

# The Senior Scene

*Vistas de los Mayores*



*Hogan at New Mexico State Fair*

Photos by Don Bell

## September 2012

Programs and Activities for Older Adults



### Division of Senior Services

# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to [www.santafenm.gov](http://www.santafenm.gov)

- You will be on the City of Santa Fe's website Home Page.
- Click on the words "A to Z index" in the upper left corner of the City's Home Page. A new page will appear.
- Scroll down to the letter "S" and click on "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information, staff contacts, and enrollment forms for Senior Services Membership card and for the RSVP Volunteer Program.

If you have any questions or comments about the Senior Services web pages, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or 505-955-4760.

### Front Desk Reception

From Santa Fe **955-4721**  
 From outside Santa Fe (toll-free) 1-866-824-8714

**Ron Vialpando, DSS Director** 955-4710

### Administration

Cristy Montoya, Administrative Secretary 955-4721  
 Sadie Marquez, Receptionist 955-4741

### Nutrition

Thomas Vigil, Program Administrator 955-4740  
 Enrique DeLora, Inventory Supervisor 955-4750

### Meals On Wheels

Carlos Sandoval, Program Supervisor 955-4748  
 Yvette Sweeney, Administrative Assistant 955-4739  
 Robert Duran, MOW Assessments 955-4747

### Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Ventana de Vida, M.E.G. Center  
 Cristina Villa, Program Coordinator 955-4725  
 Pasatiempo, Luisa, Villa Consuelo

### 50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

### Transportation Ride Reservations **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702  
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

### In Home Support Services, Respite Care

#### Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745  
 Katie Ortiz, Clerk Typist 955-4746

#### Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722

#### Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

#### Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760  
 Marisa Romero, Administrative Secretary 955-4743  
 FAX Machine - RSVP Office 955-4765

#### Miscellaneous

Lobby Area 955-4735  
 Craft Room 955-4736  
 Pool Room 955-4737  
 FAX Machine - Administration 955-4797  
 Board/Conference Room 955-4757  
 FAX Machine - Nutrition 955-4794

#### Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760  
 Email: [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)  
 Brian Ferns, Graphic Artist  
 Jeannie Rae and Judy Valdez, Copy Editors

## CITY OF SANTA FE - RUN SENIOR CENTERS

<b>LUISA</b> 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	<b>VENTANA DE VIDA (Pacheco)</b> 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
<b>MARY ESTHER GONZALES (M.E.G.)</b> 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	<b>VILLA CONSUELO</b> 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
<b>PASATIEMPO</b> 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	<b>COUNTY INFORMATION</b> <b>COUNTY TRANSPORTATION</b>	992-3094 992-3069

# *DIRECTOR'S REPORT*

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Dear Patrons:

This year our glorious nation will celebrate the 130th Anniversary of Labor Day on Monday, September 3, (the first was held on Tuesday, September 5, 1882, in New York City). Labor Day is a special dedication and acknowledgement of our workforce for their hard work and commitment in making this country prosperous as well as a global leader. According to the US Department of Labor it "is a creation of the labor movement and is dedicated to the social and economic achievements of all American workers". "The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker." Therefore, please join me in taking this opportunity to thank the workforce at the Division of Senior Services, both staff and the numerous volunteers, for their continued hard work and dedication in making this program successful. Also, be advised that all senior centers will be closed on Labor Day, Monday, September 3.

Another milestone is Santa Fe's very own historical Fiesta and this year our city will be celebrating its 300th Anniversary! In 1712, a proclamation established the first Fiesta de Santa Fe and was signed by Governor Marquez de La Penuela. This year's festivities will kick off on Thursday, September 6th, at Fort Marcy Park with the burning of Zozobra to dispel hardships and travails of the past year.

Because of the many events and numerous citizens participating, all senior centers will operate on an adjusted schedule on Friday, September 7. Centers will open at 8:00 am and close at 12:00 noon. Congregate meals will not be served. However, home delivered meals will be on their normal delivery schedule. In addition, Transportation and In-Home Support services will be provided from 8:00 am to noon, with the last ride pick-up at 11:30 am. Therefore, please make note of these adjusted schedules and coordinate any necessary arrangements in advance to meet your requirements.

In closing, I hope you each partake in the many festivities this city has to offer during this month. Have a safe and enjoyable September celebration!

Viva La Fiesta!



# SENIOR SERVICES PROGRAM INFORMATION

## Senior Center Membership Card

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

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



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

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

For details call Brenda Ortiz at 955-4722.

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

**We will print cards on the following days:  
Tuesdays, September 11, 18 and 25  
October 9, 16, 23 and 30  
9:00am to 1:00pm**

## SENIOR TRANSPORTATION INFORMATION

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

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

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

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

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

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

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

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

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride. Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: We will be closed on Labor Day September 3rd and after 11:15 on Sept 7th.

# SENIOR SERVICES MONTHLY EVENTS

## FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

**You must make an appointment ahead of time.** To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

<b>Wednesdays</b>	<b>8:00 - 11:45 a.m.</b>	<b>September 5, 12, 19, and 26</b>
<b>Thursday</b>	<b>12:30 - 3:30 p.m.</b>	<b>September 13 and 27</b>

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

## CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	September 4	8:30 a.m.
Pasatiempo	Monday	September 3	1:00 p.m.
Ventana de Vida	Friday	Oct. 5 & Dec. 7	9:30 a.m.
Villa Consuelo	Monday	September 3	10:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	September 19	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	September 20	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	September 20	10:00 a.m.
Transportation (Now meets quarterly)	Tuesday	October 9	9:00 a.m.
Senior Olympics	Wednesday	September 12	9:30 a.m.
RSVP	Tuesday	October 23	10:00 a.m.

## BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

<b>M.E.G. Center</b> - First and Second Tuesday	Sept. 4 & 11	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	Sept. 6	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	Sept. 13	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	Sept. 18	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	Sept. 20	11:00 a.m. to 12:00 noon



# NEWS & VIEWS

## Senior Center Closures

All Santa Fe Senior Centers will be closed on Monday, September 3rd for Labor Day. We will also close at noon on Friday, September 7th for Fiestas. There will be no meals at senior centers, but Meals on Wheels will be delivered. Last call for Transportation pick-up is at 11:15. No activities will take place September 7th.

## He will be missed...

Ross Martinez of Chimayo, NM passed away on August 11th, 2012. He was born the day before Valentines- how appropriate for a man with such a big heart. Ross attended elementary school in Chimayo and graduated from Santa Cruz High in 1957 - a football star and trickster who loved to dance. Professionally, he was a carpenter for Robert E. McKee for 26 years.



The Chimayo Museum named him El Tesoro: The Community Treasure, a title he earned. Ross began his involvement with Senior Services 30 years ago when he would take his mother to the Benny J. Chavez Community Center. He began volunteering then, bringing baked goods donated from groceries. He was always very involved with the church, including tending cemeteries. He founded the Bajitos Car Club and brought low riders to the Santiago Fiestas. He even played small roles in several movies.

He is survived by his beloved wife Rose and many friends and family members.

The article was written by Lillian Lopez.

## HAPPY BIRTHDAY!

Happy Birthday, FGP and SCP Volunteers! The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of September.

- |                 |      |
|-----------------|------|
| Rita Gallegos   | 9/2  |
| Pita Vasquez    | 9/5  |
| Ruby Jo Martin  | 9/14 |
| Socorro Arroyo  | 9/19 |
| Mary Grace Saiz | 9/22 |



## ECHO Commodities Food Distribution

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



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

For more information, please call the ECHO office at (505) 242-6777 in Albuquerque. Next distribution is September 18th.

You must bring a current utility bill in your name.

## Food Giveaway at St. John's

Bring a bag or box to St. John the Baptist Catholic Church at 1301 Osage Ave. and receive 10 food items every third Friday of the month September 21st from 3:00 to 4:30pm or until food runs out.



## Making Strides to End Breast Cancer

The Santa Fe walk will be on Saturday, October 6th, starting at 8:00 (registration) and 9:00 (walk) at the Villa Linda Park. For walk details, go to [www.makingstrideswalk.org/santafenm](http://www.makingstrideswalk.org/santafenm).



## LIHEAP Applications Available

It is time to think about the Low Income Heat and Energy Assistance Program (LIHEAP), if you foresee needing assistance with heating (gas, electric, propane or wood) costs this winter. Applications are available at the MEG Center front desk or by calling 955-4721.

# NEWS & VIEWS

## La Merienda 2012

(By senior Gloria Kahn)

While everyone is celebrating the 100th anniversary of New Mexico's statehood, La Sociedad Folklorica has been active in the celebrations by showcasing a beautiful collection of 1912 dresses.

In January, the Sociedad was part of the celebration at the Round House while the Legislature was in session. Soon after, the Sociedad was invited to participate in the 2012 New Mexico Statehood History Conference at the New Mexico History Museum that was sponsored by Los Compadres del Palacio. We also participated in the Centennial Celebration of the Pony Express at the N.M. Land Office.

La Folklorica is preparing La Marienda and Fashion Show once again this year. A wonderful collection of vintage clothes dating back from the late 1800 to 1950's will be modeled by the Sociedad members, their friends and families. Because the collection is large we are able to alternate the clothing every year.

Many dresses have been donated to the Sociedad over the years. This year we received several pieces donated by the family of Soraida Montoya who was a very active member of La Sociedad for many years. Last year, we received several beautiful fiestas dresses from Rose Marie Alderete. Because of the donor's desires in preserving and showing these dresses and accessories we have been able to add to our collection. We gratefully appreciate the wonderful donations. Although the Merienda is held once a year, a group works all year boxing, repairing and categorizing the inventory.

Biscochitos and New Mexican chocolate with a hint of cinnamon will be served after the fashion show.

As in every year, La Folklorica will be hosting La Marienda and Fashion Show on Saturday, September 8th at 3:00 p.m. at the James A. Little Theater. Look for the Fiesta Queen and her court escorted by Mariachis. Tickets are \$8 per person if you go on your own.

If you would like to go in a group with Senior Services, tickets are only \$5 each. Call Christine at 955-4715 to reserve.

## Thank You, Humana

We would like to thank Humana Health Services for sponsoring several events this year at the Mary Esther Gonzales and at Ventana de Vida Senior Centers. Our seniors enjoyed the wonderful cakes and root beer floats they provided.

## Flora's Corner

Inspiration colleted by senior Flora Leyba

The Tongue

"The Boneless tongue, so small and weak  
Can crush and kill" declared the Greek.

A Persian proverb wisely saith:

"A lengthy tongue, an early death."

Sometimes it takes this form instead:

"Don't let your tongue cut off your head."

"The tongue can speak a word whose speed, "

The Chinese say "outstrips the steed."

While Arab sages this impart:

"The tongue's great storehouse is the heart."

From Hebrew wit the maxim's sprung:

"Though feet should slip, don't let the tongue."

A verse in scripture crowns the whole:

"Who keeps his tongue doth keep his soul."

- Author unknown

## Fifth Annual Matanza (Pig Roast)

On Thursday, September 20th from 5:00 to 9:00 p.m., the Vietnam Veterans of Northern New Mexico Chapter 996 will host a delicious matanza (pig roast). The event will be at the Elks Lodge at 1615 Old Pecos Trail in Santa Fe. The meal includes pig, red chile with meat, green chile with meat, beans, chicharon and more. There is free music for all and free horse rides for kids. Tickets are just \$10 for adults and free for children 18 and under.

For tickets, call Henry at 603-8639 or Eddie at 474-3651.

## International Sage-ing Conference

(Written by Gary Carlson, for the Conscious Aging Network of New Mexico)

In October, the Sage-ing Guild will hold its biennial International Sage-ing Conference in North Carolina at Lake Junaluska Conference Center, entitled Wisdom Speaks: The Art of Aging. If you have an interest in learning more about sage-ing/conscious aging, I encourage you to consider attending this four-day conference. Several of us from the Conscious Aging Network of New Mexico will be attending, and I will be participating in the plenary session on positive aging. More information is available at <http://www.sage-ingguild.org/conference/>.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



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

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

*RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.*

### Court Appointed Special Advocates

CASA, Court Appointed Special Advocates, recruits and support volunteers to advocate for children in the foster care courts.

They are currently seeking office volunteers to help them by answering phones, meeting and greeting other CASA volunteers, light use of computers, completing filing work, helping with organization around the office, and other basic administrative duties as needed. They have a staff of two and they need you to help them help New Mexico's children!



### Some CASA Statistics:

- 1 paid CASA staff supports 30 volunteers who serve 75 abused and neglected kids in Santa Fe, Rio Arriba and Los Alamos counties.
- Last year more than 1600 abused and neglected children in New Mexico had a CASA volunteer.

### A child with a CASA is...

- More likely to be adopted than to linger in long-term foster care
- Half as likely to re-enter the foster care system
- More likely to excel in school



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

## September

Alice Salazar	9/01	Theresa Marquez	9/15
Henrietta Morales	9/02	Lydia Anicito	9/16
Franziska M. Chandler	9/04	Sophia M. Gallegos	9/16
Claudia Robbins	9/04	Barbara Anderson	
Karen Bohnhoff	9/05	- Acosta	9/17
Pita Vasquez	9/05	Anthony Anicito Jr.	9/17
Celendonio F. Lucero	9/06	Alexanna Hope	9/17
Theresa M. Ortiz	9/06	Barbara Aran	9/18
Corrine Vargas	9/07	Celina "Sally" Roybal	9/18
William A. Dally	9/08	Claire Rodill	9/20
Sandra Kendall	9/08	Anita Zednik	9/20
William Trujillo	9/08	Sister Maria Armijo	9/21
John J. Geier	9/10	Carlos Aguirre	9/22
Chonita Martinez	9/10	Frances Gomez	9/24
Roy Trujillo	9/10	Lucy R Brown	9/25
Jake Martinez	9/11	Marie B. Castaneda	9/25
Kate Oldroyd	9/11	Donald Dayton	9/25
Elizabeth Hinds	9/13	Jessie Fisher	9/26
Ida War	9/13	Marie B. Pacheco	9/26
Mathilde Goodwin Bird	9/14	Delia Flores	9/27
Jane Gabaldon	9/14	James J. Fusco	9/28
Brue H. Kidman	9/14	Irene R. Maestas	9/28
Kathy Powell	9/14	H. Carl Strutz	9/28
Carol Wulff	9/14	Chris Davis	9/29
Janet Amtmann	9/15	Frances S. Quintana	9/30
Gail Askew	9/15	Pat Stevens	9/30
Gloria C. Bosson	9/15	Vicenta J. Trujillo	9/30
Sister Paula Gallagher	9/15		

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## St. Elizabeth Shelter

Established in 1986, St. Elizabeth Shelter has been serving homeless individuals and families in Santa Fe for more than 25 years. Their volunteer needs include:



**Front Desk Receptionist**-This position includes answering phones; greeting donors and guests; distributing hygiene items, clothing, blankets, and mail; making referrals; record keeping, and filing; checking in shelter guests; and assisting with intakes and departures.

**Meal Providers**- Volunteers purchase ingredients to provide a fully prepared evening meal - consisting of a main dish, one side, and a dessert (optional) for 40 individuals once a month. You may prepare the meal at home or at the shelter, or even bring in a catered dinner. They encourage families, groups of friends, church groups, or local businesses to work together as dinner volunteers. **Donation Solicitors**- Volunteers in this position will write letters, make calls, and visit local businesses and other potential donors to solicit both financial and in-kind donations.

**Painters**- Volunteers with painting skills are needed for painting projects planned throughout the year. All necessary materials are provided. **Landscapers**- Volunteers are needed to assist with gardening, watering, pulling weeds, planting, fertilizing, and related projects during the spring/summer seasons.

**Move-In/Move-Out Housekeepers** - Volunteers are needed to assist with cleaning a recently vacated unit so that a new resident can move in. **Instructors** - Volunteers are needed to help facilitate classes for job skills, basic computer skills, resume writing, ESL tutoring, arts/crafts projects, and nutrition.

**Resource Center Volunteers**- The Resource Center provides lunch, clothing, and case management services twice a week. Volunteers are needed to assist with food prep and cooking, signing in clients, monitoring the premises, and **Annual Fundraiser Event**- St. Elizabeth Shelter is in the process of developing and launching an

annual fundraiser.

Contact RSVP at 955-4760 for details.

## Santa Fe Community Farm

Owned by John Stephenson, age 98, the SFCF is an historic charitable 12 acre farm that has been growing fresh organic produce to give to the needy for almost 50 years. They are looking for volunteers daily. They need harvesters of tomatoes, apples, squashes, beans, carrots, beets, broccoli, kale and more! Their apple orchard is ready – and it is their largest harvest ever! Come spend time with the trees, veggies and friends. Absorb the tranquility of the last farm in Santa Fe.

For more information, go to [www.santafecommunityfarm.org](http://www.santafecommunityfarm.org)

Volunteer with them! Call 955-4760.

## Emergency Management for Santa Fe and for You!

The new Emergency Manager for the City of Santa Fe, Andrew Phelps, will address the public on the City's upcoming initiatives in emergency preparation, including a hazard mitigation plan revision; site-specific emergency plans; a comprehensive training and exercise plan; and a community engagement strategy. He will also give instruction on individual preparedness, focusing on specific needs of senior citizens.

Mr. Phelps will share his own personal story of living in lower Manhattan during the 9/11 attacks and his involvement in the response to the collapse of the World Trade Center buildings- an experience which led him to this career.

9:00 a.m. on Tuesday, September 11th  
MEG Senior Center 1121 Alto St  
Free and Open to the Public

## Reminder- Time to Turn in Your Hours

If you have been putting in volunteer hours in July, August and September, it is almost time to report them to the RSVP Office. Please mail, email, fax or deliver them to Marisa before the end of September.

If you have any questions or you need a new form, please call Marisa at 955-4743.

# ACTIVITIES

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

## Ongoing Activities by Senior Center

### Luisa Senior Center

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

### Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class	Mon.-Thurs.	8:15 am
Yoga (Dahn)	1st & 3rd Tues.	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings

### Pasatiempo Senior Center

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

### Ventana de Vida Senior Center

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

### Villa Consuelo Senior Center

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

## Ongoing Activities by Activity or Class Type

### ART

Ventana-Class	Tuesday	1:00 pm
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### BINGO

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

### BRIDGE

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

### CERAMICS/CLAY

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

### COMPUTER

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

### DANCE 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

### EXERCISE CLASSES/FITNESS EQUIPMENT

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

### GUITAR CLASS (Beginner)

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

### JEWELRY MAKING

MEG Center	Monday	9:00 am
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### SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
MEG-Knitting	Friday	2:00 pm

### SING-ALONG

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

### TAI-CHI

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

### WOOD/STRAW APPLIQUÉ

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

### YOGA

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

## Senior Center Closures

All Santa Fe Senior Centers will be closed on Monday, September 3rd for Labor Day. We will also close at noon on Friday, September 7th for Santa Fe Fiestas so there will be no activities that day.

## Fiesta Dance

Que viva la Fiesta! Join us at the annual Fiesta Dance at the Fraternal Order of Eagles, 833 Early Street. Fiesta de Santa Fe Royalty and Mariachi will join us at 1:00 p.m. Please bring your Senior Membership Card for scanning.



Dance Date: Thursday, September 6th

Time: 1:00 to 4:00 p.m.

Admission: \$2.00

Music: Rudamintz

Sponsored by: Luisa Senior Center

## Additional State Fair Trip Scheduled

We filled the bus (and then some) for the first trip, so we added another. DSS will take interested seniors to the State Fair on Thursday, September 20th. The bus fee is \$6.00. Individuals pay their own way at the fair gates; lunch is on your own. Arrive at the MEG center by 8:30 a.m. The bus will depart to the State Fair at 9:00 a.m. and will leave from the Fair at 3:00 p.m.

Please call Christine at 955-4715 to reserve your seat.

## Arts & Crafts Workshop at MEG Center

You are invited to join us for Arts & Crafts workshops on the fourth Friday of the month, from 10:00 - 11:00 in the Board Room of the Mary Esther Gonzales Senior Center. Each month will feature a special arts and crafts project to celebrate the holidays. This month's focus will be on "decorations for autumn".

The workshop is hosted by our very artistic volunteer, Patti Merrill. So, bring a friend and join the fun! See you on:  
September 28th 10:00 – 11:00 a.m.

# BINGO

## Win \$100! Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center at 664 Alta Vista St. will host a Bingo on Sunday, September 23rd from 1:00 p.m.—4:00 p.m.

Play for just \$12.00 for package and a chance to win a \$100.00 jackpot!

We will serve Indian Tacos and a drink for \$5.00. Everyone is welcome.

## MEG Movie Day September 21st at 1:00 p.m. "The Best Exotic Marigold Hotel"

A group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past.



## Afternoon Trip to La Merienda 2012

La Sociedad Folklorica will host La Marienda and Fashion Show on Saturday, September 8th at 3:00 p.m. at the James A. Little Theater at the School for the Deaf. If you would like to go in a group with Senior Services, tickets are only \$5 each. The bus will leave the MEG Center at 2:30p.m. Call Christine at 955-4715 to register.

## Vivan las Fiestas at MEG Center

In the spirit of Fiestas, come hear the Carlos Aguirre Trio on Wed. September 5th 11:00 - 12:30 p.m. at MEG!

# ACTIVITIES for this month

## Two Legal Fairs Coming to MEG Center: Free Legal Help for All Ages October 13th

Residents of Santa Fe and the surrounding areas can attend a free legal fair on a variety of topics between 10:00 a.m. and 1:00 p.m., on Saturday, October 13th. Attorneys from the 1st Judicial District will be on hand to provide free consultations on a first-come, first served basis. They can cover divorce, custody, landlord/tenant issues, bankruptcy, foreclosure, creditor/debtor problems, public benefits, guardianships, wills, power of attorney, health care directives and child support.



## Free Legal Help for Seniors November 8th

The State Bar of New Mexico's Lawyer Referral for the Elderly Program is presenting a free legal workshop for seniors age 55+ on Thursday, November 8th at 9:30 a.m. An attorney will present information regarding Powers of Attorney, Advance Health Care Directives, Medicaid and Long Term Care, Probate and Estate Planning, Transfer on Death Deeds, and Consumer Debt. Then, free 30-minute private sessions are available from 1:30 pm to 4:00 pm.

Please check the October newsletter for further information on both events.

## Spanish Classes at MEG – A continuation

Sister Maria Armijo will be back to teach a continuation of previous Spanish classes for those who attended last April and June. The classes will take place at the Mary Esther Gonzales Senior Center's Board Room from 12:30 to 2:00 p.m. The dates are as follows:

September 10th, 17th and 24th.

For more information, please call Christine at 955-4715.

## Saturday Driver Safety Class

If you work during the week take the AARP class (see next column) on Sat. , Nov. 3rd 12:30 - 5:00 p.m. at Pasatiempo Center. Call Alan Kalman at (505) 629-0752.

## AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to



5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road. New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

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

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

**September 11th** call Patricia Penn at 438-0460

**October 9th** call Stephanie Thomas at 466-4738

## MEG Pool Room 8-Ball Tournament

The 8 Ball Pool Tournament took place in the Pool Room of the Mary Esther Gonzales Senior Center on Friday, July 27th at 10:00 a.m. The day started off with excitement and anticipation. The competition was strong, comradeship was great and everyone played a great game! There were two age categories: 50 – 70 and 71 & over. First and Second place were given to each category. Refreshments were served and everyone had a good time.

### Congratulations to:

Category 50 - 70

1st Place – Ernie Griego

2nd Place – Craig Stamm

Category 71 and over

1st Place – Frank Rael

2nd Place – Steve Rodriguez

We want to thank Tomasita's Restaurant for its sponsorship and donation of meal certificates which were given out as prizes for our winners.

# ACTIVITIES for this month

## Zumba Classes at M.E.G. Senior Center

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. For active older adults who want camaraderie, excitement and fitness as a regular part of their weekly schedule, Zumba Gold is the perfect fit. It's a dance-fitness class that is healthy, feels friendly, and most of all, is a lot of fun.

Classes are led by Denise Cox, a certified Zumba instructor, and they will take place on the 2nd and 4th Fridays of the month. Join us:

Fridays, Sept. 14th and Sept. 28th at 1:00

## Free Hair Cuts at MEG & Pasatiempo

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

MEG Senior Center Tues, Sept. 11th  
Pasatiempo Center Tues. Sept. 18th and 25th



## Emergency Management for Santa Fe and for You!

The new Emergency Manager for the City of Santa Fe, Andrew Phelps, will address the public on the City's upcoming initiatives in emergency preparation, including a hazard mitigation plan revision; site-specific emergency plans; a comprehensive training and exercise plan; and a community engagement strategy.

He will also give instruction on individual preparedness, focusing on specific needs of senior citizens.

Mr. Phelps will share his own personal story of living in lower Manhattan during the 9/11 attacks and his involvement in the response to the collapse of the World Trade Center buildings- an experience which led him to this career.

9:00 a.m. on Tuesday, September 11th  
MEG Senior Center 1121 Alto St.

**Free and Open to the Public**

## Senior Travel Committee Upcoming Trips

Please note: There is a 10% cancellation fee.

### Balloon Fiesta Trip Oct. 11

Thursday, October 11th the van will leave MEG Center at 5:00 a.m. to go see the balloons in Albuquerque. Cost is \$15.00 per person. Call Don Bell at 982-2707 to reserve space.



### Chama Toltec Railroad Day Trip Oct. 19

This 12-hour trip is on Friday, October 19th leaving MEG Center at 7:00 a.m. The cost is \$110.00 per person. Call Don Bell at 982-2707 or Mercy Moreno at 986-1416 to reserve your space.



### "Christmas on the Pecos" River Cruise Dec. 5 - 7

Join the Senior Travel Committee on December 5th, 6th & 7th for a trip to Carlsbad, N.M. The tour will travel on the Senior Services bus and includes a cruise down the Pecos River to see the Christmas lights reflecting on the water, two nights in a hotel, two breakfasts, and a tour of Carlsbad Caverns (including a new cavern never made public before).

Double Occupancy \$205.00 per person

Single Occupancy \$310.00 per person

Call: Cecilia Lopez at 204-9527 or  
Chuck Niggeman at 988-2958

## Yoga Class at MEG Center

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

Tuesday, Sept. 4th and Sept. 18th

# HEALTH & SAFETY

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## Things to Consider When Integrating Your Home Health Care with Medicare

By Elais Ponton, RN

Nurses With Heart Home Care

Medicare can be perplexing, especially when combining complex health issues and the need for medical devices. Here are some commonly asked questions and answers regarding Medicare and home health care.

### Who qualifies for Medicare?

The U.S. government provides this national health insurance program for individuals:

- Age 65 and older
- Under 65 with certain disabilities
- Diagnosed with End Stage Renal Disease, a form of permanent kidney failure requiring dialysis or transplant

### What does Medicare cover?

Medicare has four different coverage sections. "Original Medicare" consists of Parts A and B, while Part C is known as "Medicare Advantage Plan":

#### Medicare Part A: Hospital Insurance

Part A covers care in hospitals and skilled nursing facilities, home health, & hospice.

#### Medicare Part B: Medical Insurance

Part B covers visits to your doctor and to other care providers. This also covers hospital outpatient care, durable medical equipment, home health care, & specific preventative services, like vaccinations.

#### Medicare Part C: Medicare Advantage

Part C combines health plan options purchased from Medicare-approved private insurance companies and integrates prescription drug coverage.

#### Medicare Part D: Medicare Rx Drug Coverage

Part D covers Medicare-approved prescription drugs and lowers costs of other medications.

## Does Medicare cover home health care?

The Medicare website states, "Medicare only covers home health care on a limited basis as ordered by your doctor". Medicare home health care coverage in New Mexico stipulates meeting all of the following criteria:

- a. You are currently receiving regular services from a physician who maintains and regularly reviews a care plan unique to you.
- b. Your physician must certify a "need" for specific medical services such as oxygen or physical therapy.
- c. Your home health care agency providing services must be Medicare-certified.
- d. Your physician must certify your health status as homebound, meaning: Your health condition limits you from leaving home; or you are unable to travel from home without help; or leaving your home takes considerable effort and may be detrimental to your condition.

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## My home health company does not take Medicare. Why is this?

The Medicare-approval process is lengthy and costly, so companies may actually be in the process of becoming Medicare certified.

Furthermore, the Medicare criteria for coverage of home health care are very strict; many people who may apply for their approved home health company may not receive coverage. Currently, Medicare pays approximately half of health care costs to seniors and often denies payment due to not meeting criteria. It is essential to know if you meet these criteria prior to restricting yourself exclusively to Medicare-approved home health care companies.

While Medicare solely covers home health for the homebound, home health care is NOT exclusively for the homebound. Home care agencies offer a variety of services benefiting those who are and are not covered by Medicare and also to those who are not homebound. Check out [www.medicare.gov](http://www.medicare.gov), the official U.S. government site for Medicare.

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**Nurses With Heart** Home Care's professional staff provides home health services in the comfort of your home, 24/7. For more information, call (505) 424-9099 or find them on the web at [www.NursesWithHeart.com](http://www.NursesWithHeart.com).

# SENIOR OLYMPICS

## Senior Olympics Spotlight

The 2012 New Mexico Senior Olympic Summer Games took place on the New Mexico State University campus, Wednesday through Sunday, July 25-29. In its sixth and final consecutive year to be located in Las Cruces, 2012 is the year for participating athletes to qualify for the National Senior Games in Cleveland, Ohio. There were about 1,200 athletes from all over New Mexico competing in State Games this year.



We had a total of 65 athletes compete and represent Santa Fe County. That was a good number this year. The scale and level of competition was tough this year. These athletes train year 'round for their events. It takes heart and dedication.

There were several record breakers in different sports. I know one of our athletes, Barbara Hutchison, broke her own record in Shot Put. She threw the shot a distance of 24'08.75. Great job Barbara! I'm not aware of who else broke records until the record book is ready. Watching these sports makes you want to train and prepare for the upcoming year. Here is the medal count of athletes who participated in State Games in Las Cruces:

Gold –	78
Silver -	34
Bronze -	24
4th place -	9
5th place-	9
<b>Total Medals</b>	<b>154</b>

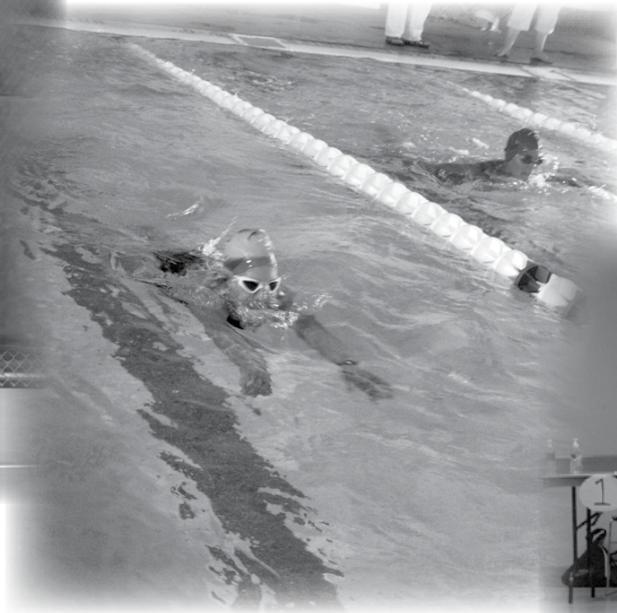
Congratulations all athletes! Don't forget that it's only a few months until registration for the next local games. Registration begins in January 2013. We'll keep you posted.

- Cristina Villa

## 2012 State Senior Olympics Participants

Ann Aceves	Alfred Padilla
Joseph Armbruster	Barbara Padilla
Nancy Armbruster	Mary Page
Paul Bell	Liz Parker
Stan Boyd	Fred Pearson
Mike Budnik	Vivian Reinkainen
Larry Cicci	David Robb
Barbara Cohen	Carolyn Robinson
Casey Cronin	Bonnie Rogers
Terry Davenport	Ann Romero
Eduardo Escudero	David Roybal
Albert Esparsen	Dorothy Roybal
Christopher Fletcher	Emma Roybal
Ricardo Gonzales	Joe A. Roybal
Terri Gonzales	Johnny Roybal
Grace Gutierrez	Ricardo Roybal
Barbara Hutchison	Jim Ruark
Eric Keys	Linda Ruark
James Koch	Maureen Ryan
Owen Kunkle	Jack Scott
Wayne Lloyd	Kerri Segell
Ann Mackinnon	Christina Simek
Adelaido Martinez	Thomas Simek
Isabel Martinez	Harvey Taylor
Paul Martinez	Robert Thornberg
Arlene Meyer	Bruce Tobin
Richard McLean	Maureen Trujillo
Sally McLean	Miguel Trujillo
Jerry Melaragno	Samuel Tuma
John Miles	Eloy Ulibarri
Mitch Noonan	Orlando Watson
Josina Ortiz	Andrea Weiss
Julie Ortiz	

# SENIOR OLYMPICS



# LEGAL & CONSUMER

## Emergency Planning

(Extracted from: [www.ready.gov](http://www.ready.gov), AMA CitizenReady guide and other sources)

Emergencies (including weather events, power outages, illness, injury, etc) can be experienced by the whole community or be specific to you. Remember, there is no one way to feel during or after an emergency situation. Think about your abilities and capabilities. Organize at least a 3 day supply of basic items you may need. Here's a partial list of important items to have on hand, and put aside, before and emergency arises.

- A gallon of water for each person/pet per day.
- Non-perishable foods, such as canned goods, crackers, peanut butter, bottled drinks, powdered milk, pet foods and litter.
- Non-electric can opener, paper cups, plates.
- Flash light and extra batteries, a battery operated radio, waterproof matches, and a whistle to signal for help.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- All medications and treatment information. Ask your pharmacist for an extended 30 day supply to put aside for your emergency kit. Extra oxygen, eye glasses, contact lens solution, hearing aid batteries, special salves or creams. Pet medications.
- First Aid Kit, which will include bandages, tape, antiseptic solution, tweezers, small scissors, latex gloves, etc.
- Wrench or pliers so you or someone else can turn off utilities, if there is a leak.
- Household chlorine bleach with no scents or added cleaners. Use as a disinfectant or to treat drinking water (16 drops per gallon of water).
- Have important personal papers or copies set aside such as Medicare card, driver's license, bank account info, insurance papers and a list of family and medial phone numbers. All papers (or copies) in one place.
- Plan ways to connect with your family and friends in case of emergency.

## Senior Discounts- Corrections & Apology

The newsletter editor wishes to apologize for some of the misinformation published in the August 2012 edition. Some of the information I printed was incorrect. The following list has been verified by a staff member calling each local Santa Fe franchise.

### Restaurants

- Applebee's: 10% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Burger King: 10% off (60+)
- Denny's: 10% off, AARP members (55+) 20% off
- Dunkin' Donuts: 10% off (55+)
- IHOP: 10% off (55+)
- Long John Silver's: 10% off some items (55+)
- McDonald's: discounts on coffee everyday (55+)
- Taco Bell : free beverages for seniors (65+)
- Village Inn: 10% off (60+)
- Wendy's: Senior drink price (55+)

### Retail

- Goodwill: 25% off on Mondays
- Kohl's: 15% off on Wednesdays (60+)
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: 15% off (55+)

### Grocery

- Albertson's: 10% off first Wednesday of each month (55+)

## Free or Low-Cost Legal Assistance

There are several resources available for those who need legal information or assistance.

New Mexico Legal Aid- Due to a small staff, they cannot take on every case. To qualify for help, you must have a low income and few assets. In some cases, NMLA can serve only legal residents. The Santa Fe NMLA office is located at 901 West Alameda. Call 982-9886. Go online to [www.nmlegalaid.org](http://www.nmlegalaid.org) or [www.lawhelpnewmexico.org](http://www.lawhelpnewmexico.org)

Law Access New Mexico- Free telephone assistance to low-income persons in civil cases. Call 1- (800) 340-9771

Lawyer Referral for the Elderly (LREP) from the State Bar of New Mexico- Free phone advice for those ages 55 or older at 1- (800) 876-6657.

# NUTRITION EDUCATION

## (From the USDA Food Safety website)

An adage states, "With age, comes wisdom." Hopefully that wisdom includes lots of good food safety information. Why? As we mature, our bodies change. Older adults become more at-risk for illness and, once ill, it can take them longer to recover.



Knowledge of safe food handling helps older adults stay healthy. Some older adults are homebound and must rely on delivered food. Others have minimal cooking experience. It's important to understand the effect of pathogens and other microorganisms on elderly bodies. Practicing the safeguards necessary to avoid foodborne illness is the best way to stay healthy.

As people age, their bodies are less able to combat bacteria. For example, there is a decrease in stomach acid secretion, which is a natural defense against ingested bacteria. And over time, the immune system may become less adept in ridding the body of bacteria.

Too, the sense of taste or smell — sometimes affected by medication or illness — may not always sound an alert when meat is spoiled or milk may be sour.

### What is Foodborne Illness?

Foodborne illness, often called food poisoning, is any illness that is caused by the food you eat. Safe food handling can help reduce your risk of getting sick from food.

### What are the Signs of Foodborne Illness?

The signs and symptoms of foodborne illness range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness — or even death. Consumers can take simple measures to reduce their risk of foodborne illness, especially in the home. If you experience the symptoms of foodborne illness, call your doctor or health care provider.

## Guidelines for Safe Food Handling

Experienced or inexperienced, it is just good sense for older cooks to follow up-to-date food safety guidelines.

1. Keep it safe; refrigerate or freeze all perishable food. Check your refrigerator and freezer temperatures with an appliance thermometer. Your refrigerator temperature should be set at 40 °F or below; freezer temperature should be 0 °F or below. Use a refrigerator/freezer thermometer to check the temperatures.
2. Never thaw food at room temperature. Always thaw food in the refrigerator, in cold water, or in a microwave. After thawing in cold water or in the microwave, you must cook the food immediately.
3. Wash hands with warm soapy water before preparing food. Wash hands, utensils, cutting boards, and other work surfaces after contact with raw meat and poultry. This helps prevent cross contamination.
4. Never leave perishable food out of refrigeration for more than two hours. If room temperature is above 90 °F, food should not be left out more than 1 hour. This would include items such as take-out foods, leftovers from a restaurant meal, and meals-on wheels deliveries.
5. Thoroughly cook raw meat, poultry, and fish. Do not partially cook food. Have a constant heat source, and always set the oven at 325 °F or higher when cooking. There is no need to bring food to room temperature before cooking.

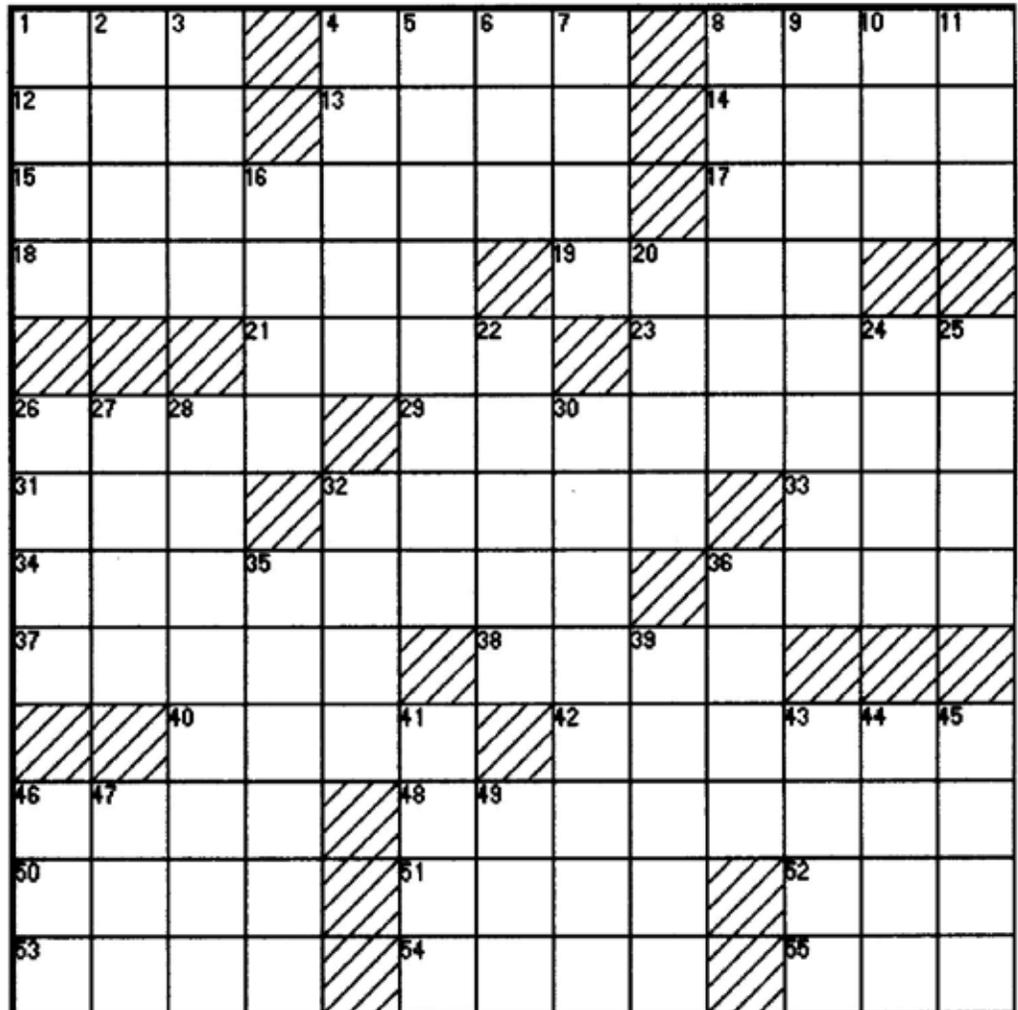


For more information, go to [http://www.fsis.usda.gov/fact\\_sheets/older\\_adults\\_and\\_food\\_safety/index.asp](http://www.fsis.usda.gov/fact_sheets/older_adults_and_food_safety/index.asp)

# PUZZLES

## ACROSS

1. Before
4. \_\_\_ Ladd, actor
8. Wading birds of warm regions
12. Force
13. Broad in scope or content; including all or much
14. Nail
15. One who makes lively
17. With fireplace residue
18. Irony
19. Valley
21. Benett \_\_\_, editor
23. Lavender
26. People who are believed to belong to the same genetic stock
29. Boldness
31. Exclamation: yuck!
32. He carried the sky on his shoulders
33. Veterans battleground
34. Headdress
36. A pool of standing water
37. Ernest \_\_\_, French historian
38. Gull-like jaeger of northern seas
40. Currently fashionable
42. In a way, takes
46. Cain and \_\_\_
48. In an empty way
50. Anagram of irso
51. A sword similar to a foil but with a heavier blade
52. Forced
53. Porcelain flower
54. In a way, frees
55. The compass point midway between northeast and east



## DOWN

- |   |  |   |
|---|--|---|
| 1. Geological times                                     | 11. Welkin   | 35. Many-colored flower                               |
| 2. Type genus of the Ranidae                            | 16. Gnawers  | 36. Picasso's mistress                                |
| 3. Utter sounds   | 20. Expression of sorrow or pity                   | 39. In a way, proposes                                |
| 4. Awake  | 22. West Africans                                  | 41. Bono's ex wife                                    |
| 5. Knowledgeable  | 24. Essential oil or perfume obtained from flowers | 43. Beget   |
| 6. Flurry   | 25. Inflorescence                                  | 44. Ardour  |
| 7. Swot   | 26. German river                                   | 45. Auld lang ___, good old days                      |
| 8. A typeface with letters slanting upward to the right | 27. Phil ___, former CIA                           | 46. The residue that remains when something is burned |
| 9. Base line  | 28. Archive  | 47. After a performance or speech                     |
| 10. I (German)  | 30. Nighted  | 49. News organization                                 |
|   | 32. God of fire (Hindu)                            |   |

# PUZZLES

## Farm

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a common farm animal.

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

BALER	FARMER	HOUSE	SOWING SEED
BARN	FENCE	LIVESTOCK	STABLES
BUTTER	FERTILIZER	MILK	TRACTOR
CAT	GOATS	PASTURE	TROUGH
CHEESE	GRAIN	PIG	TURKEYS
CORN	HARROW	PLOW	WEATHERVANE
COW	HARVEST	PRODUCE	WEEDS
CREAM	HAY	ROOSTER	WELL
DAIRY	HEN	SEEDS	WHEAT
DOG	HORSE	SOIL	

# PUZZLE ANSWERS

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

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

# BREAKFAST MENU

## SENIOR CENTER BREAKFAST MENU 2012 SEPTEMBER

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Happy Labor Day</b>  Senior Breakfast Meal Donation: \$ 1.00  Non-Senior Mandatory Breakfast Fee: \$5.32 (59 years and younger)	Breakfast is Served at MEG, Luisa and Pasatiempo Senior Centers.  Serving Times are 7:30 to 8:30am			
<b>3</b>  <b>ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</b>	<b>4</b> Boiled Eggs Salsa Small Roll Margarine Milk	<b>5</b> Sausage Cheese Red Chile Small Roll Jelly Milk	<b>6</b> Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Jelly Milk	<b>No Congregate 7</b> Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla Bacon Milk <b>Meals on Wheels Only</b>
<b>10</b> Scrambled Egg Cheese Grilled Peppers Hashbrowns Bacon Milk	<b>11</b> Sausage Cheese Green Chile Potatoes Margarine Milk	<b>12</b> Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	<b>13</b> Diced Ham Cheese Peppers Onions Small Roll Jelly Milk	<b>14</b> Scrambled Egg Cheese Salsa Tortilla Bacon Milk
<b>17</b> Grilled Ham Cheese Red Chile Small Roll Jelly Milk	<b>18</b> Breakfast Burrito w/ Scrambled Egg Cheese Salsa Tortilla Bacon Milk	<b>19</b> Sausage Tomato Juice Pancakes Maple Syrup Milk	<b>20</b> Scrambled Egg Salsa Hashbrowns Small Roll Jelly Milk	<b>21</b> Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Jelly Milk
<b>24</b> Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk	<b>25</b> Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	<b>26</b> Grilled Ham Salsa Peppers Small Roll Jelly Milk	<b>27</b> Scrambled Egg Cheese Red Chile Potatoes Margarine Milk	<b>28</b> Sausage Salsa Hashbrowns Small Roll Jelly Milk

# LUNCH MENU



## SENIOR CENTER LUNCH MENU 2012 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>All CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</b>	<b>4</b> Beef Steak Topped w/ Veggie Melody Pinto Beans Tossed Salad w/ Dressing Strawberry Shortcake Milk	<b>5</b> Glazed Ham Buttered Mash Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Sugar Cookie Milk	<b>6</b> Chicken Taco w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	<b>Meals &amp; Wheels Only 7</b> Tuna w/ Marconi Tossed Green Salad Crackers Chilled Pears Milk  <b>No Congregate Meals</b>
<b>10</b> Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk	<b>11</b> Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots Milk	<b>12</b> Baked Fish Fillet Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	<b>13</b> Turkey w/ Gravy Bread Stuffing Green Beans Whole Wheat Roll Cranberry Salad Pumpkin Pie Milk	<b>14</b> Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w/ Butter Apple Cobbler / Milk
<b>17</b> Frito Pie w/ Pinto Beans and Red Chile Sauce White Cake Chilled Apricots Milk	<b>18</b> Baked Pork Chop Mixed Vegetables Whole Wheat Roll w/ Butter Baked Scalloped Apples Milk	<b>19</b> Chicken w/ Noodles Carrot and Green Peas Cornbread w/ Butter Fruit Salad Milk	<b>20</b> Pork Loin Black Eye Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	<b>21</b> Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce Milk
<b>24</b> Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	<b>25</b> Pork Roast w/ Mashed Potatoes and Brown Gravy Asparagus Whole Wheat Roll Applesauce Milk	<b>26</b> Beef Stir Fry Steamed White Rice Stir Fry Vegetables Whole Wheat Roll w/ Butter Chilled Pears Milk	<b>27</b> Chicken Fajitas w/ Garnish & Salsa Flour Tortilla (1) Chile Beans w/ Cheese Jell-O w/ Oranges Milk	<b>28</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit Milk
<u>No lunches served at senior centers on September 7th due to Santa Fe Fiestas. All senior centers close at 12pm Noon.</u>	<u>Only Meals on Wheels Services on 09-07-2012</u>		<u>Lunch Hours:</u>  <u>All Senior Center Lunch Serving times:</u>  <u>11:00am till 12:30pm</u>	

Please Note: Senior Meal Suggested Donations: Lunch \$1.50  
 Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32