City of Santa Fe



Agenda

### DIVISION OF SENIOR SERVICES SENIOR ADVISORY BOARD OF DIRECTORS Mary Esther Gonzales Senior Center 1121 Alto Street Wednesday, July 17, 2019 (Time: 9:30 a.m.)

- I. CALL TO ORDER
- II. INVOCATION/PLEDGE OF ALLEGIANCE
- III. ROLL CALL
- IV. APPROVAL OF AGENDA
- V. APPROVAL OF MINUTES June 26, 2019
- VI. DSS DIRECTORS REPORT
- VII. UNFINISHED OTHER BUSINES
- VIII. NEW BUSINESS
- IX. COMMENTS FROM FLOOR
- X. DATE AND PLACE OF NEXT MEETING
- XI. ADJOURNMENT

Persons with disabilities in need of accommodations, contact the City Clerk's office at (505) 955-6520, five (5) working days prior to meeting date.

<b>RECEIVED AT THE CITY CLERK'S OFF</b>	ICE
DATE: <u>July 10, 2019</u>	
TIME: <u>2:11 PM</u>	

### SUMMARY OF MINUTES DIVISION OF SENIOR SERVICES ADVISORY BOARD MEETING July 17, 2019

	ACTION	PAGE(S)
I. CALL TO ORDER		1
II. ROLL CALL	Quorum	1
III. INVOCATION/PLEDGE OF ALLEGIANCE		1
IV. APPROVAL OF AGENDA	Approved	2
V. APPROVAL OF MINUTES: June 26, 2019	Approved	2
VI. DIVISION OF SENIOR SERVICES DIRECTOR'S REPORT		2-4
VII. UNFINISHED/OTHER BUSINESS	None	4
VIII. NEW BUSINESS	None	4
IX. COMMENTS FROM THE FLOOR		4-5
X. DATE AND LOCATION OF NEXT MEETING	August 21, 2019 at 9:30 a.m at MEG Center	5
XI. ADJOURNMENT	Adjourned at 10:20 a.m.	5

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### MINUTES OF THE DIVISION OF SENIOR SERVICES ADVISORY BOARD OF DIRECTORS July 17, 2019

### I. CALL TO ORDER

A meeting of the City of Santa Fe Division of Senior Services Advisory Board of Directors was called to order by Andres Romero, Chairperson at 9:30 a.m. on this date at the Mary Esther Gonzales Senior Center, Board Room, 121 Alto Street, Santa Fe, New Mexico.

### II. INVOCATION/PLEDGE OF ALLEGIANCE

Invocation led by Dennis Gonzales

The Pledge of Allegiance was recited.

### III. ROLL CALL

Roll Call indicated the presence of a quorum present for conducting official business as follows:

### MEMBERS PRESENT

Andres Romero, Chairperson Mary Louise Giron, Vice Chairperson John Block (approved as member at this meeting) Arrived at 9:37 a.m. Bernardo C de Baca Tonie Ann Gallegos Dennis Gonzales Virginia Lucero Corrine Sanchez Rosemary Trujillo-Gonzales, Secretary

**MEMBERS ABSENT** 

**Rod Winget** 

### STAFF PRESENT

Lugi Gonzales, Division of Senior Services Gino Rinaldi, Division of Senior Services Director

### OTHERS PRESENT

Helen Campion, Santa Fe County Senior Services Interim Director Melissa D. Byers, Stenographer

### IV. APPROVAL OF AGENDA

Chair Romero introduced Helen Campion who works for Santa Fe County.

Ms. Campion stated that she is the interim director of senior services for Santa Fe County.

Chair Romero distributed copies of the Santa Fe County *Senior Voice* newsletter for the month of June 2019, attached hereto as Exhibit "1".

- **MOTION:** A motion was made by Member Gonzales, seconded by Member C de Baca to approve the agenda.
- **VOTE:** The motion passed unanimously by voice vote.

### V. APPROVAL OF MINUTES – June 26, 2019

- **MOTION:** A motion was made by Member Trujillo-Gonzales, seconded by Member Gonzales, to approve the Minutes of the June 26, 2019 meeting.
- **VOTE:** The motion passed unanimously by voice vote.

### VI. DSS DIRECTORS REPORT

Mr. Rinaldi asked Chair Romero if he was going to adjust on the agenda in reference to the appointment of John Block as member of the Board.

Chair Romero stated that at the last meeting, the Board did not vote on the appointment of John Block as a member of the Board.

- **MOTION:** A motion was made by Member Gonzales, seconded by Member Gallegos to approve the appointment of John Block as a member of the Board
- **VOTE:** The motion passed unanimously by voice vote.

Mr. Rinaldi began is report by stating that staff has been consumed by two things. One of them is that the City finance system has changed. The new finance system is slowing down services. Staff is doing everything they can do adjust to the change. Staff has spent 100s of hours in training for the new system.

Mr. Rinaldi continued that the other item that is consuming staff time is contracts with the state. Last week he got his contact from the state for NSIP (Nutritional Supplemental Income Program), senior employment and the Title III monies: nutrition, transportation and in home.

**DSS Advisory Board of Directors** 

The state cut the funding by about \$125,000. Last fiscal year, the City's funding from the state was delayed. This year the state allocated the money but only disbursed half at the beginning of the fiscal year. The state claims that the money they didn't allocate will be made up to the City through federal funding. He encouraged the Board to thank the City's elected officials for putting money in the budget to allow senior services to continue.

Mr. Rinaldi stated that as of the beginning of the new fiscal year, the nutrition program is up and running. All the centers are feeding. Right now, Consuelo is the big one because it's under construction and there is no kitchen there. Food is being prepared offsite and delivered to the residents. There were complaints about the portion size and presentations but those have been addressed. Maybe a year from now they will be able to start preparing and serving at Consuelo. The other issue is that there is not cook funded for that sight. Maybe we can get people to talk to their councilors to fund a cook. He stated that Consuelo is the furthest south center in the city. At all the centers that are at housing sites, a lot of the people who eat there and participate there, don't live there. He has a feeling that if Consuelo is set up for feeding a lot of people will go there because they won't have to drive all the way from the south to the MEG center.

One of the members asked Mr. Rinaldi to explain why there is a need for a cook at Consuelo because there was already a cook over there.

Mr. Rinaldi responded that no there was not a cook position budgeted for Consuelo.

Mr. Rinaldi then reported about transportation. He stated that right now they are known as the "walking wounded." There are three people on light duty, and there's another one getting ready to go get his wife from out of the country. They had to reduce the number of pickups. Priority pickups are medical and focus on getting people to the centers. This last fiscal year, they went over 5,000 trips. People are using senior transportation, but it's hard when there are not enough drivers. He's having to authorize about six to eight hours a week of overtime.

Chair Romero stated that he thought he didn't pay overtime.

Lugi Gonzales stated that transportation is the only division that has overtime budgeted.

One of the Board members asked how much over the last three months the City has paid these drivers for overtime.

Mr. Rinaldi said he'd bring that number to the Board.

Chair Romero asked if Don Bell is still driving.

Mr. Rinaldi said no he's not driving. He continued that Mr. Bell works there at the MEG and is still a City employee. He stated that he could not address any of the Board's concerns about Mr. Bell because it's a personnel matter.

DSS Advisory Board of Directors

Mr. Rinaldi continue is report about transportation. He said they're still waiting for the buses. They should have them in about three months.

One of the Board members asked if there are any clients on the waiting list for any services.

Mr. Rinaldi said yes for homemakers.

Mr. Rinaldi asked Ms. Gonzales if she had anything to report on activities.

Ms. Gonzales responded that August is going to be a busy month. The Fiesta dance will be at the Eagles. The Fiesta Royalty will be visiting the MEG Center on August 29<sup>th</sup> during the lunch hour. There will be three barbeques in August and one on September.

Mr. Rinaldi stated that because of the construction going on behind the MEG Center, they won't be serving outside. They cook the food and serve it through the serving line.

Chair Romero asked what the estimated date for completion of the construction is.

Mr. Rinaldi responded, "at the end of September."

### VII. UNFINISHED OTHER BUSINESS

There was no unfinished or other business.

### VIII. NEW BUSINESS

There was no new business.

### IX. COMMENTS FROM FLOOR

Chair Romero recognized Ms. Campion from the County and asked her if she wanted to address the Board.

Ms. Campion stated that the County is just as busy as the City. They too have taken cuts from the state. They pick up people from the city and take them to the county sites. They are short on drivers as well.

Ms. Campion stated that the County would like to collaborate more with the City. Some of the County seniors will attend the Fiesta dance. The County will host a Fall Harvest and will send out an invitation for that to city residents. She stated that the Chair has been collaborating with the

DSS Advisory Board of Directors

County and that Chimayo was grateful that he had gone there. The other centers are looking forward to him visit as well.

Mr. Rinaldi asked where the new County center will be.

Ms. Campion responded on Highway 14, near the Cerrillos area.

Chair Romero stated that every other Friday there is food distribution. Last time, he took the surplus to the County for distribution to their seniors. He would like to continue that practice.

Member Gonzales recognized the new stenographer, Melissa Byers.

### X. DATE AND PLACE OF NEXT MEETING

The date of the next meeting will be on August 21, 2019 at 9:30 a.m. at the MEG Center.

### XI. ADJOURNMENT

There being no further business, the meeting concluded at 10:20 a.m.

Andres Romero, Chair

Melissa D. Byers, Stenographer for Byers Organizational Support Services



## SENIOR SERVICES AND COMMUNITY RELATIONS —JUNE 2019



## **INSIDE THIS ISSUE**

County Contacts / Meet the Staff	2
Senior Center Locations /	3
Contact Information	
Community Information	4
Sheriff's Office	5
Brain Challenge	6
Family Health	7-8
Health Benefits/ Answer Key	9
Senior Center Information	10-14
Center Activities	15
Monthly Menu	16

### **IMPORTANT NOTES:**

Director's Report

by Anna War

Hello! Summer is upon us and hopefully we see warmer weather soon! I am wanting to inform you that I have been hired permanently as the Director of the Senor and Community Relations Division. Our Community Services Director, Rachel O'Connor and I have already started to work on a structure to ensure that the needs of all of our seniors are being met. We have some great activities planned for the summer at the centers. I can't wait to see you all soon!

> Division of Senior Services Advisory Board – 7/17/19 EXHIBIT 1

## SENIOR VOICE

## COUNTY CONTACTS

Santa Fe County Senior Services is committed to serving the needs of its elder citizens. We are working to promote and enhance the physical, intellectual and social wellbeing of seniors living in Santa Fe County. Join us for the opportunity to develop new friendships, participate in recreational, educational and social activities. The Senior Services Program is offering a wide range of quality programs and services to residents of Santa Fe County through County operated Senior Centers.

**Congregate Dining** Lunch is served Monday– Friday from 11:30am—1:00pm at all Santa Fe County operated centers. The suggested donation for lunch is \$1.50 for anyone 60 or older. Lunch for those under the age of 60 is \$7.50.

Home Delivered Meals Daily meals are delivered to eligible individuals 60 and older, who meet the minimum requirements. The suggested donation for home delivered meals is \$1.50.

**Transportation** Transportation is provided for all seniors 60 and older. Round-trip transportation is available. The suggested donation is \$1.00 each way. We request a minimum of a 24 hours notice to ensure service can be accommodated.

### Santa Fe County Commissioners

- District I Henry P. Roybal hproybal@santafecountynm.gov 505-986-6200 Liaison: Orlando Romero - 986-6328
- District II Anna Hansen ahansen@santafecountynm.gov 505-986-6329 Liaison: Sara Smith - 986-6263
- District III Rudy N. Garcia rgarcia@santafecountynm.gov 505-986-6200 Liaison: Ambra Baca - 986-6377
- District IV Anna Hamilton athamilton@santafecountynm.gov 505-986-6200 Liaison: Tina Salazar - 986-6319
- District V Ed Moreno edmoreno@santafecountynm.gov 505-986-6210 Liaison: Julia Valdez - 986-6202

Senior Services 505-992-3069

https://www.santafecountynm.gov/ community\_services/seniors





Vilma started her career with Santa Fe County back in 2012, she is now apart of Senior Services and Community Relations in the revamped position of the Volunteer Coordinator who will help out county

#### wide.

Vilma has lived in Santa Fe for over 20 years, she enjoys spending time with her family, weight training and Zumba.



PAGE 3

## SANTA FE COUNTY SENIOR CENTERS

### Abedon Lopez Senior Center

155 A Camino de Quintana Santa Cruz, NM 87567 505-753-8598 Josie Atilano—Activity Coordinator Anna Medina—Cook

### Bennie J. Chavez Senior & Community Center

354 Juan Medina Road Chimayo, NM 87522 505-351-4686 Joshua Anzures—Activity Coordinator James Martinez—Cook

### **Casa Rufina Meal Site**

2323 Casa Rufina Rd Santa Fe, NM 87505 505-471-9800 Isaac Modivah—Cook

### **Edgewood Senior Center**

114 Quail Trail Edgewood, NM 87015 505-281-2515 Ida Lucero—Activity Coordinator Nancy Smith—Cook

#### **El Rancho Senior & Community Center**

394 County Road 84 El Rancho, NM 87506 505-455-2195 Lula Yount—Activity Coordinator Vacant—Cook

### Ken & Patty Adam Senior Center (Eldorado)

16 Avenida Torreon Santa Fe, NM 87506 505-466-1039 Esperanza Salazar—Activity Coordinator Matthew Narvaiz—Cook

## PAGE 4

## COMMUNITY INFORMATION

Monthly Center Meetings

The monthly meetings provide an opportunity to give suggestions, express concerns and provide input on the day-to-day operation of the centers. All seniors are invited to attend!

Monthly meetings begin @ 12:30p.m. as follows:

Chimayo - 6/4 Edgewood - 6/6 El Rancho - 6/12 Eldorado - 6/5 Santa Cruz - 6/11

We would love for you to join us and provide comments on our facilities

SAVE THE DATE **DESCRIPTION DESCRIPTION JUNE 20, 2019 Santa Fe County Fair Grounds** 12:00pm

## PAGE 5

## SANTA FE COUNTY SHERIFF'S OFFICE



### SANTA FE COUNTY SHERIFF ADAN MENDOZA

First Term: 2019 - 2022 35 Camino Justicia Santa Fe, NM 87508 Public Safety Complex 505-986-2455

### **MISSION STATEMENT**

To protect and serve the people of Santa Fe County employing Integrity, commitment, leadership and teamwork as core organizational values.

Dedicated to enhancing the public safety and welfare of the communities we serve by working in partnership with the residents and communities of our diverse county.

We pledge to achieve professional excellence by providing thoughtful, courteous and responsive law enforcement endeavors as we undertake our duties of public service and public safety on behalf of the residents of Santa Fe

### Sheriff's Office Concerns or Comments? Send us an e-mail!

If you have an opinion, concern, or comment regarding the Santa Fe County Sheriff's Office feel free to send an e-mail to: <a href="mailto:shfconcerns@santafecountynm.gov">shfconcerns@santafecountynm.gov</a> .

PLEASE NOTE: This e-mail address is not the means by which to report a crime or to request assistance. For any emergency you can call Emergency Dispatch at 911

For a non-emergency but requiring assistance you may call 505 428-3720.

### **CRIME MAPPING FOR SANTA FE COUNTY - CrimeReports.com**

Crime Mapping is a valuable resource to examine official crime data and sex offender information. The Santa Fe County Sheriff's Office offers this service in partnership with CrimeReports.com.

CrimeReports.com allows users to view, analyze and learn about crime and preventative patrols in Santa Fe County. Crimes within Santa Fe County are mapped by block number within 72-hours. The data can be searched by crime type and includes case numbers. In CrimeReports.com data is available for up to six months.

CrimeReports.com also sends crime alerts by e-mail to subscribers. A free iPhone app is also available. Visit CrimeReports.com. It's the only near real-time source for both official crime data and sex offender information. Neighborhood Watch organizations can use CrimeReports.com to raise awareness with neighbors and neighborhoods they live in.

### More about the Crime Reports IPhone App.

\* The CrimeReports iPhone app allows you to filter crimes by location or address, crime type, and customizable date range

- \* View data on the crime map or in a list view
- \* View national sex offender data alongside crime in your neighborhood
- \* Sign-up for free, automated, email crime alerts
- \* Request the participation of your local law enforcement agency if they're not already on-board.

### SENIOR VOICE

## **BRAIN CHALLENGE**

🕻 Farm Life Word Search 🛚 Ε Т ۷ Ε Ν D R С Т 0 K С D Η Н E Η R Ε E R U Т L U С 1 R G A C Ε κ Α G Η G Μ E Х R В Т ł А С U S C Ρ A Μ 0 Ν R Х S R Ε Т U U A 1 R С L Ε Κ F D L R D w C R F В D R 0 ٧ Ε ۷ Α I Μ 0 С U F Ν н Κ Μ N В М A L I Δ. Ρ G Ε Τ 1 Ν S Ε G E I L Т С Ζ S Ρ Ν T Κ 0 Н A ₩ Y F D D Ε R W Η Ε A T U Ε U M L

## SUDOKU CORNER

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Look for the following words associated with farm life. They may be spelled forward, backward, downward, upward, or diagonally.

LAMB MOWER

MULE

PIGLET

- AGRICULTURE
- ANIMALS
- BUCKET
- BULL
- CALF
- CHICKEN
- COW ■ DOG
- GRAINHARVESTER

■ FARMER

FIELD

FRUIT

HEN
 HOE

HORSE

- EK 51 1 1
- PLANT
  TURKEY
  UDDER
  WHEAT







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## FAMILY HEALTH

### **Food Allergies and Intolerances**



PAGE 7

Each year, millions of Americans have allergic reactions to food. Although slightly more common in young children and in people who have a family history, most food allergies develop early in life and many are outgrown.

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, your body sees as harmful. This sets off a chain reaction within your body. Symptoms can occur with-

in minutes and can be mild (such as a runny nose or itchy eyes) to severe, and can even be lifethreatening.

A food intolerance is not the same as a food allergy. Different food intolerances have different causes. An intolerance occurs when your body is unable to digest a certain component of a food, such as lactose, a sugar found in milk. Symptoms of intolerance may be unpleasant, including abdominal cramping or diarrhea, but they are not life-threatening.

**Types of Food Allergies** 

More than 170 foods are known to cause food allergies. However, eight foods account for 90 percent of all food-allergic reactions in Americans:

- Milk
- Egg
- Peanuts
- Tree nuts (including almonds, walnuts and cashews)
- Fish (including pollock, salmon, cod, tuna, snapper, eel and tilapia)
- Shellfish (including shrimp, lobster and crab)
- Soy
- Wheat
- 1. Eating Well with Food Allergies and Intolerances

2. People with food allergies or intolerances need to avoid foods that make them sick. But navigating menu items and dishes, where many foods include a combination of ingredients, can be difficult. Allergy-triggering foods may be prepared on the same surfaces or with the same utensils as non-allergy causing ingredients. Through cross contact, a food allergen can creep into what may otherwise be a safe food.

MOLLUSCS

## FAMILY HEALTH CONTINUED

Continued from page 7

3. If you have a food allergy or intolerance, be sure to speak with whoever is preparing your food to inform them of your allergy and ask them to be especially careful when preparing your food.

4. Follow these tips if you have a food allergy or intolerance.

Meet with a registered dietitian nutritionist. An RDN can help you understand which foods are safe to eat and how best to avoid items that may cause a reaction. When foods are cut from your diet, you may be short-changing yourself on important vitamins and minerals. An RDN can help ensure you get the nutrition you need for your health and lifestyle. Find a registered dietitian nutritionist in your area.

1. Learn about ingredients in foods. Eggs, wheat, milk and other allergy-causing foods are often called by other names. To help avoid allergens, the U.S. Food and Drug Administration has mandated food companies specify on product labels if any of the eight major allergens (listed above) are contained in the food. If you do not have an allergy to one of the eight, your RDN can guide you on how to further read an ingredient label.

2. Read labels carefully. Manufacturers can change ingredients of products without notice, so double-check ingredient labels every time you buy a food, even if it is a familiar one. Cosmetics and beauty products also may contain common allergens such as milk, egg, wheat and tree nuts.

Talk with your day care, school and workplace. Make sure the teachers, nurse and administrators at your child's school or day care center are aware of your child's food allergies and that they know how to respond to adverse reactions your child may experience. Similarly, inform your coworkers of allergies you have. Some people are familiar with food allergies and know what to do if a person has a reaction; others may not and will need your help in keeping your risk for exposure low.

# **14** MAJOR ALLERGENS



is lame

## **HEALTH BENEFITS**

## **Understanding Osteoporosis**



Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it. In fact, the first indication of osteoporosis often is when a bone breaks.

Although it can strike at any age, osteoporosis mostly occurs in people over age 50. According to the National Osteoporosis Foundation, half of women and one in four men over the age of 50 will break a bone due to osteoporosis.

Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

### **Bone Health and Diet**

Bones may seem dry and dull, but they are far from it. They are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture.

### **Bone-Building Nutrients**

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Bones store more than 99 percent of the calcium in your body. Some calcium-rich foods include milk, yogurt and cheese, and calcium-fortified soy milk and fruit juice. Other good sources include soybeans, dark green leafy vegetables and calcium-fortified tofu. Calcium needs change at different stages of life:

- Children ages 1 to 3 need at least 700 milligrams of calcium a day.
- Children ages 4 to 8 need at least 1,000 milligrams of calcium a day.
- Children ages 9 to 18 need at least 1,300 milligrams of calcium a day.
- Adults ages 19 to 50 need at least 1,000 milligrams of calcium a day.
- Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium a day.

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium and magnesium to increase bone density and strength.

### Foods vs. Supplements

Supplements can't duplicate what foods offer naturally. If you are not able or prefer not to drink milk, make sure you're eating plenty of non-dairy calcium -rich and calcium-fortified foods and beverages. Consult with your doctor about taking a calcium supplement with vitamin D, especially if you are a woman in menopause or post-menopause.

A registered dietitian nutritionist can help you choose the best supplement for your bones and talk with your health care provider to determine if you may be at risk for osteoporosis.

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SUDOKU CORNER ANSWER

## ABEDON LOPEZ SENIOR CENTER

### **El Mirador Guest Speaker**



Our guest speaker Florinda from El Mirador will be providing information on home modification on June 11, 2019. El Mirador is a home health care agency that has a wide variety of services including assistance with self, administered medications, bowel and bladder assistance, cognitive assistance, meal preparation, eating, house-hold services, hygiene and grooming, minor maintenance of your assistive devices, skin care, support services, and home modification.

## Santa Cruz Day Trips

### Los Luceros-June 12



Santa Cruz Seniors will be taking a trip to Los Luceros Historic Site. The 148– acre Los Luceros Ranch is located north of Espanola near the village of Alcalde. This place is surely one of New Mexico's most scenic and historically significant properties. The Los Luceros ranch complex is a 5,700 square foot 18th century territorial style adobe home contains hacienda, visitor center complex, three residences, an 18th century chapel, the original village jail, numerous farm buildings, apple or-

chards, irrigated pasture, and Bosque on the Rio Grande. The Santa Cruz seniors will be going to Los Luceros on June 12, 2019. We will be leaving the center at 8:30 AM. Seniors will be having lunch at Mike's Mini Mart. They have a full menu of food items made from only the best and freshest ingredients. Come Join Us and enjoy a fun filled day.

### San Juan Lakes- June 26



Santa Cruz Seniors will be taking a trip to San Juan Lakes on June 26, 2019. Come join us and bring your tackle box and fishing rod. Senior's will need to purchase there own fishing license. Sack lunch will be provided by Santa Cruz Center kitchen. You May also bring your own snacks and drinks. Dress warm, bring sunscreen, and a hat or umbrella. We will be leaving the center at 8:30 AM. Lets have Fun !

## Light Vase Decoration By Judy Maes

Santa Cruz Senior Judy Maes provided all the supplies to make a light vase project. Seniors were really happy with the outcome of the decoration and were thrilled to take it home. Some seniors used the vase as a Mother's Day Gift.





## **PAGE 11**

## **BENNIE CHAVEZ SENIOR CENTER**

### **Senior Medicare Patrol Guest Speaker**



Senior Medicare Patrol will be at the Benny Chavez Senior Center to give a presentation on to protect, detect against scams, and report against Medicare Fraud. Here are a few tips on how to protect yourself against Medicare fraud. Treat your Medicare and social security card number like credit cards. Never give these numbers to a stranger. Remember that Medicare wont call you to ask for your Medicare number. Don't carry your Medicare card unless you

need it for a doctors appointment. These are a few tips and hope you can join us for you can learn more about Medicare fraud. SMP will be at the center on June 18, 2019 at 12:15.

## Fishing In Our Backyard– June 25

Come join the Chimayo seniors on a trip to Santa Cruz Lake on June 25, 2019. Bring your fishing rod's and tackle boxes. Make sure to protect vourself from the sun and bring some sunscreen, hat, and umbrellas and plenty of water. Sack lunch will be prepared by your cook James Martinez. Santa Cruz Lake is a NM State Park which requires a NM Fishing License to fish. Also it requires a Day use fee of \$5.00 for North Shore and Overlook. One—Day Fishing License \$12.00. Senior Annual Fishing License (Age 65-69) \$8.00. 70 Years or older annual Fishing license is FREE!.



## Father's Day Celebration & Dance



Come join us in Celebrating Fathers Day on June 14, 2019. We will be sharing memories of our father's and what it means to be a father. We will be dancing to music and refreshments will be provided.

### Mother's Day Memories & Celebration



Seniors gathered together to celebrate mothers day by sharing what it means MOTHER to be a mother and described their mother on Mother's Day.

Our Mothers are walking miracles and forever our friend.









## EL RANCHO SENIOR CENTER

### May Trip of the Month— Monday, June 10 @ 9:30 am



Join us for a day at the amazing and unique Folk Art museum in Santa Fe. We will spend the day perusing the Folk Art Museum and the Museum of Indian Arts and Culture, and enjoy lunch on campus in the museum café. Bring walking shoes and a light jacket or sweater. Admission to the Folk Art museum is \$7 (plus additional for lunch and gift shop) and admission to the Museum of Indian Arts & Culture is \$7. Please plan accordingly and reserve your seat on the van today!

### Crafting Workshop—Monday, June 3 @ 1:00pm



We are so happy to announce a new monthly crafting series! Every month on the first Monday of the month we will feature a new craft or skill for all of our

members to participate in! This month features acrylic pouring.

What is acrylic pouring? It is a painting technique using acrylic paints, and a variety of different tools to literally pour paint on canvas to reveal surreal, abstract designs that appear to flow on the canvas. It's easy and a beautiful way to add a conversation piece to your home!



## Special Guests- The Villa Therese Catholic Clinic- FREE Health, Vision and Dental Screenings Wednesday June 5.



We are so proud and lucky to welcome the Villa Therese Catholic Clinic to our senior center this month! The clinic will be at the El Rancho Senior center offering FREE health, vision and dental screenings to anyone in the community that would like to participate. Time is yet to be determined as physician availability needs to be established, but Please check with our Activities Coordinator, Lula Yount, for more information.

## ACTIVITY HILIGHT— Soap Felting

Last month, we had a blast learning the art of felting soap! It's an incredibly easy way to make gifts, or make something handy for your morning routine!







## PAGE 13

## EDGEWOOD SENIOR CENTER



In May some of our seniors participated at the annual RSVP luncheon at the Santa Fe Convention Center. They enjoyed the company of other RSVP Volunteers, had a wonderful lunch provided by Cowgirl BBQ and danced to the music from The Crawfish Boyz.





What is RSVP? RSVP Santa Fe aims to meet critical community needs and provide a high quality volunteer experience. Our mission is to recruit and support senior volunteers to help themselves and others by sharing their experience, knowledge, skills and efforts in service to the community. With over 40 community partners located throughout the city and county, a volunteer opportunity is bound to suit you! For more information contact Marisa Romero @ 505-955-4743.

### Monthly Trip- Movies in Albuquerque



For the month of June we will travel to Albuquerque and enjoy a movie, with some popcorn and a drink. Please keep an eye out at the center for more information.

## SENIOR VOICE

## KEN AND PATTY ADAMS SENIOR CENTER IN ELDORADO

### New Monthly Support Group- Transitions in Older Adulthood



A new support group meeting in Eldorado with Melinda Joy-Pattison, will meet the first Thursday of the month 12:30pm-1:30pm in the Adam Senior Center Library. The discussion will center on transitions in older-adulthood.

### **Eldorado Neighbors Helping Neighbors- Volunteer Group**



Free in-home services available in the Eldorado area for older adults. To request services, contact Esperanza Salazar at the Eldorado Senior Center at 505-466-1039 or emsalazar@santafecountynm.gov. If you are interested in becoming a volunteer contact Michael Landen at 505-466-8896 or Neighbors Helping Neighborn mjlanden@q.com.

### June Monthly Trip- Bandelier National Monument June 30th



This month we will join a Ranger for 1 to 1.5-hour tour and interpretive walk from the Visitor Center to the Tyuonyi pueblo. Learn about the flora and fauna, the culture, and the history of Bandelier National Monument. We will depart the center at 9:00am and return at 3:00pm.

### **June Entertainment-Live Music Performance!**

By: Ken Hendricks



Tuesday June 18th 11:30-12:30.

Join us at the center for lunch and enjoy songs performed by Ken Hendricks from Home Instead Senior Care. Home Instead can be reached at (505) 471-2777.

## **CENTER ACTIVITIES**

## Dates/Times subject to change with or without notice based on availability of staff

是一個調整	Abedon	Lippez (Sama Ciulz)		
Monday	Tuesday	Wednesday	Thursday	Friday
8:30 -Walking Group	1:00- Jewelry Class	10:00 - Tin Work	8:30- Weaving	11:00- BINGO
	12:30 Monthly Meeting			1:00- Popcorn
10:00 -Chair Exercise	2nd Tuesday	1:00- Straw Applique	9:00- Painting	and a Movie
			10:00 Tin Work	
1:00 -Ceramics Class			1:00 - Quilting	
	Bennie	L.Chavez (Chimavo)		
Monday	Tuesday	Wednesday	Thursday	Friday
			10:00- Tai Chi	1
10:00- Art/ Sewing	9:30- Jewelry Class	1:00- Ceramics	(2nd Thurs.	1:00 - Movie Day
	12:30 Monthly Meeting			
12:30- Fitness	1st Tuesday		1:00 - Weaving	
	Kenandin	aus Adam (Recordin		
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>F_</b>	· · · · · · · · · · · · · · · · · · ·		8:30- Interval
8:00- Interval Training	8:30- Hiking	8:30- Interval Training	8:30- Tai Chi	Training
9:30- Yoga	9:00- Zumba	10:00- Tai Chi	9:00- Zumba	9:00- Bridge
		12:30 Monthly Meeting	10:15- Chair Aero-	9:00- Pastel
10:00- Science Class	10:15- Chair Aerobics	1st Wednesday	bics	Painting
			12:30- Support	
			Group	9:30- Therapeu-
12:45-Weaving	1:00- Open Paint	12:45- Bead Weaving	1st Thursday	tic Yoga
1:00- Garden Club		1:00- Strength Train-		1
1st, 3rd & 5th Monday		ing	1:00- Ceramics	1:30- Meditation
1:00- Landscape Paint-				
ing				
1:00- Mediation				
		El Rancho		1. K. C.
Monday	Tuesday	Wednesday	Thursday	Friday
10:00- Line Dancing	CENTER CLOSED	9:00- Crocheting	9:30- Weaving	CENTER CLOSED
			1:00 - Ceramics	
		10:00 - Line Dancing	Class	
		12:30 Monthly Meeting		
	L Replaced generation of the second second	2nd Wednesday		and a second statement of a second statement of a second statement of a second statement of a second statement
		Edgewood		
Monday	Tuesday	Wednesday	Thursday	Friday
9:30- Ceramics	9:30- Ceramics	9:15- Aerobics	9:00- Card Making	9:15- Aerobics
			10:00- Bead Em-	10:15- Chair Aer-
9:15- Aerobics	9:00- Wood Carving	10:15- Chair Aerobics	broidery	obics
	·····		12:15 Monthly	
	11:00- Nutrition Train-		Meeting 1st	
10:15- Chair Aerobics	ing	12:15- Bingo	Thursday	
		12:30- Leather Work-		
12:15- Bingo		ing	12:30- Art Class	
			12:30- Birthday	
			Celebration 4th	
1:00- Line Dancing		1:00- Line Dancing	Thursday	

## SENIOR VOICE

## MONTHLY LUNCH MENU

# lunch

### We serve lunch

## Monday—Friday from 11:30 am to 1:00 pm

Come join us for lunch and engage in an activity.