Shrine Trip**



2014 Annual Easter Egg Hunt





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.



Randall Davey Audubon Center

Audubon's Mission: To conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. For more than a century, Audubon has built a legacy of conservation success by mobilizing the strength of its supporters to connect people with nature and the power to protect it.

The Randall Davey Audubon Center is a magnificent getaway at the top of Upper Canyon Road. Under direction of staff, volunteers assist with:

- Education programs for 8,000 elementary school students and summer campers;
Maintenance of new facilities and grounds;
Managing and caring for the historic Davey House and Studio;
Managing their piñon-juniper woodlands and other habitats;
Managing their existing and new gardens;
Assisting in office tasks such as organization and basic data entry; and
Staffing specific family events like weddings and memorials.

To sign up to volunteer with Habitat, call Kristin at 955-4760. Thanks.



RSVP volunteers born in May!

Table listing names and birth dates of RSVP volunteers born in May, including Phillip I. Lujan (5/01), Madonna Luther (5/01), Jamesfrancis Bianca (5/02), etc.



A special thank you...



Louise Kippert

On behalf of the Foster Grandparent and Senior Companion Programs, there are no words that can express the sincere gratitude we have for our beloved Louise Kippert. She started with the Volunteer Programs and because of her efforts; the programs continue to prosper. May she rest in peace.

**Bernard Nuñez
Foster Grandparent**

New Mexico's Aging Department Recognizes Senior Volunteers and Their Contributions

New Mexico's Aging and Long-Term Services Department is recognizing senior volunteers who make significant contributions to their community.

In New Mexico, there are about 450 foster grandparents. The majority of them volunteer at head start programs and elementary schools.

Seventy-seven-year-old Bernard Nuñez from Santa Fe has been a foster grandparent for the last four years. He volunteers 30 hours a week at Agua Fria Elementary.

"I like to give instead of get paid," said Nuñez, who makes a \$2.65-an-hour stipend for his volunteer work. "They are my babies."

Nuñez, who retired after working at St. Ann's and La Fonda Hotel, works with 6th graders who need help with reading. He says his relationship with the students is special because they confide in him. There's nothing else he'd rather be doing.

"I look at the students, and they are the future of this country," said Nuñez, who is one of 28 foster grandparents in Santa Fe. He is the only male volunteer at the moment.

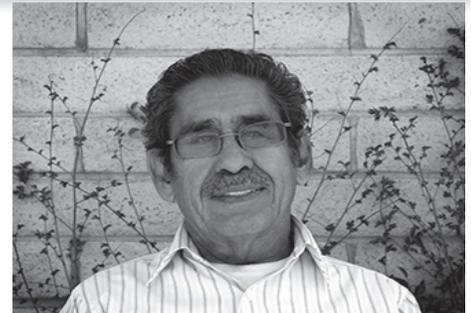
"Foster grandparents form positive relationships with children and, in many cases, they become role models," said Aging and Long-Term Services Cabinet Secretary Gino Rinaldi. "Senior volunteer work has multiple positive impacts, helping the community and keeping seniors active and engaged. With our state's senior population set to double by 2030, programs like this are essential to maintaining high quality of life and containing health care costs."

Foster Grandparents have to meet certain requirements including:

- Be 55 years or older
- Meet income requirements to receive stipend
- Pass a background check.

Nuñez encourages seniors to remain active in their communities. "There are so many beautiful things to be doing, and working with kids is one of them. It's a great time to do something," said Nuñez.

For more information, contact Melanie Montoya at 955-4721.



May In-Service

Mark your calendars for our May Recognition Event which will be held on Thursday, May 8th. Details regarding the event will be forthcoming.

FELICIDADES!!!

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

Mary Baca	5/7
Lucille Vigil	5/15
Benerita Morales	5/18
Aurora Rodriguez	5/21
Bella Campos	5/24





ACTIVITY

05/2014



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

EXCERCISE & 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	Monday	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



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, May 5 at 9:40 a.m.
- Villa Consuelo: Monday, May 5 at 10:00 a.m.
- Pasatiempo: Monday, May 5 at 1:00 p.m.
- Luisa Center: Tuesday, May 6 at 9:00 a.m.

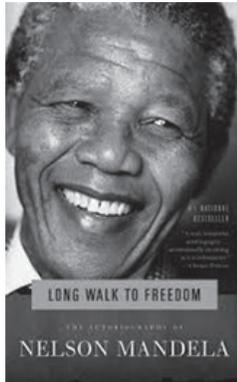
MEG Movie Day

Tuesday, May 27th at 1:00 p.m.

Mandela: "Long Walk to Freedom"

"Intensely emotional and deeply stirring"

Nelson Mandela's extraordinary journey to becoming one of history's most iconic figures is brought to life in this film. Idris Elba powerfully conveys Mandela's charisma and impassioned dedication as a political leader and human rights advocate. The film chronicles his early life, education, marriage to Winnie Mandela (Naomie Harris) and 27-year prison sentence before becoming South Africa's first democratically elected president and working to rebuild the country's once segregated society.



Rated PG-13 (for some intense sequences of violence, disturbing images and strong language.)

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 May 7th
- MEG Center May 14th
- Pasatiempo Center May 21st
- Pasatiempo Center May 28th

Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: July 8th 9:00a.m.
- Senior Olympics: May 14th 9:30a.m.
- Advisory Board: May 15th 9:30a.m.
- Travel Committee: May 16th 8:45a.m.
- Senior Activity Corp: May 16th 10:00a.m.
- RSVP: May 27th 10:30 a.m.

Older Americans' Month Celebration Dance

Let's celebrate Older Americans' Month with a dance at the Fraternal Order of Eagles on Thursday, May 22nd from 1:00 p.m. to 4:00 p.m.



We will celebrate with the live music of Bandalgre. Light refreshments will also be served.

The May dance is being sponsored by the MEG senior center and in honor of Older Americans' month the dance is free (no charge). Call your friends and invite them.

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

Spring Cleaning Yard Sale

Ventana de Vida will once again 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 St. Since tables are limited, you might want to reserve your table today by calling Bernard at 982-6438. The cost per each rented table is \$10.00.

**Community
Yard Sale**



Center Closures

All City of Santa Fe Senior Centers will be closed on Monday, May 26th in honor of Memorial Day. The centers will re-open as normal on Tuesday, May 27th.



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 with available space are:

- **June 10th** **Tricia Penn 438-0460**
- **July 8th** **Stewart Farley 603-4543**

Happy Mother's Day

Mother's Day Celebration at Luisa

Come to the Luisa Senior Center located at 1500 Luisa St. (enter from Columbia St.) We will celebrate Mother's Day on Friday, May 9th, by giving a rose to each mother who comes. We will give them out during the lunch hour 11:00 a.m. – 12:30. Don't miss out!



MEG Senior Resource Fair June 4th

Plan on attending the Senior Resource Fair at the Mary Esther Gonzales Senior Center on June, 4th from 9:00 a.m. to 1:00 p.m. 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 a massage booth. Providers will also offer seniors educational information on health awareness, safety, etc. There will be give-away items and door prize drawings.

This event will focus on senior issues and geriatric wellness. Save the date and come join the fun.

Day Trip to Albuquerque Zoo

Join others for a trip to the Zoological Park in Albuquerque on Tuesday, May 20th. We will be departing M.E.G Center at 9:00 a.m. Donation of \$5.00 for the bus ride. Please bring sack lunch or money to eat at the zoo. Entrance fee to the zoo is \$4.50 for senior. Please wear comfortable shoes.



Travel Committee Trip to Florida Amelia Island, St. Augustine, Jacksonville September 26 to October 6, 2014

Join other seniors on an exciting 10-day trip to beautiful and interesting sites throughout Florida. The trip fee includes travel by hired bus, all hotel nights, many meals, and a variety of entertainment and tours.

- Double occupancy rooms: \$1,025 per person
- Single occupancy rooms: \$1,350 per person

For details and reservations, call:

Cecilia Lopez at 204-9527 or
Alice Vargas at 920-5261



Estate Planning/Probate Workshop May 6th

Free Estate Planning and Probate workshops will be held from 9:30 a.m. to 3:00 p.m. on Tuesday, May 6th at the MEG Senior Center, 1121 Alto Street.

The workshop includes a presentation by a volunteer attorney, an open question and answer period and a free one-on-one consultation with an attorney.

Legal Resources for the Elderly Program (LREP), is funded by the Aging & Long-Term Services Department, NM Civil Legal Services Commission and the State Bar of NM. This program is a working partnership that seeks to educate the public about wills, trusts, estate planning, end of life decisions and probate to meet legal needs.

In addition to these regularly scheduled workshops, LREP, in Albuquerque, is staffed from 8 a.m. to 5 p.m. on weekdays. The program consists of a telephone helpline, brief services, and referrals. More information may be found at <http://www.nmbar.org/Public/lrep.html>

This event is a community service open to the public free of charge. Call 1-800-876-6657 for details or (505) 955-4721 to register for an individual, free, private consultation with one of LREP's highly qualified professional, specializing in legal issues affecting seniors.

Villa Consuelo Bake Sale



Delicious, homemade baked goods will be available for purchase on Tuesday, May 20th at Villa Consuelo Senior Center at 1200 Camino Consuelo.

The Center is between Cerrillos Road and Siringo, across from the old Wal-Mart. If you have never been there for ceramics or Bingo, or just to visit and have lunch, plan to come on May 20th and buy some treats.

The sale will run from 10:00am until everything is gone. Proceeds benefit the center. Come and buy some goodies!

Root Beer Floats at Luisa Center

Join us for a cool, sweet root beer float for just \$2.00 at the Luisa Senior Center on Friday,

May 23th from 11:30 – 12:30. Then, we invite you to stay for Bingo!



Tax Collection at MEG on May 2

The Santa Fe County Treasurer's Office has offered to host another property tax collection event at the MEG Senior Center in December. Property owners of any age may bring checks, money orders or credit cards to pay their property taxes (NO CASH PERMITTED). Treasurer's office staff will collect, enter the payments into their computer database and issue receipts. They are also available to answer questions about the "Modified Gross Income" forms where economically challenged seniors age 65+ can freeze future increases in property tax.

They will be at the Mary Esther Gonzales Senior Center at 1121 Alto St on Friday, May 2nd from 11:00 a.m. to 3:00 p.m.

Walking Wellness Program at MEG Center

In order to encourage healthy living, we have begun a walking class on Tuesday mornings at 10:00 a.m. starting at the MEG Senior Center's front door. If you would like to participate, please call Cindy at 955-4715.

Luisa Center Movie Day Wednesday, May 14th at 1:00 Walt Disney's "Frozen"

After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse.

Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven.





SENIOR OLYMPICS

05/2014



SENIOR OLYMPICS SPOTLIGHT

The first 2014 event took place on March 25th when we had our Air Rifle/Air Pistol Event at the County Extension Building. A total of 27 Olympians participated, including four women. This year we had eight new shooters compete. The event ran very smoothly. Participants showed up on time ready to shoot and listen to the instructions on how to properly handle the guns.



Margaret Murray did a phenomenal job on rifle benchrest shooting. She took the gold with a high score of 322! The top male scorer for Pistol Benchrest goes out Robert Thornberg with a whopping score of 389 out of 400. Event manager Bill Black did a terrific job coordinating along with his helper, fellow-senior Chief Jeffrey Mattick, who traveled from Colorado to assist with the event.

Bill is an instructor and is willing to teach anyone who wants to learn to shoot. He has been event manager for about 13 years now. Robert Napier is looking into becoming our next event Manager for Air Gun/ Air Rifle for the upcoming year. Our eldest competitor, Bruce Kidman, age 82, shot a high score of a 365.



On March 27th, we had Basketball Free-throw at Fort Marcy Complex and 24 participants competed for gold, silver and bronze. Each participant had 15 shots. This year we had seven newcomers to the event. It is nice to see the baby boomers come out to participate. Ronnie Rodriguez shot 13 out of 15. Great Job! The highest

women's score went to two women: Barbara Hutchison and Arlene Mayer both shot eight out of 15.

Following the free-throw competition was the three-point shot. Each shooter had six shots. First-time competitor Gabe Cardenas shot four out of six. That is awesome. Way to go Gabe! A big shout out to the event manager David Soveranez, and to Myla Garcia who helped us keep score.



Table Tennis took place on Friday, March 28th at Ft. Marcy Complex and several athletes participated. The New Mexican was there to interview and take pictures of the athletes. What a great way to bring in more athletes to the sport! Since last year, this sport has grown quite a bit. Bob Funkhouser, in his second year as event manager, did an outstanding job coordinating this event and making it look very





SENIOR OLYMPICS

05/2014



On March 29th, we had our Racquetball event at the GCCC. The tournament was for best two out of three games. Participants break a sweat in a matter of minutes! It is a good exercise to keep the heart going. It can also be dangerous because you get hit by the ball when you're least expecting it. We had singles, doubles and mixed doubles competition. Larry Montoya, the event manager, did an outstanding job coordinating this event.

Swimming took place on Saturday, March 29th at the Genoveva Chavez Community Center. Swimmers signed in and got a number wrapped around their right arms. This year we used the swim timeclock to time the athletes. I was amazed how much heart these athletes put into swimming. Some of them had only a few minutes to take a breather before their next event came up. A round of applause goes out to Jay Stimmel who swam all 14 events! That's what you call stamina. Ethel Trimmer age 93, is still competing. That is what you call heart and dedication. Age is just a number. Thank you, Dick Roth for doing an outstanding job coordinating the Swimming event. Also, thanks to Matt and his staff from the GCCC for your assistance!



Bowling took place at the Cities of Gold on April 1st, 3rd, 9th and 11th. Colored bowling balls of all different sizes were flying right and left down the lanes and strikes and spares were lighting up the score board. Everyone was having fun, while meeting and playing with different athletes. It was nice to see a few new faces. Lots of high fives! The high score of 289 goes to Gary Hadley. That is very impressive! Event manager, David Soveranez did a great job coordinating this event. Keep up the good work, David!



Huachas was held at the County Extension Building on Thursday, April 10th. For those of you who don't know what the sport is, huachas, or "Hillbilly horseshoes," as this game is also known, is a physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a three-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet away from each other. It was double elimination. This year we had a great turnout. We had 30 athletes participate. They played best of three. Several athletes got ringers which counted for 5 points. They were all having fun. Everyone pitched in, either keeping score or picking up the washers for the ones that were unable to bend. That is what it is all about. A big shout out goes to Jose Chris Tercero who made a set of four boards for the event. Thank you Jose!

There will be a race walk clinic on Thursday, May 8th at the Fort Marcy Complex gymnasium from 9:00 a.m. – 12:00 a.m. for those athletes who are competing in race walk on May 27th, or for those who are interested in learning.

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



What is an Advance Directive? (From Compassion and Choices, N.M.)

An advance directive is the all-important set of end-of-life planning documents that include a living will (“what I want”) and a medical durable power of attorney (“who will speak for me”). Easy to remember: advance, meaning prepared ahead of time (in advance) and directive, meaning to give direction to your family and friends after you’re gone.

It’s also good to have conversations with these people, as well as your physician(s), while you’re still here to answer questions, explain details and make sure they know where your documents are kept.

A recent addition to this set of documents is the Dementia Provision. This includes language you can add to any advance directive that advises physicians and family of your wishes if you develop Alzheimer’s disease or any of the other forms of dementia.

You do not need a lawyer to fill out an advance directive. Your advance directive forms become legally valid as soon as you sign them. Two witnesses are recommended to avoid any concern that this document might be forged or that you were forced to sign it or that it does not genuinely represent your wishes.

Another aspect of the advance directive is the importance of understanding the various procedures that may be offered as part of the standard medical practice. This includes preserving life above all other considerations. If you do not wish to be kept alive by artificial means, you need to specify which procedures you wish and which you would rather not have. You can ask your doctor about feeding tubes, ventilators and other devices used to augment or replace the body’s normal functions. You can ask at the library for books, or search the internet for more information.

If you call 911, or someone calls for you, the EMT’s mandate is to preserve your life under most circumstances. Some of the methods they might use are CPR, oxygen or an emergency tracheotomy to restore breathing. You can take control of what happens by having a copy of your advance directive taped to the inside of your front door, on your refrigerator or other obvious place.

You have the right to be in charge of what happens to you at, or near, the end of your life. This can only happen if you think about your wishes, write them down and then make sure others know where to find the information. Telling someone is not a good option, as they might not remember the details at some time in the future.

Compassion and Choices offers free counseling to help you understand your end-of-life choices. To obtain the specific forms for New Mexico, you can call 1-800-247-7421 or go online to www.compassionandchoices.org



Tips for Avoiding Home Improvement Fraud (From the N.M. Attorney General)

For most people, your home is your biggest asset. Take the time to plan a home improvement project carefully, to hire a licensed contractor and to have an agreement that reflects what you want and can afford. Beware:

- Unsolicited, traveling contractors who come to your home and point out problems you have not noticed;
- Contractors who arrive in unmarked trucks or vans and refuse to provide proof of insurance, licensure, and references;
- Contractors who offer you “special deals” like limited price offers, in order to get you to decide in a short time;
- Contractors who say they were doing a job in the neighborhood and have “extra material” and will give you a reduced rate;
- Contractors who won’t give you a written estimate, won’t disclose their hourly rate, or who want to talk about the price of a job later; and
- A company or person who demands that you make full or a significant payment before the project is started.



PUZZLE

05/2014



PUZZLE 28

ACROSS

1. Package of bread
5. Military gp.
9. Actress Harlow
13. Rose's lover
14. Jacket section
15. Folk-singer Guthrie
16. Actress Lollobrigida
17. Think
18. Elbe tributary
19. Make the opposite of the expected occur
22. Thirst: Ital.
23. Recent: pref.
24. Brigham Young University site
26. Doubt
31. Arson, e.g.
32. British river
33. _____ the knot
34. Marilyn Monroe movie
38. Blackjack card
39. Futile
40. Enticed
41. Interfering ones
44. Rural structures
45. Make public
46. State founder
47. Be oblivious
53. Arizona Indian
54. "_____ You Like to Take a Walk?"

55. Arrow
57. Poker stake
58. Sea birds
59. Hodgepodge
60. Writer Uris
61. _____ Sea
62. Hawaiian goose

DOWN

1. Tarry
2. Newspaper notice
3. Japanese aborigine
4. Terrible
5. Anatomical seam
6. Mayberry tot
7. Outdoor-wedding item
8. Detergent
9. Turnkey: var.
10. Celtic
11. Sudsy drinks
12. Negative word
14. Gambling game
20. "_____ on Sunday"
21. Play the horses
24. Value
25. Shattered
26. '60s skirts
27. Golf club
28. Traffic no-no
29. Fathers
30. Watch over
31. Force
32. At a distance
35. Greatly intimidated

36. African antelope
37. Activated
42. Connecticut town
43. _____ Yutang
44. Turns
46. Heaped
47. Pitch
48. Until
49. Auger
50. Moon goddess
51. New England university
52. Miss Moran
53. Actor Linden
56. Water tester

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



Name The Place

Have you seen Elizabeth? You might have if you've been to the Garden State because it's a city located in New Jersey. Get ready to put a place to the name by solving this puzzle of cities and towns that have male or female names.

Solution on the next page

- ANTHONY, Kan.
- ARNOLD, Pa.
- BEATRICE, Ala.
- BETHANY, Conn.
- BRANDON, Fla.
- CHELSEA, Mass.
- DOLORES, Colo.
- DOUGLAS, Wyo.
- ELIZABETH, (N.J.)
- EMILY, Minn.
- EMMETT, Idaho
- FLORENCE, Ore.
- GERALD, Mo.
- HARVEY, (N.D.)
- JEROME, Ill.
- JOANNA, (S.C.)
- LEROY, Ind.

- LINDA, Calif.
- LOUISA, Va.
- MARTIN, Ohio
- MAUD, Okla.
- MEREDITH, (N.H.)
- MURRAY, Ky.
- RAYMOND, Maine
- RUPERT, (W. Va.)
- SCOTT, Ga.

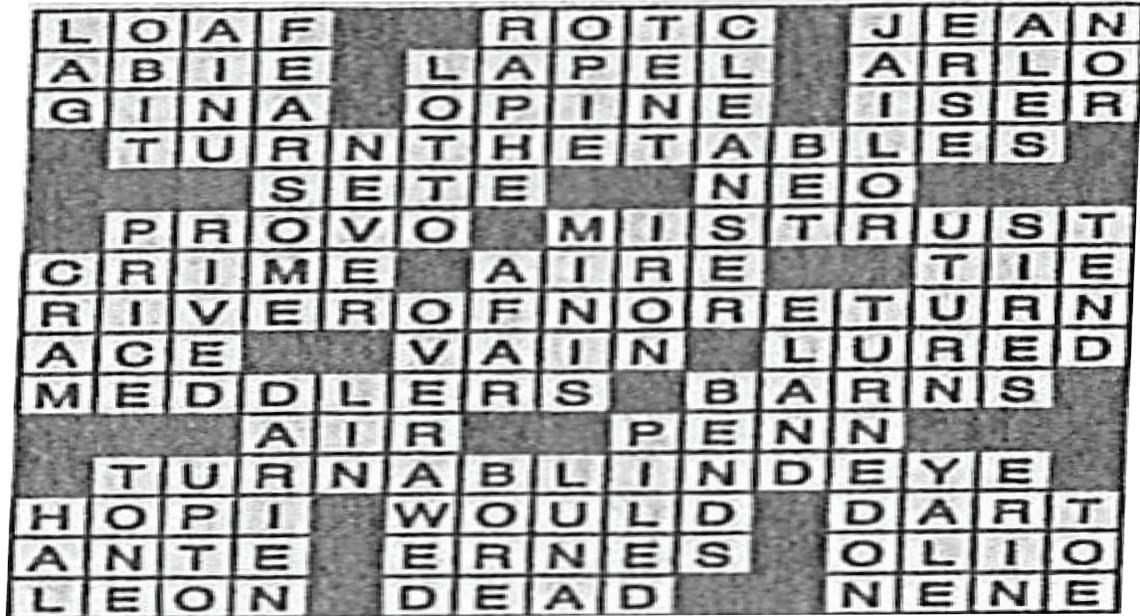
- SPENCER, Iowa
- STANLEY, (N.C.)
- TAYLOR, Ariz.
- THERESA, Wis.
- VICTOR, (N.Y.)
- WARREN, (R.I.)

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

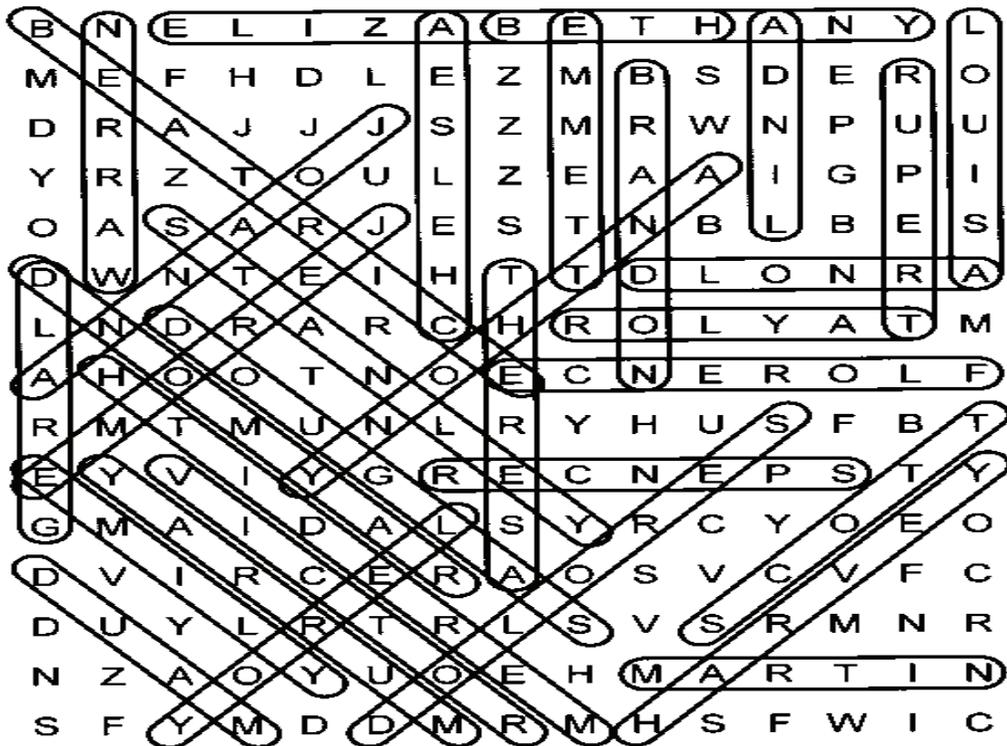


PUZZLE ANSWERS

05/2014



WORD SEEK PUZZLE SOLUTION





BREAKFAST MENU

05/2014



Senior Center Breakfast Menu for May 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).

1st	Sausage, cheese, salsa, English muffin, margarine, milk
2nd	Scrambled egg, cheese, peppers, potatoes, bacon, milk
5th	Sausage, hashbrowns, salsa, small roll, jelly, milk
6th	Scrambled egg, cheese, grilled peppers, potatoes, margarine, milk
7th	Grilled ham, salsa, tortilla, margarine, milk
8th	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
9th	Breakfast burrito: egg, cheese, red chile, bacon on a tortilla, milk
12th	Ham and cheese on a biscuit with margarine, salsa, milk
13th	Scrambled egg, cheese, hashbrowns, salsa, bacon, milk
14th	Pancakes with maple syrup, sausage, tomato juice, milk
15th	Breakfast burrito: egg, cheese, green chile, potatoes, bacon on a tortilla, milk
16th	Grilled ham, cheese, salsa, potatoes, margarine, milk
19th	Scrambled egg, cheese, grilled peppers, hashbrowns, bacon, milk
20th	Sausage, potatoes, cheese, green chile, margarine, milk
21st	French toast, maple syrup, scrambled egg, sausage, tomato juice, milk
22nd	Diced ham, cheese, peppers, onions, potatoes, margarine, milk
23rd	English muffin with scrambled egg, cheese, jelly, tomato juice, milk
26th	All senior centers closed in observance of Memorial Day
27th	Boiled eggs, salsa, small roll, margarine, milk
28th	Sausage, cheese, red chile, small roll, margarine, milk
29th	Ham and cheese on a large biscuit with salsa, margarine, milk
30th	Breakfast burrito: scrambled egg, cheese, green chile, bacon on a tortilla, milk

Nutrition Education: Four Food “Don’ts”

(From the Partnership for Food Safety Education www.fightbac.org)

1. Don't Eat Week-Old Leftovers...even if you think they smell just fine! The types of bacteria that cause food poisoning do not affect the smell, taste or sight of food. You can't tell if food will make you sick just from smelling it. Instead, toss leftovers within 3-4 days. Label them to help you keep track.

2. Don't Leave Last Night's Dinner on the Counter and Eat it for Breakfast. Food is in the "danger zone" when it's between 40° and 140° F. If food is left out in these temperatures for two hours or more, it can become contaminated with bacteria. Instead, pack leftovers into shallow containers and refrigerate them at 40° F or below.

3. Don't Rinse Chicken. This can spread raw juices around your sink and counter tops. Instead, just cook it to 165°F as measured with a food thermometer.

4. Don't Use your Eyes instead of your Meat Thermometer. Many factors can influence the color of cooked meat, including an animal's age, diet and exercise level. Instead, always measure meat with a food thermometer to make sure it is done.





MAY SENIOR LUNCH MENU

05/2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu is Subject to Change		1 Baked Chicken Wild Rice Carrot Raisin Salad Baked Biscuit w/ Margarine Mandarin Oranges Milk	2 Open Face Hot Roast Beef Sandwich Mashed Potatoes w/ Brown Gravy Carrots & Peppers Chilled Pears Milk
5	6	7	8	9
Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Margarine Jell-O w/ Peaches Milk	Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Margarine White Cake Milk	Baked Chicken w/ Noodles & Sauce Carrots & Green Peas Cornbread w/ Butter Fruit Salad Milk	Baked Pork Chop Topped w/ Veggie Sauce Seasoned Pasta Buttered Carrots French Bread w/ Margarine Mandarin Oranges Milk	BBQ Bonanza Chicken, Sausage and Brisket Creamy Coleslaw Pinto Beans WW Roll / Cookie Milk
12	13	14	15	16
Bean Burrito Spanish Rice Salsa Corn Tossed Salad w/ Dressing Chilled Applesauce Milk	Baked Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato WW Roll w/ Margarine Banana Pudding Milk	Baked Chicken w/ Veggie Sauce Steamed Mustard Greens Baked Biscuit Chilled Mixed Fruit Milk	Pork Posole w/ Red Chile Tossed Salad Mustard Greens Tortilla Baked Cookie Milk	Pork Ribs Baked Potato Green Salad Potluck Roll Strawberries & Bananas Milk
19	20	21	22	23
Baked Fish Fillet Tartar Sauce Topping German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding Milk	Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce Milk	Roasted Turkey w/ Turkey Gravy Baked Sweet Potatoes Steamed Green Beans Cornbread w/ Margarine Sugar Cookie Milk	Glazed Ham Baked Yams w/ Marshmallow Topping Steamed Green Beans Cornbread w/ Margarine Chilled Fruit Salad Milk	Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp Milk
26	27	28	29	30
ALL SENIOR CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY	Beef Taco (1) w/ Garnish & Salsa Spanish Rice Salsa Corn Jell-O w/ Apricots Milk	Sweet & Sour Pork Steamed Rice Steamed Carrots WW Roll w/ Margarine Fresh Orange Milk	Italian Meat Lasagna Garden Salad Mixed Vegetables French Bread Fruit Cobbler Milk	Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit Milk

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



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

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WE ARE LOOKING TO CUT COSTS

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

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

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

