

The Senior Scene

Vistas de los Mayores



November 2013

Programs and Activities for Older Adults



offered by the
Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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 (by clicking on "A to Z index" in the upper left corner; scrolling down to "S" and clicking on "Senior Services") or at www.rsvpsantafe.org.

- Kristin Slater-Huff, Senior Scene Editor

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Enrique DeLora, Inventory Supervisor 955-4750

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Yvette Sweeney, Administrative Assistant 955-4739
Robert Duran, MOW Assessments 955-4747

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Lugi Gonzales, Temp. Coordinator 955-4711
M.E.G. Center, Ventana de Vida Center
Cristina Villa, Program Coordinator 955-4725
Luisa, Pasatiempo, Villa Consuelo

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Marisa Romero, Administrative Secretary 955-4743
FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

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Craft Room 955-4736
Pool Room 955-4737
FAX Machine - Administration 955-4797
FAX Machine - Nutrition 955-4794

Santa Fe County Information

Information 992-3094

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DIRECTOR'S REPORT

Dear Patrons,

This is the time of year that our nation dedicates a special day to celebrate and be grateful for all that we have as Americans because of our Veterans. Veterans Day is dedicated to the extraordinary Americans who represent the very best of our nation and who protected our freedom in years past, as well as those who protect it today. Every Soldier, Sailor, Airman, Marine, National Guardsman and Coast Guardsman has earned the lasting gratitude of the American people, and their service and sacrifice will be remembered forever.

A Proclamation by the President of the United States of America states in part "As a grateful Nation, we are humbled by the sacrifices rendered by our service members and their families out of the deepest sense of service and love of country. On Veterans Day, let us remember our solemn obligations to our veterans, and recommit to upholding the enduring principles that our country lives for, and that our fellow citizens have fought and died for". We all know of someone in our families who has served this country, and we, as citizens who have benefited from their efforts should take time to give a special thanks to all our Veterans for giving of themselves so that we may continue to live in a free society.

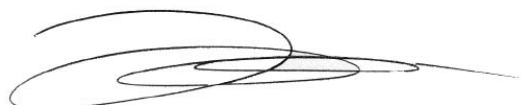
Thanksgiving is also the perfect occasion to reflect on the many fortunes we all have in our lives. As seasons, birthdays and holidays go by we tend to get caught up in "life" and experience, at some point, a time when either loved ones or ourselves are in need of assistance. It is for this reason I would like to take this opportunity to thank all those who have chosen to be a caregiver for a loved one. Every day these dedicated individuals are exposed to various levels of mental and/or physical exhaustion. Yet, even though these conditions are extremely stressful, they always seem to be enthusiastic, optimistic, encouraging and comforting towards their loved ones thereby improving the ailing person's quality of life.

Therefore, especially now during National Family Caregivers Month and National Alzheimer's Disease Awareness Month, I am extending a sincere appreciation and heartfelt thank you to all caregivers: Thanks for being there for us as we truly could not get through life without you! Additionally, you are cordially invited to attend our Caregiver Support Group session on Tuesday, November 19, from 1:30 pm to 4:30 pm here at the Mary Esther Gonzales Center. The Alzheimer's Association will present "Alzheimer's and Dementia basics: Signs and symptoms, communication and behavior". Please refer to the flier within this newsletter for more information.

Also, come join us for nutritious and enjoyable meals at our various centers especially on Friday, November 8 when we will be celebrating with our annual Thanksgiving meal. Please be advised that our centers and offices will be closed on Monday, November 11 in observance of Veterans Day and again on Thursday and Friday, November 28 and 29 in observance of Thanksgiving.

I would like take this opportunity to thank all Veterans as well as wish each and every one of our readers a safe and wonderful Thanksgiving.

Ron J. Vialpando, Director



SENIOR SERVICES PROGRAM INFORMATION

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services curriculum including, but not limited to, our transportation, nutrition, in-home support, volunteer opportunities, fitness activities, etc., 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, health screenings, fitness activities, transportation, in-home assistance, 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 identification card for a \$2 fee as well as provide you with notification as to 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 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 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 4:30 p.m. Monday through Friday.

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

Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**

No more than four one-way trips per person, per day.

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

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride.

Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride.

For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: There is no transportation on November 11, 27 and 28.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

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

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

Wednesdays	8:00 a.m - 11:45 a.m.	November 6, 13, 20, 27
Thursdays	12:30 p.m - 3:30 p.m.	November 7, 14, 21

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 476-4846 or 1(800) 432-2080.

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	November 5	8:30 a.m.
Pasatiempo	Monday	November 4	1:00 p.m.
Ventana de Vida	Friday	November 8	9:30 a.m.
Villa Consuelo	Monday	November 4	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	November 20	9:30 a.m.
Travel Committee	Thursday	November 21	8:45 a.m.
Senior Activity Corp.	Thursday	November 21	10:00 a.m.
Transportation/Nutrition	Tuesday	January 14 (meets quarterly)	9:00 a.m.
Senior Olympics	Wednesday	November 13	9:30 a.m.
RSVP	Tuesday	November 26	10:00 a.m.

BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

MEG Center	1st, 2nd & 3rd Tuesday	Nov. 5, 12 & 19	11a.m. to 12p.m.
Luisa Center	1st Tuesday	Nov. 7	11a.m. to 12p.m.
Villa Consuelo Center	2nd Thursday	Nov. 14	10a.m. to 11p.m.
Ventana de Vida Center	3rd Thursday	Nov. 21	11a.m. to 12p.m.



NEWS & VIEWS

County Treasurer Tax Collection at MEG

The Santa Fe County Treasurer's Office has offered to host property tax collection events at senior centers throughout Santa Fe County in November and December. Property owners of any age may bring checks, money orders or credit cards to pay their property taxes (NO CASH PERMITTED). Treasurer's office staff will collect it, enter the payments into their computer database and issue receipts. They are also available to answer questions about the "Modified Gross Income" forms where economically challenged seniors age 65+ can freeze future increases in property tax.

They will be at the Mary Esther Gonzales Senior Center at 1121 Alto St on the following dates 9:00 a.m. – 4:00 p.m.:

- Tuesday, November 19th**
- Thursday, November 21st**
- Thursday, December 5th**

Senior Center Closures

All Senior Centers will be closed on Monday, November 11th for Veterans Day & Thursday and Friday, November 28th and 29th for Thanksgiving.

Concert "Another Step on the Journey"

Lifesongs will present a free concert on November 17th at 1:00 and 4:00 p.m. at Academy for the Love of Learning, 133 Seton Village Rd. Come share this concert celebrating the universal human journey through an intergenerational concert of music, poetry and dance. Performers include Lifesongs Ensemble Members, Santa Fe Care Residents, Students from Santa Fe Waldorf and Lifesongs Choir. The concert will be led by Molly Sturges (Lifesongs Co-Artistic Director).

For more information, please call 995-1860 or go to www.aloveoflearning.org.

HAPPY THANKSGIVING!

Introduction to Digital Photography

by Waldy Cuevas, former photojournalist and mentor of the Senior Photo Club.

These free classes for seniors will include organizing and transferring photos to a computer; free photo programs; a camera shopping guide and how to use the camera; editing, emailing and sharing photos and printing; and techniques for taking better looking photos.

This will be a 4-part class taught at the Casa Rufina Apartments Clubhouse. Classes are from 9:00 to 10:50 a.m. on Tuesdays, November 5th and 12th and Thursdays, November 7th and 14th. Directions: Enter Casa Rufina Apartments at Henry Lynch (near the intersection of Richards Ave., Rufina St. and Henry Lynch Rd.), and the office building is on your left. The classes are held in the back of the office building (clubhouse) in the cafeteria/meeting room. Please park at the back of the apartments.

To register call Waldy at (505) 577-5749.

Hollyberry Fair November 1st

The Presbyterian Española Hospital Auxiliary's Hollyberry Fair is on Friday, November 1st from 9:00 a.m. to noon. The drawing for the 13 prizes will take place at noon. Come do your holiday shopping early.

The proceeds from this event will go to scholarships for students who are pursuing a health-related field, and for hospital equipment.

Centennial Care Questions Answered

Staff from the Human Services Department and from Managed Care Organizations will explain the N.M. Medicaid Expansion called Centennial Care at the MEG Center on Saturday, November 16th 10:00 -11:30 a.m. All are invited to attend and learn.



Thanks to Judy Valdez

Judy "Eagle Eyes" Valdez has been patiently proofreading this newsletter for years, but is taking a break. Thank You So Much!

NEWS & VIEWS

It's Time to Say Goodbye...

with Lillian Alexander

Today is memory day for me. Early this morning I began to reminisce about the good old days when I attended high school in Ohio. I had received an award for a book I wrote concerning a recent event. I was invited to give what was my first speech at a church during Sunday service. It was quite a day for me, the beginning of a career writing books and magazines.

Years later, I found my way to Santa Fe and eventually began to write for The Senior Scene. I am happy to say that I have written twenty-one articles for the magazine. My first article was written in March 2011. Now it is time to say goodbye with a special "thank you" for those who often took time to compliment my writing. I have enjoyed being a part of The Senior Scene and it will continue to be my favorite magazine. How fortunate we are to receive it monthly!

Feedback and Personal Thoughts to Share

Submitted by Cydney Haynes of Santa Fe



It was a delight to read Lillian Alexander's article, "It Happened One Day". At the end of the piece she asked the question, "Is there one day in your life that stands out?"

Yes! My 'day' was one night in California on Valentine's Day 2009, but I will back up...

My parents were ballroom dancers. I have such wonderful memories of them dancing all through my childhood. They always seemed crazy about each other! We called my dad Mr. Bojangles. He and my mom did the Balboa, Jitterbug, Swing and Foxtrot.

Occasionally, I would dance with my dad at a wedding or special event, but only for a minute or two as I really didn't know how to dance. When my parents seemed to be aging rapidly and were approaching their nineties, I decided I wanted to dance with my dad before he died, so I took lessons. I focused on The Swing as it was his favorite of all.

It was Valentine's Day, their anniversary, when we finally did a Swing Dance together. The music was the old Glenn Miller song, "In the Mood" (my,

what a long song!). So when we had our first real dance he was ninety years old and I was sixty. We had the best time! What a memory. Neither of us nor my mom will ever forget that night!

Is there one day, or night, in your life that stands out?

Here's One Way to Look at It...

Submitted by a woman at Pasatiempo Housing

On Labor Day, an attractive girl knocked on my door. She had tamales to sell and I bought it-hook, line and sinker! She and another girl stole my wallet, Social Security and Medicare cards, checks and Visa card, license and bus pass, really my whole life.

A neighbor saw them gleefully running off with me chasing and screaming after them. He offered to drive around and perhaps find them. The call to 911 was made by me. The girls were not found. The policeman said there was a gang from Albuquerque that is being watched [for pulling off crimes like this].

I spent anxious weeks calling and going to offices to replace my life and ensure that my identity will remain mine. Yet, my struggle is to understand my feelings of fear, guilt, vulnerability, and revenge with my natural feelings of trust, confidence, joy and love.

We, as senior citizens, must realize and accept our vulnerabilities and take actions that will provide security. We must be, not only aware of where we set our feet, but also courteous of others. Remember always to look both ways! And more, we need to understand the many changes in American life and culture since we were children.

In the theft of my wallet, I played a part. I showed it, left it exposed, opened my door: In short, tempted the girls. The girls, infected with greed and fear of not having enough, as well as lacking a moral compass, were and are more vulnerable than we are.

Our children are the Hope of America. These two shining faces are a greater loss than my wallet.

NEWS & VIEWS

Cover Photo-New Mexico History

Submitted by senior Asa Ramsay from
 "The Fabulous Frontier" by William Keleher

When Archbishop Lamy was presiding over the building of St. Francis Cathedral Basilica, money was tight. The story tells us:



"The churchman hurried to the office of Abraham Staab, merchant prince of Santa Fe, to ask for an extension of time on promissory notes given in exchange for funds borrowed for the cathedral project. Friends of long standing, the ranking Roman Catholic prelate of the Southwest and the leading member of the Jewish faith in New Mexico exchanged the formalities of the day. Mr. Staab had already made substantial gifts to the cathedral construction fund. When money had become scarce in the hard times then prevailing, the merchant had become banker and loaned large sums to the Archbishop to prevent stoppage of work.

"How is the work on the cathedral progressing?" inquired Staab. "Times are hard," answered the Archbishop, "but the cathedral will be finished. All I ask is an extension of time on my notes."

Staab went to a large iron safe, took out all the notes that the Archbishop had signed and said to him: "Archbishop, let me have a say in the building of that cathedral and I will tear up all of these notes." Cautiously, the man of God measured the eyes of the man of Commerce and Business and inquired: "To what extent, how, Mr. Staab?" Staab replied: "Let me put one word above the entrance of the cathedral, chiseled in stone." "And what is that word?" parried the Archbishop. "You must trust me, Archbishop," replied Staab. Archbishop Lamy agreed to Abraham Staab's proposal. Staab tore up the notes in the presence of the Archbishop, tossed the fragments of paper into a fire in the stove in the office.

When the cathedral was finished, there for all the world to see, was the part Staab had in its building, the Hebraic initials JVH, symbolic of the word "God" of the Christian faith, "Jehovah" of the faith of Israel."

HAPPY BIRTHDAY!

The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of NOVEMBER

Joanne Valdez	11/12
Mary Sandoval	11/15
Bernadette Sandoval	11/16
Fabiola Sandoval	11/17



ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30 a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



Please call (505) 242-6777 for details.

Nosh 'n Noggins

Join the monthly program for Jewish seniors to get together for lunch, entertainment and education. The next event is November 20th at Temple Beth Shalom. Call Amy at 982-1376 to reserve your free space for lunch and Bingo.

Daylight Savings Time Ends November 2nd



Coping with the Holiday Blues

The Bereavement services of Gentiva Hospice will be offering a Coping with the Holiday Blues Support Group every Tuesday for all of November and December from 5:30-6:30p.m. This is a drop-in group - so you may come one time or many times.

The holidays bring lots of public cheer and ho-ho-hos. But when you are experiencing grief or a loss of any kind, this cheery tone may only intensify your sense of aloneness and sadness.

Please call Elizabeth Graham, Gentiva Bereavement Coordinator, for directions and times so they can unlock the building for you. You may reach her at 988-5331 or Elizabeth.Graham@gentiva.com

NEWS & VIEWS

Free Influenza Vaccines November 5th

The Santa Fe County Health Van nurse will offer free flu shots on November 5th 9:30a.m. to noon in Solana Shopping Center.

What is Nia Technique?

Nia is a sensory based movement practice that draws from martial arts, dance arts, and healing arts. Nia choreography is body-centered and allows participants to connect to nine diverse movement styles: Students may wear exercise shoes. Classes are typically 55 minutes of movement to diverse music. As a participant, you are encouraged to take care of yourself by moving at your own level and in your own body's way-even while sitting in a chair. If you decide to give Nia a try, bring a water bottle and a yoga mat, and wear clothing that is comfortable to move in. Prepare for a fun, joyful experience! For more information about Nia, visit www.nianow.com or contact the instructor, Tallie Tolen at 699-3435.

Nia is offered at the Mary Esther Gonzales Senior Center on the first and third Tuesday of each month at 1:30.



Margaret Gonzales was born and died in Santa Fe, living in the same house the entire time, except for her first 6 months of life in a tent while her father build the family home. She passed away in her home on October 5th at the age of 81.

She worked in the State Capitol Library. Her late husband, John Gonzales, was an Army veteran and died in 1986. Margaret became very active in the Ladies Auxiliary of the Veterans of Foreign Wars and with Food for Santa Fe, an all-volunteer organization whose mission is to feed the hungry. She served on their Board for over 20 years. As an advocate for the hungry and for volunteers who help them, Margaret served as RSVP Program liaison for many years.

We will all miss her absolute dedication to those less fortunate.

Free Massage Sessions

You are invited to schedule a free massage session offered by students from the New Mexico Academy of Healing Arts. 

Students will bring massage tables and will work on whatever part(s) of the body you request. Please wear comfortable, loose fitting clothing, as you will be worked on fully clothed.

The bodywork is free and is a part of the school curriculum and any gratuities given are added to the school's scholarship fund.

Sessions are approximately 45 minutes each, scheduled in one-hour increments. They will be held at the MEG Senior Center at 1121 Alto St. on Tuesday, December 3rd. Schedule for 3:00, 4:00 or 5:00 p.m.

To schedule a free session, please call Kristin in the RSVP office at 955-4760.

Laura Lujan was 82 years of age when she passed away. Born in Jaconita, she was a proud graduate of Pojoaque High School where she was a member of the cheerleading squad when her soon-to-be husband, Ben Lujan, was the star of the basketball team. They lived in Long Beach, California for 25 years but returned to New Mexico and Laura retired from Los Alamos National Lab.



After she retired, Laura became an active volunteer on several boards. She was a loyal and dedicated member of the Santa Fe Senior Olympics for 20 years, including serving as Committee Treasurer. She participated in horseshoes, track, long jump and softball and won medals at the Local and State level. She attended National games 3 times; once in Tucson Arizona, which she place 16th in her category in the nation for horseshoes. Her love of games included casinos, and she often went to try her luck.

She will be truly missed. She is survived by her daughter and two sons, and many friends.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS



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

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

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.

Long-Term Care Ombudsman Program

“To the world, you may be one person, but to one person, you might be the world.”



Ombudsmen volunteers have many jobs in a long-term care facility. They advocate for residents’ civil and human rights; educate residents, facility staff and the public about issues of concern to long-term care facility residents; visit their assigned facility regularly and establish a relationship with residents; receive and work to resolve complaints; follow the provisions of the New Mexico Long-Term Care Ombudsman Act; maintain a professional relationship with residents’ families and facility staff; work cooperatively with the Licensing and Certification Dept. of Health, Adult Protective Services, and the Regional and State Ombudsman and make appropriate referrals; maintain accurate records and submit reports in a timely fashion; keep information obtained about residents confidential; and receive fulfillment, knowing they make a difference.

If you can dedicate training time, plus a minimum of three hours a week, including travel time and documentation time, day or night, any day a week, for at least a year, this might be just the volunteer opportunity for you.

If you’re interested, call Kristin in the Retired Senior Volunteer Program at 955-4760.

Interfaith Community Shelter



The Interfaith Shelter provides meals, showers, storage of possessions, an overnight bed (during the cold months) and other resources to homeless Santa Feans. They need volunteers to help run their services, even if you can only commit to helping twice a month for a few hours.

Some interesting facts about the homeless in our midst:

1. Some of the major causes of homelessness (in order of frequency) include: lack of affordable housing, low paying jobs, mental illness and the lack of needed services, substance abuse, domestic violence, unemployment, poverty and prisoner re-entry.

2. People who experience homelessness in Santa Fe include families with children, folks finding themselves upside down with mortgages, migrant workers, runaway or throwaway teens, and veterans.

3. Homelessness has grown dramatically since the 1970’s due primarily to the steady decrease in public benefits for people living in poverty including welfare payments and public housing.

4. Homelessness in New Mexico is different in ways from homelessness in other parts of the USA. One difference is that in urban areas, homeless people who are not in shelters sleep in cars, abandoned buildings, and empty lots. Here, homeless people use all of these places but also camp out in the wide open spaces, which makes them somewhat less visible in New Mexico than in a more urban state.

5. Last winter season, the Interfaith Shelter served 968 individuals, 15,497 dinners and breakfasts; 12,597 bed nights; 3055 bed nights for inebriates; 1,459 hot showers; 6,604 clothing items; and 30 jobs were for participants, all from the efforts of 2,500+ community volunteers.

More than anything else, these men, women and children need and deserve hope. Please help us provide them with that hope by calling the RSVP office at 955-4760 to volunteer.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Benefits of Service

(From the website of Corporation for National and Community Service www.cns.gov)

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone—such as pride, satisfaction and accomplishment—are worthwhile reasons to serve.

But there are other benefits as well—tangible benefits such as awards, job and education certifications, professional development, and more.

RSVP offers a network of programs that tap the rich experience, skills and talents of older citizens to meet community challenges. Senior Corps programs benefit the community, the organization, and the volunteer.

Over the past two decades we have also seen a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research, which is presented by CNCS in a report titled “The Health Benefits of Volunteering: A Review of Recent Research,” has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.

Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

What are you waiting for? Join the Retired Senior Volunteer Program by calling Kristin at 955-4760 or emailing kwslater-huff@santafenm.gov.



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of November. Please note these are only members of RSVP who report their hours of service.

November

Nancy Montaña	11/01	Mary Noonan	11/16
Ercilia M. Brazil	11/01	Bernadette	
Alvino E. Castillo	11/01	Sandoval	11/16
Cristella M. Gallegos	11/02	Adelaida “Liddy”	
Elmer N. Leslie	11/02	Padilla	11/17
Victor Teng	11/02	Georgia Watkins	11/17
Robert P. Coyle	11/04	Viola Quintana	11/18
Ruth D. Hogan	11/05	Elizabeth Rickert	11/18
Ida Rajotte	11/05	Johnny R. Roybal	11/18
Connie C. Duran	11/06	Anna Mae Gallegos	11/19
Efren Garcia	11/06	Joyce A. Roberts	11/19
David R. Schell	11/06	Joseph K. Rutledge	11/20
Benjamin Armijo Sr.	11/07	Robert Shelley	11/20
Karon Hanrahan	11/07	Griselda Chavez	11/21
Cipiriano Maez	11/08	Tom Ledwith	11/22
Lucy R. Padilla	11/08	Margaret M. Smith	11/23
Anne Mary Karshis	11/09	Bernie Ulibarri	11/24
Cecilia Lopez	11/09	Ralph Lomax	11/25
Randy Murray	11/09	Jacqueline S. Abell	11/26
Carmen L. Ortiz	11/09	Rochelle Byars	11/26
Patricia Kuhlhoff	11/10	Robert E. Gonzales	11/26
Elvira Apodaca	11/11	Andrew R. Medina	11/26
Bernard Brock	11/11	Connie Prada	11/26
Nola M. Gilmore	11/12	Liz Williams	11/26
Joanne M. Valdez	11/12	Israel Cruz	11/27
Richard C.		Jose J. Gallegos	11/27
Fernandez	11/14	Juan Romero	11/28
Patsy A. Abeyta	11/15	Rudy F. Gonzales	11/29
Mary Chon Pacheco	11/15	Paul Medina	11/29
Alan Maycock	11/16		

ACTIVITIES

All activities are open to registered seniors. Schedule is subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center 955-4725		
Pool Table	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Tai Chi Class	Mon.-Wed.	9:00 am
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm
Mary Esther Gonzales (MEG) Senior Center 955-4711		
Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Sewing	Thursday	12:30 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	Call for info.	955-4711
Zumba Gold	Friday	9:30 am
Nia Technique	1st & 3rd Tues.	1:30 pm
Pasatiempo Senior Center 955-4725		
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	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	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm
Ventana de Vida Senior Center 955-4711		
Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Villa Consuelo Senior Center 955-4725		
Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

Ongoing Activities by Activity or Class Type

ART		
Ventana-Class	Tuesday	1:00 pm
BINGO		
MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm
BRIDGE		
Pasatiempo	Monday	12:30 pm
CERAMICS		
Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am
COMPUTER		
MEG	Call for times	955-4721
Pasatiempo	Tuesday	9 am - 11 am
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
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga	Mon. & Wed.	8:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am
EXERCISE CLASSES/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
Ventana Class	M/W/F	9:00 am
GUITAR CLASS (Beginner)		
MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am
JEWELRY MAKING		
MEG Center	Monday	9:00 am
SEWING/KNITTING		
MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm
SING-ALONG		
Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm
TAI-CHI		
MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am
Luisa	Mon. - Wed.	9:00 am
WOOD/STRAW APPLIQUÉ		
Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

ACTIVITIES for this month

AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road.



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

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

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

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

November 12th Alan Kalman 629-0752 - Class Full
December 10th Alan Kalman 629-4951

(Please note different phones for each month)

How to Stay Safe in the Hospital

You are invited to a free presentation of ways seniors and their family members can stay safe in the hospital. Information to empower you!

Place: MEG Dining Room
Date: Wednesday, November 13
Time: 10:00 a.m. (1/2 hour talk)
Given By: Susan Waller, RN Health Advocate

Save the Date- December Dance

Plan on attending the next DSS sponsored dance at the Eagles on Thursday, December 12th. There is a \$2.00 entrance fee.



See the December newsletter for details.

Free Hair Cuts at MEG & Pasatiempo

This month, our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following days from 10:00am to 2:00 pm.



Please note: haircut sign-in at the MEG center begins at 9:30 am. Please sign up in Lugi's office.

MEG Center November 19th
Pasatiempo Center November 20th

Luisa Bake Sale

Mouth-watering homemade baked goods will be available for purchase on Friday, November 15th at the Luisa Senior Center at 1500 Luisa St. The sale will run from 9:00am until everything is gone. Proceeds benefit the center. Come and buy some goodies for the holidays!



Medicare Open Enrollment

The Aging and Disability Resource Center with the New Mexico Aging and Long-Term Services Department will visit the Pasatiempo senior center on Friday, November 15th from 10:00 a.m. to 1:00 p.m. to educate and assist seniors in reviewing new or existing Medicare coverage and making educated decisions regarding their coverage, prior to the enrollment period deadline.

Please Note: This visit is to educate, but not to endorse any of the vendors. They are unbiased and do not sell insurance.

MEG Sewing Class

The 12:30 p.m. sewing class at the MEG center will be without an instructor during the whole month of December and the first two weeks in January 2014. Our Sewing Instructor Terry will return on Thursday, January 16, 2014 to instruct the class.

Please call Lugi at 955-4711 if you have any questions regarding this class.

ACTIVITIES for this month

Nia Technique

On the third Tuesday of November (11-19-13) the NIA Technique class will hold their session in the MEG Board Room.

This is necessary since the In-Home Support Caregivers Group will be gathering in the dining room for their Alzheimer's Association presentation. Thank you for your understanding.

Thanksgiving Dance at Luisa

Please join us at the Luisa Senior Center,

1500 Luisa St (off Columbia) for an afternoon dance on Thursday November 14th from 12:30 to 3:30 p.m.

There will be live music by Bonifacio. They will also be giving door prizes.

Admission is \$2.00. Don't miss out!



Note: There will be no ear acupuncture clinic for veterans in the month of November.



Bingo on Tuesdays & Thursdays

The Villa Consuelo Senior Center at 1200 Camino Consuelo (Off Cerrillos, across from the old Wal-Mart, behind Blake's) invites you to their Bingo games every Tuesday and Thursday. Early birdy play is from 11:00a.m. until noon. Then, they break for lunch until 12:30. Be back at 12:30 to join the afternoon games and qualify for the jackpot.



Ambercare Honors Veterans

Representatives from Ambercare Hospice and Professional Case Management will be at the Mary Esther Gonzales Senior Center on Friday, November 8th during the lunch hour to honor Veterans on behalf of Veterans Day.

Please come and join us in the dining room as we thank our Veterans.

Movie Day at the M.E.G. Senior Center "CHICAGO"

Tuesday, November 26th at 1:00 p.m.

Chicago is a dazzling spectacle cheered by audiences and critics alike! At a time when crimes of passion result in celebrity headlines, nightclub sensation Velma Kelly (Zeta-Jones) and spotlight seeking Roxie Hart (Zellweger) both find themselves sharing space on Chicago's famed Murderess Row!



They also share Billy Flynn (Gere), the town's slickest lawyer with a talent for turning notorious defendants into local legends. But in Chicago, there's only room for one legend! Also starring John C. Reilly and Lucy Liu.

Movie Day at Luisa Senior Center

Thursday, November 7th 1:00pm "Fools Rush In"

After a chance meeting in Las Vegas and a night together at his place, a young American construction supervisor, Alex Whitman, leaves Mexican photographer Isabel Fuentes pregnant. She finds him a few months later just to let him know what happened. In the rush of the moment he follows her and they decide to get married. After that, a clash of customs and ideas develops in their families and in their relationship because of their different cultural and national backgrounds



"Thank You" from Pasatiempo

Virginia Soto, volunteer organizer of the Pasatiempo Senior Center, wishes to extend her heart-felt thanks to the wonderful ladies of the Luisa senior Center for their hard work and help during the Pasatiempo Fiestacitas lunch and dance. Without your assistance, the event could not have happened.

All Santa Fe senior centers will be closed on November 11th, 28th and 29th.



City of Santa Fe
Division of Senior Services



Caregiver Support Group
"The Basics of Alzheimer's Disease"



alzheimer's association®

Presented by: Annabelle Montoya, Northeastern
Regional Manager of Alzheimer's Association

Tuesday, November 19th
1:30 p.m. to 4:30 p.m.
Mary Esther Gonzales Senior Center
1121 Alto Street

*November is National
Family Caregiver Month &
National Alzheimer's
Disease Awareness Month*

This session will provide education and emotional support to adults who deal with the stress associated with providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers comfort each other in meaningful ways, while getting some relaxation. Refreshments will be provided and new faces are always welcome. Please plan to join us. For reservations, call Theresa Trujillo at 955-4745.



Each year Home Instead Senior Care® offices throughout North America spread holiday cheer to lonely or financially-challenged seniors through the Be a Santa to a Senior program. The program has attracted upwards of

60,000 volunteers over the past six years distributing gifts to deserving seniors. Since introducing the Be a Santa to a Senior program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country.

Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at Christus St. Vincent Regional Medical Center and Wal-Mart. Each senior's gift requests are written on a *Be a Santa to a Senior tree* ornament.

Volunteers collect, wrap, and deliver the gifts to the seniors.

Trees will be up from November 15th, 2013 thru December 18th, 2013.

If you have any questions or are interested in attending our annual Gift Wrapping Party, please contact Ken Hendricks at Home Instead at 505-471-2777.

LEGAL & CONSUMER

Planning for “the Talk” As One Ages

By Michael Weigand of In Your Home

My friend, Teresa, age 69, has a neurological disorder that has created an Alzheimer-like disease, impacting her memory. She lives on land outside the Santa Fe city limits. She hauls in her water (no well) and has solar electricity and lives in an airstream and other small buildings. This life requires one to be in good health.

Teresa’s illness also causes a loss of balance. All of a sudden she began to fall, cracking ribs, bruising her body and acquiring scrapes and cuts. Sometimes she would end up in the ER for treatment.

After numerous incidents, Teresa’s neighbors became concerned that she could not live safely by herself. The neighbors contacted, Julie, her only child who lives in California, telling her, “You need to do something about your mother.”

Shortly thereafter the daughter sent a plane ticket for her mom to visit. Upon arrival the daughter informed her mother it was time to move to California “for her own good.” End of conversation. The search for an assisted living center was on.

Such situations happen every day for older persons and their families. How would you feel if you were Teresa and you were told you must leave your home to move closer to your child? How would it feel to be excluded from the decision-making process which impacting your life? How would you feel to be the child of a parent who is having difficulty living alone? What if your parent cannot or will not listen to your concerns about his or her safety?

This situation describes a dilemma that many of us face, whether we are the elder or the concerned family member or friend.

In this case the elder person was not part of the decision-making process. People concerned about her well-being contacted the *daughter, avoiding a difficult conversation with Teresa. Often those seeing a problem avoid a “difficult” conversation with the person experiencing it. Instead they contact the family. And why do others sometimes notice things are “falling apart” before the one experiencing the difficulty?

An older person may want to ask this question:

“How do I want to be approached if people are concerned and notice I am having problems with activities of daily living?” and then reflect: “What can I do about this situation now, before it is a worry?”

First of all, are we open to have others approach us and share their concerns? If we are, what would it be like to have four “observers” of your well-being? I choose the word “observer” because it means to watch, perceive, notice, keep safe, protect and hold to a manner of life. We all want to “hold to a healthy manner of life.” The role of the observer is to watch, then share these observations with you when appropriate. These people could be family, friends: a mix of ages who all interact with us.

*Identify four observers who see you on a regular basis, and are familiar with how you live your life and its routines. If you are more home-centered, identify “observers” who know and understand your situation and have on-going contact in your residence.

*Call all four observers to meet you in your home. Ask if they are willing to be a part of your intention to live in your own residence safely and as long as possible. Tell them you need their honesty, eyes and open caring feedback to do this, and help you get support when you may need more help.

*Identify your fears and what things may look like if they were “falling apart” in your life to these observers. Maybe make a list of these situations. Identify situations that may cause harm to you or others. Share with them resources you have planned, such as in-home services or even assisted living centers should these be needed.

*Agree that any of these observers can call a meeting, with you and the other observers present, when they want to share observations or concerns about you. Maybe you can have a code word, like “donut time,” so you can prepare emotionally for such a talk, because it will be a difficult talk and you may hear things that will change current ways of living. Does anyone really like such changes?

Does such a system seem far-fetched or too much effort? Think again. We all want to be a part of decision-making that impacts our lives as we age. So let’s create a plan to guide others helping

LEGAL & CONSUMER

us. Will we live by letting things happen by default or will we have a plan guiding to design our life?

Michael Weigand created "In Your Home-Aging by Design," a business to help persons 60+ plan their care as they age. We all know life changes in a moment when an emergency happens.

"Are you living by default or design"? is the question one must ask. Michael can be reached at 505-690-7032 or email him at in_your_home@yahoo.com.

National "Do Not Call" List

If you have experienced unwanted solicitation calls on your home phone or cell phone, please take a minute to add your number to the National "Do Not Call" list. Their website is <https://www.donotcall.gov/default.aspx> and will be open after the federal government shut down ends.

If you would rather call, the toll-free number is 1 (888) 382-1222. If you call you must call from the phone you want blocked from solicitor calls.

After you add your number to the National "Do Not Call" list, it takes about a month to take effect, but once in place, your number will be blocked for five years.



Please Donate Old Cell Phones

If you have an old cell phone, please drop it off at the Mary Esther Gonzales Senior Center at 1121 Alto St. We will send it in to a company that will remove all of your information and turn it into an emergency-only phone. We give the refurbished phones to seniors with no other resources so they can call 911 in an emergency. You could well be saving a life.

We take phones, chargers and batteries. We do not need instruction books, cases, or the box it came in. Drop off Monday-Friday 8:00 – 5:00 at the front desk. Thanks!



Virtual Banks

By Marta Nystrom, Certified Retirement Advisor

I'm truly astonished at the number of people who eschew virtual banks in lieu of brick and mortar local banks for holding emergency funds. The difference in interest rates between the two is humongous.

For example, one of the highest virtual banks I found offers .90% interest on their savings account, versus .05% at my local bank. People, that's a difference of 180%!

While I realize that .90% is not a great rate of return, .05% is absolutely dismal.

I think the two biggest factors that discourage people from using virtual banks is ease of use and FDIC coverage.

Most virtual banks are FDIC insured and state this fact on the homepage of their website. Just like their physical counterparts, they are insured up to \$250,000. As for ease of use, there is a slight effort involved in establishing an account. You must enter your personal information, link your new account to your local checking account and then wait a couple of days to allow the virtual bank to make a couple of small deposits into your checking account in order to verify the link.

From that point on, transferring money back and forth between checking and savings accounts is easier than online bill-paying services. In many cases, there are limits as to how many withdrawals you may make in a certain time period, but these limitations are not onerous.

When you figure you should keep between 3-6 months or more emergency savings on hand, using virtual banks can help you weather the impact of inflation while allowing you to hold onto liquidity.

As to security, be sure you use a solid password that is unique from other sites. You can find rates of virtual banks at www.bankrate.com. To check the financial status of a bank, go to www.fdic.gov and click on their BankFind link.

For more information, or to discuss other financial questions, you may contact Marta Nystrom at (505) 473-9572.



SENIOR OLYMPICS

Senior Olympic Spotlight

The Santa Fe Senior Olympic Committee is working on the 2014 program and are committed to making the 2014 Local 50+ Senior Olympic events bigger and better than ever before! There are going to be at various locations registering athletes.



Upcoming events:

State Basketball 3-on-3 Tournament
Genoveva Chavez Community Center
November 1st, 2nd and 3rd

Kick-Off Registration for Local Games

Mary Esther Gonzales Center
Monday, January 13th, 2014
From 9:00 a.m. – 12:00 noon
We welcome new faces and hope to see you there this year. Join us!

Local games Registration

Monday, January 13th – Friday February 28th
Late Registration March 3rd – March 7th
Registration fee is \$20.00
Late Registration is \$30.00

I would like to congratulate all the senior athletes who attended State Games in June in Roswell. There were a total of 45 Santa Fe Senior athletes who attended:

- Ann Aceves
- Liz Armijo
- Barbara Cohen
- Terry Davenport
- Albert Esparsen
- Robert Funkhouser
- Barbara Hays
- Mary Jane House
- Eric Keyes
- Robert Kirby
- James Koch
- Susan Lee-Bechtold
- Adelaido Martinez
- Isabel Martinez
- John Miles

- Margaret Murray
- Jerry Nabb
- Ben Nikkel
- Mitch Noonan
- Josina Ortiz
- Julie Ortiz
- Ernest Pacheco
- Barbara Padilla
- Alfred Padilla
- Mary Page
- Liz Parker
- Richard Rivera
- Carolyn Robinson
- Bonnie Rogers
- Ann Romero
- Johnny Roybal
- David Roybal
- Joe Roybal
- Dorothy Roybal
- Jim Ruark
- Linda Ruark
- Victoria Seale
- Thomas Simek
- Christina Simek
- Harvey Taylor
- Robert Thornberg
- Bruce Tobin
- Maureen Trujillo
- Irene Vold
- Christine Wantuck
- Paul Wantuck

They brought back 121 medals total!
54 Gold
33 Silver
23 Bronze
2 Fourth place
8 Fifth Place

Also, a big shout out to those athletes who attended National Games in Cleveland, Ohio in July.

Until next month,
Happy Thanksgiving Senior Athletes
-Cristina Villa,
Senior Olympics Coordinator

PUZZLES

Weather

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.

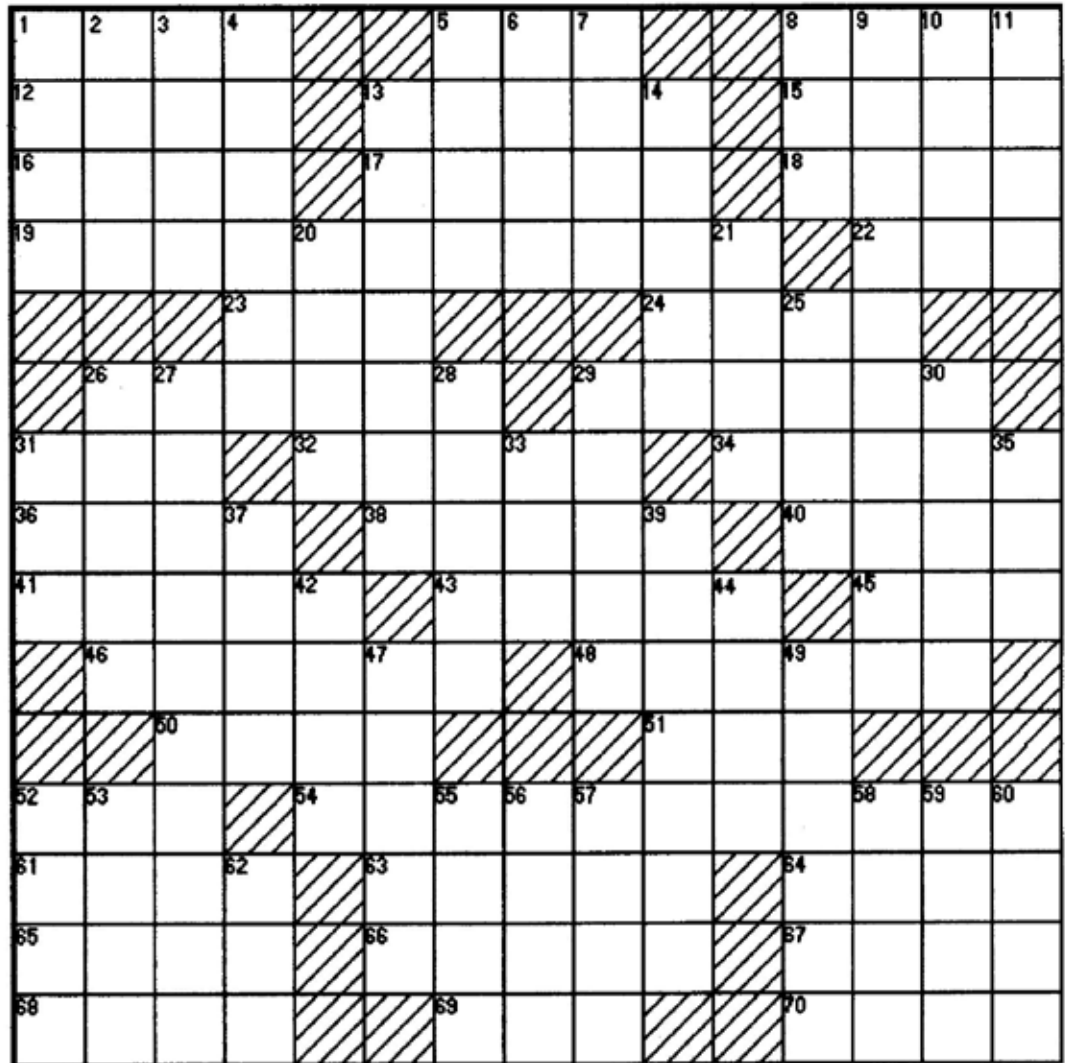
F O R E C A S T Y W F O G R T O
 D P C W N T R T I N V T E B H D
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 Y T I M O N S O O N O N D L U S
 C C L O U D S E I R R U L F S H

BAROMETER	FLOOD	ICE	STORM
BLIZZARD	FLURRIES	LIGHTNING	SUNNY
CELSIUS	FOG	MIST	TEMPERATURE
CLOUDS	FORECAST	MONSOON	THERMOMETER
COLD	FREEZE	OVERCAST	THUNDER
CYCLONE	FROST	RAIN	TORNADO
DOWNPOUR	HAIL	SHOWER	TSUNAMI
DRIZZLE	HOT	SLEET	TYPHOON
DROUGHT	HUMIDITY	SNOW	VISIBILITY
FAHRENHEIT	HURRICANE	SQUALL	WINDY

PUZZLES

ACROSS

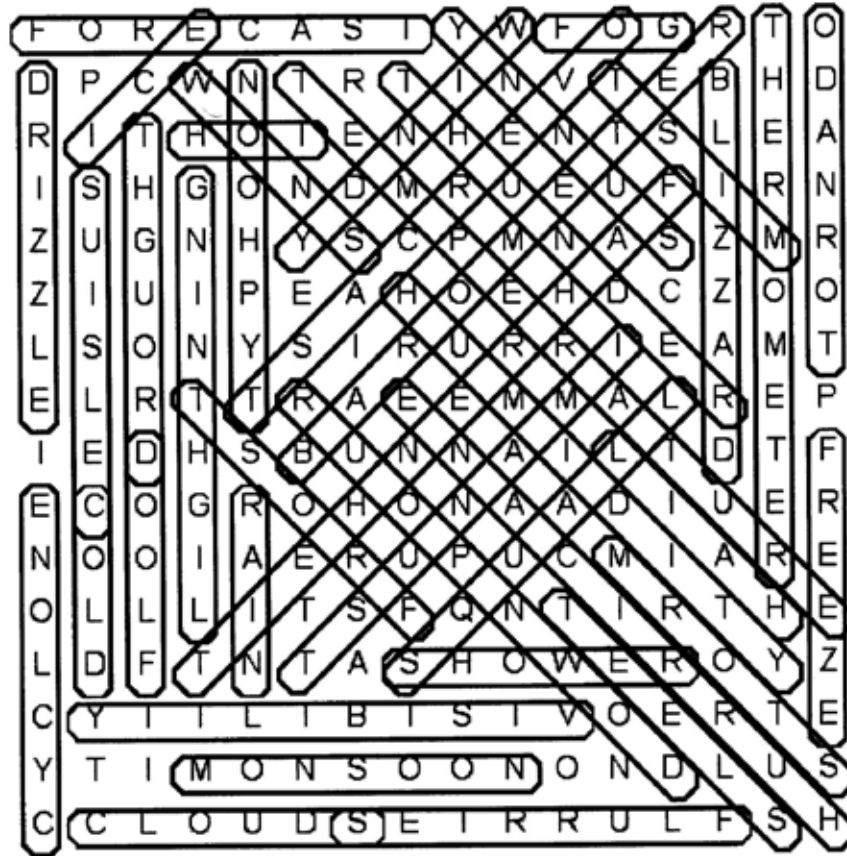
1. Ruler
5. Legume
8. Hair-do
12. Claim
13. Obtains
15. Ferrous
16. Medical quantity
17. _____-Kettering Institute
18. Calm
19. Advocate
22. Clever
23. Central Intelligence Agency
24. Repose
26. Pups
29. Guides
31. Kid
32. Forgetfulness
34. Handed out
36. Doctoral degrees
38. Dehumidified
40. Put away
41. Paddled
43. Weird
45. Self
46. Constricted
48. Sound detection (pl.)
50. Greenish color
51. Dispose
52. Food paste
54. Bad leadership
61. Keen
63. Proficient
64. Cauldrons
65. Bone
66. Ignore
67. Bituminous goop (pl.)
68. Not more
69. Food and Drug Administration
70. Vend



DOWN

- | | | |
|-------------------------|--------------------------------|---|
| 1. Gully | 20. Furrow | 42. Quantity |
| 2. Stratford-upon-_____ | 21. Grass stalk | 44. _____ Blyton, children's author |
| 3. Bird home | 25. Observes | 47. In a martini |
| 4. Hellenic Republic | 26. Chinese provincial capital | 49. Adjusts |
| 5. Ashen | 27. Waterings | 52. Saul of Tarsis |
| 6. Cupid | 28. Scatter about | 53. Leer |
| 7. Events | 29. Sages | 55. Personality |
| 8. Ache | 30. Plods | 56. Grating |
| 9. Person who thwarts | 31. General Post Office | 57. United States Dept. of Agriculture |
| 10. Rock and _____ | 33. Haste | 58. National Oceanographic and Atmospheric Administration |
| 11. Lone | 35. A couple | 59. Control key (abbrev.) |
| 13. Fled | 37. Dry | 60. Existence |
| 14. Pig sound | 39. Diabase | 61. Petrol |

PUZZLE ANSWERS



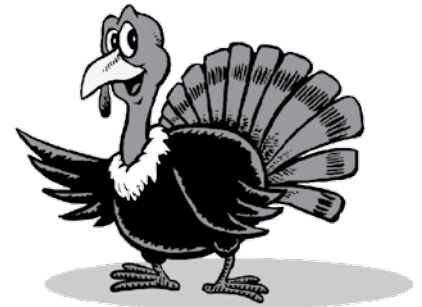
W	A	N	G	/	/	P	E	A	/	/	A	F	R	O			
A	V	E	R	/	/	E	A	R	N	S	/	I	R	O	N		
D	O	S	E	/	/	S	L	O	A	N	/	L	U	L	L		
I	N	T	E	R	C	E	S	S	O	R	/	S	L	Y			
/	/	/	/	C	I	A	/	/	/	R	E	S	T	/	/		
/	/	/	/	W	H	E	L	P	S	/	S	T	E	E	R	S	/
G	U	Y	/	L	E	T	H	E	/	D	E	A	L	T			
P	H	D	S	/	/	D	R	I	E	D	/	S	T	O	W		
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P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

BREAKFAST MENU

Senior Center Breakfast Menu for November 2013

Breakfast is served Monday – Friday, 7:30-8:30am, at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$4.20 fee for non-seniors (59 years of age or younger).

- 1st Grilled ham and salsa, tortilla with margarine, milk
- 4th Boiled eggs, salsa, small roll with margarine, milk
- 5th Sausage, cheese, red chile, small roll with margarine, milk
- 6th Large ham and cheese biscuit with salsa and jelly, milk
- 7th Breakfast burrito: scrambled egg, cheese, green chile & bacon on a tortilla, milk
- 8th Cottage cheese, hot cereal with margarine, tomato juice, milk
- 11th ALL CENTERS CLOSED in observance of Veterans Day
- 12th Sausage, cheese, green chile, potatoes with margarine, milk
- 13th Scrambled eggs, sausage, French toast, maple syrup, tomato juice, milk
- 14th Diced ham with cheese, peppers, onions, a small roll, jelly, milk
- 15th Scrambled egg, cheese, salsa, tortilla, bacon, milk
- 18th Grilled ham, red chile, hashbrowns, margarine, milk
- 19th Breakfast burrito: scrambled egg, cheese, salsa, bacon in a tortilla, milk
- 20th Pancakes, sausage, maple syrup, tomato juice, milk
- 21st Scrambled egg, cheese, red chile, potatoes with margarine, milk
- 22nd Sausage, salsa, hashbrowns, small roll with margarine, milk
- 25th Peanut butter, jelly, small roll, cold cereal, tomato juice, milk
- 26th Scrambled egg, cheese, green chile, hashbrowns, bacon, milk
- 27th Grilled ham with salsa and peppers, small roll, jelly, milk
- 28th & 29th ALL CENTERS CLOSED in observance of Thanksgiving



Nutrition Education

How long do you cook a turkey in an oven cooking bag?

From the Food Safety and Inspection Service, USDA

Oven cooking bags are made from nylon and can speed the cooking of a turkey. Never use a brown paper bag for cooking. Refer to the directions on the oven bag package for the manufacturer's recommended cooking times. For whole, unstuffed turkeys in oven cooking bags, cook at 350 °F (176.7 °C) for the following approximate times:

- | | |
|------------------------------------|---------------------------------------|
| 8-12 lb. turkey: 1 1/2 to 2 hours | 12 to 16 lb. turkey: 2 to 2 1/2 hours |
| 16-20 lb. turkey: 2 1/2 to 3 hours | 20-24 lb. turkey: 3 to 3 1/2 hours |



Add 30 minutes to the times if you are stuffing the turkey. A whole turkey is safely cooked to a minimum internal temperature of 165 °F (73.9 °C) as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook poultry to higher temperatures.

LUNCH MENU

SENIOR CENTER LUNCH MENU NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Please Join Us For Our Annual Thanksgiving Dinner Served Friday, November 8th from 11:00am till 12:30pm At All Centers</p>		<p>1 Green Chile Cheese Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit Milk</p>
<p>4 Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk</p>	<p>5 Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O / Mixed Fruit Milk</p>	<p>6 Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk</p>	<p>7 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/Dressing WW Roll w/ Butter Chilled Pears Milk</p>	<p>8 Turkey Dinner w/Gravy and Bread Stuffing Steamed Green Beans Whole Wheat Roll w/ Butter Cranberry Salad Pumpkin Pie Milk</p>
<p>11 ALL CENTERS CLOSED IN OBSERVANCE OF VETERANS DAY</p>	<p>12 Frito Pie w/ Garnish & Red Chile Sauce Pinto Beans Apricots and Angel Food Cake Milk</p>	<p>13 BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk</p>	<p>14 Stuffed Cabbage Mashed Potatoes California Vegetables Whole Wheat Roll Cherry Cobbler Milk</p>	<p>15 Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Fruit Milk</p>
<p>18 Tuna w/ Macaroni Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk</p>	<p>19 Glazed Ham Mashed Potatoes w/ Butter Topping Steamed Peas WW Roll w/ Butter Baked Sugar Cookie Milk</p>	<p>20 Chile Relleno w/ Chile Topping Tossed Salad w/ Dressing Pinto Beans Saltine Crackers Chilled Mixed Fruit Milk</p>	<p>21 Stuffed Chicken Breast (Bread Stuffing Mix) Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk</p>	<p>22 Meatloaf w/ Gravy Topping Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake Milk</p>
<p>25 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato w/ Butter WW Roll w/ Butter Banana Pudding Milk</p>	<p>26 Chicken Fajitas w/ Garnish(Cheese & Salsa) Tortilla (1) Chile Beans Jell-O w/ Mandarin Orange Slices Milk</p>	<p>27 Grilled Pork Chop Mashed Potatoes w/ Brown Gravy Steamed Green Peas Baked Biscuit Cherry Cobbler Milk</p>	<p>28 ALL CENTERS CLOSED FOR THANKSGIVING DAY</p>	<p>29 ALL CLOSED IN OBSERVANCE OF THANKSGIVING</p>

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$4.20 Lunch \$4.20