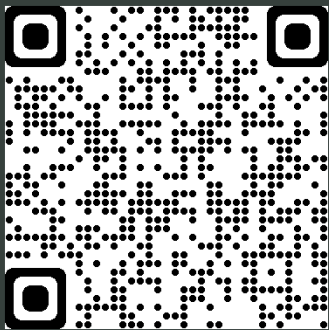


SENIOR SCENE MAGAZINE

NOVEMBER 2022

[www.santafem.gov/
senior_scene_newsletter](http://www.santafem.gov/senior_scene_newsletter)



City of Santa Fe
**Community
Services**

Senior Services



CONTACT INFORMATION



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

Mary Esther Gonzales Senior Center - 1121 Alto St.

- Admin Offices: 505-955-4721

Senior Services Administration & Registration:

505-955-4721

- Cristy Montoya, Administrative Secretary:
cjmontoya@santafenm.gov
- Cara Alunno, Receptionist

Division Director, Senior Services: 505-955-4710

Gino Rinaldi: earinaldi@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz: lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Congregate Meals/Grab-N-Go Meals: 505-955-4739

Yvette Sweeney: yasweeney@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Senior Services Navigator: 505-955-4735

Saul Carta: scarta@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center, Ventana de Vida Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Supervisor: VACANT

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: dcdevaca@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Volunteer Programs: 505-955-4744

Anya Alarid, Program Manager: aalarid@santafenm.gov

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo, Project Administrator: tptrujillo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations

mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

Santa Fe Civic Housing – 505-930-5901
Santa Fe County Senior Programs – 505-992-3069

Pasatiempo Senior Center – 664 Alta Vista St.
Ventana de Vida Senior Center – 1500 Pacheco St.
Villa Consuelo Senior Center – 1200 Camino Consuelo
Luisa Senior Center – 1500 Luisa St.

By Gino



Gino Rinaldi,
Division Director
of Senior Services

“America’s Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world.” **John Doolittle**

“The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude.” **Jeff Miller**

Two very powerful events we celebrate this month are part of what makes November an incredible time of the year. Many of you know I am a veteran and served 33 years in US Air Force Active Duty, Reserves, and National Guard. I am proud of every year I served and to quote Harry Truman; “Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.”

I am so thankful to once again see many of you here at the MEG Center and at the Luisa Center. We are working our way back to adding more activities and services. I really do appreciate everyone’s patience because it makes our job of transitioning back to 100% so much more enjoyable. Please take time to thank all the staff for their efforts and, of course, their smiling faces.

“Acknowledging the good that you already have in life is the foundation for all abundance.”

Eckhart Tolle

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

John F. Kennedy

“A thankful heart is not only the greatest virtue, but the parent of all the other virtues.”

Cicero

Senior Scene Magazine Highlights

News & Views

Volunteer
Programs

Ask Stan

Nutrition
Education

November Senior
Center Lunch Menu



Offered by:

Division of Senior Services
Programs And Activities for
Older Adults

Newsletter Production
Mona Baca, Editor/Distribution
Desiree Valdez, Graphic Design

NEWS & VIEWS

MEG Transportation Program

Due to the pandemic, we restricted our rides to pharmacies and medical appointments. As we re-open, we plan to expand rides to grocery stores. We continue to practice social distancing and will need to limit the number of rides to the grocery store to one ride per week per client. Senior vans will only allow four clients per vehicle at a time. This decreases the number of rides we can offer for now. We will transport seniors to the senior center for lunch. We will not transport elders to barber shops, hair salons, restaurants, gyms, etc. until further notice.

Passengers are required to wear masks while in the van. Masks are available for patrons who do not have a mask. Drivers are required to clean and sanitize their vehicle after each patron is dropped off. Customers still need to schedule their reservation at least 3 to 5 days in advance by providing their location, destination, designated time as well as a contact number.

Thank you for your continued patience and understanding. We look forward to seeing you soon. If you have any questions, feel free to contact **Linda Quesada-Ortiz at 955-4700.**

November Grocery Distributions

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Rd.
7:00 – 9:00 a.m. Thursdays,
November 10th & November 17th



FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+

THE 4TH SATURDAY EVERY MONTH
 3 to 4pm

Zia United Methodist Church
 3368 Governor Miles Rd
 Santa Fe 87507

Signup Not Required. Simply Show Up.



Long-Term Care Ombudsman Program Now Seeking Volunteers

Make a difference for people in assisted living and nursing home facilities as an Ombudsman Volunteer!



1-866-451-2901

Flora's Corner



"To love for the sake of being loved is human, but to love for the sake of loving is angelic."

Alphonse De Lamartine



Grandparents Raising Grandchildren

The City of Santa Fe Division of Senior Services currently has funds to assist grandparents providing out-of-pocket expenses like medical related expenses, food, clothing, etc., for their grandchildren. Senior citizens 55 years+ who live in the city/county of Santa Fe and show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household. For more information, please contact **Theresa Trujillo at 505-955-4745 or tptrujillo@santafenm.gov**

Echo Commodity Distribution

Tuesday, November 15, 2022



NEWS & VIEWS

Division of Senior Services Closures in November

There will be no meals or transportation available on the dates below:

**Friday, Nov. 11
Veterans Day**

**Thursday, Nov. 24 & Nov. 25
Thanksgiving Holiday**

Election Day: November 8th

Early voting is now available through November 5th at the Santa Fe County Clerk's Office between 8:00AM and 5:00PM. You can also vote on Saturday, Nov. 5th from 10:00AM - 6:00PM at the County Clerk's Office.

Election Day Polling Locations:

- Amy Biehl Community School
- Atalaya Elementary
- Carlos Gilbert Elementary
- Chaparral Elementary
- Christian Life Church
- El Camino Real Academy
- Gonzales Community School
- La Tierra Fire Station
- Montezuma Lodge
- Nina Otero Community School
- SFE County Fair Bldg.
- Salazar Elementary
- Southside Library
- St. Johns Methodist Church



Activities Return to Senior Centers!

BINGO

MEG: Wednesdays
Luisa: Fridays
1:00PM-3:00PM



- All seniors are required to wear masks.
- Four seniors per table.
- We encourage you to arrange your own transportation to and from your Bingo Site.

MOVIE DAYS

MEG: Every 3rd Tuesday of the month starting on Tues. November 15th at 1:00PM
Luisa: Thurs. November 10th at 1:00pm



- All seniors are required to wear masks.
- Everyone must social distance.

No reservations required for Billiards or Exercise Rooms. Masks are still required.

Holiday Tree Lighting Event



Friday, November 25 at 4:30PM

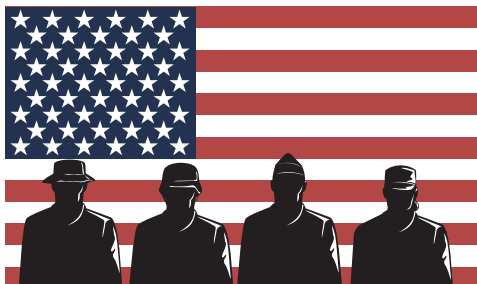
- Santa and Mrs. Claus will arrive by vintage fire truck at **5:30PM**
- Mayor Alan Webber and City Councilors will flip the switch to light the Plaza at **6:15PM**
- Enjoy food trucks, music, and fun!



NEWS & VIEWS

We Honor Our Veterans

Thank you to all past, present, and future members of the military for your selfless service to our country!



Fall Clean-Up a Success!

Thank you to all who helped with our annual Adopt-a-Highway Fall Clean-up. The weather cooperated and we were able to fill more than ten bags of trash! We are helping to keep Santa Fe beautiful!



Social Security Cost of Living Adjustment

The Social Security Administration announced an 8.7% increase in Social Security benefits (a cost of living adjustment, or COLA) for older adults in 2023 in response to growing inflation. This increase will amount to roughly \$145 per month on average. This is the largest annual increase in Social Security payments in about four decades. This increase is coupled with a decrease of 3% both in Medicare Part B premiums and in Medicare Part B deductibles, meaning that the Social Security payment increase will not be offset by any Medicare payment increases. Questions?

Call: 202-682-6899 or visit: www.nanasp.org



**Hidden Voices Of Route 66 With Dr. David Dunaway:
Wednesday, November 16, 2022 – 5:00 p.m. to 7:00 p.m.**

Route 66 is more than a nostalgic look back on the “good old days” – it is a living and dynamic road where the ghosts of the past mingle with new international visitors and where the stories of women and diverse groups are finally emerging. Dr. David Dunaway has recorded these stories and will present about some of them, including: accounts from the founder of Route 66’s revival in Arizona; an elder of the Hualapai tribe who talks about Route 66’s own Trail of Tears; an African-American community member who shares about how their family gave land for the route itself but now cannot be buried in a segregated cemetery; and another community member who describes meeting his first tourist via Route 66. All these stories are intrinsic to and celebrate Route 66’s truly multicultural history. For a quarter-century Dr. David Dunaway has recorded oral histories along the Mother Road for NPR and in his own national radio series, “Across the Tracks: A Route 66 Story.” He has also shared these histories in his memoir, his anthology, “A Route 66 Companion”, and as co-editor of the first bibliography of Route 66, as well as with the National Park Service. **This event will take place at the Community Gallery at 201 West Marcy Street, inside the Santa Fe Community Convention Center, and is free to the public.**

VOLUNTEER PROGRAMS

Join the RSVP Volunteer Program



AmeriCorps
Seniors

**Give a little time.
Get a lot back.**

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org

Featured Volunteer Station: Villa Therese Catholic Clinic



Here's a list of volunteer opportunities:

- Administrative (flexible daytime hours)
- Receptionist (Spanish speaking preferred)
- Records Management/Archiving
- Data Entry
- Correspondence/Mailings
- Professional Services (flexible daytime hours)
- Translator
- Digital Marketing / Social Media
- Public relations/marketing
- Donor development
- Computer/Technical
- Legal
- Fundraising Events, Patient Assistance Programs and Ongoing Projects

If you are interested in volunteering at Villa Therese Clinic, please call Mona Baca at 505-955-4760 or mabaca@santafenm.gov

Volunteer Fitness Instructors Needed!

Senior Services is seeking volunteer fitness instructors to teach the following classes:

- Enhance Fitness
- Chair Exercise
- Strength Training

If you are interested please contact **Cristina Villa** at 505-955-4725 or cavilla@santafenm.gov



Happy Birthday, November Volunteers! ¡Feliz Cumpleaños!

Alvino E. Castillo	11/02
Elmer N. Leslie	11/02
Víctor Teng	11/02
Catherine Barrett Markland	11/04
Richard J. Fox	11/05
Connie C. Duran	11/06
David R. Schell	11/06
Sandra Catanach	11/07
Karon Hanrahan	11/07
Bonnie Hong	11/08
Anne Mary Karshis	11/09
Cecilia Lopez	11/09
Randy Murray	11/09
Carmen L. Ortiz	11/09
William Glaser	11/12
Kay Jenkins	11/12
Mary A. Sandoval	11/15
David Hill	11/16
Bernadette Sandoval	11/16
Johnny R. Roybal	11/18
Anna Mae Gallegos	11/19
Joyce A. Roberts	11/19
Robert Shelley	11/20
Chia "George" Yih	11/20
Mary Antonette Shuck	11/25
Rochelle Byars	11/26
Jarratt Applewhite	11/28
Rudy F. Gonzales	11/29
David McCaffrey	11/29





Newsletter:

Ask Stan Medicare Questions



Volume 2, Issue 9 November 2022

Dear Stan,

*I have a Medicare Advantage plan, and I received a notice called “Annual Notice of Change” (ANOC) informing me that one of my medically necessary medications will **not** be covered by the plan next year. When can I make changes to my Medicare coverage? What tips do you have when considering new coverage? Where can I receive free help with understanding my options?*

Maria

Santa Fe, NM

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Maria,

Thank you for your questions. Each fall Medicare Advantage and Part D plans will send a document called the “Evidence of Coverage” (EOC) about the costs and benefits for the coming year. In addition, plans will send the “Annual Notice of Change” (ANOC) informing members of any changes in coverage, costs or service area that will be effective January 1, 2023.

Members who do not receive the EOC and the ANOC should contact their plans right away. Read more about these documents here: <https://www.medicare.gov>

Medicare Open Enrollment begins October 15 and ends December 7. If your current

Medicare Advantage plan does not meet your needs for the coming new year, then you can change to better coverage. Here is what you can do during Medicare Open Enrollment:

- You can switch to a different Medicare Advantage Plan with or without drug coverage. If you are taking prescription drugs, you should consider enrolling in a plan with drug coverage.
- You can switch back to Original Medicare and enroll in a stand-alone Part D prescription drug plan (PDP).

It is important to remember that any changes you make during Open Enrollment

will take effect January 1, 2023. Please note, if you choose to go without a drug plan next year, Medicare will assess a Part D late enrollment penalty. Read more here about the Part D late enrollment penalty here: <https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/part-d-late-enrollment-penalty>.

During Open Enrollment you can compare your plan’s new deductibles, premiums, and drug costs with other plans to determine the best option for you in 2023. Before you make a change, consider the following questions:

- Will my doctors still be in my plan’s network?
- Will my plan increase my copays?
- How much will my medical and prescription drug premiums cost next year?
- Will my prescription medications still be covered in the plan’s list of covered drugs also known as formulary?
- Will the plan impose restrictions (e.g., prior authorization) before I can access my medications?
- Will the plan offer additional benefits such as dental, vision or access to gyms (e.g., Silver Sneakers)?

For assistance during Open Enrollment, call the **Aging & Disability Resource Center (ADRC)** and request to schedule an appointment with a **State Health Insurance Assistance Program (SHIP)** Counselor at **1-800-432-2080**. SHIP Counselors are trained to provide objective Medicare information, assist with plan comparisons, and assist with benefits that can help save you money. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan,
New Mexico SHIP SMP Counselor

Open Enrollment Period

October 15 thru December 7

During the Open Enrollment Period you can join, switch or drop a Medicare Health plan.

For assistance and questions about your options during Open Enrollment, contact the **New Mexico State Health Insurance Assistance Program (SHIP)** at **1-800-423-2080** and schedule a telephone appointment with a SHIP counselor.

SHIP is a national program that offers one-on-one assistance, unbiased counseling, and education to Medicare beneficiaries.

In December Ask Stan Newsletter will not be published due to the Christmas holidays



This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 2, Número 9 noviembre de 2022

Estimado Stan,

Estoy inscrito en un plan Medicare Advantage, y recibí una notificación titulada "Aviso de cambio anual" y dice que mis medicamentos recetados no serán cubiertos el próximo año. ¿Cuándo podré hacer cambios a mi cobertura de Medicare? ¿Qué debo considerar antes de hacer un cambio a mi cobertura? ¿Dónde puedo recibir ayuda gratis para entender mejor mis opciones?

María
Santa Fe, NM

Reporte fraude relacionado a Medicare con la Patrulla de Medicare para las Personas de la Tercera Edad (SMP, por sus siglas en inglés) de Nuevo México al:
1-800-432-2080

El SMP de Nuevo México está disponible para proveerle la información para ayudarle a **PROTEGERSE, DETECTAR, y REPORTAR** fraude, errores, y abusos contra Medicare.

Estimado María,

Gracias por sus preguntas. Cada otoño los planes Medicare Advantage o de la Parte D mandarían la notificación titulada "evidencia de cobertura" (EOC, por sus siglas en inglés) sobre los costos y beneficios para el próximo año. Además, planes privados también mandarían la notificación titulada "Aviso de cambio anual" (ANOC, por sus siglas en inglés) sobre los cambios en cobertura, costo o servicios que serán efectivo el primero de enero del 2023.

Los miembros que no reciban ambas notificaciones EOC o ANOC deben comunicarse con sus planes. Lea más sobre estas notificaciones acá:

<https://es.medicare.gov>

El periodo de inscripción abierta de Medicare empieza el 15 de octubre hasta el 7 de diciembre. Si su plan Medicare Advantage no lo cubre de manera que necesite el próximo año, podrá iniciar un cambio a cobertura que le funcione mejor. Vea en esta sección los cambios que podrá iniciar durante el periodo de inscripción abierta:

- Podrá cambiarse a un plan Medicare Advantage con o sin cobertura de medicamentos. Atención: Si está usando medicamentos recetados, considere inscribirse en un plan con cobertura de medicamentos.
- Podrá cambiarse a Medicare Original e inscribirse en un plan de la Parte D que

solamente cubre medicamentos recetados (PDP, por sus siglas en inglés).

Recuerde que los cambios que haga durante el periodo de inscripción abierta tomarán efecto hasta el primero de enero del 2023. Atención: si decide no elegir cobertura de medicamentos, y decide inscribirse después, Medicare le impondrá una multa por inscribirse tarde en un plan de la Parte D. Lea más sobre esta multa acá: <https://es.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/part-d-late-enrollment-penalty>

Durante el periodo de inscripción abierta, podrá comparar su plan incluyendo sus deducibles, primas, y los costos de sus medicamentos con otros planes para determinar que le funcionará mejor en 2023. Antes de iniciar un cambio con su plan, considere las siguientes preguntas:

- ¿Mis médicos seguirán cubiertos dentro de la red del plan?
- ¿El plan aumentará mis copagos?
- ¿Cuánto aumentarán las primas de cobertura médica y de medicamentos el próximo año?
- ¿Mis medicamentos recetados estarán incluidos en la lista de medicamentos cubiertos por el plan?
- ¿El plan impondrá restricciones como autorización previa antes de que me cubran mis medicamentos?

- ¿El plan ofrecerá beneficios adicionales como cobertura dental, de la vista, ¿o acceso a gimnasios?

Comuníquese con el **Centro de recursos para las personas mayores y discapacitadas (ADRC, por sus siglas en ingles)** para recibir ayuda y evaluar sus opciones este otoño al **1-800-432-2080**. Cuando llame al ADRC, pida una cita con una consejera del **Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés)**. Las consejeras del SHIP brindan información objetiva, dan servicios de consejería gratis, le pueden ayudar a comparar diferentes planes y evaluar si es elegible para recibir beneficios estatales y federales que le pueden ahorrar dinero. También, puedes a chatear con un/a consejero/a a www.nmaging.state.nm.us

Stan,

Consejero de **New Mexico SHIP SMP**

Promoción Abierta del

15 de octubre al 7 de diciembre

Durante el tiempo de promoción abierta puedes unirte, cambiarte o abandonar un plan de salud de Medicare. Para ayuda y preguntas sobre sus opciones durante el Promoción Abierta, contacte a

New Mexico State Health Insurance Assistance Program (SHIP) a

1-800-423-2080

y hagan una cita con un SHIP consejero/a.

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This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

HEALTH & SAFETY

WHAT TO KNOW ABOUT DIABETES IN SENIORS

Diabetes is especially dangerous for seniors as it can make them more susceptible to developing conditions that damage organs and make it more difficult to heal from injuries. There are often no obvious signs Type 2 Diabetes is developing but initially, someone might experience more thirst and urinate more frequently.

Guidelines for Preventing Diabetes in the Elderly

You or your loved one may be at increased risk of developing Type 2 Diabetes if any of the following apply:

- **Being overweight:** excess fat increases the body's resistance to insulin, which is necessary to metabolize blood sugar
- **Stress or depression:** stress and mental health issues are known to raise blood sugar levels and blood pressure and have negative effects on insulin production
- **Family history of diabetes:** you may have a predisposition to developing diabetes, based on patterns you see in your family's medical history

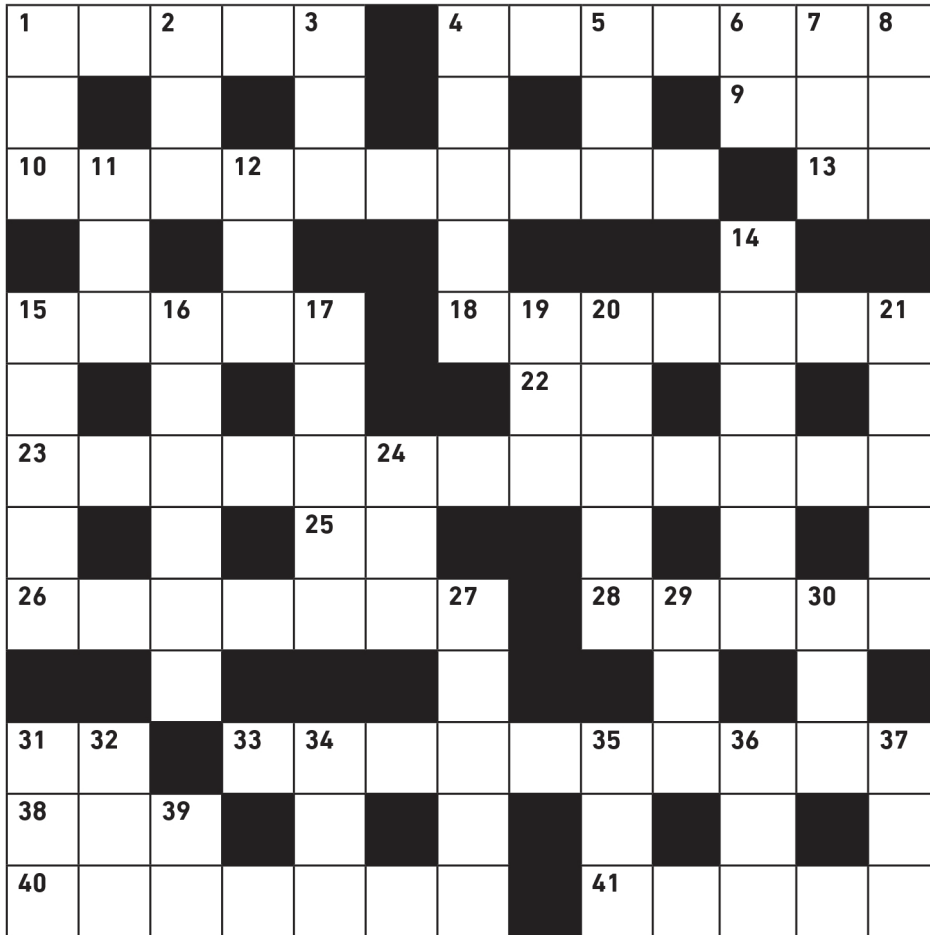
When someone has Type 2 Diabetes, they will often experience...

- **Fatigue, lethargy, and chronic weakness:** similar to what you'd experience when someone gets the flu.
- **Weight changes:** weight gain can occur because your body tries to overcompensate for lost fluid and fuel, or weight loss because your muscles aren't getting enough fuel.
- **Numb, tingly, or burning extremities:** decreased circulation causes nerve damage, and the extremities are often where you feel the effects first.
- **Vision loss or blurring:** sugar is being pulled from the lenses of your eyes and blood vessels are deteriorating in your retina.
- **Gum disease:** your gums are more susceptible to redness and inflammation, putting your teeth at risk.
- **More infections and slow healing:** urinary tract infections become common in seniors, and their wounds make take a long time to heal.

If you or your loved one is at risk of developing Type 2 Diabetes or already suffers from Type 2 Diabetes, you should do the following:

- **Maintain a healthy weight:** one can greatly benefit from a diabetes diet for the elderly and regular physical activity
- **Eliminate fat and sugar from the diet:** eat more vegetables and whole grains while decreasing the intake of animal fats and processed sugars
- **Manage stress:** Undertake relaxing activities and mindful exercises, doing enjoyable things, and practicing self-care

CROSSWORD PUZZLE



ACROSS

- 1. Far from fashionable
- 4. **Month of Canada's Thanksgiving**
- 9. Actress Ling
- 10. **Ornamental Thanksgiving staple**
- 13. Healer
- 15. Earl "_____" Hines
- 18. Famous stone
- 22. 2009 animated hit
- 23. **Home to the town of Turkey**
- 25. "____ my!"
- 26. Denial
- 28. Light brown
- 31. Stone Age comic
- 33. **America's favorite Thanksgiving pie, per a 2018 poll**
- 38. Utilize
- 40. **First department store to sponsor a Thanksgiving Day parade**
- 41. Extreme

DOWN

- 1. "____ Hear a Waltz?"
- 2. Tie the knot
- 3. Thumbs-up vote
- 4. Trash-can dweller
- 5. Fantasy publisher
- 6. King of music
- 7. Singer's tool
- 8. ____ Tin Tin
- 11. Hoops group
- 12. "____ bin ein Berliner"
- 14. Hun honcho
- 15. More delicate
- 16. Careful spending
- 17. Dumas swashbuckler
- 19. Yours and mine
- 20. *Star Trek* officer
- 21. Sega rival
- 24. Half a Latin dance
- 27. ____ lazuli
- 29. Harrison's breakout role
- 30. Japanese pond fish
- 31. Creepy crawler
- 32. CBS drama franchise
- 34. Hawaiian string instrument
- 35. Debtor's initials
- 36. Sajak or Boone
- 37. Historic time
- 39. Dorothy Gale's aunt

WORD SEARCH

Kitchen Utensils

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.





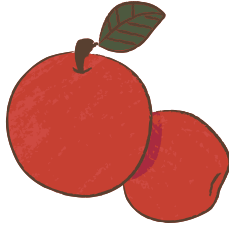

E G O N L N I T G N I K A B O
 D F K I I L C A S S E R O L E
 T C I H K P I R E T A R G E N
 U T L N K E G R E N E E S O I
 C L I R K S T N G N M L P A K
 O E O J W D O T I R K E I D P
 F F F U I N A A L L N E C R U
 F P N I T H R E E E L P E A C
 E W I C K T I T R C H O C O G
 E H T E S H S U R B E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

APPLE CORER
 BAKING TIN
 BREAD KNIFE
 BRUSH
 CASSEROLE
 CHOPPING BOARD
 COFFEE FILTER
 CUTLERY
 FISH PAN
 FORK
 GLASS
 GRATER
 GRILL
 ICE CREAM SPOON
 JUICER
 KETTLE
 MEASURING CUP
 MIXER
 OPENER
 PEELER
 PIE TIN
 PLATE
 ROLLING PIN
 SCALES
 SPATULA
 STRAINER
 TIN FOIL
 WAFFLE IRON
 WHISK

DELETE ONE

Delete one letter from UNREGULATED POSER and find somewhere to wait.

SENIOR CENTER LUNCH MENU- NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Orange Chicken White Sticky Rice Asian Veggies Egg Roll Mandarin Oranges	2 Fish Soft Taco Salsa Mexican Slaw Black Beans Chuck Wagon Veggies Spiced Apples	3 Meatloaf w/ Tomato Topping Scalloped Potatoes Mixed Veggies Roll Sherbet	4 Baked Pork Chop Pork Gravy Rice Pilaf Peas & Carrots Roll Pineapple in Jello
7 Chile Relleno Green Chile Meat Sauce Refried Beans Calabacitas Tortilla Tropical Fruit Salad	8 Buffalo Chicken Tenders French Fries Green Beans Celery Sticks Tapioca Pudding	9 Meatball Sub w/ Marinara Sauce California Veggies Potato Chips Applesauce	10 Chicken Salad On a Croissant 3 Bean Salad Cold Peas Strawberry Shortcake	11  All Kitchens Closed for Veterans Day
14 Salisbury Steak Mashed Potatoes Mushroom Gravy Sliced Carrots Roll Fresh Orange	15 Cobb Salad with Ham, Chicken & Egg Breadstick Brownie	16 THANKSGIVING DINNER Pork Roast & Gravy Bread Stuffing Mixed Veggies Cranberry Salad Hawaiian Sweet Roll Pumpkin Pie	17 Beef & Bean Burrito w/ Red Chile Sauce Spanish Rice Tossed Salad Fresh Pear	18 Grilled Chicken Sandwich w/Garnish Carrot & Celery Sticks Potato Salad Peaches in Cottage Cheese
21 Fish Sandwich Tartar Sauce Vegetable Medley Hushpuppy Lemon Pudding	22 Baked Chicken Chicken Gravy Wild Rice French Style Green Beans Ice Cream	23 Sloppy Joe Tater Tots California Veggies Coleslaw Peanut Butter Cookie	24  All Kitchens Closed for Thanksgiving Day	25  All Kitchens Closed for Holiday
28 Cheese Tortellini w/ Meaty Marinara Italian Veggies Garlic Toast Fresh Apple	29 Chicken Fettuccini w/ Alfredo Sauce Broccoli & Cauliflower Spinach Salad Bread Stick Cherries in Cobbler	30 Red Chile Pork Enchiladas Pinto Beans Chuck Wagon Veggies Spanish Slaw Plums		

Senior Meal Suggested Donation: Lunch \$1.50

10:30 a.m. – 12:30 p.m. Monday through Friday

Milk is served with each meal. Menu is subject to change.

NUTRITION EDUCATION



U.S. DEPARTMENT OF AGRICULTURE

Dry Goods

Dry goods are shelf-stable foods that can be safely stored at room temperature and are typically packaged in a can, sealed plastic bag, cardboard box, or aseptic container. These items should be stored in a cool and dry area, off of the floor, and away from extreme sources of heat or cold. Depending on the product or manufacturer, dry goods may have a shelf life for a year or more. Check the package for the 'best if used by' date and use this handout to learn how to safely handle dry goods. Discard cans that are severely dented, bulging, leaking or rusted, as well as packages that were opened before you received them. These are signs that the food may be unsafe to eat.

Canned Fruit, Vegetables, Soup, Beans, Meat, Poultry, and Fish



Canned foods typically have 'best if used by' dates of 2-5 years for quality assurance, but they may be safe indefinitely as long as they are not exposed to freezing temperatures or temperatures above 90 °F. Before opening, clean the top of the can to remove any dust, dirt, or debris. After opening, store remaining remaining food in the refrigerator in an air-tight container or resealable bag. Do not store remaining food in the can.

Dried Fruit, Dry Beans, Nuts, Nonfat Dry Milk, Dried Eggs, and Grains



Open the package and use the desired amount. If the food is in a resealable bag, tightly seal the bag before storing it. If the food is not in a resealable bag, store the remaining food in an air-tight container or resealable bag. These items can be stored at room temperature or in the refrigerator.

Tip

Break down large packages into smaller portions by using clean resealable bags and air-tight containers. For example, a 2 pound bag of dry beans can be divided into four 8 ounce bags. This will help to retain the quality of the remaining product.

Fresh Vegetables

Store onions, winter squash, and all types of potatoes in dry storage to maintain quality. Do not refrigerate these items. Wash all fresh produce thoroughly under running water before preparing and/or eating. Cut off any damaged or bruised areas before preparing and/or eating. Discard produce that is spoiled or rotten.

Shelf-stable Milk and Juice

Store at room temperature until opened. After opening, store in the refrigerator.



USDA
Foods

USDA is an equal opportunity provider, employer, and lender.

CONSUMER & LEGAL

Can my estate avoid probate?

Who will pay for my nursing home care?

**What are Powers of Attorney and
Advanced Health Care Directives?**

Answer these questions and more at:

LEGAL RESOURCES FOR THE
ELDERLY PROGRAM (LREP)

LEGAL WORKSHOP

Mary Esther Gonzales Senior Center

1121 Alto St.

Santa Fe, NM 87501

Thursday, November 10, 2022

Legal Workshop (Presentation by an LREP attorney)

8:30am-9:45am

Power of Attorney Clinic (Preparation of Powers of Attorney &
Advance Health Care Directives)

9:45am-10:45am

Advanced registration required for Power of Attorney Clinic.

Call 1-800-876-6657 or (505) 797-6005

Can't make it to the center that day? Have your questions answered by an attorney by calling the LREP Helpline, 1-800-876-6657 or (505) 797-6005

A joint project of the New Mexico Aging & Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

CROSSWORD PUZZLE SOLUTIONS

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

WORD SEARCH SOLUTIONS

Solution: Kitchen Utensils

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



DELETE ONE

Delete S and find DEPARTURE LOUNGE.



“Thanksgiving” by Patti Merrill

T is for Turkey and pumpkin pie.
H is for Home where the spirits are high.
A is for Apples on the apple tree.
N is for the New baby in the family.
K is for Kitchen and a friendly smile.
S is Sit down and stay a while.
G is for I’m grateful for the Good that we share!
I is for I love you more than anyone from anywhere.
V is for Visitors and neighbors and folks.
I is for Interesting stories and Grandpa’s jokes.
N is to Not be sad. Count your blessings instead.
G is for Giving thanks before you go to bed.



**City of Santa Fe
Senior Center
Locations**

VILLA CONSUELO
1200 Camino Consuelo
505-955-4721



VENTANA DE VIDA
1500 Pacheco Street



**MARY ESTHER
GONZALES (MEG)**
1121 Alto St.
505-955-4721



**MEG
Open for
Meals!**

PASATIEMPO
664 Alta Vista Street
(505) 955-4721

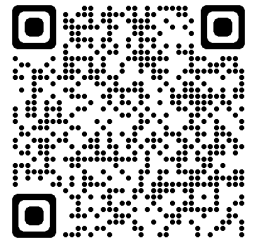


LUISA
1500 Luisa
Street
(505)
955-4721

(entrance on Columbia St.)



**Luisa
Open for
Meals!**



www.santafenm.gov/division_of_senior_services

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