

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

June 2026



CITY OF SANTA FE
SENIOR SERVICES



Best Buddies Chris & Aaron!



Chizuko has the moves!



Thank you, Crochet and Knitting Club!



Dance Hall Days!



Josephine in deep thought!

SENIOR SCENE

June 2026

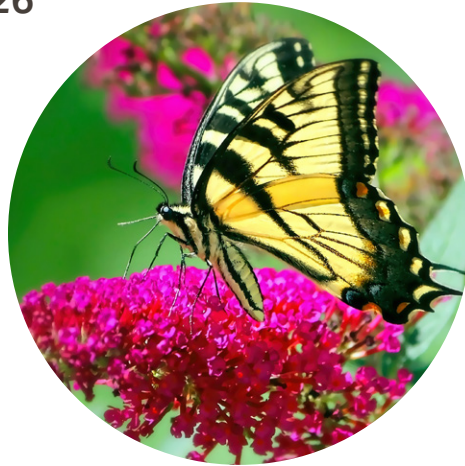


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**NEW MEXICO
WIC & SENIOR
FARMERS' MARKET
PROGRAMS**

SENIOR FARMERS' MARKET PROGRAM

Applications Are

BEING ACCEPTED AGAIN!



WE HAVE FUNDING TO SERVE AN
ADDITIONAL

17,773

SENIORS!



*Support
Local.
Eat Well.
Live Well.*

**MORE BENEFITS.
MORE FOOD. MORE CHOICES.**



\$50.00

IN FEDERAL FUNDS

to purchase fresh fruits,
vegetables, herbs, honey,
and more!



\$100.00

IN STATE FUNDS

to purchase additional
fresh fruits, vegetables,
and more!


NEW!


**YOU CAN NOW USE YOUR
BENEFITS TO PURCHASE
EGGS!**



FOR MORE INFORMATION

Contact the NMDOH – WIC & Senior
Farmers' Market Program

 **505-469-0548**

 **doh.fmnp@doh.nm.gov**





**NEW MEXICO
WIC Y SENIOR**
PROGRAMAS DEL
MERCADO DE
AGRICULTORES

PROGRAMA DEL MERCADO DE AGRICULTORES PARA *Personas Mayores*

¡LAS SOLICITUDES SE ESTÁN ACEPTANDO NUEVAMENTE!

Gracias a fondos adicionales, ahora podemos atender a más adultos mayores en todo Nuevo México.



TENEMOS FINANCIAMIENTO PARA ATENDER A
UN TOTAL ADICIONAL DE

17,773

PERSONAS MAYORES!



*Apoye lo local.
Coma bien.
Viva bien.*



MÁS BENEFICIOS. MÁS ALIMENTOS. MÁS OPCIONES.



\$50.00

EN FONDOS FEDERALES
para comprar frutas, verduras,
hierbas, miel y más alimentos
frescos.



\$100.00

EN FONDOS ESTATALES
para comprar frutas, verduras
frescas adicionales y más.

¡NUEVO!

AHORA PUEDE USAR SUS BENEFICIOS
PARA COMPRAR ¡HUEVOS!


Además de frutas, verduras, hierbas y miel,
ahora puede usar sus fondos estatales
para comprar huevos.



PARA MÁS INFORMACIÓN

Comuníquese con el NMDOH – Programas del
Mercado de Agricultores para WIC y Personas Mayores

 505-469-0548

 doh.fmnp@doh.nm.gov



*Nutriendo a nuestras
personas mayores.*

*Fortaleciendo a nuestras
comunidades.*



CONTACT INFORMATION



505-955-4721

Administrative/Information
Activities Programs
Benefits Counseling
Health Promotion
Home-delivered Meals
Nutrition/Congregate Dining
Outreach
Senior Services Registration
Recreation/Fitness
Respite Care Program & Homemaker
50+ Senior Olympics Program

505-955-4760

Public Relations
Retired Senior Volunteer Program

505-955-4745

Foster Grandparent Program
Senior Companion Program
Grandparents Raising Grandchildren

505-955-4700

Transportation

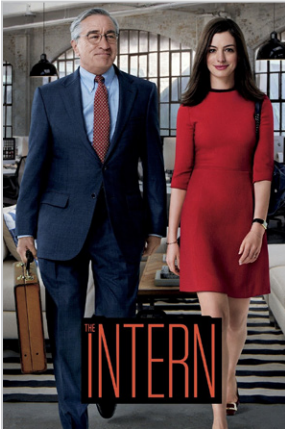
The City of Santa Fe does its best to spend tax dollars responsibly.

If you no longer need a mailed copy of *Senior Scene*, please let us know by emailing eccuellar@santafenm.gov or by calling **Erika Cuellar at 505-955-4722**.

JUNE 2026 — AT A GLANCE

MON	TUES	WED	THURS	FRI
1 MEG <hr style="width: 50%; margin: 5px auto;"/> 10am - 1pm HAIRCUTS w/ Fabiola	2 MEG <hr style="width: 50%; margin: 5px auto;"/> 1 - 5pm AARP "Smart Driver" Course	3	4 LUISA <hr style="width: 50%; margin: 5px auto;"/> 11am - 12:30pm BIRTHDAY CELEBRATION	5 MEG <hr style="width: 50%; margin: 5px auto;"/> 1 - 3pm MOVIE <i>The Intern</i>
8 PASA <hr style="width: 50%; margin: 5px auto;"/> 10am - 1pm HAIRCUTS w/ Fabiola	9 MEG <hr style="width: 50%; margin: 5px auto;"/> 11am - 12:30pm BIRTHDAY CELEBRATION	10 MEG <hr style="width: 50%; margin: 5px auto;"/> 10 - 11am POA Seminar PASA <hr style="width: 50%; margin: 5px auto;"/> 11am - 12:30pm BIRTHDAY CELEBRATION	11	12 MEG <hr style="width: 50%; margin: 5px auto;"/> 1 - 2:30pm BOOK CLUB <i>Alice in Wonderland</i> by Lewis Carroll MEG <hr style="width: 50%; margin: 5px auto;"/> 1 - 3pm MOVIE <i>Field of Dreams</i>
15 MEG <hr style="width: 50%; margin: 5px auto;"/> 8:15am - 1pm HIKING LUISA <hr style="width: 50%; margin: 5px auto;"/> 10am - 1pm HAIRCUTS w/ Fabiola	16	17	18 MEG <hr style="width: 50%; margin: 5px auto;"/> 10 - 11am CLASS on traditional dances of NM w/ La Sociedad Colonial Española de Santa Fe	19 ALL CENTERS CLOSED
22	23 MEG <hr style="width: 50%; margin: 5px auto;"/> 11:30am - 12:30pm ICAN Nutrition Class	24 MEG <hr style="width: 50%; margin: 5px auto;"/> 10 - 11am POA Seminar PASA <hr style="width: 50%; margin: 5px auto;"/> 11:30am - 12:30pm ICAN Nutrition Class	25 LUISA <hr style="width: 50%; margin: 5px auto;"/> 11:30am - 12:30pm ICAN Nutrition Class DANCE AT THE EAGLES <hr style="width: 50%; margin: 5px auto;"/> 1 - 4pm SENIOR PROM Formal wear encouraged!	26 MEG <hr style="width: 50%; margin: 5px auto;"/> 1 - 3pm MOVIE <i>Captain America: The First Avenger</i>
29	30			

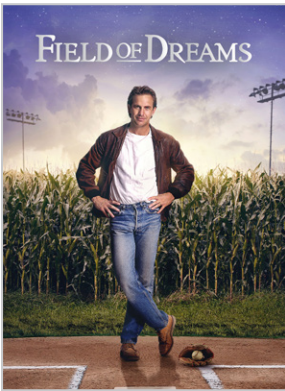
See News & Views on page 7 for more details & programming.



THE INTERN

Friday, June 5 | 1 - 3pm

Starting a new job can be a difficult challenge, especially if you're already retired. Looking back into the game, 70-year-old widower Ben Whittaker seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin, the company's boss and founder. Whittaker's charm, wisdom, and sense of humor help him develop a special bond and grow a friendship with Jules.



FIELD OF DREAMS

Friday, June 12 | 1 - 3pm

When Iowa farmer Ray hears a mysterious voice one night in his cornfield saying, "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, with the support of his wife, Annie. Afterward, the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.



CAPTAIN AMERICA THE FIRST AVENGER

Friday, June 26 | 1 - 3pm

It is 1941, and the world is in the throes of war. Steve Rogers (Chris Evans) wants to do his part by joining America's armed forces, but the military rejects him for his small stature. Finally, Steve gets his chance when he is accepted into an experimental program that turns him into a super-soldier named Captain America. Joining forces with Bucky Barnes (Sebastian Stan) and Peggy Carter (Hayley Atwell), Captain America leads the fight against the Nazi-backed HYDRA organization.

For additional information on any of the activities, call 505.955.4715

ACTIVITY CALENDAR

MON	TUES	WED	THURS	FRI
LUISA Senior Center 1500 Luisa St. <i>Entrance is on Columbia St.</i>				
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> Computer Lab → Fitness Room → </div> Monday to Friday 10:30am – 1pm				
PASATIEMPO Senior Center 664 Alta Vista St.				
	Line Dancing: Beginner Class Full 10 – 11am Line Dancing: Intermediate 11:30am-12:30pm	Live Music: Grupo Cielo Azul Starts at 11:45am	Japanese Dance with Chizuko 10 – 11 am	
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> FitnessRoom Mon – Fri 10:30am – 1pm </div>				
Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.				
Ceramics 8 – 11am Mexican Train Dominoes 11am – 1pm EnhanceFitness® 9:30 – 10:30am 3:30 – 4:30pm Improv 1 – 3pm Cribbage 1 – 3pm Painting w/ Judy 1 – 3pm June 8 & 22	Technology Assistance 9 – 11am Guitar Class 10am – noon Traditional Chinese Mahjong: Advanced 12:30 – 2:30pm Quilting Class 1 – 4pm	Jewelry 8am – noon Tai Chi 8:30 – 9:30am EnhanceFitness® 9:30 – 10:30am 3:30 – 4:30pm Senior Theater 12:30 – 2:30pm Bingo 1:15 – 3:15pm Ceramics 1 – 4pm	Wood Carving 9:30 – 11am Scrabble 1 – 3pm Bead Work 1 – 3pm Tai Chi 2:15 – 3:15pm Qigong 3:30 – 4:30pm	Crafting w/Chris 9 – 11am EnhanceFitness® 9:30 – 10:30am 3:30 – 4:30pm Knitting Class 1 – 3pm Movie 1 – 3pm <i>See monthly calendar for details</i> Traditional Chinese Mahjong: Beginners 12:30 – 2:30 pm
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> Pool/Cards Room, Computer Lab Mon – Fri 8am – 4:30pm Fitness Room Mon – Fri 8 – 10:30am 1 – 3:30pm </div>				

Lunch served at all locations MON-FRI 10:30am - 12:30pm

Senior Meal Suggested Donation: Lunch \$1.50

DIRECTOR'S NOTE



June is Elder Abuse Awareness Month. Elder abuse can take many forms, including physical, emotional, sexual, and financial abuse, as well as neglect.

Some warning signs of elder abuse include changes in behavior, unexplained injuries, unexplained financial losses, neglect of basic needs, and signs of isolation or fear.

If you suspect elder abuse, please report it to Adult Protective Services, operated through the New Mexico Aging and Long-Term Services Department, at **1-866-654-3219**.

June is also Alzheimer's and Brain Awareness Month. This is a good time to focus on cognitive wellness and support the many people impacted by dementia.

While Alzheimer's disease is a growing concern, it is not an inevitable part of aging, and there are proactive steps you can take every day to help keep your brain healthy and active.

Here are a few ways to support brain health this month:

- **Keep Moving** — Regular physical activity helps increase blood flow throughout the body, including the brain.
- **Fuel Your Mind** — Eating a heart-healthy diet has been scientifically shown to support cognitive function.
- **Challenge Your Brain** — Learn something new. Pick up a new hobby, read a challenging book, or work on puzzles to help build cognitive reserve.
- **Stay Social** — Staying connected with friends, family, and community groups is important for emotional and mental well-being.

Remember, early detection and discussion with your doctor can make a significant difference. Be proactive about your memory and never hesitate to contact a health care professional if you notice changes.

As temperatures rise this summer, we invite you to visit the Senior Center to cool off, spend time with friends, and participate in the many activities we offer year-round.

Lastly, I would like to wish all fathers Happy Father's Day and hope you enjoy your special day.

Warmly,

Manuel Sanchez
Director of Senior Services

Caring for a loved-one with Alzheimer's? You are not alone. Help is here.
The Memory Care Alliance presents:

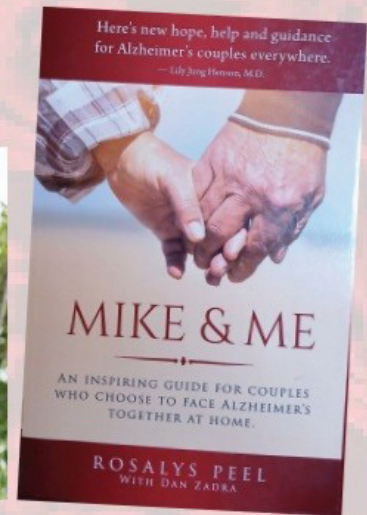
SANTA FE CAREGIVER DAY

A DAY OF EDUCATION, EMPOWERMENT AND COMMUNITY
Saturday, June 13th 9:00 - 4:00
Santa Fe Community College - Jemez Room 6401 Richards Ave

Keynote speaker, Rosalys Peel, author of *Mike and Me* Compassionate Caregiving Together

Rosalys will share her powerful story of caregiving offering insight and heartfelt encouragement for those walking a similar path. *Mike and Me* gives hope for families who choose to face Alzheimer's together. The book can be used as a guide to help provide care with dignity and appreciation.

Signed copies of her book will be available for purchase.



Additional presentations this year will include:

Benefits and Uses of Medical Cannabis in Dementia Care Katy Freytag, Senior Health Educator with the New Mexico Department of Health.

A New Outlook on Alzheimer's Treatments and Care Diane De Vicintes and Kim Cardenas, EISAI Pharmaceutical.

Memory and Music: Using Music to Provide Comfort and Care Lea VanMerkestyn, Director of Life Circle Adult Day Care in Santa Fe.

Resource Round A number of service providers will share their resources which you should know about.

Ask Us Anything Our panel of experts returns to answer your questions related to caregiving. Panelists TBA.

Over 25 of our community partners and local businesses will share their caregiver related services and resources at our vendor's market.

**Lunch provided by The Montecito Santa Fe.
Entertainment by the Lightning Boy Foundation.**



THE MEMORY CARE ALLIANCE

A special thank you to the City of Santa Fe and EISAI Pharmaceutical for providing funding for this event.



This is a **FREE** event. Registration required.
Free On-site or In-home respite available.

Register online through our website at
thememorycarealliance.org

or call 505-310-9752.

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from **8:30am-4:15pm**. We require **24-hour notice** to schedule transport; however, we encourage you to schedule earlier if possible.

Please note: the **THIRD THURSDAY** of each month services will close at 2:30 p.m. for mandatory staff meetings and training.

If you have questions, please contact the Transportation Office at **505-955-4700**.

JUNE GROCERY DISTRIBUTIONS

THE FOOD DEPOT

Thurs, June 4 & 18 7–9am

Drive-through grocery distributions for Santa Feans in need. 1222 Siler Rd.



SAN MARTIN DE PORRES DISTRIBUTION

Tues, June 2 & 16 4–5pm

Free, no application required!
San Isidro Parish, Dixon House
2148 San Ysidro Crossing

ST. JOHN'S METHODIST BAG 'N HAND PANTRY

Tuesdays 11am–12:30pm | 5–6:30pm

1200 Old Pecos Trail, Santa Fe, NM
Contact: 505-982-5397

ST. JOHN THE BAPTIST CATHOLIC CHURCH FOOD PANTRY

Third Thursday 2:30–3:30pm

1301 Osage Ave., inside Lamy Hall

**TUES
JUNE 2**



"SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers 50 years and older, changes in vehicle technology, as well as road and street safety, and June be eligible for an auto insurance discount on your policy.

To participate, you must be 50 years or older and have a valid driver's license. The class fee is \$20 for current AARP members and \$25 for nonmembers.

Classes are held on the first Tuesday of each month from **1-5pm**. The next class is scheduled for **Tuesday, June 2**.

Class size is limited to 15 participants and is offered on a first-come, first-served basis. For more information or to register, contact **Dominic Mandel** at **505-490-2489** or visit AARP.org.

GRANDPARENTS RAISING GRANDCHILDREN

Senior Services currently has funds available to assist grandparents with out-of-pocket expenses for their grandchildren, including medical expenses, food, clothing, and other necessities. Eligible seniors aged 55 and older who live in the city or county of Santa Fe and can provide proof that they are actively raising or financially supporting their grandchild or grandchildren may receive modest financial assistance annually for up to two grandchildren per household. For more information, please contact Theresa Trujillo at **505-955-4745** or tptrujillo@santafenm.gov.



**MON
JUNE 15**

HIKES FOR ACTIVE SENIORS

Deception Peak Via Raven's Ridge Strenuous Hike

June's six-mile round-trip hike to Deception Peak (12,320 feet) will be strenuous but worth every step once we reach the summit. The views span 360 degrees, from the San Juan Mountains in Colorado to Mount Taylor near Grants in the west. The hike along Raven's Ridge is mostly under tree cover, but about a mile past the scenic overlook we previously visited, we will reach the tundra above the tree line, approximately half a mile from the peak.

Because this hike is strenuous, please bring plenty of water, sunscreen, a hat, and high-protein snacks. Weather conditions above the tree line can vary from windy and cold to very hot, with possible monsoon rains. Please come prepared by bringing gloves and a waterproof poncho and/or windbreaker jacket. If you have hiking poles, please bring them. We will stop frequently to catch our breath and enjoy the views.

GENERAL INFORMATION

- **Arrive at MEG** between 8:15 and 8:30 a.m.
Departure and return: We leave promptly at 8:30 a.m. and return between 12:30 and 1:00 p.m.
- **Bring:** Water, snacks, sturdy shoes or boots, a hat, gloves, sunglasses, layered warm clothing, and a rain jacket to stay dry and provide additional warmth if needed.
- **Hiking poles or a walking stick are always recommended.**

HAPPY TRAILS!



**THURS
JUNE 18**

LA SOCIEDAD COLONIAL ESPAÑOLA DE SANTA FE COMES TO THE MEG CENTER

Interested in learning about the history and culture of traditional New Mexico dances? Join Ralph Nava, president of the organization, on Thursday, June 18, 2026, at 10:00 a.m. There is no fee, and the class will last one hour.

**THURS
JUN 25**

SENIOR PROM

**1 - 4pm at The Fraternal
Order of Eagles
833 Early St.**

- Free admission
- Live Music TBD
- Formal attire encouraged but not required

Let the Good Times Roll at the Senior Prom!

Who says prom is just for teenagers? It is time to rewrite the rules. Join us for an unforgettable Senior Prom filled with great music, laughter, and plenty of trips down memory lane. Bring a partner, come with a group of friends, or come on your own.

We promise a fantastic atmosphere, sweet treats, and a dance floor ready for you.



A MESSAGE FROM NUTRITION MANAGER RAY DOMINGUEZ



As summer approaches and temperatures rise, we invite you to step out of the heat and into the welcoming comfort of one of our three amazing centers. Enjoy delicious, freshly prepared meals made daily by our talented cooks, who take great pride in creating flavorful dishes just for you.

Whether you are looking for a place to relax, share a meal with friends, enjoy good company, or simply need a little extra support, our doors are always open.

For homebound seniors, there is no need to miss out. We proudly offer home-delivered meals to ensure everyone can enjoy the same fresh, nourishing food from the comfort of home.

For additional information, please call the Mary Esther Gonzales Senior Center at **505-955-4721**.



FLORA'S CORNER

Flora celebrates her 96th Birthday on May 28, 2026. Thank you Flora for your wonderful messages throughout the years. We look forward to reading your words of wisdom every issue!

SENIOR SCENE COLUMN WINS AWARD

A column published in the July 2025 issue of Senior Scene won a first-place prize in a statewide journalism contest.

The Legal and Consumer column highlighted services available to veterans in the Santa Fe area.

Stan Cooper wrote the article titled "Top Needs of Santa Fe Veterans Outlined." The article received first place in the Informational Column category from New Mexico Press Women.

The awards were announced in early May during a banquet in Isleta.

Santa Fe Senior Services volunteers Jane Yuster and Stan Cooper write the monthly Legal and Consumer section for Senior Scene. Congratulations, Stan!

HAPPY FATHER'S DAY — JUNE 21

"Happy Father's Day to all the wonderful fathers, grandfathers, and father figures in our community. Your life stories, gentle wisdom, and enduring strength are the foundation of our families. Thank you for the countless lessons you have taught us and the beautiful legacy you continue to build every day. We hope your day is filled with the joy, peace, and love you so deeply deserve."

EMPLOYEE SPOTLIGHT

ANTHONY SHANNON
Respite Care Provider



TISH GONZALES
Respite Care Provider



How long have you worked for the City?

Less than a month.

I've been here for over a month.

What's the most exciting part about your job?

Being able to aid the seniors of Santa Fe to live a happy, healthy and peaceful life.

Helping others and getting to know new people.

Do you have any hidden talents or hobbies?

Writing and acting. I like writing mostly about self-help and philosophy. And related to acting, I like theater.

I enjoy spending time with my pets: My dog and my snake (yes, I own a beautiful 4 feet long corn snake).

Are you a sports fan? If so who are your favorite teams?

Occasionally I like competitive games. Any sports teams, as long as it is competitive. Hartford Whalers

Sorry to disappoint you, I am not a sports fan, but I am for whoever wins. I don't have a team. I once went to an Isotopes game... does that count?

What's something you're proud of?

Having the discipline to live life at my fullest potential.

I'm proud of serving my community.

iVámonos!

SANTA FE WALKS

Explore Santa Fe's trails • Get some fresh air • Meet your community!

30 Free Walks & Hikes from May through October



MAY

5 - Tuesday @ 6 - 7 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr



9 - Saturday @ 9 - 11 AM

Vámonos Hike – Dovetail
Learn about our new accessible trail,
designed for a wide range of abilities, and
our land restoration projects. Meet at 226
Thornton Ranch Rd/Cottonwood Trailhead (TH)



14 - Thursday @ 5:30 - 6:30 PM

Find a New Path! Spur Trail
Meet at Spur Trail TH, on Falcon Way off of
Rabbit Rd (Community College Dist.)



20 - Wednesday @ 5:30 - 6:30 PM

Wellness Walk – Acequia Trail from
Larragoite Park to Railyard Park
Meet at 1450 Avenida Cristobal Colon



29 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center



JUNE

2 - Tuesday @ 6 - 7 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr



10 - Wednesday @ 5:30 - 6:30 PM

Wellness Walk – Acequia Trail from
Larragoite Park to Ashbaugh Park
Meet at 1450 Avenida Cristobal Colon



13 - Saturday @ 9 - 11 AM

Vámonos Hike – Randall Davey Audubon
Center & Sanctuary. "Take a Kid Hiking Day"
with nature scavenger hunt and paletas!
Meet at 1800 Upper Canyon Rd
Please Carpool! (no dogs)



18 - Thursday @ 5:30 - 6:30 PM

Find a New Path! Arroyo de los Chamisos Trail
From GCCC westward to Villa Linda Park
Meet 3221 Rodeo Rd GCCC east end of
solar parking lot



26 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center



JULY

1 - Wednesday @ 5:30 - 6:30 PM

Wellness Walk – Acequia Trail from
Larragoite Park to Railyard Park
Meet at 1450 Avenida Cristobal Colon



9 - Thursday @ 5:30 - 6:30 PM

Find a New Path!
Santa Fe Canyon Preserve Loop Trail
Meet at Cerro Gordo TH, corner of Upper
Canyon Rd & Cerro Gordo Rd (no dogs)



11 - Saturday @ 9 - 11 AM

Vámonos Hike – Norski Trail
Meet at NM-475 & Norski TH on
Hyde Park Rd just before Ski Basin



14 - Tuesday @ 6 - 7 PM

Take a Walk on the South Side Southside
Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr



31 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center



For more information and maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

AUGUST

4 - Tuesday @ 6 - 7 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

12 - Wednesday @ 5:30 - 6:30 PM

Wellness Walk – *Acequia Trail from Larragoite Park to Ashbaugh Park*
Meet at 1450 Avenida Cristobal Colon

15 - Saturday @ 9 - 11 AM

Vámonos Hike – Dale Ball Trails
Hike to the mid-mountain Picacho Overlook (more advanced hike with steep sections)
Meet at Cerro Gordo TH, corner of Upper Canyon Rd & Cerro Gordo Rd

21 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center

27 - Thursday @ 5:30 - 6:30 PM

Find a New Path! *Santa Fe River Trail*
Walk the newest section of the SF River Trail
Meet at 1070 Siler Rd NEW Siler Rd TH

SEPTEMBER

1 - Tuesday @ 6 - 7 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

3 - Thursday @ 5:30 - 6:30 PM

Find a New Path! *Arroyo de los Chamisos Trail*
From Museum Hill to St. John's College
Meet at 715 Camino Lejo, SF Botanical Gardens parking lot

25 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center

26 - Saturday @ 9 - 11 AM

Vámonos Hike – La Tierra Trails
Meet at Frijoles TH
1990 Camino de los Montoyas

30 - Wednesday @ 5:30 - 6:30 PM

Wellness Walk – *Acequia Trail from Larragoite Park to Railyard Park*
Meet at 1450 Avenida Cristobal Colon

OCTOBER

6 - Tuesday @ 5:30 - 6:30 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

8 - Thursday @ 5:30 - 6:30 PM

Find a New Path! *Arroyo Hondo Trail*
Meet at 37 Rancho Viejo Blvd, Fire Station TH

14 - Wednesday @ 5:30 PM

Wellness Walk – *Acequia Trail from Larragoite Park to Ashbaugh Park*
Meet at 1450 Avenida Cristobal Colon

17 - Saturday @ 9 AM - 1:30 PM

Vámonos Hike – Nambé Badlands
Meet at Nambé Badlands TH, on NM 503
Just past Nambé Village
Email info@sfct.org to register for FREE bus transportation to Nambé Badlands TH

23 - Friday @ 10 - 11 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St behind MEG Center



¡Vámonos!

SANTA FE WALKS

COLOR CODE LEGEND

- Easy
- Moderate
- Difficult
- ADA Accessible Trail
- Dirt / Rough Trail
- Mixed ADA / Dirt Trail



Sponsored by the Santa Fe Walking Collaborative
& convened by the Santa Fe Conservation Trust
Spanish language schedule available at sfct.org/vamonos

Handling Financial & Health Decisions As You Age

Older adults often have questions about how they should handle their health care as they age or how to manage their finances if they become unable to do so.

The first piece of advice is to do this planning now, while you are well and able. None of us like to think about these things, but doing it now will make your wishes and directives clear for the future. You can change these documents over time as your circumstances change.

Legal assistance and documents are available to assist seniors. Attorney Miguel Nogueras of New Mexico Legal Aid outlined several resources to help seniors during a seminar in April at the Mary Esther Gonzales Senior Center in Santa Fe. He spoke about powers of attorney for health care and powers of attorney for finances.

Nogueras explained how these documents work and provided information about other agencies that can assist seniors in making decisions as they age.

Powers of attorney help direct a personal representative, legally called an agent, to assist an individual in carrying out health and financial wishes while that person is still alive but unable to make decisions independently. Wills, on the other hand, direct what you want done with your property after your death.

In addition, seniors should contact legal experts about advance directives, which outline preferences for medical care in situations where a person can no longer communicate their wishes.

New Mexico Legal Aid can help draft powers of attorney for seniors at or below 125% of the

federal poverty guidelines. You can call the intake line at **1-833-545-4357**, Monday through Thursday, from 9:30 a.m. to 1:00 p.m.

The New Mexico State Bar Foundation Modest Means Helpline is a legal services helpline for eligible New Mexicans at or below 500% of the federal poverty guidelines. The Modest Means intake line is open Monday through Friday, from 8:00 a.m. to 4:00 p.m., at **505-797-6013** or **888-857-9935**. The office is closed on holidays.

The Legal Resources for the Elderly Program (LREP) offers free legal assistance by telephone for New Mexicans age 55 and older. Staff members are available Monday through Friday, from 8:00 a.m. to 2:00 p.m. If you live in Albuquerque, call **505-798-6005**. If you live outside Albuquerque, call **1-800-876-6657**. An intake worker may refer cases to a private attorney who may or may not charge fees.

Requests LREP often receives include wills, estate planning, landlord-tenant matters, and consumer issues.

More Legal Seminars Offered June 10 & 24

Attorney Miguel Nogueras will return to the Mary Esther Gonzales Senior Center to hold classes on powers of attorney on June 10 and 24, from 10-11am.

Manejo de decisiones financieras y de salud a medida que envejece

Las personas mayores con frecuencia tienen preguntas sobre cómo deben manejar su atención médica a medida que envejecen o cómo manejar sus finanzas si llegan a no poder hacerlo por sí mismas.

El primer consejo es hacer esta planificación ahora, mientras se encuentra bien y tiene la capacidad de hacerlo. A ninguno de nosotros nos gusta pensar en estas cosas, pero hacerlo ahora ayudará a que sus deseos e instrucciones queden claros para el futuro. Usted puede cambiar estos documentos con el tiempo, a medida que cambien sus circunstancias.

Existen asistencia legal y documentos disponibles para ayudar a las personas mayores. El abogado Miguel Nogueras, de New Mexico Legal Aid, describió varios recursos para ayudar a las personas mayores durante un seminario realizado en abril en el Centro para Personas Mayores Mary Esther Gonzales, en Santa Fe. Habló sobre los poderes notariales para la atención médica y los poderes notariales para asuntos financieros.

Nogueras explicó cómo funcionan estos documentos y proporcionó información sobre otras agencias que pueden ayudar a las personas mayores a tomar decisiones a medida que envejecen.

Los poderes notariales ayudan a designar a un representante personal, legalmente llamado agente, para asistir a una persona en llevar a cabo sus deseos relacionados con la salud y las finanzas mientras aún está viva, pero no puede tomar decisiones por sí misma. Los testamentos, por otro lado, indican lo que usted desea que se haga con sus bienes después de su fallecimiento.

Además, las personas mayores deben comunicarse con expertos legales acerca de las directivas anticipadas, las cuales describen sus preferencias de atención médica en situaciones en las que ya no puedan comunicar sus deseos.

New Mexico Legal Aid puede ayudar a redactar poderes notariales para personas mayores que se encuentren en o por debajo del 125% de las pautas federales de pobreza. Puede llamar a la línea de

admisión al **1-833-545-4357**, de lunes a jueves, de 9:30 a.m. a 1:00 p.m.

La línea de ayuda Modest Means Helpline de la Fundación del Colegio de Abogados del Estado de Nuevo México ofrece servicios legales para residentes elegibles de Nuevo México que se encuentren en o por debajo del 500% de las pautas federales de pobreza. La línea de admisión de Modest Means está abierta de lunes a viernes, de 8:00 a.m. a 4:00 p.m., llamando al **505-797-6013** o al **888-857-9935**. La oficina permanece cerrada en días festivos.

El Programa de Recursos Legales para Personas Mayores, conocido como LREP por sus siglas en inglés, ofrece ayuda legal gratuita por teléfono para residentes de Nuevo México de 55 años o más. El personal está disponible de lunes a viernes, de 8:00 a.m. a 2:00 p.m. Si usted vive en Albuquerque, llame al **505-798-6005**. Si vive fuera de Albuquerque, llame al **1-800-876-6657**. Un trabajador de admisión puede referir algunos casos a un abogado privado, quien puede o no cobrar honorarios.

Las solicitudes que LREP recibe con frecuencia incluyen testamentos, planificación patrimonial, problemas entre arrendadores e inquilinos, y asuntos del consumidor.

Se ofrecerán más seminarios sobre temas legales el 10 y el 24 de junio

El abogado Miguel Nogueras regresará al Centro para Personas Mayores Mary Esther Gonzales para impartir clases sobre poderes notariales el 10 y el 24 de junio, de 10-11am.

CITY OF SANTA FE EVENTS

Our spring/summer event schedule is ramping up. Stay up to date on upcoming city-wide, family-friendly events. Everything from Movies in the Park, Summer Cool Downs, Teen Nights, Reading Programs, and much more, we've got you covered! Visit santafenm.gov/events and follow us on social media [@SantaFeGov](https://twitter.com/SantaFeGov) for more info.



CITY OF SANTA FE
COMMUNITY ENGAGEMENT





POWER OF ATTORNEY LEGAL CLINICS

Planning ahead is one of the most important gifts you can give yourself & your loved ones.

We offer a free clinic where trained legal professionals help seniors understand or complete:

Healthcare Power of Attorney (POA)

Choose someone to make medical decisions if you cannot.

Financial Power of Attorney (POA)

Authorize a trusted person to handle your finances if needed.

Take control of your healthcare & financial decisions — before an emergency arises.

**10-11AM, WEDNESDAY, JUNE 10 & 24
AT THE MARY ESTHER GONZALES SENIOR CENTER**

SUMMER SAFETY FOR OLDER ADULTS



KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

Heatstroke is an emergency. Call 911 right away.



Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are best.



Cool your home with air conditioning or fans, or go to a cooler place.

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

The Hopeful Guide to Preventing and Treating Dementia

The words Alzheimer's and Dementia strike fear in many adults. But the average person has little understanding of what these terms mean. Are changes in memory and thinking just a natural part of old age? Is dementia preventable? While doctors don't have all the answers, they have some strong hunches about how to reduce your risk.

"Dementia" refers to a decline in thinking that affects daily living and social functioning. In addition to memory loss, symptoms can include disorientation, decreased attention span, slower response time, and changes in personality and mood. "Senility," the old-fashioned term for mental and physical decline, used to be synonymous with the aging process.

Today, we understand that dementia is far from inevitable. About 1 in 10 Americans develops Alzheimer's, a disease that's responsible for half of all dementia cases. Rates vary from culture to culture, suggesting that factors such as diet, education level and access to proper health care can have an impact. Researchers are now testing interventions to prevent or delay dementia's onset.

Determining the underlying cause of dementia is important to ensure the most effective treatment. Alzheimer's is associated with brain inflammation (swelling), for instance, while Vascular dementia is caused by narrowed or blocked blood vessels. Dozens of other health conditions can cause problems with thinking: infection (such as Lyme disease and AIDS), alcohol abuse, blood clots and more. Sometimes dementia has mixed causes, and one type seems to predispose the brain to other problems.

There is no definitive test for Alzheimer's. Doctors generally make an Alzheimer's diagnosis only after eliminating other possibilities they can test for. Those tests may include:

- Physical and neurological exam. To evaluate reflexes, eye movements, walking and balance.
- Lab work. Blood tests can reveal cardiovascular disease and other underlying conditions.
- Brain imaging. As a last resort, an MRI or CT can reveal a tumor, stroke or blood clot.
- Purple and white plastic brain

Potentially curable causes of dementia include vitamin deficiency, thyroid problems, stress and depression. Reactions to prescription drugs are another common factor. As we get older, our liver and kidneys slow down, making medications linger in our system longer.

Certain activities are especially good for strengthening connections and keeping your brain spry:

- Learning a new language.
- Playing an instrument.
- Crafts that involve working with your hands.
- Practicing writing with your non-dominant hand.
- Focused relaxation, like meditation, prayer or listening to music.

CROSSWORD PUZZLE

Across

- 1 Having the means
- 5 Fragrant oil
- 10 Old World duck
- 14 Not imagined
- 15 Sofia Coppola, to Talia Shire
- 16 Detective Wolfe
- 17 Not a thing of the past
- 19 Like some chatter
- 20 Sea eagle
- 21 Tell it like it isn't
- 22 Military actions
- 24 Layers
- 26 "For the Boys" subj.
- 27 Firewood measure

- 30 Barbershop patron's choice
- 33 Balancing pro
- 36 Amy of "Carrie"
- 38 Some vitamin C sources
- 39 Computer capacity
- 40 Runs out of steam
- 41 Ration out
- 43 Musical with the song "The Night They Invented Champagne"
- 44 Canal locale
- 45 Dove competitor
- 46 Bloviates
- 48 Like some grins
- 49 Bullion unit
- 51 Vast chasm
- 52 Pilar cyst

- 54 Tips off
- 56 Follower of young
- 60 Make a face
- 61 Aloof
- 64 Crystal ball user
- 65 Nourishment for a koala
- 68 "Frasier" actress Gilpin
- 69 Small arboreal tropical American lizard
- 70 River to the North Sea
- 71 Barrie buccaneer
- 72 Prevent
- 73 Wing-shaped

Down

- 1 "Rise, Glory, Rise" composer
- 2 It may have a big head
- 3 Croquet site
- 4 Grimm character
- 5 "Tomorrow" musical
- 6 Go-getters
- 7 Bus. card abbr.
- 8 Air force heroes
- 9 Change the decor
- 10 Foul moods
- 11 A place for some actors
- 12 First name in mysteries
- 13 Afflictions
- 18 Martian, maybe
- 23 Regrets
- 24 Speaker of baseball
- 25 Superficial
- 27 Factions
- 28 Courtroom event
- 29 All over the place
- 31 Flap
- 32 Kind of power
- 34 Book parts
- 35 Out of whack
- 37 Acquire
- 42 Fall behind
- 43 Ties up the phone
- 45 Actress Merrill
- 47 Long-limbed
- 50 Steamed dish
- 53 Chill-inducing
- 55 King or queen
- 56 Dangerous biters
- 57 Abound
- 58 Try for a part
- 59 Ditty
- 61 "___ have to do"
- 62 Largest island in the West Indies
- 63 River of Flanders
- 66 Simple sack
- 67 Prankster's projectile

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United States

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

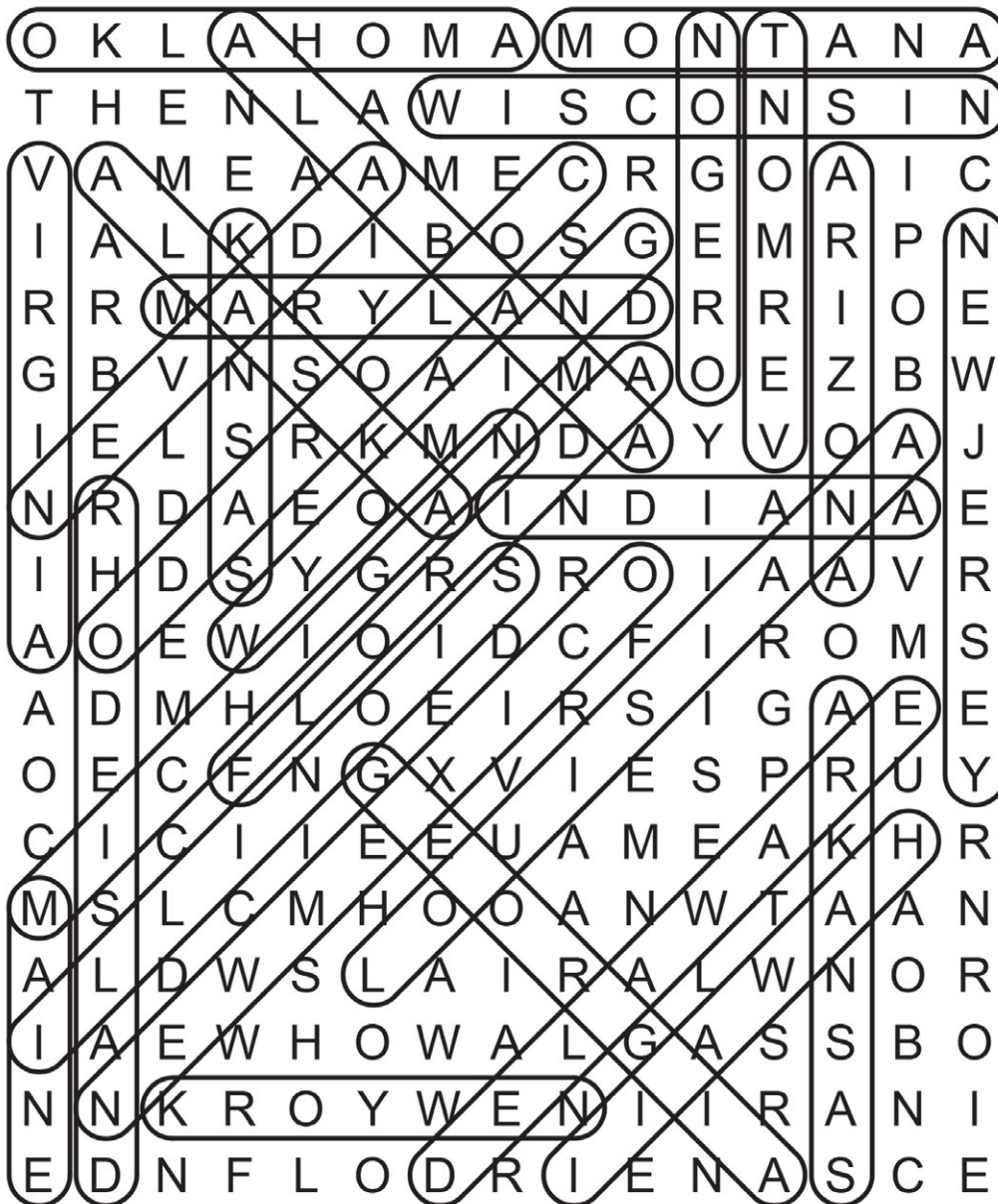
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- ALABAMA
- ALASKA
- ARIZONA
- ARKANSAS
- COLORADO
- DELAWARE
- FLORIDA
- GEORGIA
- HAWAII
- ILLINOIS
- INDIANA
- KANSAS
- LOUISIANA
- MAINE
- MARYLAND
- MICHIGAN
- MONTANA
- NEVADA
- NEW JERSEY
- NEW MEXICO
- NEW YORK
- OKLAHOMA
- OREGON
- RHODE ISLAND
- VERMONT
- VIRGINIA
- WISCONSIN
- WYOMING

CROSSWORD PUZZLE SOLUTIONS

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

Solution: United States



JUNE LUNCH MENU

MON	TUES	WED	THURS	FRI
1 SPAGHETTI W/ MEATBALLS California Veg Mix Caprese Salad Lemon Sorbet	2 BBQ PULLED PORK SANDWICH W/ PICKLES Seasoned Spinach Baked Beans Watermelon	3 TURKEY ROAST W/ MASHED POTATOES & GRAVY Green Bean Casserole Wheat Roll Apple Cobbler	4 FISH TACOS Pico De Gallo Cilantro Lime Rice Mexican Style Coleslaw Chocolate Brownie	5 ORANGE CHICKEN Brown Rice Stir Fry Veggies Egg Roll Mandarin Orange
8 CHICKEN SANDWICH W/ GARNISH Buttered Corn Baked Chips Fruit Salad	9 RED CHILE CHEESE DOG Potato Wedge Broccoli Cantaloupe	10 SHRIMP FETTUCINE ALFREDO Italian Green Beans Mixed Green Salad Strawberry Shortcake	11 SMOTHERED PORK CHOPS W/ ONION GRAVY Macaroni Salad Vegetable Medley Fruit Cocktail	12 BEAN & CHEESE BURRITO Salsa Spanish Rice Capri Blend Strawberry Shortcake
15 BAKED HERBED SALMON Tatar Sauce Wild Rice Broccoli & Carrots Tropical Fruit	16 GREEN CHILI FRITO PIE Garnish Zucchini & Tomatoes Mango Chunks	17 COUNTRY STYLE CHICKEN W/ CREAM GRAVY Mashed Potatoes Vegetable Blend Fresh Apple	18 MEATY LASAGNA Italian Blend Garlic Bread Caesar Salad Plums	19 ALL CENTERS CLOSED
22 RED CHILI PORK ENCHILADAS Pinto Beans Calabacitas Cinnamon Roll	23 SALISBURY STEAK BROWN GRAVY Roasted Potato Asparagus Wheat Dinner Roll Diced Pears	24 CHICKEN PARMESAN LINGUINE Marinara Sauce Italian Veggies Brussels Sprouts Spiced Apples	25 SPICY BEEF & BROCCOLI Brown Rice Stir Fry Blend Mandarin Oranges	26 CHICKEN SALAD SANDWICH Potato Salad Carrot Raisin Salad Banana
29 SWEET & SOUR CHICKEN Brown Rice Asian Veggies Pineapple	30 GREEN CHILE CHEESEBURGER Garnish Tater Tots Green Beans Angle Food Cake			

10:30am – 12:30pm MON-FRI
Milk is served with each meal.
Menu is subject to change.
Suggested donation for lunch: \$1.50



Ingredients

- 2 Tbsp.** extra-virgin olive oil, plus more for drizzling
- 1** medium yellow onion, chopped
- 3** cloves garlic, finely chopped
- 2 Tbsp.** tomato paste
- 1 lb.** ground beef
- 1 1/2 cups** cooked white or brown rice
- 1 (14.5-oz.)** can diced tomatoes
- 1 1/2 tsp.** dried oregano
- Kosher salt
- Freshly ground black pepper
- 6** bell peppers, tops and cores removed
- 1 cup** shredded Monterey jack
- Chopped fresh parsley, for serving

STUFFED PEPPERS

Directions

Step 1

Arrange a rack in center of oven; preheat to 400°. In a large skillet over medium heat, heat oil. Cook onion, stirring occasionally, until softened, about 7 minutes. Stir in garlic and tomato paste and cook, stirring, until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, about 6 minutes.

Step 2

Stir in rice and diced tomatoes; season with oregano, salt, and pepper. Let simmer, stirring occasionally, until liquid has reduced slightly, about 5 minutes.

Step 3

Arrange peppers cut side up in a 13" x 9" baking dish and drizzle with oil. Spoon beef mixture into each pepper. Cover baking dish with foil.

Step 4

Bake peppers until tender, about 35 minutes. Uncover, sprinkle with cheese, and continue to bake until cheese is bubbly, about 10 minutes more.

Step 5

Top with parsley before serving.

VOLUNTEER PROGRAMS



AmeriCorps Seniors

GIVE A LITTLE TIME, GET A LOT BACK.

Join the RSVP Volunteer Program. If you are 55 or older, we will connect you with a volunteer opportunity that fits your lifestyle through more than 40 organizations working to improve the community. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition. Visit RSVPsantafe.org

**TO VOLUNTEER
CONTACT
ERIKA CUELLAR**
eccuellar@santafenm.gov
505-955-4722



LOOKING TO STAY INVOLVED & ACTIVE IN YOUR COMMUNITY?

AARP New Mexico needs volunteers in the Santa Fe area to assist with programs on topics including fraud prevention, caregiving, decluttering, and health. Volunteers may also help at tabling events or serve as presenters. Individuals interested in helping pass legislation are also encouraged to volunteer. AARP New Mexico offers programs and events that appeal to a wide range of interests. For more information, contact **Gary Williams**, Associate State Director for Community Outreach, at gdwilliams@aarp.org or **505-946-3601**.

VOLUNTEER WITH SENIOR SERVICES

FGP — The **Foster Grandparent Program** offers opportunities for limited-income adults age 55 and older to mentor and guide students toward higher academic achievement. The program connects role models with students who have exceptional needs. Foster Grandparents provide five to 40 hours of service each week at schools and Head Start programs. Income-eligible volunteers receive a non-taxable hourly stipend.

SCP — The **Senior Companion Program** offers opportunities for limited-income adults age 55 and older to serve as friends and companions by providing assistance and companionship to seniors who have difficulty with daily living tasks. The program aims to help older adults remain independent longer while also providing respite for family caregivers.

Use your skills and talents to help make independent living a reality for older adults. Senior Companions provide five to 40 hours of companionship each week to two or more seniors with disabilities or individuals experiencing loneliness. Income-eligible volunteers receive a non-taxable hourly stipend.



HAPPY BIRTHDAY, VOLUNTEERS!

- | | |
|--|--|
| 6/3 Ian Dunn
Eduardo Lucero
Ernest Madrid | 6/15 Jacquelin Dawson |
| 6/5 Jonni Lu Pool | 6/16 Pamela Reynolds |
| 6/6 Colleen Davis | 6/18 Thomas Minton
Wesley Sandel
Linda Vitro |
| 6/7 Alfonso "Al" Ulibarri | 6/21 Kristine Dorris
Daisy Welch |
| 6/10 Danna Metzger
Eutimio "Tim" Quintana
Olivia Trujillo | 6/22 Christine Mendoza |
| 6/12 Marcy Leavitt
Michael Reilly
Laura Ryan | 6/23 Gilbert Alarid
David Lucero
Marie Newson |
| 6/13 Mary Sherman | 6/24 Kevin McCoy |
| 6/14 Eileen C de Baca | 6/27 Genevieve Armijo |
| | 6/30 Diane Solano |

MAY HIGHLIGHTS



Who says the zoo is just for kids?



Enjoying the Zoo Day Trip!



"David is all smiles!"



Chris and Eppie strike a pose!



CITY OF SANTA FE
SENIOR SERVICES

1

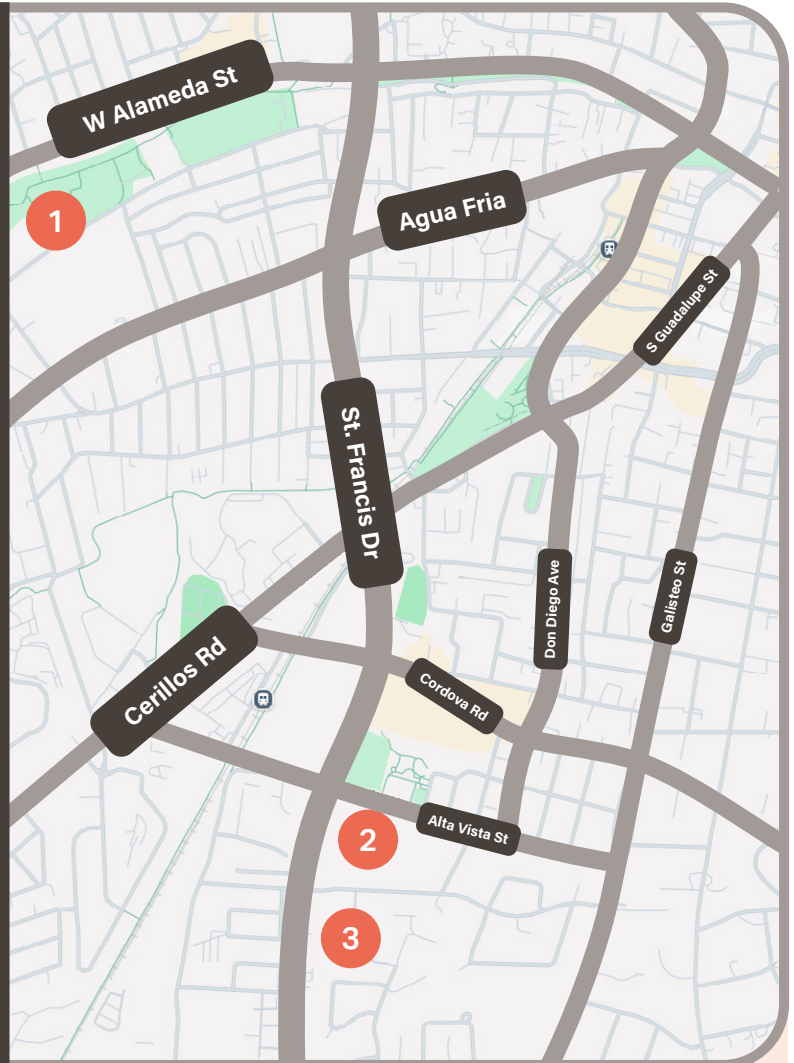
**Mary Esther Gonzalez
(MEG) Senior Center**
1121 Alto St.

2

PASATIEMPO Senior Center
664 Alta Vista St.

3

LUISA Senior Center
1500 Luisa St.
Entrance is on Columbia St.



505-955-4721 | santafenm.gov/seniors

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content June or June 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 1 for the appropriate contact.