



CITY OF SANTA FE
SENIOR SERVICES

JANUARY 2025

SENIOR SCENE





Enhanced Fitness Holiday Extravaganza



Holiday Dance Fun!



Guitar Class- Holiday Concert!



Lookin good Genevieve!



Paul Montano-Holiday Meal Attire!



ONGOING ACTIVITIES AT SENIOR CENTERS

All activities are open to registered seniors. Schedule is subject to change. Please print your name on our activity sheets every time you participate in an activity. You can choose to wear a mask at any time in the senior centers.

Luisa Senior Center 1500 Luisa Street (entrance on Columbia Street)

- **Monday - Friday 10:30 AM – 12:30 PM:** Fitness Room & Computer Lab
- **Monday, January 27th, 10:00 AM – 1:00 PM:** Haircuts by Fabiola

Pasatiempo Senior Center 664 Alta Vista St.

- **Monday - Friday 10:30 AM – 12:30 PM:** Fitness Room & Computer Lab
- **Monday, January 13th, 10:00 AM – 1:00 PM:** Haircuts by Fabiola

Mary Esther Gonzales (MEG) Senior Center 1121 Alto Street

Cards/Billiards Room, Fitness Room, & Computer Lab CLOSED FOR CONSTRUCTION

- **Monday, Wednesday, Thursday 8:00 AM-10:00 AM:** Games/Cards Conference Room
- **Monday, January 6, 1:00 PM to 3:00 PM:** Cribbage (a card game that uses a peg board to keep score) All skill levels are welcome. Tutorials are available for beginners. All materials are provided. *Closed Jan. 20th
- **Tuesdays 10:00 AM-12:00 PM:** Guitar Class
- **Wednesdays 1:30 PM - 3:00 PM:** BINGO
- *Wednesday's Quilting Class will resume after construction.*
- **Thursdays 9:30 AM - 11:00 AM:** Wood Carving
- **Mondays & Tuesdays 8:30 AM - 9:30 AM:** Tai Chi/Short Form
- **Thursdays 3:30 PM - 4:30 PM:** Qi Gong (sitting optional)
- **Thursdays 1:00 PM - 2:00 PM:** Meditation for Seniors brought to you by Upaya- Conference Room.
- **Fridays 1:00 PM - 3:00 PM:** Knitting Class
- **Monday, January 6th at 10:30 AM:** Haircuts by Fabiola in the Sunroom.
- **Mondays, Wednesdays, Fridays 9:30 AM - 10:30 AM:** Enhanced Fitness
- *The "MEG Page Turners" Book Club will not meet in January.*

Contact for all three centers:
Kim Rivera 505-955-4715, karivera@santafenm.gov

CITY OF SANTA FE
COMMUNITY
SERVICES
SENIOR SERVICES

Senior Scene Highlights

News & Views

Ask Stan

Crossword Puzzle
& Word Search

Winter Safety Tips

January Senior
Center Lunch Menu



Offered by:
Division of Senior
Services
Programs & Activities
for Older Adults

Newsletter Production
Mona Baca, Editor/Distribution
Erin Pulsipher, Graphic Design



CITY OF SANTA FE SENIOR SERVICES

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00AM – 5p.m
- Services are free
- Free registration & reassessment required

Mary Esther Gonzales Senior Center - 1121 Alto St.

- Admin Offices: 505-955-4721

Senior Services Administration & Registration: 505-955-4721

Division Director, Senior Services

Manuel Sanchez 505.955.4721
mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Salazar, Senior Transportation Manager
lmsalazr@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 AM – 4:00 PM
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 AM – 5:00 PM
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739
Raymond Dominquez, Administrative Assistant: 505-955-4749
Manny Padilla, Nutrition Inventory Supervisor: 505-955-4750

- Must be 60+
- Hours: M-F, 8:00 AM – 5:00 PM
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Senior Services Navigator

Vacant

Santa Fe Civic Housing: 505-930-5901
Santa Fe County Senior Programs: 505-992-3069

Pasatiempo Senior Center – 664 Alta Vista St.
Ventana de Vida Senior Center – 1500 Pacheco St.
Villa Consuelo Senior Center – 1200 Camino Consuelo
Luisa Senior Center – 1500 Luisa St.

CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 AM – 5:00 PM
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center, Luisa, Pasatiempo

Kim Rivera 505-955-4715, karivera@santafenm.gov

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

- Must be 60+
- Hours: M-F, 8:00 AM – 5:00 PM
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Volunteer Programs Manager

Theresa Trujillo 505.955.4745

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo Project Administrator tptrujillo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 AM – 5:00 PM
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteers if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 AM – 5:00 PM
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 AM – 5:00 PM
- Services are Free
- Requires a Background Check



NEWS & VIEWS

MEG Transportation Program Update

Transportation services are fully operational from 8:30 AM to 4:15 PM. Reservations must be called in. Please do not email requests.

Please note: we will close at 2:30 for mandatory staff meetings/training on the third Thursday of the month.
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.

January Food Distributions



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 AM Thursdays, January 2nd and 16th.



ECHO Commodity Distribution January 14th from 9:30 AM to 12:00 PM Contact: 505-242-6777.



Open to all low-income seniors 50+. Fourth Saturday of the month. Zia United Methodist Church 3368 Governor Miles Rd. Santa Fe, NM 87507. 3:00 - 4:00 PM.

Birthday Celebrations for January

Everyone is welcome to enjoy a slice of birthday cake for all January Birthdays during the lunch hour at the following Senior Centers:

- MEG-Friday, Jan. 10th at 11 AM
- Pasatiempo-Friday, Jan. 17th at 11 AM
- Luisa-Friday, Jan. 24th at 11 AM



ICAN Class Nutrition Classes

ICAN (Ideas for Cooking & Nutrition) is a free NMSU Cooperative Extension class offered by the Santa Fe County Extension Office to teach how to:

- Choose low-cost nutritious foods
- Prepare quick & nutritious meals
- Eat more vegetables, fruits & whole grains
- Maintain a healthy weight

- MEG: Tues. January 21st at 11:30am
- Pasatiempo: Wed. Jan. 22nd at 11:30am
- Luisa: Thurs. January 23rd at 11:30am

For more info, contact Renee with the SF County Extension Office at **505-417-4711**



Movie Day at MEG Center

MEG Center December movie is *Four Weddings and a Funeral*, Tuesday, January 14th at 1:00 PM.

Lovable Englishman Charles (Hugh Grant) and his group of friends seem to be unlucky in love. When Charles meets a beautiful American named Carrie (Andie MacDowell) at a wedding, he thinks his luck may have changed. But, after one magical night, Carrie returns to the States, ending what might have been.



Winter Dance

Thursday, January 23, 2025

- Fraternal Order of the Eagles-833 Early Street.
- 1:00 PM-4:00 PM
- Free Admission and Refreshments

Music by: TBD



NEWS & VIEWS

Hikes for Active Seniors

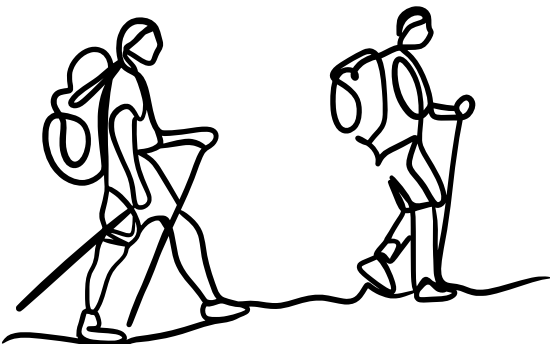
Moderate Hike-January 27, 2025, Borrego- Winsor-Bear Wallow Trails

This hike will be a repeat of one of our popular summer hikes. Let's see what it looks like under a blanket of snow!

This easy/moderate hike will be a 4.2-mile triangle hike on three different well-defined trails with only 760 feet of total elevation gain. From Hyde Park Road, we'll hike 1.7 easy downhill miles on the Borrego Trail, then turn onto the Windsor Trail for another gentle .8 downhill miles, where we'll stop for a snack and rest. After we rest, we'll turn onto the Bear Wallow Trail for 1.6 moderate uphill miles to bring us back to our cars. If we're lucky enough to have fresh snow, we will be hiking in a Winter Wonderland, so bring your poles and spikes and dress in layers!

General items:

- ARRIVE at MEG between 8:15 and 8:30 AM.
- DEPARTURE at 8:45 AM sharp and return by approximately 12:30 PM - 1:00 PPM.
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket and gloves, sunglasses, warm clothing in layers, a rain jacket to keep dry if it snows, and as an extra layer for warmth.
- EXTRA WINTER ITEMS: Spikes are required. You will be discouraged from participating in the hike if you do not have proper spikes or yak tracks for your boots. Poles are optional but strongly recommended.



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 you 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. The 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 1:00-5:00 PM. The next class is scheduled for Tuesday, January 7, 2025. For further information on attending any class, contact Dominic Mandel at 505-490-2489 or Edna Sandoval at 505-690-4350 or visit aarp.org.



Tax Help New Mexico - Santa Fe

Get help from IRS-qualified tax preparers. Tax Help New Mexico is a free tax-filing service for NM residents whose income is \$65,000 or less or those who are 65 years or older.

Location: Santa Fe Main Library, 145 Washington Ave, Santa Fe (downtown at Marcy/Washington)
 Dates: February 3 - April 9, 2025
 Days: open Monday/Tuesday/Wednesday
 Appointments are required. Please call 505-819-3702 and speak to our staff, or leave a message and we will call back.

NEWS & VIEWS

Senior Olympics Registration April-May 2025

- GCCC: 1/15, 1/31, 2/15
- Salvador Perez: 1/22
- Ft. Marcy: 2/5
- Mary Esther Gonzales Center: 1/15-2/28

2/17-2/28=late with no T-shirt

\$25 Registration Fee

Senior Day at the Legislature

Please join us on January 27, 2025, from 9:00 AM to 2:00 PM at the New Mexico State Capitol for Senior Day at the Legislature.



Family Caregivers-Women's Support/Action Group.

This group meets twice a month and is for women supporting a loved one with a dementia diagnosis or any chronic illness. 1st and 3rd Tuesdays 1:30 PM - 2:30 PM, Jan. 7 and 14, Feb. 4 and 18, March 4 and 18. Memory Care Alliance Office: 1541 St. Francis Dr.



Flora's Corner



Commandments Of Human Relations

1. Speak to people. There is nothing as nice as a cheerful word or greeting.
2. Smile at people. It takes 72 muscles to frown and only 14 to smile.
3. Call people by name. The sweetest music to anyone's ears is the sound of his own name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be cordial. Speak and act as if everything you do were a genuine pleasure.
6. Be genuinely interested in people. You can like it if you try.
7. Be generous with praise. Cautious with criticism.
8. Be considerate of the feelings of others. There are three sides of a controversy-yours, the other fellow's and right one.
9. Be alert to give service. What counts most in life is what we do for others.

We would like to say, "THANK YOU" to those who showed kindness this Holiday Season!

- Caryn Fiorina-Judge Fiorina's Thanksgiving in Santa Fe Food Distribution
- The Richard Montoya Organization-"Be the Blessing" baskets!
- Newman's Nursery-festive poinsettias!
- Nina Ortero student choir!
- Capitol High School student choir!
- Julie Hilboki-Handmade pillowcases!
- Liz Rivera-Handmade lap blankets!
- Yolanda Cardenas and students from Santa Fe Christian Academy!



Newsletter: Ask Stan Medicare Questions



Medicare Advantage Open Enrollment Period

Volume 5, Issue 1 January 2025

Dear Stan,

I have had the same Medicare Advantage Plan for three years. In early January, I learned that my primary physician and my cardiologist no longer accept my plan. Also an expensive heart drug I take is no longer covered.

Is there anything I can do to get my doctors and prescription drugs covered by Medicare?

Sandra
Albuquerque



Dear Sandra,

Thanks for your questions. Since you are enrolled in a **Medicare Advantage Plan (MAP)**, you have the option to change coverage during the **Medicare Advantage Open Enrollment Period (MAOEP)** which started January 1 and ends March 31. During **MAOEP** you can enroll in another **MAP** or switch back to Original Medicare with or without a Part D prescription plan. The changes you make during the **MAOEP** will be effective the first of the following month following the enrollment.

Medicare beneficiaries who have Original Medicare with a standalone Part D plan are not eligible to join a new **MAP** during the **MAOEP**.

If you need assistance reviewing your options, call the **New Mexico Aging and Disability Resource Center (ADRC)** at 1-800-432-2080 and ask to speak with a **State Health Insurance Assistance Program (SHIP)** counselor. SHIP Counselors can help you navigate the **MAOEP**.

If you are income eligible, you can apply for the **Medicare Savings Program (MSP)**. If you are single and earn \$1715 a month or less or are a couple earning \$2320 a month or less, you may qualify for one of the three **MSP** programs that can help you with the Part B monthly premium costs, deductibles and copays. New Mexico does not require an assets test for **MSP**. For all beneficiaries, **MAOEP** is your last chance to join another **MAP** until fall

open enrollment or a special enrollment period.

There is also a program called **Extra Help** that helps pay for most of the out-of-pocket costs of Medicare Part D prescription drug coverage. These costs include monthly premiums, deductibles and copays. To be eligible for **Extra Help** there is an income limit and an asset limit. The income limits currently for a single person are \$1903 a month or less or for a couple \$2575 a month or less and the asset limits for a single person are \$17,600 or less and for a couple are \$35,130 or less. Once you are enrolled in **MSP** or **Extra Help** you can change your Medicare Part D plan monthly.

You can apply for **Extra Help** by calling the **ADRC** at 1-800-432-2080 and ask to speak with an Options Counselor or apply online at <https://www.ssa.gov/medicare/part-d-extra-help>. You can also chat with a counselor at <https://aging.nm.gov>

Stan,
Volunteer Counselor, SHIP and SMP

Important Reminders about Medicare Private Plan Marketing Rules

Insurance agents and plans MAY NOT:

- "Cold" Call, use door-to-door marketing, or market plans using any other unsolicited contact
- Enroll people in plans without their permission
- Sign someone up for a plan over the phone unless that person called them
- Offer you cash (or gifts worth more than \$15) to join their plan or give you free meals during a sales pitch for a Medicare health or drug plan.
- Ask you for payment over the phone or online. The plan must send you a bill.

If you experience one of these Medicare private plan marketing violations, call the **ADRC** at 1-800-432-2080 to report the issue.

General Enrollment Period Alert
People who missed their opportunity to enroll in Part B can enroll during the General Enrollment Period that starts January 1 through March 31. Coverage starts the next month.

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at 1-800-432-2080. We provide training on Medicare content, and can work with your schedule. We can serve more people together!





Boletín:

Stan contesta sus preguntas de Medicare



Período de inscripción abierta de Medicare

Volumen 5, Número 1 Enero 2025

Querido Stan,

He tenido el mismo plan Medicare Advantage durante tres años. A principios de enero, me enteré de que mi médico de cabecera y mi cardiólogo ya no aceptan mi plan. También un medicamento caro para el corazón que tomo ya no está cubierto.

¿Hay algo que pueda hacer para que mis médicos y medicamentos recetados estén cubiertos por Medicare?

Sandra
Albuquerque



Querido Sandra,

Gracias por sus preguntas. Dado que está inscrito en un **Plan Medicare Advantage (MAP)**, tiene la opción de cambiar la cobertura durante el **Período de Inscripción Abierta de Medicare Advantage (MAOEP)** que comenzó el 1 de enero y termina el 31 de marzo. Durante el **MAOEP**, puede inscribirse en otro **MAP** o volver a Medicare Original con o sin un plan de recetas de la Parte D. Los cambios que realice durante el **MAOEP** serán efectivos el primero del mes siguiente a la inscripción.

Los beneficiarios de Medicare que tienen Medicare Original con un plan independiente de la Parte D no son elegibles para unirse a un nuevo **MAP** durante el **MAOEP**.

Si necesita ayuda para revisar sus opciones,

llame al **Centro de Recursos para el Envejecimiento y la Discapacidad de Nuevo México (ADRC)** al 1-800-432-2080 y pida hablar con un consejero del **Programa Estatal de Asistencia de Seguros Médicos (SHIP)**. Los consejeros DE SHIP pueden ayudarle a navegar el **MAOEP**.

Si es elegible por sus ingresos, puede solicitar el **Programa de Ahorros de Medicare (MSP)**. Si usted es soltero y gana \$1715 al mes o menos o si es una pareja que gana \$2320 al mes o menos, puede calificar para uno de los tres programas de **MSP** que pueden ayudarle con los costos mensuales de las primas, deducibles y copagos de la Parte B. Nuevo México no requiere una prueba de activos para el programa **MSP**. Para todos los beneficiarios, **MAOEP** es su última oportunidad de unirse a otro **MAP** hasta

que la inscripción abierta de otoño o un período de inscripción especial.

También hay un programa llamado **Ayuda Adicional** que ayuda a pagar la mayoría de los costos de bolsillo de la cobertura de medicamentos recetados de Medicare Parte D. Estos costos incluyen primas mensuales, deducibles y copagos. Para ser elegible para **Ayuda Adicional** hay un límite de ingresos y un límite de activos. Los límites de ingresos actuales para una persona soltera son de \$1903 al mes o menos o para una pareja \$2575 al mes o menos y los límites de activos para una persona soltera son \$17.600 o menos y para una pareja son \$35.130 o menos. Una vez que esté inscrito en **MSP o LIS**, puede cambiar su plan de Medicare Parte D mensualmente.

Puede solicitar **Ayuda Adicional** llamando al **ADRC** al **1-800-432-2080** y pedir hablar con un Consejero de Opciones o presentar su solicitud en línea en <https://www.ssa.gov/medicare/part-d-extra-help>

Stan,
Consejero de Voluntarios, SHIP y SMP

Recordatorios importantes sobre las reglas de comercialización de Medicare Plan Privado

Los agentes y planes de seguros **NO PUEDEN:**

- Llamadas "en frío", uso de marketing puerta a puerta o planes de mercado utilizando cualquier otro contacto no solicitado
- Inscribir a personas en planes sin su permiso
- Inscribir a alguien en un plan por teléfono a menos que esa persona lo llame
- Ofrecerle dinero en efectivo (o regalos por valor de más de \$15) para que se una a su plan, o darle comidas gratis durante un discurso de venta de un plan de salud o de medicamentos de Medicare.
- Pedirle que pague por teléfono o en línea. El plan debe enviarle una factura.

Si experimenta una de estas violaciones de comercialización del plan privado de Medicare, llame al **ADRC** al **1-800-432-2080** para informar el problema.

Alerta del Período General de Inscripción
Personas que perdieron la oportunidad de inscribirse en la Parte B puede utilizar el Período General de Inscripción (GEP) que comienza 1 de enero al 31 de marzo.
La cobertura comienza el próximo mes.

El programa de voluntarios de SHIP y SMP: Si le interesa aprender más sobre el programa de Medicare y quiere descubrir otras maneras de ayudar al público, llámenos y pregunte sobre las oportunidades para ser voluntario en los programas de SHIP y SMP al **1-800-432-2080**. Nosotros proveemos entrenamiento, y nos acomodamos a su horario. ¡Juntos podemos ayudar a más personas!



ACROSS

- 1. **A _____ of lavatories**
- 4. What you're doing now
- 8. **An _____ of midwives**
- 12. Expulsion
- 16. **A _____ of librarians**
- 18. **A _____ of arsonists**
- 19. **An _____ of bookkeepers**
- 21. "The Waste Land" poet

- 25. **A _____ of trolls**
- 30. Argues formally
- 31. **A _____ of journalists**

DOWN

- 1. Less restrained
- 2. Diamond ref
- 3. Ad _____ committee
- 4. Rejuvenation location
- 5. Hawaiian souvenir
- 6. Tiriatic of tennis

- 7. Pickled small cucumber
- 9. Ike's WWII bailiwick
- 10. "Up, up and away" airline
- 11. Away from home
- 13. Unearthed
- 14. Gentleman's gentleman
- 15. On the level
- 16. Configuration
- 17. "Why I couldn't have done it"
- 18. Lobster cousin

- 20. "_____ Yankee Doodle Dandy"
- 22. HBO rival
- 23. Oscar winner Grant
- 24. Pipsqueak
- 25. Unruly group
- 26. Illuminated
- 27. Quayle and Pence, briefly
- 28. Bandleader Brown
- 29. Prefix for natal or classic

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				

Winter

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

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

- FIRE
- FREEZE
- FROST
- GALE
- GLOVES
- HAT
- HORSE SLEIGH
- ICE
- ICICLE
- ICINESS
- IGLOO
- JANUARY
- MISTLETOE
- POLAR BEARS
- PRECIPITATION
- SALT
- SCARF
- SEASON
- SHIVER
- SKATE
- SKI
- SNOW
- STEW

- ANTIFREEZE
- ARCTIC WIND
- ASTRONOMIC

- BECOME FROSTED
- CHATTERING TEETH
- CHILLY

- CHRISTMAS
- COLD
- DECEMBER

FRIENDS?

What do the following words have in common?

ACT COAT DOG FOOT LINE PIN STAND

Winter Weather Safety Tips for Seniors

Winter is a magical time of year, but the season's harsh side can be especially dangerous for older adults. Protect yourself during this winter with the following winter weather safety tips for seniors.

Stay Hydrated

Many people believe that dehydration is only a concern during the summer months. However, a variety of winter factors can cause moisture to leave our bodies quickly, leading to dehydration. Older adults are already at risk of dehydration because they naturally have less water in their bodies. They're also more likely to have health conditions or take medicines that increase their risk of dehydration – like blood pressure medications that flush water from the body. Dehydration can also cause serious health issues in older adults. Stay hydrated by drinking water throughout the day, especially if you are or have recently been ill with a fever, vomiting, or diarrhea.

Protect Your Skin

Over time, skin becomes thinner, drier, and more fragile. Winter weather can take a toll on aging skin, causing cracking and bleeding, leading to infection. Older adults need to use moisturizing cream regularly. It is especially effective after bathing when the skin is most absorbent. If you notice your skin starting to crack, notify your healthcare provider as soon as possible.

Bundle Up

Seniors are at an increased risk of developing hypothermia, a potentially dangerous condition that occurs when the body's core temperature dips below 95°F. When venturing outdoors, seniors should protect their body from the elements by dressing in multiple layers of clothes, including a hat, scarf, coat, and gloves.

Monitor Indoor Temperature

When considering cold weather safety for seniors, keep in mind that older adults can become hypothermic indoors. The National Institute on Aging recommends setting the heat to at least 68–70 degrees Fahrenheit. Seniors struggling to afford higher electric bills to keep their home adequately heated should apply for the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP helps eligible low-income seniors and families with their energy costs through bill payment assistance, weatherization, energy-related home repairs, and more. For help applying for LIHEAP benefits, call this toll-free number: 1-866-674-6327.

Be Smart About Space Heaters

While space heaters can provide much-needed warmth during the colder months, seniors should take certain precautions to ensure they do not become health hazards. Inspect the power cord of your space heater for fraying and get rid of any damaged devices. Always keep space heaters away from flammable materials, such as cloth and paper. Also, be sure to regularly test and place new batteries in all smoke and carbon monoxide detectors.

Avoid Slips & Falls

Falls are, unfortunately, a widespread occurrence in older adults. In fact, they are the leading cause of fatal injury among seniors. Add icy conditions to the mix, and the number of falls increases. When venturing outside of the home during the winter months, seniors should wear sturdy shoes or boots with good traction and non-skid soles and only walk on pathways clear of snow and ice. Upon returning home, remove your shoes immediately. Because snow and ice often attach to your shoes' soles, this can lead to slippery conditions inside.

MARTIN LUTHER KING JR. SERVICE PROJECT



Food and Clothing Drive for the Homeless & Their Furry Friends

We are asking the community for the following items: Coats for animals M-XL, unopened food canned or kibble, leashes, harnesses, collars collapsible bowls, blankets for humans and animals, sleeping bags for humans and animals.

Accepting donations until January 15th at Mary Esther Gonzales Center
1121 Alito St. SF NM 87501.



CITY OF SANTA FE
SENIOR SERVICES

Director's Notes

I would like to start this year by wishing everyone a Happy New Year. Thank you all for visiting our Mary Esther Gonzales (MEG), Luisa, and Pasatiempo centers this holiday season and making them so warm and inviting to everyone who visited. Our dining halls were well attended by many Seniors at our Holiday Meal this month at all three centers, and we also delivered meals to Seniors in our Home Delivered program. I would like to thank all the musicians who have provided entertainment for the monthly dances this year and the student choirs from Nina Otero Community School and Capital High School who have visited the centers to perform. Thank you to the Aging and Long-term Services Department for providing greeting cards created by students and distributed to seniors. Finally, thank you to Newman's Nursery for the beautiful poinsettias that adorned our dining rooms.

I would also like to thank the "Be the Blessing" organization for distributing Blessing Baskets that contained small household items every senior could use. This is the second year that they have provided much-needed necessities for Seniors.

As we move into 2025, the expansion project will be completed, and we will all soon be able to enjoy the new crafts room, billiards/game room, remodeled fitness room, and new accessible restrooms.

We will also be hosting some community outreach events in the new year to begin conversations about the design and planning for a new Senior Center for the City of Santa Fe and to begin the process of becoming an "Age-Friendly City," which is a program that the AARP sponsors.

Please remember that New Year's is a time to reflect on what made your year special. For me, that's all of you! I would like to wish you all the happiest New Year's holiday. I hope to see every one of you visiting, socializing, and enjoying the programs at our Centers this year.

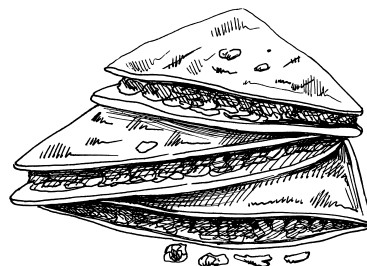
Happy New Year,
Manuel Sanchez
Senior Services Director

January Recipe

Black Bean Quesadillas

These hearty black bean quesadillas are an easy vegetarian snack or light meal that is filling, flavorful, and freezer-friendly!

- 1 15oz.can black beans
 - 1 cup frozen corn
 - 1/2 cup red onion
 - 1 clove garlic
 - 1/4 bunch fresh cilantro (about ½ cup chopped)
 - 2 cups shredded cheddar cheese
 - taco seasoning
 - 10 flour tortillas (7-inch diameter)
- Drain the black beans and add them to a bowl along with the frozen corn (no need to thaw)
 - Finely dice the onion, mince the garlic, and roughly chop the cilantro.
 - Add the onion, garlic, cilantro, shredded cheddar, and taco seasoning to the bowl with the beans and corn. Stir until everything is evenly combined and coated in seasoning.
 - Place a half cup of the filling on one side of each tortilla and fold over. Cook the quesadillas in a skillet over medium heat on each side until brown and crispy, and the cheesy filling has melted. Slice into triangles then serve.
 - To freeze the quesadillas, stack the filled and uncooked quesadillas with a piece of parchment paper between each quesadilla. Place in a freezer bag and freeze for up to three months. To reheat either microwave (for a soft quesadilla) or cook in a skillet on low heat (make sure to use low heat so that the filling has time to thaw and melt before the outside burns).



CROSSWORD PUZZLE SOLUTIONS

WORD SEARCH SOLUTIONS

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

Solution: Winter

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

Each can have the prefix UNDER- to form a new word.



January Volunteer Programs

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.



**AmeriCorps
Seniors**

We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. Visit rsvpsantafe.org if you are interested in volunteering, please contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

Happy Birthday, January Volunteers!

- Frans Nordstrum 1/4
- Patricia Kohler 1/6
- Carol Ashcraft 1/9
- Rose Blackson 1/11
- Dolores Vigil 1/14
- Carol Montoya 1/16
- Maria Antonia Salazar 1/17
- Teresa Martinez 1/19
- Susan M. Sheldon 1/21
- Sus Mason Angel 1/24
- Joe Preston 1/24
- Michael Mier 1/26
- Pauline Orosco 1/26
- Perfilia Martinez 1/28
- Terry Meacham 1/28
- Caro Waterman 1/28
- Frances Padilla 1/29
- Deborah Chapman 1/30

Join the FGP or SCP Programs

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

The Senior Companion Program (SCP) places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement, and other benefits. Volunteers must pass criminal background checks and training and commit to a minimum of five hours of service a week. To learn more, contact Theresa Trujillo at (505) 955-4745 or ttrujillo@sanatafenm.gov.



Care Companion Program

Who are Care Companions?

Care Companion Program volunteers regularly visit long-term care community residents and develop authentic relationships supporting 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.

Care Companion volunteers will receive a modest stipend and meal/mileage reimbursements. Care Companion Program volunteers will not be restricted by age and income requirements.

Thank you Volunteers for all the hours you gave in 2024! You are an amazing part of this community. We appreciate you! We are looking forward to 2025!



SENIOR CENTER LUNCH MENU JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 All CENTERS CLOSED	2 Swedish Meatballs over Egg Noodles Tossed Salad Vegetable Medley Roll Sliced Apples	3 Teriyaki Chicken Fried Rice Asian Veggies Fortune Cookie Fresh Orange
6 G/C Chicken Tamale Green Chili Sauce Refried Beans Calabacitas Mixed Fruit	7 Spaghetti with Meaty Marinara Italian Veggies Tossed Salad Garlic Bread Ice Cream	8 Chicken Soft Taco Garnish Spanish Rice Salsa Capri Veggies Pineapple	9 Meatloaf with Tomato Topping Parsley Potatoes Green Beans Roll Fresh Pear	10 Tuna Salad 3 Bean Salad Pasta Salad Crackers Strawberry Shortcake
13 Chicken Alfredo Fettuccini Broccoli & Cauliflower Garden Salad Garlic Toast Peaches	14 Sweet & Sour Pork Brown Rice Stir Fry Veggies Egg Roll Diced Mango	15 Frito Pie Pinto Beans Garnish Chuckwagon Veggies Vanilla Pudding	16 Pork Roast Pork Gravy Baked Potato Asparagus Roll Oatmeal Cookie	17 Turkey & Swiss Sandwich Garnish Potato Salad Carrot Raisin Salad Brownie
20 All CENTERS CLOSED	21 BBQ Pork Rib Patty Ranch Beans Malibu Veggies Spinach Salad Cornbread Applesauce	22 Battered Fish Onion Rings Tartar Sauce California Veggies Coleslaw Yogurt	23 Chicken & Potato Burrito Red Chili Sauce 5 Way Veggies Tapioca Pudding	24 Beef Fajita Peppers & Onions Fajita Veggies Black Beans Jello
27 Baked Chicken Chicken Gravy Rice Pilaf Tossed Salad French Style Green Beans Roll Apricots	28 Salisbury Steak Mushroom Gravy Mashed Potatoes Buttered Carrots Roll Chocolate Pudding	29 Green Chili Cheeseburger Garnish Ranch Beans Roasted Corn Veggie Mix Broccoli Salad Banana	30 Beef & Potato Stew with Stewed Tomatoes Mixed Veggies Crackers Fruit Cobbler	31 Chicken Tenders Seasoned Fries Cream Gravy Peas & Carrots Salad Biscuit Grapes

**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.



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



VILLA CONSUELO

1200 Camino Consuelo
Santa Fe, NM 87507



 = Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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