

# ***THE SENIOR SCENE***



*Photo by: Don Bell*

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



offered by:  
**Division of Senior Services**

**JULY**  
**2015**



# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

7/2015

Welcome,

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, 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, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

## Front Desk Reception (505) 955-4721

Toll-Free Administration Line (866) 824-8714

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

## Administration

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

## Senior Services Registration

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## Transportation Ride Reservations (page 4) 955-4700

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Robert Chavez, Project/Fleet Manager 955-4703

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Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

## Meals On Wheels (for homebound individuals)

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Robert Duran, MOW Assessments 955-4747

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Vacant, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

## In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

## Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Daniel Mitchell, Special Projects Admin. 955-4744

## Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

## 50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

## Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

## Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

## Newsletter Production

Triston Lovato, Editor/Distribution 955-4760

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor

# *DIRECTOR'S REPORT*

7/2015

Dear Patrons,

As we begin a new fiscal year, the Division of Senior Services (DSS) staff continues to work hard in preparation of our annual program initiatives to include contract review/approval, projections and budgets. Division staff remains dedicated to providing the highest quality of services possible.

For fiscal year 2015/16 our operating budget is as follows: Nutrition Program, \$1,062,883; Transportation services, \$807,319; In-Home Support services, \$686,242; Volunteer services, \$576,900; and Center Programs, \$493,489. As mentioned last month in the director's report, the DSS receives and operates from multiple funding sources to include local, state and federal dollars. Our personal commitment is to utilize those funds to continue to improve the quality of life for the seniors who reside within our service area.

On another note, I would also like to take this opportunity to acknowledge Joyce M. Martinez and Kim Meadows, Christus St. Vincent Hospital Auxiliary Presidents, and our many RSVP volunteers who serve with the Christus St. Vincent Hospital Auxiliary. Although some of the Auxiliary volunteers aren't registered with our volunteer program, many are. Elaina Gonzalez, Senior Board member and registered nurse, has volunteered with the Hospital Auxiliary program for 13 years now and has always said how rewarding it is to volunteer her time with the hospital and assist those in need.

These volunteers contribute many hours a day to the hospital in the areas of: admitting, blood drive, Cancer Treatment Center, coffee cart, Emergency Department, gift shop, hospitality, information desk, library cart, mail room, pet therapy, surgery waiting and telephone receptionist. Many of the volunteers assist with craft projects, such as: Afghans for Hugs, Christmas Stockings, Pets for Peds, and baby hats. These volunteers only need to put in 50 hours a year and they can eat at the cafeteria for free on the days they serve. For further information on how to become a volunteer with the Christus St. Vincent Hospital Auxiliary please contact Kim Meadows at (505) 913-5714. Thank you volunteers, we appreciate your dedication and commitment to our community.

On July 4, 1776, the Second Continental Congress voted to approve a "resolution of independence," which declared that the thirteen American colonies regarded themselves as independent states and no longer as a part of England. From this, the Declaration of Independence was born. One of the most powerful statements, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness," continues to be pursued and experienced by all Americans to this day.

Please have a safe and enjoyable celebration of the birth of the United States. Also, be advised that **all centers will be closed Friday, July 3, 2015** in celebration of this holiday.

Happy Birthday America, and let's all strive to have a successful fiscal year!



Ron J. Vialpando, Division Director

# SENIOR SERVICES PROGRAM INFORMATION

7/2015

## SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers, uses the Division Transportation, or other services is asked to register with our program. We can secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through 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*

Per the Older Americans Act participants must be at least 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 (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

For more information, contact Brenda Ortiz at 955-4722.

Email [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).

## SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. When scheduling a ride, please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.

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

Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** 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 3:00 p.m. (Be seated in lobby or patio chairs.)

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time. Closed Friday, July 3rd - no transportation available.**

SF County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: For weekend and evening transportation, call 473-4444.

# NEWS & VIEWS

7/2015

## IN REMEMBRANCE



**Gilbert Catanach**, 82, a lifelong resident of Santa Fe, passed away peacefully at home surrounded by his loving family on Monday, May 18, 2015. Mr. Catanach was involved in many civic and service organizations including serving as President of the Alumni Association of the College of Santa Fe and

a member of La Sociedad Colonial Espanola de Santa Fe. He was also the Exalted Ruler for the Elks Lodge #460 and was president of the New Mexico Chapter of Public Accountants. He graduated from St. Michael's College of Santa Fe in 1955. Mr. Catanach is survived by his wife of 56 years, Martha Catanach, four children, one sister, and many loving grandchildren, nephews, nieces, and friends.



**Esther Reyes**, 81, a long-time Santa Fe resident and most recently a resident of Durango, CO, passed away May 26, 2015. Esther enjoyed volunteering with seniors in the Santa Fe community and will be greatly missed. She is survived by three siblings, four children, and many grandchildren, great grandchildren, nephews, nieces, cousins, and friends.

## PARKINSON'S DISEASE SUPPORT GROUP

Join this group discussion at their monthly meetings – every third Thursday. July's meeting will feature the first breakout session for care partners. This is a great opportunity to share your wealth of knowledge and gain from other's experiences. For more information please contact Karen St. Clair from the NM Parkinson's Disease Coalition at (505) 780-5864. The next meeting will be:

- When: Thursday, July 16, 2015
- Time: 1:30 (meeting lasts about 2 hours)
- Where: Christus St. Vincent Holistic Wellness Center (490-B W. Zia Rd.)

## SANTA FE COUNTY MOBILE HEALTH VAN



The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. This schedule is subject to change; check updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382.

### July 2015 Dates, Times and Locations:

1st	No van – out for maintenance	
2nd	No van – out for maintenance	
3rd	No van – out for holiday	
4th	Albertson's (De Vargas Mall)	9 am – 11 am
5th	Smith's (Pacheco)	10 am – 2 pm
6th	No van – out for holiday	
7th	Pojoaque Senior Center	10 am – 2 pm
8th	El Rancho Senior Center	10 am – 2 pm
9th	Genoveva Chavez Center	10 am – 2 pm
10th	MEG Senior Center	10 am – 2 pm
11th	Southside Library	10 am – 2 pm
12th	Santa Maria de La Paz Church	10 am – 2 pm
13th	Rufina Housing	10 am – 2 pm
14th	Chimayo Senior Center	10 am – 2 pm
15th	Santa Cruz Senior Center	10 am – 2 pm
16th	Tesuque Health Fair	1 pm – 3 pm
17th	Casa Villita Apartments	10 am – 2 pm
18th	Pojoaque Grocery Store	10 am – 2 pm
19th	Santa Fe Recovery Center	10 am – 2 pm
20th	Encino Villa Apartments	10 am – 2 pm
21st	Luisa Senior Center	10 am – 2 pm
22nd	Eldorado Senior Center	10 am – 2 pm
23rd	Ventana de Vida Senior Center	10 am – 2 pm
24th	Villa Consuelo	10 am – 2 pm
25th	Smith's (Cerrillos)	10 am – 2 pm
26th	San Isidro Catholic Church	10 am – 2 pm
27th	Zona de Sol Food Distribution Site	2:45 – 5:15 pm
28th	St. John's Methodist Church	9 am – 1 pm
29th	Villa Alegre Apartments	10 am – 2 pm
30th	Edgewood Senior Center	10 am – 2 pm
31st	Casa Solana Shopping Center	10 am – 2 pm

All services provided by the Santa Fe County Mobile Health Van are free of charge. Visit the van and take advantage of all they have to offer!

# NEWS & VIEWS

7/2015

## **FREE BENEFITS COUNSELING AT MEG**

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Robert Meinershagen, a volunteer with over 13 years of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve a free individual session, call the MEG Center at 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and disability Center at (505) 476-4846 or toll free at 1(800) 432-2080.

## **NEW GRACEFUL AGING WORKSHOP JULY 21ST**

The next Graceful Aging Workshop, which is free of charge and open to all, will be especially valuable for those taking care of aging family members. It will focus on the memory and personality changes that are normal – and not normal – as we age. It will include presentations on Dementia and Alzheimer's by Jytte Lokvig, author of "Alzheimer's A to Z," and a discussion of brain functioning and brain health – including some exercises to help our brains – with speech-language pathologist Margaret Wood.

The workshop will be held on Tuesday, July 21, from 10 a.m. to 2 p.m. at Saint Anne's Catholic Church Parish Hall (511 Alicia Street – at the intersection of



Alicia and Hickox Streets), in Santa Fe. Lunch will be provided. To reserve a seat, leave a message with your name and phone number at (505) 988-4131, ext. 114, by July 14.

This is the second workshop in a series designed to help equip seniors – and their loved ones – with the skills and knowledge needed to age gracefully. It is offered by the Pastoral Counseling Center and Christus St. Vincent Regional Medical Center and is supported by the Christus Fund.

## **'LET'S GROW!' HISTORIC GARDEN RESTORATION**

'Let's Grow!' is a monthly education series for home gardeners, offered by the SF Master Gardener Association. Join us at this free, public event that requires no registration! The fifth of this eight part series takes place on Friday, July 24th from 5 – 7 pm in the garden at El Zaguan (545 Canyon Rd.) Tour the site and hear the restoration plan for this historic garden! This event coincides with the 4th Friday Canyon Road Art Walk. Please visit [www.sfmga.org](http://www.sfmga.org) for more information.

## **FREE PUBLIC TRANSIT FOR VETERANS**

Santa Fe veterans wishing to take advantage of this no-cost program can call (505) 955-2008 for more information, or stop by the Santa Fe Trails administrative office at 2931 Rufina to sign up. Veterans should bring:

- A Veterans Affairs ID
- A proof of Santa Fe residency in the form of a utility bill or a license

The first card will be issued for free, with a small \$5.00 charge for replacement cards. IDs will not have an expiration date and once presented to the bus driver, will enable veterans to ride free.

## **THE VOLUNTEER PROGRAMS WISH A VERY HAPPY BIRTHDAY TO OUR FGP AND SCP VOLUNTEERS BORN IN THE MONTH OF JULY!**

Celia Roman	7/2
Sue Ann Spoonhoward	7/7
Joan Baca	7/9
Carmen Montoya	7/16
Geniva Lopez	7/17
Isidra Pacheco	7/21
Rosina Tapia	7/24
Catalina Ortiz	7/24

## **THANKS TO STAR SANCHEZ**

Star Sanchez, Chaplain Bereavement Coordinator of Gentiva Hospice, led an informative and terrific presentation for caregivers and staff at the MEG Senior Center on May 29th. Thank you so much Star for sharing your expertise with us, bringing goodie bags for everyone and inviting massage therapists to ensure caregivers received some relaxation!

# NEWS & VIEWS

7/2015

## PRE-REGISTRATION UNDERWAY FOR 37TH ANNUAL CONFERENCE ON AGING

Pre-registration is currently taking place for the 37th annual New Mexico Conference on Aging, which is scheduled for Tuesday, August 18 – Wednesday, August 19, 2015 at the Isleta Resort & Casino in Albuquerque. The event, sponsored by the NM Aging and Long-Term Services Department, provides older adults, caregivers, and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity.

Approximately 1,500 individuals are expected to attend the Conference, which features more than 40 workshops, 60 interactive exhibits and a health & enrichment fair. This year's theme is "Supporting Active Aging Today-Tomorrow-Beyond." The conference features two general sessions:

- On Tuesday, August 18th, Lynn Friss Feinberg, Senior Strategic Policy Advisor Independent Living/Long-Term Care AARP Public Policy Institute, will present Raising Awareness of Family Caregiving Issues: "The Time Has Come." In this session, Ms. Friss Feinberg will describe the looming care gap, highlight the economic value of caregiving and discuss why we need action now.
- On Wednesday, August 19th, Robert Blancato, MPA, President, Matz, Blancato & Associates and National Aging Network Leader & Advocate, will present "The Future of Aging." In this session, Mr. Blancato will discuss the future of the aging services network as we know it. How are aging services changing with the expansion of managed care, increased demand and flat or reduced federal and state funding? How does the aging network manage through this transitional period? Does it emerge stronger or does it become obsolete?

The Conference will also recognize individuals and organizations through its awards program, and will include a variety of entertainment reflecting New Mexico's cultural diversity.

### The cost of the two-day conference is:

- Standard Rate:  
Pre-Registration: \$95;  
On-site Registration: \$105
- Older Adult Rate (Age 55 and older):  
Pre-Registration: \$35; On-site Registration: \$45
- Students: Pre-Registration: \$35;  
On-site Registration: \$45

### Day registration is also available:

- Standard Rate: Pre-Registration: \$50/day;  
On-site Registration: \$60/day
- Older Adult (Age 55 and older):  
Pre-Registration: \$20/day;  
On-site Registration: \$30/day
- Students: Pre-Registration: \$20/day;  
On-site Registration: \$30/day

More information and registration forms can be found on the Department's website [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us), or by calling 866-842-9230 or 505-222-4500.



**All senior centers will be closed Friday, July 3rd in observance of the Fourth of July Independence Day holiday. Please be aware that no meals, services, or division transportation will be available this day. Regular hours and services will resume on Monday, July 6th. Have a safe holiday weekend!**



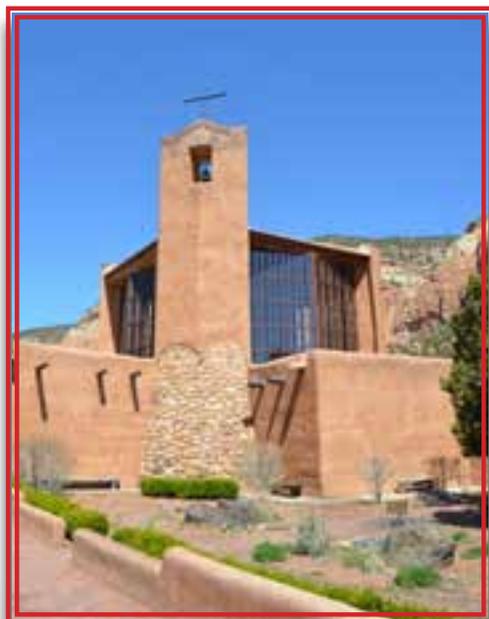
*AT A GLANCE*  
7/2015



Senior Center Summer Barbecues – Fun at MEG and Luisa  
(Pictured above) Enjoying the MEG BBQ and the wonderful music from Mariachi Azteca!



(Pictured above) A dance followed the BBQ at Luisa, featuring the great sounds of Bonifacio!  
Photos by Triston Lovato



(Pictured above) June trip to the Monastery in the Desert  
Photos by Don Bell



## 2<sup>nd</sup> End Hunger in New Mexico Summit

September 23-24, 2015  
Marriott Albuquerque  
Albuquerque, NM

### DID YOU KNOW?

- NM has the 2nd worst rates of poverty in the country— 1 in 5 people live below the poverty level.
- NM has the worst child hunger in the nation— 1 in 3 children do not have enough to eat.
- NM seniors are 2nd in the nation regarding food insecurity— last year over 30,000 seniors relied on food banks.
- Every day, 40,000 New Mexicans seek food assistance— 40% are children.
- 67,795—the number of additional meals needed every year to end hunger in New Mexico.

Brought to you by:  
New Mexico Cares Foundation, Inc.



North Central New Mexico  
Economic Development District  
Non-Metro Area Agency on Aging  
P.O. Box 5115  
3900 Paseo de Sol  
Santa Fe, NM 87502-5115  
Toll Free: 866-699-4927  
Direct: 505-395-2668

[www.ncnmedd.com/aaa\\_hunger](http://www.ncnmedd.com/aaa_hunger)

### HOW CAN YOU HELP?

- Volunteer at the Summit. Contact our office for details.
- Donate non-perishable food items for the food truck on September 21-25, 2015 at the Marriott Albuquerque (2101 Louisiana Blvd).
- Be a sponsor of the Hunger Summit. Go to [www.endnmhunger.com](http://www.endnmhunger.com) and look for the "Call for Partners and Presenters form."
- Donate door prizes or items for our tote bags.
- Register for the Summit. Form is available on our website.

**Registration fee for all participants is \$20.00, plus a minimum of half a grocery bag of non-perishable food items. Deadline to register is September 4, 2015.**

**For more information or to help in one of the ways listed above, contact Dan Mitchell at 955-4744 or Dolores Gonzales at 505-395-2678. Also visit [www.endnmhunger.com](http://www.endnmhunger.com).**

## Santa Fe Senior Activity Corporation Presents: Canyonlands September 24 – October 1, 2015 (8 days round trip)

**For further information and reservations please contact:  
Cecilia Lopez 505-204-9527 OR Lilly Salazar 505-690-8873**

### Day 1 – 24 Sept (Thurs) – Santa Fe – Monument Valley Area

Join your Tour Director this morning and depart for Monument Valley, where the weathering action of wind and water has carved the famous sandstone spires and towers that rise hundreds of feet above the valley floor. Your Tour Director is on hand this evening to answer any questions.

*Note: Itinerary subject to change. Departure at 8 am, from one central location in Santa Fe.*

### Day 2 – 25 Sept (Fri) – Monument Valley – Lake Powell – Page

This morning, your 4-Wheel-Drive tour is a memorable way to experience Monument Valley. Then, head to Page and visit the Glen Canyon Dam, holding back the waters of the Colorado River in Lake Powell, the country's second-largest man-made lake. This afternoon, consider an optional Antelope Canyon cruise, which takes you onto the lake and into the tight, winding canyons.

### Day 3 – 26 Sept (Sat) – Page – Bryce Canyon National Park

Our optional early morning flight provides another unique perspective of Lake Powell. This beautiful sightseeing flight also includes Glen Canyon Dam, Wahweap Marina, Tower Butte, and Rainbow Bridge, the largest natural arch on Earth. Then, travel into Utah along the Grand Staircase to Bryce Canyon National Park. Bryce is famous for its unique geology; erosion has created bizarre shapes, including slot canyons, windows, fins, and spires called "hoodoos." Tinted with numerous colors, these rocks create a wondrous landscape. Make sure to have your camera on hand today! (Continental Breakfast)

### Day 4 – 27 Sept (Sun) – Bryce Canyon National Park – Zion National Park

"Zion" is an ancient Hebrew word meaning a place of refuge or sanctuary. Once a refuge for Mormon pioneers, Zion National Park's striking landscapes of steep canyons and stone towers carved out by rushing streams over millions of years will mesmerize you. There is plenty of time to explore the park; take the park shuttle, see the Visitor's Center and the museum, take a leisurely hike, bird watch, or join a park ranger to learn more about the animals, geology, plants, and human history. You'll stay overnight close to Zion National Park's borders.

### Day 5 – 28 Sept (Mon) – Zion National Park – Las Vegas

This morning begins with an orientation tour of St. George, the most important Mormon community in southern Utah. We continue to Las Vegas with a midafternoon arrival. Enjoy the evening at leisure. Your Tour Director is on hand to answer any questions.

### Day 6 – 29 Sept (Tues) – Las Vegas at leisure

Enjoy time at leisure to relax or do some independent exploring.

### Day 7 – 30 Sept (Wed) – Las Vegas – Grand Canyon area

Cross the desert and the old Mojave gold-strike country, passing through Williams on historic Route 66, and the Kaibab National Forest, to arrive in the Grand Canyon by mid-afternoon. Marvel at one of the Natural Wonders of the World as you experience breathtaking views of the Grand Canyon. There's plenty of free time to wander along the canyon rim. Overnight in Grand Canyon National Park.

### Day 8 – 01 Oct (Thurs) – Grand Canyon – Santa Fe

Depart this morning for Santa Fe, arriving in the early evening.

**Per person price based on double occupancy:**

**\$1,299.00**

**Per person price based on single occupancy:**

**\$1,699.00**

Price includes: land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

#### Hotels:

**Monument Valley area** – Kayenta Monument Valley Inn

**Page** – Quality Inn Page

**Bryce Canyon National Park** – Best Western Plus  
Ruby's Inn

**Zion National Park** – Best Western Zion Park Inn

**Las Vegas** – Harrah's Las Vegas (3 stars)

**Grand Canyon National Park** – Grand Canyon National  
Park Lodge

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

7/2015



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Volunteers enjoy many benefits, including: volunteer insurance while on duty, access to workshops and trainings, thank you gifts and recognition throughout the year, and of course staying active while making a difference. Listed below are current volunteer opportunities. All volunteers receive training from the volunteer station and support from RSVP. If you are interested and want to enroll or learn more, please contact Triston Lovato at 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).

### JOIN THE RSVP ADVISORY COUNCIL TODAY

The RSVP Advisory Council needs members! The Council currently meets once every other month at the MEG senior center. The Council acts in an advisory capacity to the RSVP staff to assess community needs, advise on volunteer recruitment strategies, help to link the program with other community service resources, assess program accomplishments and impact, assist in developing non-federal resources, help plan RSVP events, suggest ways the program can gain increased visibility in New Mexico, and/or advise on how trends in the community are affecting seniors

### VENTANA DE VIDA KITCHEN ASSISTANT

A volunteer is needed to help in the kitchen at Ventana de Vida senior center Monday – Friday from 9 a.m. – 2 p.m. or as available during this time. Duties include assisting the cook with packing and serving the food and minor clean up.

### VOLUNTEER HOURS

Thank you to those who turned in your volunteer hours for April, May, and June. If you have not yet done so, please turn your hours in to the RSVP office ASAP so we can count them in our end of year report due now in early July. Every hour counts toward RSVP reaching its goals and showing the great impact Santa Fe area volunteers make – thank you to all the volunteers who contribute your time to better your community!

## RSVP volunteers born in JULY!



James Tate	7/02	Tillie Garcia	7/18
Alice Vargas	7/02	Helen R. Lujan	7/18
Lorna Dyer	7/03	Frank Sena	7/18
Thomas K. Pedersen	7/03	Vivian Heye	7/20
Roberta Carter	7/04	Willie J Horne	7/20
David Reffert	7/06	Christine Evertsz	7/21
Lorraine Graham	7/06	Beatrice Garcia	7/21
Marvin Lachman	7/06	Christine Hickman	7/21
Donna Sellers	7/06	Lillian McConnell	7/22
Sue Ann Spoonhoward	7/07	Barbara Mellers	7/22
Michaela Gallagher-Gonzales	7/08	Rudolf Hunziker	7/24
Anita Alarid	7/09	Abdi Iyow	7/24
Esequiel Marquez	7/09	Ann Aceves	7/25
Maria E. Naranjo	7/09	Doris Patton	7/25
Rod Hasson	7/10	Lillian M. Martinez	7/26
Nancy R. Nofield	7/10	Peter B. Quintana	7/26
Yvonne Prior	7/10	Carole Silva	7/26
Mary Ellen Underwood	7/12	Pauline Candee	7/27
Judith Bronson	7/13	Ellen Rosell	7/27
Eleanor L. Riser	7/13	David L. Raab	7/28
Tessie Horne	7/14	Michaela Shelley Valencia	7/29
Geniva Lopez	7/17	Consuelo Garcia	7/30
		Jo An Riter	7/30

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

# ONGOING ACTIVITIES

7/2015

**All activities are open to registered seniors.**

*Most activities are free but some do request a small donation.*

*Schedule is subject to change.*

## Luisa Senior Center **955-4725**

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 **955-4711**

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	8:00am-4:30pm
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 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	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Chair Yoga	Thursday	1:00 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba Gold (low impact)	Tuesday	9:30 am
Oil Painting	Every other Tues.	1:30 pm

## Pasatiempo Senior Center **955-4725**

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

## Ventana de Vida Senior Center **955-4711**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 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
MEG-Oil painting	Every other Tues.	1:30 pm

## 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
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## CERAMICS

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

## COMPUTER - OPEN USE

MEG	Mon. - Fri.	8 am - 4:30 pm
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## FITNESS EQUIPMENT

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

## EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba Gold (low impact)	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

## TAI-CHI

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

## GUITAR CLASS (Beginner)

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

## JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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## SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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## 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

**\* NOTE: Please print your name on our various sign-in sheets anytime you participate.**

# UPCOMING ACTIVITIES

7/2015

## AARP SMART DRIVER COURSE

Sign up today for the AARP Smart Driver course! Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The 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. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00, but if you are an AARP member the cost is only \$15.00; your AARP card or membership number must be presented the day of the class to receive the member price.

Please be prepared as temperatures fluctuate in the dining room, so it is recommended that you dress in layers. The number of participants for each class will be limited to 30 individuals. To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- July 14th Tricia Penn 438-0460
- August 11th Don Blossom 984-9995
- September 8th Don Blossom 984-9995

## FREE HAIR CUTS AT MEG & PASATIEMPO



Our volunteer Fabiola, a licensed beautician will provide free senior haircuts on a first come, first serve basis (20 haircuts per day). The two haircut days in July are as follows at 10:00 a.m.:

- Tuesday, July 28th Pasatiempo
- Wednesday, July 29th MEG

The haircut sign-in sheet at MEG will be available in the reception area at 9:00 a.m.

## MOVIE DAY AT THE MEG CENTER TUESDAY, JULY 28TH AT 1:00 P.M.

### "STILL ALICE"

(2015 · PG-13 · 1 HOUR 41 MINUTES)



Happily married with three grown children, Alice Howland is a renowned linguistics professor at Columbia University who starts to forget words. When she receives the devastating diagnosis of early onset Alzheimer's, Alice and her family find their bonds tested.

## CHECK YOUR BLOOD PRESSURE, BLOOD SUGAR, & OXYGEN LEVELS

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in July:

Luisa – Thursday, July 2nd	11-12 noon
Pasatiempo – Thursday, July 9th	11-12 noon
MEG Center – Wednesday, July 15th	11-12 noon
Ventana – Thursday, July 23rd	11-12 noon
Villa Consuelo – Thursday, July 30th	10-11 am

## MEG OIL PAINTING CLASS

During the month of July, there will not be an oil painting class at the MEG Center. The class will resume on Tuesday, August 11th.

## FRIDAY ZUMBA CLASS AT PASATIEMPO CANCELLED IN JULY & AUGUST

Sorry for the inconvenience, but there will be no Zumba class on Fridays for July & August. Classes will resume at a later time to be announced.

## NIA TECHNIQUE ON 1ST & 3RD TUESDAYS

The Tuesday Nia Technique class at the MEG center is as follows:

- July 7th 3:00 p.m.
- July 21st 3:00 p.m.

# UPCOMING ACTIVITIES

7/2015

## SENIOR OLYMPICS

Congratulations to all Senior Olympic athletes and thank you for participating this year! Updated results will be announced next month.

## SENIOR CENTER BARBECUES

Barbeques will be from 11:00 am to 12:30 p.m. Menu(s) includes: Hamburgers with cheese, lettuce, tomato, pickle, onion and green chile. Sides include: pork & beans, chips, watermelon and milk. **The barbecue replaces the usual meal served that day;** suggested donation is \$1.50.

- Pasatiempo – Thursday, July 16th
- Ventana de Vida – Friday, July 24th

## MONTHLY SENIOR SERVICES COMMITTEE MEETINGS

(Posted pursuant to the Open Meetings Act)  
All meetings held at the MEG Senior Center:

Senior Olympics:	Cancelled
Transportation/Nutrition:	7/14/15 at 9:00 a.m.
Advisory Board:	7/15/15 at 9:30 a.m.
Travel Committee:	7/16/15 at 8:45 a.m.
SAC Board:	7/16/15 at 10:00 a.m.

## SUMMER DANCE AT FRATERNAL ORDER OF EAGLES

Join us on Thursday, July 23rd for some dancing from 1:00 to 4:00 p.m. at the Fraternal Order of Eagles (833 Early Street).



The band name will be advertised via flyers posted at the senior centers two weeks prior to the dance or call Lugi at 955-4711 for the name of the band. The dance is sponsored by the MEG senior center. Entrance fee is \$2.00.

- Place: Fraternal Order of Eagles
- Date: Thursday, July 23rd
- Time: 1:00 to 4:00 p.m.
- Charge: \$2.00 per senior

## YOGA IN A CHAIR THURSDAY CLASS

In the June issue of the Senior Scene newsletter we advertised that the last "Yoga in a Chair" class would be June 18th. We are happy to announce that the class will continue without the instructor. Thank you to volunteers for agreeing to run the class and ensuring that the classes continue.

## MyCD SIX WEEK PROGRAM AT MEG THE ROAD TO HEALTH WITH MY CHRONIC DISEASE

This six-week class is free, and each participant receives a copy of the book "Living a Healthy Life with Chronic Conditions" and a CD called "Relaxation for Mind and Body".

The class is 2 ½ hours and will be offered once a week for a period of six weeks. People with chronic health challenges along with their family, friends, and caregivers are invited to attend. Two facilitators, who have chronic health challenges themselves, will run the six-week class.

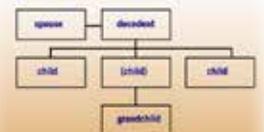
Get Support from others and learn new ways to cope with chronic challenges. This program began at Stanford University and has spread around the world. Sign up today by calling Lugi at 955-4711. Classes will take place on Mondays from 12:30 to 3:00 p.m. at the MEG senior center (1121 Alto Street) Board Room as follows:

Monday, July 27th	Time 12:30 – 3:00 pm
Monday, August 3rd	Time 12:30 – 3:00 pm
Monday, August 10th	Time 12:30 – 3:00 pm
Monday, August 17th	Time 12:30 – 3:00 pm
Monday, August 24th	Time 12:30 – 3:00 pm
Monday, August 31st	Time 12:30 – 3:00 pm

## PROBATE JUDGE SHANNON BULMAN WILL BE AT PASATIEMPO SENIOR CENTER

Please join us at the Pasatiempo Senior Center on Wednesday, July 15th at 10:30 a.m. for a free discussion from Probate Judge Shannon Bulman. Questions to be addressed include:

- Ways to avoid probate
- Knowing when you need to file in probate
- What is involved in filing a probate proceeding?
- Should I file in Probate Court or District Court?
- Do I need an attorney?
- Can I be appointed as Personal Representative?
- What does a Personal Representative need to do?



*Probate*

# UPCOMING ACTIVITIES

7/2015

## LET'S CELEBRATE YOUR BIRTHDAY

In honor of July birthdays, cake will be served at three senior centers this month. Please come and celebrate with us!

Humana will serve cake on Wednesday, July 1st during the lunch hour at the MEG senior center. Also thank you very much to Humana for providing us with the cakes at the last few senior dances – it is much appreciated!

Christus St. Vincent Health Plan will serve cake at both Luisa and Consuelo senior centers.

- Tuesday, July 7th at 11:00 a.m. at Luisa
- Friday, July 10th at noon at Villa Consuelo

## 2015 EXCURSIONS

For additional information on these trips, please call Don Bell at 982-2707 after 5:30 p.m. Space reserved upon payment received.

Note: Make checks payable to SAC (Senior Activity Corporation) and mail to Don Bell, 110 Mesa Vista, Santa Fe, NM 87501.

(FYI – dates and prices are subject to change)

Saturday, August 15th

### Rio Grande Nature Center

Cost is \$20 per person – meals on your own.

Thursday, October 8th

### Albuquerque International Balloon Fiesta

Cost is \$20 per person – breakfast on you own.

Saturday, October 10th

### Chama Trip

Cost is \$120 per person with lunch included.

Friday, November 20 – Saturday, November 21st

### Bosque del Apache Bird Refuge

Since this is an overnight trip, cost is still being determined.

Thursday, December 10th

### River of Lights

Cost is \$20 per person – dinner on your own.



## SUNDAY BINGO AT LUISA

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, July 12th from 1:00 to 4:00 p.m. Please bring small bills. There is a \$100 jackpot and everyone is welcome!

- \$12.00 for package
- 4 specials at \$1 each
- Black out - \$2.00

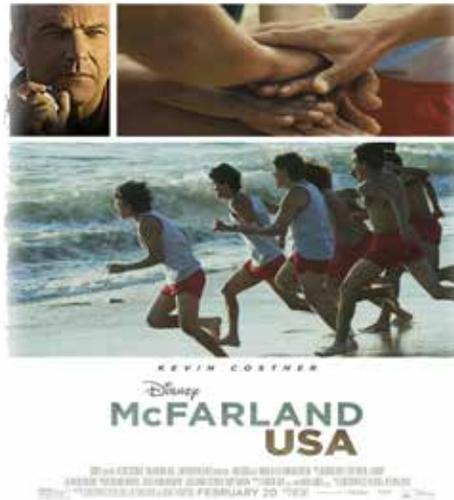


## SOCIAL SECURITY Q&A

Do you have questions about Social Security or Medicare? Rhonda Romero, from the Social Security Administration will be at the MEG senior center on Wednesday, July 15th from 2:30 – 3:30 p.m. to answer your questions.

## MOVIE DAY AT LUISA SENIOR CENTER WEDNESDAY, JULY 22ND AT 1:00 P.M. "McFARLAND"

(2015 · PG · 2 HOURS 9 MINUTES)



Based on a true story. In 1987, novice runners in an economically challenged town in California's farm-rich Central Valley give their all to build a cross-country team under the direction of Coach Jim White, a newcomer to their predominantly Latino high school. Coach White and the McFarland

students have a lot to learn about each other, but things begin to change when White sees the boys' exceptional running ability. Something beyond their physical gifts becomes apparent – the power of family relationships, their unwavering commitment to one another and their incredible work ethic. With grit and determination, the unlikely band of runners eventually overcomes the odds to forge not only a championship team, but an enduring legacy as well. Along the way, Coach White realizes that his family has finally found a place to call home, as he and his team achieve their own kind of American dream.

# HEALTH & SAFETY

7/2015

## MEDICATION CHALLENGES IN OLDER ADULTS

Article by: Theresa Croushore, BSN, MHA

CEO, Central Desert Behavioral Health Center in Albuquerque, New Mexico

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Let's face it. Medication use is often a way of life for older adults. You think about what you need to take, you organize how to take it and you worry about how to pay for it. Sometimes you probably think you would be better off without it. But, since 30% of all prescription drugs and over 40% of non-prescription drugs are used by people 65 and older, it is clear that medications are frequently part of your life. In fact, over 40% of older adults take five or more medications (some as many as ten different medications) every day. That's a lot of medicine.

What about you? Do you know what is in your medicine cabinet? Maybe some antibiotics that you stopped taking once you felt better? Perhaps pain medicine prescribed after that bad fall. There could even be over-the-counter medication you bought when you were having trouble sleeping. Don't forget the shoebox under the bathroom sink. That's where your sister's medicine that she took during a rough time in her life is stored. And possibly more medicines you are holding on to just in case.

Just in case you are feeling down because your body just doesn't respond the way it used to. In case worrying about the cost of medicine keeps you awake at night. In case you forget to get a refill and need something to substitute for a few days.

This can be dangerous. As you get older, your body changes. Of course, you know that, but did you know that it can take twice as long for a medication to be cleared from your body as it did when you were younger? Some, like Valium, can take up to 100 hours. You end up with an additive effect of the medication. Or medications interact with one another and change how one works. With medications that affect your brain or if you have other medical problems, you could be at increased risk for dizziness, falling, confusion, even trouble thinking clearly.

If anything you've already read sounds familiar, keep reading. You are experiencing at least one of the main challenges older adults have when taking medications. These are:

- Using many medications together (poly-pharmacy),
- Over or under using medications,
- Drug to drug interactions or drug to disease interactions,
- How the drug is absorbed, metabolized, and excreted from your body, and
- Cost.

What can you do? First, let's make sure you understand each of these challenges. Then, we will list things you can do to make medication use safer.

Poly-pharmacy simply means taking many medications. These can be prescribed (often by different doctors) or over-the-counter drugs, including herbal medicines. Even ointments count. The more medications you take, the higher the risk of mistakes, side effects, or other problems.

Often, older adults think that taking more medicine than recommended is okay. It is easy for over-use to lead to a dependence on the drug, or even an addiction. This can get complicated because the side effects may make you confused or forgetful, increasing your anxiety and tempting you to take even more. Once the cycle has begun, it is difficult or even dangerous to stop without medical supervision.

# HEALTH & SAFETY

7/2015



Under-using medications to save money, because of side effects, forgetting to take them or just plain feeling better is also common. Some older adults, for example, feel that some pain normally comes with aging. Those that think this way frequently under-medicate for pain. This can lead to confusion, irritability, sleeplessness or hostility. There are safe ways to take pain medication.

Another group of drugs that are frequently underused are antibiotics. You may feel better and stop taking the medication. Save half for the next time you think you have an upper respiratory or bladder infection. But, antibiotics are carefully prescribed to get rid of all the infection, not just enough to make you feel better. Leaving some bacteria to keep growing may not give you

symptoms of illness, but the bacteria left can become resistant to the antibiotic.

Each medication you take may have side effects and you may be taking another medication to counteract the side effect. For example, if a medicine makes you constipated, your doctor may add a stool softener or laxative. These medicines help with the constipation, but may interfere with how another medication is absorbed. Medications may interact with one another, making one last longer or not be absorbed like it would be if taken alone. For example, antacids delay the break-down of capsules and pills. Certain chronic conditions can affect how a drug is absorbed, used in the body or excreted.

Because there is so much to consider when older adults take medications, it is always best to follow your doctor's recommendations. It is important to let each doctor you see know about any medication changes another doctor has made and any over-the-counter medications you have begun (or stopped) taking.

Another thing you can do is to avoid the use of drugs when possible by doing natural things. Exercise, good nutrition and plenty of liquids can help with constipation so you can avoid the use of laxatives. Relaxations and a warm bath at bedtime may help decrease the need for sleeping pills. Social activities or counseling can significantly reduce depression.

And, did you know there is a whole list of medications that are potentially inappropriate or should be avoided in older adults because of the troublesome effects they can have? It is called the Beers Criteria, last updated in 2012. You would be surprised at some of the common prescription and over-the-counter medications that are included. Talk to your doctor about it.



# LEGAL & CONSUMER

7/2015



## FIVE WAYS SENIOR CITIZENS CAN PROTECT THEMSELVES FROM FRAUD

*(Article from the New Mexico Regulation & Licensing Department Securities Division)*

**If you are a senior citizen, you can avoid this kind of victimization by following five self-defense tips:**

**1. DON'T BE A COURTESY VICTIM** Older generations were taught to be courteous at all times, whether guests visit them in person or contact them by phone. Con artists often take advantage of these overly accommodating seniors, exploiting their good manners to get at their money. Remember, strangers who call and ask for your money should be regarded with the utmost caution. The best response is to hang up the phone.

**2. CHECK OUT STRANGERS TOUTING ODD DEALS** Trusting strangers is a mistake that many seniors make when it comes to their personal finances. Don't feel pressured by someone who asks you to make an immediate decision, giving you no chance to check out the salesperson, firm, and the investment opportunity itself. Instead, get written information about the investment, review it carefully, and make sure that you understand all the risks involved before you part with your hard-earned money.

A favorite tactic of telemarketing con artists is to develop false bonds of friendship. That's because they know that many senior citizens are eager to have someone to talk to on the phone, even if the caller is a complete stranger.

When a telemarketer phones, do not be swayed by offers of unrelated advice and assistance—they are merely efforts to develop a sense of friendship and even dependency for one purpose only: to win your confidence and take your money. Also keep in mind that almost all investment products must be registered. The Regulation and Licensing, Securities Division can tell you if the investment is registered or not. Remember that extensive background information on investment salespeople and firms is available to you.

**3. NEVER JUDGE A PERSON'S INTEGRITY BY HOW THEY SOUND** Senior citizens who fall prey to a con artist often explain that the swindler sounded like such a nice person. Successful con artists sound professional and are able to make even the flimsiest investment deals sound as safe as putting money in the bank. They combine these sales pitches with extremely polite manners, knowing that many older people may equate good manners with personal integrity. The sound of a voice, particularly on the other end of your telephone, has no bearing on the soundness of an investment opportunity.

**4. WATCH OUT FOR SALESPEOPLE WHO PREY ON YOUR FEARS** Con artists play on older people's concern that they will either outlive their savings or see all of their financial resources vanish overnight as the result of a catastrophic event, such as a costly hospitalization. Playing on these fears of running out of money, swindlers often pitch schemes as a way for the elderly to build up their life savings to allay fears of running out of money. Remember, though, that fear, like greed, can cloud good judgment, and can leave victims of fraud mired in a terrible financial position.

**5. DON'T LET EMBARRASSMENT OR FEAR KEEP YOU FROM REPORTING FRAUD OR ABUSE** Some senior citizens fail to report that they have been victimized for fear that they will be judged incapable of handling their own affairs. Other seniors believe that their victimization will be viewed as grounds for forced institutionalization in a nursing home or other facility. Con artists count on these sensitivities to prevent or delay the elderly from reporting the scam to authorities. While money lost to investment fraud is rarely recovered, there are also many cases in which older people discover that they have been misled about an investment in time to recover some or all of their funds.

**If you fear you may have been victimized, don't be embarrassed about contacting the New Mexico Regulation and Licensing Department, Securities Division (800) 704-5533.**

# PUZZLE

7/2015

## PUZZLE 20

### ACROSS

1. Philosopher
5. Tijuana money
9. Water-lily leaf
12. Had a mortgage
13. Hit shore
14. Malt brews
16. Crew
17. Dry
18. Honor and jelly
20. Leafy vegetables
22. Quiet
24. Okey-dokey
25. Enjoyed a burger
27. Dark bread
28. Have a go at
29. Corundum
31. Overhead trains
33. Where supplies are kept
37. Request
41. Squirrel away
42. Expected
43. Onions
44. Garment piece
45. Rites
47. Pair
49. Lieu
50. Consumer lures
53. Bird bill
55. \_\_\_\_\_ Diego
56. Fitness facility
59. Lay back
62. Pullover
64. Be worthy of
65. Hindu garment

67. Revise
68. Musician Ellington
69. Genuine
70. Hawkeye portrayer
71. Garden plot
72. Soothsayer
73. Nobleman

### DOWN

1. Wet
2. Mindful
3. Hackman and Autry
4. Boundary
5. Stucco
6. Lobe location
7. Cut
8. Weirder
9. Bundle
10. Lotion ingredient
11. Dutch earthenware
15. Pass over
19. Foxy
21. Entitled
23. Nautical approvals
26. Wash away
29. Goofed
30. Not mine
32. Pay
33. Timid
34. Also
35. Acorn bearer
36. Gets together
38. Garland
39. Make do
40. Donkey
43. Bank transactions
45. Quarter or dime
46. Having more substance
48. Part of USA
50. Tentacle
51. Legal document
52. Rub clean
54. Defeats
56. Move obliquely
57. Self-esteem
58. Essence
60. Enjoy
61. Take a chance
63. Stack
66. Oater actor Lash La \_\_\_\_\_

1	2	3	4		5	6	7	8		9	10	11		
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		71				72					73			

# Time Machine: 1938

15

All of the events described below happened in the year 1938.

Solution on page 138

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|--|--|-------------------------------------|
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| <input type="checkbox"/> ROOSEVELT     | <input type="checkbox"/> FORTY CENTS an  | <input type="checkbox"/> GAME       |
| <input type="checkbox"/> SIGNS the     | <input type="checkbox"/> HOUR.           | <input type="checkbox"/> SHOW, is   |
| <input type="checkbox"/> FAIR LABOR    | <input type="checkbox"/> "SPELLING       | <input type="checkbox"/> BROADCAST  |
| <input type="checkbox"/> STANDARDS     | <input type="checkbox"/> BEE,"           | <input type="checkbox"/> BY THE     |
| <input type="checkbox"/> ACT that      | <input type="checkbox"/> THE FIRST       | <input type="checkbox"/> BBC        |
| <input type="checkbox"/> ESTABLISHES a |  | <input type="checkbox"/> IN LONDON. |
- 
- |                               |  |
|-------------------------------|--|
| I N G F O R T Y C E N T S T C | <input type="checkbox"/> THE NEW YORK  |
| S E E K N A Y U R D T E U P K | <input type="checkbox"/> YANKEES       |
| M S T N O D N O L N I C F L S | <input type="checkbox"/> DEFEAT the    |
| C T H E N E W Y O R K E A M G | <input type="checkbox"/> CHICAGO       |
| S A E C O T E L E V I S I O N | <input type="checkbox"/> CUBS          |
| D B F L O U L S S O E N R T I | <input type="checkbox"/> TO WIN        |
| R L I P E N D E G A I M L V L | <input type="checkbox"/> THEIR         |
| A I R U E L S A V M B T A U L | <input type="checkbox"/> THIRD         |
| D S S G R H C E U E H K B G E | <input type="checkbox"/> CONSECUTIVE   |
| N H T O V I T M C E S T O E P | <input type="checkbox"/> WORLD SERIES. |
| A E W M H H W Y I U A O R U S |  |
| T S A C D A O R B E T W O I B |  |
| S S U I G B H U F B C I G R U |  |
| D T N E D I S E R P C N V G C |  |
| U A T H I R D H L K S N W E K |  |

# PUZZLE ANSWERS

7/2015

## PUZZLE 20

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

# 15

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

# BREAKFAST MENU

7/2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m. at MEG, Luisa and Pasatiempo Senior Centers. There is a suggested donation of \$1 for seniors 60 and over, and a \$5.42 fee for non-seniors (59 years of age or younger).

Please print your name on our various sign-in sheets when eating a meal at any of the centers.

**\*Note: Milk is served with every meal.**

1st	Ham & cheese biscuit, salsa, jelly
2nd	Boiled eggs, salsa, small roll, margarine
<b>3rd</b>	<b>All centers closed in observance of Independence Day.</b>
6th	Sausage, salsa, hash browns, small roll, jelly
7th	Scrambled egg, cheese, grilled peppers, potatoes, margarine
8th	Grilled ham, salsa, small roll, jelly
9th	Scrambled egg, sausage, French toast, maple syrup, tomato juice
10th	Cold cereal, small roll, peanut butter, jelly, tomato juice
13th	Grilled ham, cheese, salsa, small roll, jelly
14th	Breakfast burrito – scrambled egg, cheese, red chile, bacon
15th	Pancakes, maple syrup, sausage, tomato juice
16th	Scrambled egg, salsa, hash browns, jelly
17th	Ham & cheese biscuit, salsa, jelly
20th	Scrambled egg, cheese, grilled peppers, hash browns, bacon
21st	Sausage, cheese, green chile, potatoes, margarine
22nd	Scrambled egg, sausage, French toast, maple syrup, tomato juice
23rd	Diced ham, cheese, peppers, onions, small roll, margarine
24th	Scrambled egg, cheese, salsa, tortilla, bacon
27th	Cold cereal, peanut butter, small roll, jelly, tomato juice
28th	Scrambled egg, cheese, peppers, potatoes, bacon
29th	Sausage, cheese, salsa, English muffin, margarine
30th	Breakfast burrito – scrambled egg, cheese, green chile, bacon
31st	Sausage, cheese, salsa, hash browns, small roll, margarine

## Shop Smart to Fill Your Cart Understand the Price Tag

(Article from [www.choosemyplate.gov](http://www.choosemyplate.gov))

There is much more to a price tag on the grocery shelf. First, there's the retail price. This is the price you pay for each item. But have you ever looked at the unit price?

The unit price will tell you how much an item costs per pound, ounce, quart, etc. Get the inside scoop on the unit price below, and try these tips at your next grocery visit to maximize your savings!

The image to the right shows two different price tags. In the first red box, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz. In the second red box, the retail price is \$0.72 for one 6 oz. yogurt. The unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy.



How is the unit price found?

**TOTAL PRICE / SIZE = UNIT PRICE**

This is an example using the 6 oz. yogurt that costs \$0.72:

$$\mathbf{\$0.72 / 6 \text{ oz.} = \$0.12}$$

The unit price of this yogurt is therefore \$0.12 per oz.

# SENIOR CENTER LUNCH MENU

JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>Note: Milk is served with every lunch meal</p>	<p>Stop by the salad bar at MEG for a healthy bite. A suggested donation of \$1.50 will get you a hot meal and a salad!</p>	<p>1 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Wheat Roll w/ Butter Apple Cobbler</p>	<p>2 Philly Cheese Steak Sandwich Grilled Peppers &amp; Onions Tomato Salad Baked French Fries Fresh Cantaloupe</p>	<p>3 <b>ALL SENIOR CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY!!!</b></p>	
	<p>6 Chicken Tetrazzini w/ Seasoned Pasta California Vegetables Crackers Apple Crisp</p>	<p>7 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Wheat Roll w/ Butter Fruit Salad</p>	<p>8 Red Chile Burrito Supreme Spanish Rice Tossed Green Salad Chilled Apricots</p>	<p>9 Baked Pork Chop Carrot &amp; Zucchini w/ Tomato Wheat Roll Baked Apples</p>	<p>10 Classic Lasagna w/ Meat Sauce Tossed Green Salad Mixed Vegetables French Bread Fruit Cobbler</p>
	<p>13 Classic Spaghetti w/ Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches</p>	<p>14 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Apricots</p>	<p>15 Pork Stir Fry Stir Fry Vegetables Tossed Green Salad Wheat Roll w/ Butter Apple Cobbler</p>	<p>16 BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie</p>	<p>17 Baked Chicken w/ Mushroom Cream Sauce Sweet Potato Wedges Baked Biscuit Chilled Pears</p>
	<p>20 Roast Beef Mashed Potatoes w/Gravy Vegetable Salad California Vegetables Wheat Roll Cherry Cobbler</p>	<p>21 Pork Posole Tossed Green Salad Mustard Greens Garlic Bread Baked Cookie</p>	<p>22 Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad Wheat Roll w/ Butter Jell-O w/ Peaches</p>	<p>23 Red Chile Frito Pie w/ Garnishment Pinto Beans Angel Food Cake w/ Apricot Topping</p>	<p>24 Roasted Turkey Sandwich w/ Gravy Mashed Potatoes w/ Gravy Peas &amp; Carrots Tapioca Pudding</p>
	<p>27 Pueblo Red Chile Beef Stew Steamed Carrot Coins Tossed Green Salad Buttered Cornbread Fresh Pear</p>	<p>28 Roasted Pork Roast Mashed Potatoes w/ Gravy Steamed Asparagus Wheat Roll w/ Butter Chilled Applesauce</p>	<p>29 Baked Chicken w/ Pasta &amp; Cream Sauce Buttered Carrots Wheat Roll w/ Butter Fresh Orange</p>	<p>30 Chile Dog w/ Garnishment Baked Potato Wedges Buttered Mixed Veggies Chilled Pineapple Bits</p>	<p>31 Chicken Fettuccini Buttered Carrots &amp; Peppers Garlic Bread Chilled Pears</p>

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fee: Breakfast \$5.42 and Lunch \$5.42

Lunch is Served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers  
11:00am -- 12:30pm Monday through Friday

Please print your name on our various sign-in sheets when eating a meal at any of the centers.



City of Santa Fe

# Senior Center Locations

**Legend**

- City Senior Center Location
- Down Town
- City Limits

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

**Pasatiempo**  
**(505) 955-6433**  
**664 Alta Vista Street**

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

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

**Villa Consuelo**  
**(505) 474-5431**  
**1200 Camino Consuelo**

