

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

August 2025



CITY OF SANTA FE
SENIOR SERVICES

GRAND REOPENING *of our* MEG CENTER EXPANSION PROJECT



Join us for the ribbon-cutting ceremony

Thursday, August 14

9:30 am
10:30 - 3:00 pm

Opening Remarks
Lunch and Open House



Arts &
Crafts

Courtyard



Games



Computer
Lab



Accessible
Bathrooms

Fitness



SENIOR SCENE

August 2025

TABLE OF CONTENTS

- 1. Contact Information**
- 2. August at a Glance**
- 3. August Movies**
- 4. Activity Calendar**
- 5. Director's Page**
- 7. News and Views**
- 10. Employee Spotlight**
- 11. Vamonos Santa Fe Walks**
- 13. Legal & Consumer**
- 17. Health & Safety | Nutrition Education**
- 18. Volunteer Programs**
- 19. Crossword Puzzle**
- 20. Word Search**
- 21. Crossword Puzzle Solutions**
- 22. Word Search Solutions**
- 23. August Lunch Menu**



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 and
Home Management
50+ Senior Olympics Program

505-955-4760

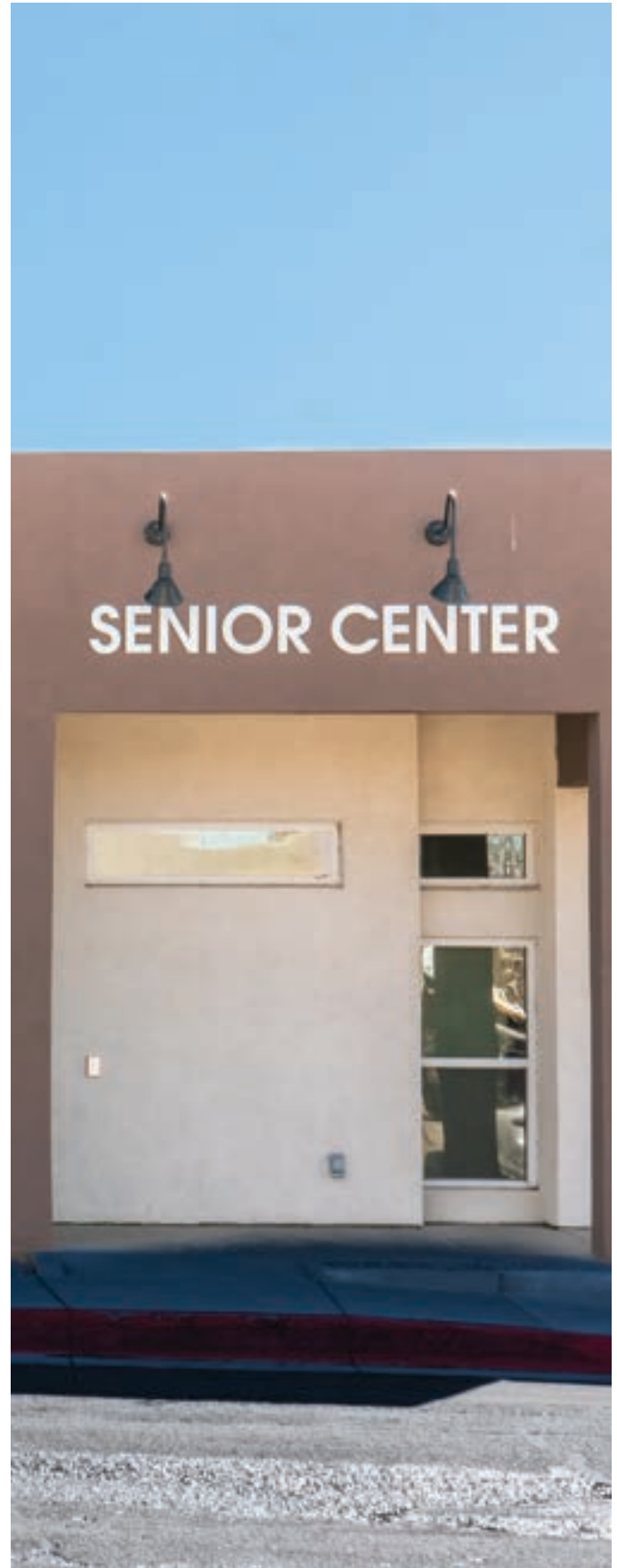
Public Relations
Retired Senior Volunteer Program

505-955-4745

Foster Grandparent Program
Senior Companion Program
Grandparents Raising Grandchildren

505-955-4700

Transportation



AUGUST AT A GLANCE

AUGUST 2025				
Monday	Tuesday	Wednesday	Thursday	1 Friday
				MEG-MOVIE 1:00-3:00PM <i>We Are Marshall</i>
4 MEG-Birthdays 11:00 to 12:30pm MEG Haircuts w Fabiola 10:30-1:00pm MEG	5 MEG AARP Smart Drive 1:00 - 3:00	6 PASATIEMPO- Birthdays 11:00 to 12:30	7 	8 MEG-Book Club 1:00 - 2:00 <i>A Fever in the Headland by Timo- thy Egan</i> MEG-Movie 1:00-3:00 <i>Moonstruck</i>
11 PASATIEMPO Haircuts w Fabiola 10:00-1:00pm LUISA Haircuts w Katalina 10:00-12:00pm	12 LUISA-Birthdays 11:00 to 12:30pm	13	14 MEG 9:30-3:00pm <i>Expansion Ribbon Cutting Ceremony & Open House</i>	15 MEG-MOVIE 12:50- 3:10 <i>A Man Called Otto</i>
18 LUISA Haircuts w Fabiola 10:00 - 1:00 HIKE 8:15am MEG	19 MEG 11:30 - 12:30 ICAN Nutrition Class	20 PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class	21 LUISA 11:30 - 12:30 ICAN Nutrition Class Dance at the Eagles 1:00-4:00pm	22 MEG-MOVIE 1:00 - 3:00 <i>City Slickers</i>
25	26	27	28 MEG 1:00-2:00pm <i>Advance Healthcare Directive Presentation</i>	29 MEG-MOVIE 1:00-3:00 <i>Bless Me Ultima</i>

JULY MOVIES



We Are Marshall

Friday, August 1 | 1:00pm-3:00pm
MEG Center

In 1970, Marshall University and the small town of Huntington, W. VA reel when a plane crash claims the lives of 75 of the school's football players, staff members and boosters. New coach Jack Lengyel (Matthew McConaughey) arrives on the scene in March 1971, determined to rebuild Marshall's Thundering Herd and heal a grieving community in the process.



City Slickers

Friday, August 22 | 1:00pm-3:00pm
MEG Center

Every year, three friends take a vacation away from their wives. This year, henpecked Phil (Daniel Stern), newly married Ed (Bruno Kirby), and Mitch (Billy Crystal)-terrified of his midlife crisis-decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. The three men bond along the way to conquering their fear of aging.



Moonstruck

Friday, August 8 | 12:50pm-3:10pm
MEG Center

No sooner does Italian American widow Loretta (Cher) accept a marriage proposal from her doltish boyfriend, Johnny (Danny Aiello), than she finds herself falling for his younger brother, Ronny (Nicolas Cage). She tries to resist, but Ronny lost his hand in an accident he blames on his brother and has no scruples about aggressively pursuing her while Johnny is out of the country.



Bless Me Ultima

Friday, August 29 | 1:00pm-3:00pm
MEG Center

Based on acclaimed author Rudolfo Anaya's novel, BLESS ME, ULTIMA is a turbulent coming-of-age story about a young boy growing up in New Mexico during World War II, grappling with questions about his destiny, and the powers of a mystical woman.



A Man Called Otto

Friday, August 15 | 12:50pm-3:10pm
MEG Center

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

ACTIVITY CALENDAR

10:30 am to 12:30 pm
Monday to Friday

- Computer Lab open
- Fitness Room open



LUISA Senior Center
1500 Luisa St (The entrance is on Columbia St)

Lunch is served
10:30 am to 12:30 pm
Monday to Friday



In the three
Senior Centers

PASATIEMPO Senior Center
664 Alta Vista St

Mon to Fri	8 am to 1 pm: Fitness Room Open	Tues	10 am to 11 am: Line Dancing (Beginner - Full)
			11:30 am to 12:30 pm: Line Dancing (Intermediate)
Weds	11:45 am to 2:00 pm: Live Music: Grupo Cielo Azul	Thurs	9:30 am to 10:30 am: Japanese Dance with Chizuko

Mary Esther Gonzales (MEG) Senior Center
1121 Alto St

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 to 9:15 am: Tai Chi	8:15 to 9:15 am: Tai Chi	9:30 to 10:30 am: Enhanced Fitness	9:30 to 11:00 am: Wood Carving	9:30 to 10:30 am: Enhanced Fitness
9:30 to 10:30 am: Enhanced Fitness	10:00 am-12:00 pm: Guitar Class intermediate	10:30 to 11:30 am: Guitar for beginners	12:00 to 2:00 pm: Chess Class	1:00 to 2:00 pm: Knitting Class
1:00 to 3:00 pm: Improv	12:30 to 2:30 pm: Traditional Chinese Mahjong-Advanced	12:30 to 2:30 pm: Senior Theater		1:00 to 3:00 pm: Movie (See monthly calendar for details)
1:00 to 3:00 pm: Cribbage		1:15 to 3:00 pm: Bingo		
3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Qi Gong	12:30 to 2:30 pm Traditional Chinese Mahjong-Beginners



For additional information on the activities scheduled in any of our centers, please call
505-955-4715

Do you need help with technology (Computers, cell-phones, etc.)?



Call Jesse Kain! 505-699-3597

DIRECTOR'S NOTE



Dear Senior Services Community,

I hope everyone is enjoying the summer months and this warm and wet weather we are blessed with in Santa Fe. I am excited to announce that this month we will be transitioning to a new automated check in and out system for the Mary Esther Gonzales Center, the program is called MySeniorCenter. There will be a kiosk at the Welcome desk for you to check in, each of you will receive a key tag with a bar code that is assigned to you. When you arrive, you will scan the key tag at the Welcome desk once the system is unlocked it will allow you to choose the activities you will be participating in that day, like Lunch, Enhanced Fitness, Ceramics, Wood carving, movies and much more. The new system will also have a web address so that you will be able to go in and view activities from home and sign up for them. The new system will give us the ability to more accurately track who is visiting and what activities are being participated in. When you leave the MEG you will still need to check out by going to the Kiosk and swiping your key tag to let us know you have left the building. This is important for safety reasons, if we have an emergency in the building, we want to ensure everyone is accounted for to ensure your safety. Our Senior Services staff will be available to assist you as we implement the new system.

I am also very excited that the construction projects at the MEG center are 95% complete. The new roof has been installed and the contractor is working on the final details, the landscaping is complete in front of the building and along Alto Street, we have some new heating and cooling units, a new water heater in the kitchen, we have also replaced some of the heating/cooling units on the building and had a gas line replaced last winter. I want to thank Facility Build and their sub-Contractors and EMCO for the work done on the expansion, National Roofing for the replacement Roof and B&D Mechanical for the Heating/Cooling, electrical and plumbing that was done as part of the roofing project. The State of New Mexico Aging and Long-Term Services (ALTSD) for the Capitol Improvement Funding for the Expansion Project. The City of Santa Fe Facilities Team for overseeing the project and the City of Santa Fe for funding the roofing and heating and air conditioning upgrades. Francos Trees and Landscaping and our City Parks team and the ALTSD for the Beatification project that was completed in the front area of the MEG. There were many people involved in these projects that made them a success. The MEG was constructed in 1975 and has been serving our senior community for years, the upgrades made this year will allow the MEG to continue to serve our community for many more years to come. I hope to see everyone stop by and see our wonderful center and take part in the activities we provide our senior community.

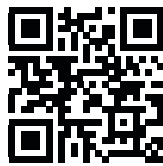
Our grand opening event will be held on August 14, 2025. We invite you all to come by the center and tour the expansion area and take part in the activities we offer here at the MEG by signing up for them on the new MySeniorCenter program.

I would like to thank everyone for their patience during this time of construction.

Manuel Sanchez
Senior Services Director



| Your City at Work



Sign up today! Scan the QR code or visit
santafenm.gov/alerts for more info.

Connect With Us!

Connecting with the City of Santa Fe is easier than ever! Whether you visit our website, follow us on social media, or sign up for emails from us, you can stay in the know for City activities, events, and services with just a few clicks.

Visit our Redesigned Comprehensive Website

Our dynamic website connects community members to information, resources, and services across all departments – you'll also find regular updates on our programs, activities and events! Learn more at santafenm.gov

Follow us on Social Media for News & Events

Check out Your City at Work - Follow us **@SantaFeGov** on Facebook, Instagram, and Twitter to keep up on the latest City news.



Learn More by Signing Up for the Weekly Wrap!

The Weekly Wrap is your one-stop-shop for news and updates – it's just one email, once a week, with highlights on programs, activities, events, and more, for community members of all ages!



| CITY OF SANTA FE

NEWS & VIEWS

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30AM-4:15PM. Reservations must be called in, please do not email requests. Please note: The THIRD THURSDAY of the month we will close at 2:30PM for mandatory staff meetings/trainings.

Thank you.

Customers need to schedule their reservation 24 hours in advance.

Thank you for your patience. If you have any questions, please feel free to contact Linda Salazar at 955-4700.

AUGUST GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, August 7th and 21st
7:00AM-9:00AM

San Martin de Porres Distribution

August 12th & 26th: 4:00PM -5:00PM

Free, no application required! Dixon House
(2148 San Ysidro Crossing)

St. John's Methodist Bag 'n Pantry

Tues: 11:00AM-12:30PM, 5:00PM-6:30PM

1200 Old Pecos Trail Santa Fe, NM

Contact: 505-982-5397

1301 Osage Ave. Lamy Hall

St. John's the Baptist Catholic Food Distribution

Every third Thursday of the month

2:30PM-3:30PM

HIKES FOR ACTIVE SENIORS

Moderate Hike: Monday, August 18, 2025

Aspen Peak Trail

This 3.5-mile hike is like the Raven's Ridge hike-rated moderate, but it can feel more strenuous due to its high altitude. This hike is not recommended for beginners or for those with heart and/or breathing issues.

We begin at 10,200' at the Windsor trailhead near the ski area. After a little more than .75 miles and a 500' gain in altitude, we'll go through the wilderness gate and turn left. From the gate our climb will be another .75 miles and a 600' gain. The view at the peak is worth the huffing and puffing.

BRING WATER, a hat, sunscreen, and dress in layers that you can remove if it gets too warm.

TIME: We will meet at 8:15am and leave at 8:30am SHARP. This is 15 minutes earlier than usual to return in time for lunch at the MEG Center.

Happy trails, hikers!



NEWS & VIEWS

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 fifty years and older, changes in vehicle technology, road, and street safety, and may be eligible for an auto insurance discount on your policy.

To participate, you must be fifty years or older and have a valid driver's license. Class fee is \$20 for current AARP members and \$25 for non-members. Classes will be held on the first Tuesday of each month from 1:00-5:00p.m. The next class is scheduled for **Tue, August 5, 2025**. For further information to attend any class, contact:

Edna Sandoval at 505-690-4350, visit aarp.org

END OF SUMMER DANCE

When: Thursday, August 21, 2025, 1PM - 4PM

Music by: Peter Vigil and the Allstars

Where: The Fraternal Order of the Eagles, 833 Early St.

Light refreshments, FREE admission

***Save the Date: Baile de Oro | Sept. 4th, 2025**



HELP YOUR NEIGHBORS BY BECOMING AN ESL TUTOR.

Literacy Volunteers of Santa Fe's 12-hour training prepares volunteers to tutor adults in English as a Second Language (ESL).

- The ESL new tutor orientation will be held online on Thursday, September 18th, from 4PM to 5PM
- The in-person training will be on Friday & Saturday, September 19 – 20th, from 9AM to 1 PM at SFCC.
- A registration meeting and a 2-hour follow-up workshop are required.

For more information, please call 505-428-1353 or visit **www.lvsf.org** to complete an application. No experience or second language is necessary!

PLAN FOR YOUR FUTURE HEALTHCARE WISHES

Join us for a presentation about Advance Care Planning and planning for your future healthcare wishes. These choices should reflect your wishes and beliefs. This is an ideal time to create an Advance Healthcare Directive and share your plan with your loved ones, healthcare decision maker and your healthcare providers. You will have the opportunity to ask questions and to sign up for assistance in completing your advance directive as well. For more information contact Tamra at 505-559-6046. FREE, NO RSVP

Thursday, August 28th, 12:40PM

Mary Esther Gonzales Center; 1121 Alto St.

DID YOU KNOW?

Did you know that the State of New Mexico has a website that acts as a one-stop-shop for Health and Human Services programs?

These programs include: Help paying utility bills; buying and getting food; living expenses; attaining medical or health insurance and more. The website is: <https://yes.nm.gov/> You can go online to apply and see if you qualify.

Don't have a computer? Not comfortable going online? The Senior Center can help! Call Tammy at 505-955-4721 to schedule an appointment to talk to a counselor.

ARE YOU HELPING RAISE YOUR GRANDCHILDREN?

Are you a grandparent aged 55 or over, raising or providing financial support to your grandchild or grandchildren? Senior Services administers a "Grandparents Raising Grandchildren" fund to help offset your expenses.

We provide modest reimbursement (up to \$200 a year, per child, and up to \$400 total) for receipts showing payments of medical expenses, lunch meal tickets, school supplies, groceries, clothing and similar expenses for grandchildren.

For more info, contact:

Theresa Trujillo at (505) 955-4745

tptrujillo@santafenm.gov

Roberta P. Armijo at 505-955-4744

rparmijo@santafenm.gov

¿Estás ayudando a criar a tus nietos?

¿Es usted un(a) abuelo(a) de 55 años o más edad, que cría o brinda apoyo financiero a su nieto(a) o nietos? El Programa de Senior Services de la ciudad administra un fondo para "Abuelos Criando

Nietos" que le ayuda a compensar sus gastos. Le podemos brindar un reembolso módico (hasta \$200 al año, por un niño y hasta \$400 en total) si proporciona recibos que muestren pagos de gastos médicos, comida, útiles escolares, ropa, u otros gastos similares para los nietos.

Para obtener la ayuda o preguntar más detalles, comuníquese con

Theresa Trujillo al (505) 955-4745

tptrujillo@santafenm.gov

Roberta Armijo 505-955-4744

rparmijo@santafenm.gov



Save the Date!

- September 23–25, 2025
- Glorieta Adventure Camps
- Registration opens late summer
- Just \$40 – includes all sessions, activities, social dance, meals, and snacks throughout the conference!

We'll be sharing more updates soon, but for now, mark your calendar and help us spread the word. We can't wait to EngAGE with you this fall!

FLORA'S CORNER



"Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself."

-Wendy Wasserstein

EMPLOYEE SPOTLIGHT

ANDRES GALLEGOS



What's your job title?

Transit Driver II

How many years have you worked for the City?

Recently started, 1 month.

What's the most exciting part of your job?

Working with people and getting to talk with and learn more about our seniors.

Do you have any hidden talents or hobbies?

Guitar and violin.

Are you a sports fan?

Yes!

Who are your favorite teams?

Football-Las Vegas, Raiders; Hockey-Las Vegas, Knights

What's something your proud of?

My ability to get along with anyone and help people.



The In-Home Support Services Program at the 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



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

6 - Tuesday @ 6 PM

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

8 - Thursday @ 5:30 PM

Find a New Path!
Arroyo de los Chamisos Trail from GCCC to
Camino Carlos Rey - Meet at 3221 Rodeo
Rd GCCC Solar Parking Lot - East End

21 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to Railyard
Park. Meet at 1464 Cristobal Colon

30 - Friday @ 10 AM

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

31 - Saturday @ 9 - 11 AM

Vámonos Hike - Dovetail, A SFCT Property
Learn about SFCT's land restoration projects
Meet at 226 Thornton Ranch Rd/Cottonwood
Trailhead (TH)

JUNE

4 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

10 - Tuesday @ 6 PM

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

12 - Thursday @ 5:30 PM

Find a New Path!
Santa Fe Canyon Preserve Loop Trail
Meet at Cerro Gordo TH (Dale Ball Trails)

21 - Saturday @ 1 - 3 PM

Vámonos Hike with El Rancho de las
Golondrinas - "Take a Kid Hiking Day" with
Nature Scavenger Hunt and Ice Cream!
Leonora Curtain Wetland Preserve (no dogs
please). Meet at 49A W Frontage Rd

27 - Friday @ 10 AM

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

JULY

2 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon

8 - Tuesday @ 6 PM

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

12 - Saturday @ 9 - 11 AM

Vámonos Hike - Norski Trails
Meet at NM-475/Hyde Park Rd just past
Vista Grande Overlook and before Ski Basin

17 - Thursday @ 5:30 PM

Find a New Path!
Frenchy's Field Park to SF River Trail
Meet at Frenchy's Field TH, 2001 Agua Fria St

25 - Friday @ 10 AM

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

See August through October walks and Color Code Legend on back

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

5 - Tuesday @ 6 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 - Explore Re-Unity Resources
from the Santa Fe River Trail
Meet at Romero Park (dog park entrance),
2001 Caja del Oro Grant Rd

13 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

21 - Thursday @ 5:30 PM

Find a New Path!
Walk SF River Trail and end with Happy Hour!
Meet at Tumbleroot, 2791 Agua Fria St

22 - Friday @ 10 AM

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

SEPTEMBER

2 - Tuesday @ 6 PM

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

10 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon

13 - Saturday @ 9 - 11 AM

Vámonos Hike at the Arroyo Hondo Open
Space - Meet at Old Agua Fria Rd E TH
(end of road, off Old Santa Fe Trail exit)

18 - Thursday @ 5:30 PM

Find a New Path!
Arroyo de los Chamisos Trail from Museum
Hill to St. John's College
Meet at 1899 Camino Corrales (end of road)

26 - Friday @ 10 AM

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

OCTOBER

1 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

7 - Tuesday @ 5:30 PM

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

10 - Thursday @ 5:30 PM

Find a New Path!
El Camino Real Trailhead to SF River Trail
Meet at 3600 Constellation Dr off Airport Rd

18 - Saturday @ 8:30 AM - 1:30 PM

Vámonos Hike at Cerrillos Hills State Park
Registration required to info@sfct.org for
free bus transportation to TH

24 - Friday @ 10 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
- 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

RAMPS KEEPING PHYSICALLY DISABLED NEW MEXICANS INDEPENDENT

In the past year, 25 disabled New Mexicans have received ramps thanks to funding by the Governor's Commission on Disability. Commission Residential Accessibility Modification Program (Ramp) manager, Nadine Flores, said the program is statewide.

Ramps help physically disabled New Mexicans the ability to maintain their independence and reduce the need for institutional care. Monies for the ramps are derived from the State's General Fund.

According to a Commission fact sheet, modifications are physical adaptations which provide direct remedial benefits to the clients physical environment.

There are five main requirements for obtaining a ramp. They are:

- Must be a citizen of the United States of America.
- Must be a resident of New Mexico and have been for the last six months.
- Must have a physical disability documented by the receipt of a Social Security Disability Benefits, Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI). Or the applicant must have a statement from a doctor, a Physician's Assistant or a Certified Nurse Practitioner (CNP).
- Must have applied for another appropriate and available residential modification program and been denied.
- Taxable or reportable income must be within 250% of the Federal Poverty Income Eligibility Guidelines. For a single person the income must be \$37,650 a year or less and for a family of eight it is \$131,800.

If the person applying for a ramp is a renter they have to have permission from the owner to install the ramp.

Flores said the monies cannot be used for remodeling homes.

In addition to ramps, walk in showers, roll in showers and grab bars are options for applicants.

Ramp installation work is done by a state hired contractor.

Applications can be found online at **www.gcd.nm.gov** or a hard copy can be picked up at the Commission located at 491 Old Santa Fe Trail (Lamy Building), Santa Fe, NM 87501.

RAMPAS QUE PERMITEN A LOS NEOMEXICANOS CON DISCAPACIDAD FÍSICA MANTENER SU INDEPENDENCIA

En el último año, 25 neomexicanos con discapacidad han recibido rampas, gracias al financiamiento de la Comisión del Gobernador sobre Discapacidad (Governor's Commission on Disability). Nadine Flores, administradora de la Comisión del Programa de Modificación Residencial para la Accesibilidad (RAMP, por sus siglas en inglés), indicó que el programa se ofrece en todo el Estado.

Las rampas ayudan a que los neomexicanos con discapacidad física puedan mantener su independencia y reducir la necesidad de atención institucional. Los fondos para las rampas provienen del Fondo General del Estado.

Según una hoja informativa de la Comisión, las modificaciones son adaptaciones físicas que brindan beneficios correctivos directos en el entorno físico del cliente.

Los cinco requisitos principales para obtener una rampa son:

- Ser ciudadano de los Estados Unidos de América.
- Ser residente de Nuevo México y haberlo sido durante los últimos seis meses.
- Tener una discapacidad física documentada mediante la recepción de Beneficios del Seguro Social por Discapacidad, Ingreso Suplementario del Seguro Social (SSI) o Seguro de Incapacidad del Seguro Social (SSDI). O bien, el solicitante debe contar con una declaración de un médico, un asistente médico o un enfermero profesional certificado (CNP).
- Haber solicitado otro programa de modificación residencial apropiado y disponible, y haber

sido rechazado.

- Tener ingresos gravables o declarables dentro del 250% de las pautas federales de elegibilidad por nivel de pobreza. Para una persona sola, los ingresos deben ser de \$37,650 o menos al año, y para una familia de ocho personas, de \$131,800 o menos.

Si la persona que solicita la rampa es inquilina, debe contar con el permiso del propietario para instalar la rampa.

Flores señaló que los fondos no pueden utilizarse para remodelar viviendas.

Además de las rampas, los solicitantes pueden optar por duchas accesibles (tipo "walk-in"), duchas para silla de ruedas (roll-in showers) y barras de apoyo.

La instalación de las rampas se realiza mediante un contratista contratado por el Estado.

Las solicitudes pueden encontrarse en línea en www.gcd.nm.gov o pueden recogerse en formato físico en la sede de la Comisión ubicada en 491 Old Santa Fe Trail (Edificio Lamy), Santa Fe, NM 87501.



NEW MEXICO GOVERNOR'S COMMISSION ON DISABILITY



THE GOVERNOR'S COMMISSION ON DISABILITY PROVIDES THE FOLLOWING SERVICES REGARDING ACCESSIBILITY:

TECHNICAL ASSISTANCE

Technical Assistance relating to current accessibility standards, codes and guidelines.

PLAN REVIEW

Plan reviews include reviewing architectural construction plans for public and private entities, engineering plans and other plans for accessibility requirements.

EXAMPLES OF PLAN REVIEWS:

- Public and private buildings
- New Construction and alterations
- Barrier removal for existing facilities
- Transportation facilities
- Sidewalk accessibility

SITE INSPECTIONS

Site inspections include surveying sites for accessibility requirements in compliance with current accessibility standards.

EXAMPLES OF SITE INSPECTIONS:

- Public and private building
- New construction and alterations
- Barrier removal for existing facilities
- Transportation facilities
- Sidewalk accessibility
- Voting/Polling Sites
- Housing
- Recreation

CONTACT US:



PHYSICAL ACCESSIBILITY, TECHNICAL ASSISTANCE AND TRAINING PROGRAM

491 Old Santa Fe Trail
Santa Fe, NM 87501
Phone: 505-476-0412
Toll-free (in state only): 877-696-1470
Fax: 505-827-6328
Email: gcd@state.nm.us



NEW MEXICO TECHNOLOGY ASSISTANCE PROGRAM

625 Silver Ave. SW, Suite 100B
Albuquerque, NM 87102
Phone: 505-841-4464
Toll-free (in state only): 877-696-1470
Fax: 505-841-4467
Email: tracy.agiovlasitis@state.nm.us



NEW MEXICO BRAIN INJURY ADVISORY COUNCIL

491 Old Santa Fe Trail
Santa Fe, NM 87501
Phone: 505-476-7328
Toll-free (in state only): 877-696-1470
Fax: 505-827-6328
Email: monica.a.montoya@state.nm.us

WWW.GCD.STATE.NM.US

AUGUST IS NATIONAL WELLNESS MONTH: ELEMENTS OF SENIOR WELLNESS

Wellness in seniors falls into four basic categories:

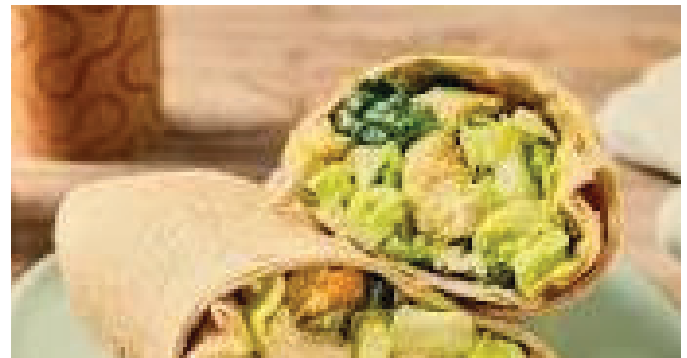
- Physical wellness
- Mental wellness
- Emotional wellness
- Social wellness

Physical wellness encourages mobility and a stronger mind-body connection. A comprehensive article found that seniors who exercise have lower risks of cardiovascular problems, stroke, diabetes, and even certain types of cancer.

Mental wellness is founded on logic, problem solving, and intellectual stimulation. For seniors with Alzheimer's or dementia, mental wellness can include memory care to delay the progression of their condition. Mental fitness is practiced in various forms, from puzzles and crosswords to playing video games. A study for Alzheimer's research found that 3D video games can improve cognitive function and memory by increasing gray matter in the brain.

Emotional and social wellness often intersect, so providing more opportunities for seniors to connect with others improves their well-being and lowers their risk of anxiety and depression. Having outlets to discuss their mental health can also help improve their emotional well-being.

CHICKEN CAESAR SALAD WRAPS



Ingredients:

- 5 cups chopped romaine lettuce hearts and/or lacinato kale
- 2 cups chopped cooked chicken breast
- ½ cup bottled yogurt-based Caesar dressing (see Tip)
- 2 tablespoons grated Parmesan cheese
- ½ cup garlic-and-cheese seasoned croutons, coarsely crushed
- ¼ cup Parmesan crisps, coarsely crushed
- 4 (10-inch) whole-wheat tortillas

Directions:

- Combine romaine (and/or kale), chicken, dressing and grated Parmesan in a large bowl; toss to coat. If using kale, massage the dressing into the leaves to tenderize. Fold croutons and Parmesan crisps into the salad mixture.
- Lay 1 tortilla on a cutting board. Spoon 1 1/2 cups of salad mixture into the center of the tortilla; roll up like a burrito. Cut in half, if desired. Enjoy!

VOLUNTEER PROGRAMS

AMERICORPS SENIORS - GIVE A LITTLE TIME, GET A LOT BACK.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition.

www.rsvpsantafe.org

If you are interested in volunteering, please contact

Mona Baca at 505-955-4760 or
mabaca@santafenm.gov

HAPPY BIRTHDAY, AUGUST VOLUNTEERS!

David Blazosky 8/1
Elizabeth Valdez 8/2
Genevieve Maes 8/4
Carolyn Minton 8/5
Rose Marie Lenahan 8/6
Cecilia Roybal 8/7
Lonnie Trimarche 8/7
George Merryweather 8/12
Gloria Bradbury 8/13
Francine Foster 8/15
Jesse Kain 8/16
Eric Johnston 8/17
Michael Evans 8/19
Sandra Delamater 8/20
Dodi Shatzman 8/21
Josina Martinez 8/23
Laura Santini-Smith 8/25
Lisa Bronowicz 8/27
Barbara de Tourris 8/28
Debra (Maggie) Magalnik 8/28
Susan McGarrity 8/28



CONSUELO'S PLACE IS OUR SERVICE PROJECT FOR 9-11-2025. "YOUR SUPPORT HELPS!"

Consuelo's Place is an emergency shelter that is currently located on Santa Fe's midtown campus. Consuelo's Place provides non-congregate shelter for vulnerable individuals and families who are transitioning into permanent housing or whose unique circumstances make it difficult to succeed in a congregate setting; and provide life-stabilizing services for those individuals.

How You Can Help

- Toilet Paper
- Paper Towels
- Cleaning Supplies: pinesol and natural type products due to allergies and sensitivities.
- Hygiene Item: shampoo, conditioner, soap, shaving cream, razors, chapstick, sunscreen, toothpaste, men's and women's deodorant.
- Laundry Soap and Dryer Sheets
- Sanitizing Wipes
- Adult Diapers
- Paper Plates, Cups, and Utensils

All items can be donated from August 1- September 8, 2025. Please drop off donations at the Mary Esther Gonzales Center, 1121 Alto St. For more information contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

CROSS WORD PUZZLE

ACROSS

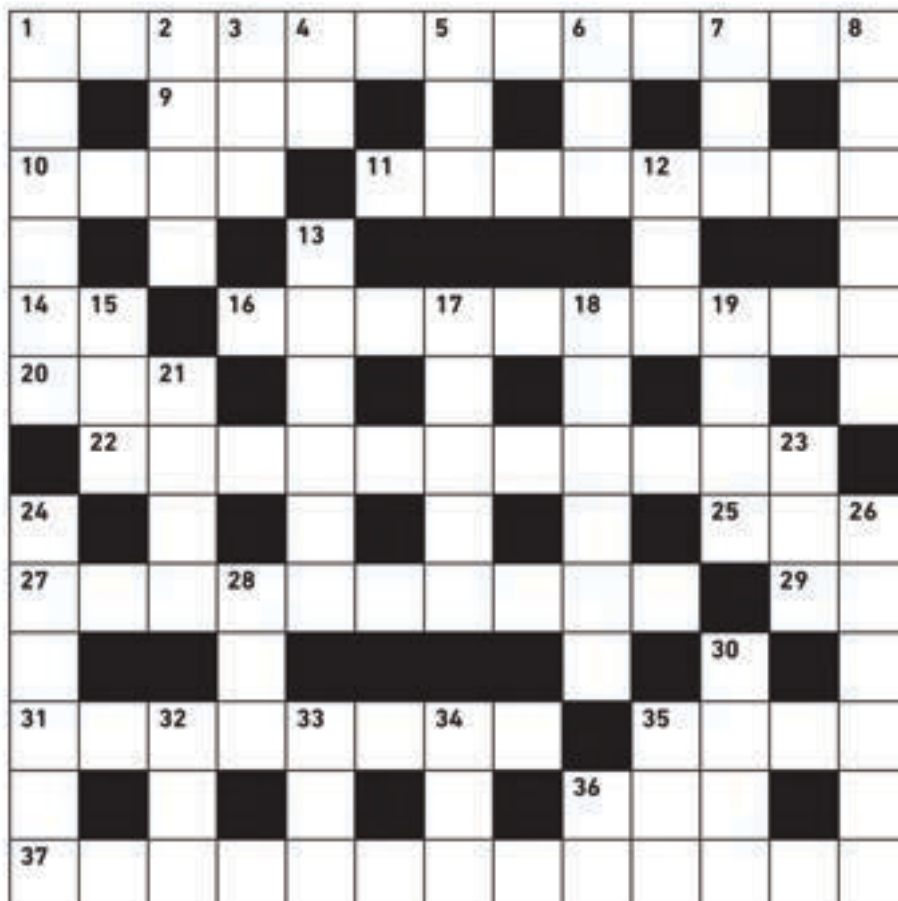
1. ***Die Another Day***
(2002)
9. June honoree
10. Three-spot
11. Period of decline
14. Chicago train
16. ***Moonraker***
(1979)
20. Funny DeLuise
22. ***Thunderball***
(1965)
25. Sixth sense
27. ***Casino Royale***
(1967)

29. "A note to follow so"
31. Bumbershoot
35. The _____ Piper
36. Aficionado
37. ***Licence to Kill***
(1989)

DOWN

1. Stroked
2. Paradise
3. Light shaft
4. Savings or music abbr.
5. Thank the audience

6. Woodsy of PSAs
7. Yuletide quaff
8. Spice for 7 Down
12. Altar promise
13. Invented a new word
15. _____ Angeles
17. Christ Stopped at _____
18. Made money
19. D&D giant
21. Griffin of '60s talk
23. Fashion monogram
24. Rearrange
26. Absolution
28. Leb. neighbor
30. Trace
32. Layabout
33. Newt
34. Myrna of *The Thin Man*
35. Crony
36. "A long, long way to run"





SUMMER WORD SEARCH

FIND WORDS ASSOCIATE WITH SUMMER. MAY BE IN ANY DIRECTION AND OVERLAP.



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



SEASONEDTIMES.COM

AUGUST

HOT

POOL

TRAVEL

BEACH

JULY

RELAX

VACATION

CAMP

JUNE

SWIM

WATERMELON

FIREWORKS

PICNIC

SWIMSUIT



CROSS WORD PUZZLE SOLUTIONS

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

WORD SEARCH SOLUTIONS

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

SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Turkey Wrap Garnish Tortilla Baby Carrots / Celery Sticks Pasta Salad Yogurt
4 Chicken Fettuccini Alfredo Broccoli & Cauliflower Tossed Salad Roll Sliced Apples	5 Beef & Bean Burrito Green Chili Sauce Garnish Calabacitas Spanish Rice Diced Mango	6 Pork Chop Pork Gravy Mashed Potatoes Mixed Veggies Roll Plums	7 Salmon Patties Tomato Macaroni Peas & Carrots Garden Salad Ice Cream	8 Teriyaki Chicken Brown Rice Stir Fry Veggies Fortune Cookie Mandarin Oranges
11 Baked Tilapia Scalloped Potatoes Brussel Sprouts Roll Banana	12 Cheese Tortellini Meaty Marinara Sauce Italian Veggies Cucumber Salad Cantaloupe	13 Beef Tips over Egg Noodles Buttered Peas Spinach Salad Roll Peaches	14 Red Chili Beef Enchiladas Garnish Pinto Beans Chuckwagon Veggies Spanish Slaw Fresh Orange	15 Pepper Steak Tomato Topping Parsley Potatoes Baked Okra Roll Jello
18 Baked Chicken Mushroom Sauce Rice Pilaf Green Beans & Corn Roll Strawberries	19 Cobb Salad with Chicken, Ham & Boiled Egg Crackers Brownie	20 Fish Sandwich with Tartar Sauce Hushpuppies Coleslaw Tapioca Pudding	21 Turkey Roast Yams Vegetable Medley Tossed Salad Roll Cherry Cobbler	22 Sweet & Sour Pork Brown Rice Asian Veggies Hawaiian Roll Pineapple
25 Chicken Parmesan over Linguini Noodles Italian Veggies Bread Stick Fresh Pear	26 Ham Sandwich Garnish Potato Chips Cold Peas Strawberry Shortcake	27 Red Chili Cheese Dog French Fries Spanish Slaw Chuckwagon Corn Sherbet	28 Beef Roast Mushroom Gravy ½ Baked Potato Asparagus Roll Grapes	29 Chicken & Rice Casserole Broccoli & Red Peppers Tossed Salad Roll Baked Apple Slices

Senior Meal Suggested Donation: Lunch \$1.50
10:30 am – 12:30 pm Monday through Friday

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

MOVIES IN THE PARK

✦ S O U T H S I D E ✦

Moana 2 (2024, PG)

Friday, August 8th | 6:00pm
(Doors Open at 5:15pm)

SWAN Park - 5300 Jaguar Drive



Visit santafenm.gov/events to view a full calendar of City of Santa Fe Events

Final Showing of the Season!

Join us for one last entertaining family-friendly evening in the park. First 100 attendees receive movie themed goodies.

Food and drink vendors will be on-hand.
Popcorn and Water provided by Sky Cinemas and Coca-Cola.



CITY OF SANTA FE
COMMUNITY ENGAGEMENT



sky cinemas



NOTES

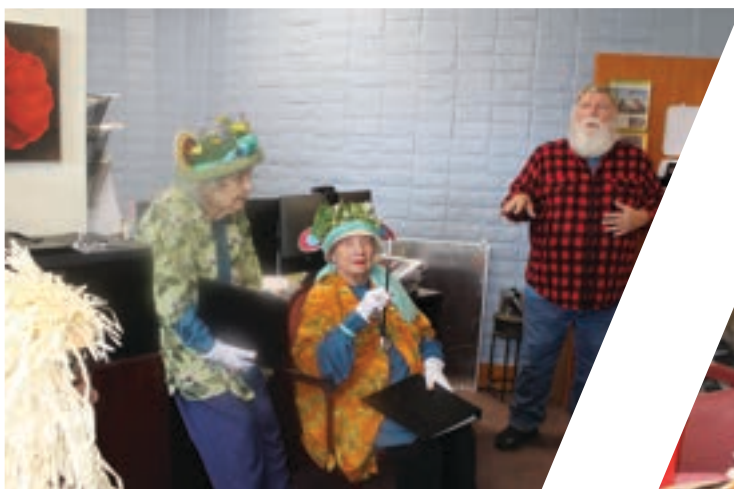
JULY HIGHLIGHTS



Mahjong Concentration!



Mahjong Takes Off!



Senior Theater Pep Talk!



Senior Theater Performance!



Live Lunchtime Performance at the MEG!



Senior Theater-The Newlyweds



CITY OF SANTA FE SENIOR SERVICES



MARY ESTHER GONZALES (MEG)

1121 Alto St.
Santa Fe, NM 87501



PASATIEMPO

664 Alta Vista St.
Santa Fe, NM 87505



LUISA CENTER

1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505



Siler Rd.

Cerrillos Rd.

Sirango Rd.

W Zia Rd

Rodeo Rd.

St. Michaels Dr.

St. Michaels Dr.

W. Alameda St.

S Guadalupe St.

Don Diego Ave.

Paseo De Peralta

S St. Francis Dr.

S St. Francis Dr.

MARY ESTHER
GONZALES (MEG)

PASATIEMPO

LUISA CENTER



= Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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