

CITY OF SANTA FE SENIOR SERVICES

# SENIOR SCENE

May 2026



CITY OF SANTA FE  
SENIOR SERVICES



**Berna is a Winner!**



**Ceramics Class Cuties!**



**BINGO JERRY!**



**Elaine Incognito!**



**Go Louie!**



**Great hat, Angie!**



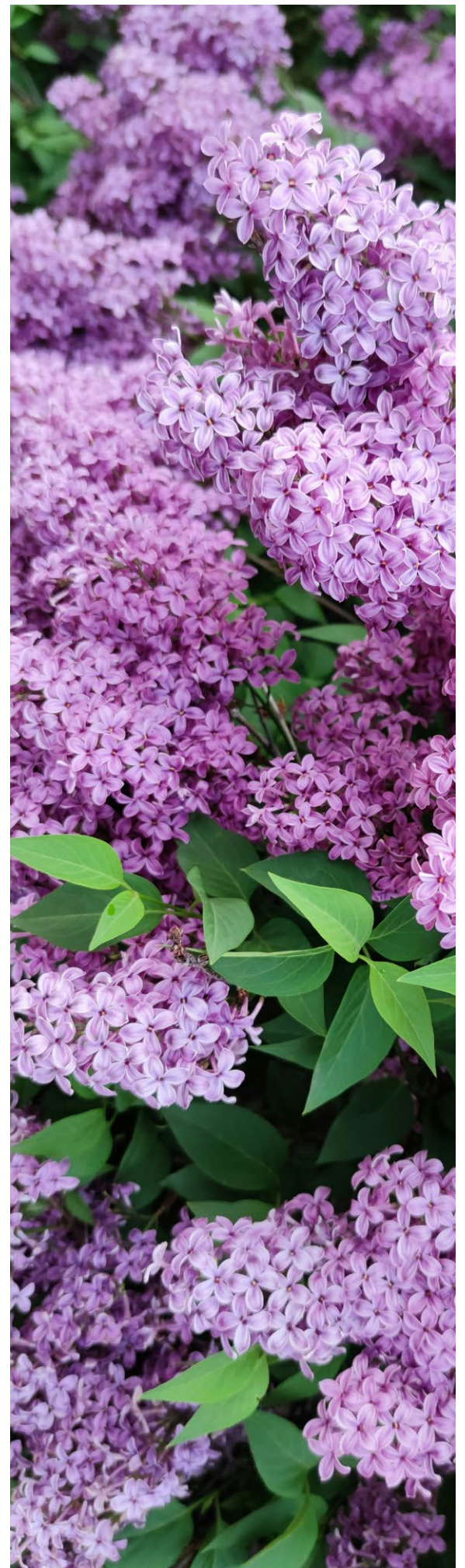
**No-Bunny Does it Better than our volunteers!**

# SENIOR SCENE

May 2026

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86th Annual

# Baile de Cascarones

## Dance of Eggshells



**SATURDAY, MAY 9<sup>TH</sup>, 2026**

**Santa Fe Community Convention Center  
201 W. Marcy St.**

**\$25 per couple • \$15 per person**

**\$2 children ages 6 to 17**

**Musica – REFLECTIONS**

**#BaileDeCascarones86 • #FiestaTime**

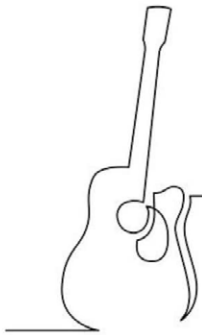


**\* 501 (c)3 Nonprofit**

*Sponsored by*

**LA SOCIEDAD FOLKLORICA de SANTA FE  
1935 - 2026**

La Sociedad Folklórica is a 501 (c)3 non-profit organization whose mission is to collect, preserve and pass on the knowledge of the customs and traditions of our Spanish ancestors who came to New Mexico.



Wake up the artist in you

and join the

Spring Talent Show!

Produced by

**The Santa Fe Senior Theater**

Date: **Friday, May 29, 2026**

Time: **From 1 to 3 pm**

Location: **MEG Center Dining Room**

**Sign up** with **Kim Rivera**, our Activities Coordinator (505-955-4715)

**by Friday, May 8th, 2026.**



**Larry Lee** and The Santa Fe Senior Theater will be producing this event.

For more information call Larry at 505 – 204 – 0771

Let's make this Spring shine  
with your talent and joy!

# CONTACT INFORMATION

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## **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](mailto:eccuellar@santafenm.gov) or by calling **Erika Cuellar at 505-955-4722**.

# MAY 2026 — AT A GLANCE

MON	TUES	WED	THURS	FRI
<p>See News &amp; Views on page 7 for more details &amp; programming.</p>				<b>1</b> <u>MEG</u> 1 - 3pm <b>MOVIE</b> <i>Nacho Libre</i>
<b>4</b> <u>MEG</u> 10:30am - 1pm <b>HAIRCUTS</b> w/ Fabiola  10am - 2pm <b>Santa Fe County</b> <b>Treasury available</b> <b>for property</b> <b>tax assistance</b>	<b>5</b> <u>MEG</u> 1 - 5pm <b>AARP "Smart</b> <b>Driver" Course</b>	<b>6</b> <u>PASATIEMPO</u> 11am - 12:30pm <b>BIRTHDAY</b> <b>CELEBRATION</b>	<b>7</b> <u>LUISA</u> 11am - 12:30pm <b>BIRTHDAY</b> <b>CELEBRATION</b>	<b>8</b> <u>MEG</u> 1 - 2:30pm <b>BOOK CLUB</b> <i>Death Comes for</i> <i>the Archbishop</i> by Willa Cather  1 - 3pm <b>MOVIE</b> <i>Corrina, Corrina</i>
<b>11</b> <u>PASATIEMPO</u> 10am - 1pm <b>HAIRCUTS</b> w/ Fabiola	<b>12</b> <u>MEG</u> 11am - 12:30pm <b>BIRTHDAY</b> <b>CELEBRATION</b>	<b>13</b> <u>MEG</u> 10 - 11am <b>POA / NM LEGAL</b> <b>AID</b>	<b>14</b> <u>MEG</u> 1 - 4pm <b>OLDER</b> <b>AMERICANS</b> <b>DANCE</b> at Fraternal Order of the Eagles Music by Peter Vigil & The Allstars	<b>15</b> <u>MEG</u> 1 - 3pm <b>MOVIE</b> <i>Florence</i> <i>Foster Jenkins</i>
<b>18</b> <u>LUISA</u> 10am - 1pm <b>HAIRCUTS</b> w/ Fabiola  <u>MEG</u> 8:15am - 1pm <b>HIKING</b>	<b>19</b> <u>MEG</u> 11:30am - 12:30pm <b>ICAN Nutrition</b> <b>Class</b>	<b>20</b> <u>PASATIEMPO</u> 11:30am - 12:30pm <b>ICAN Nutrition</b> <b>Class</b>	<b>21</b> <u>LUISA</u> 11:30am - 12:30pm <b>ICAN Nutrition</b> <b>Class</b>  <u>MEG</u> 8am - 3pm <b>ABQ Zoo</b>	<b>22</b> <u>MEG</u> 1 - 3pm <b>MOVIE</b> <i>Flyboys</i>
<b>25</b> <b>ALL</b> <b>CENTERS</b> <b>CLOSED</b>	<b>26</b>	<b>27</b> <u>MEG</u> 10 - 11am <b>POA / NM LEGAL</b> <b>AID</b>	<b>28</b> <u>MEG</u> 9:30 - 11am <b>POETRY</b> w/ Patti Merrill	<b>29</b> <u>MEG</u> 1 - 3pm <b>TALENT SHOW</b> in the dining area

# MOVIES

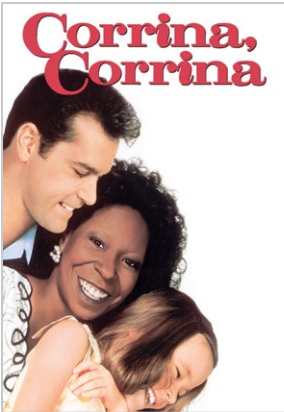
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## NACHO LIBRE

Friday, May 1 | 1 - 3pm

Ignacio (Jack Black), or Nacho to his friends, works as a cook in the Mexican monastery where he grew up. The monastery is home to a host of orphans whom Nacho cares for deeply, but there is not much money to feed them properly. Nacho decides to raise money for the children by moonlighting as a Lucha Libre wrestler with his partner Esqueleto (Héctor Jiménez), but since the church forbids Lucha, Nacho must disguise his identity.



## CORRINA, CORRINA

Friday, May 8 | 1 - 3pm

Businessman Manny Singer (Ray Liotta) needs a reliable nanny to watch his daughter, Molly (Tina Majorino), in the absence of her late mother, yet the early applicants are unimpressive. Molly has barely spoken since her mother's death, but when Corrina Washington (Whoopi Goldberg) gets her chatting, she lands the job. Although some think their relationship is ahead of its time for the 1950s, African American Corrina and white Manny soon seem headed for romance.



## FLORENCE FOSTER JENKINS

Friday, May 15 | 1 - 3pm

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband, St. Clair, goes to extreme lengths to ensure his wife never learns how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.



## FLYBOYS

Friday, May 22 | 1 - 3pm

Before the United States entered World War I, some American youths volunteered for the French military. Subsequently, they become the first U.S. fighter pilots and form the Lafayette Escadrille, whose exploits and heroism become the stuff of legend.

**For additional information on any of the activities, call 505.955.4715**

# ACTIVITY CALENDAR

MON	TUES	WED	THURS	FRI
<b>LUISA Senior Center 1500 Luisa St. <i>Entrance is on Columbia St.</i></b>				
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> <b>Computer Lab →</b>  <b>Fitness Room →</b> </div> <span style="margin-left: 200px;">Monday to Friday 10:30am – 1pm</span>				
<b>PASATIEMPO Senior Center 664 Alta Vista St.</b>				
	<b>Line Dancing: Beginner Class Full 10 – 11am</b>  <b>Line Dancing: Intermediate 11:30am-12:30pm</b>	<b>Live Music: Grupo Cielo Azul Starts at 11:45am</b>	<b>Japanese Dance with Chizuko 9:30 – 10:30 am</b>	
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> <b>FitnessRoom Mon – Fri   10:30am – 1pm</b> </div>				
<b>Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.</b>				
<b>Ceramics</b> 8 – 11am  <b>Mexican Train Dominoes</b> 11am – 1pm  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Improv</b> 1 – 3pm  <b>Cribbage</b> 1 – 3pm  <b>Painting w/ Judy</b> 1 – 3pm May 4 & 18  <b>Painting w/ Ezra</b> 1 – 3pm May 11 & 25	<b>Technology Assistance</b> 9 – 11am  <b>Guitar Class</b> 10am – noon  <b>Traditional Chinese Mahjong: Advanced</b> 12:30 – 2:30pm  <b>Quilting Class</b> 1 – 4pm	<b>Jewelry</b> 8am – noon  <b>Tai Chi</b> 8:30 – 9:30am  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Senior Theater</b> 12:30 – 2:30pm  <b>Bingo</b> 1 – 3:15pm  <b>Ceramics</b> 1 – 4pm	<b>Wood Carving</b> 9:30 – 11am  <b>Scrabble</b> 1 – 3pm  <b>Bead Work</b> 1 – 3pm  <b>Tai Chi</b> 2:15 – 3:15pm  <b>Qigong</b> 3:30 – 4:30pm	<b>Crafting w/Chris</b> 9 – 11am  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Knitting Class</b> 1 – 3pm  <b>Movie</b> 1 – 3pm <i>See monthly calendar for details</i>  <b>Traditional Chinese Mahjong: Beginners</b> 12:30 – 2:30 pm
<div style="border: 1px solid #f96; border-radius: 15px; padding: 10px; background-color: #fff; display: inline-block;"> <b>Pool/Cards Room, Computer Lab Mon – Fri   8am – 4:30pm</b>  <b>Fitness Room Mon – Fri   8–10:30am   1–3:30pm</b> </div>				

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

Senior Meal Suggested Donation: Lunch \$1.50

# DIRECTOR'S NOTE

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Dear Friends and Neighbors,

As we welcome the month of May, I am thrilled to celebrate Older Americans Month with all of you. Each year, this month is an important reminder to honor the wisdom, resilience, and lasting contributions of our older community members.

This year's national theme is "Champion Your Health," a message at the core of what we encourage at our centers.

Championing your health is about more than physical exercise; it is a holistic approach to well-being. It means nurturing your mind through lifelong learning, strengthening your body through our fitness and wellness programs, and, perhaps most importantly, tending to your spirit through the meaningful social connections you build here every day.

To champion your health is an act of empowerment. It is about making choices that allow you to thrive, stay independent, and remain an active participant in the community you have helped build. Whether you are joining us for a nutritious congregate meal, attending a health seminar, or simply participating in a morning stretch class, you are taking a proactive step toward your vitality.

This May, I challenge each of you to try one new thing that supports your well-being. Perhaps it is attending a workshop you have never been to, engaging in a new creative hobby, or simply inviting a friend to walk on one of our local trails. Small, consistent actions are the foundation of long-term health.

Thank you for allowing us to be part of your wellness journey. You are truly the champions of this community, and it is my honor to serve as your Director. Let us make this May our healthiest and most energetic month yet.

Warmly,

Manuel Sanchez  
Director of Senior Services

# LOST AND FOUND ANNOUNCEMENT

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LOST SOMETHING AT  
THE MEG SENIOR  
CENTER?  
CHECK THE LOST AND  
FOUND BOX IN THE  
ADMIN OFFICE.  
ITEMS WILL BE  
CLEARED OUT MAY 29



## MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from **8:30am-4:15pm**. Reservations must be made by phone **24 hours in advance**. Please do not send requests by email.

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**.

## MAY GROCERY DISTRIBUTIONS

### THE FOOD DEPOT

**Thurs, May 7 & 21** 7-9am

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



### SAN MARTIN DE PORRES DISTRIBUTION

**Tues, May 5 & 19** 4-5pm

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

### ST. JOHN'S METHODIST BAG 'N HAND PANTRY

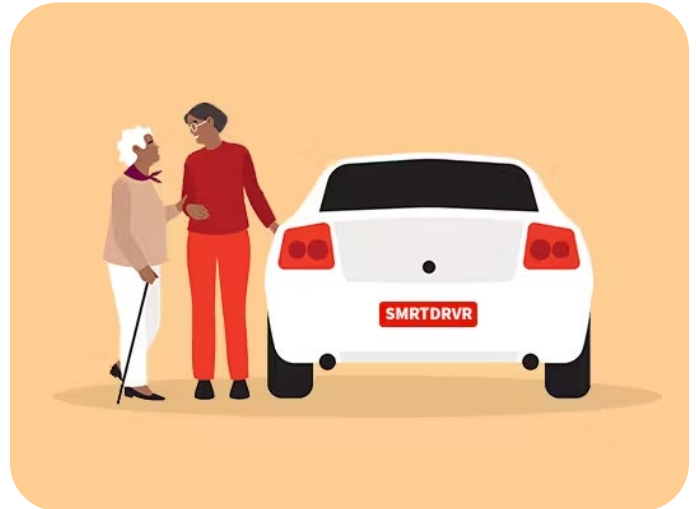
**Tuesdays** 11am-12:30pm | 5-6:30pm

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  
MAY 5**

# AARP®

## "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 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, May 5**.

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](https://www.aarp.org).

**THURS  
MAY 14**

## SAVE THE DATE! OLDER AMERICANS DANCE

**Fraternal Order of the Eagles**

**1:00 p.m. to 4:00 p.m. with music by**

**Peter Vigil & The Allstars**

When Older Americans Month was established in 1963, only 17 million Americans had reached age 65. About one-third of older adults lived in poverty, and few programs existed to meet their needs. Interest in the needs of older adults was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to the designation of "Senior Citizens Month," the prelude to "Older Americans Month."



Historically, Older Americans Month has been a time to recognize the contributions of older adults, past and present, especially those who have served our country. Every president since Kennedy has issued a formal proclamation during or before May calling on the nation to honor older adults in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other activities.

**MON  
MAY 18**

## HIKES FOR ACTIVE SENIORS

**Sun Mountain Trail | Easy Hike**

This hike is short and rated as easy, although the last third is quite strenuous. The round-trip distance is approximately 2.5 miles, beginning at St. John's College. The elevation gain is 730 feet (from 7,225 to 7,955 feet). The view of the city from the summit is spectacular, especially through binoculars, a great spot for a snack and rest before returning the way we came.

### GENERAL INFORMATION

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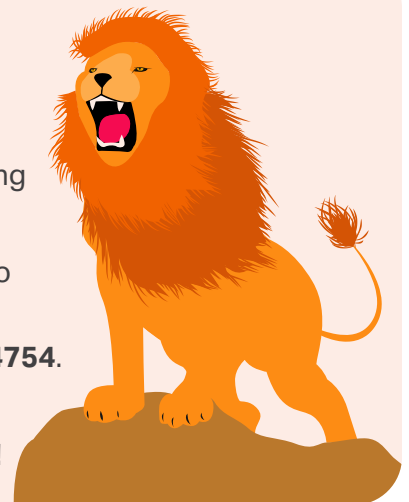
- **Arrive at MEG** between 8:15 and 8:30 a.m.  
**Departure and return:** We leave at 8:30 a.m. sharp and return between 12:30 and 1:00 p.m.
- **What to bring:** Water and snack food, sturdy shoes or boots, a hat and gloves, sunglasses, warm layered clothing, and a rain jacket to stay dry if it snows or for extra warmth.
- **Hiking poles or a walking stick are always recommended.**

## HAPPY TRAILS!

**THURS  
MAY 21**

## DAY TRIP TO THE ALBUQUERQUE ZOO

- We will leave **MEG Center** at **9 a.m.** Transportation will not be provided to the center. Please arrive by 8:30 a.m.
- We will return to the MEG Center at **3 p.m.** Transportation will be provided for individuals that need a ride home.
- The trip fee is **\$8.00.**
- You can buy lunch at the Zoo or bring a sack lunch.
- Call or come into the MEG Center to **reserve your seat.** Call Kim at **505-955-4715** or Chris at **505-955-4754.** (Space is limited to 50 seats).
- **\*Don't forget your sunscreen & hat!**





**THURS  
MAY 28**

## POETRY CLASS WITH PATTI MERRILL

Calling all poetry lovers. The MEG Poetry Club will meet at the MEG Center on **Thursday, May 28, at 9:30 a.m.** Please bring poems and snacks.

## HAPPY 103<sup>RD</sup> BIRTHDAY, GABRIELA!

Meet Ms. Gabriela Hernandez Correa. She was born on March 18, 1923, to Epigmenia and Jose Correa in a small farming community named San Jose, which is now called Sherman. Gabriela attended a one-room school from first through eighth grade.

In 1949, she moved to Silver City with her two daughters and worked as a housekeeper for more than 40 years. During the 1960s, Gabriela studied through a correspondence school and obtained her GED. In 1992, at the age of 70, she graduated from Western New Mexico University with a Bachelor of Arts in liberal arts.

Gabriela has two daughters, five grandchildren, and four great-grandchildren. She moved to Santa Fe in 1993 and has lived at Villa Consuelo ever since. She enjoys working on crossword puzzles and jumble books, as well as watching Spanish-language music programs on television.

The Villa Consuelo staff hosted celebrations for her 102<sup>nd</sup> and 103<sup>rd</sup> birthdays. Gabriela believes her longevity is part of God's plan.



## FLORA'S CORNER

That is one good thing about this world—there are always sure to be more springs.

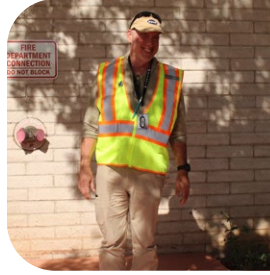
—L. M. Montgomery

# EMPLOYEE SPOTLIGHT

## GIOIA RADEMAKER

*pronounced "Joy-Ah" (Italian for joy)*

**Administrative Assistant**



## JON A. SOLIDAY

**Non-CDL  
Transit  
Driver**

## MELISSA LITZENBERG

**Office Assistant**



### How long have you worked for the City?

I started at the beginning of April.

A month.

A few months in this position, but with the City for 15 months before that.

### What's the most exciting part about your job?

Interacting with staff and the kind seniors here. I come across as reserved and shy but I do love talking to people. Come say hi!

Navigating city streets and getting seniors to their destinations safely (and happily).

Getting to know my co-workers and collaborating with them to support our Senior community members.

### Do you have any hidden talents or hobbies?

I speak Dutch, am great at jigsaw puzzles, cooking, and interior painting (I'm very capable on a scaffold). I love Disney too.

Photography, camping, backpacking, paddling, bicycling, traveling, and cooking.

I love arts crafts of all kinds!

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

Sadly, I am not. I will tune into the Olympics. The Netherlands in the World Cup but I rarely watch.

Yes. San Francisco 49ers, New York Yankees, and the Iowa Hawkeyes.

Yes! GO BLUE! But also, always cheer for the underdogs! They deserve a chance to feel the thrill of a big win.

### What's something you're proud of?

My previous job was managing a cafe, so being able to mentor, mold, and watch that team grow. My husband and I also rescue cats (don't ask how many) that now run our household.

I've trekked to Mount Everest, Patagonia, Machu Picchu, and climbed a number of Colorado fourteeners.

Being blessed with a loving, supportive family. I'm also proud to be in a work environment that allows me to bring joy to people by assisting them with the "small things." For in life, they really do matter.

# iVámonos!

## SANTA FE WALKS

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

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

Learn more at [sfct.org/vamonos](http://sfct.org/vamonos) | Text SFWALKS to 833.243.6033 for walk reminders.

# THANK YOU



**VOLUNTEERS & MAYOR GARCIA!**

**THANK YOU FOR YOUR DONATION TO THE 2026 VOLUNTEER APPRECIATION EVENT:**



Caden Manning's handmade vases



## MEDICAL ALERT SYSTEMS

Recently, the Santa Fe Senior Center has received many questions about medical alert systems. These devices can help people get emergency assistance quickly in the event of a fall, injury, or other urgent situation.

A medical alert system usually includes a wearable device or help button connected to a 24-hour monitoring service. When the user presses the button, they are connected to a live agent who asks what kind of help is needed. If the user cannot respond, the monitoring center can contact emergency services.

They can provide safety, confidence, and peace of mind. By comparing features, costs, and coverage options, you can find a device that fits your needs and budget.

### HOW DO I CHOOSE THE RIGHT SYSTEM?

The best system depends on your lifestyle, health needs, and budget. If you are active outside the home, drive, or run errands regularly, a mobile system may be the best choice. If you spend most of your time at home, an in-home system may be enough. If falling is a concern, choose a device with fall detection whenever possible.

It is also important to compare providers. Visit the company's website and look for clear pricing, understandable product information, and details about features and service plans. Many companies offer online chat or phone support, which can help answer questions about trial periods, cancellation policies, monitoring services, and device options. Customer reviews on websites such as the Better Business Bureau and Trustpilot may also be useful.

If a company offers a trial period, take advantage of it. That gives you a chance to see whether the device is comfortable and easy to use. Be sure to ask when the trial begins, since some companies start it when you place the order and others when the device arrives.

### SEVERAL FEATURES MAY AFFECT WHICH SYSTEM IS BEST FOR YOU.

**Connection type:** If cellular service is weak where you live, a landline-based system may work better. This option requires an active home phone line.

**Range:** If you want protection throughout a large home or yard, range is important. In-home cellular systems often provide more range than landline systems.

**Battery life:** If you spend long hours away from home, a mobile device with a multi-day battery may be helpful.

**Fall detection:** If the user has fallen before or is at risk of falling, automatic fall detection can provide extra peace of mind.

**Water resistance:** Some devices can safely be worn in the shower. Because many falls happen in the bathroom, this feature can be very important.

### HOW MUCH DO THESE SYSTEMS COST?

Many medical alert systems start at about \$20 to \$30 per month, though costs vary by provider, features, and service plan. Some companies also charge activation fees or one-time equipment fees, which may range from \$50 to \$350. The monthly fee usually covers 24-hour monitoring and emergency response services.

Some companies offer discounts for quarterly or annual payments. There are also systems with no monthly fee, but these often do not include professional monitoring. Instead, they may only alert a family member, a chosen contact, or 911.

### DOES MEDICARE OR MEDICAID COVER THEM?

Medicare Parts A and B generally do not cover medical alert systems because they are not considered durable medical equipment. However, some Medicare Advantage plans may provide coverage, so it is worth checking with your insurer.

In New Mexico, Medicaid may help cover a medical alert system through certain waiver programs. Usually, the person must be evaluated as needing support to remain safely at home, and a caseworker or care coordinator must include the system in the care plan.

For more information, contact the New Mexico Aging and Long-Term Services Department (ALTSD) or call **800-432-2080**.

### ARE THERE OTHER WAYS TO PAY?

Yes. Some providers offer AARP discounts or other senior discounts. Long-term care insurance may help in some cases. Eligible veterans may also qualify for help through the VA or through private companies offering veteran discounts.

If you need only basic protection, a lower-cost system may save money. Just make sure it still includes the features most important to you.

## SISTEMAS DE ALERTA MÉDICA

Recientemente, el Centro para Personas Mayores de Santa Fe ha recibido muchas preguntas sobre los sistemas de alerta médica. Estos dispositivos pueden ayudar a una persona a obtener asistencia de emergencia con rapidez en caso de caída, lesión u otra situación urgente.

Un sistema de alerta médica generalmente incluye un dispositivo portátil o un botón de ayuda conectado a un servicio de monitoreo disponible las 24 horas del día, los 7 días de la semana. Cuando el usuario presiona el botón, se comunica con una persona en vivo que le pregunta qué tipo de ayuda necesita. Si el usuario no puede responder, el centro de monitoreo puede comunicarse con los servicios de emergencia.

Pueden brindar seguridad, confianza y tranquilidad. Al comparar funciones, costos y opciones de cobertura, usted podrá encontrar un dispositivo adecuado para sus necesidades y su presupuesto.

### ¿CÓMO ELIJO EL SISTEMA ADECUADO?

El mejor sistema depende de su estilo de vida, sus necesidades de salud y su presupuesto. Si usted sale con frecuencia, maneja o hace diligencias regularmente, un sistema móvil puede ser la mejor opción. Si pasa la mayor parte del tiempo en casa, un sistema para el hogar puede ser suficiente. Si existe riesgo de caídas, conviene elegir un dispositivo con detección de caídas siempre que sea posible.

También es importante comparar proveedores. Visite el sitio web de la empresa y busque precios claros, información fácil de entender y detalles sobre las funciones y los planes de servicio. Muchas empresas ofrecen chat en línea o atención telefónica para responder preguntas sobre períodos de prueba, cancelaciones, monitoreo y opciones del dispositivo. Las reseñas en sitios como el Better Business Bureau y Trustpilot también pueden ser útiles.

Si la empresa ofrece un período de prueba, aprovéchelo. Esto le permite ver si el dispositivo es cómodo y fácil de usar. Asegúrese de preguntar cuándo comienza ese período, ya que algunas empresas lo inician cuando usted hace el pedido y otras cuando el equipo llega a su casa.

### HAY VARIAS CARACTERÍSTICAS QUE PUEDEN INFLUIR EN LA ELECCIÓN.

**Tipo de conexión:** Si la señal celular es débil donde usted vive, un sistema conectado por línea telefónica fija puede funcionar mejor. Esta opción requiere una línea telefónica activa en el hogar.

**Alcance:** Si quiere protección en una casa grande o en el patio, el alcance es importante. Los sistemas domésticos con conexión celular suelen ofrecer mayor alcance que los sistemas por línea fija.

**Duración de la batería:** Si usted pasa muchas horas fuera de casa, un dispositivo móvil con batería de varios días puede ser útil.

**Detección de caídas:** Si el usuario ya se ha caído o tiene riesgo de caerse, la detección automática de caídas puede dar mayor tranquilidad.

**Resistencia al agua:** Algunos dispositivos pueden usarse con seguridad en la ducha. Como muchas caídas ocurren en el baño, esta función puede ser muy importante.

### ¿CUÁNTO CUESTAN ESTOS SISTEMAS?

Muchos sistemas de alerta médica comienzan alrededor de \$20 a \$30 al mes, aunque los costos varían según la empresa, las funciones y el plan de servicio. Algunas empresas también cobran tarifas de activación o cargos únicos por el equipo, que pueden variar entre \$50 y \$350. La cuota mensual normalmente cubre el monitoreo las 24 horas y la respuesta a emergencias.

Algunas empresas ofrecen descuentos por pagos trimestrales o anuales. También existen sistemas sin cuota mensual, pero con frecuencia no incluyen monitoreo profesional. En su lugar, pueden avisar solamente a un familiar, a un contacto elegido o al 911.

### ¿MEDICARE O MEDICAID LOS CUBREN?

Por lo general, las Partes A y B de Medicare no cubren los sistemas de alerta médica porque no se consideran equipo médico duradero. Sin embargo, algunos planes de Medicare Advantage sí pueden ofrecer cobertura, por lo que vale la pena consultar con su aseguradora.

En Nuevo México, Medicaid puede ayudar a cubrir uno de estos sistemas mediante ciertos programas de exención. Normalmente, la persona debe ser evaluada como alguien que necesita apoyo para permanecer segura en casa, y un trabajador social o coordinador debe incluir el sistema en el plan de cuidado.

Para obtener más información, comuníquese con la División de Envejecimiento y Servicios de Largo Plazo de Nuevo México (ALTSD) o llame al **800-432-2080**.

### ¿EXISTEN OTRAS FORMAS DE PAGAR?

Sí. Algunos proveedores ofrecen descuentos para miembros de AARP u otros descuentos para personas mayores. El seguro de cuidado a largo plazo también puede ayudar en algunos casos. Los veteranos elegibles podrían calificar para apoyo a través del VA o de empresas privadas con descuentos para veteranos.

Si usted solo necesita protección básica, un sistema de menor costo puede ayudarle a ahorrar dinero. Solo asegúrese de que incluya las funciones que más necesita.

# **Grieving the Recent Death of a Loved One In-Person Group Program**

**6 Fridays, 1-2pm**

**May 8 – June 12, 2026**

**In-person at the Memory Care Alliance Office  
1541 S. St. Francis, Santa Fe, NM 87505**

**This group program is for those who have experienced recent deaths of family, friends, or colleagues.**

**The program is sponsored by The Memory Care Alliance. It is free-of-charge and is facilitated by Eileen Joyce, Hudson Institute Certified Coach and Certified Grief Recovery Specialist with 25 years of experience.**

**In these six Fridays you'll have the opportunity to talk about your loved one and how you're dealing with the challenges and grief of your loss.**

**We'll cover:**

- **The myths of grief, loss, and healing**
- **Helpful ways to heal your broken heart**
- **How unresolved grief affects the capacity for happiness**
- **Creating resilience even in times of greatest challenges**

**Attending all 6 weeks is recommended but not required. Please contact Eileen by calling 505.428.0670 or email [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place (space is limited).**





## **POWER OF ATTORNEY LEGAL CLINICS**

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

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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, MAY 13 & 27**  
**AT THE MARY ESTHER GONZALES SENIOR CENTER**

# The 5 Best Ways to Keep Your Muscles Strong as You Get Older

## How you can maintain your muscle mass as you age



1

### GET SOME EXERCISE

The goal is to work up to 30 to 45 minutes a day of aerobic exercise, such as walking, swimming, or cycling, five days a week.

Just walk around the house. Start somewhere. You will start feeling better and improving your quality of life with a small change in activity. Adding a bit more every day is where progress comes from. The triumphs sometimes feel small, but they add up to great results over time.

You will also want to include strength training with body weight exercises, resistance bands, or weightlifting twice a week to build and maintain muscle mass. Maintaining your flexibility with stretching, yoga, or Pilates is important as well.

2

### EVALUATE YOUR DIET

You may want to talk to your doctor or a registered dietitian about what you are eating. Many people choose a low-calorie diet if they are trying to lose weight. However, you need enough protein and fuel to build and repair muscle.

Include lean protein sources in your diet, such as poultry, fish, lean meats, eggs, dairy products, legumes, tofu, and beans. Along with protein, you will want to get enough vitamin D and calcium. Choose dairy products, leafy greens, and fortified foods.

Be sure to drink plenty of water. Dehydration can affect how your muscles contract and lower your endurance. Staying hydrated helps bring nutrients to your muscles and remove waste products.

3

## MANAGE EXISTING DISEASES OR HEALTH CONDITIONS

### It can help to:

- Maintain a treatment plan that keeps chronic diseases, such as diabetes, well controlled.
- Avoid smoking, which reduces blood flow and oxygen to your muscles.
- Limit or avoid alcohol, which can interfere with muscle repair and growth.
- Maintain a healthy body weight. People with obesity or a high body mass index can still have reduced muscle mass, and risks and complications are higher for people who have both conditions.



4

## GET PLENTY OF RESTFUL SLEEP

Your body repairs your muscles while you are sleeping. Sleep also helps regulate hormones that are important for muscle growth.

Try to get seven to nine hours of quality sleep every night. Follow a regular sleep schedule and prepare for sleep with a relaxing routine, such as reading or listening to music. Keep your bedroom cool, dark, and quiet.



5

## MANAGE STRESS

Stress can make your muscles tense and stiff, making you less flexible and mobile. High levels of the stress hormone cortisol can make it harder for your muscles to recover after exercise.

### It can help to:

- Practice relaxation techniques such as deep breathing, meditation, or yoga.
- Get regular physical activity.
- Make time for hobbies and activities you enjoy.

## THE BOTTOM LINE

**It is common to lose muscle mass as you get older. However, by exercising, choosing the right foods, addressing nutrition challenges & managing your medical conditions, you can slow muscle loss & stay strong.**

# CROSSWORD PUZZLE

## Down

### Across

- 1 Roscoe
- 4 After stock or laundry
- 8 Did yard work
- 13 Folk singer Guthrie
- 14 Ballerina Pavlova
- 15 Master, in Swahili
- 16 Baseball handout due to bad weather
- 18 Susan of "Goldengirl"
- 19 Sleeping disorder
- 20 Classic Olds
- 22 Fish caught in pots
- 23 Fortified wine
- 25 Engine sound
- 27 Zodiac animal
- 29 Breathalyzer attachment
- 30 Halloween decoration
- 33 Cheater's forte
- 38 Alpha's opposite
- 40 Mitch Miller's instrument
- 41 Tender spots
- 43 Shangri-la
- 44 Big cats
- 46 Aquarium creatures
- 48 W.W. II vessel
- 49 Beehive State native
- 51 Children's game
- 52 Largest island in the West Indies
- 54 Gives the evil eye
- 59 Like the Sabin vaccine
- 61 London favorites
- 65 Jagged, as a leaf's edge
- 66 Hotel pillow candies
- 68 Most dams have one
- 70 Mites
- 71 Home to  
Mount Konahuanui
- 72 Played for a sap
- 73 Chill, so to speak
- 74 Exhausted
- 75 French connections

- 1 Profit and loss depiction
- 2 Dress with a flare
- 3 Laser printer powder
- 4 Encouraging word
- 5 Lollapalooza
- 6 \_\_\_ in a blue moon
- 7 Ocean menace
- 8 Wharton degree
- 9 Title holder
- 10 Some are heated
- 11 Hydroxyl compound
- 12 Daily and Blocker, e.g.
- 13 Macaws
- 17 Transport
- 21 Watering hole
- 24 Shrill barks
- 26 Actor Tognazzi
- 28 Yellowstone creature
- 29 Sound from the fold
- 31 "The Morning Watch" autho
- 32 Beach shades
- 33 Sweetie pie
- 34 Wood stork
- 35 Dentist's suggestion
- 36 Sawbuck
- 37 Smeltery input
- 39 French sea
- 42 Lively old dance
- 45 Grinder
- 47 Like some bodies on a beac
- 50 Listening device
- 53 The "U" in UHF
- 55 Lock horns
- 56 Traditional Sunday fare
- 57 \_\_\_ Park, Colo.
- 58 Spring purchase
- 59 Poet Khayyám
- 60 It may be polished
- 62 Roswell sightings
- 63 Hardly thrilling
- 64 London district
- 67 Half a dozen
- 69 Fully anesthetized

	1	2	3		4	5	6	7		8	9	10	11	12
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59	60				61	62	63	64		65				
66				67		68			69					
70						71				72				
73						74				75				

# Jack Nicholson

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

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

EASY RIDER  
 GOFER  
 GOLDEN GLOBE  
 GRIN  
 HEARTBURN  
 HOFFA  
 HOLLYWOOD  
 IRONWEED  
 JAKE  
 LAKERS  
 MARINE  
 MARS  
 NEW YORK  
 OSCAR  
 SCENARIO  
 SUCCESS  
 THE SHINING  
 TIME  
 TOMMY  
 WITCH  
 WOMEN  
 YOUTH

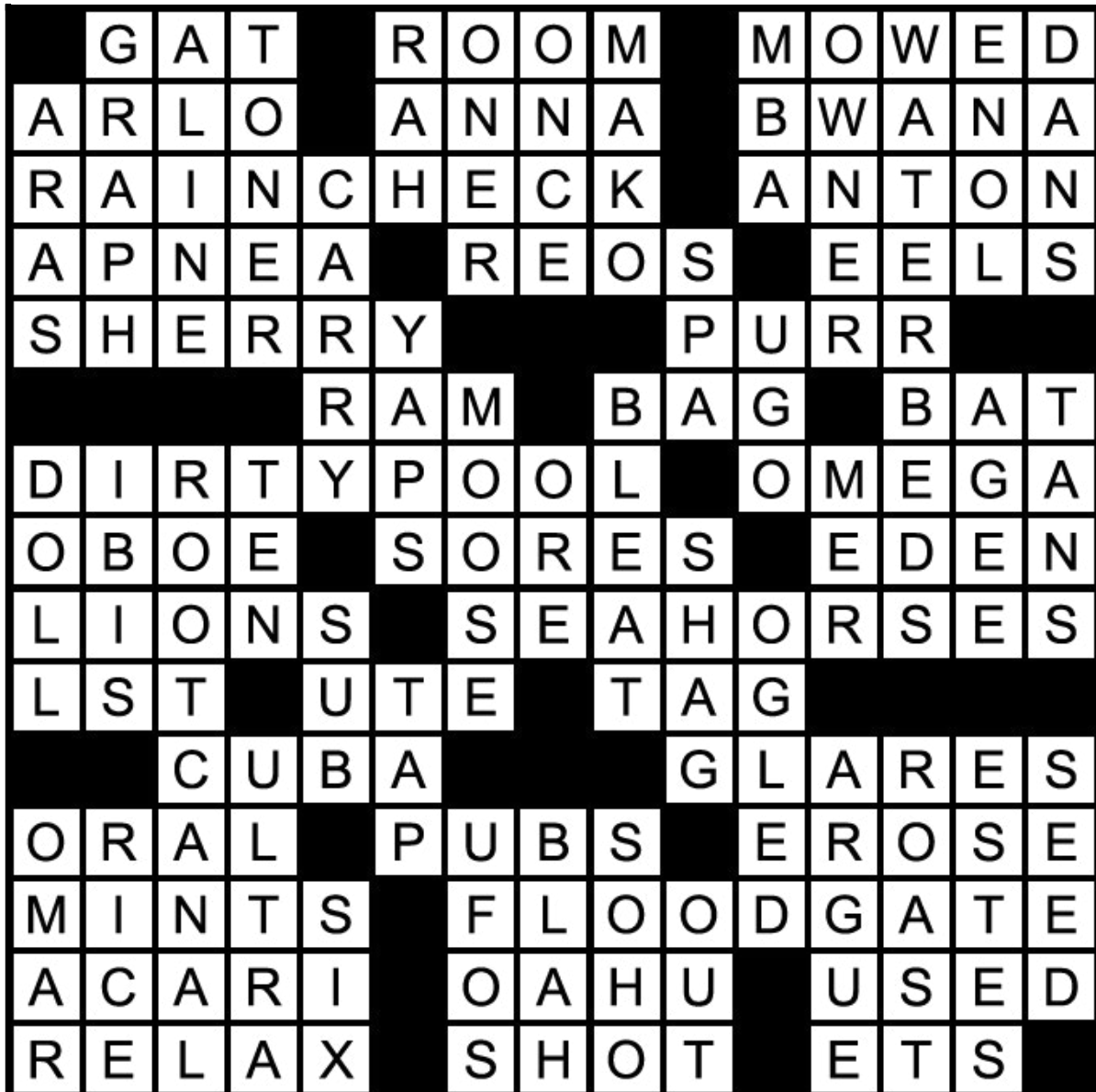
AMERICAN  
 BASKETBALL  
 BATMAN

BRIMMER  
 BUNNY  
 CARTOONS

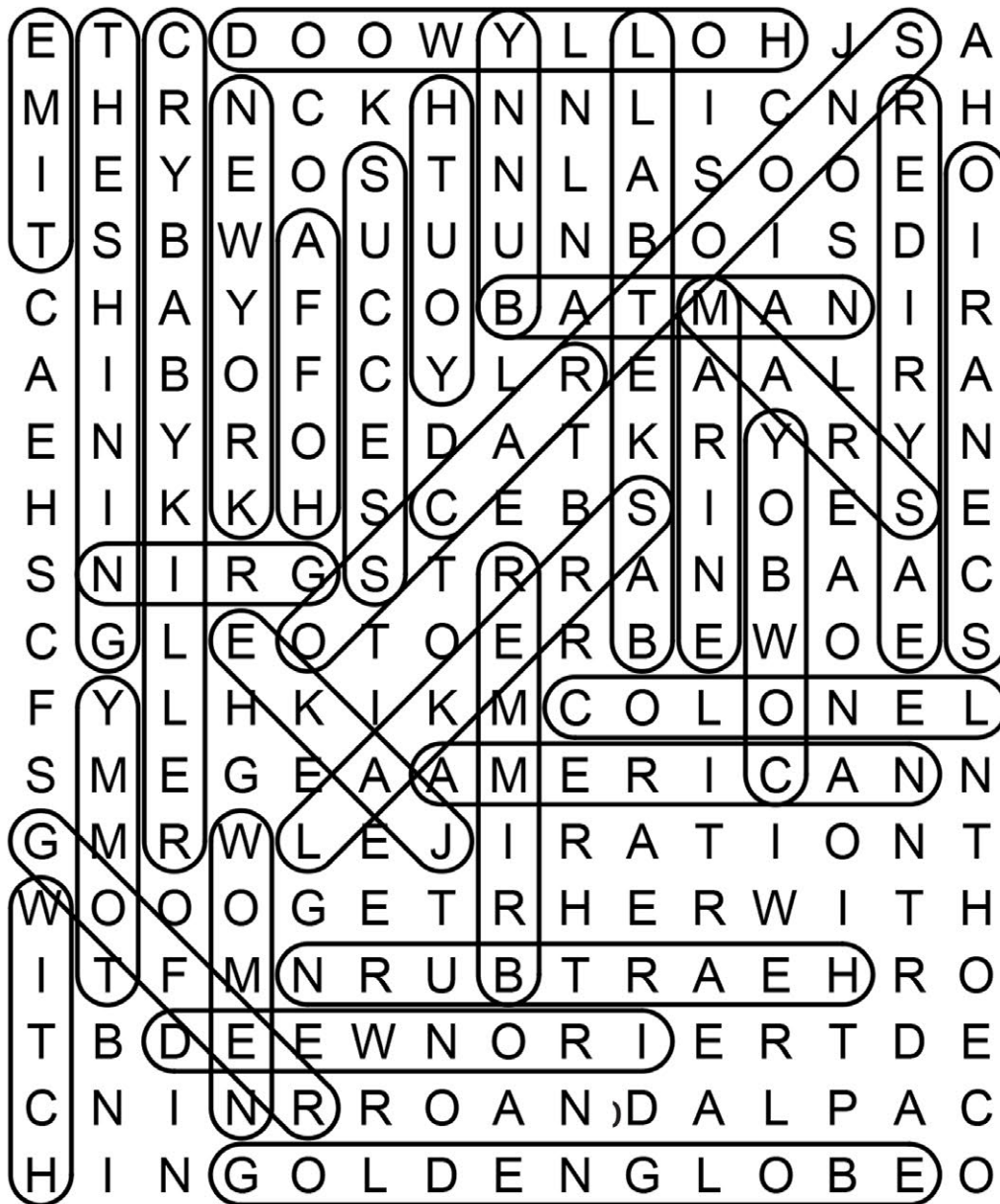
COLONEL  
 COWBOY  
 CRY BABY KILLER

# CROSSWORD PUZZLE SOLUTIONS

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## Solution: Jack Nicholson



# MAY LUNCH MENU

MON	TUES	WED	THURS	FRI
				<b>1</b> <b>BEEF TIPS OVER EGG NOODLES</b> Broccoli Tossed Salad Fruit Salad
<b>4</b> <b>MEATLOAF</b> Herb Roasted Potatoes Carrots Wheat Roll Grapes	<b>5</b> <b>GREEN CHILE CHICKEN ENCHILADA</b> Pinto Beans Calabacitas Pineapple Chunks	<b>6</b> <b>POLISH SAUSAGE</b> Sauerkraut Parsley Potatoes Brussels Sprouts Wheat Roll Strawberries & Banana Yogurt	<b>7</b> <b>ORANGE CHICKEN</b> Brown rice Vegetable Egg Roll Stir Fry Veggies Orange	<b>8</b> <b>EGG SALAD SANDWICH</b> Pickle Three Bean Salad Baked Chips Yogurt
<b>11</b> <b>HAM &amp; CHEESE SANDWICH</b> Garnish Carrot Raisin Salad Cucumber Wedges Oatmeal Cookie	<b>12</b> <b>PEPPER STEAK</b> Mushroom Gravy Mashed Potatoes Green Beans Wheat Roll Pears	<b>13</b> <b>CHICKEN &amp; BROCCOLI</b> Casserole Wheat Roll Tossed Salad Tropical Fruit	<b>14</b> <b>PORK CARNE ADOVADA</b> Pinto Beans Zucchini Flour Tortilla Apricots	<b>15</b> <b>Herbed Fish POTATO WEDGES</b> Normandy Blend Wheat Roll Fruit Cocktail
<b>18</b> <b>BEEF &amp; BEAN BURRITO</b> Red Chile Capri Blend Peaches	<b>19</b> <b>CHICKEN PARMESAN OVER LINGUINE</b> Marinara Sauce Italian Blend Banana	<b>20</b> <b>PORK ROAST</b> Mushroom Gravy ½ Baked Potato Wheat Roll Spinach Salad Apple Slices	<b>21</b> <b>OPEN FACED TURKEY SANDWICH</b> Turkey Gravy Green Peas Orange	<b>22</b> <b>GREEN CHILE BEEF &amp; POTATO STEW</b> Island Blend Tossed Salad Wheat Roll Pears
<b>25</b> <b>ALL CENTERS CLOSED</b>	<b>26</b> <b>GREEN CHILE CHEESEBURGER</b> Garnish French Fries Broccoli Watermelon	<b>27</b> <b>LEMON PEPPER CHICKEN</b> Brown Rice Brussels Sprouts Tossed Salad Fruit Salad	<b>28</b> <b>ROAST BEEF W/ GRAVY</b> Herb Roasted Potato Green Beans Tossed Salad Wheat Roll Strawberries	<b>29</b> <b>TUNA &amp; NOODLE CASSEROLE</b> Peas & Carrots Wheat Roll Tossed Salad Fruit Salad w/ Whipped Topping

10:30am – 12:30pm MON-FRI *Milk is served with each meal. Menu is subject to change.*



# CRISPY CHILI-LIME CHICKPEA SALAD



## Ingredients

- 2** (15-oz.) cans chickpeas, drained, rinsed, patted dry
- 6 Tbsp.** extra-virgin olive oil, divided
- Juice of 2 limes, divided
- Kosher salt
- 1 1/2 tsp.** chili powder
- 1 1/2 oz.** fresh or frozen corn kernels
- 1/4** small red onion, thinly sliced
- 8 oz.** cherry tomatoes, quartered
- 1/2 cup** plain Greek yogurt
- 1/2 tsp.** garlic powder
- 1/2 tsp.** onion powder (optional)
- 2** medium jalapeños, seeds and ribs removed, coarsely chopped, divided
- 1/2** bunch fresh cilantro, leaves picked, divided, tender stems coarsely chopped
- 1** medium avocado, halved, thinly sliced, divided
- 1/4 cup** crumbled feta (optional)
- 1/4 cup** thinly sliced chives

## Directions

### Step 1

Place a rack in center of oven; preheat to 425°. On a large baking sheet, toss chickpeas, 2 tablespoons oil, juice of 1/2 lime, and 1 teaspoon salt. Spread in an even layer.

### Step 2

Roast chickpeas, stirring halfway through, until crispy, about 30 minutes. Add chili powder, toss to coat, and continue to roast until color slightly deepens, about 5 minutes more. Transfer to a plate and let cool.

### Step 3

On same baking sheet, toss corn with 1 tablespoon oil. Roast until just starting to take on color, 8 to 10 minutes.

### Step 4

Meanwhile, in a small bowl, toss onion, tomatoes, 1 tablespoon lime juice, and a pinch of salt. Let sit until ready to use.

### Step 5

In a blender, blend yogurt, garlic powder, onion powder (if using), half of jalapeño, cilantro stems, half of cilantro leaves, one-quarter of avocado, 2 tablespoons oil, juice of 1 lime, and 1/2 teaspoon salt until smooth. Taste and adjust seasonings as needed.

### Step 6

On a platter, combine tomato mixture, corn, remaining jalapeño, and half of remaining cilantro leaves; season with salt, if needed. Spread in an even layer. Top with chickpeas, remaining avocado, and a drizzle of dressing. Sprinkle with feta (if using), chives, and remaining cilantro leaves.

# 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](http://RSVPsantafe.org)**

**TO VOLUNTEER  
CONTACT  
ERIKA CUELLAR**

**[eccuellar@santafenm.gov](mailto:eccuellar@santafenm.gov)  
505-955-4722**



## VOLUNTEERS NEEDED

Felines & Friends New Mexico is a non-profit rescue dedicated to providing homeless cats and kittens with a second chance. **As a largely volunteer organization, we need your help.**

### VOLUNTEER OPPORTUNITIES INCLUDE:

- Adoption application reviewer
- Kitty caregiver (Petco, Teca Tu, Santa Fe Cats)
- Foster parent
- Transport cats to/from vet appointments
- Assist with fundraising
- Assist with adoption events
- Reference check volunteer

Every volunteer plays an important role in helping cats and kittens who need it most.

**Questions? Call (505)-316-2281**

**APPLY ONLINE: [FandFNM.org](http://FandFNM.org) or contact  
Erika Cuellar: (505)955-4722  
[eccuellar@santafenm.gov](mailto:eccuellar@santafenm.gov)**



Danna Metzger enjoys our volunteer appreciation event!



## HAPPY BIRTHDAY, VOLUNTEERS!

5/2 Daryl Woolems

5/3 Fabiola Guillen

5/5 Carmen Baca

5/6 Rebecca Haffenden

5/8 Robert Moore

5/9 Mary Anne Ryan  
Ted Yamada

5/12 Frances Ann Cox

5/13 Linda Muzio

5/15 Catalina Rio Fernandez

5/21 Maxine Morales  
Adrienne Ruscavage

5/22 Erin Blair  
Bernadette Montoya

5/24 Bella Campos  
Gloria Martinez

5/26 Harriet Rosenstein

5/28 Flora Leyba

5/30 Yolanda Cerrillo

# APRIL HIGHLIGHTS

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**MEG Center Rocks!**



**Terry is a Winner!**



**Rock On!**



**Patti's Flower Power!**



CITY OF SANTA FE  
**SENIOR SERVICES**

1

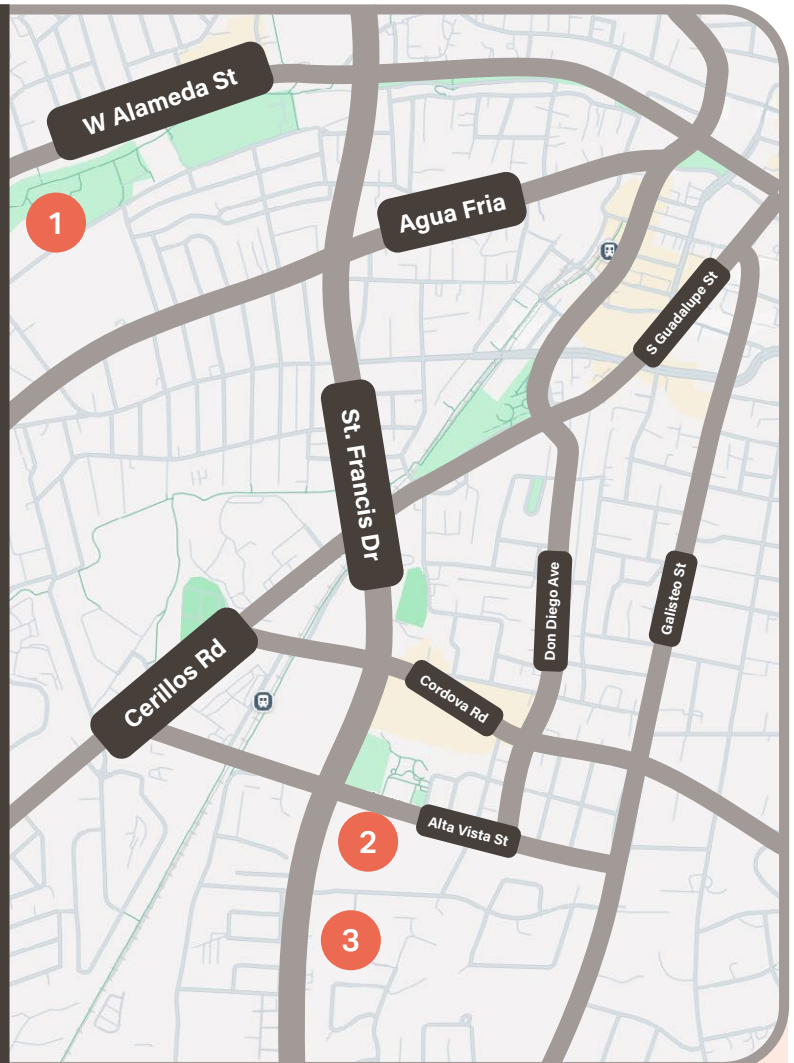
**Mary Esther Gonzalez  
(MEG) Senior Center**  
1121 Alto St.

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](http://santafenm.gov/seniors)**

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