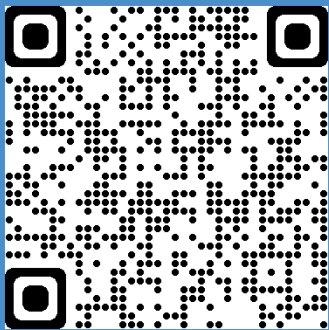


# SENIOR SCENE MAGAZINE

JANUARY 2023

[www.santafenm.gov/  
senior scene newsletter](http://www.santafenm.gov/senior-scene-newsletter)





# CONTACT INFORMATION

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



## Toll-Free Administration: 866-824-8714

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

## Mary Esther Gonzales Senior Center - 1121 Alto St.

- Admin Offices: 505-955-4721

## Senior Services Administration & Registration:

505-955-4721

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

## Division Director, Senior Services

*Position Vacant*

## 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,  
Retired Division Director  
of Senior Services



I want to start off by saying thank you. These last couple of weeks have been extremely busy with me trying to prepare staff for the new transition.

What I did not expect was the overwhelming gratitude from staff and all of you. It really touched my heart and makes working with and for all of you worth it.

I'm sure I will see some of you, as I am sure I will pop in occasionally, especially on roast beef days!

I remember when I first started with the City of Santa Fe, I had no idea how close I would become to many of you, the best part of working with seniors. Thank you for making it fun to come to work everyday. I've told some of you I leave home at 6:30AM and return at 6:30 PM every day and you really need to enjoy what you do to put up with the long hours. I am not going to miss that commute!

The City of Santa Fe Senior Services Division has always been a great program due to the caring and knowledgeable staff. Until a new Director is chosen, you can always count on the staff to answer questions or address any concerns you may have.

Happy Holidays!

## Senior Scene Magazine Highlights

News & Views

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Volunteer  
Programs

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Tax Information

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Staving Off  
Dementia

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January 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

## DIVISION OF SENIOR SERVICES JANUARY CLOSURES

- Jan. 2nd: New Year's Day Observed
- Jan. 16th: Martin Luther King Jr. Day

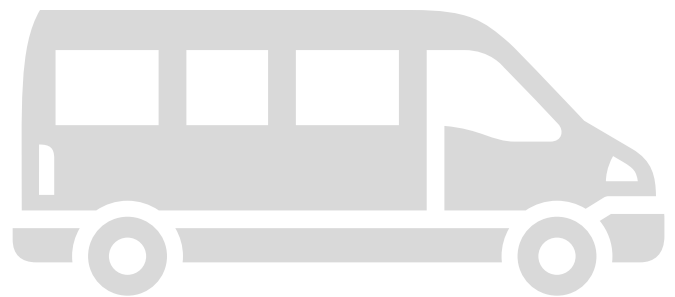
There will be no meals or transportation available on this day.

## MEG Transportation Program Update

- Vans will take 5 patrons at a time
- Grocery store trips will take place more than once a week
- Bank and post office trips have returned
- Lunch pickup now includes rides to Luisa Center
- Non-medical appointments now include salons, barber shops and the Social Security office

All passengers are still required to wear masks while inside the van. Masks are available for patrons who do not have one. Drivers are required to clean and sanitize their vehicles after every drop off. Customers still need to schedule their reservations 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 patience. If you have any questions, please feel free to contact **Linda Quesada-Ortiz at 955-4700.**



## Winter Dance featuring Bandalegre!



The Winter Dance will be hosted by the Mary Esther Gonzales Senior Center on **Thursday January 5th, 2023 from 1:00-4:00pm.** The dance will be held at the **Fraternal Order of the Eagles Club at 833 Early Street.**

Admission is **\$2.00** and light refreshments will be served. Masks are required. Transportation will be available for rides home after the dance.

## January Grocery Distributions

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Rd. **7:00 – 9:00 a.m. Thursdays, January 5th & 19th**



## 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.



**Echo Commodity Distribution**  
Tuesday, January 17, 2023

# NEWS & VIEWS

## Computer Lab at Luisa Center is Open with 6 New Computers!

- Monday through Friday from 10:30AM to 12:30PM
- Computer Navigator Theodore Pomeroy will assist with basic user functions Mondays & Wednesdays
- Luisa Senior Center: 1500 Luisa St off Columbia St.



## She Will Be Missed!



Emily Romero, age 99, a lifetime resident of Santa Fe, NM, passed away peacefully at home on November 23, 2022. She was born June 22, 1923 in Madrid, New Mexico, to Carolina and Ignacio Romero. Emily is preceded in death by her husband, William, sons Gilbert and Anthony Garcia, siblings Rubel and Martin Romero, and Josie Vigil, and grandson Frank William Segura.

Emily is survived by her daughter Lil Snee (Caesar Snee) of Los Gatos, CA, sons Bob and Wilfred Romero of Santa Fe, NM, sister Rose J. Lopez and brother Richard Lopez of Santa Fe, NM, grandchildren, great-grandchildren, and other family members and friends who loved her and will miss her.

Emily was privately inurned at the Santa Fe National Cemetery, along with her beloved husband, Willie, on December 09, 2022.

## Register for the 2023 Senior Olympics!



You can register from January 9, 2023 to February 17, 2023, 8:30AM to 4:00PM, at the Mary Esther Gonzales Senior Center at 1121 Alto St.

You can also register at the Genoveva Chavez Community Center at 3221 Rodeo Rd on the following dates:

- **Weds. January 11th: 8AM - 12PM**
- **Tues. January 17th: 8AM - 12PM**
- **Fri. February 3rd: 8AM - 12PM**
- **Weds. February 15th: 8AM - 12PM**

\$20 registration fee includes the 2023 T-shirt

Share this information with your friends!

Questions? Contact Cristina Villa  
(505)795-3817 | [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)



# NEWS & VIEWS

## AARP Smart Driver Courses in Jan & Feb

AARP Smart Driver Courses will be held on Tuesday, January 10th and Tuesday, February 14th at the Mary Esther Gonzales Senior Center dining room. Classes run from 1:00-5:00PM. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 individuals. Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

**To register: Call 505-490-2489 and leave your name, phone number and the month of the class you want to attend.**

Arrive at 12:30 pm to check-in and fill out any required paperwork. All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the MEG dining room.

## Grandparents Raising Grandchildren

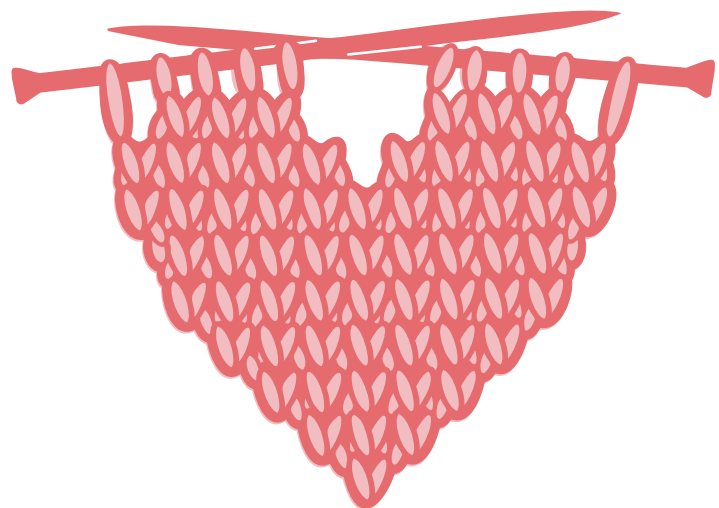
The City of Santa Fe Division of Senior Services currently has funds to assist grandparents providing out-of-pocket expenses like medical related expenses, food, clothing, etc., for their grandchildren. Senior citizens 55 years+ who live in the city/county of Santa Fe and show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household.

**For more information, please contact Theresa Trujillo at 505-955-4745 or [tptrujillo@santafenm.gov](mailto:tptrujillo@santafenm.gov)**



## Knitting for a Great Cause!

Thank you to Monika Streitwieser for knitting over **75 pieces** for our Martin Luther King Service Project. She knitted scarves, neck wraps, gloves, and blankets. We will distribute these items on Friday, January 13th. Thank you Monika!



# NEWS & VIEWS

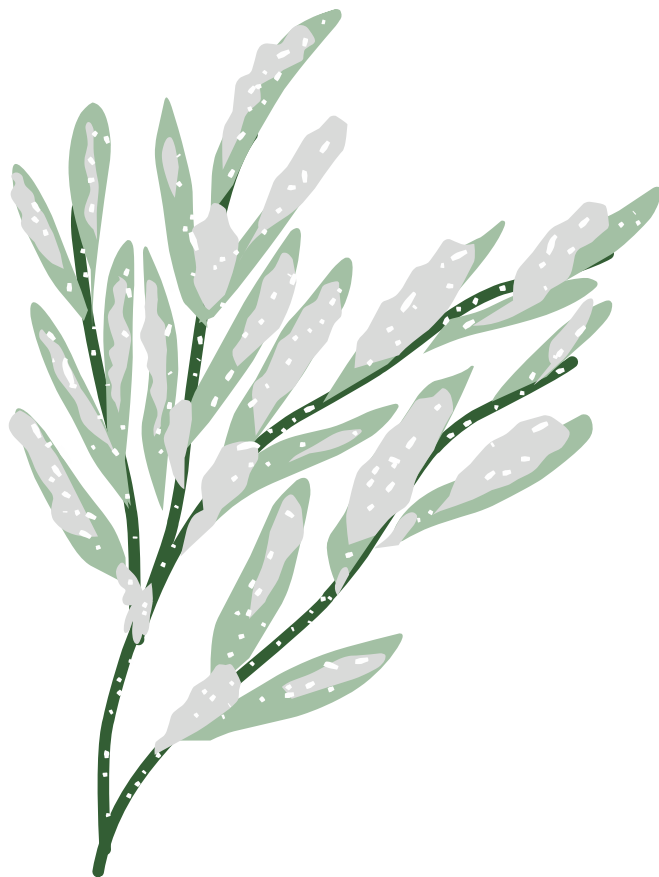
## Movie Days at MEG & Luisa Centers!

### MEG Center (Every 3rd Tuesday of the month)

January movie is **Encanto**  
Tuesday, January 17th at 1:00PM

### Luisa Center January movie is **Purple Hearts** Thursday, January 12th at 1:00PM

All seniors are required to wear masks & must social distance. No reservations required for Billiards or Exercise Rooms and folks using the rooms must wear masks.



### Flora's Corner



Ever Wonder...?

- Why the sun lightens our hair, but darkens our skin?
- Why women can't put on mascara with their mouth closed?
- Why don't you ever see the headline 'Psychic Wins Lottery'?
- Why abbreviated is such a long word?
- Why doctors call what they do "Practice"?
- Why the man who invests all your money is called a broker?
- Why lemon juice is made with artificial flavor and dishwashing liquid is made with real lemons?
- Why the time of day when traffic goes the slowest is called rush hour?
- Why there is no mouse-flavored cat food?
- Why Noah didn't swat the two mosquitoes?
- Why don't they make an entire plane out of the stuff they make the black box out of?
- Why sheep don't shrink when it rains?
- Why they are called apartments when they are stuck together?
- If flying is so safe, why do they call the airport the terminal?

# 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](http://www.rsvpsantafe.org)

## Featured Volunteer Station: The Lensic Performing Arts Center

### Volunteer Opportunities:

- Front of house duties; ticket taking and ushering patrons to their seats.
- Ambassadors must be friendly, caring, and calm



If you are interested in volunteering at The Lensic Performing Arts Center, please call Mona Baca at 505-955-4760 or [mabaca@santafenm.gov](mailto:mabaca@santafenm.gov)

## Volunteer Fitness Instructors Needed!



Senior Services is seeking volunteer fitness instructors to teach Enhance Fitness, Chair Exercise, or Strength Training classes.

If you are interested please contact **Cristina Villa** at 505-955-4725 or [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)

## Happy Birthday, January Volunteers! ¡Feliz Cumpleaños!

Edward Narlesky	1/01
Jack M. Jackson	1/02
Theresa Miller	1/02
Roger Schwarz	1/04
Carol Ashcraft	1/09
Dolores Vigil	1/14
Carol Montoya	1/16
Maria Antonia Salazar	1/17
Susan Sheldon	1/21
Maria Carta	1/26
Virginia Lietz	1/26
Michael Mier	1/26
Pauline Orosco	1/26
Perfilia Martinez	1/28
Caro Waterman	1/28
Frances Padilla	1/29
Deborah Chapman	1/30



## AmeriCorps Senior Fall Volunteer Recognition Event

We forgot to mention we had a one more local business donate a wonderful gift basket. Becky Roehning of Comfort Keepers also served as a judge in our drive-thru Halloween Costume Contest. Thank you & apologies for the oversight!





**Donation Drive for Seniors**

The Senior Services Volunteer Program is seeking new or gently used items to keep our seniors warm for the winter season.

Items Needed:  
blankets, gloves, scarves, and beanies

Please drop off items at the  
Mary Esther Gonzales Senior Center  
(1121 Alto St. )  
by Friday January 13th, 2023.

## HEALTH & SAFETY

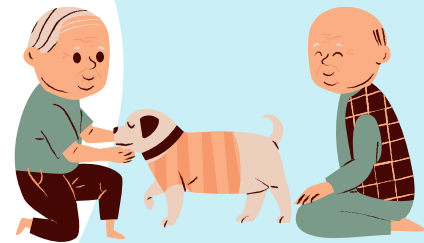
### STAVING OFF DEMENTIA BY ALVIN SPACHT, SANTA FE RESIDENT

Neurologists are the medical specialists best suited for preventing dementia. A recent edition of the *Journal of Neurology* included a study that analyzed data from 501,376 people from the United Kingdom's "Biobank," average age 56 years. During this 10-plus-year study, 5,185 were diagnosed with dementia. By analyzing the lifestyle of those who did and did not get dementia, the scientists concluded:

Exercising regularly lowered the risk of dementia by 35%. This includes walking. The best place for elders to walk is in a mall – no cars, bicycles, dogs, unpleasant weather, or uneven walking surface, and malls have restrooms. The Harvard School of Public Health, [hsph.harvard.edu](http://hsph.harvard.edu), cited a study following 4,840 men and women 40 years old and older for about 10 years. It found those taking at least 8,000 steps daily had a 51% lower death rate from all causes than those who take only 4,000 steps a day or fewer. An inexpensive pedometer worn on your clothing, maybe a stocking, will count your steps for you. Put it on when you get up in the morning and leave it on until you go to bed at night.

Household chores lowered the risk of dementia by 22%. This is in addition to the percent for exercise. This is about scrubbing toilets, dusting, doing dishes, etc.

Visiting with family and friends lowered the risk of dementia by 15%. A group of women in California who got together in 1968 to share tales of their arthritic fingers came up with the slogan, "Getting old ain't for sissies." This was reported in the *Readers Digest* in April 1968 by Ruth S. Hain. It is easy for elders to relate to this, because many of us have an intimate relationship with pain. Still, very many of us believe these are the best times of life.



## HEALTH & SAFETY

### STAVING OFF DEMENTIA BY ALVIN SPACHT, SANTA FE RESIDENT

Here are some tips to help elders love and enjoy these precious years:

- When you remove your blouse or shirt, leave all the buttons fastened except the top two. Slip the blouse or shirt over your head, and leave it like that when you do your laundry. You will have a closet with clean blouses or shirts. Just make your choice and slip it on over your head.
- Make sure your spouse or other beneficiaries know where your money is.
- Give a relative power of attorney if trusted friends say it's time.
- Examine your drinking cups to know they aren't cracked and leaching lead. Lead poisoning can be similar to dementia.
- Smiling is good for you even if you have to force the smile.
- On page 125 of the "CBD Bible," the author discusses Huperzine A, which is extracted from club moss. It can be used to prevent, even reverse, impairment from dementia. Small, preliminary studies have also been effective in enhancing cognition in Alzheimer's patients. Other sources such as Yang et. al. in "A Systematic Review and Meta-Analysis of Randomized Clinical Tests" indicate a significant benefit on the Wechsler Memory Scale (WMS) at eight weeks and again at 12 weeks. Huperzine A was classified as a dietary supplement by the FDA in 1997. Recommended dosage is between 200 and 500 mcg per day. Improvements in memory and learning may be noticed after one month. Stop using it after six months.



# WORD SEARCH

## Picasso

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

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

- ABSINTHE
- AMOROUS
- ARTIST
- BARCELONA
- BLUE
- CHANGE
- CIVIL WAR
- CONCHITA
- CUBISM
- DEPRESSED
- DRINK
- ETCHINGS
- EVA
- FIGURES
- GUERNICA
- JACQUELINE
- LOLA
- MADRID
- MARCELLE
- MOTIFS
- MOUGINS
- MUSEUM
- NUDES
- OEUVRE
- OLGA
- PALOMA
- PERIODS
- ROSE
- RUIZ
- SCULPTOR
- SPANIARD
- STILL LIFE
- STUDIO
- SURREALISM

### DELETE ONE

Delete one letter from WINTERY LOFT and pick the right numbers.

# CROSSWORD PUZZLE

1		2		3		4		5		6	7	8
										9		
10									11		12	
								13		14		
15								16				
	17	18						19				
20												21
22			23	24		25				26		
		27										
28	29		30									
31		32										
33										34		

## ACROSS

- 1. Gloomy guy
- 3. Pitcher Vida + author Günter
- 9. Quick swim
- 10. Football great Jim + actress Sharon
- 12. Tra trailer
- 13. Jewel
- 15. Vanquish
- 16. Jumps over
- 17. Beloved Betty + dancer Vernon
- 22. She pays full price
- 25. Last Supper guest
- 27. "Go, team!"
- 28. Course preface
- 30. Songwriter Adolph + Actress Judith
- 31. Forty winks
- 33. Botanist Asa + chef James
- 34. Regret

## DOWN

- 1. Retrace one's steps
- 2. Damsels might do this
- 3. Fancy feast
- 4. Absolute
- 5. Nefarious groups
- 6. Billboard, e.g.
- 7. Part of RSVP
- 8. Few and far between
- 11. "\_\_\_\_, a mouse!"
- 14. Grain grinder
- 18. Clock revolution
- 19. Overindulged
- 20. Dorothy Lamour trademark
- 21. Seller of sweets
- 23. Dawdle
- 24. Pulsate
- 25. Sports center
- 26. Tony, for example
- 29. Type of cry?
- 32. Keystone State

## SENIOR CENTER LUNCH MENU- JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>All Kitchens Closed for New Year's Day (Observed)</b></p>	<p><b>3</b></p> <p><b>Swedish Meatballs</b> over Egg Noodles Vegetable Medley Breadstick Pineapple</p>	<p><b>4</b></p> <p><b>Teriyaki Chicken</b> Fried Rice Asian Veggies Fortune Cookie Mandarin Oranges</p>	<p><b>5</b></p> <p><b>Spaghetti with Meaty Marinara Sauce</b> Italian Veggies Tossed Salad Garlic Toast Vanilla Ice Cream</p>	<p><b>6</b></p> <p><b>Soft Chicken Taco</b> Chuck Wagon Veggies Refried Beans Chocolate Pudding</p>
<p><b>9</b></p> <p><b>Chicken Alfredo over Fettuccini Noodles</b> Broccoli &amp; Cauliflower Garlic Toast Peaches</p>	<p><b>10</b></p> <p><b>Green Chili Cheeseburger</b> Garnish Ranch Beans Onion Rings Bananas in Pudding</p>	<p><b>11</b></p> <p><b>Turkey Roast Bread Stuffing</b> California Veggies Cucumber &amp; Tomato Salad Roll Tropical Fruit</p>	<p><b>12</b></p> <p><b>Pork Red Chile Tamale</b> with Meaty Red Chile Sauce Pinto Beans Calabacitas Sliced Pears</p>	<p><b>13</b></p> <p><b>Turkey &amp; Swiss Sandwich</b> Garnish Carrot &amp; Celery Sticks Apples in Strudel</p>
<p><b>16</b></p> <p><b>All Kitchens Closed for Martin Luther King Jr. Day</b></p>	<p><b>17</b></p> <p><b>Sloppy Joe</b> French Fries Steamed Spinach Fresh Orange</p>	<p><b>18</b></p> <p><b>Baked Chicken Chicken Gravy</b> Wild Rice Asparagus &amp; Onions Biscuit Plums</p>	<p><b>19</b></p> <p><b>Meatloaf with Veggie Topping</b> Potatoes Au Gratin California Veggies Roll Applesauce</p>	<p><b>20</b></p> <p><b>Beef Fajita with Peppers &amp; Onions</b> Spanish Rice Black Bean &amp; Corn Salad Brownie</p>
<p><b>23</b></p> <p><b>Salisbury Steak Mushroom Sauce</b> Mashed Potatoes Mixed Veggies Roll Apricots</p>	<p><b>24</b></p> <p><b>Lean Country Style Ribs</b> BBQ Sauce Ranch Beans Sliced Carrots Spinach Salad Cornbread Fresh Apple</p>	<p><b>25</b></p> <p><b>Frito Pie</b> Garnish Mexicorn Spanish Slaw Baked Sliced Apples</p>	<p><b>26</b></p> <p><b>Chicken &amp; Rice Casserole</b> French Style Green Beans Tossed Salad Roll Cherries in Cobbler</p>	<p><b>27</b></p> <p><b>Ham &amp; Cheese Sandwich</b> Garnish 3 Bean Salad Potato Chips Mixed Fruit in Jello</p>
<p><b>30</b></p> <p><b>Sweet &amp; Sour Pork</b> Egg Roll Stir Fry Veggies Fresh Banana</p>	<p><b>31</b></p> <p><b>Chicken &amp; Potato Burrito with Green Chili Sauce</b> Calabacitas Tapioca Pudding</p>	<p><b>2023</b></p>		

**Senior Meal Suggested Donation: Lunch \$1.50**

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

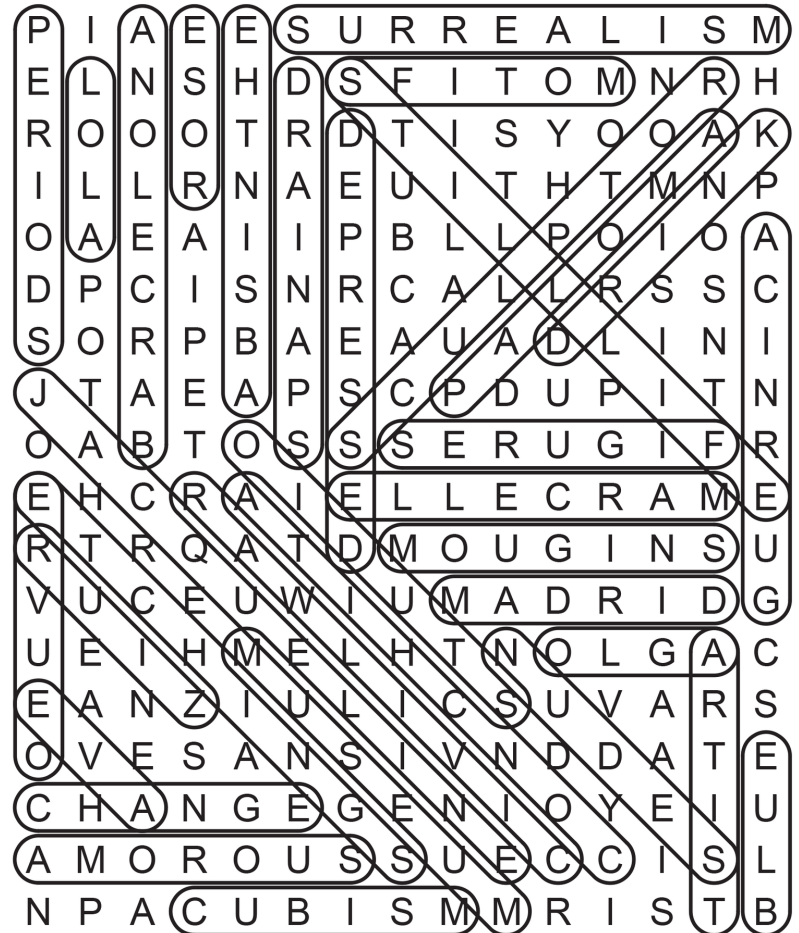
**Milk is served with each meal. Menu is subject to change.**

### CROSSWORD PUZZLE SOLUTIONS

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

### WORD SEARCH SOLUTIONS

## Solution: Picasso



### DELETE ONE

Delete F and find LOTTERY WIN.

# NUTRITION EDUCATION

## 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



**Eat a variety of foods each day.**

<p><b>Fruits</b></p>		<p><b>Vegetables</b></p>	
<p><b>Grains</b></p>		<p><b>Protein</b></p>	
<p><b>Dairy</b></p>			



**Read food labels to learn what's in your food.**

**Choose foods that don't have a lot of sugar, saturated fats, and sodium.**



**Be aware of how many calories you need per day.**

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

**Keep a food diary to track what you eat.**



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).





# CONSUMER & LEGAL

## 2021 Tax Information

**Note: Senior Services does not have any information about taxes beyond what is shared here. Please do not call Senior Services about taxes- call Tax Help Santa Fe or visit: [irs.gov/individuals/seniors-retirees](https://irs.gov/individuals/seniors-retirees)**

### NM REBATE LIMITS & AMOUNTS HAVE INCREASED

- Rebate for senior singles is from \$325 down to \$40 based on your income
- Property Tax or Rent Rebates continue at \$250 - \$350

### 2022 GAS AND STIMULUS REBATES FROM THE STATE OF NEW MEXICO

- If you filed your taxes you should have received \$250+\$250+\$500= \$1000 in rebates from the State of New Mexico.
- If you did not file for 2021, you did not get the rebates.
- You can still file for last year and claim them. File for 2021 & 2022 this year.

### EARNED INCOME TAX CREDIT (EITC)

- EITC has new age limits: now 19 and older
- For senior citizens, there is no upper age limit now. It was previously capped at 64 years old.
- EITC Income limits have also been increased.
- NM Working Family Credit matches 20% of the US EITC.
- ITIN holders now qualify for the NM WFC.

### TAX HELP SANTA FE

*Starting Thursday, January 26th, 2023*

Tax Help Santa Fe is an LLC and charges a nominal fee for some services. Costs for Standard Return tax preparation range from free for incomes under \$1,000 to \$100 for incomes \$50,000 or over.

#### LOCATION:

Santa Fe Outlet Mall Store 112  
8380 Cerrillos Road, just before I-25, left of the entry gate

#### HOURS OF OPERATION:

Monday – Saturday | 9:00AM - 5:00PM

Make an appointment online at

**[taxhelpsantafe.com](https://taxhelpsantafe.com)**

or call: **505-990-9431**

***Walk-ins available, but please make an appointment***





NEW MEXICO SENIOR OLYMPICS PRESENTS A FREE

# 50+ HEALTH PROMOTION EVENT

## Swim Clinic

*Training for Competition*

**Saturday, February 4, 2023**

**8 am – 12 pm Santa Fe, NM**



Santa Fe Community College  
6401 Richards Avenue



**FREE EVENT**

Need to brush up on your skills training? Here's your chance to get some tips and pointers from our clinician Tomas Duran, Coach U.S. Masters Swimming, with a stroke development clinic to improve your strokes. Tomas will utilize Senior Fitness Coaches to assist.

Participants must be able to swim 200 yards comfortably; bring your own fins, kickboards, and hand paddles. Clinic will be limited to the first 48 registrants and adhere to local public health safety guidelines

FOR MORE PROGRAM DETAILS CONTACT TERRY, 575-910-2284

RSVP welcome but not required to NMSO, 1-888-623-6676 toll free

*"You don't stop playing because you grow old, you grow old because you stop playing."*

NEW MEXICO SENIOR OLYMPICS, INC. \* PO Box 2690 \* Roswell, NM 88202-2690 \* 1-888-623-NMSO (6676) (575) 623-5777 \* Fax (575) 622-9244 \* e-mail: [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org) \* [www.nmseniorolympics.org](http://www.nmseniorolympics.org)



**City of Santa Fe Senior Center Locations**

**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.)

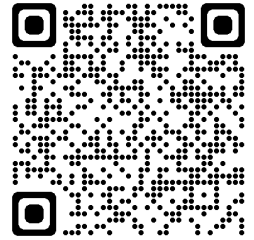
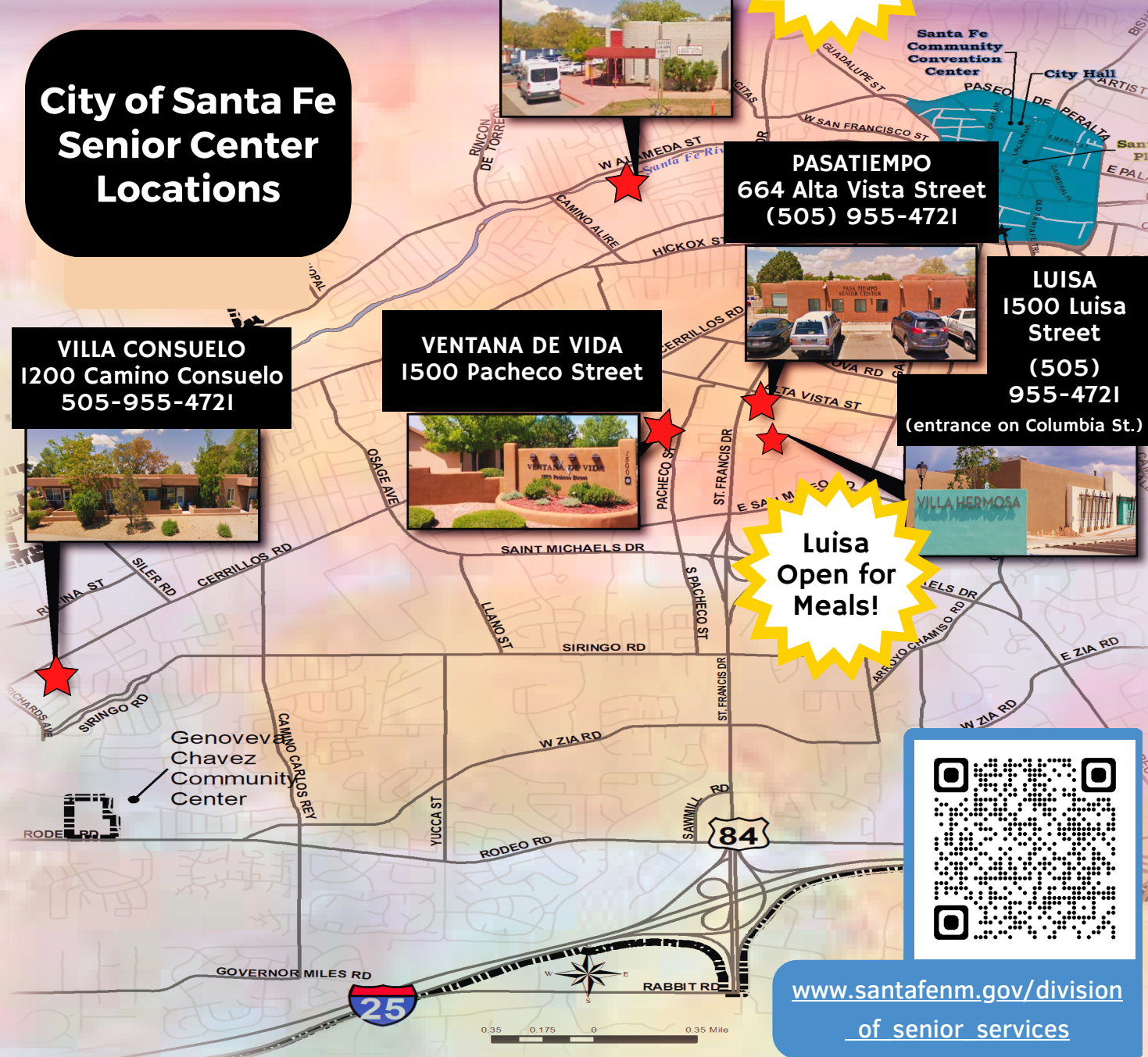


**Luisa**  
Open for  
Meals!

**VILLA CONSUELO**  
1200 Camino Consuelo  
505-955-4721



**VENTANA DE VIDA**  
1500 Pacheco Street



[www.santafenm.gov/division\\_of\\_senior\\_services](http://www.santafenm.gov/division_of_senior_services)

*Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.*