

SENIOR SCENE MAGAZINE

OCTOBER 2022

[www.santafenm.gov/
senior_scene_newsletter](http://www.santafenm.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:
cymontoya@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

"It has always been easy to hate and destroy. To build and to cherish is much more difficult." **Queen Elizabeth II**

"It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change." **Queen Elizabeth II**

Little by little we are opening up more, and it seems to be going well. I appreciate everyone's assistance to make this happen. I know there is more we can do, and we are working on it. We hope to start bingo and maybe a trip or two before winter. We are also beginning to plan the Senior Olympics for 2023 and more!

I feel it is important to say we all need to do our best to stay vaccinated. Newly authorized boosters are rolling out across the U.S. days after the CDC recommended their use. White House officials said they plan to recommend people get COVID-19 boosters once a year, like the flu vaccine, starting with the new shots. Please consult with your physician and make sure to get your flu and pneumonia vaccinations.

Get more info: www.cdc.gov/vaccines/adults

October is also the month to get you heater checked out before you turn it on for winter! Yes, winter!

"Our modern world places such heavy demands on our time and attention that the need to remember our responsibilities to others is greater than ever."

Queen Elizabeth II

CITY OF SANTA FE
COMMUNITY SERVICES
SENIOR SERVICES

Senior Scene Magazine Highlights

News & Views

Volunteer
Programs

Ask Stan

Nutrition
Education

October 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 continuous 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**.

October Grocery Distributions

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, October 6th & October 20th



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.



Albuquerque International Balloon Fiesta

Any local will tell you October is the most beautiful time of year in New Mexico, made so by the much-anticipated sight of colorful balloons punctuating the skyline. During this season, the sky is bluer, the days are gentler, and the mornings crisper -- almost as though the landscape has taken a deep sigh -- and on the desert's warm breath sails the annual Albuquerque International Balloon Fiesta. The Fiesta is October 1-9, 2022. For more information: <https://balloonfiesta.com/Event-Schedule>

Flora's Corner



"No one plants a garden for today.
They plant it for the promise of tomorrow.

Gardens are hope made real." **Marcia Zeck**

Grandparents Raising Grandchildren

The City of Santa Fe Division of Senior Services currently has funds to assist grandparents providing out-of-pocket expenses such as 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**

Flu Shot Time!

CHRISTUS St. Vincent is hosting their free flu vaccine drive-through clinic on **Saturday, October 8th, 9AM to 2PM at 455 St. Michael's Dr.**



Echo Commodity Distribution

Tuesday, October 18th, 2022



NEWS & VIEWS

AmeriCorps Seniors Volunteer Service Project Thank You!

Thank you to everyone who participated in our 9/11 service project for Homeless Veterans. The generosity of the community was wonderful. Our Advisory Council along with staff assembled over 40 bags with essentials and delivered to the Vet Center.



44th Annual Conference on Aging Wrap Up

The 44th Annual Conference on Aging "Watch Party" was held on September 7th and 8th at the Santa Fe County Extension Building. There were seniors who attended from Santa Fe and Rio Arriba County.

The workshops were both informative and educational. All workshops are still available for those who were unable to register or attend the sessions. To access these sessions, register for free at: coa.altsd.state.nm.us/node/1422745

When you register, you will gain access to the workshops and highlights! View the moving hour-long documentary, followed by a panel discussion with Dr. Karin Thron, Eileen Joyce, and Barak Wolff, among many other sessions available online.

Viva La Fiesta de Santa Fe!



Muchas Gracias! Thank you to the Fiesta Royal Court for bringing the joy of this time of year to the MEG Center! Our seniors enjoyed themselves.

Morning Coffee at the MEG! Treat yourself!



Coffee will be available in the Dining Room starting at 8:00AM. Enjoy a cup of coffee on us!

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

Join the Foster Grandparent or Senior Companion Volunteer Programs!

Foster Grandparent Volunteers (FGP) serve in Santa Fe Public Schools, mentoring and guiding students with exceptional needs. The Senior Companion Program (SCP) places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement, and other benefits. Volunteers must pass criminal background checks, training and commit to a minimum of five hours of service a week. **To learn more, contact Anya Alarid at (505) 955-4744 or aalarid@santafenm.gov.**



Reminder:
Please turn in your RSVP
volunteer miles and hours
for July, August, and
September by Friday,
October 7th!

Happy Birthday, October Volunteers! ¡Feliz Cumpleaños!

Mela Sanchez	10/01
George W. Peyton	10/02
Cheryl Karo	10/02
Helen Maestas	10/02
Craig Stamm	10/02
Roberta Armstrong	10/03
Don Blossom	10/06
Daniel Koenig	10/06
Bradford Berge	10/08
Elvira Mercedes Moreno	10/09
Annabelle Brazeal	10/11
Jerry Delgado	10/12
Thomas Blum	10/13
Jill James	10/15
Richard Lueck	10/15
Carol Lachman	10/16
Alex Vargas	10/16
Susan Hill	10/18
Reynaldo L. Chavez	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Nancy Brace	10/22
Richard Furlanetto	10/23
Anna Chacon	10/24
Amy Lafferty	10/26
Doris Jeanne Luna	10/26
Beatrice Montoya	10/27
Mary Lee Ortiz	10/27
Tony Rivera	10/27
Carmen M. Rodriguez	10/27
Christella M. Vigil	10/27
Janet Reffert	10/28
Jessie Visarraga	10/28
Patti Merrill	10/29
Rose Garcia	10/30
Linda Reid	10/30
Elizabeth Slota	10/30
Charles Niggemann	10/31





Newsletter:

Ask Stan Medicare Questions



Volume 2, Issue 8 October 2022

Dear Stan,

It seems like every time I go to pick up my prescription, the cost for it changes. Can you help me understand why?

*Maria,
Albuquerque*

**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,

Drug plans have multiple coverage phases, such as "Cost Before Deductible", "Cost After Deductible", "Cost in Coverage Gap" and "Cost After Coverage Gap". What you pay when you pick up your drugs depends on what coverage phase you are in. Drug costs may vary in each coverage phase. You'll start a new coverage phase once your spending for all drugs has reached a certain amount.

In the "Cost Before Deductible" phase, if your plan has a deductible, once you meet it a drug's cost may be less. The maximum allowable deductible for 2023 is \$505. Deductibles vary by plan but cannot exceed this amount.

During the "Cost After Deductible" phase (also called "Initial Coverage") you will pay a percentage of the plan's

cost for covered drugs. In 2023, once you and your plan spend \$4,660 combined on drugs (including deductible), you enter the "Cost in Coverage Gap" phase.

While in the "Cost in Coverage Gap" phase (also called the "Donut Hole") you will pay no more than 25% of the cost for your covered drugs until you spend \$7,400.

Once you enter the "Cost After Coverage Gap" phase (also called "Catastrophic Coverage") you will pay no more than 5% of the cost for covered drugs for the rest of the year.

Usually, most people never reach the “Cost in Coverage Gap” phase. Also, if you have Extra Help you do not go through these phases. Extra Help is a federal program that helps Medicare recipients with limited resources and income pay for some of their prescription costs.

Understanding how your plan works and getting the information you need to find a plan to best meet your needs can be complicated. Factors such as the plan’s formulary, rules about prior authorizations, and the tiers your medications fall into will impact your costs and how well a particular plan works for you. The **New Mexico State Health Insurance Assistance Program (SHIP)** is here to help you understand your options.

You want to make sure you are maximizing your Medicare prescription benefits and paying the lowest costs possible for your prescriptions.

Contact the **New Mexico Aging and Disability Resource Center** at **1-800-423-2080** and ask for a **SHIP** counselor to help you. 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.

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content & can work with your schedule. We can serve more people together!





Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 2, Número 8 octubre de 2022

Estimado Stan,

Parece que cada vez que voy a recoger mi receta, el precio cambia. ¿Puedes ayudarme a entender por qué?

*Maria,
Albuquerque*

Estimada Maria,

Los planes de drogas tienen múltiples fases de coberturas como “Costo Antes de Deducible”, “Costo Después de Deducible” y “Costo en Brecha de Cobertura”. Lo que pagas cuando recoges sus medicamentos depende en qué fase de cobertura se encuentra. Los costos de drogas pueden variar en cada fase de cobertura. Empezaras un nuevo fase de cobertura cuando sus gastos de todas las drogas han alcanzado una cierta cantidad.

En el “Costo Antes de Deducible” fase, si su plan tiene un deducible, cuando lo conoces el costo de las drogas pueden ser menos. El deducible máximo permitido de 2023 es \$505. Los deducibles varían según el plan pero no pueden exceder esta cantidad.

**Reporte el fraude relacionado con Medicare
llamando al New Mexico Senior Medicare
Patrol (SMP) a
1-800-432-2080**

**El SMP te dará la información que necesitas
par PREVENIR, DETECTAR Y DENUNCIAR
errores de fraude y abusos de Medicare.**

Durante, “Costo Después de Deducible” fase, (también llamado “Cobertura Inicial”), pagaras un porcentaje del costo de la plan para cubrir los medicamentos. En 2023, una vez que usted y su plan gastaron \$4,660 combinado con drogas (incluyendo deducible), entran en el fase “Costo en Brecha de Cobertura”, (también llamado el “Agujero de Rosquilla”) no pagaran mas del 25% del coste para medicamentos de cobertura para el resto del año.

Por la general, la mayoría de la gente

nunca llega al ("Costo de Brecha de Cobertura") fase. También, si tienes Ayuda Adicional, no pasas por estas fases. Ayuda Adicional es una programa federal que ayuda beneficiarios de Medicare con recursos limitados y pago de ingresos por parte de sus costos de prescripción.

Entender cómo funciona su plan y obtener la información y que necesitas para encontrar un plan que mejor satisfaga sus necesidades puede ser complicado. Factores como un formulario de planes, reglas sobre la autorización previa, en que los niveles su medicación esta cayendo para afectar sus costos y que también funciona un plan en particular para usted. El **New Mexico State Health Insurance Assistance Program (SHIP)** esta aquí para ayudarles comprender su opciones.

Quieres asegurarte de que estas maximizando su beneficios de prescripción de Medicare y pagar el

costo mas bajo posible por sus recetas. Contacte a **New Mexico Aging and Disability Resource Center** a **1-800-423-2080** y pregunte por un/a consejero/a de **SHIP** para ayudarte. 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.

Los voluntarios de las programs SHIP y SMP: Aprendan mas información sobre Medicare y las formas de servir mejor al público por poniéndose en contacto con nosotros sobre las oportunidades de voluntariado disponibles al **1-800-432-2080**. Proporcionamos formación sobre el contenido de Medicare y pudiémos trabajar con tu horario. !Podemos servir a más personas juntos!



CONSUMER & LEGAL

NM MEDICARE & SHIP

FOR MORE
INFORMATION VISIT
WWW.SHIPHELP.ORG

SHIP isn't just for people new to Medicare. Needs and options may change over time, so it's important to review your Medicare plan every year during Open Enrollment. With Medicare's Open Enrollment right around the corner, consider making an appointment with your SHIP to review coverage options and costs! This year your NM SHIP is providing both telephone and in-person Medicare counseling during Open Enrollment October 15-December 7. Stay tuned or call the ADRC at 1-800-432-2080 to find out about events in your community.

IT **PAYS** TO COMPARE

**RESEARCH SHOWS
YOU CAN LOWER
YOUR COSTS BY
SHOPPING AROUND.**

MEDICARE ADVANTAGE

Medicare Advantage and Part D plan coverage usually changes each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.

PART D

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change and/or Evidence of Coverage (EOC). Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs.



SHIP

State Health Insurance
Assistance Program

HEALTH & SAFETY

FALLS PREVENTION FOR OLDER ADULTS DEBUNKING TEN MYTHS OF OLDER ADULT FALLS

MYTH 1: FALLING HAPPENS TO OTHER PEOPLE, NOT TO ME.

Reality: Many people think, "It won't happen to me." But the truth is 1 in 4 older adults fall every year in the U.S.



MYTH 2: FALLING IS SOMETHING NORMAL THAT HAPPENS AS YOU GET OLDER.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.



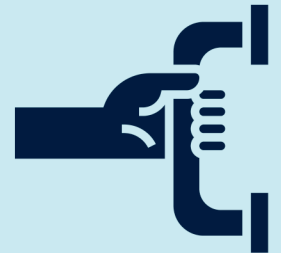
MYTH 3: IF I LIMIT MY ACTIVITY, I WON'T FALL.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.



MYTH 4: AS LONG AS I STAY AT HOME, I CAN AVOID FALLING.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.



MYTH 5: MUSCLE STRENGTH AND FLEXIBILITY CAN'T BE REGAINED.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.



MYTH 6: TAKING MEDICATION DOESN'T INCREASE MY RISK OF FALLING.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.



HEALTH & SAFETY

FALLS PREVENTION FOR OLDER ADULTS DEBUNKING TEN MYTHS OF OLDER ADULT FALLS

MYTH 7: I DON'T NEED TO GET MY VISION CHECKED EVERY YEAR.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.



MYTH 8: USING A WALKER OR CANE WILL MAKE ME MORE DEPENDENT.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.



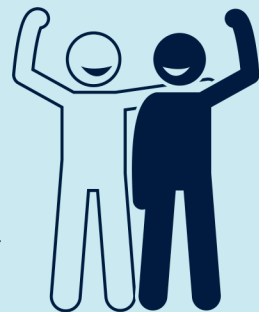
MYTH 9: I DON'T NEED TO TALK TO FAMILY MEMBERS OR MY HEALTH CARE PROVIDER IF I'M CONCERNED ABOUT MY RISK OF FALLING. I DON'T WANT TO ALARM THEM, AND I WANT TO KEEP MY INDEPENDENCE.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.



MYTH 10: I DON'T NEED TO TALK TO MY PARENT, SPOUSE, OR OTHER OLDER ADULT IF I'M CONCERNED ABOUT THEIR RISK OF FALLING. IT WILL HURT THEIR FEELINGS, AND IT'S NONE OF MY BUSINESS.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, installing safety features like grab bars or walk-in bathtubs, finding a fall prevention program in the community, or setting up a vision exam.



Evidence Based Falls Prevention Programs

ncoa.org/article/evidence-based-falls-prevention-programs

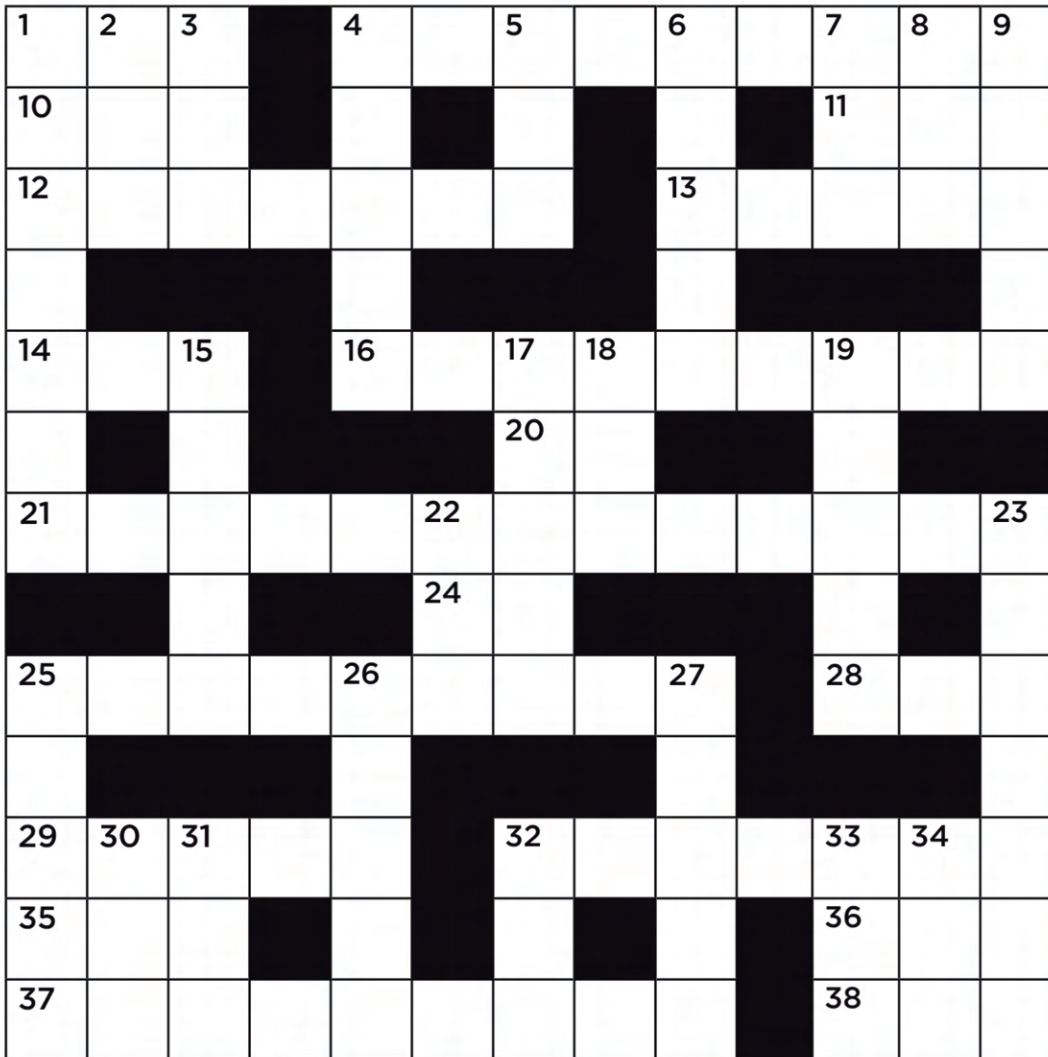
New Mexico Department of Health - Adult Falls Program

nmhealth.org/about/erd/ibeb/oafp/

Best Walk In Tubs

ncoa.org/adviser/walk-in-tubs/best-walk-in-tubs

CROSSWORD PUZZLE



ACROSS

1. Collection
 4. "Graciously grant," 1973
 10. *Westworld* network
 11. Tyler or Ullmann
 12. "Edible mollusk," 1968
 13. Greek letter
 14. Tillis or Grier
 16. "Flag signaling," 1946
 20. *Either* partner
 21. "Provisional, in law," 1969
 24. *The _____* (soapy series, 2003–2007)
 25. "Very small dog," 1967
 28. Droop
 29. Pierre's farewell?
 32. "Front tooth," 1975
 35. _____ Bernardino
 36. Shack
 37. "Servile flatterer," 1964
 38. Not hers

DOWN

1. Wrinkly pooch
 2. Recede
 3. _____ tee
 4. Stringed instruments
 5. Small guitar, for short
 6. Ask for money
 7. Stout relative?
 8. Attack
 9. Elude
 15. Gaynor of 1950s musicals
 17. Freeload
 18. A rainbow, for example
 19. Smells
 22. Mauna _____
 23. Cultured vittles
 25. Refinement
 26. Seize by force
 27. Rakish neckwear
 30. Calendar block
 31. Business magazine
 32. Apple cider girl of song
 33. "Quiet!"
 34. Parisian assent

WORD SEARCH

Magic

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

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

CIRCUS
 CLIMAX
 COFFIN
 COINS
 DEXTEROUS
 DOVES
 EXCITING
 FIRE
 HOUDINI
 HYPNOSIS
 LEVITATE
 PODIUM
 RABBIT
 RINGS
 ROPE
 SECRET
 SHOW
 SPECTATORS
 SPEED
 STAGE
 STREET
 UNDERWATER ACT
 VANISH

SANDWICH

What three-letter word belongs between the word on the left and the word on the right, so that the first and second word, and the second and third word, each form a common compound word or phrase?

FALL _ _ _ CROP

SENIOR CENTER LUNCH MENU- OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Fish Scalloped Potatoes Malibu Blend Veggies Roll Cinnamon Spiced Apples	4 Swedish Meatballs over Noodles Italian Veggies Garlic Bread Bananas in Pudding	5 Chicken Cordon Bleu Broccoli & Cauliflower w/ Cheese Sauce Rice Pilaf Strawberry Shortcake	6 Soft Beef Taco Garnish & Salsa Chile Beans Calabacitas Pineapple Tidbits	7 BBQ Chicken Baked Beans Steamed Corn Coleslaw Cornbread Fresh Pear
10 	11 Polish Sausage Buttered Carrots Parsley Potatoes Roll Fresh Apples	12 Chicken Provencal with Veggie Topping White Rice Spinach & Onions Roll Sherbet	13 Pork Tamale with Red Chile Sauce Refried Beans Mixed Veggies Plums	14 Teriyaki Chicken Fried Rice Asian Veggies Roll Fortune Cookie Fresh Orange
17 Pork Chop Pork Gravy ½ Baked Potato California Veggies Roll Applesauce	18 Pepper Steak Mashed Potatoes Mushroom Gravy 5 Way Veggies Roll Diced Peaches	19 Spaghetti with Meats Sauce Italian Veggies Tossed Salad Garlic Bread Yogurt	20 Chicken Fried Chicken Mashed Potatoes Pepper Gravy Vegetable Medley Roll Mixed Fruit in Jello	21 Baked Tilapia Diced Potatoes Brussels Sprouts Roll Lemon Pudding
24 Baked Chicken Chicken Gravy Buttered Noodles Green Beans Biscuit Apricots	25 Pork Stir Fry Stir Fry Veggies Seasoned Rice Roll Oatmeal Cookie Sliced Pears	26 Green Chile Chicken Posole Chuckwagon Veggies Pinto Beans Tortilla Vanilla Pudding with Cinnamon	27 Ham & Cheese Sandwich Garnish Three Bean Salad Macaroni Salad Brownie w/Cherry Topping	28 Meatloaf with Tomato Topping Potatoes Au Gratin Roll Tropical Fruit
31 Chicken & Rice Casserole w/Peas & Carrots Mixed Veggies Roll Cherries in Cobbler				

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

EASY STEPS TO PREVENT FOOD WASTE

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

USE THESE TIPS TO SAVE ON GROCERIES AND THE ENVIRONMENT:

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

Learn more about food loss & waste prevention at:
[USDA.GOV/FOODLOSSANDWASTE](https://www.usda.gov/foodlossandwaste)

CROSSWORD PUZZLE SOLUTIONS

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

WORD SEARCH SOLUTIONS

Solution: Magic

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

SANDWICH

OUT



"UP THE ROAD TO THE SANTA FE SKI BASIN"
PHOTO BY JULIE SPROTT

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](http://www.santafenm.gov/division-of-senior-services)

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