

The SeniorScene

FEBRUARY
2015



**Programs and Activities
for Older Adults**

**Programas y Actividades
para Adultos Mayores**



offered by:
Division of Senior Services





CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501
2/2015

Welcome,

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

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

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



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FAX Machine - Administration 955-4797

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Fran Rodriguez, Project Manager/ Dispatch 955-4702

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)

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

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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)

Vacant, RSVP Coordinator 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 County Information 992-3069

Santa Fe Civic Housing Authority 988-2859

Newsletter Production

Melanie Montoya, Editor/Distribution 955-4761

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

DIRECTOR'S REPORT

2/2015

Dear Patrons,

On Wednesday, January 7th, the City of Santa Fe, Division of Senior Services held a Public Hearing to support the fourth year of our Four Year Plan with the North Central Economic Development District, Non Metro Area Agency on Aging (AAA) for the continuation of services for senior citizens within the city of Santa Fe.

Our community's needs, as documented during this public hearing as well as daily communication with our participants, provide us with the necessary input to accommodate the services you require to maintain an enhanced quality of life thereby enabling you to remain living within your home independently. Approximately 135 seniors participated in this event and indicated the following priorities [1] Transportation, [2] Home Management Services, [3] Respite Care - Chore Service – Medical Equipment [4] Health Promotion – Home Delivered Meals, [5] Congregate Meals, and [6] Supplemental Services – Grandparents Raising Grandchildren.

The presentation provided a comprehensive overview of services, program budget, Capital Outlay Projects and program annual goals. Division staff did an exceptional job in preparing and communicating their respective programs. All input received will be used to continue to tailor our programs to fit your individual needs. I would like to take this opportunity to personally thank each and every senior who attended and participated with this process.

Also a special thanks to Myles Copeland, Deputy Cabinet Secretary with the Aging and Long-Term Services Department, Jenny Martinez, Director of the Area Agency on Aging, Leticia Delgado, Community Liaison from US Senator Tom Udall's office and Isaac J. Pino, City Community Services Department Director who all attended the hearing and addressed the audience with valuable information related to senior programs.



The City of Santa Fe, Division of Senior Services staff and Advisory Board Members are committed to continue to provide you with the highest quality services possible and take great pride serving our elders living within our community.

Again, thank you for your continued patronage and I look forward to seeing many of you at our various senior centers. Hope you have a Happy Valentine's Day!

Sincerely,

Ron J. Vialpando, Division Director



SENIOR SERVICES PROGRAM INFORMATION

2/2015

SENIOR SERVICES REGISTRATION

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

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

Eligibility for Senior Services Registration

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

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.**
- 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

2/2015

They will be missed...



Joe "Pippas" Martinez,

age 90, passed away on December 23, 2014 following a short illness. He was preceded in death by his wife Helen. He is survived by his four children: Stan Valdez, Jeanette M. Hohler, Marcia Martinez, Susan

Baca and many grandchildren and friends.

After his stint with the National Guard, during WWII, he attended the University of Montana to complete his undergraduate studies. He returned to Santa Fe and started teaching Science and Biology and eventually ended up as a principal.

"Pippas" was a regular fixture at our Mary Esther Gonzales Senior Center, dedicating over 20 years of volunteering for our bingo program and advocating for funds for our center. He was recognized by then Mayor Larry Delgado who proclaimed May 16, 2004 Joe "Pippas" Day, recognizing him for his undying commitment to the Santa Fe Senior Citizens Program.

He will always be remembered as a loving and caring friend, who offered his time and kindness to all. May he rest in peace.

Dorothy Lear,

age 86, passed away on December 30, 2014. Dorothy Lear spent many years as a Senior Companion Program volunteer, offering her kindness and loving spirit to her clients. She is survived by a daughter and a son, and several grandchildren that she always spoke highly of.



She will be dearly missed by all who loved and admired her.

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' experience in providing benefit counseling to seniors, is on duty to offer advice every Wednesday morning at the M.E.G. Senior Center.

You must make an appointment ahead of time. To reserve an appointment for 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 476-4846 or 1(800) 432-2080.

Blood Pressure, Blood Sugar and Oxygen Level Tests Are Now Being Offered

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 Lupe Gonzales, LPN on the following dates:

Luisa Center – Thursday, Feb. 5th, 11-12 noon

Pasatiempo – Friday, Feb. 6th, 11-12 noon

MEG Center – Thursday, Feb. 19th, 11-12 noon

Ventana – Thursday, Feb. 12th, 11 - 12 noon

Villa Consuelo - Thursday, Feb. 26th, 10am -11am

Flora's Corner Inspiration from Flora Leyba

Zorba came upon an old man planting an apricot seedling and asked why he, an old man, was planting a new tree.

"I live as though I would never die",
was his reply. "And me,
I live as though I might die tomorrow",
said Zorba.

"Which one of us is right?"

- Nichos Kasantzakis

NEWS & VIEWS

2/2015

State of New Mexico's Aging and Disability Resource Center (ADRC)

They are available to assist elders, persons with disability and caregivers in finding services and resources to help them live well and independently.

Topics ADRC can help you with:

1. Aging Information and Assistance
2. Health and Independent Living
3. Long-Term Options Counseling
4. Benefits Counseling
5. Centennial Care Waiver for Community Benefit
6. Health Care Fraud Prevention
7. Prescription Drug Assistance
8. Adult Protective Services Intake
9. NM Social Services Resource Directory
10. Community Information and Education

For information of assistance with the above topics, call the ADRC office at (toll free) 1-800-432-2080.

Free Legal Workshop

Due to the cancellation of the Legal workshop on January 13, 2015, due to inclement weather, the Legal Resources for the Elderly Program has rescheduled the free workshop on Estate Planning and Long-Term Care Medicaid Planning.

Tuesday, February 10th

9:30 to 10:30 a.m.

MEG Senior Center

The workshop covers: Powers of Attorneys, Advanced Health Care Directives, Estate Planning and Long-Term Care Medicaid Planning.

A presentation will be included by the LREP staff attorney and a question-and-answer period. We will see you there.

Santa Fe County Mobile Health Van

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

February 2015 Dates, Times and Locations:

- | | |
|------|--|
| 1st | San Isidro Catholic Church 10:00 am-2:00 pm |
| 2nd | For Marcy 10:00 am-2:00 pm |
| 3rd | St. John's Methodist Church 9:00 am-1:00 pm |
| 4th | Santa Fe Community College 10:00 am-2:00 pm |
| 5th | Vista Alegre 10:00 am.-2:00 pm & Aspen Magnet School 3:30 pm-5:00 pm |
| 6th | MEG Senior Center 10:00 am-2:00 pm |
| 7th | Southside Library 10:00 am-2:00 pm |
| 8th | Pojoaque Grocer Store 10:00 am-2:00 pm |
| 9th | Pasatiempo Senior Center 10:00 am-2:00 pm |
| 10th | Pojoaque Senior Center 10:00 am-2:00 pm |
| 11th | Santa Cruz Senior Center 10:00 am-2:00 pm |
| 12th | Genoveva Chavez Center 10:00 am – 2:00 pm |
| 13th | Consuelo Senior Center 10:00 am-2:00 pm |
| 14th | Casa Solana Shopping Ctr. 10:00 am-2:00 pm |
| 15th | Smith's Grocery on Cerrillos 10:00 am-2:00 pm |
| 16th | Rufina Housing 10:00 am-2:00 pm |
| 17th | Chimayo Senior Center 10:00 am - 2:00 pm |
| 18th | Eldorado Senior Center 10:00 am-2:00 pm |
| 19th | Edgewood Senior Center 10:00 am-2:00 pm |
| 20th | Casa Villita 10:00 am -2:00 pm |
| 21st | Smith's Grocery on Pacheco 10:00 am-2:00 pm |
| 22nd | SF Recovery Center 10:00 am-2:00pm |
| 23rd | Zona del Sol 3:00 pm – 6:15 pm |
| 24th | Luisa Senior Center 10:00 am-2:00 pm |
| 25th | El Rancho Senior Center 10:00 am-2:00pm |
| 26th | Ventana de Vida 10:00 am-2:00 pm |
| 27th | Salvador Perez 10:00 am - 2:00 pm |
| 28th | Lamy Train Station 10:00 am-2:00 pm |

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

NEWS & VIEWS

2/2015

Pre-Arrangement Presentation

Jody Ortiz and Janette Beasley, of Rivera Family Funerals, Cremations and Memorial Gardens Cemetery, will present a presentation to interested seniors regarding the choices and options that we have when it comes to pre-arranging our funerals plans.

They will advise us on the different pricing options depending on your choices and the basics behind what a prearranged funeral entails. They will also be available following the presentation to answer any questions or offer additional information. The presentation will take place on Wednesday, February 11th at 1:00 p.m. in the Mary Esther Gonzales Board Room. Everyone is welcome to attend.

The Future of Libraries: A Panel Discussion

February 7, 2015, 10:00 AM – Noon

Great Hall at St. John's College

1160 Camino Cruz Blanca, Santa Fe, NM

FREE

The panel discussion will be moderated by author, columnist, and radio show host James McGrath Morris. Panelists will include:

- Michael Delello, Acting State Librarian and Deputy Cabinet Secretary for Cultural Affairs
- Sarah Heartt, former Librarian, Santa Fe Public Schools
- Patricia Hodapp, Director, Santa Fe Public Library
- Tomas Jaehn, Archivist, New Mexico History Museum
- Jennifer Sprague, Library Director, St. John's College

A reception will follow the panel discussion. This event is co-sponsored by the Friends of the Santa Fe Public Library and St. John's College.

Free Veterans Lunch

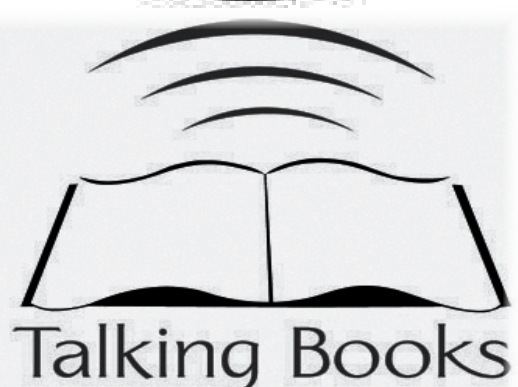
Pacifica Senior Living is holding a free lunch for Veterans on the 1st Tuesday (next one is Tuesday, February 3rd) of every month from 11:30 a.m. to 1:00 p.m. in Santa Fe. David Smith, Service Officer for Santa Fe, will be at every lunch, providing information on Veteran's Benefits. Bring your discharge/separation paperwork to determine your eligibility and to start the benefit paperwork. For more information and to RSVP, call (505) 438-8464. Pacifica Senior Living is located at 2961 Galisteo Road in Santa Fe.

New Mexico Library for the Blind & Physically Handicapped is a Free Service

If you or someone you know is having trouble reading printed material due to visual impairment or a physical handicap, you can still enjoy the pleasure of a good book by listening to a talking audiobook. Talking books and the playback equipment needed to listen to them are free and available to all state residents who qualify through the New Mexico Library for the Blind & Physically Handicapped, which is administered by the New Mexico State Library.

The LBPH is responsible for meeting the reading and information needs of nearly 3,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled. Once registered, patrons are issued playback equipment that allows them to utilize books, magazines, and other material in alternate formats (digital cartridge, cassette, Braille, and electronic text). The collection focuses mainly on recreational reading, and contains more than 60,000 titles in a variety of genres, including mysteries, westerns, romances, and bestsellers. Patrons may also download titles directly from the National Library Service for the blind through BARD (Braille and Audio Reading Download). If you have a mobile device such as an iPod or iPad, you can utilize the BARD mobile app, which allows for downloads directly to your device.

For more information about eligibility requirements and how to apply, please contact the LBPH at 1-800-456-5515. More information is also available off of the State Library web site at <http://www.nmstatelibrary.org>. The LBPH is open Monday through Friday from 9:00 to 4:00 for phone service and for the walk-in public.

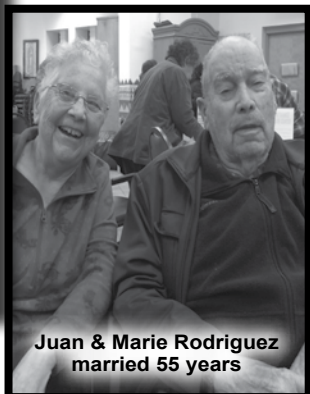


AT A GLANCE

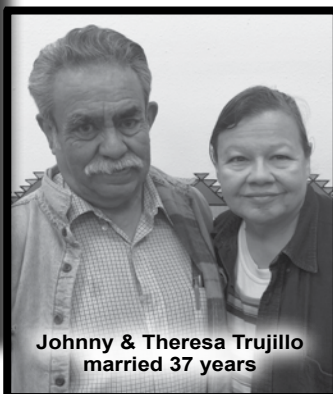
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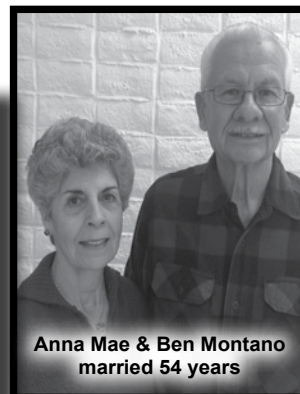
Tillie & Pedro Garcia
married 75 years



Juan & Marie Rodriguez
married 55 years



Johnny & Theresa Trujillo
married 37 years



Anna Mae & Ben Montano
married 54 years



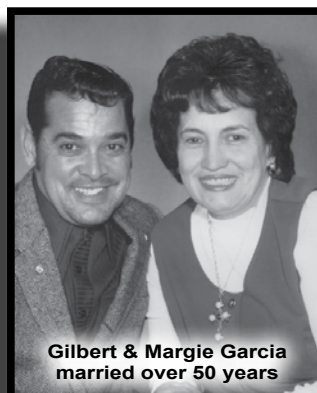
Ernest & Pauline Ortiz
married 46 years



Dora & Lorenzo Lucero



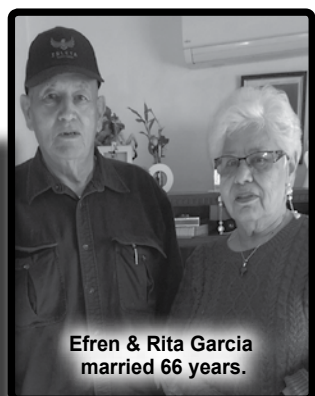
Paul & Frances Segovia
married 50 years



Gilbert & Margie Garcia
married over 50 years



David & Maureen Chavez
married 32 years



Efren & Rita Garcia
married 66 years.



Benjamin & Deluvine Baca
married 57 years



Ernest Tapley & Anita Stalter
married 25 years



Antonia & Antonio Salazar
married 31 years

"Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat."

Tax-Aide Santa Fe

for the tax year 2014



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



Friday January 30 to Wednesday April 15

Anyone in Santa Fe with income less than \$24,000 should file for NM Low Income and Santa Fe Property tax State rebates.

FREE Direct Deposit of Refund in 8-12 days

Please bring a blank check to get direct deposit.

Santa Fe Community College, Fitness Center

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

Closed for Spring Break at SFCC from March 16 to 21

Hopewell Community Center

1800A Espinacitas Street, Santa Fe

Monday - Friday 9-1

acerbic

Please bring the following information:

Photo ID

Social Security Cards for Parents and Children

Health Insurance proof that you have it or not

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

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

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

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

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

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

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

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

Medical Expenses and Charity Donations: Bring a list of everything including mileage to doctors.

Mortgage Interest and Property Taxes:

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

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

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

2/2015

Community Needs



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

If you are interested in any of these exciting opportunities, please call Marisa Romero in the RSVP office, at 955-4743 or email mvromero@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.

Thank you for keeping our program going!

Thank you to all RSVP volunteers who continue to turn in your quarterly hours. The hours we receive assist us in continuing to receive funding that we utilize to administer our RSVP program.

The next timesheets will be due at the end of March/early April. If you ever need a copy or copies of the calendar timesheets, feel free to call Marisa in the RSVP office at 955-4743.

De Vargas Middle School Needs Your Help!

De Vargas Middle School would like to partner up with our RSVP Program to do an inter-generational program. They would like to have some of our volunteers working with their youth at the school, either volunteering after school or just having lunch with the students. If you are interested in making a difference in the life of a child by becoming a mentor/tutor, call Marisa Romero at 955-4743 for more information.

Kitchen Angels Driver

Help a fellow RSVP Kitchen Angels volunteer drive to deliver meals twice a week for about two and a half hours. The dedicated volunteer has been doing this on her own for years now, but now needs a little help to get the meals delivered to homebound individuals. If you would like more information and/or are interested in assisting, please call Marisa at 955-4743.

HAPPY BIRTHDAY

*RSVP volunteers born in
FEBRUARY!*



Irlin Corn	2/01	Irene Moyes	2/14
Ellie Blossom	2/02	Sheila Epstein	2/15
Anastacio Garcia	2/03	Susan A. Cover	2/16
Cathy M. Lomax	2/03	Shirley A. Knarr	2/16
William Buckingham	2/04	Nora Pompeo	2/17
Nancy Gehman	2/04	Jim Dorris	2/19
Linda Palmer	2/05/	Rita L. Solomon	2/20
Carolyn Bleakley	2/06	Teresina G. Lucero	2/21
Roger Goldhamer	2/08	Doug Schocke	2/21
Don W. Leffelbein	2/09	Louis Baca	2/22
Laura Cowan	2/10	Ross M. Quintana	2/22
Stewart Farley	2/10	Connie R. Kinsey	2/23
Merejildo V. Ortega	2/10	Ann Lindsay	2/26
Ana Maria Martinez	2/11	Florence R. Jimenez	2/28
Juanita L. Quintana	2/11	Elias B. Gallegos	2/29
Orlando Watson	2/12	Benita Rodriguez	2/29
Edward E. Mose Sr.	2/14		

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

FGP/SCP Foster Grandparent / Senior Companion Programs

2/2015

Volunteers – keep yourself healthy and active!

Immunity Boosters for Cold and Flu Season (United Healthcare Newsletter)

Cold and flu season is here, but that doesn't mean you have to stock up on tissues and wait for the inevitable. Here are four all-natural prescriptions to boost your immune system and help keep a fever, sneezing, runny nose and other awful symptoms at bay.

1. Catch your zzzs - Skimping on sleep won't just hurt your productivity — it can also make you sick! That's because sleep deprivation dampens the production of antibodies needed to fight infection. A study from the Archives of Internal Medicine evaluated 153 people who were exposed to a cold virus via nose drops. Those who slept less than seven hours were three times more likely to catch the virus and get sick than those who had more than eight hours of sleep.

2. Break a sweat - If you want to help prevent a cold, or at least make the symptoms less severe, start exercising. In a study that followed 1,000 adults during cold and flu season, people who broke a sweat for 20 minutes a day at least five times a week spent less time being sick. The reason? Aerobic exercise ramps up your disease-fighting white blood cells. Don't work out that much? No problem. Even a single, 20-minute round of aerobic exercise can boost your immunity for hours and make your body more resilient.

3. Get a little help from your friends - Good relationships don't just boost your happiness; they can also help our ability to fight off infections. A study of 276 people published in the Journal of the American Medical Association found that social support increased subjects' resistance to developing a cold – even when they were infected with the virus. Keeping up your social network also provides support and protection against stress, which can weaken the immune system.

4. Eat your way healthy - It may be true that an apple a day keeps the doctor away. Studies have shown that pectin, a special kind of fiber found in apples, may help boost levels of immune-supporting proteins. Other foods that can help fend off the flu include: red peppers, oranges, broccoli, yogurt, tea, oats, tomatoes, pumpkin seeds, grapes and blueberries.

In Service

In-service training for Foster Grandparent and Senior Companion volunteers is scheduled for Thursday, February 19, 2015 at 9:30 a.m. in the MEG dining room.

The training, titled "Elder Falls Prevention" will be taught by Robin Y. Swift, Office of Injury Prevention Section Manager, NM Department of Health. FGP and SCP volunteers are not required to volunteer on this day and should plan on attending the training.

Program Reminder

It's tax time again and many of you have your taxes prepared to receive your New Mexico rebate. The State of New Mexico has some wonderful rebates available to most seniors. That means even if you do not have state taxes withheld or pay state taxes, you may still qualify for a rebate! Also, AARP will prepare your tax forms for free of charge. Please see the flyer in this month's newsletter for locations and times. We strongly encourage you to complete your taxes. If you need time off your volunteer schedule, please notify Melanie.

Presidents Day

On Monday, February 16, 2015 Foster Grandparent volunteers are not required to volunteer their regular schedules. Due to the observance of Presidents Day, the Santa Fe Public Schools will be closed. City offices will be open; therefore Senior Companions will be on a regular schedule.

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



Juanita Quintana	2/11
Grace De Aguero	2/15
Margie Gurule	2/28



ACTIVITY

2/2015

All activities are open to registered seniors.

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 955-4715

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
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.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	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	Tuesday	9:30 am

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
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Tuesday	8:30 am
Zumba Dance	Thursday	10:00 am
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center 955-4715

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

Villa Consuelo Senior Center 955-4725

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

ART

Ventana-Class	Tuesday	1:00 pm
MEG-Class	Tuesday	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 GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	1 pm - 3 pm

CERAMICS

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

COMPUTER

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

FITNESS EQUIPMENT

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

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
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 Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba	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 APPLIQUE

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

ACTIVITY

2/2015

Sweethearts' Dance

The Valentine Sweethearts' dance, hosted by the Luisa Senior Center will be held on Thursday, February 12th from 1:00 p.m. to 4:00 p.m., at the Fraternal Order of Eagles Club, 833 Early Street. Live music will be provided by Cuarenta y Cinco. There is a \$2.00 admission charge, which includes light refreshments.

Celebrate Fat Tuesday at MEG

Please join us on Tuesday, February 17th to celebrate Fat Tuesday at the Mary Esther Gonzales Senior Center, from 11:00 am until 12:30 p.m. Along with enjoying a delicious chicken fajita lunch, Mariachi Azteca will provide sizzling Mariachi music and you may be lucky and win a door prize!

Winter Dance Escape Performance

National Dance Institute of Santa Fe students are presenting a performance of Winter Dance Escape on Friday, February 27th from 10:30 a.m. to 11:30 a.m. This performance is free of charge, and is going to be a really wonderful show.

If you would like to have a seat reserved, please call Lugi at 955-4711 and you will be seated in a comfortable chair in the front. There are 20 chairs available, so please call today to reserve your seat.



MEG Tuesday Zumba

Please take note that the Zumba class at the MEG Center on Tuesday, February 10th has been cancelled due to the Legal Workshop. Zumba will resume on Tuesday the 17th. Sorry for the inconvenience.

For the month of February, the 9:30 a.m. Zumba classes are as follows:

- Tuesday, February 3rd
- Tuesday, February 17th
- Tuesday, February 24th

AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver". Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

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

The number of participants for each class will be limited to 30 individuals. To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- February 10th, Don Blossom, 984-9995
- March 10th, Don Blossom, 984-9995

Let's Celebrate Your Birthday

Christus St. Vincent Health Plan will be serving cake in honor of the February birthdays on Tuesday, February 3rd at the Luisa Senior Center. Please come and celebrate with us!

Nia Technique Fitness Class Time Change

Beginning in February, the Nia Technique fitness class held at the MEG Senior Center will be held on the first and third Tuesday of the month, from 3:00 pm to 4:00 pm. (formerly held at 1:30 pm). The days in February are as follows: Tuesday, February 3rd and Tuesday, February 17th.

ACTIVITY

2/2015



Movie Day at MEG: The Fault in Our Stars

Tuesday, February 24th at 1:00 p.m.

Hazel (Shailene Woodley) and Gus (Ansel Elgort) are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them -- and us -- on an unforgettable journey. Their relationship is all the more miraculous, given that they met and fell in love at a cancer support group.

Pasatiempo Zumba Time Clarification

The February Pasatiempo Zumba classes are as follows:

- Zumba Dance – Tuesdays at 8:30 a.m.
- Zumba Dance – Thursdays at 10:00 a.m.
- Zumba Dance – Fridays at 1:00 p.m.

Come and get your sweat on with this lively class!

Ear Acupuncture for Veterans

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

- Thursday, February 5th
- Thursday, February 12th
- Thursday, February 19th
- Thursday, February 26th



Ash Wednesday at Luisa Center

On Wednesday, February 18th, Deacon Montoya will be giving ashes at 10:00 am at the Luisa Senior Center, 1500 Luisa St. (enter from Columbia).



Painting Class at MEG

We still have room for any interested individuals who would like to learn how to draw and paint.

Please join artist Judy Ortiz at the Mary Esther Gonzales Senior Center on Tuesdays at 1:30 p.m. on the following days: February 10th and February 24th.

The classes are held in the Craft Room at the MEG Center. If possible, please bring your own canvas size 9 x 12 or 12 x 16.

Valentine Sweetheart Celebration at Pasatiempo

The Pasatiempo Senior Center will host a Valentine Sweetheart celebration on Friday, February 13th from 11:00 am – 12:00 pm.

Light refreshments will be served.



A Word of Appreciation from Ventana de Vida

The Ventana de Vida seniors would like to thank Elaina Gonzalez for her generous donation to them, on behalf of their committee. Thank you Elaina, you are appreciated.

EnhanceFitness Classes at MEG

This hour long (three days a week) class is designed to improve your physical condition and to decrease your risk of falling. Studies show that regular physical activity improves overall health, memory, mood, balance, bone density, endurance, flexibility, and coordination. Your certified instructor is Carol and her classes are as follows:

- Mondays - 9:30 a.m.
- Wednesdays - 9:30 a.m.
- Fridays - 9:30 a.m.

"The women & men in the group are a great support system to keep me motivated to continue to exercise. EnhanceFitness has become a necessary element in my life."

- EnhanceFitness Participant

ACTIVITY

2/2015

Luisa Movie Day: The Good Lie

Wednesday, February 25th at 1:00 p.m.

Mamere and Theo are sons of the Chief in their village in Southern Sudan. When an attack by the Northern militia destroys their home and kills their parents, eldest son Theo is forced to assume the role of Chief and lead a group of young survivors, including his sister Abital, away from harm. As the tattered group makes the difficult trek to Kakuma refugee camp in Kenya, they meet other fleeing children, bonding with Jeremiah, already a man of faith at 13, and Paul, whose skills become essential to their survival. Thirteen years later, the young adults are given the opportunity to leave the camp and resettle in America. Arriving in Kansas, they are met by Carrie Davis, an employment agency counselor who has been enlisted to help find them jobs. Carrie has successfully kept herself from any emotional entanglements, but these refugees, desperately requiring help navigating the 20th century and rebuilding their shattered lives, need just that. So with the help of her boss, she embarks on her own uncharted territory, and the Lost Boys and these unlikely strangers find humor in the clash of cultures, and heartbreak as well as hope in the challenges of life in America.



Weekend Bingo at Luisa



The Luisa Senior Center, 1500 Luisa St., will be hosting Sunday Bingo on February 8th from 1:00 pm to 4:00 pm. The prices are as follows: \$12.00 for a package, four specials for \$4.00 and the blackout is \$2.00. Don't miss out on the \$100.00 jackpot! Everyone is welcome – please bring small bills.

Fat Tuesday at Pasatiempo

The Pasatiempo Senior Center will host a Mardi Gras Celebration on Tuesday, February 17th from 12:00 pm to 3:00 pm. Music will be provided by Phil Trujillo and refreshments will be served.

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first serve basis, (20 haircuts per day). The haircut days are on Wednesday's beginning at 10:00 a.m.

- February 4th, MEG
- February 11th, MEG
- February 18th, Pasatiempo
- February 25th, Pasatiempo



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

Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: next meeting in April
- Senior Olympics: February 18th at 9:30 am
- Advisory Board: February 18th at 9:30 am
- Travel Committee: February 19th at 8:45 am
- Senior Activity Corp: Feb. 19th at 10:00 am

Socials Continue at our Senior Centers

The Division of Senior Services invites all our senior clients to join us for ice cream and/or popcorn socials throughout the month of February, at different senior centers as follows:

MEG Socials – 12:15 p.m. – 1:00 p.m.:

Thursday, February 5th, Popcorn
Tuesday, February 10th, Popcorn
Tuesday, February 17th, Ice Cream
Thursday, February 26th, Ice Cream

Pasatiempo Social – 12:15 p.m.-1:00

Wednesday, February 11th – Ice Cream

Luisa Social – 12:15 p.m. – 1:00 p.m.

Friday, Friday, February 6th – Ice Cream

The events are free of charge and all seniors are invited to join us for a special treat and enjoy conversing with your fellow senior citizens.

ACTIVITY

2/2015

Coronado Historical Site and Jemez Historic Site Day Trip

Coronado Historic Site and the ruins of Kuaua Pueblo are located just minutes north of Albuquerque in Bernalillo. In 1540, Francisco Vásquez de Coronado—with 500 soldiers and 2,000 Indian allies from New Spain—entered the Rio Grande valley somewhere near this site. Coronado Historic Site offers magnificent views of the Rio Grande and Sandia Mountains. Enjoy the history and beauty of northern New Mexico along with the many other attractions as you travel along El Camino Real National Historic Trail and/or Jemez Mountain Trail National Scenic Byways.

Jemez National Historic Landmark



A short drive from Albuquerque and Bernalillo, the Jemez National Historic Landmark is one of the most beautiful prehistoric and historic sites in the Southwest. It includes the stone ruins of a 500 year old Indian village and the San José de los Jemez church dating to 1621/2. The village of Giusewa was built in the narrow San Diego Canyon by the ancestors of the present-day people of Jemez (Walatowa) Pueblo. The name Giusewa refers to the natural springs in the area.

Please join us on the February day trip scheduled for Saturday, February 21st.

The price per person, which includes transportation, entrance fees and a lunch at The Range Restaurant in Bernalillo, is \$35.00.

For additional information and/or to reserve your spot please call the following:

- Barbara Arlen at 428-0124 or
- Don Bell at 982- 2707

Space is limited.

Additional Day Trips for 2015

The upcoming day trips for 2015 (subject to change) are as follows:

March –	Acoma Pueblo
March –	El Santuario de Chimayo
April –	Salinas Pueblo Mission National Park
May -	Chaco Canyon
June –	Monastery in the Desert & Ghost Ranch
June –	Pecos and Greer Garson Home
July –	Taos POW WOW
August –	Rio Grande Nature Center
September –	State Fair
September –	Salman Raspberry Ranch
October –	Balloon Fiesta
October –	Chama Train Trip
November –	Bosque Del Apache
December –	River of Lights in Albuquerque

Furthermore, as these outings are tentative for now, please refer to the monthly newsletter for additional information regarding confirmation of these trips, since the dates, times, and cost still need to be confirmed.

If you have any questions or would just like additional information, please call either Don Bell at 982-2707 (evenings only) or Barbara Arlen at 428-0124.

The Conscious Aging Network of New Mexico Presents:

Living a Legacy, Leaving a Legacy

with Rick Light

Saturday, February 14, 1:00 pm-4:00 pm
First Unitarian Church Memorial Hall
3701 Carlisle NE, Albuquerque, NM 87110

This 3-hour interactive workshop creates an opening for us to become more consciously engaged in life, connected to our legacy for the future, and at peace with our gifts. It may help us to make a difference—in improving our own lives, in uplifting the lives of others, and in the legacy we leave for future generations. In this workshop we will work alone, in pairs, and as a group to discover and explore what it means to include death, souls and legacy in how we live our lives. For registration form or costs, call the RSVP office at 955-4743.

HEALTH & SAFETY

2/2015

The Hospice Movement

By: Senior Dorothea Dante

Care and Caring at the End of Life's Journey
A Visit with Jacob J. Gonzales, R.N. Hospice Nurse

There is great interest today in end of life care. How we die and where are questions asked by most elderly people.

The best way to find out about Hospice would be to visit with a Hospice Nurse. Fortunately, the opportunity came when Melanie Montoya, present editor of the Senior Scene, introduced me to her brother, Jacob who is a Hospice Nurse.

My first impression when meeting Jacob was that he is a serious minded young man and dedicated to his care of his Hospice patients. He is associated with the Del Corazon Hospice in Santa Fe.



Jacob J. Gonzales, R.N.
Hospice Nurse

What happens when one enters Hospice? Jacob replied, "We can go through the experience by my telling you about two of my patients: an in-home patient and a facility patient."

The in-home patient was a lady in her 80's. She was wheelchair bound, suffered from memory loss and had chronic pain." Jacob paused to say. "To qualify for Hospice, one must have a terminal illness or condition with a life expectancy of six months or less and be approved by the attending physician. Medicare pays for Hospice care until the patient's death. The Hospice doctor visits the patient during this time. If the patient survives longer than six months, the Hospice doctor must recertify the patient as long as services are needed or until the patient's death."

Continuing the story about his lady patient...they had a visit and became friends. She was happy to be in Hospice and to know that Jacob would visit with her three times a week. She was given a "Comfort Kit" containing meds for pain control and for regularity of her bodily functions. She fell out of her wheelchair and had a peaceful passing shortly after.

The patient in a facility was a sad case. He was at a nursing home and suffered from AIDS. As soon as Jacob entered his room, he told him he was "scared." Pulling a chair close to his bed, Jacob talked to him and comforted him. The patient explained he was homeless and lived on the streets. There was a dust storm one day and some dust entered his lungs and caused a lung infection. He was given six months to live and became a Hospice patient. Jacob continued the sad story. "We became friends and he wasn't scared anymore. I visited him every day towards the end of his care and after two months he passed away peacefully. I miss him", Jacob said.

My next question was about the "Comfort Kit" and I learned that when a patient in a facility is in Hospice the necessary meds are ordered and the nurses at the facility administer them.

As our visit was ending, I thanked Jacob for the valuable information. He mentioned that if anyone wants more information, they can call the Del Corazon Hospice at 988-2049 and ask for Tina Marie.

Before leaving, Jacob had a few words for the readers of the Senior Scene: "Don't be afraid. It's okay to ask for help. We are there to keep you comfortable, pain free and to know that you have someone who cares about you. I was happy to share the experiences with you and give you a little information about Hospice. We are all going to die – it is a part of living. God bless you."

Thank you Jacob and God bless you.

SENIOR OLYMPICS

2/2015

Santa Fe Senior Olympics

March Olympic events are as follows:

Regular Registration

MEG Senior Center, 1121 Alto St
Monday, January 12th
through
Friday, February 13th
8:00 am – 5:00 pm
\$12.00 registration fee

Genoveva Chavez Community Center
3221 Rodeo Rd
Friday, February 13th 9:00am – 12:00 noon

Late Registration

MEG Senior Center, 1121 Alto St
February 16th through February 20th
8:00 am – 5:00pm
\$22.00 late fee

Eligible Senior Olympic participants will be given a 15-punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers: GCCC, Ft. Marcy, and Salvador Perez. The cards will be issued in May.

NOTE: Games are moved up earlier this year because National Games are in July and State Games are June 3-6 in Roswell.

You will never know your limits until you push yourself to them. Whether it is your first time registering, or you are a seasoned veteran, 2015 is your time to shine!

- March 3-4 - Air Pistol/Air Rifle at Santa Fe County Animal Barn
- March 5 - Basketball Free throw at GCCC
- March 7 - Swimming at GCCC
- March 7-8 Racquetball at GCCC
- March 9 – Huachas, practice at Santa Fe County Animal Barn
- March 10 - Bowling Singles at Cities of Gold
- March 11 - Huachas SF County Animal Barn
- March 12 - Bowling Doubles at Cities of Gold
- March 16-17 - Shuffleboard Practice at Santa Fe County Animal Barn
- March 18 – Bowling, Mixed Doubles at Cities of Gold
- March 19 - Bowling Teams at Cities of Gold
- March 20 – Talent Show at Eagles
- March 21 - Handball at Ft. Marcy
- March 23-24 – Shuffleboard at Santa Fe County Animal Barn
- March 25 - Pickleball at GCCC
- March 26 - Eight Ball Pool at MEG
- March 27 - Pickleball at GCCC
- March 27 - Table Tennis at Fort Marcy
- March 28 - Archery at Archery Range
- March 28 - Tai Chi at Ft. Marcy

If you have any questions or require additional information, please don't hesitate to call me at 955-4725. The best time to reach me is 8:00 a.m. - 10:00 a.m. or 3:00 p.m. – 5:00 p.m., or by email at cavilla@santafenm.gov, or www.sfsg50.org. If I am not available, please leave me a message and I will return your call.

Good Luck Olympians - till next month!

-Cristina Villa, Senior Olympics Coordinator



PUZZLE

2/2015

PUZZLE 19

ACROSS

1. Awesome
5. Understand
10. Muffins
14. ____-memoire
15. Severity
16. Football
17. Scanty
18. Lincoln
Center
offering
19. Relinquish
20. Guide
22. Asseverated
24. Distinction
26. Bustle
27. Tramp
31. Narrowing
35. Endure

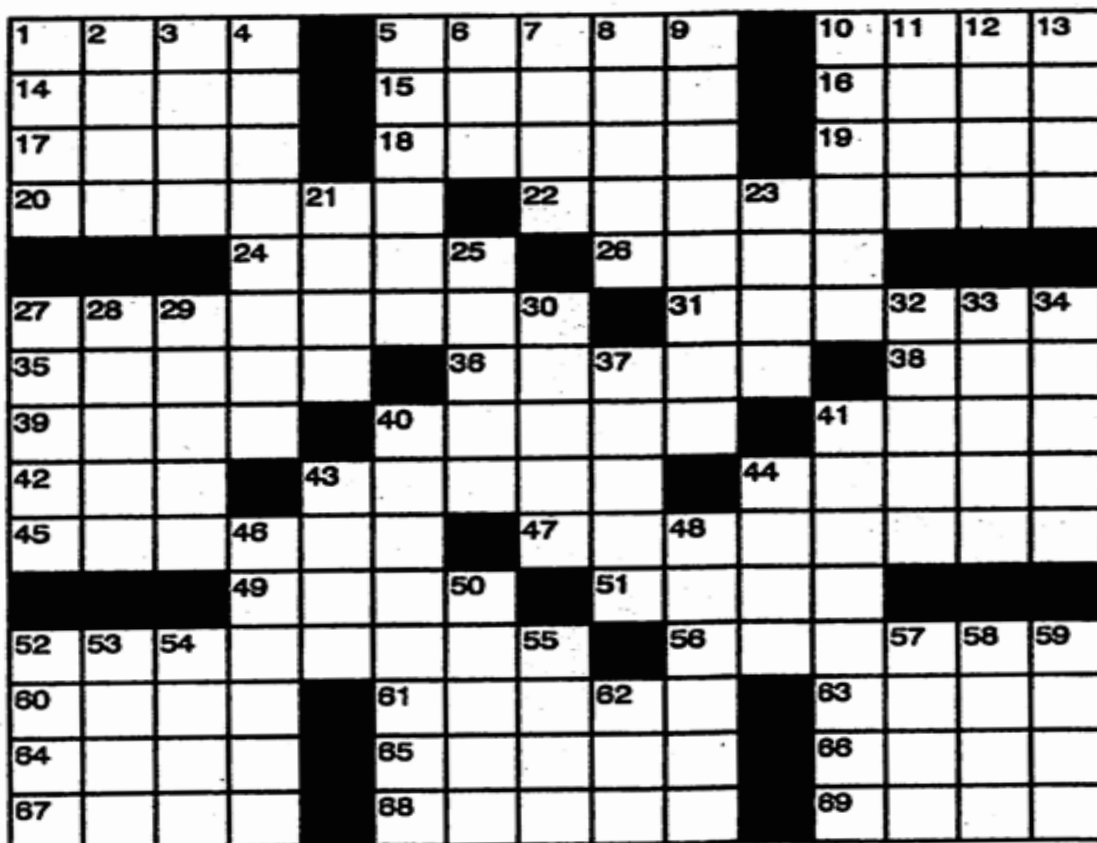
36. Vestige
38. 59
39. Wash
40. Stillness
41. Mention
42. Hot time, in
Orleans
43. Excellence
44. Cavalry
weapon
45. Offer
47. Melville or
Austen
49. Mitigate
51. Tiber city
52. Sunday
musician
56. Hints
60. Combine

61. British unit
of weight
63. Social
engagement
64. Serf
65. Drift
66. Burn balm
67. Poet's
contraction
68. Spring
purchases
69. Standing

DOWN

1. Legal concern
2. Certain
paintings
3. Of a
Horatian
work
4. Summer treat

5. Cavern
6. Cut
7. Grizzled
8. Painful spots
9. Operation
10. Stroller
11. Eternally
12. Assured of
success
13. Luge
21. Official
vestment
23. Brief
message
25. Infiltrate
27. Man's man
28. Weaken
29. Conferred
30. Deplete
32. "Her ____"
33. Graceful
birds
34. Utilize
37. Thespian
40. Lasts
41. Christmas
gift
43. Base
44. Trucker's rig
46. Reno worker
48. Electors
50. Name in
cosmetics
52. Unsettled
53. A Kennedy
54. Lost
55. Mood
57. Festive
58. English town
59. Attempt
62. Silent
greeting



PUZZLE

2/2015

In February 1947, fashion designer Christian Dior introduced a “couture breakthrough.” Celebrating postwar prosperity, Dior’s “New Look” offered dresses in flattering, curvaceous cuts that were luxuriant in their ample use of rich, colorful fabrics.

Solution on page 142

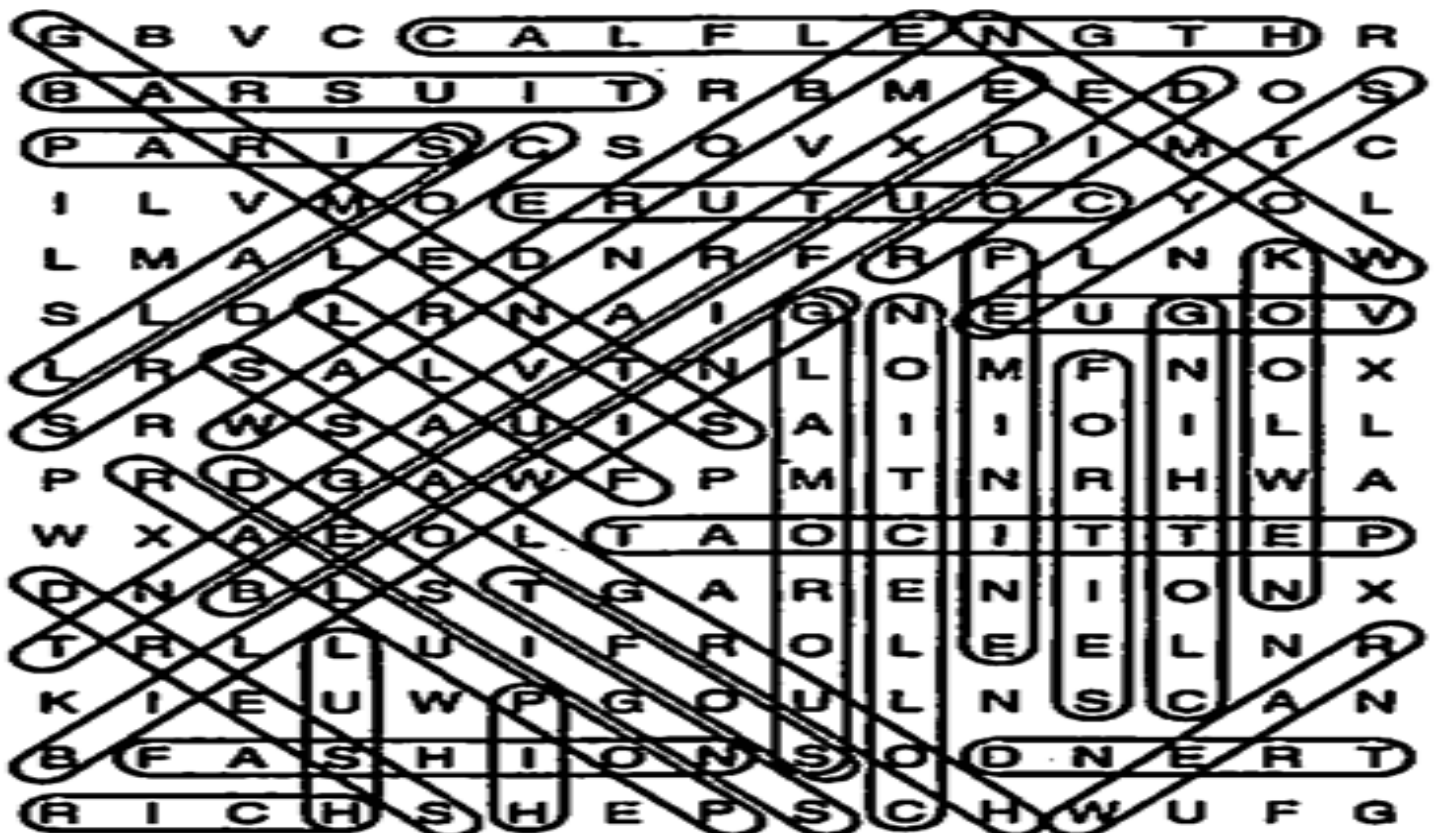
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|--|--------------------------------------|---|
| <input type="checkbox"/> BAR SUIT | <input type="checkbox"/> LUSH look | <input type="checkbox"/> SOFT shoulders |
| <input type="checkbox"/> BEAUTIFUL | <input type="checkbox"/> “NEW LOOK” | <input type="checkbox"/> STYLE |
| <input type="checkbox"/> BILLOWING skirt | <input type="checkbox"/> PARIS | <input type="checkbox"/> TREND |
| <input type="checkbox"/> CALF-LENGTH skirt | <input type="checkbox"/> PETTICOAT | <input type="checkbox"/> VOGUE |
| <input type="checkbox"/> CLOTHING line | <input type="checkbox"/> POPULAR | <input type="checkbox"/> WARDROBE |
| <input type="checkbox"/> COLLECTION | <input type="checkbox"/> RICH fabric | <input type="checkbox"/> WEAR |
| <input type="checkbox"/> COLORS | <input type="checkbox"/> SMALL waist | <input type="checkbox"/> WOMEN |
| <input type="checkbox"/> COUTURE | | |
| <input type="checkbox"/> DESIGNS | | |
| <input type="checkbox"/> DIOR, Christian
(designer) | | |
| <input type="checkbox"/> DRESS | | |
| <input type="checkbox"/> EXTRAVAGANT
fabric | | |
| <input type="checkbox"/> FASHION | | |
| <input type="checkbox"/> FEMININE | | |
| <input type="checkbox"/> FORTIES | | |
| <input type="checkbox"/> FULL skirt | | |
| <input type="checkbox"/> GARMENTS | | |
| <input type="checkbox"/> GLAMOROUS | | |
| <input type="checkbox"/> HIP padding | | |
| <input type="checkbox"/> HOURGLASS
silhouette | | |

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

PUZZLE ANSWERS

2/2015

PUZZLE 19



BREAKFAST MENU

2/2015

Senior Center Breakfast Menu for February 2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m., at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$5.25 fee for non-seniors (59 years of age or younger).

2nd	Boiled eggs, salsa, small roll, margarine, milk
3th	Sausage, cheese red chile, small roll, margarine, milk
4th	Ham & cheese biscuit, salsa, jelly, milk
5th	Breakfast burrito with scrambled egg, cheese, green chile, tortilla, bacon, milk
6th	Cottage cheese, tomato juice, hot cereal, margarine, milk
9th	Peanut butter, tomato juice, cold cereal, small roll, jelly, milk
10th	Scrambled egg, cheese, green chile, hash browns, bacon, milk
11th	Grilled ham, salsa, peppers, small roll, jelly, milk
12th	Scrambled egg, cheese, red chile, potatoes, margarine, milk
13th	Sausage, salsa, hash browns, small roll, margarine, milk
16th	Grilled ham, red chile, hash browns, margarine, milk
17th	Breakfast burrito with scrambled egg, cheese, salsa, tortilla, bacon, milk
18th	Cottage cheese, tomato juice, hot cereal, margarine, milk
19th	Scrambled egg, cheese, salsa, hash browns, bacon, milk
20st	Peanut butter, tomato juice, cold cereal, small roll, jelly, milk
23rd	Sausage, cheese, green chile, potatoes, margarine, milk
24th	Scrambled egg, cheese, salsa, tortilla, bacon, milk
25th	Sausage, tomato juice, pancakes, maple syrup, milk
26th	Breakfast burrito with scrambled egg, sausage, salsa, tortilla, margarine
27th	Scrambled egg, cheese, red chile, small roll, hash browns, margarine

Nutrition Education - Power Up with Breakfast

(Academy of Nutrition and Dietetics)

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread or leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Store boards so that they stay clean, dry. Do not store where they could touch raw meat.

Power up with a healthy breakfast and you're off to a great start!







FEBRUARY SENIOR LUNCH MENU



2/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu is Subject to Change	<div> <div>FEBRUARY</div>   </div>				
	<div>2</div> <div> Pepper Steak Baked Sweet Potatoes California Veggies Whole Wheat Roll Cherry Cobbler Milk </div>	<div>3</div> <div> Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O w /Mixed Fruit Milk </div>	<div>4</div> <div> Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk </div>	<div>5</div> <div> Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit Milk </div>	<div>6</div> <div> Philly Cheese Steak Sandwich Bell Peppers & Onions French Fries Spinach Salad Chilled Apricots Milk </div>
	<div>9</div> <div> BBQ Chicken Thighs Creamy Coleslaw Steamed Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk </div>	<div>10</div> <div> Frito Pie w/ Garnish & Red Chile Sauce Pinto Beans Chilled Apricots & Angel Food Cake Milk </div>	<div>11</div> <div> Oven Baked Chicker Rice Pilaf Buttered Broccoli WW Roll w/ Margarine Cherry Cobbler w/ Ice Cream Milk </div>	<div>12</div> <div> Pork Posole Spinach Salad Pinto Beans Flour Tortilla Fruit Cocktail Milk </div>	<div>13</div> <div> Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk </div>
	<div>16</div> <div> Chicken Fried Steak Mash Potatoes w/Gravy Steamed Carrots WW Roll Chilled Peaches Milk </div>	<div>17</div> <div> Chicken Fajitas w/ Garnish (Cheese & Salsa) Tortilla Chile Beans Jell-O w / Mandarin Oranges Milk </div>	<div>ASH WED 18</div> <div> Baked Fish Fillet w/ Tartar Sauce German Slaw Mixed Vegetables Hushpuppies Banana Pudding Milk </div>	<div>19</div> <div> Chicken w/ Noodles and Gravy Sauce Carrot & Green Peas Cornbread w/ Margarine Fruit Salad Milk </div>	<div>20</div> <div> Tuna Salad w/ Egg Noodles Tossed Green Salad w/ Ranch Dressing Crackers Chilled Peaches Milk </div>
	<div>23</div> <div> Chile Relleno w/ Green Chile Topping Tossed Salad w/ Dressing Pinto Beans /Crackers Mixed Fruit Milk </div>	<div>24</div> <div> Salisbury Steak w/ Gravy Mashed Potatoes Steamed Spinach WW Roll Chilled Pears Milk </div>	<div>25</div> <div> Pork Loin Black Eye Peas Cooked Cabbage Cornbread w/ Butter Peach Cobbler Milk </div>	<div>26</div> <div> Hamburger Steak w/ Mushroom Gravy Mashed Potatoes Green Beans / WW Roll Pineapple Bits Milk </div>	<div>27</div> <div> Fish Sandwich Tartar Sauce Lima Beans Carrot Sticks Chilled Plums Milk </div>

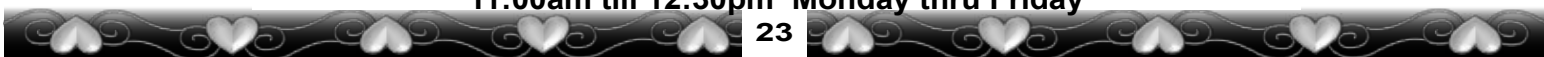
Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$5.25

Lunch is Served at:

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

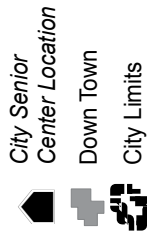
11:00am till 12:30pm Monday thru Friday



City of Santa Fe

Senior Center Locations

Legend



Mary Esther Gonzales (MEG)

(505) 955-4721

1121 Alto Street

Pasatiempo

(505) 955-6433

664 Alta Vista Street

Ventana de Vida

(505) 955-6731

1500 Pacheco Street

Luisa

(505) 955-4717

1500 Luisa Street

(entrance on Columbia St)

Villa Consuelo

(505) 474-5431

1200 Camino Consuelo

Genoveva Chavez Community Center

