

# ***The Senior Scene***

**Vistas de los Mayores**



**Division of Senior Services  
April 2010**

**Photo by Donald Bell**

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office 1121 Alto Street, Santa Fe, New Mexico [www.santafenm.gov](http://www.santafenm.gov)**Front Desk Reception**

From Santa Fe 955-4721  
 From outside Santa Fe (toll-free) 1-866-824-8714

**Administration**

Patricia Rodriguez, DSS Director 955-4799  
 Ron Vialpando, DSS Assistant Director 955-4710  
 Mary Dean, Administrative Supervisor 955-4777  
 Cristy Montoya, Administrative Secretary 955-4721  
 Sadie Marquez, Receptionist 955-4741  
 Dianne Dean, Receptionist 955-4733

**Nutrition**

Ron Vialpando, DSS Assistant Director 955-4710  
 Thomas Vigil, Program Administrator 955-4740  
 Enrique DeLora, Inventory Supervisor 955-4750  
 Mark Velasquez, Inventory Specialist 955-4749

**Meals On Wheels**

Carlos Sandoval, Program Supervisor 955-4748  
 Yvette Sweeney, Administrative Assistant 955-4739  
 Robert Duran, MOW Assessments 955-4747

**Senior Center Programming**

Lugi Gonzales, Center Program Manager 955-4711  
 M.E.G. Center  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Ventana de Vida, Edgewood,  
 Rio en Medio  
 Cristina Villa, Program Coordinator 955-4725  
 Pasatiempo, Luisa, Villa Consuelo  
 Cindy Lovato, Prog. Coordinator 955-4754  
 El Rancho, Santa Cruz, Chimayo

**50+ Senior Olympics**

Cristina Villa, Program Coordinator 955-4725

**In Home Support Services, Respite Care  
Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor 955-4745  
 Katie Ortiz, Clerk Typist 955-4746

**Senior Membership Registration**

Brenda Ortiz, Database Specialist 955-4722  
 Connie Valencia, Database Clerk 955-4734

**Transportation Ride Reservations**

Fran Rodriguez, Transportation Dispatcher 955-4702  
 Linda Quesada, Administrative Secretary 955-4756

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator 955-4760  
 Marisa Romero, Administrative Secretary 955-4743  
 FAX Machine - RSVP Office 955-4765

**Miscellaneous**

Lobby Area 955-4735  
 Craft Room 955-4736  
 Pool Room 955-4737  
 FAX Machine - Administration 955-4797  
 Board/Conference Room 955-4757  
 FAX Machine - Nutrition 955-4794  
 FAX Machine - Inventory 955-4706

**Newsletter Production**

Kristin Slater-Huff, Editor/Distribution 955-4760  
 Email: [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)  
 Brian Ferns, Graphic Artist  
 Judy Valdez and Jeannie Rae, Copy Editors  
 Cover photo by Donald Bell

**CITY SENIOR CENTERS**

**LUISA** 955-4717  
 1522 Luisa St. (enter from Columbia St.)  
 Santa Fe, New Mexico 87505  
**MARY ESTHER GONZALES (M.E.G.)** 955-4721  
 1121 Alto St.  
 Santa Fe, New Mexico 87501  
**PASATIEMPO** 955-6433  
 664 Alta Vista St.  
 Santa Fe, New Mexico 87505  
**VENTANA DE VIDA (Pacheco)** 955-6731  
 1500 Pacheco St.  
 Santa Fe, New Mexico 87505  
**VILLA CONSUELO** 474-5431  
 1200 Camino Consuelo  
 Santa Fe, New Mexico 87507

**COUNTY SENIOR CENTERS**

**CHIMAYO** 351-4686  
 (Benny Chavez Community Center)  
 Rt. 1, Box 6-B (on Juan Medina Rd.)  
 Chimayo, New Mexico 87522  
**EDGEWOOD** 281-2515  
 114 Quail Trail  
 Edgewood, New Mexico 87015  
**EL RANCHO** 455-2195  
 334 Country Rd. 84 (on SFC 101D)  
 Santa Fe, New Mexico 87501  
**ELDORADO (County-run center)** 466-1039  
 Adam Senior Center, 16 Avenida Torreon  
 Santa Fe, New Mexico 87508  
 Lunch served Monday, Wednesday, and Friday only.  
**RIO EN MEDIO** 988-3053  
 01 Alto Lane  
 Rio en Medio, New Mexico 87506  
**SANTA CRUZ** 753-8598  
 Abedon Lopez Community Center  
 145 Santa Cruz Site (on Don Roberto Rd.)  
 Santa Cruz, New Mexico 87567

# DIRECTOR'S REPORT

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Dear Seniors,

I am often asked **“What age do I have to be to participate in Senior Services Programs?”** Although we would like to offer these services to everyone, we must follow the eligibility requirements that are set forth by our funding sources. For example, the following services and activities have their respective age requirements:

**Age 55+ Retired Senior Volunteer Program (RSVP)**

A variety of volunteer opportunities at over 60 volunteer stations  
 New and dynamic volunteer choices for Baby Boomers  
 Optional educational and training sessions  
 Senior center lunch for a suggested donation of \$1.50  
 Recognition events, gifts, and supplemental insurance at no cost to the volunteer

**Age 55+ Foster Grandparent (FGP) and Senior Companion Programs (SCP)**

Modest tax-free stipends for income-eligible volunteers\*\*  
 Mileage reimbursement or transportation provided while volunteering  
 One meal per day, at a local senior center or assigned volunteer station  
 Monthly educational and training sessions  
 Recognition events, gifts, and supplemental insurance at no cost to the volunteer

**The Following Title III Services have Mandated Eligibility Provisions Required by the Older Americans Act**

**Age 60+ or Spouse of Individual 60+**

**Nutrition**

- Congregate Meals for suggested donation of \$1 for breakfast or \$1.50 for lunch
- Meals on Wheels for frail homebound individuals for a suggested donation of \$1.50\*\*

**Assisted Transportation**

- Door to Door service for a suggested donation of .50¢ each way, with 24 hour notice

**In-Home Support Programs\*\***

- Home Management - Light housekeeping and assistance with errands
- Respite Care – Relief to primary caregivers of individuals with dementia
- Non-Medical Personal Care - Basic grooming and exercises for frail elderly
- Caregiver Support Groups – Periodic education and support for caregivers
- Grandparents Raising Grandchildren - Limited financial reimbursement
- Supplemental Equipment/Services – Wheelchairs, shower chairs, canes, Depends, etc.

\*\* Services with an asterisk require certain income and/or other guidelines for qualification. Please call 955-4721 to be directed to an appropriate staff person for these services.

I cordially invite you to join your peers and the staff at any of our 11 senior centers located throughout the City and County of Santa Fe. Please see the previous page for center addresses and phone numbers.



*Patricia*

**Patricia Rodriguez,  
DSS Director**

# SENIOR SERVICES PROGRAM INFORMATION

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## Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card with a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive vital funding for our programs.

If you do not have a card, please come get one. The card only costs \$2 and \$1 for a reprint. **Please bring exact change.** Please bring an emergency contact name and phone and the last 4 digits of your Social Security number.

If you have any questions, call Brenda Ortiz at 955-4722.

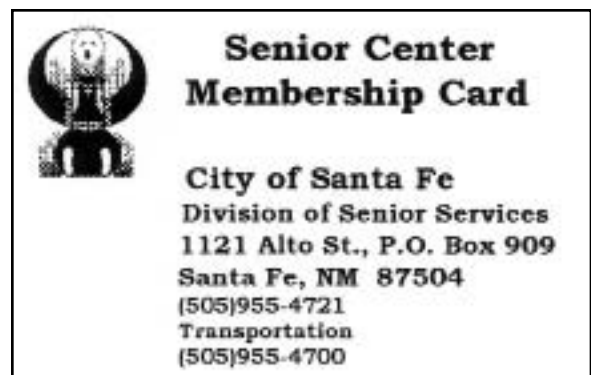
According to the Older American's Act, a person **must be 60 years of age or older** to be eligible for services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only), **and must**
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

**See next page for membership schedule.**

NOTE: Cards are not official identification.



## SENIOR TRANSPORTATION INFORMATION

To Reserve **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

To avoid delays in service, call immediately if you need to cancel a scheduled ride. When scheduling a ride, please specify if you require a wheelchair lift van.

Senior Cost Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)

Schedule Rides available 8:00 a.m. to 4:15 p.m. Monday, Wednesday, Thursday and Friday. On Tuesday, rides begin at 8:00 a.m. and last call for pick up is at 2:45p.m. Services end at 3:30 p.m. on Tuesdays, due to a mandatory reduced work week for all AFSCME employees. We apologize for the inconvenience. Rides to medical appointments are given priority over all other rides.

Notes **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**

Ride reservations for medical appointments should be made as soon as appointments are scheduled with the doctor.

Santa Fe Ride Persons under age 60 who have disabilities and who are paratransit eligible must use Santa Fe Ride Services rather than Senior Services Transportation. Call Transit at 955-2002. There is a \$2.00 required fee per one-way trip.

Closure **On Friday, April 30, Transportation will close at 2:00pm (last pick-up 1:15pm) for mandatory staff training.**

# Senior Services Monthly Events

## THE FOLLOWING IS THE SENIOR MEMBERSHIP SCHEDULE FOR THIS MONTH

M.E.G. Center      Tuesdays      April 13, 20, 27      9:00am to 1:00pm ONLY

## SENIOR CENTER MEETINGS

Chimayo	Monday	April 5	12:30 p.m.
Edgewood	Thursday	April 1	10:30 a.m.
El Rancho	Wednesday	April 7	12:00 noon
Luisa	Tuesday	April 6	8:30 a.m.
Pasatiempo	Monday	April 5	1:00 p.m.
Rio en Medio	Wednesday	April 7	11:00 a.m.
Santa Cruz	Thursday	April 1	12:30 p.m.
Ventana de Vida	Friday	April 2	9:30 a.m.
Villa Consuelo	Monday	April 5	10:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board of Directors (at Ventana de Vida)	Wednesday	April 21	9:30 a.m.
Travel Committee	Thursday	April 8	8:45 a.m.
Senior Activity Corp.	Thursday	April 8	10:00 a.m.
Transportation	Tuesday	April 13	9:00 a.m.
Nutrition	Tuesday	April 13	10:00 a.m.
Senior Olympics	Wednesday	April 14	9:30 a.m.
In-Home Support			
FGP/SCP Cmt.	Wednesday		10:00 a.m.
RSVP Advisory Cmt.	Tuesday	April 27	10:00 a.m.

## BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

**All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.** Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Suzanne McDuffey, RN (Edgewood) on the following dates:

<b>M.E.G. Center</b> - First and Second Tuesday	April 6, 13	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	April 1	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	April 8	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	April 20	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	April 15	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thursday	April 1, 8, 15, 22, 29	1:00 p.m. to 2:00 p.m.

# NEWS & VIEWS

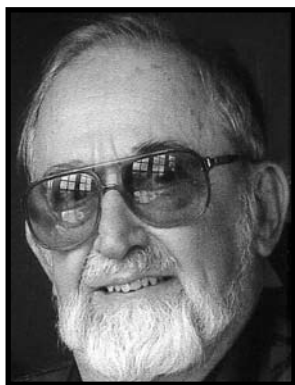
## They will be Missed...

**Luis Maestas** passed away on February 23rd, following a brief illness. He was a tinsmith at the Abedon Lopez Senior Center in Santa Cruz, where he enjoyed sharing his talents with fellow participants. Not only did Luis drive school buses for students but he was also a volunteer driver for seniors.



He drove them on their monthly outings, and, during the Lenten season, he and his wife Irene took them on an annual trip to Stations of the Cross in San Luis, Colorado. During summer barbecues at the center, Luis and Irene were always there to lend a hand. His heart and dedication went out to seniors and a favorite saying was "My seniors come first!" Everyone at the center will miss his sense of humor and his good spirit.

**David Burdett**, age 86, passed away peacefully on February 27th. David was an active member of the Eldorado community. He joined the volunteer fire department in January 1990, almost immediately after moving to Eldorado, and was in an auxiliary position with the fire department when he died.



In the early 1990's, David founded Santa Fe Search and Rescue at the request of the State of New Mexico Resource Director, and guided it to success over a 20-year period. He loved the mountains and particularly enjoyed hiking and back packing. He had 2 sons and a daughter, as well as two stepdaughters. David and his wife, Pat Lavengood, enjoyed a long-term love affair. They loved traveling, especially enjoying their river trips in Germany. Their last trip together was to Antarctica. David will be greatly missed by the staff and seniors at the Adam Senior Center in Eldorado.



## Caregiver Support Group

The City of Santa Fe Division of Senior Services will host a Caregiver Support Group presented by Patti Murray, Community Education, Odyssey Healthcare and Reverend Elizabeth Graham, Bereavement Coordinator, Odyssey Healthcare.

The presentation is entitled "Permitting Ourselves to Grieve" and will provide education and emotional support to adults who deal with stress associated with providing specialized care for homebound individuals.

A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation. Refreshments will be provided.

New faces are always welcome and we look forward to seeing you at the Mary Esther Gonzales Senior Center located at 1121 Alto Street on Tuesday, April 6th from 1:30 p.m. to 4:30 p.m.

If you have any questions, please call Theresa Trujillo at 955-4745.

## Finishers Project

Finishers Project is a cooperative effort of over 80 churches and ministry organizations in North America connecting mid-life adults with global impact opportunities providing challenge, information and planning tools to evaluate options for serving God in new ways. They are hosting the Finishers Forum 2010 on April 23rd and 24th at Hope Evangelical Free Church in Albuquerque.

For more information, call (480) 584-5448 or email [headquarters@finishers.org](mailto:headquarters@finishers.org).

**National Volunteer Week is April 18-24.**  
**Please thank a volunteer**  
**for their work!**

# NEWS & VIEWS

## Transportation Notices

Please note that on Friday, **April 2nd**, Transportation's last pick up will be at 11:15 as Senior Services closes at noon for Good Friday.

Also, on Friday, **April 30th**, Transportation will close at 2:00 p.m. (so the last call for a pick-up will be taken at 1:15p.m.) due to a mandatory Transportation staff training.

We apologize for any inconvenience this might cause and we appreciate your cooperation.

## Compassion & Choices

Compassion & Choices of Santa Fe is a local chapter of Compassion & Choices, a national non-profit organization supported by memberships and donations from people committed to educating the public, health care professionals, lawmakers and the media on end-of-life issues.

The group advocates for expanding choice at the end of life, and for compassionate end-of-life care in hospitals, and at bedsides. National C&C has a professional staff which offers counseling and information for families and patients facing end-of-life decisions.

The local Chapter provides information on end-of-life planning and helps members keep current on trends in legislation and end-of-life resources. All of their help is legal and always within the law. The Santa Fe Chapter holds three public meetings a year on subjects including pain management, living wills or advance health care directives, choosing a health care advocate, and the need for education and legislation on end-of-life options. Their March meeting was titled "The Politics of Dying" presented by Roland Halpern, a C&C National Director.

Their meetings are free and open to all. For more information or to become a member go to [www.compassionandchoices.org](http://www.compassionandchoices.org) or call them at 1-800-247-7421.



## Women's Resource Fair

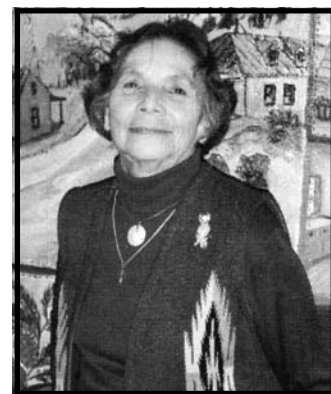
In celebration of Women's History Month, Santa Fe Community College is sponsoring their first Annual Women's Resource Fair. The event, "Celebrating the Spirit of Women", will be on Wednesday, April 7th from 10:00 am – 2:00 pm in the foyer area of the main building. There will be many organizations from the community and everyone is invited.

## 2009 Living Treasure Edith Trujillo:

Devoted to God's Creatures

(From the "Noticias de Chimayó" Volume 7th, #2 November 2009 issue)

**Edith V. Trujillo**, 77, is honored as the 2009 Chimayó's Living Treasure by the Board of Directors of the Chimayó Cultural Preservation Association. Mrs. Trujillo is better known as Edie. She has no middle name, but when pressed for a middle initial many years ago, she chose the letter



V. Today she jokingly says it stands for "Vicious".

Edie Trujillo was raised in Glenwood, Colorado but at age 12 came to New Mexico to live with her grandmother, Eduvigen Medina, a midwife in Potrero.

Edie married and she and her husband and children lived in Los Alamos for many years. There she became concerned about abused and abandoned dogs. After the couple retired to Chimayó, Edie became known as "The Dog Lady of Chimayó" because of her work with animals. Even though she says she did not care for this title, Edie continued to devote much of her time to this important cause. When asked why she has devoted her life to this work, Edie says that these "little animals have the spirit of God."

Edith Trujillo's complete interview will be taped later this year and added to the growing Los Tesoros Library at the Museum, available for viewing during regular hours.

# NEWS & VIEWS

## Center Closures

All senior centers will close at noon on Friday, April 2nd in observance of Good Friday. There will be no congregate meals (Meals on Wheels only). Transportation services will run only for doctor appointments (last call 11:15). Activities are cancelled for that day

## Restaurant Review Stella's Thoughts

This month's review is of the Santa Fe Bar & Grill in the DeVargas Center. It is located at the main entrance to the mall and is open 11:00 am – 10:00 pm seven days a week. They have a web site at <http://www.santafebargrill.com> and their phone number is 982-3033. I talked with Rob Day.



**PARKING:** DeVargas Center offers convenient handicap parking with access ramps for seniors close to the entrance.

**SEATING:** Santa Fe Bar & Grill has a waiting area at the entrance, but there are no cushions on the bench. After being seated I was aware that I needed a cushion for my seat and a thinner pillow for my back. I mentioned this to Rob and he indicated they would consider having a few available for seniors.

**SILVERWARE/GLASSES:** The silverware was good and also lightweight. The glasses were large, too heavy and too tall. I asked if they had a smaller glass and Rob indicated that styrofoam cups were available. They did provide a straw with the water glass without my needing to request one.

**BATHROOM:** The bathroom at Santa Fe Bar & Grill was very clean and accessible. Again, the door to the bathroom was a big problem - it was just too heavy for me to open on my own. I guess I will have to get used to having a friend help me with bathroom doors.

**WAIT STAFF/ATMOSPHERE:** The wait staff at Santa Fe Bar & Grill were very pleasant and attentive. They assign one wait person per table. I found the atmosphere very relaxing. The place

was full when I visited and everyone seemed to be having a good time and enjoying his or her meal.

**LOW SODIUM ENTREES:** One of my readers suggested I check if the restaurants have low-sodium entrees. I asked the staff and they indicated that they would minimize the salt on any entrée as best they could, if requested. They felt no salt could be managed for hamburgers and French fries, as these items are individually prepared when ordered.

**FOOD/PRICES:** Another of my readers suggested I give a brief review of the menu and prices. I suggest that my readers should go to the website and look at the menu with prices posted there or call the restaurants. The menus are quite extensive and I do not have room in this review to go over all the options and prices.

**BAR:** Santa Fe Bar & Grill has a separate bar area that seats 15. The bar was very clean and has a special "bar menu" so food and drinks can be ordered at the bar.

In closing, I would highly recommend Santa Fe Bar & Grill to all my senior readers. The staff is very friendly and attentive. I liked the atmosphere very much – everyone there seemed very happy. Since I have visited the two restaurants in the De Vargas Mall, I will find a new location for my review next month.

- Stella Hildabrand

## ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building,



3229 Rodeo Road, on the third Tuesday of every month. Individuals must pick up their commodities between 9:30 a.m. and 12:30 p.m. The next distribution is on Tuesday, April 20<sup>th</sup>.

To find out if you qualify, call the ECHO office in Albuquerque at (505) 242-6777.



# NEWS & VIEWS

## Stroke Survivors Group

There is a support and education group for people who have survived a stroke and their caregivers. They meet on the fourth Thursday of every month in the meeting room off the cafeteria at Christus St. Vincent Hospital. Every three or four months, the group will host speakers specializing in therapies and advances of interest to this population.

To learn more, call Carol at 989-3604.

## Alzheimer's Café

People coping with Alzheimer's disease, including caregivers, are invited to meet others at the monthly gatherings of the Alzheimer's Café, held at the S.F. Children's Museum, at 1050 Old Pecos Trail on the second Wednesday of every month from 2:00 to 4:00 p.m. Snacks are provided, along with great company, good conversation, perhaps a little music, a few jokes thrown in, and art projects galore.

The next meeting is on April 14th.

For more information, call contact Jytte Lokvig at 466-8195 or Jan Olsen at 424-0577.

## Open Hands News

Caregiver Skills Classes and Caregiver Support Groups are held every third Wednesday afternoon of the month at Open Hands. Their early Memory Loss Support group is held every third Wednesday of the month from 10:30 to 11:30 a.m. Please call Roland Pool at 428-2337.

Open Hands is hosting a dance for the whole community on Friday April 23rd, at the Eagles Lodge on Early Street, from 7:00-11:00 p.m. Local band "Durango" will perform a mix of classic oldies, rock, country, & Spanish tunes. Tickets are \$10. Cash bar run by the Eagles. For more information, contact Jeanette Alt Romero at Open Hands at 428-2363.

## "I CAN" Cooking for Diabetes

The Santa Fe County office of the N.M. Cooperative Extension Service in partnership with the N.M. Dept of Health, Diabetes Program will offer a series of free cooking classes for people with diabetes and their caregivers.

Kitchen Creations classes will teach you how to plan and prepare healthy, delicious dishes

that manage carbohydrates without adding extra sugar.

Classes meet Wednesdays, 5:30-8:30 p.m. for 4 weeks, starting April 14th. Call 471-47111 to enroll.

## Free Income Tax Preparation Continues

Tax-Aide Santa Fe and AARP will continue to offer State and Federal Income Tax preparation through Thursday, April 15th, for free.

Taxes will be prepared at the Boys and Girls Club at 730 Alto St., Mondays through Fridays 9:00 a.m. to 1:00 p.m. Or, you may go to the Santa Fe Community College in the Fitness Center, Mondays through Fridays 9:00 a.m. to 5:30 p.m. and Saturdays 9:00 a.m. to 2:00 p.m.

Anyone with income less than \$22,000 will get New Mexico State refunds.

## Sixth Annual Free Garden Fair



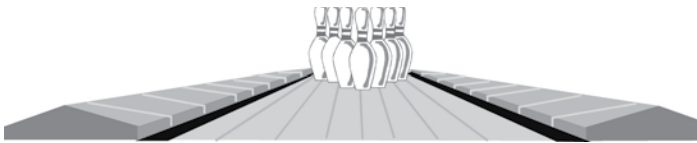
The Sixth Annual Garden

Fair presented by the Santa Fe Master Gardener Association (SFMGA) will be held on Saturday April 24th from 10:00 a.m. to 4:00 p.m. at the Santa Fe County Fairgrounds. This year's theme is "Feed the Body, Feed the Soul." Admission is free.

Demonstrations, lectures by experts in their fields, and numerous exhibits will appeal to experienced gardeners, as well as novices. Learn how to provide yourself and your family with fresh, nourishing fruits, vegetables and herbs while you engage in an activity that is pleasing to the senses, enhances your health and lifts your spirits. Other Garden Fair favorites are garden supplies and novelties from the Garden Shed, an educational activity area for children created by Master Gardeners who are teachers in local schools, and a sale of annual, native and drought-tolerant plants. Proceeds from the plant sale support community outreach projects of SFMGA. When it's time for a break, lunch, snacks, beverages and gourmet coffee will be available for purchase from local purveyors.

For more information, including lecture and demonstration topics and times, visit the Master Gardener website at [www.sfmga.org](http://www.sfmga.org).

# NEWS & VIEWS



## Bowl for Kids' Sake 2010

Bowl for Kids' Sake is Big Brothers Big Sisters' most important annual campaign and a fun way to benefit children New Mexico. This year's events will be held at Strike Gold Lanes in Pojoaque on April 10th, 11th, 17th and 18th.

It's easy to get involved. You can be a Team Captain by forming a team with four people you know. Each team member then asks family, neighbors, co-workers and friends for pledges on behalf of Big Brothers Big Sisters. Or you can be a bowler and join one of your friend's teams, raising pledges in a similar manner. You can even be a sponsor.

Visit [www.bbbs.org/northernNM](http://www.bbbs.org/northernNM), call them at 983-8360 for details on how to participate.

## Voter Registration at Pasatiempo

Senior volunteers will be conducting voter registration at the Pasatiempo Senior Center for new voters or anyone who needs to update their information.

Go to Pasatiempo, 664 Alta Vista St. on Thursdays between 9:00 and 11:00 a.m.



## "Smart Meetings" for Parliamentarians

The New Mexico State Association of Parliamentarians will hold a community workshop open to the public on Saturday, April 17th from 9:00 am to 12:30 pm at The Courtyard by Marriott in Albuquerque. Registration includes course materials and a continental breakfast.

For more information, contact: Barbara Posler at 505-268-1210, [poslong@ymail.com](mailto:poslong@ymail.com) or Jan Strand at 603-0189, [jan\\_str@msn.com](mailto:jan_str@msn.com).

## Free Benefits Counseling Assistance

The New Mexico Aging and Long-Term Services Department offers free, unbiased information from trained volunteers to help determine whether seniors are receiving all the benefits they have earned and are entitled to.



Benefits covered include managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care, legal problems and more. Appointments are available for free, individual, ½ hour counseling assistance.

At Ventana de Vida schedule for the 2nd and 4th Thursdays of every month, between 12:30 and 4:30 p.m. Call Christine at 955-4715, and leave a message. She will call you back to confirm.

At the Mary Esther Gonzales (MEG) Center, appointments are on Wednesdays between 8:00 a.m. and noon. To schedule an appointment at MEG Center, call 966-4721.



## Macular Degeneration Information/Support Group

The next monthly meeting of the macular degeneration information and support group will be on Friday April 9th 2:30

– 4:00 p.m. at the Mary Esther Gonzales Senior Center at 1121 Alto St.

A speaker (yet to be confirmed) from the New Mexico Commission for the Blind, discussing new adaptive technologies, is scheduled to attend.

The group is still seeking someone willing to lead the group. This would include organizing speakers and reminding attendees of upcoming meetings.

For more information, please call Jane at 983-9640.

# SENIOR OLYMPICS



## SENIOR OLYMPICS SPOTLIGHT

Well, we have started our 50+ Olympics with lots of colored balls from blue to green to purple. On March 3rd -5th we had our Racquetball Event at the GCCC and a whopping 42 Olympians showed up, including two women. The tournament was for best 2 out of 3 games. Participants break a sweat in a matter of minutes! It is a good exercise to keep the heart going. Larry Montoya, the Event Manager, did an outstanding job coordinating this event. Our most senior competitor was Fred Quisenberry, at age 88. Way to go, Fred!

On March 9th, we had Basketball Free-throw at Fort Marcy Complex and 61 participants competed for gold, silver and bronze. Each participant had 15 shots. Charles Roybal (age group 65-69) made 13 shots out of 15 and also Fernando Rodriguez (age group 70-74). The highest women's score was Chalouy Jermance (age group 55-59) who made 10 shots out of 15. Following the free-throw competition, players could join in a new addition to the competition, the 3 point shot. Only a few joined, but they are great shooters. Hope we can have more shooters next year. The eldest competitor was Henry Zamora at the still-athletic age of 84!. Arlene Mayer, Event Manager, has been competing for several years and is doing a wonderful job coordinating the free-throw event.

On March 9th and 10th, we had our Air Gun/ Air Pistol Event at the County Extension Building and we had 32 Olympians participate, including 8 women. Buddy Hayes (featured in the photo to the right) did a phenomenal job, shooting from her wheelchair. She took the gold! The top male scorer for Rifle Benchrest goes out to Bruce Kidman with a whopping score of 365 out of 400, and also in Pistol Benchrest Bruce scored a 370. For the women, Maggie Murry

took gold with a score of 344 out of 400 in Pistol Benchrest and a 310 in Rifle Benchrest. Event Manager Bill Black did a terrific job coordinating event and was also the top scorer in his age category along with his helper Len Trimmer. Bill is an instructor and is willing to teach anyone who wants to learn to shoot. The oldest competitor was Tony Medrano age 80. A round of applause for Tony!

The official results will be printed in a special 50+ Senior Olympics 2010 Results booklet to be published at the end of the season.

There will be a race walk clinic on Thursday, April 29th at the Fort Marcy Complex from 9:00 a.m. – 10:00 a.m. for those athletes who are going to be competing in race walk in May, or for those who are interested in learning.

### Just a reminder of the upcoming events in April:

<b>April 10</b>		
Swimming	GCCC	Karin & Dick Roth
<b>April 15-16</b>		
Shuffleboard	Ft. Marcy	Ben Mendoza
<b>April 22</b>		
Table Tennis	Ft. Marcy	Tom Dollar
<b>April 23</b>		
Tai Chi Demo	GCCC	Paul Zisman
<b>April 23</b>		
8 Ball	MEG	Ramon Martinez
<b>April 24</b>		
Archery	Range	Jesus Aranda
<b>April 29-30</b>		
Horseshoes	MEG	Barbara Cohen
Until next month,		
-Cristina Villa		



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



*The following are volunteer positions, and each comes with training and support.*

*If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email [kwslaterhuff@santafenm.gov](mailto:kwslaterhuff@santafenm.gov).*

*RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.*

### Odyssey Hospice Crafters

If you enjoy crafts and would like to brighten the lives of hospice patients, please join this group. They gather each Monday at 1:00 in the craft room at the MEG Center. They welcome new members and hope you will drop by and visit.

### Española Valley Humane Society

Give the animals some love! At the shelter, volunteers are needed for cuddling and grooming safe, "adoptable" animals, or to watch the animals as they are coming out of surgery, or to help landscape and garden the shelter grounds.



If you like to be out and about, you can help at their fundraising events or mobile adoption clinics. You could also hang adoption posters, take digital camera photos of the animals, or even drive some animals to Colorado for adoption clinics there.

Call 955-4760 for information.

### Long-Term Care Ombudsman Program

The Long-Term Care Ombudsman Bureau advocates for the recognition, respect and enforcement of the civil and human rights of residents of long-term care facilities in New Mexico. In addition to a small number of highly skilled staff, many volunteers throughout the state regularly visit nursing homes and other long-term care facilities to ensure that residents are properly treated. The Ombudsman Bureau's primary duty is to investigate and resolve complaints made by or on behalf of residents.

Call 955-4760 for information.

### Santa Fe Alliance

The mission of the Santa Fe Alliance is to build a healthy local economy for the people of Santa Fe and the surrounding region. They



educate the community and public officials about the importance of buying local goods and services and work towards localizing our economy across various sectors, including food and energy.

The Alliance is looking for a few consistent volunteers for help in their office, and also for occasional help at special events, such as business workshops, and at outdoor community events during the warmer months.

Office work includes: helping keep their press binders up to date (a great job for a creative type; this entails cutting and pasting newspaper articles that mention the Alliance); basic office photocopying, collating, and helping with mailings; if you are a "people person" they sometimes need help making reminder phone calls about upcoming networking meetings.

During the summer and fall, they need help at the Farmers Market with their "Cook with the Chef" cooking demonstrations, either on Tuesday or Saturday mornings.

Whether you're in the office or out "in the field," there will always be staff on hand to answer questions and give you direction.

Call 955-4760 for information.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## National Volunteer Week April 18th -24th, 2010

A few quotes to remind you of how wonderful volunteers are.

A single sunbeam is enough to drive away many shadows. - St. Francis of Assisi

How to be of value: Stare into a bucket of water until your reflection appears. Then gently pour the reflection out onto the ground. Soon it will evaporate and become a cloud. Then it will rain and you will be part of the great cycle of replenishment and growth. - Michael Leung

Submitted July 6 2009 by Ann F. Hodson

I always wondered why somebody didn't do something about that. Then I realized I was somebody. - Lily Tomlin

Submitted Sept. 29, 2008 by Joyce Flaughter

Treat people as if they were what they ought to be, and help them become what they are capable of being. - Goethe

Submitted Feb 15, 2008 by Elizabeth Ellis

Paul Revere earned his living as a silversmith. But what do we remember him for? His volunteer work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about. Remember, no one gets paid to rebel. All revolutions start with volunteers. - Susan J. Ellis Posted 16 November 2004 by request of a workshop participant who heard Susan say this and wanted it shared.

At the end of our life our questions are simple: Did I live fully? Did I love well? - Jack Kornfield  
Submitted on 2 November 2004 by Caitlin Rohrer, Girl Scouts, Trillium Council, Pennsylvania

Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!

- author unknown

Submitted on February 20, 2008 by Jana Baker

From Energize.com



## Birthdays this Month

The Retired Senior Volunteer Program  
wishes a very happy birthday to our active  
volunteers born in the month of

## April

Kenneth Aran	Ron Levy
Benjamin Baca	Virginia M. Lucero
Maria Barton-Martinez	Ruby Marchant
Edna Bube	Kathy Martinez
Martha Catanach	Prescilla Martinez
Pat Chapman	Suzanne McDuffey
Mary Ann Chrane	John D. McClure
Erica Coleman	Jose D. Medina
Lynne R. Coyle	Joyce T. Montoya
Nancy A. Dayton	Ruth R. Montoya
Jerry Duncan	Terry Otten
Maria E. Duran	Dolores Ortiz
Libby Dwyer	Doug Peterson
Ken Earle	Bernard Preskin
Ramon Estrada	Delfin Quintana
Robert Fernandez	Fay Robins
Lou A. Finley	Sally A. Rodríguez
Rachael Garcia	Sister Jo Romero
Clarice Getz	Corrine Sanchez
Sheila Gumerman	Reynalda Sanchez
Bill Haberland	Carol K. Thomson
Carol F. Keeffe	Manuel Valdez
Joe Kelley	Grace Whitecotton

# ***FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS***

## **National Volunteer Week April 18 – 24, 2010**

### **Volunteers Build a Better World**

The following is a testament on the value our volunteer programs. Please take time to thank our volunteers for all of the wonderful work they do.

This letter is to support the Foster Grandparent Program in the Santa Fe Public Schools. We love our classroom Grandma that serves our kindergarten classroom at Ramirez Thomas Elementary. This program has provided our students with a grandma figure in their lives. Many of our students have grandparents in Mexico that they barely get the chance to see. They have bonded with her and even call her abuelita. She helps with their learning, behavior in the classroom, and provides assistance with their schoolwork. They chat with her and confide in her while improving their vocabulary and interpersonal skills. She is also like a tutor for those students that are falling behind. She makes our day flow smoother and helps me and my assistant maximize learning by working with students. She has impacted their lives so deeply that our former students, now in fourth grade, still come up to her and remember her.

Most of all, we have now shared over 100 students the last five years together and they all have a brighter future since she was/is a part of their life. It is a proven fact that students on the same campus with the people that have known them for years show better progress, behave more appropriately, and feel a sense of belonging. Granny is such a strong member of our community that she even knows all of the student's parents.

We wish we could pay Granny a million dollars a year for all she does.

Ramirez Thomas Elementary Teacher,  
Bilingual Kindergarten

## **In-Service**

On Thursday, April 1st at 9:30 a.m. we will have a presentation by Zia L. Robles Hernandez, Naturopathic Physician of Essenzia Naturae Naturopathic Health Center. She will address food allergies, sensitivities and intolerances, and speak about what types of practices improve gastro-intestinal, or "GI" health and which foods are the best sources of beneficial nutrients. You will not be required to volunteer on this day and should plan on attending this mandatory meeting, held at the MEG dining room.

## **The 12th Annual Governor's Spotlight on Volunteers Celebration**

Friday, April 16, 2010 8am – 2pm  
at the Albuquerque Hilton

Foster Grandparent and Senior Companion volunteers are invited to attend this exciting training opportunity. This conference requires some walking and standing throughout the day so it is not considered mandatory for all volunteers. The conference is an opportunity for volunteers to come together and learn how to more fully engage communities in service and volunteerism. There will be guest speakers, workshops and a luncheon/volunteer awards ceremony. As an active FGP/SCP volunteer, your transportation, conference fee and lunch will be paid for. Please note that we leave Santa Fe at approximately 7:00 a.m. to arrive on schedule, so volunteers interested in attending must find their own transportation to the MEG Senior Center to catch the bus to Albuquerque.



**Birthdays  
this  
Month**

Eloisa Alvarez  
Maria Delgado  
Maria Duran  
Theresa Espinosa  
Bonnie Rice  
Prescilla Martinez

# ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover. Subject to change.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Eldorado	1:30 pm	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday
Ventana de Vida	1:15 pm	Monday

## CERAMICS/CLAY

Chimayo	1:00 pm	Wednesday
Edgewood	12:30 pm	Mon./Tues.
Rio en Medio	10:00 am	Wednesday
Santa Cruz	1:00 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday
Pasatiempo	1:00 pm	Thursday

## COMPUTER CLASSES

M.E.G.	Call 955-4721	
Eldorado	1:30pm	Monday

## CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:00 pm	Friday

## EXERCISE

M.E.G. (Open)	8:00 am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz (Walking)	9:30 am	Wednesday
Rio en Medio	9:30 am	Wednesday
M.E.G. (Fitness Training)	By appointment, 470-3880	
Eldorado (Strength Train)	1:30 pm	Wednesday
M.E.G. (Brain Dance)	1:30 pm	Thursday
Edgewood	10:00 am	Wednesday
M.E.G. (Life Fitness)	1:00pm	Friday(not 1st Fri.)

## GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

## JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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## LEATHERWORK

Edgewood	12:30 pm	Wednesday
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## LINE DANCING

Pasatiempo(Inter&Adv)	12:00 pm	Tuesday
Pasatiempo (Beginner)	1:00 pm	First 3 Thur/Mo

## MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	First Friday
Eldorado	12:45 pm	2 <sup>nd</sup> & 4 <sup>th</sup> Thur.

## OPEN ARTS & CRAFTS

Chimayo	1:00 pm	Tuesday
El Rancho	12:00 pm	Thursday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Pasatiempo	1:00 pm	Friday

## POOL/CARDS

Luisa (Pool)	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am-4:30 pm	Mon. thru Fri.
Pasatiempo (Pool)	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

M.E.G.	10:00 am	Monday
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## SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa	12:30 pm	Monday
(Sounds of the past)		
M.E.G. (Spanish)	11:30 am	Friday

## TAI CHI

Pasatiempo	9:00 am	Thursday
Eldorado	10:15 am	Wednesday
M.E.G.	3:30 pm	Two Thurs/mo

## TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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## WEAVING

El Rancho	9:00 am	Mon./Wed.
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	1:00 pm	Monday

## WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

## WRITING

Edgewood	10:00 am	Friday
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## YOGA

Eldorado	10:15 am	Monday
Eldorado	1:30 pm	Friday
Eldorado (Hatha Yoga)	3:45 pm	Wednesday
M.E.G. (Dahn Yoga)	3:30 pm	2 Thurs/Mo



# ACTIVITIES *schedule by center*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover. Subject to change.

Weaving Open Crafts Ceramics	<b>CHIMAYO</b> Monday Tuesday Wednesday	1:00 pm 1:00 pm 1:00 pm	Exercise (Class) Wood/Straw Tai Chi	<b>PASATIEMPO</b> Mon./Wed./Fri. Wednesday Thursday	10:00 am 9:30 am 9:00 am
Ceramics Ceramics Bingo Exercise Leatherwork Art Class Creative Writing Fitness Equipment	<b>EDGEWOOD</b> Monday Tuesday Tuesday Wednesday Wednesday Thursday Friday Mon. - Fri.	12:30 pm 12:30 pm 12:30 pm 10:00 am 12:30 pm 1:00 pm 10:00 pm	Fitness Equipment Pool & Ping Pong Line Dance (Adv.) Ceramics Sewing Open Crafts Line Dance (Beg.) Singing Trio	Mon. thru Fri. Mon. thru Fri. Tuesday Thursday Friday Friday Thursday Wednesday	6:30 am 8:00 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 11:30 am
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Exercise Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Pool Sounds of the Past Sing-A-Long (Span.) Guitar Lessons Line Dance (beg) Bingo Movie Day Exercise Class Line Dancing (Beginner)	<b>LUISA</b> Mon. thru Fri. Monday Tuesday Wednesday First 3Thurs of Mon. Friday Last Thurs. of Month Friday Thursday	8:00 am 12:30 pm 11:45 am 9:00 am 2:00 pm 1:00 pm 1:00 pm 9:45 am 1:00 pm	Weaving Ceramics Wood/Straw Shopping/Errands Tinsmithing Walking	<b>SANTA CRUZ</b> Tuesday Monday Tuesday Thursday Wednesday Wednesday	9am/12:30pm 12:30 pm 12:30 pm 12:00 pm 1:00 pm 9:30 am
Guitar (Beg.) Fitness Equipment Pool/Cards Hospice Crafts Yoga/Tai Chi Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day Computer Class Brain Dance Fitness for Life	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday 2 Thurs/Mo Mon./Wed. Monday Tuesday Wed./Fri. Thursday Friday Friday 1 <sup>st</sup> Fri. of Month Call 955-4721 Thursday Friday	9:00 am 8:00 am 8:00 am 1:00 pm 3:30 pm 1:00 pm 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am 2:00 pm 1:00 pm 1:30 pm 1:00 pm	Ceramics Bingo Wood/Straw	<b>VILLA CONSUELO</b> Mon./Wed. Tues./Thur. Wednesday	9:30 am 11:00 am 12:30 pm
			Yoga Yoga Tai Chi Hatha Yoga Computer Class Painting Strength Training Movie Day	<b>ELDORADO</b> Monday Friday Wednesday Wednesday Monday Tuesday Wednesday 2nd & 4th Thurs.	<b>COUNTY-RUN</b> 10:30 am 1:30 pm 10:15 am 3:45 pm 1:00 pm 1:30 pm 1:30 pm 12:45 pm



# ACTIVITIES



## Senior Center Birthday Celebrations

Everyone is welcome to come celebrate this month's birthdays at the following senior centers:

MEG Center: Friday, April 23<sup>rd</sup> at Noon

El Rancho: Wednesday, April 21<sup>st</sup> at Noon

Edgewood: Thursday, April, 22<sup>nd</sup> at 12:30 p.m.

## You and Your Credit Score

The Society for Financial Awareness (SOFA) is presenting "You and Your Credit Score" on April 14th at the Luisa Senior Center from 12:30 to 1:30pm.



The seminar will cover your credit health, the importance of your credit score, how your score is determined, and ways to improve your credit rating. If you would like to know how to check your credit score, and why knowing this score matters, you'll want to attend this free presentation.

SOFA is a non-profit educational speaker's bureau, and its members host pro bono seminars across the country. Peter Murphy, the NM Chapter President of SOFA will be the guest speaker. He is a local financial advisor and retired Navy Captain.

## Edgewood Senior Center AARP Tax-Aide

A national program of IRS-trained volunteers will provide free tax help and e-filing for low-and middle-income taxpayers at the Edgewood Senior Center from 9:30 a.m. to 1:00 p.m. April 9th. The center will be closed on Friday, April 2nd in honor of Good Friday. Please call 281-2515 to make an appointment.

## Easter Lenten Potluck Meal at Luisa

The Luisa Senior Center will host a Lenten potluck dinner on Thursday, April 1st starting at 4:00 p.m. You may either bring a potluck dish or pay \$2.00 per person. All seniors are invited to bring a favorite dish and enjoy!

## Villa Consuelo's Monthly Potluck

Come enjoy the food and friends at the monthly potluck hosted by the residents of Villa Consuelo Senior Center at 1200 Camino Consuelo Wednesday, April 14th from 11:30am to 1:00pm. They will be serving: chicken, mashed potatoes, veggies and dessert.

## Center Closures

All senior centers will close at noon on Friday, April 2nd in observance of Good Friday. There will be no congregate meals (Meals on Wheels only). Transportation services will run only for doctor appointments (last call 11:15). Activities are cancelled for that day.

## Pasatiempo Lenten Meal

You are invited to the Pasatiempo Senior Center on Good Friday, April 2nd from 10:30 a.m. to 1:00 p.m. for their Lenten meal. Come enjoy a delicious meal for \$6.00 and support the Pasatiempo Senior Center.

The menu includes torta de huevo, quelites –spinach, salmon patty, beans, tortillas, panocha, sopa – bread pudding, coffee and milk.

## Weekend Bingo

Members of the Luisa Senior Center at 1522 Luisa St off St. Francis will be hosting a Bingo on Sunday, April 11th from 1:00 p.m.–4:00 p.m., for \$10.00 per person. They will be serving pizza and a drink for \$2.00.



Please come join them. Proceeds will benefit the Luisa Senior Center.

## Easter Egg Hunt!

Please come Thursday, April 1st at 1:00 p.m. to help find the Golden Eggs with prizes in them! Join us in a traditional Easter Egg Hunt at the Mary Esther Gonzales Senior Center, Alto Park area. Refreshments will be served after the hunt.



# ACTIVITIES

## New Dahn (Energy) Yoga & Tai-Chi Class

Stretching exercises that coordinate correct posture, breathing, and conscious awareness are designed to open meridian channels and increase energy flow, flexibility, and balance.

Experience dynamic forms of mediation as you move your body to the free flow of vital energy. Becoming one with the energy flow of your body will give you a deeply fulfilling sense of peace, joy and centeredness.

Classes will be held at the Mary Esther Gonzales Senior Center once a month on Thursdays at 3:30 p.m. in the dining room. Please call Lugi at 955-4711 for the April class date.

## Spring Dance

April 15th

Put on those springtime dancing shoes! On Thursday, April 15th, Senior Services will host a dance at Fraternal Order of Eagles, 833 Early Street, 1:00 p.m. - 4:00 p.m. Live music will be provided by Banda Alegre. Refreshments will be served.



Admission for seniors is \$2.00. Please bring your Senior Membership ID Card. This dance is sponsored by the El Rancho Senior Center.

## Joint Pain Seminar

"You Don't Have to Live with Joint Pain" seminar on Friday, April 16th at 1:00 p.m. at M.E.G. Your joints are involved in almost every activity you do. Simple movements such as walking, bending, and turning require the use of your hip and knee joints. Normally, all parts of these joints work together and the joint moves easily and without pain. But when the Joint becomes diseased or, the resulting pain can severely limit your ability to move and work.

Whether you are considering a total joint replacement, or are just beginning to explore available treatments, the seminar will help you to gain a better understanding of causes and treatments of joint pain. Most importantly, it will give you hope that you will be able to do more of the things you enjoy – with far less pain.

Presenter Dr. Jan Bear is a Board Certified Orthopedic Surgeon practicing in Santa Fe, and can be located on the web at [www.janbearmd.com](http://www.janbearmd.com).

## Secure Horizons Healthcare

On Wednesday, March 3<sup>rd</sup> during the noon hour Secure Horizons will be visiting the Mary Esther Gonzales Senior Center to hand out healthcare information.

## Ventana de Vida Community Yard Sale

Start planning now. Vendor tables are available for \$10.00 each. Please contact Bernard at 982-6438 for your table. The date of the Yard Sale is Saturday, May 22nd from 8:00 a.m. to 1:00 p.m. Tables will go fast. Call as soon as possible to reserve yours.

## AARP Driver Safety Program

Sign up for the next AARP's Driving Class.

The mini course will meet from 12:30 to 5:00 p.m. on Tuesday, May 11th at the MEG Senior Center at 1121 Alto Street. The fee to



cover materials is \$14.00. However, if you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To register for this class, please call Bob Jacob at 466-1143.

## Exercise Class in Edgewood

Beginning on April 7th, the Edgewood exercise sessions have been changed to Wednesdays from 10:00 a.m. to 11:00 a.m. Please join us.

## New Brain Dance Class

Come learn to grow young into our "golden years". Train your brain to function at its highest level, either sitting or standing.

Classes will be held on Thursdays at 1:30 p.m. at the MEG Center with volunteer Dance Instructor Claire Rodill. Please note: There will be no class April 1st due to the Easter Egg Hunt.

# ACTIVITIES

## Mobile Health Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County and Christus St. Vincent Regional Medical Center



Staff nurse is Angela Thorndyke, RN, BSN. You may call her at 231-2382.

Services for the month of April are as follows:

April 1st Somos Unidos 10:00a.m. - 3:00p.m.  
 April 5th Ventana de Vida 11:00a.m. - 3:00p.m.  
 April 6th Pasatiempo Center 10:00a.m. - 3:00p.m.  
 April 7th Eldorado Adam Center 10:00. - 2:00p.m.  
 April 8th MEG Senior Center 10:00a.m. - 3:00p.m.  
 April 12th El Rancho Center 10:00a.m. - 2:00p.m.  
 April 13th Santa Cruz Center 10:00a.m. - 2:00p.m.  
 April 15th Chimayo Center 10:00a.m. - 2:00p.m.  
 April 16th Villa Consuelo 10:00a.m. - 2:00p.m.  
 April 19th Edgewood 10:00a.m. - 2:00p.m.  
 April 20th ECHO Commodities 9:00am - 1:00pm  
 April 21st Rio en Medio 10:00a.m. - 2:00p.m.  
 April 22nd Luisa Center 10:00a.m. - 3:00p.m.  
 April 23rd Lamy 10:00a.m. - 3:00p.m.  
 April 26th Camino Jacobo 10:00a.m. - 2:00p.m.  
 April 27th Bethel Comm. Storehouse 10a.m. - 2p.m.  
 April 28th Pojoaque Pueblo Senior Center 10a.m. - 2p.m.  
 April 29th Southside Library 10:00a.m. - 3:00p.m.

## Edgewood Senior Center Yard Sale

On Saturday, April 24th, the Edgewood Senior Center Garden Club will be having a yard sale to help them raise funds to start and maintain their Friendship Garden this year.

There will be hamburgers on sale for \$2.50 and drinks for .50¢. The whole event will be held from 9:00 a.m. to 3:00 p.m.

## New Exercise Class - Fitness for Life

The March Senior Scene issue announced this new class would begin on April 16th, but it has been switched. The first class will actually begin on Friday, April 30th at the MEG Center at 1:00 p.m. in the back dining room area.

Learn how to increase your strength, balance, coordination and agility with fun, creative exercise and how to apply these for your own self-protection. There will be some floor work so a sticky mat or towel will be necessary.

Please note: There will be no class on the first Friday of each month because of movie day.

## Movie Days

Luisa Senior Center  
 Thursday, April 29th at 1:00 pm

### "The Time Traveler's Wife"

In Chicago, the special collections librarian Henry DeTamble has a genetic anomaly that allows him to travel in time; however, he is not able to control the moment or the destiny of his voyages. When the stranger Clare Abshire meets him in the library, she invites him to dinner where she confesses that she has been in love with him since she was six years old. Henry learns that he had visited her many times in the past. Soon they get married, but the life of Clare becomes troubled with the successive unexpected travels of her beloved husband. PG-13



MEG Senior Center  
 No April Movie, due to Good Friday.

## "In My Time" Sharing Group at MEG Center

Seniors are invited to join a weekly conversation group at the Mary Esther Gonzales Senior Center. These informal sessions will be facilitated by fellow senior Linda Alessi. Linda is a published writer and loves to reminisce. Everyone is welcome to come and participate, or just observe.

The group will meet every Wednesday at 10:00 a.m. in the dining room, beginning April 7th. Please come!

# LEGAL & CONSUMER

## Organizing Your Important Papers

(From Legal Issues Important to Seniors at <http://seniors-site.com>)

Relatives and friends sometimes must help older people manage their legal, medical, or financial affairs temporarily (or even gradually assume these responsibilities.) Often the person who provides care has little knowledge of vital information and records. One thing each of us can do for the future is to get our personal, medical, and financial records in order. Afterward, you should then make a trusted friend or relative aware of the location of the records.

Your filing system doesn't have to be elaborate, but it should be organized. Office supply stores have a variety of expandable folders and envelopes available that help separate papers into categories. Following is a suggested list of record files you might need:

### Personal Records

- legal name and spouse's
- Social Security number and spouse's
- legal residence
- date and place of birth
- location of birth certificates, marriage certificate, divorce decrees, naturalization and adoption papers
- names and addresses of spouse and children (or location of death certificates if any are deceased)
- education and military records
- list of employers and dates of employment
- religious affiliation, addresses of church, synagogue, clergy
- membership in organizations and awards received
- names and addresses of close friends, relatives, doctors, lawyers, or financial advisors
- location of will or trusts and spouse's (you don't need to disclose contents)
- Durable power of attorney, living wills, requests, preferences, or prearrangements for burial

## Medical Records

- phone numbers--physicians, pharmacists, emergency services, and hospitals
- health charts for each family member
- medical conditions (summary)
- allergies
- past illnesses (dates)
- operations
- physicians consulted, reasons, phone numbers, addresses
- immunization history
- Medicare and Medicaid information
- Medicare EOMB's (explanation of Medicare benefits)

## Financial Records

- real estate deeds, mortgages, titles, notes
- Social Security earnings record and information
- sources of income, pensions, interest, dividends, etc.
- investments (certificates of deposit, stock certificates, bonds, notes, savings bonds)
- insurance policies or location (life, accident, health, auto, and property), with policy numbers
- medical expense records
- bank accounts (checking, savings, credit unions) with addresses and account numbers
- location of safety deposit box and key
- a listing of the contents or documents in safety deposit box
- federal, state, and local income tax returns (last 6 years)
- property tax statements
- loans you owe and status
- automotive title, registration, bills of sale
- business and partnership agreements
- liabilities--what is owed, to whom, and when
- credit cards, charge accounts (name and numbers)
- location of personal items such as jewelry or family treasures
- personal property inventory

# HEALTH & SAFETY

## Alzheimer's Corner

(By Jytte Lokvig, Ph.D.)

**Q:** My mother is exhibiting signs of dementia or Alzheimer's. She refuses to recognize her forgetfulness and confusion, always giving an excuse or explanation such as being tired or stressed. Her PC doctor has noticed and is referring her to a neurologist. What is the best way to 'break it to her' that she is going to be tested? I haven't told her yet; neither has the doctor. An added note: her sister, my aunt, passed away last March. She was diagnosed with Alzheimer's nine years ago.

**A:** Your attitude and demeanor will be critical to the success of this appointment. It's tricky when we, as caregivers, want our parents to acknowledge their problems. These situations often bring up old childhood feelings and frustrations, even in the best of us. Check your emotions: are you angry, frustrated, scared? Are you looking for confirmation for your satisfaction or with an earnest desire to do what's best for her? (And there's no right or wrong here, don't you forget!)

Everyone fears Alzheimer's disease; understandably, because once you're diagnosed with this disease, there's no reprieve. A friend of mine, who has lived with the diagnosis for eight years, recently said, "From the moment you let people know your diagnosis, everything changes. People stop calling and when asked why, they say they don't know what to talk about." Alzheimer's is the elephant in the room.

Your mother saw what happened to her sister, so it's easy to understand why she avoids admitting her forgetfulness, let alone getting an official diagnosis. Many people feel that they have failed when they are diagnosed with a dementia, especially Alzheimer's disease. When you pressure her to "admit her dementia" she may see it as an accusation. Tell her gently that her PC doctor wants her to go on this appointment to finish up the physical and then reassure her that you are there for her. Your mother needs you to be her ally and best friend now more than ever. Good luck.

## Make a Difference in Santa Fe's Health

(By Heidi Liedtke, SF Farmers' Market)

Do you or someone you know wish that you could eat more fresh, locally grown foods, but that doesn't seem to be an option for you? Perhaps you find the prices just a little out of your budget. Or maybe it's just too difficult for you to get to the farmers' market. If so, you may be able to help people all over the state of New Mexico gain better access to nutritious, locally grown foods by participating in a personal interview or focus group.

The New Mexico Farmers' Marketing Association is currently conducting research in Santa Fe and Rio Arriba Counties to find solutions to the challenge of how to make locally grown foods more accessible to all New Mexicans. From now through May, community researchers will be talking to people to gain a better understanding of current shopping, cooking and eating habits, interest in local foods, and practical ideas for how we can make it easier for low-to-moderate income New Mexicans to eat locally and healthy. The information collected will be used to implement a pilot project to get nutritious locally grown foods on the plates of more New Mexicans.

If you would like to help by participating in this anonymous research that we anticipate will lead to real world programs, please call Heidi Liedtke at 983-4010 or email to [heidil@farmersmarketsnm.org](mailto:heidil@farmersmarketsnm.org).

## Anger Harms the Heart

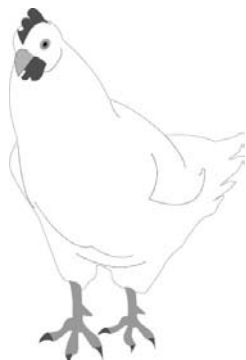
(From *Consumer Reports On Health* June '09)

Researchers recently measured heart instability in 62 people with implantable cardioverter-deibrilators while they were thinking about an event that had made them angry. Those who had a strong reaction were 11 times more likely to experience dangerous heart-rhythm problems over the next two to four years.

# NUTRITION EDUCATION

## Nutrition Education – Eggs and Egg Products

Eggs are one of nature's most nutritious and economical foods. But, you must take special care with handling and preparing fresh eggs and egg products to avoid food poisoning. To avoid the possibility of food borne illness, fresh eggs must be handled carefully. The most effective way to prevent egg-related illness is by knowing how to buy, store, handle and cook eggs— or foods that contain them—safely.



**Safe Handling Instructions:** To prevent illness from bacteria, keep eggs refrigerated, cook eggs until the yolks are firm, and cook foods containing eggs thoroughly. (Even eggs with clean, uncracked shells may occasionally contain bacteria called *Salmonella* that can cause an intestinal infection.) Eggs that have been treated to destroy *Salmonella*—by in-shell pasteurization, for example—are not required to carry safe handling instructions.

Select your eggs carefully. Buy eggs only if sold from a refrigerator or refrigerated case. Open the carton and make sure that the eggs are clean and the shells are not cracked. Refrigerate promptly. Store eggs in their original carton and use them within 3 weeks for best quality. Before preparing any food, remember that cleanliness is key! Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with eggs and egg-containing foods.

Thorough cooking is perhaps the most important step in making sure eggs are safe. Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to 160°F (72°C). Use a food thermometer to be sure.

Play it safe when adapting recipes. If your recipe calls for uncooked eggs, make it safe by heating the eggs in one of the recipe's other liquid

ingredients over low heat, stirring constantly, until mixture reaches 160 °F. Then, combine it with the other ingredients and complete the recipe. Use a food Thermometer to determine safety in egg dishes such as quiche and casseroles. The center of the mixture should reach 160 °F when measured with a food thermometer.

For recipes that call for eggs that are raw or undercooked when the dish is served—Caesar salad dressing and homemade ice cream are two examples—use either shell eggs that have been treated to destroy *Salmonella*, by pasteurization or another approved method, or pasteurized egg products. Treated shell eggs are available from a growing number of retailers and are clearly labeled, while pasteurized egg products are widely available.

Bacteria can multiply in temperatures from 40°F (5°C) to 140°F (60°C), so it's very important to serve foods safely. Serve cooked eggs and egg-containing foods immediately after cooking. For buffet-style serving, hot egg dishes should be kept hot, and cold egg dishes kept cold. Eggs and egg dishes, such as quiches or soufflés, may be refrigerated for serving later but should be thoroughly reheated to 165°F (74°C) before serving.



Cooked eggs, including hard-boiled eggs, and egg-containing foods should not sit out for more than 2 hours. Within 2 hours either reheat or refrigerate. Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking. Use frozen eggs within one year. Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together. Egg whites can also be frozen by themselves. Refrigerate leftover cooked egg dishes and use within 3-4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.

# NUTRITION EDUCATION



Cooked eggs for a picnic should be packed in an insulated cooler with enough ice or frozen gel packs to keep them cold. Don't put the cooler in the trunk—carry it in the air-conditioned passenger compartment of the car. If taking cooked eggs to work or school, pack them with a small frozen gel pack or a frozen juice box.

Following these instructions is important for everyone but especially for those most vulnerable to food borne disease—children, the elderly, and persons with weakened immune systems.

## **For additional information contact:**

Centers for Disease Control and Prevention  
**www.cdc.gov**

Centers for Disease Control/Foodborne Illness  
Line (24 hour recorded information)  
**1-888-232-3228**

USDA Food Safety and Inspection Service  
**www.fsis.usda.gov**

USDA Meat and Poultry Hotline  
**1-800-535-4555**

U.S. Food and Drug Administration-Center for  
Food Safety and Applied Nutrition  
**www.cfsan.fda.gov**

**www.FoodSafety.gov**

**1-800-SAFEFOOD**

Partnership for Food Safety Education  
**www.fightbac.org**

Your physician or local public health department

## **Fat and Oils in the Diet**

Do I need some fat in my diet? Fats are confusing. The more we learn about them, the more we understand how complex they are.

It is a mistake to label a fat or an oil as “good” or “bad,” for there is no perfect fat. Every fat has some value. Some fats just appear to promote health more than others. The more we know, the more we understand that even small differences may have effects on health and chronic diseases.

There have been many changes in the amount and kinds of fats we eat. Nutritionists have been concerned for some time about the high number of calories we are eating in the form of fats. Newer concerns center on oxidation of fats, hydrogenation, and trans-fatty acids, and their fatty acid structures, i.e. omega-3s versus omega-6s.fats

At 9 calories per gram, fat contains more than twice as many calories as carbohydrate (starch and sugar) or protein, both with 4 calories per gram. When limiting calories, the first and easiest way is to eat less fat.

Furthermore, dietary fat is efficiently stored in fat cells. For example, 97 percent of dietary fat calories are stored as body fat, whereas only 77 percent of carbohydrates can be converted and stored as body fat. Thus, carbohydrate calories are not as “fattening” as calories from fat.

Most experts suggest that Americans limit the amount of fat they eat from the current average of 34 percent of calories to 30 percent or less. This does not mean that a person should not eat any high-fat foods, but that one should eat them less often and in smaller quantities. Limit animal fats to reduce both saturated fats and cholesterol. Choose about equal parts of all three fats—saturated, monounsaturated, and polyunsaturated with an emphasis on less saturated fat. Some physicians now suggest their patients choose oils with more mono-unsaturated (olive and canola) and fewer polyunsaturated fatty acids.

# PUZZLES

## 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

```

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

BO DIDDLEY

BYE BYE LOVE

CRAZY ARMS

DJANGO

DONNA

EVERYDAY

FEVER

HEARTBREAK HOTEL

HONKY TONK

HOUND DOG

JAILHOUSE ROCK

KANSAS CITY

LA BAMBA

LONELY TEARDROPS

LONG TALL SALLY

MACK THE KNIFE

MANNISH BOY

MAYBELLENE

MISTY

MONA LISA

MOVE IT

MYSTERY TRAIN

NIGHT TRAIN

ONLY YOU

PEGGY SUE

RAVE ON

RED HOT

RIP IT UP

RUMBLE

SEARCHIN'

SHOUT

SIXTEEN TONS

SPEEDO

SUZIE Q

TAKE FIVE

TEQUILA

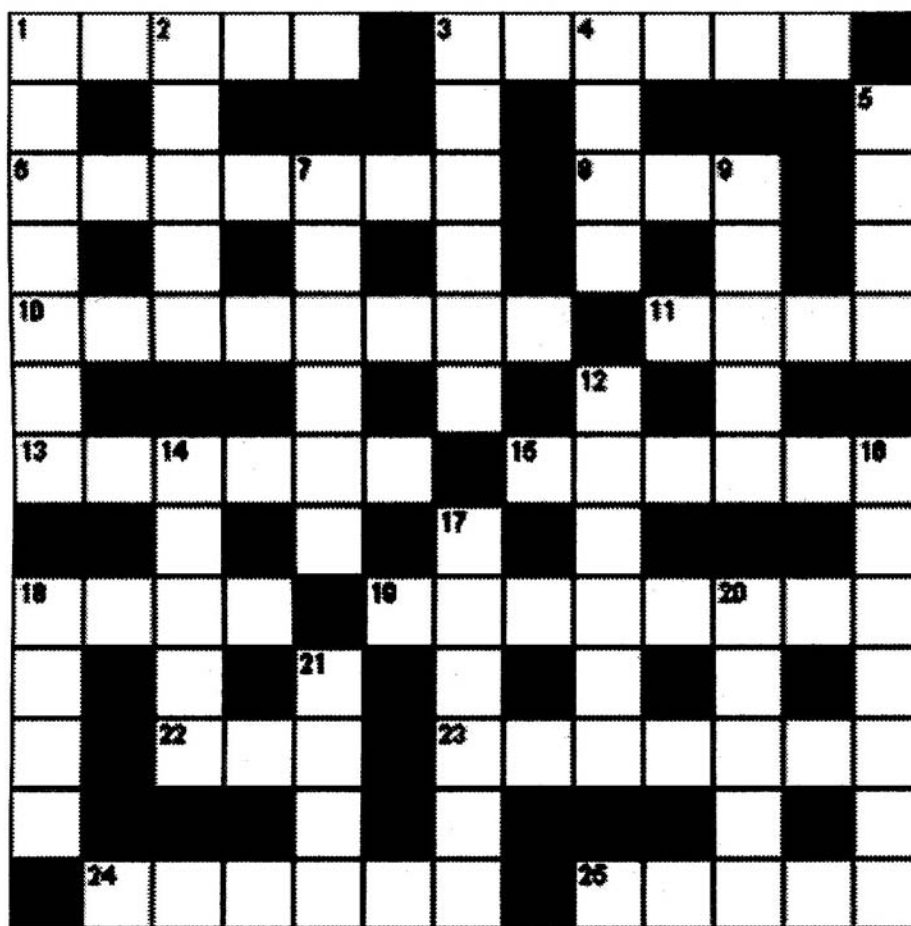
TUTTI FRUTTI

YAKETY YAK

YOU SEND ME



# PUZZLES



## Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and \_\_\_\_ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

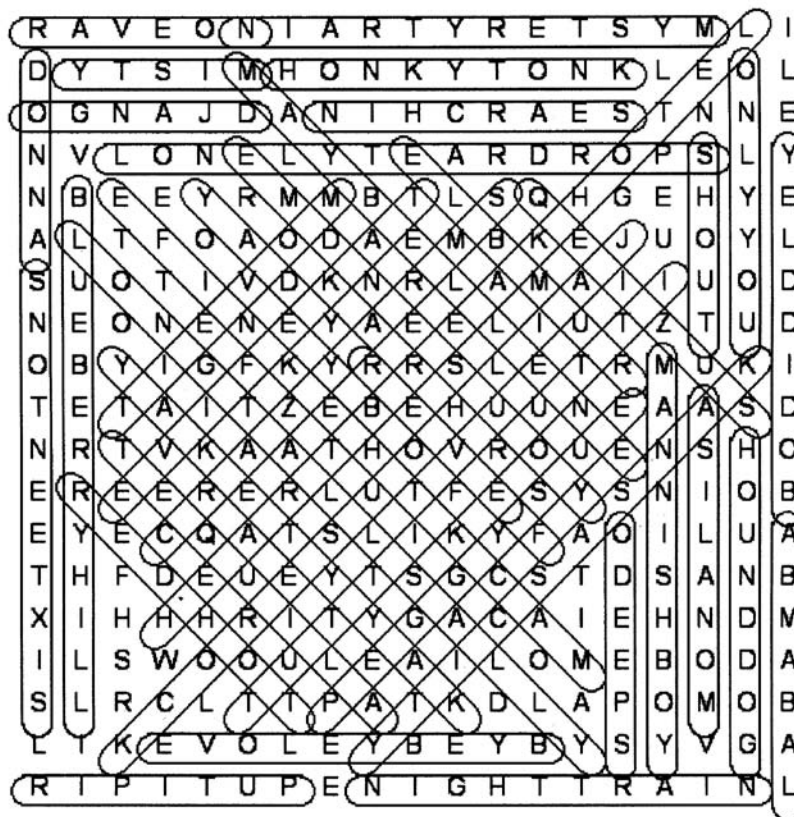
## Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetner (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

# PUZZLE ANSWERS

## 1950's Songs

This is the solution to the puzzle located [here](#).



# SENIOR CENTER LUNCH MENU

## APRIL 2010

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HAPPY EASTER!</b>	<b>Please note:</b> <b>Nutrition services end earlier on Tuesdays.</b> <b>Call Senior Centers for meal times.</b> <b>All centers serve lunch, 3 serve breakfast.</b>		<b>1</b> Roast Beef Mashed Potatoes w/ Gravy Vegetable Salad California Vegetables Whole Wheat Roll Cherry Cobbler/Milk	<b>GOOD FRIDAY 2</b> <b>MOW ONLY</b> Tuna w/ Pasta Tossed Salad Crackers Sliced Peaches Milk <b>No Congregate</b>
<b>5</b> Pork Posole Tossed Salad Mustard Greens Garlic Toast Pumpkin Spice Cookie Milk	<b>6</b> Turkey w/ Gravy Bread Stuffing Green Beans Whole Wheat Roll Cranberry Salad Pumpkin Pie w/Topping Milk	<b>7</b> Green Chile Cheese Burger w/ Garnish Ranch Beans Onion Rings Applesauce Milk	<b>8</b> Stuffed Chicken Breast Spinach California Vegetables Biscuit Peach Crisp Milk	<b>9</b> Beef Stroganoff w/ Egg Noodles Broccoli Carrot Raisin Salad Banana Milk
<b>12</b> Green Chili Chicken Enchiladas Pinto Beans Calabacitas Tossed Salad Crackers Jell-O w/Fruit Milk	<b>13</b> Meatloaf w/ Tomato Topping Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Tapioca Pudding w/ Strawberries Milk	<b>14</b> Pork Stir Fry Stir Fry Vegetables Tossed Salad Whole Wheat Roll Apple Cobbler Milk	<b>15</b> Chicken Fajitas Tortilla (1) Chile Beans Jell-O w/ Fruit Milk	<b>16</b> Philly Steak Sandwich French Fries Broccoli Cantaloupe Milk
<b>Round Steak w/ Mushroom Gravy Broccoli Baked Potatoe Whole Wheat Roll Banana Pudding Milk</b>	<b>20</b> Baked Fish Macaroni and Cheese Lima Beans Cornbread Cantaloupe Milk	<b>21</b> Beef Taco (1) w/ Garnish Spanish Rice Salsa Corn Jell-O w/ Apricots Milk	<b>22</b> Pork Roast Mash Potatoes w/ Gravy Asparagus Tips Whole Wheat Roll Applesauce Milk	<b>23</b> Baked Chicken Thighs Wild Rice Carrot Raisin Salad Biscuit Mandarin Oranges Milk
<b>26</b> Tamales (2) w/ Red Chile Vegetable Salad Pinto Beans Whole Wheat Tortilla Mandarin Oranges Milk	<b>27</b> BBQ Chicken Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding Milk	<b>28</b> Stuffed Cabbage Mashed Potatoes California Vegetables Whole Wheat Roll Cherry Cobbler Milk	<b>29</b> Carne Adovada Spanish Rice Country Blend Vegetables Tortilla (1) Jell-O w/ Fruit Milk	<b>30</b> Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp Milk

**Please Note: Senior Meal Suggested Donations: Breakfast \$1.00 and Lunch \$1.50**

**Non-Senior (59 years or Younger) Meal Fees: Breakfast \$7.72 and Lunch \$7.72**



City of Santa Fe  
Division of Senior Services  
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Santa Fe, New Mexico 87504-0909

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