

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

July 2025



CITY OF SANTA FE
SENIOR SERVICES

JUNE HIGHLIGHTS



Nazario & Berna!



Paul & Susan!



Tony & Edna Looking Good!



Juan & Chizuko share a dance!



Lorenzo & Josephine Share a Moment!



Josephine & George

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

July 2025

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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



JULY AT A GLANCE

JULY 2025				
30 Monday MEG 1:00-3:00 Cribbage w/ Keena	1 Tuesday MEG 1:00 - 3:00 AARP Smart Drive	2 Wednesday	3 Thursday	4 Friday Independence Day! All Senior Centers will be closed.
7 MEG 11:00 to 12:30 Birthday Celebration MEG 10:30-2:00pm Haircuts w Fabiola	8	9 PASATIEMPO 11:00 to 12:30 Birthday Celebration	10 LUISA 11:00 to 12:30 Birthday Celebration	11 MEG 1:00 - 2:00 Book Club MEG 1:00 - 3:00 MOVIE <i>Under the Same Moon (La Misma Luna)</i>
14 MEG 1:00 - 3:00 Cribbage w Keena Pasatiempo 10:30-2:00pm Haircuts w Fabiola	15 Luisa 10:00-1:00pm Haircuts w Katalina	16	17	18 MEG 12:50- 3:15 MOVIE <i>Close Encounters Of The Third Kind</i>
21 LUISA 10:00 - 1:00 Haircuts w Fabiola	22 MEG 11:30 - 12:30 ICAN Nutrition Class	23 PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class	24 LUISA 11:30 - 12:30 ICAN Nutrition Class Dance at the Eagles 1:00-4:00pm	25 MEG 1:00 - 3:00 MOVIE <i>That Thing You Do</i>

Book of the month is "Alice's Adventures in Wonderland"

By Lewis Carroll

Join us on July 11th for a great discussion!



JULY MOVIES



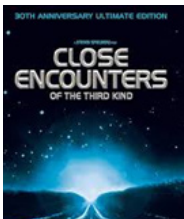
Under the Same Moon
Friday, July 11 | 1:00pm-3:00pm
MEG Center

Single mother Rosario (Kate del Castillo) leaves her young son Carlitos (Adrian Alonso) in the care of his grandmother and illegally crosses the border into the U.S. Though she hopes to eventually make a better life for herself and her son, she toils in a dead-end job as a cleaning lady in Los Angeles. When Carlitos' grandmother passes away some years later, the boy begins a difficult and dangerous journey to join her.



That Thing You Do
Friday, July 25 1:00pm-3:00pm
MEG Center

That Thing You Do! is a 1996 American musical comedy-drama film written and directed by Tom Hanks, in his feature writing and directorial debut. Set in 1960s rock and roll culture, it chronicles the rise and fall of a fictional one-hit wonder pop band and stars Tom Everett Scott in his film debut along with Johnathon Schaech, Steve Zahn, and Ethan Embry as the band's members, with Liv Tyler and Hanks appearing in supporting roles.



Close Encounters of the Third Kind
Friday, July 18 12:50pm-3:15pm
MEG Center

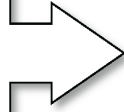
Science fiction adventure about a group of people who attempt to contact alien intelligence. Roy Neary (Richard Dreyfuss) witnesses an unidentified flying object and even has a "sunburn" from its bright lights to prove it. Roy refuses to accept an explanation for what he saw and is prepared to give up his life to pursue the truth about UFO's



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	1:00 to 2:30 pm: Readers Theater		1:00 to 3:00 pm: Movie (See monthly calendar for details)
3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	1:30 to 3:00 pm: Bingo	3:30 to 4:30 pm: Qi Gong	
		3:30 to 4:30 pm: Enhanced Fitness		



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,

July is upon us, and Summer is in full swing along with that warmer weather and the beginning of the monsoon season. Please remember to stay hydrated on these warm days of summer, dehydration is a common and serious concern for seniors, but there are simple things you can do to stay well-hydrated and feeling your best. Remember to drink fluids throughout the day even if you don't feel thirsty, keep a refillable water bottle with you, drink other drinks like tea, milk or low sugar fruit juices, eat water rich fruits and vegetables like watermelon, cucumbers, strawberries. Some of your medications may also increase your risk of dehydration so ensure you adjust your fluid intake accordingly.

I want to remind you the Mary Esther Gonzales Senior Center is a cooling station. If the temperature is hot out, please come to the center and cool off. All are welcome to have something to drink.

I want to wish everyone a Happy Fourth of July and hope you all enjoy Independence Day.

Manuel Sanchez

Senior Services Director



FGP – SCP – CCP



FOSTER GRANDPARENT PROGRAM - SENIOR COMPANION PROGRAM - CARE COMPANION PROGRAM

Foster Grandparent Program (FGP) offers opportunities to limited income 55+ seniors to mentor and guide students to higher academic achievement. The FGP Program connects role models like you with students with exceptional needs. If you're interested in mentoring and tutoring children, look no further. Enrich your life while enriching the lives of others. Volunteers who serve in the FGP program provide the kind of comfort and love that sets a child on a path to a successful future. Foster Grandparents provide 5-40 hours of service weekly at schools and Head-starts.

Senior Companion Program (SCP) offers opportunities to limited income 55+ seniors 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 keep seniors independent longer and provide respite to family caregivers. Use your skills and talents to make older adults' independence a reality. Enrich your life while enriching the lives of others. Senior volunteers report better health and longevity having served their community. Senior Companions provide 5-40 hours of companionship weekly to two or more seniors with disabilities or those who are lonely.

Program Benefits for FGP and SCP: Income-eligible volunteers can receive

- Modest tax-free stipends
- Transportation reimbursement
- Reimbursement for meals during service

Care Companion Program (CCP) volunteers will 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: Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental and physical health. Care Companion Program volunteers can help provide ongoing companionship and emotional support. Compassionate and attentive companions can provide social interaction, engage in conversation, and help dispel feelings of loneliness.

Program Benefits for CCP:

- modest stipend and meal
- mileage reimbursements.

Care Companion Program volunteers **will not be restricted by age and income requirements.**

For more information please call:

Theresa Trujillo, Program Manager 505-955-4745 tptrujillo@santafenm.gov
Roberta Armijo, Project Administrator 505-955-4744 rparmijo@santafenm.gov

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 at least 5 days in advance.

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

JULY GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, July 3rd and 17th
7:00AM-9:00AM

ECHO Commodity Distribution

July 15th: 9:30AM -12:00PM
Contact: 505-242-6777

San Martin de Porres Distribution

June 15th & 29th: 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, July 21, 2025

Raven's Ridge Trail

This hike is not difficult; however, it is not recommended for beginners or those with breathing issues due to its high altitude. We will begin on the Winsor Trail near the Ski Santa Fe area which is 10,200 feet and climb approximately 1,000 feet in 1.6 miles. We will stop for a snack at a beautiful lookout spot a few feet off the trail and return the way we came. The round-trip hike is 3.25 miles.

This hike is on a well-defined path through the forest but hiking poles or a staff are recommended to assist in the more strenuous sections.

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!

General items

- Arrive: MEG between 8:15AM and 8:30AM.
- Departure: 8:30AM sharp.
- Return: approximately 1:30PM.

What to Bring

BRING WATER and snack food, sturdy shoes or boots, a hat that covers ears, sunscreen and sunglasses; Dress in layers, including a rain jacket. Also, hiking poles if you have them.

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, July 1, 2025**. For further information to attend any class, contact:

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

SUMMER DANCE

When: Thursday, July 24, 2025, 1PM - 4PM

Music by: Martin & Company!

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

Light refreshments, FREE admission

SANTA FE SENIOR THEATER PERFORMS AT THE MEG!

"Lion and J Mouse" by Larry Lee after Aesop
Wednesday, July 16th, 11:00AM

Will Lion devour J Mouse? Will Lion escape the King's trap? What will happen to Lion's jungle?

"The Newlyweds" by Michelle M. Miller
Friday, July 25th, 12:40PM

40 years after appearing on the Newlywed Game, are Penny and Al as happy as they were back then?

CLOTHING HELPING KIDS, INC.

Clothes Helping Kids is a nonprofit organization that supports community programs in New Mexico. Clothes Helping Kids support quality programs for children and youth. Local non-profit organizations such as schools, community centers, and childcare centers operate these programs in their own local communities. All items donated are sold to Savers Thrift Store; the net profits are awarded in grants as funds become available.

We gladly accept reusable:

Clothing (Men's, Women's, Children's), and House wares. Sorry, but we cannot pick up large appliances, chemicals, trash, furniture, or hard to transport items.

**For more information about our pickup service, contact: Clothes Helping Kids, Inc.,
505-266-2002 or www.clotheshelpingkids.org**

HELP FEED SANTA FE'S PRAIRIE DOGS!

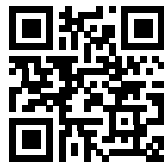
The nonprofit People for Native Ecosystems (PNE) has been feeding Gunnison's Prairie Dogs in Santa Fe for more than 20 years. We need volunteers to help feed several active prairie dog colonies. As feeding from March to October is necessary to help this important keystone species survive. The cost of feed is covered by PNE, and we usually feed for about one hour on weekend mornings or during the week.

Want to help PNE feed this important species?

**Visit: prairiedogpne.org/how-you-can-help/
We'll then set up a short call or meet and greet.**



| 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



48TH ANNUAL PANCAKES ON THE PLAZA JULY 4, 2025

When you buy a ticket, you are not just enjoying a plate of fluffy goodness — you are helping local families thrive, students succeed, and our whole community shine a little brighter. Pancakes on the Plaza is brought to you by the Rotary Club of Santa Fe — 80 Rotarians, over 300 volunteers, and a whole lot of heart. Thanks to your support and your big appetite, we are making a real impact. Eat pancakes. Have fun. Make a difference.

When: June 4, 2025, at 7:00AM, entertainment
Continues till 2:00PM

Where: Santa Fe Plaza

FLORA'S CORNER



"The life I touch for good or ill
will touch another life, and in turn
another, until who knows where
the trembling stops or in what
far place my touch will be felt."
-Frederick Buechner

A SPECIAL THANK YOU!

A Special Thank you to our colleagues at County Senior Services for a wonderful collaboration! A few images from the Senior Prom Event!



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



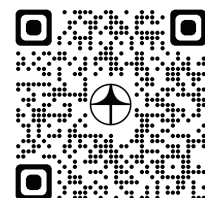
Sponsored by the Santa Fe Walking Collaborative
& convened by the Santa Fe Conservation Trust
Spanish language schedule available at sfct.org/vamonos

¡Vámonos!

SANTA FE WALKS

COLOR CODE LEGEND

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



TOP NEEDS OF SANTA FE VETERANS OUTLINED

By Stan Cooper

According to the 2024 Census, there are 9,062 veterans in Santa Fe County, of which 7,688 are men and 1,031 are women.

What are the top needs of veterans in Santa Fe?

According to data compiled by the New Mexico Veterans Services Department, the top three priorities are:

Stable and affordable Housing

Homelessness and housing instability are major issues. Goodwill's Supportive Services for Veterans and the New Mexico Veterans Integration Center work to assist very low-income vets with move-in costs and past due rent. The federal Veterans Administration offers federal Housing and Urban Development (HUD) vouchers via the VA Santa Fe Clinic (5152 Beckner Road 505 986-5645), including transitional and permanent housing referrals.

Behavioral and Mental Health Support

The Santa Fe Vet Center (2209 Brothers Road, Suite 110, 505 988-6562) provides counseling (individual/group and telehealth), substance abuse resources and connects vets to community mental health resources. The Santa Fe VA Clinic supports same-day mental health visits, emergency care and telehealth which is important for treating Post Traumatic Stress Syndrome (PTSD). Military Sexual Trauma (MST), depression and addiction.

Accessible Medical Care and Transportation

Older veterans are more likely to face chronic conditions such as heart disease, diabetes and arthritis than younger veterans. Younger veterans, according to information provided by the state, are more likely to seek care for combat injuries such as PTSD and may be focused on rehabilitation or preventative care.

The Santa Fe Vet Clinic provides transportation for veterans to the VA hospital in Albuquerque. The New Mexico Department of Veterans Services (NMDVS), in conjunction with the VA, offers the Highly Rural Veterans Transportation Service, which can provide transportation for vets who live in certain rural areas to VA medical appointments.

If a veteran is in a crisis, what can they do immediately?

For veterans in crisis, they can call 988 for help. Then press 1 to connect to the Veterans Crisis Line which operates 24 hours a day, seven days a week.

Did the New Mexico Legislature do anything for vets in 2025?

Earlier this year, the New Mexico Legislature passed legislation to assist veterans with their property taxes and with free access to state parks. Veterans currently get a standard \$4,000 property tax exemption. House Bill 47, which was adopted, extends the exemption to \$10,000 and is effective this year. It has adjustments for inflation in future years.

House Bill 161 provides veterans unlimited, free day-use and camping passes into state parks or other recreation areas administered by the New Mexico Energy, Minerals and Natural Resources Department. Veterans must apply for the NM State Parks Lifetime Veterans Pass from the NMDVS which will be issued beginning July 1, 2025.

The NMDVS Santa Fe office is located in the Batan Memorial Building, 407 Galisteo Street, Santa Fe, NM 87501. 505-827-6300

Stan Cooper is a long-time volunteer benefits counselor for the New Mexico Aging and Disability Resource Center and the City of Santa Fe Senior Services Division. He served 12 years as AARP State Director for New Mexico.

PRINCIPALES NECESIDADES DE LOS VETERANOS EN SANTA FE

Por Stan Cooper

Según el Censo de 2024, hay 9,062 veteranos en el Condado de Santa Fe, de los cuales 7,688 son hombres y 1,031 son mujeres.

¿Cuáles son las principales necesidades de los veteranos en Santa Fe?

De acuerdo con datos recopilados por el Departamento de Servicios para Veteranos de Nuevo México (New Mexico Veterans Services Department), las tres principales prioridades son:

Vivienda estable y asequible

La falta de vivienda y la inestabilidad habitacional son problemas importantes. El programa de Servicios de Apoyo para Veteranos de Goodwill y el Centro de Integración para Veteranos de Nuevo México (New Mexico Veterans Integration Center) ayudan a veteranos con ingresos muy bajos a cubrir los costos de mudanza y rentas vencidas. La Administración de Veteranos (VA, por sus siglas en inglés) ofrece vales del programa federal de Vivienda y Desarrollo Urbano (HUD, por sus siglas en inglés) a través de la Clínica de VA en Santa Fe (5152 Beckner Road, 505 986-5645), incluyendo referencias para vivienda transitoria y permanente.

Apoyo en salud conductual y mental

El Centro para Veteranos de Santa Fe (2209 Brothers Road, Suite 110, 505 988-6562) ofrece asesoramiento (individual, grupal y por telemedicina), recursos para el abuso de sustancias y conecta a los veteranos con recursos comunitarios de salud mental. La Clínica de VA en Santa Fe también ofrece visitas de salud mental el mismo día, atención de emergencia y servicios de telemedicina, fundamentales para tratar el Trastorno de Estrés Postraumático (PTSD, por sus siglas en inglés), el Trauma Sexual Militar (MST, por sus siglas en inglés), la depresión y las adicciones.

Atención médica y transporte accesibles

Los veteranos mayores son más propensos que los veteranos más jóvenes a enfrentar enfermedades crónicas como enfermedades cardíacas, diabetes y

artritis. Los veteranos más jóvenes, según la información proporcionada por el estado, tienden a buscar atención por lesiones de combate, así como por PTSD y pueden enfocarse en la rehabilitación o la atención preventiva. La Clínica de Veteranos de Santa Fe ofrece transporte al hospital VA en Albuquerque. El Departamento de Servicios para Veteranos de Nuevo México (NMDVS), en conjunto con la VA, ofrece el Servicio de Transporte para Veteranos en Zonas Rurales, que puede transportar a veteranos que viven en ciertas áreas rurales para asistir a citas médicas con la VA.

Si un veterano está en crisis, ¿Qué puede hacer de inmediato?

Si un veterano está en crisis, puede llamar al 988 para pedir ayuda. Luego debe presionar 1 para conectarse con la Línea de Crisis para Veteranos, la cual opera las 24 horas del día, los 7 días de la semana.

¿Qué hizo la Legislatura de Nuevo México por los veteranos en 2025?

A principios de este año, la Legislatura de Nuevo México aprobó leyes para ayudar a los veteranos con sus impuestos a la propiedad y con el acceso gratuito a parques estatales.

Actualmente, los veteranos reciben una exención estándar de \$4,000 en impuestos a la propiedad. La Cámara de Representantes aprobó el Proyecto de Ley 47, que amplía la exención a \$10,000 y entra en vigor este año. La ley también contempla ajustes por inflación en años futuros.

El Proyecto de Ley 161 otorga a los veteranos pases gratuitos e ilimitados para uso diurno y para acampar en parques estatales u otras áreas recreativas administradas por el Departamento de Energía, Minerales y Recursos Naturales de Nuevo México.

Los veteranos deben solicitar el Pase Vitalicio para Parques Estatales para Veteranos de Nuevo México a través del NMDVS, el cual será emitido a partir del 1 de julio de 2025.

Stan Cooper es un consejero voluntario de larga trayectoria en beneficios para el Centro de Recursos sobre el Envejecimiento y Discapacidad de Nuevo México (New Mexico Aging and Disability Resource Center) y la División de Servicios para Personas Mayores de la Ciudad de Santa Fe (City of Santa Fe Senior Services Division). Sirvió durante 12 años como director Estatal de AARP en Nuevo México.

SUMMER SAFETY TIPS FOR SENIORS

1. Reduce Strenuous Activities

With high temperatures, you should stay in air-conditioned or cool places and out of the sun. Stay active indoors.

2. Keep Hydrated

Drink plenty of water, even if you're not thirsty! As you increase your intake of water, minimize your intake of caffeinated or alcoholic drinks, as these only dehydrate your body.

3. Protect Yourself in the Sun

Use sunscreen with SPF15 or higher when going outside, even on cloudy or overcast days.

4. Wear Light Clothing

Stock your wardrobe with light-colored and loose-fitting clothes to keep cool and stay comfortable.

5. Be an Early Bird or Night Owl

If you must be outside during a summer heat wave, limit your outdoor activities to the morning and evenings since the sun is the strongest between 10am and 4pm.

6. Watch For Heat Stroke

It's important to be mindful of signs of a heat stroke, which include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and rapid pulse. Make sure you seek medical attention immediately.

ZESTY 4TH OF JULY SUMMER SALSA



Ingredients:

- 1 (12 ounce) jar jalapeno peppers
- 6 medium ripe tomatoes, finely chopped
- 2 bunches green onion, finely chopped
- 3 medium white onions, finely chopped
- 2 (4 ounce) cans chopped green chile peppers
- 1 bunch fresh cilantro, finely chopped
- 2 medium limes, juiced
- Salt to taste

Directions:

- Drain jalapeno juice into a large bowl.
- Finely chop jalapenos and add to the juice.
- Add tomatoes, green and white onions, chile peppers, and cilantro.
- Add lime juice over top and mix everything together.
- Season with salt.

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, JULY VOLUNTEERS!

Barbara Wenes 7/1

Celia (Sally) roman 7/2

Leslie Zane 7/2

Tom Pederson 7/3

Dan Goin 7/4

David Reffert 7/5

Thomas Hitch 7/6

Virginia (Gina) Noriega 7/6

Michaela Gallagher-Gonzales 7/8

Karen Penzell 7/9

Rod Hasson 7/10

Eppie Herrera 7/10

Sherry Garcia 7/11

Maria Cocchia 7/19

Barbara Mellers 7/22

Meena Sachdeva 7/22

Patricia Collins 7/26

Julie Hliboki 7/27

Dr. Ellen Rosell 7/27

Diane Quintana 7/28

Medardo Roybal 7/28

Joseph Loewy 7/29

Michaela Shelley Valencia 7/29

Shari Mayhew 7/31

VOLUNTEER OPPORTUNITIES 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've 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 55+ seniors to mentor and guide students to higher academic achievement. The FGP Program connects role models like you with students with exceptional needs. Foster Grandparents provide 5-40 hours of service weekly at schools and Head-starts. Income eligible volunteers receive a non-taxable hourly stipend.

SCP-Senior Companion Program offers opportunities to limited income 55+ seniors 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 keep seniors independent longer and provide respite to family caregivers. Use your skills and talents to make older adults' independence a reality. 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 non-taxable hourly stipend.

CCP-Care Companion Program volunteers will provide regular visits to long-term care community residents and develop "authentic" relationships that support socialization and engagement. Benefits to long-term socialization and engagement. Benefits to long-term care facility residents: Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental health. Care Companion Program volunteers can help provide ongoing companionship and emotional support. ALL volunteers receive a non-taxable hourly stipend.

For more information call 505-955-4721.

NON-METRO AREA AGENCY ON AGING | VOLUNTEER DRIVER PROGRAM

Helping older adults thrive and maintain their independence.

DRIVERS NEEDED

Help provide transportation services for non-emergency medical appointments for seniors.

Volunteer drivers utilize their own insured vehicles to provide transportation for adults 60 years of age or older to travel to life sustaining medical appointments.

Become a driver today!

WE OFFER OUR DRIVERS

Mileage reimbursement

Supplemental auto coverage

Meal reimbursement for rides
(OVER FIVE HOURS)



CONTACT US

seniorhelp@ncnmedd.com
(505) 391-9231

SIGN UP NOW!



SCAN:

NON-METRO AREA AGENCY ON AGING | VOLUNTEER DRIVER PROGRAM
(Agencia para el Envejecimiento en Áreas No Metropolitanas) (Programa de Conductores Voluntarios)

Ayudando a los adultos mayores a prosperar y mantener su independencia.

SE NECESITAN CONDUCTORES

Ayude a brindar servicios de transporte para citas médicas que no son de emergencia para personas mayores.

Los conductores voluntarios utilizan sus propios vehículos asegurados para proporcionar transporte a adultos de 60 años o más para asistir a citas médicas esenciales para su bienestar. **¡Conviértase en conductor hoy!**

OFRECEMOS A NUESTROS CONDUCTORES

Reembolso de millaje

Cobertura de auto suplementaria

Reembolso de comidas por viajes

(DE MÁS DE CINCO HORAS)



CONTÁCTENOS

seniorhelp@ncnmedd.com
(505) 391-9231

¡REGÍSTRATE AHORA!



ESCANEE:

CROSS WORD PUZZLE

ACROSS

- 1. Christmas helper
- 3. **"Good luck," in theater**
- 8. Cycle passenger seat
- 9. Author Dahl
- 11. Droop
- 12. **Ignore**
- 16. Wheels
- 17. **Way to earn sweat equity**
- 23. The Beehive State
- 25. **Wry**
- 30. October air sign

- 32. Designate

- 34. **Fail, as a business**

- 35. Pet rocks or yo-yos

DOWN

- 1. Artificial
- 2. Part of FDIC
- 3. *Doctor Who* network
- 4. Swashbuckler Flynn
- 5. Islam's holy book
- 6. Rental document
- 7. Fictional surfer girl
- 10. Install carpeting

- 13. Essence

- 14. From _____ Z

- 15. Package adornment

- 18. Seek office

- 19. List-ending abbr.

- 20. Sound at the spa

- 21. Country lawman

- 22. Prison camp

- 24. Emulated Nathan Chen

- 26. _____-Wan Kenobi

- 27. Bigwig

- 28. Vehicle renter

- 29. Land on the Adriatic Sea

- 33. Vigor

1		2		3		4		5		6		7
8								9			10	
										11		
12			13	14	15							
		16										
	17						18	19	20	21		
22							23					24
25	26	27		28		29						
30												
31						32		33				
34										35		

WORD SEARCH

Pizza

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

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

DOUGH
EAT
FREEZER
HERBS
MOZZARELLA
MUSHROOM
NAPOLI
OIL
OLIVES
ORDER
OREGANO
OVEN
PARMESAN
PEPPER
PIECE
PINEAPPLE
ROUND
SALAMI
SALT
SEAFOOD
SLICE
TOMATO
TUNA
YEAST

ANCHOVIES
BAKE
BASIL

BROCCOLI
CALZONE
CAPERS

CRUST
CUT
DELICIOUS

DELETE ONE

Delete one letter from WINTERY LOFT and scoop up a prize.

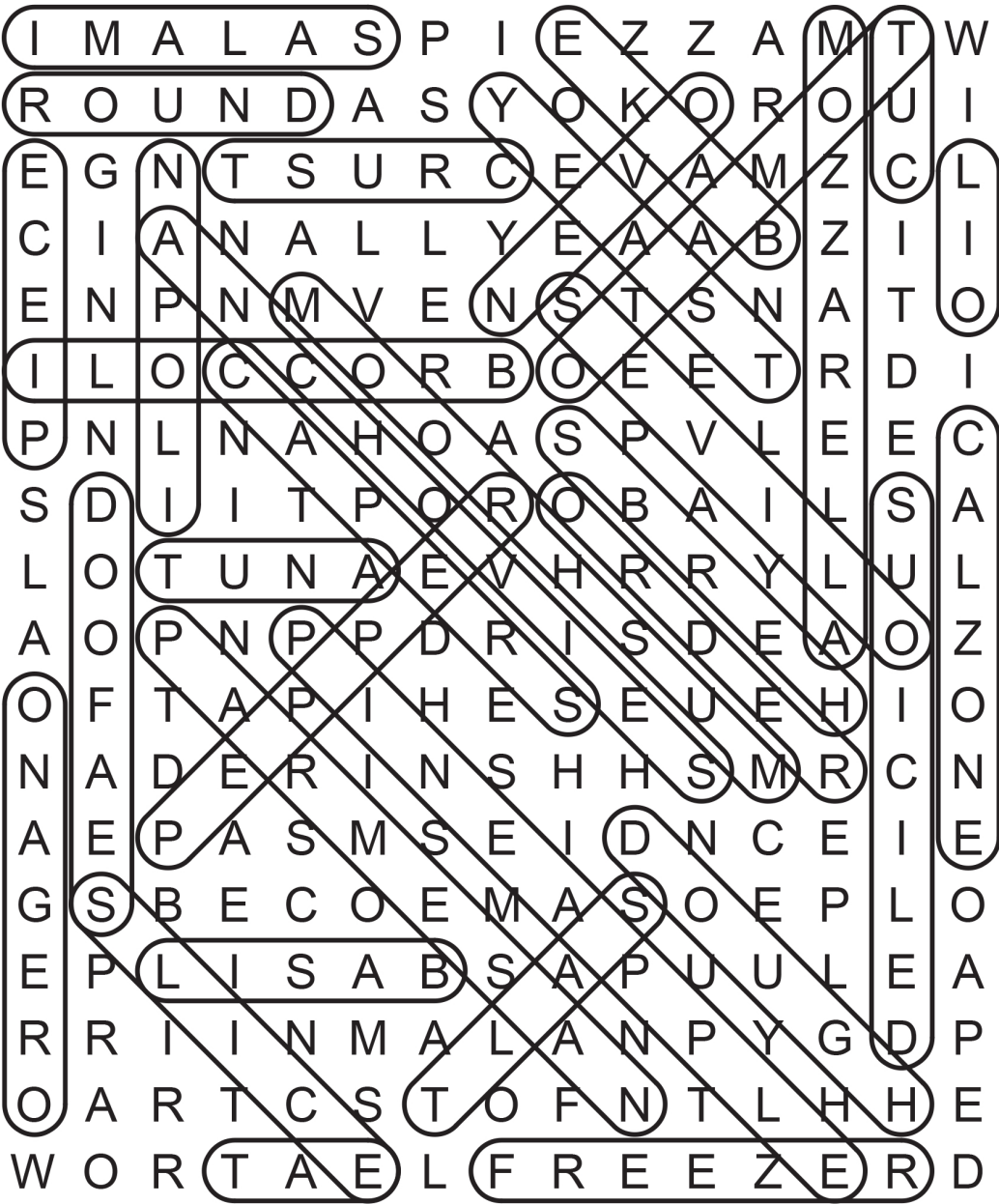


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CROSS WORD PUZZLE SOLUTIONS

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

Solution: Pizza



DELETE ONE

Delete F and find LOTTERY WIN



SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Rib Patty Ranch Beans Asparagus Cornbread Brownie	2 Frito Pie Pinto Beans Garnish Chuckwagon Veggies Sliced Apples	3 Turkey Sandwich Garnish Carrot Raisin Salad Celery Sticks Oatmeal Cookie	4 ALL CENTERS CLOSED
7 Hawaiian Chicken Brown Rice Oven Roasted Okra Tossed Salad Hawaiian Roll Pineapple	8 Breaded Fish French Fries Vegetable Medley Coleslaw Diced Pears	9 Beef Roast ½ Baked Potato Mushroom Gravy California Veggies Roll Banana	10 Soft Beef Taco Garnish Refried Beans 5 Way Veggie Salsa Fresh Apple	11 Chicken Cordon Bleu Potatoes Au Gratin Brocc & Cauli Tossed Salad Choc Pudding
14 Polish Sausage Sauerkraut California Veggies Parsley Potatoes Garden Salad Peaches	15 Pork Stir Fry Asian Veggies Egg Rolls Fried Rice Tapioca Pudding	16 Salisbury Steak Mushroom Gravy Mashed Potatoes Steamed Carrots Roll Yogurt	17 Chicken Strips Onion Rings Country Gravy Biscuit Green Beans Watermelon	18 Tilapia Rice Pilaf Spinach & Onions Tossed Salad Ice Cream
21 Swedish Meatballs over Egg Noodles Mixed Veggies Roll Tropical Fruit	22 Red Chili Beef Enchiladas Capri Veggies Spanish Rice Green Salad Fruit in Jello	23 Hot Dog Tater Tots Peas & Carrots Baked Beans Vanilla Pudding with Cinnamon	24 Baked Chicken Mushroom Sauce Wild Rice Spinach Tossed Salad Roll Mandarin Oranges	25 Chili Relleno Meaty Green Chili Sauce Calabacitas Diced Potatoes Tortilla Cobbler
28 Chicken Provencal Veggie Topping Steamed Rice Vegetable Medley Roll Plums	29 Beef Fajita Fajita Veggies Black Beans Salsa Tossed Salad Diced Mango	30 Pork Roast Pork Gravy Scalloped Potatoes Asparagus Roll Applesauce	31 Meaty Lasagna Italian Veggies Tossed Salad Garlic Toast Strawberries	

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 ★



Wicked (2024, PG)

Friday, July 11th | 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

Movies in the Park - July Edition!

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

Discounted food and refreshments made possible by our sponsor Christus St. Vincent. Fusion Tacos, Rainbow Snow, Freezie Fresh, and Lemon Lush will all be on-hand. Water provided by Coca-Cola.



CITY OF SANTA FE
COMMUNITY ENGAGEMENT





Chess Club Meets at the MEG!



Carol & Merrick Beautify The MEG!



Lunch Buddies!



Siblings Soaking up the Sun!



Thank you for Being the Blessing!



The FAB FOUR!



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.

S St. Francis Dr.

S Guadalupe St.

W. Alameda St.

Paseo De Peralta

Don Diego Ave.

MARY ESTHER
GONZALES (MEG)

PASATIEMPO

LUISA CENTER



= Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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