

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

March 2026



CITY OF SANTA FE
SENIOR SERVICES



Covering With Compassion Blanket Drive



Edwina & Anna Mae ♥



Carlos & Cecilia enjoy their Valentine Treat Bag!



Sam Bair-Handcrafted Backgammon Board



All Smiles for Senior Day!



Carlos & Kim strike a pose!

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March 2026

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COVER IMAGE: DOWNTOWN SANTA FE
PHOTO BY LAURENCE MOSS



AARP Foundation[®] Tax-Aide

AARP Foundation Tax-Aide Program at the Santa Fe Community College

Need help filing your taxes? The AARP Foundation is providing **free** tax assistance and preparation through its Tax-Aide program. The services are provided by volunteers from the community.

Location: Rooms 408 or 410, Santa Fe Community College Main Building, 6401 Richards Ave., next to the Cafeteria

Dates: Monday, February 2, 2026 through Wednesday, April 15, 2026, Monday through Saturday

Hours of operation: Monday through Friday 8:00 am – 3:00 pm; Saturday 8:00 am – 11:00 am

Phone: (505) 428-1780 For information Voice Mails only, volunteers will return calls when possible.

Holiday or other closures: SFCC observed holiday closures, SFCC Spring Break (Mar. 30 through Apr. 6), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

APPOINTMENTS ARE REQUIRED: To Make an Appointment visit

www.sfcc.edu/taxaide or call 505-428-1780 *NOTE: Individual appointments must be made for each member of a household or group that is filing a return!*

THE AARP FOUNDATION TAX-AIDE PROGRAM CANNOT PREPARE RETURNS THAT INCLUDE:

Married individuals who file separately; Rental income; Self-employment returns with expenses of more than \$50,000 or more, home office deduction, employees, inventory, operating loss or insurance with Be Well NM (Form 1095A); Royalty income with associated expenses; Solar Credits; or Casualty Losses; and some special tax forms

SOME NEW TAX LAW CHANGES:

- **Federal:** qualified employees may be eligible for non-taxation of tip and overtime income – please use the worksheets below to gather information and determine eligibility
- **Federal:** you may qualify for an interest deduction for purchasing a new vehicle that meets federal requirements – please use the worksheet below to provide required information
- **State:** qualified medical expenses will no longer be used for reduction of taxable income, they can only be used if you can itemize your deductions

For taxpayers, who are married and filing jointly, both individuals must be present to sign documents. Exceptions may be made only when a spouse is unable to be present due to health issues.

WHAT YOU SHOULD BRING: **Prior year return; Driver's License or State ID** of the primary filers; **Social Security Card or ITIN Letters** for all taxpayers and dependents; **Social Security and Other Income documents:** 1099SSA, W-2s; 1099's for retirement income or self-employment; interest, dividend, capital gains or brokerage statements; Unemployment (form 1099-G); gambling wins (form W2-G and related loss documentation); **Bank information** (routing and account numbers) for direct deposit or direct debit; **Individuals eligible for State/County Rebates or Credits**– bring 2025 property tax bill(s) or rent information, and other household income; **Supporting documents for itemized deductions or credits:** childcare, college, or vocational training information (1098-T), medical expenses not covered by insurance (no over-the-counter or medical cannabis expenses) – including mileage, charity donations, property tax bills or receipts and mortgage interest paid; **Self-employed Income and Expenses Documentation:** 1099 NEC or other income, employment related expenditures, and business mile documentation; **Be Well New Mexico or other Market Place Insurance documents (1095A); IRS Identity Theft PIN (IPPIN) letter for taxpayers and/or dependents**



BOOMER TECH
WITH SANTA FE PREP
TECHNOLOGY ASSISTANCE FROM TEENS

WEDNESDAYS
2PM

March 11, 2026

April 29, 2026

MAIN LIBRARY

145 WASHINGTON AVE, SANTA FE, NM 87501
2ND FLOOR, COMMUNITY ROOM



LEARN MORE AT
tinyurl.com/SFPrepBoomerTech



For disabilities or translation accommodations please email library@santafenm.gov or call 505-955-6781

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 do not need a copy of the monthly publication of Senior Scene mailed to you, please let us know by emailing eccuellar@santafenm.gov or calling **Erika Cuellar at 505-955-4722**.

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 MEG 10am - 1pm HAIRCUTS w/ Fabiola	3 MEG 9:30 - 11am POETRY CLASS 1 - 5pm AARP "Smart Driver" Course	4	5 MEG 11am - 1pm PNM Energy Smart for Seniors	6 MEG 1 - 3pm MOVIE <i>Flamin' Hot</i>
9 PASATIEMPO 10am - 1pm HAIRCUTS w/ Fabiola MEG 11am - 12:30pm BIRTHDAY CELEBRATION	10 MEG 11:30am - 12:30pm ICAN Nutrition Class	11 PASATIEMPO 11am - 12:30pm BIRTHDAY CELEBRATION 11:30am - 12:30pm ICAN Nutrition Class MEG 10 - 11am POA Seminar	12 LUISA 11am - 12:30pm BIRTHDAY CELEBRATION 11:30am - 12:30pm ICAN Nutrition Class	13 MEG 1 - 3pm BOOK CLUB American Ghost by Hannah Nordhaus 1 - 3pm MOVIE <i>Brooklyn</i>
16 LUISA 10am - 1pm HAIRCUTS w/ Fabiola MEG 8:15am - 1pm HIKING Active Seniors	17	18	19	20 MEG 1 - 3pm MOVIE <i>Water for Elephants</i>
23 MEG 11:30am - 1pm STORYTELLING	24	25 MEG 10 - 11am POA Seminar	26	27 MEG 1 - 3pm MOVIE <i>A League of Their Own</i>
30 MEG 11:30am - 1pm STORYTELLING	31			

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

MOVIES



FLAMIN' HOT

Friday, March 6 | 1 - 3pm

Richard Montanez, the son of a Mexican immigrant, was a janitor at Frito-Lay when he came up with the idea for Flamin' Hot Cheetos. His creation, inspired by the flavors of his community, revitalizes Frito-Lay and disrupts the food industry.

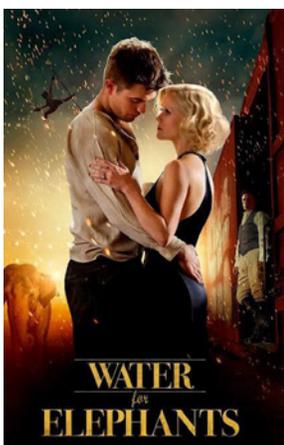
For additional information on any of the activities, call 505.955.4715



BROOKLYN

Friday, March 13 | 1 - 3pm

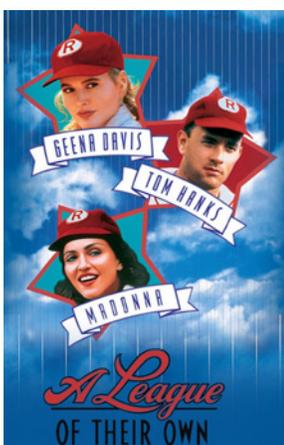
Young Irish immigrant Eilis Lacey navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her newfound vivacity, and Eilis must choose between two countries and the lives within them.



WATER FOR ELEPHANTS

Friday, March 20 | 1 - 3pm

Jacob Jankowski (Robert Pattinson), a veterinary student, is close to graduating when a tragedy forces him to leave school. With nowhere else to go, he hops on a passing train and finds it belongs to a traveling circus. Jacob takes a job as an animal caretaker and meets Marlena (Reese Witherspoon), a beautiful circus performer. Their shared compassion for a special elephant named Rosie leads to love, but August (Christoph Waltz), Marlena's cruel husband, stands in their way.



A LEAGUE OF THEIR OWN

Friday, March 27 | 1 - 3pm

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz), and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

ACTIVITY CALENDAR

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

LUISA Senior Center 1500 Luisa St. <i>Entrance is on Columbia St.</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> Computer Lab → Fitness Room → </div> Monday to Friday 10:30am – 1pm				
PASATIEMPO Senior Center 664 Alta Vista St.				
Monday	Tuesday	Wednesday	Thursday	Friday
	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 9:30 – 10:30 am	
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> Fitness Room Mon – Fri 10:30am – 1pm </div>				
Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.				
Monday	Tuesday	Wednesday	Thursday	Friday
Ceramics 8 – 11am Mexican Train Dominoes 11am – 1pm EnhanceFitness® 9:30 – 10:30am 3:30 – 4:30pm Improv 1 – 3pm Technology Class 1 – 3pm Cribbage 1 – 3pm Painting w/ Judy 1 – 3pm, Mar 9 & 23	Technology Class 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	Ceramics 8 – 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 orange; border-radius: 15px; padding: 10px; display: inline-block;"> Pool/Cards Room, Computer Lab Mon – Fri 8am – 4:30pm Fitness Room Mon – Fri 8 – 10:30am 1 – 3:30pm </div>				

DIRECTOR'S NOTE



Happy March, everyone!

As the saying goes, this month often “comes in like a lion,” but it also brings the first hints of spring. Here at the senior centers, we are shaking off the winter chill and getting ready for a new season.

March is National Nutrition Month. I encourage you to stop by our dining rooms to try some of our new heart-healthy seasonal recipes. Nourishing your body is the best way to ensure you have the energy to enjoy all the activities we have scheduled.

Thank you for being the heart of this community. Your energy and wisdom make our centers more than just buildings—they’re homes.

Big News for Our Leadership Team!

I am thrilled and excited to share some wonderful news with our community this month. As we move into March—a season of growth and new beginnings—it is only fitting that we celebrate the professional growth of two of our very own.

Please join me in congratulating both Mona Baca and Raymond Dominguez on their well-deserved promotions into management positions in the Senior Services Division! They both bring a wealth of knowledge and passion for their work, and I am excited to see them grow into their new roles.

Warmly,

Manuel Sanchez



The In-Home Support Services Program at the City of Santa Fe Senior Services Department

is hiring

Respite Care Providers

Do you know a compassionate, caring, responsible *caregiver* or *housekeeper* who would be interested in joining our team? Invite them to contact us today! The City of Santa Fe is a great place to work, we offer:

- **Unparallel benefits and pay.** Great insurance plan, dental, vision, prescription, life insurance, lifetime pension, generous vacation, PTO and more!
- **Great work-life balance.** 8 to 5, M- F, no night shifts, no weekends, paid holidays.
- **The opportunity to serve your community.** Be part of a mission-driven team that directly improves quality of life for Santa Fe's elder residents.
- **Make a meaningful impact.** Help seniors live safely and independently in their own homes. Support local families by giving family caregivers the break they need.



Call Gerson Perez
In-Home Support
Services Manager
505-955-4704



CITY OF SANTA FE
SENIOR SERVICES

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from **8:30am-4:15pm**. Reservations must be called in & scheduled **24 hours in advance**. No email requests.

Please note: the **THIRD THURSDAY** of the month we close at 2:30pm for mandatory staff meetings & trainings.

If you have questions, feel free to contact the transportation office at **505-955-4700**.

MARCH GROCERY DISTRIBUTIONS

THE FOOD DEPOT

Thurs, March 5 & 19 7–9am

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



ECHO COMMODITY DISTRIBUTION

Tues, March 10 9:30am–noon

Contact: 505-242-6777

SAN MARTIN DE PORRES DISTRIBUTION

Tues, March 3 & 17 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

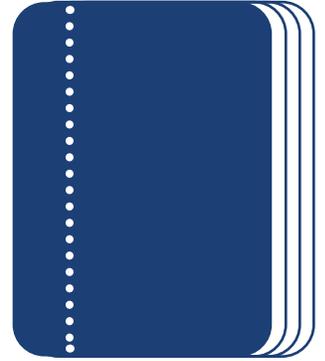
Third Thursday 2:30–3:30pm

1301 Osage Ave., inside Lamy Hall

**TUES
MAR 3**

POET & DON'T KNOW IT!

Join us for the second poetry class on **March 3, from 9:30 – 11a.m.** at the MEG Center.



AARP®

"SMART DRIVER" COURSE

**TUES
MAR 3**

Once again, the MEG Senior Center will serve as host for the AARP Smart Driver Course. By completing the course, you will learn about safe driving practices for drivers 50 years and older, changes in vehicle technology, road and street safety, and you may 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, March 3**.

For more information, contact **Edna Sandoval** at **505-690-4350** or visit AARP.org.

**THURS
MAR 5**

FREE KIT FOR SAVING ENERGY & WATER

Attend our Energy Smart Seniors event

**Mary Esther Gonzales Senior Center, 1121 Alto St.
11am – 1pm | First-come, first-served.**

- Get tips to be safe with energy.
- Learn low- or no-cost ways to save energy & money.
- Get information about energy efficiency & assistance programs.
- Pick up your free energy efficiency kit, one per household.



Powering New Mexico, Together

Volunteer with Senior Services

RSVP—Retired Senior Volunteer Program

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP, you can use the skills and talents you have learned over the years or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.



FGP—Foster Grandparent Program

Offers opportunities to limited-income adults 55 and older to mentor and guide students toward higher academic achievement. The program connects role models with students with exceptional needs. Foster Grandparents provide 5 – 40 hours of service weekly at schools and Head Starts. Income-eligible volunteers receive a nontaxable hourly stipend.

SCP—Senior Companion Program

Offers opportunities to limited-income adults 55 and older to serve as a friend and companion by providing assistance and friendship to seniors who have difficulty with daily living tasks. The program aims to help seniors remain independent longer and provide respite to family caregivers. Senior Companions provide 5 – 40 hours of companionship weekly to two or more seniors with disabilities or those who are lonely. Income-eligible volunteers receive a nontaxable hourly stipend.

CCP—Care Companion Program

Volunteers provide regular visits to long-term care community residents and develop authentic relationships that support socialization and engagement. Benefits to long-term care facility residents include lessening feelings of isolation for adults 55 and older and people with disabilities. Care Companion Program volunteers help provide ongoing companionship and emotional support. All volunteers receive a nontaxable hourly stipend.

For more info on volunteering call 505-955-4721.



**TUES
MAR 16**

HIKES FOR ACTIVE SENIORS

Chamisa Trail | Moderate Hike

The Chamisa Trail is a favorite of Santa Feans and visitors alike. It is between 4 and 5 miles with about 1,200 feet of total elevation gain on a well-defined path. After a 1-mile climb of 600 feet to the saddle,

we will drop deep into the evergreen forest for another 1.1 miles, then rest in a beautiful meadow by Tesuque Creek. After our sack lunch, we will return the way we came—an “out and back” hike.

This is another hike we have done before, but it will look quite different under a blanket of fresh snow.

GENERAL INFORMATION

- **Arrive at MEG** between 8:15 and 8:30 a.m.
Departure and return: We leave at 8:30 a.m. sharp and return by about 12:30–1:00 p.m.
- **Bring water and snack food**, sturdy shoes or boots, a hat and gloves, sunglasses, warm clothing in layers; and a rain jacket to keep dry if it snows and as an extra layer for warmth.
- **Extra winter items:** Spikes are required. You will be discouraged from participating in the hike if you do not have proper spikes or Yaktrax for your boots. Poles are optional but strongly recommended.

HAPPY TRAILS!

GENERAL ANNOUNCEMENT

The City of Santa Fe does its best to spend tax dollars responsibly. If you do not need a copy of the monthly publication of the Senior Scene mailed to you, please let us know by emailing eccuellar@santafenm.gov or calling Erika Cuellar at **505-955-4722**.



FLORA'S CORNER

“We must ... travel and explore and tell the world the glories of our journey.”

—John Hope Franklin

EMPLOYEE SPOTLIGHT



**TRIPP
McINTYE**

How long have you worked for the City and what is the most exciting part about being a Home Delivered Meals Driver?

6 years. Meeting new people.



**MARK
SCHNITGE**

3 weeks. Meeting the clients.

Do you have any hidden talents or hobbies?

Cycling.

I'm a baseball coach at St. Michael's High School.

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

Yes. Seattle Seahawks.

Absolutely. Colorado Rockies, Green Bay Packers, and Notre Dame football.

What's something you are proud of?

Waking up every morning.

My naval service, being a husband and father, and becoming a grandfather.

MONA BACA
Project Manager



I'm excited to share that I've been promoted to a management role within our Senior Services community. I've worked for the City of Santa Fe for 16 years in different departments, but finally found my home away from home. It's truly an honor to continue serving our residents and families in this new capacity. I'm grateful for the support of our team and look forward to building on the compassionate care and strong community we're so proud of.

RAYMOND DOMINGUEZ
Nutrition Manager



I was born & raised in Santa Fe. I've worked for the City of Santa Fe for 12 years (9 as a cook and 3 as a nutritional administrative assistant). I enjoy cooking, baking, billiards, fishing and spending time with friends and family. My greatest accomplishment is becoming a husband and a father to a beautiful little girl. I would like to retire from Senior Services and see the world and also live the best life I can.



Classes presented by Trish Lopez
with coaching by Teeniors® coaches

Santa Fe Parents, Grandparents & Volunteers!

Learn more about your phone, computer, email & online safety

March 9

**Smartphones
101**

March 23

**How To Clean
Out Your Gmail**

April 6

**Loneliness & Connection
in the Digital Age**

11am - 1pm at the Santa Fe Public Schools (Board Room) | 610 Alta Vista St.

RSVP with Raquel Plaza 505.467.2050 | rplaza@sfps.k12.nm.us

These FREE TECH CLASSES are followed by coaching with Teeniors®



This Santa Fe program
is made possible by
Santa Fe Public Schools
Parent Academy & PNM.



Teeniors® is a woman-owned business & social profit created in 2015 in Albuquerque. See Teeniors' award winning work on The Kelly Clarkson Show, NPR, *The New York Times*, *Costco Connection Magazine*, Univision, *Millennial Magazine*, *Albuquerque Journal*, *Santa Fe New Mexican* & more.

teeniors.com | teeniors@gmail.com | 505.600.1297

Fresh, local produce with the Senior Farmers' Market Nutrition Program (SFMNP)

Eligible New Mexico seniors can receive benefits to buy locally grown produce at farmers' markets, farm stands, and road stands statewide.

Who Qualifies

You must:

- be 60 years of age or older (non-Native American) or
- be 55 years of age or older (Native American) and
- Live in New Mexico.
- Meet income guidelines:
 - 185%-Federal funds
 - 200%-State Funds



Scan to view income
eligibility guidelines.

What You Receive:

- If you're eligible for benefits, you'll receive a Shopper card or access to a mobile app.
- The Shopper card/mobile app will be pre-loaded with your benefits to use from July 01, 2026-Nov. 15, 2026 to buy locally grown fruits, vegetables, herbs, and honey (eggs available through state funds only) at local farmers' markets and farm stands.
 - Federal benefits of up to \$50 per eligible senior.
 - State benefits of up to \$100 per farmers' market season (upon availability).

The application period reopens February 15, 2026, for new and renewal applications.

How to Apply:



Online at nmwic.org/fmnp.



In person at

- New Mexico Public Health WIC Clinics
- New Mexico Senior Centers
- The Farmers' Market Nutrition Program State Office at 2040 South Pacheco St. in Santa Fe, NM 87505



The Newest Online Scams Are “Friendship Scams”

Reprinted from AARP, *Scams and Frauds*, by Matt Alderton, published September 10, 2025

HOW FRIENDSHIP SCAMS WORK

The scams follow a predictable script, says Jason Zirkle, a certified fraud examiner and training director at the Association of Certified Fraud Examiners: criminals lurking on sites like Facebook, Instagram, or Reddit initiate contact by sending direct messages or commenting on posts. Or they might try to initiate a relationship using a wrong number text (“Hi, is this Jane?”). If you reply, they will quickly try to engage you in conversation and forge a connection.

Then they often use empathy and “mirroring”—appearing to be in the same circumstances as you—to quickly establish deep emotional connections.

Eventually, conversations move to platforms that are harder to trace, such as encrypted text messaging apps like WhatsApp and Telegram. Finally, scammers invent a personal crisis to ask for financial help, often requesting money via nontraditional channels like gift cards, cryptocurrency, or peer-to-peer payment apps. Or they will say they have an investment opportunity. They have a relative who has done well in cryptocurrency, and they want you to benefit from their knowledge. (The process of creating trust before proposing this sort of bogus investment is known as financial grooming.)

HOW TO AVOID FRIENDSHIP SCAMS

Keep these tips in mind to build online connections safely, says Iskander Sanchez-Rola, director of AI and innovation at Gen, which owns cybersecurity brands Norton, Avast, and LifeLock.

- Be skeptical of sudden closeness. Scammers want to build rapport fast. So, proceed cautiously when a new connection gets intimate soon after you meet them.
- Beware of secrecy and evasion. If online friends want you to keep your relationship secret, or if they avoid speaking on the phone, having a video chat, or meeting you in person, they may be hiding something.
- Avoid messaging platforms. If your new friend wants to move your conversation to a messaging service like WhatsApp, Telegram, or Signal, that is a red flag.
- Don't send money. Inevitably, scammers always ask for money. If someone you have never met in person solicits you for cash, that is a red flag and a red light. Requests that are urgent or involve nontraditional payment methods, such as gift cards or crypto, are especially suspicious.
- Seek a second opinion. If something about a new friendship feels off, consider confiding in a trusted friend or family member to get a fresh perspective. There are also tools you can use to sniff out scammers. Norton Genie, AI Scam Detective, and ScamSniper all use AI to detect likely scams by analyzing text messages, social media posts, emails, and websites.
- Cut off contact. Immediately stop communicating if you suspect the individual may be a scammer, and do not reengage with them.

Las estafas en línea más recientes son las “estafas de amistad”

Reimpreso de AARP, Scams and Frauds, por Matt Alderton, publicado el 10 de septiembre de 2025.

CÓMO FUNCIONAN LAS ESTAFAS DE AMISTAD

Las estafas siguen un guion predecible, dice Jason Zirkle, examinador de fraudes certificado y director de capacitación de la Association of Certified Fraud Examiners (Asociación de Examinadores de Fraude Certificados): delincuentes que merodean en sitios como Facebook, Instagram o Reddit inician el contacto enviando mensajes directos o comentando publicaciones. También pueden intentar iniciar una relación mediante un mensaje de texto enviado a un número equivocado (“Hola, ¿hablo con Jane?”). Si respondes, rápidamente intentarán entablar conversación y crear una conexión.

Luego, a menudo usan la empatía y el “espejeo” (aparentar que están en circunstancias similares a las tuyas) para establecer conexiones emocionales profundas con rapidez.

Con el tiempo, las conversaciones se trasladan a plataformas más difíciles de rastrear, como aplicaciones de mensajería encriptada como WhatsApp y Telegram. Finalmente, los estafadores inventan una crisis personal para pedir ayuda financiera, a menudo solicitando dinero por canales no tradicionales como tarjetas de regalo, criptomonedas o aplicaciones de pago entre personas (peer-to-peer). También pueden decir que tienen una oportunidad de inversión. Tienen un familiar al que le ha ido bien con criptomonedas y quieren que tú te beneficies de su conocimiento. (El proceso de crear confianza antes de proponer este tipo de inversión falsa se conoce como grooming financiero o “preparación financiera”).

CÓMO EVITAR LAS ESTAFAS DE AMISTAD

Iskander Sanchez-Rola, director de IA e innovación en Gen, empresa propietaria de marcas de ciberseguridad como Norton, Avast y LifeLock, te

sugiere tener en cuenta estos consejos para construir conexiones en línea de manera segura:

- Sé escéptico ante una cercanía repentina. Los estafadores quieren generar confianza rápidamente. Sé cauteloso cuando una nueva conexión se vuelve íntima poco después de conocerse.
- Cuidado con el secretismo y la evasión. Si amistades en línea quieren que mantengas la relación en secreto, o si evitan hablar por teléfono, hacer una videollamada o reunirse contigo en persona, puede que estén ocultando algo.
- Evita cambiar a plataformas de mensajería. Si tu nueva amistad quiere mover la conversación a un servicio como WhatsApp, Telegram o Signal, es una señal de alerta.
- No envíes dinero. Con el tiempo—inevitablemente—los estafadores siempre piden dinero. Si alguien a quien nunca has conocido en persona te solicita efectivo, es una señal de alerta y una señal de alto. Las solicitudes urgentes o que impliquen métodos de pago no tradicionales como tarjetas de regalo o criptomonedas son especialmente sospechosas.
- Busca una segunda opinión. Si algo en una nueva amistad te hace dudar, considera contárselo a un amigo o familiar de confianza para obtener una perspectiva fresca. También hay herramientas que pueden ayudarte a detectar estafas. Norton Genie, AI Scam Detective y ScamSniper usan IA para detectar posibles fraudes analizando mensajes de texto, publicaciones en redes sociales, correos electrónicos y sitios web.
- Corta el contacto. Deja de comunicarte de inmediato si sospechas que la persona puede ser un estafador y no vuelvas a interactuar con ella.

Storytelling

A four-session mini-course

March 23, 30 & April 6, 13

Mary E. Gonzales Sr. Center

1121 Alto St. Santa Fe NM

11:30am - 1pm



Storytelling, cuentos (short stories), legends, and lore have been a magical and unique part of the people of this region for centuries. In this four-week storytelling mini-course (one class per week), participants will get a chance to continue the long tradition of creating and sharing stories, including personal narratives and local *cuentos*.

Beginning March 23, activities scheduled for the classes include: a brief look back at the history of New Mexico storytelling and folklore; in-class brainstorming/writing prompts; small group breakout sessions; storytelling tips; and storytelling practice sessions.

Space is limited, so register before March 23!

Call 505-955-4760 for more information or register at the MEG Sr. Center



Class instructor Gino Brazil is a lifelong New Mexican and has been collecting, researching, and writing cuentos (stories) since the 1970's. In the last several years, Gino has taught storytelling workshops at LaFarge Library, Espanola Library, and the Rio Arriba Adult Literacy Program.



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.

10AM, WEDNESDAY, MARCH 11 & 25
AT THE MARY ESTHER GONZALES SENIOR CENTER

6 Ways Seniors Can Stay Safe While Exercising

START SLOW & BUILD UP

It's important to start slowly and build gradually to avoid injury and boredom. Exercise does not take as much time as you may think. For general health benefits, older adults need about 2½ hours of aerobic (walking, running, and other activities that raise heart rate) activity per week. These activities should be combined with muscle-strengthening activities at least 2 days per week.

BE SURE TO WARM UP & STRETCH

Taking some time to stretch every day can help keep your joints flexible and keep you moving well.

STAY HYDRATED

Drinking enough water is important for everyone, especially older adults who are at greater risk of dehydration. Older adults are more likely to become dehydrated because they naturally have less water in their bodies. They're also likely to have health conditions or take medicines that increase their risk of dehydration, such as blood pressure medications that flush water out of the body.



AVOID EXTREME TEMPERATURES

Exercise indoors when it's too hot or too cold outside, or when the air quality is poor. Try walking at a shopping mall or on a treadmill at a reasonable pace.

DRESS COMFORTABLY

Always wear shoes that fit well and are designed for exercise. If you need orthotic inserts to prevent foot pain, get them before exercising.

DON'T OVERDO IT

The first thing older adults should do is talk to their doctor about any exercise plan to ensure that it is safe and effective. The focus should be on low-impact exercises that help with balance, flexibility, and strength.

Easy Ways to Exercise

Exercise comes in many forms, including activities that feel more like fun than hard work:

DANCE

Sign up for a dance class with your spouse or a friend, or carve out some dance time at home.

GO BOWLING

Join a bowling league or make a weekly date with some of your friends. If you have grandchildren, bring them along.

REDISCOVER A FAVORITE SPORT

Whether you love the elegance of golf or the challenge of tennis, make time for these leisure activities. If possible, vary your activities throughout each week to work different muscle groups.

ENJOY THE GREAT OUTDOORS

When the weather cooperates, ride your bike, visit a local park for a hike, or simply go for a walk. These are all great exercises that get you outside and into the fresh air.

GET IN THE WATER

Swimming is an excellent form of exercise, particularly if you have arthritis or joint pain. Join a local fitness center with a pool. Work in regular swims to meet your cardiovascular needs without straining your joints.



Remember that getting older doesn't mean slowing down. You've got to keep moving to stay young at heart... as well as in mind, body & spirit.

CROSSWORD PUZZLE

Across

- 1 1935 Robert Donat mystery, "The 39 ___"
- 6 Emily of "Our Town"
- 10 "What a shame!"
- 14 Navigational aid
- 15 Requiem Mass word
- 16 Central part
- 17 Falcon's home
- 18 Member of an ancient Semitic people
- 20 Plunder
- 22 Wine container
- 23 "On the double!"
- 24 Harem room
- 25 Recurring theme
- 27 Sea swallow
- 30 ___ Speedwagon
- 32 Lifted, so to speak
- 35 Difficulty
- 36 In an aristocratic manner
- 38 Quartz variety
- 40 Auction action
- 41 Completely enveloping
- 43 Scolding syllable
- 44 Have the helm
- 46 Caterpillar hairs
- 47 Dutch city
- 48 Emulates an eagle
- 50 Disencumber
- 51 Sacks

- 52 Poker ploy
- 54 Media attention
- 56 Musical symbol
- 59 Kind of party
- 60 Dogged
- 64 Earthquake's geographic point
- 67 Ammonia derivative
- 68 Waiter's offering
- 69 Actress Siemaszko
- 70 Quarters
- 71 Unique person
- 72 Capp of the comics
- 73 Philanthropist

Down

- 1 *Lion King* bad guy
- 2 Mother of Helios
- 3 Have coming
- 4 Lockup
- 5 Position
- 6 Taper
- 7 Chapter in history
- 8 Stringed instrument
- 9 Knockouts
- 10 Novelist Rand
- 11 Kind of cloth
- 12 Countertenor
- 13 Distort
- 19 Rabble-rouse
- 21 Ricochet
- 25 "Psyche" dramatist
- 26 Driving hazard
- 27 Keep ___ on (watch)
- 28 Touches up a script
- 29 Calf roping venue
- 31 Goes back out
- 33 Glove material
- 34 Opus
- 36 Tell tales
- 37 Himalayan legend
- 39 Hot times in Paris
- 42 Point of greatest despair
- 45 Cup handle
- 49 Reddish brown
- 51 With hands on hips
- 53 Pillow material
- 55 Water nymph
- 56 It's just for show
- 57 Dentist's request
- 58 Fork feature
- 60 Cafeteria carrier
- 61 Rear half of a griffin
- 62 Taro root
- 63 Lots of bucks
- 65 Mongrel
- 66 Pull the plug on

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64			65					66			67			
68						69					70			
71						72					73			

Mammals

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

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

- GNU
- GORILLA
- HARP SEAL
- HORNBILL
- HORSE
- HYENA
- INDRI
- KANGAROO
- KUDU
- LION
- MOUNTAIN HARE
- MUSKRAT
- OKAPI
- PIG
- PLATYPUS
- POLAR BEAR
- PORPOISE
- RED DEER
- RINGED SEAL
- SABLE
- TARPAN

AARDVARK
 ALPINE SHREW
 BINTURONG

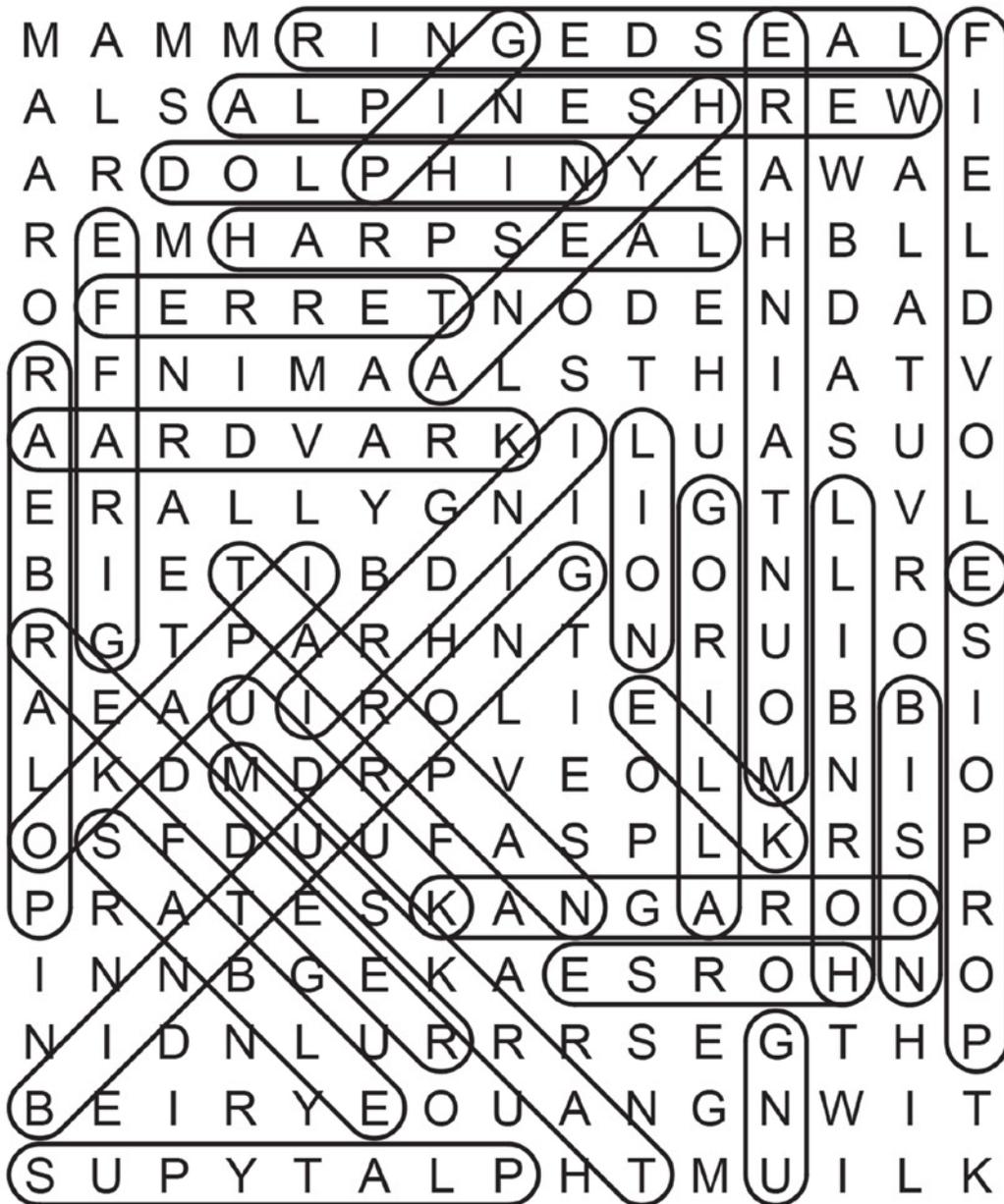
BISON
 DOLPHIN
 ELK

FERRET
 FIELD VOLE
 GIRAFFE

CROSSWORD PUZZLE SOLUTIONS



Solution: Mammals



DELETE ONE

MARCH LUNCH MENU

MON	TUES	WED	THURS	FRI
2 GREEN CHILE CHICKEN Enchiladas Pinto Beans Capri Veggie Fresh Orange	3 PORK CHOP W/ GRAVY Mashed Potatoes California Blend Pears	4 TERIYAKI BEEF W/ BROWN RICE Asian Veggies Fortune Cookie Pineapple	5 LEMON PEPPER CHICKEN Herb Seasoned Rice Brussel Sprouts Tossed Salad Grapes	6 TUNA SALAD SANDWICH Croissant Cucumber & Tomato Salad Baked Chips Fresh Apple
9 BAKED ZITI W/ MEATY MARINARA Garlic Bread Tossed Salad Italian Veggies Fruit Salad	10 CHICKEN CORDON BLEU Rice Pilaf Carrot & Green Beans Roll Diced Mango	11 BAKED HAM Asparagus Sweet Potato Wheat Roll Yogurt	12 FRITO PIE Garnish Pinto Beans Calabacitas Apricots	13 BREADED COD Tatar Tots Normandy Blend Coleslaw Fruit Cocktail
16 CHICKEN FRIED CHICKEN Country Gravy Scalloped Potatoes Winter Blend Grapes	17  CORNED BEEF Parsley Potatoes Carrots Cabbage Wheat Roll Lime Sherbet	18 GARDEN SALAD W/ CHICKEN & EGG Wheat Roll Apple Slices	19 PORK CARNE ADOVADA Pinto Beans Zucchini Flour Tortilla Fresh Pear	20 SALMON PATTY Lemon Herb Orzo Mixed Veggie Plums
23 PORK STIR FRY Brown Rice Stir Veggies Mandrin Oranges	24 GREEN CHILE CHEESEBURGER Garnish French Fries Broccoli Fresh Apple	25 BAKED CHICKEN Mushroom Sauce Wild Rice Carrots & Green Beans Yogurt	26 OPEN FACE ROAST BEEF SANDWICH Vegetable Medley Tossed Salad Strawberry Short Cake	27 SHRIMP ALFREDO W/ FETTUCINE NOODLES Italian Blend Tossed Salad Grapes
30 CHICKEN & BROCCOLI NOODLE BAKE Wheat Roll Tossed Salad Tropical Fruit	31 GREEN CHILE BEEF & POTATO STEW Mixed Veggies Roll Fruit Salad	<p>Senior Meal Suggested Donation: Lunch \$1.50 10:30am – 12:30pm MON-FRI</p> <p><i>Milk is served with each meal. Menu is subject to change.</i></p>		



RECIPE: FARRO & WHITE BEAN SALAD

Ingredients

- Kosher salt
- 1/2 cup** whole-grain farro, rinsed
- 2** large carrots, cut into 1/2"-thick sticks
- 2** large leeks, tough outer layers removed, sliced 1/4" thick
- Pinch of crushed red pepper flakes
- 1 Tbsp.** plus 1/4 c. extra-virgin olive oil, divided
- Freshly ground black pepper
- 1/2** head radicchio, thinly sliced
- 1** red bell peppers, seeds and ribs removed, chopped
- 1** (15.5-oz.) can cannellini beans, drained, rinsed
- 1 cup** halved cherry tomatoes
- Juice of 1 lemon
- 1** clove garlic, finely chopped
- 2 tsp.** chopped fresh parsley
- 2** fresh thyme leaves
- 1 1/2 tsp.** honey
- 3 cups** arugula
- 1/2 cup** crumbled goat cheese (about 3 oz.)



Directions

Step 1

Preheat oven to 400°. In a medium saucepan over high heat, bring 3 1/2 c. water and a large pinch of salt to a boil. Add farro and reduce heat to medium-low. Simmer, stirring occasionally and adding more water if needed, until farro is tender, about 40 minutes.

Step 2

Meanwhile, on a baking sheet, toss carrots, leeks, crushed red pepper flakes, and 1 tbsp. oil; season with salt and black pepper.

Step 3

Roast vegetables until carrots are softened and leeks are dark golden, about 30 minutes. 4. In a large bowl, toss farro, roasted vegetables, radicchio, bell pepper, beans, and tomatoes.

Step 4

In a small bowl, combine lemon juice, garlic, parsley, thyme, honey, and remaining 1/4 c. oil; season with salt and black pepper. Pour dressing over farro mixture and toss to coat. Add arugula and goat cheese and toss again to combine.

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 from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition. Visit RSVPsantafe.org

**TO VOLUNTEER
CONTACT
ERIKA CUELLAR**

ecuellar@santafenm.gov
505-955-4722



FEATURED VOLUNTEER STATION

The ReStore is open **Monday–Saturday, 9:00 a.m. – 5:00 p.m.** You are welcome to work a morning shift (9:00 a.m. – 1:00 p.m.), an afternoon shift (1:00 p.m. – 5:00 p.m.), or a full day. You can sign up for general ReStore volunteering or for more specific shifts, such as:

- Tool Lending Library
- Art Curator
- Floor Visual Merchandiser

The construction crew works Tuesday–Saturday, 8:30 a.m. – 3:30 p.m. (9:30 a.m. – 4:30 p.m. in winter). The construction work varies from day to day—you could be helping with anything from framing to insulation to wiring and beyond.

No prior training or experience is required for either side of volunteering—we will train you on-site.

You can sign up for shifts by creating a Volunteer Matrix account through the volunteer calendar at santafehabitat.volunteermatrix.com.

For questions or to schedule a group volunteer day, please contact Volunteer Services Manager Grace Whitfield at volunteer@santafehabitat.org or **505-479-8095**.



HAPPY BIRTHDAY, VOLUNTEERS!

<u>3/2</u> Michele Chrobot	<u>3/14</u> Terri Gonzales Carole Van Valkenburgh
<u>3/4</u> Judi Van Luchene	<u>3/16</u> Ron Zacharski
<u>3/5</u> Richard Wagner	<u>3/19</u> Joyce Begnoche
<u>3/6</u> Maureen Field	<u>3/20</u> Meri Frauwirth
<u>3/8</u> Jenny Mier	<u>3/22</u> Anke Mihalas
<u>3/10</u> Molly Clark	<u>3/23</u> Joseph Montoya
<u>3/11</u> Karen Glazier Alexander Purdue	<u>3/26</u> Debra Lineback
<u>3/12</u> Robert Lineback Suzanne Shaw	<u>3/28</u> Linda Williams
<u>3/13</u> Kim Miller	<u>3/31</u> Deborah Hart-Gomez

FEBRUARY HIGHLIGHTS



Jane at work!



Jesse in Tai Chi form!



Artist in motion!



Painting with Judy!



Eppie & Chris Cut a Rug!



Harvey at the Round House for Senior Day!



Valentine Dance Fun!



CITY OF SANTA FE
SENIOR SERVICES

1

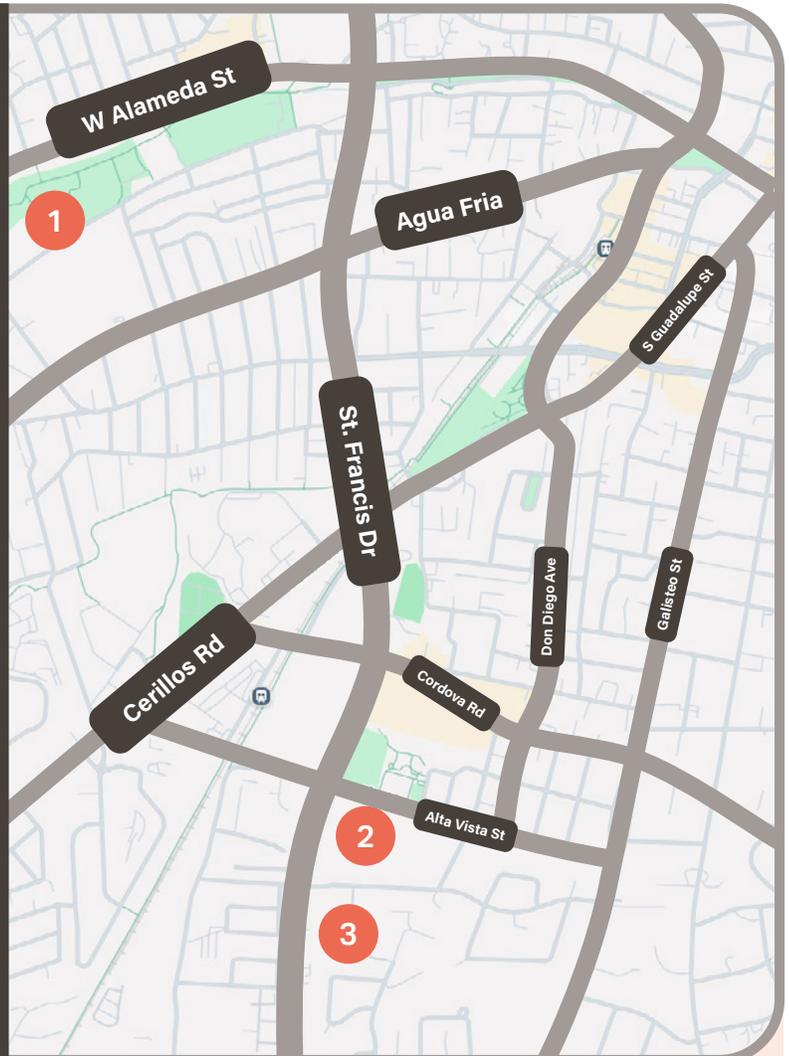
**Mary Esther Gonzalez
(MEG) Senior Center**
1121 Alto St.

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

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