

The Senior Scene

Vistas de los Mayores



**Division of Senior Services
July 2010**

Photo by Donald Bell

CITY OF SANTA FE, DIVISION OF SENIOR SERVICESAdministration Office 1121 Alto Street, Santa Fe, New Mexico 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 **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada-Ortiz, 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
 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

Please note: I requested that **Mr. Isaac Pino**, the new Director of the Community Services Department, write my Director's Report this month, due to the importance of the policy issues to be addressed.
- Patricia Rodriguez



**Patricia Rodriguez,
DSS Director**

Dear Seniors,

I have been given the opportunity to communicate directly with you through your newsletter so that I might address two significant changes that are on the horizon for Senior programs.

County Senior Centers - As we all know, the City of Santa Fe has provided services to senior centers located in the County for many years. The centers located in Edgewood, Chimayó, Santa Cruz, Rio en Medio and El Rancho have been a large part of our program. Over the years, the City has provided its own funding along with grants provided by the Area Agency on Aging (AAA) to operate these centers. At the same time, Santa Fe County has been preparing for the time when they might assume the responsibility for these centers. That time is now upon us and the City of Santa Fe is actively working with Santa Fe County and the AAA to facilitate the transfer of the responsibility for these centers to the County. Within the next few months, arrangements will be made so that Santa Fe County may begin delivering services to the five centers. The City will remain involved in the delivery of a portion of the services until the County is prepared to assume all of the operation. AAA remains actively involved in the planning for this change. The City of Santa Fe Division of Senior Services will continue to provide quality services to all the City centers and work to continually improve those services.

Senior Olympics - For the coming fiscal year (July 2010 – June 2011), participants in Senior Olympics will be issued a 15 punch pass good for admission to any of the three recreation centers in the City. With this pass, participants may use the facilities to train at the Genoveva Chavez Community Center (GCCC), Salvador Perez Center or Ft. Marcy complex. Unlike previous years, there will not be unlimited free admission to GCCC for this purpose. This is a one year policy and will be reviewed again for next fiscal year. With the City working hard to cover the budget challenges that lay before it for the foreseeable future, this was one of many changes implemented across the broad budget spectrum to achieve a balanced budget. If a brighter economic horizon unfolds, measures such as this one can be reconsidered and rescinded.

These actions are unprecedented. The economic environment which we now encounter is equally unprecedented. It has forced various actions to be taken that otherwise might have never been considered. However, the City remains committed to continually monitoring any changes that might allow previous practices to be reinstated. In the meantime, we will remain committed to our senior community and providing for many of its needs.

Sincerely,
Isaac J. Pino
Community Services Department Director

SENIOR SERVICES PROGRAM INFORMATION

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.

July Dates: Tues. 20th & 27th 9:00am to 1:00pm

Edgewood Tues. July 13, 11:00am - 1:00pm



ID#: 0830061111

Name: John Doe

DOB: 08/30/06

Address:

1121 Alto St. Santa Fe, NM 87501

Phone: 955-4722

Emer Contact: Jane Doe

Emer Phone: 955-4722

MEMBERSHIP CARDS ARE NOT OFFICIAL IDENTIFICATION



Senior Center Membership Card

City of Santa Fe

Division of Senior Services

1121 Alto St., P.O. Box 909

Santa Fe, NM 87504

(505)955-4721

Transportation

(505)955-4700

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 through Friday.
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 can be made up to five business days in advance.

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.

For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits they are entitled to. Benefits cover such areas as 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. You may make an appointment for a free, individual, ½ hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.) by calling 955-4721. Mr. Meinershagen is available:

Every Wednesday 8:00 - 11:45 a.m. July 7, 14, 21, 28

Also, on the 2nd and 4th Thursdays of every month, 12:30 - 3:30 p.m. July 8, 22

SENIOR CENTER MEETINGS

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

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (at Santa Cruz)	Wednesday	July 21	9:30 a.m.
Travel Committee	Thursday	July 8	8:45 a.m.
Senior Activity Corp.	Thursday	July 8	10:00 a.m.
Transportation	Tuesday	July 13	9:00 a.m.
Nutrition	Tuesday	July 13	10:00 a.m.
Senior Olympics	Wednesday	July 14	9:30 a.m.
FGP/SCP Cmt.	Wednesday	July 21	10:00 a.m.
RSVP Advisory Cmt.	Tuesday	August 21	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:

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

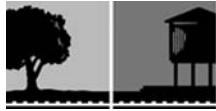
NEWS & VIEWS

Please note:

As of June 28, Senior Services Transportation and Nutrition will return to regular hours and not close early on Tuesdays.

Railyard Park Tour & Gardening Workshop

Have you visited the Railyard Park? Santa Fe's new 10-acre park is



**RAILYARD
STEWARDS**

loaded with native and xeric plants in beautiful settings that are a reminder of the railyard's long history. Come get an introduction to the park with a walking tour, or jump right in to one of their two community vegetable gardens at their midsummer garden workshop.

The Railyard walking tour is on Saturday, July 17th from 10 to 11 a.m. Learn about the railyard history and the innovative new Railyard Park with 125 varieties of plants and cutting edge design. Meet at the Railyard Park performance green.

The midsummer gardening workshop will focus on vegetable garden care on Saturday, July 24th from 9 a.m. to 11 a.m. at the Railyard Park. Steve Warshawer, a local farmer and member of the Master Gardeners, will guide attendees on caring for your garden in midsummer, when pests and problems are likely to take hold.

RSVP to info@railyardpark.org or at 505-982-6975.

Luisa Housing Sidewalk Improvements

Come and enjoy the newly completed, smooth, wheelchair accessible sidewalks around the Luisa Senior Center. Residents' voices were heard and Civic Housing sent crews to repair and replace ramps and sidewalks.

Community Services Fair

You are invited to the first annual Community Services Fair hosted by Santa Fe Care Center and Santa Fe Community Partners, created for senior citizens. There will be live music, games, information booths, door prizes, clowns, snow cones, and a free barbecue.



Join Senior Services staff on Saturday, July 10th, from 11:00 a.m. to 1:00 p.m. outside Santa Fe Care Center at 635 Harkle Road (behind the Residence Inn on Galisteo St). Just follow the balloons

All Santa Fe City and County Senior Centers will be closed Monday, July 5th in honor of the 4th of July. We'll reopen July 6th.



Espanola Animal Shelter Cat Festival

It is that time of year again—the season for kitten tsunamis. Tidal waves of tiny felines have started to sweep over the Espanola Valley Humane Society and staff is barely able to keep their heads above water. An average summer day brings 12 new animals in the door. In just seven years, two cats can become 420,000!



The third annual Kitten/Cat Festival will be held in Santa Fe on July 24th and 25th at PETCO. All adopters will receive gifts with each kitty they adopt, including a free medical exam from VCA Animal Hospital, a cat carrier, a safety collar, a free bag of food and coupons for discounted pet supplies. Adoption fees at this event are just \$35 per kitty or two kitties for \$50. All animals at the event will be spayed/neutered, vaccinated and de-wormed. They can be microchipped during the event for just \$10.

NEWS & VIEWS

In My Time

By Santa Fe senior Linda Alessi

Retirement

How many times during your lifetime have you heard the phrase "golden years"? Many, I am sure! We are supposed to be enjoying the golden years and experiencing the dream of retirement. What does it really mean? It means one thing to one person and something completely different to another.

Many of us have embraced retirement to live out our years in harmony and peace. If we are fortunate, we live it with our spouses; if not so fortunate, we come alone. It is really quite evident who has prepared for this new stage of life. For some, *Che dolce fa niente!* (How sweet it is to do nothing!) For others, it is a time to do the things they have put off for this time. Whatever your expectations might be, they are yours to fulfill.

Among us are many who have lived life by planning each step from the very beginning. They have recognized the need to prepare for all stages, from school, to finding the mate to share their life, to starting their own family, to retirement. For all of these stages, preparation is necessary.

It is important to find the right college for a degree in a particular field. It takes preparation and exploration. Searching which avenue to travel to make a living or pursue a chosen profession is a process. The most lucrative job must include benefits and security, but also hold for us a sense of enthusiasm in the field of our interest.

Choosing a mate to share our lives is also important. It sometimes takes a while to find the right one. Sometimes it takes more than once to find the right one. Nevertheless, we search, explore, and plan.

Unfortunately, many do not use the same method of planning when it comes to retirement. It is often left to chance because preparation is

not always thought necessary.

Here we are in the last episodes of our life. Behind us we have lived and experienced growth, maturity and hopefully security. If in fact we have come to this time in reasonably good health, here is the opportunity to do some of the things we have put off until retirement.

Let us stop here! This does not mean we should not find enjoyment along the way, in all stages of life, but we should take time to cultivate interests to be utilized when we retire.

Sometimes retirement comes and there is so little time left to enjoy it. Leisure time does not mean becoming stagnant. Retirement does not have to mean being inactive or reclusive. This time for many is a period of self-evaluation. Fulfillment includes finding a comfortable niche in which to continue exploration of what is available.

Many women have experienced the responsibilities of keeping a household, raising children and being a helpmate to their husbands. This new era of retirement brings an unfamiliar setting with time available, and a sense of new freedom. Without preparation, this time may bring lethargy and boredom, as previous roles have become diminished through the years. It is more difficult to deal with changes that occur and alter our lives, if there is not already some resource to turn to and embrace. As in all the stages we have lived through, there is an adjustment period. Sometimes people find themselves alone, either through the loss of a mate, or a change in their personal status, and the adjustment may be traumatic.

I believe it is healthy to be interested in where you are, and who you are in every stage of your life. Most of us need to connect to others at some time; some of us need to be connected all the time, as I do in my time.

NEWS & VIEWS

Driving Miss Daisy Service

There is a new, private service in town offering to drive and accompany seniors to appointments, activities, and even to the airport. There is a minimum of 2 hours and the charge is \$21 an hour for one passenger or \$35 an hour for two. The airport is \$60, door to door. For additional information, call Silvianna Marchell at 920-5429.

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. The event is free but donations are gratefully accepted.

The Alzheimer's Cafe is held at the Children's Museum, at 1050 Old Pecos Trail on the second Wednesday of every month from 2:00 to 4:00pm p.m. Snacks are provided, along with great company, good conversation, perhaps a little music, a few jokes, and art projects galore. The next meeting is on July 14th.

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



Macular Degeneration Information/Support Group

The next monthly meeting of the macular degeneration information and support group will be on Friday July 9th from 2:30 – 4:00 p.m. at the Mary Esther Gonzales Senior Center at 1121 Alto St.

For more information, call Jane at 983-9640.

You don't stop laughing because you grow old.

You grow old because you stop laughing.

- Michael Pritchard

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, July 20th.

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

A SPIRAL LIFE

By Jean MacPhail

Jean C. MacPhail, a resident at the Pasatiempo Senior Center, has just published a book entitled *A Spiral Life*, in which she describes how her life unfolded over forty years, first as an artist in her native Scotland and then as a medical doctor and researcher in New York and Boston. Called upon to face many very difficult circumstances with family and career, she comes to understand that her life is evolving in a pattern which repeats itself every twenty years, but moving onward into deeper understanding of herself, others, and the divine. Two spiritual guides who help her on her way are her Gaelic-speaking grandmother and an East Indian swami who open up to her the inner life and the tremendous strength that comes from listening to the inner voice. At the end of the book she is poised to join an East Indian convent in California – to go through the third turn of her life's spiral.



Jean will speak about her book and answer questions at the Main Library, 145 Washington Ave. on July 22nd at 7 p.m. and at The Travel Bug, 839 Paseo de Peralta on August 29th at 11 am.

For more information e-mail Jean at Gayatriprana@msn.com or call 505-995-9812, or go to www.aspirallife.com.

NEWS & VIEWS

Quips & Quotes

Submitted by Chimayó senior Edith trujillo

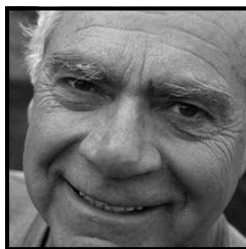
Written by Richard Armour

Lines on Lines

Wrinkles are my life lines,
They show the life I've led,
The times of smiling, scowling,
Of being sick in bed.

Wrinkles, like a road map,
Reveal where I have been,
Show all the goodness in me
And just a little sin.

Experience and wisdom
These lines all clearly show.
I wouldn't sell my wrinkles –
Make me an offer, though.



“Last Rights: End-of-Life Choices”

Film Compassion & Choices of Santa Fe will present the film “Last Rights: Facing End-of-Life Choices” on Sunday, July 18th from 2:00 to 4:00 p.m. It will be shown at the Unitarian Church on the corner of Galisteo and Barcelona streets. This is a deeply personal film exploring four families and their terminally-ill loved ones as they struggle with their end-of-life journeys and choices. The end-of-life choice each made was based on his or her own beliefs, opportunities, and wishes. A minister is shown standing by one of his congregants as she takes control of her death. The impact of the “Rule of law” is thoughtfully presented. It forced some of the choices made to be carried out in a clandestine and secretive manner. Legal, ethical and philosophical issues are explored as people who find the dying process unendurable choose to hasten death.

This meeting is free and everyone is welcome. For more information call 505-983-4895.

Restaurant Review

Stella's Thoughts

This month's review is of Tiny's Restaurant & Lounge at 1015 Penn Road. Tiny's is open Monday through Saturday. They serve lunch from 11:00 am -2:00pm and



dinner from 5:00-10:00 pm Monday through Friday. On Saturdays, they serve from 11:00 am.-10:00 pm. Tiny's offers a wonderful selection of music in the evenings, Tuesday through Saturday. Currently, Tuesday is Open Mic, Wednesday is jazz, Thursday is honky tonk, Friday is rock'n 'roll and Saturday is karaoke. Their phone number is 983-9817. The owner is JR Palermo. I talked with JR and his wife.

PARKING: Tiny's has a very large parking area with several spots right in front of the restaurant.

SEATING: Tiny's seats 200 people. Very comfortable seats go around the wall and are carefully upholstered and high enough to meet the table. This is the first restaurant that I have been in where I didn't need a cushion to reach the table! There is an outdoor patio open in the summer that can be seen from the dining room. The chairs are metal with cushions.

SILVERWARE/GLASSES: The glasses are too tall and cups are heavy. However, smaller glasses and cups are available which are not plastic. The silverware was fine.

BATHROOM: The bathroom is small with occupancy for one person. The door is easy to open and locks from the inside.

WAIT STAFF/ATMOSPHERE: I did not interact with the wait staff as the owners were very attentive and showed me around. Tiny's restaurant has been in Santa Fe since 1950. The restaurant is full of history. The walls are covered with paintings of well-known artists from Santa Fe. Memorabilia line the shelves in the bar area. It is delightful.

LOW SODIUM ENTREES: The kitchen will accommodate low salt requests if at all possible.

FOOD/PRICES: Tiny's offers an extensive menu with many New Mexican dishes for lunch and dinner. The lunch menu includes appetizers, salads, sandwiches, steaks and seafood, stew and posole and 14 New Mexican specialties. Lunch prices range from \$6.25 to \$19.25. The dinner menu comes with complimentary chips and homemade salsa. The menu includes appetizers, steaks and seafood, steak specialties, salads and light items (some available in half sizes) and a number of New Mexican Specialties. Dinner prices range from \$6.75 to \$24.75. All fried foods are prepared with 100% canola oil. Daily Specials are available for lunch and dinner.

I thoroughly enjoyed my visit to Tiny's Restaurant & Lounge and hope you will visit them too.

Stella

NEWS & VIEWS

Senior Seeks a Driver

A woman in Santa Fe who has experienced a major loss needs the support of a driver periodically. She is allergic to perfumes of any kind, so you and your car must be smoke-free and scent-free. She will provide some monetary compensation, but cannot afford to hire a professional driver. Please call Gerry Lou at 471-4549.

El Rancho de las Golondrinas

El Rancho de las Golondrinas, the "Ranch of the Swallows," is a unique setting, offering a one-of-a-kind experience for you and your family. A 200-acre Spanish colonial living history museum, Las Golondrinas boasts 34 buildings, historical fields and waterways, friendly animals and costumed villagers who bring our state's past to life!

They are celebrating their 300th anniversary with an exhibition called For Warmth and Beauty: Hispanic Textiles of the Upper Rio Grande Valley in The Hacienda Exhibit Hall of 37 woven and embroidered textiles from the 18th - 20th century.

Also, on Saturday and Sunday, July 3rd and 4th, they will host their 17th annual Wine Festival from noon to 6:00 p.m. Admission is \$13 for adults 21 and over (includes a festival wine glass) and \$5 for youth 13-20. Those under 13 will be admitted free of charge.

Las Golondrinas Living History Museum is just south of Santa Fe. Exit 276 off I-25.

El Rancho Senior In "Rio Grande Sun"

Emily Lujan, a member of the El Rancho Senior Center, was featured in an article in the "Rio Grande Sun" newspaper on June 3rd. The article discussed the many wonderful works created by the community for the 2010 Women's Art Exhibit at the Bond House Museum in Espanola. The author discussed Emily's many talents besides sewing, including painting, drawing, ceramics, wood carving, weaving, crochet, knitting, poetry and music writing. Congratulations, Emily!

Lend a Hand at Ventana

The lovely little dining room at Ventana de Vida Senior Center is a busy place. The cook, Lorraine, makes delicious meals for many seniors every day. The volunteer who was helping her out by washing the pots and pans and putting the dishes in the machine, has left for other volunteer duties.

Won't you lend a hand? You can help every day or just a few times a week. Please stop by the center and speak to Lorraine if you are willing to volunteer.

A Special Gift

(Submitted by Alb. senior Bob Hoberg, described and told be a Saint Theresa facility resident)

A neighbor visited and handed me a glass bottle with a cork top. Inside were curling leaves, flowers and rose petals. She said "You may want to smell them. Each one is from your garden."

I took off the top, lifted the bottle and put my nose right inside. Not only did I smell my garden...its whole vista filled my mind.

Memories came flooding back...I was home again! I could see the flowers, the walls, the paths...

"What a special gift," I sighed as a tear rolled down my cheek. "Now I can go home and be with my garden whenever I want to."

"Thank you for your vision. Thank you for creating the connection. Thank you for understanding that this is a very special time in my life."

Rural Transportation Conference

There are many challenges facing people who live in rural New Mexico. One is the long distances many people have to go to see the doctor or visit a friend. This 2-day conference (July 13th and 14th) will provide training to rural transit providers and to those agencies that provide services to older adults. Another challenge for rural transportation providers is that of a growing aging population. By 2030, the Census Bureau predicts that one in every four New Mexican will be age 65 and older. New Mexico will have the fourth highest percentage of seniors in the nation, 26 percent of the state will be 65 and older.

Conference registration is required. To register, please call 1-877-926-8300.

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.

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.

Office Help at Santa Fe Alliance

The Santa Fe Alliance promotes independent, local business and community in Santa Fe. They are seeking monthly assistance with a couple of office tasks. They need someone to keep their Press Binder up to date, which includes cutting out articles and pasting them into the binder. If you enjoy scrap booking, this would be a great job for you. They also need a person (could be the same person) to send out their monthly membership renewal packets.

Audubon NM Needs You!

Are you interested in helping in the Randall Davey Audubon Center's efforts to conserve and restore natural ecosystems? The center focuses on birds and other wildlife and their habitats, for the benefit of humanity and the earth's biological diversity. They are seeking enthusiastic volunteers in the following areas:

- Visitor's Center/Nature Store Hosts
- Docents for tours of the Historic Randall Davey House
- Gardening, landscaping and trail maintenance
- Education assistants to teach natural history to school children

Be a Steward of the Railyard Park

Did you know that Santa Fe's innovative new Railyard Park is tended by a dedicated group of volunteers? This is a great opportunity to get outside, enjoy the park, learn about high desert gardening, and make new friends.

The Railyard Stewards is a grassroots organization working in partnership with the City of Santa Fe. This unique care, conservation and education effort encourages residents to actively participate in Santa Fe's newest and largest city park and adjacent community plaza.

Stewards care for the 125 different varieties of plants in the Park. They will meet two mornings a week in July. On Wednesdays they will be joined by small groups of high school students from around the country who are participating in the Overland Youth Service Program. Gardening days are open to the whole community, from beginners to gardening gurus. Drop in now and then, or come every week--they would love to have you join up.

Gardening times are on Tuesdays from 8 to 10 a.m. and Wednesdays from 8:30 to 11 a.m. Join the "Early birds" and learn about high desert gardening while helping this innovative park look its best.

Work on the community vegetable garden is on the second Saturday of the month, July 10th & August 14th, 9 a.m. to 11 a.m. Help maintain the community vegetable gardens.

Volunteer at the Shower Program

First Presbyterian Church invites you to join in the Hot Water Hospitality Ministry - a community effort to bring hot, clean showers and clean clothing to our homeless brothers and sisters in Santa Fe during these hot months. The program runs every Sunday until Oct. 31. Volunteers are needed from 12:15 to 3:30 p.m. to help provide a welcoming, clean, and safe space for folks to take a rest and shower.

To become involved with any of the above volunteer opportunities, please call Kristin at 955-4760 for details.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

RSVP Great Stuff Sale July 30th

There are lots of times when the staff in the RSVP program purchase a "get well" gift for a volunteer in the hospital, or lunch for volunteers helping with an all-day project, or emergency supplies for a meeting. We often just foot the bill ourselves. But sometimes, we would like the flexibility to do something a little more for our volunteers. So, we'd like to earn a little money to build up our petty cash account for just such occurrences.

So, RSVP staff will host a "great stuff" sale in the parking lot at the MEG Senior Center on Friday, July 30th from 8:00 to noon.

If you have any great items you would like to donate to our sale, you may drop them off at our office at Luisa Center any time between 8:00 a.m. and 5:00 p.m. July 26-29. Or, call Kristin at 955-4760 for pick up.

See you July 30th!

2010 New Mexico Conference on Aging

The 2010 conference theme is "A Diverse Community: Exploring Options, Expanding Horizons". The conference will be held at the Hard Rock Hotel and Casino in Albuquerque on August 24th and 25th (only two days this year). Some conference highlights include: entertainment, reception, keynote speeches, awards, exhibits, 56 workshops, whole body health fair, sports & fitness health fair and much more.

If you are an active RSVP volunteer and are interested in attending this educational conference, RSVP will pay your registration and lunches. We will also drive you from the MEG senior center to the conference each day, and back each afternoon.

Please call Marisa Romero in the RSVP office at 955-4743 by **July 15th** to reserve your spot. Let her know which day(s) you will attend and whether you wish to join us on the Senior Services bus or drive yourself.



Birthdays this Month

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

July

Ann Aceves	Mary Louise Mayhew
Anita Alarid	Alponita Juanita Montoya
Carlos Aristud	Susana A. Montoya
Benny Bachicha	Sammie Morgan
Rhett Barron	Maria E. Naranjo
Pauline Candee	Nancy R. Nofield
Joan Carroll	Angie Palleja-Doss
Maynard Chapman	Doris Patton
Salome C. DeAguero	Thomas K. Pedersen
Stella R. Duran	Yvonne Prior
Lorna Dyer	Laura Quintana
Frank M. Esquibel	Peter B. Quintana
Sylvia Farber	Eleanor L. Riser
Michaela Gallagher-Gonzales	Jo An Riter
Beatrice Garcia	Desiree Romero
Consuelo Garcia	Frank Sena
Tillie Garcia	Montella Smith
Lynda J. Gomez	David Soveranez
Rod Hasson	Sue Ann Spoonhoward
Rudolf Hunziker	Rose Marie Teel-Snyder
Marcy Knox	Edward Torrez
Jerry London	Christne "Tina" Valdez
Gen Lopez	Michaela Shelley Valencia
Helen R. Lujan	Alice Vargas
Esequiel Marquez	
Lillian M. Martinez	

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS

NOW RECRUITING FOR THE FALL!

Are you ready to:
Share today and shape tomorrow?

Foster Grandparents

Share Today. Shape Tomorrow.

When you share your love, time, and experience, you have the power to help a child who needs you.

As a Foster Grandparent, you are a role model, a mentor, and a friend. When serving at a Head Start or at a local public school, you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You give the kind of comfort and love that sets a child on a path toward a successful future.

If you're 55 or over and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. You may qualify for a tax-free stipend, mileage reimbursement and many other benefits. We are currently recruiting for the new school year and have many volunteer stations to choose from. If you are interested in becoming a Foster Grandparent volunteer for the new school year, please call Melanie at 955-4761.

Make independence a reality...

Senior Companions

Make Independence a Reality

You know how much you value independence in your life. Now you can help others stay independent too. As a Senior Companion, you become a companion to a frail person and help them stay in their own home as long as possible. You may assist with errands, light housekeeping, respite care or simply be a friend. You'll make a difference that strengthens and helps preserve an individual's independence.

If you are 55 or over, you may qualify for a tax-free stipend, mileage reimbursement and many other benefits. If you are interested in either of the volunteer programs please call Melanie at 955-4761.

When you volunteer, you're not just helping others-you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life!

Fourth of July

In observance of Independence Day, volunteers are not required to volunteer their regular schedule on Monday, July 5th. Enjoy your day off!

In-Service on Stress Reduction

On Thursday, July 15th, our mandatory in-service training will consist of a presentation by Betsy Sue Kramer, MA, Licensed Mental Health Counselor. She will provide a workshop on Stress Reduction and demonstrate different techniques to reduce stress. The meeting will be held at 9:00 a.m. at the MEG Senior Center. You are not required to volunteer your regular schedule on this day and should plan to attend the meeting. If you require transportation to the meeting, please call transportation at 955-4700, 24 hours in advance.

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of July.



Sue Ann Spoonhoward	7/7
Joan Baca	7/9
Isidra Pacheco	7/21
Mary Lucero	7/22
Katie Ortiz	7/24
Rosina Tapia	7/24
Annie Cardenas	7/26
Sylvia Farber	7/26
Benny Pacheco	7/26
Dora Vigil	7/27
Martha Yadan	7/29

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

BRIDGE

Ventana de Vida	1:00pm	Sunday
-----------------	--------	--------

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)	9:00 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
Edgewood	10:00 am	Wednesday
M.E.G. (Brain Dance)	1:30 pm	Thursday

GUITAR (Beginner)

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

JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
--------	---------	---------

LEATHERWORK

Edgewood	12:30 pm	Wednesday
----------	----------	-----------

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 nd & 4 th 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
--------	----------	--------

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
------------	---------	-----------

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
----------	----------	--------

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 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.

Weaving Open Crafts Ceramics	CHIMAYO Monday Tuesday Wednesday	1:00 pm 1:00 pm 1:00 pm	Exercise (Class) Wood/Straw Tai Chi Fitness Equipment Pool & Ping Pong Line Dance (Adv.) Ceramics Sewing Open Crafts Line Dance (Beg.) Singing Trio	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Mon. thru Fri. Mon. thru Fri. Tuesday Thursday Friday Friday Thursday Wednesday	10:00 am 9:30 am 9:00 am 6:30 am 8:00 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 1:00 pm 11:30 am
Ceramics Ceramics Bingo Exercise Leatherwork Art Class Creative Writing Fitness Equipment	EDGEWOOD 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		RIO EN MEDIO Wednesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	EL RANCHO 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		
Pool Sounds of the Past Sing-A-Long (Span.) Guitar Lessons Line Dance (beg) Bingo Movie Day Exercise Class Line Dancing (Beginner)	LUISA 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	SANTA CRUZ 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 NO CLASS 5/27	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday 2 Thurs/Mo Mon./Wed. Monday Tuesday Wed./Fri. Thursday Friday Friday 1 st Fri. of Month Call 955-4721 Thursday	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	Ceramics Bingo Wood/Straw	VENTANA DE VIDA Tuesday Mon./Wed./Fri. Monday Sunday	1:00 pm 9:00 am 1:15 pm 1:00 pm
				VILLA CONSUELO 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	ELDORADO Monday Friday Wednesday Wednesday Monday Tuesday Wednesday 2nd & 4th Thurs.	COUNTY-RUN 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 Dance at the Eagles

The Edgewood Senior center will sponsor the dance on Thursday, July 15th from 1:00 to 4:00pm p.m. at the Fraternal Order of Eagles, 833 Early Street. Light refreshments will be served. Come dance the afternoon away!



Admission is \$2.00 for seniors age 60 and over. Please bring your senior membership card for scanning.

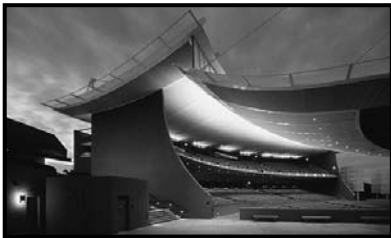
"In My Time" Sharing Group Cancelled

The "In My Time" Sharing Group on Wednesday mornings at the MEG Center has been cancelled. Thank you, Linda Alessi, for the sessions you conducted.

Movie Days Cancelled for July

There will be no movie days at MEG or Luisa Centers in July. See you in August!

Santa Fe Opera Back Stage Tour



Once again we will be touring the Santa Fe Opera backstage. The trip will be on Thursday, July 22nd. Information as follows:

- leave MEG Center at 8:30 a.m.
- arrive at the Opera around 9:00 a.m.
- tour - approximately 2 hours
- see sets for the summer operas
- costume rooms, how wigs are made
- make-up rooms and more
- \$2.00 bus fee
- Opera entrance is \$6.00 to be paid at the opera window

Plan to attend this fine event, but call soon because space is limited. To make a reservation, please call Lugi 955-4711

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, August 10th 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 the AARP class, please call Bob Jacob at 466-1143.

New Dahn (Energy) Yoga Class

This monthly Yoga class in July is scheduled for Thursday, July 22nd at the MEG Center. Please bring your own mat. Class begins at 3:30 p.m. in the back dining room area.

Ice Cream Sundaes at Luisa

Join us on Friday, July 9th for cold, delicious ice cream sundaes, made-to-order, at the Luisa Senior Center, for \$1.50. Then, stay for Bingo!



Edgewood Summer Arts & Crafts Fair

The summer arts and crafts fair at Edgewood Senior Center is scheduled for Saturday, July 24th, from 8:00 a.m. to 2:00 p.m. Please join us. We will also have a Bake Sale, and will sell food and soft drinks.

Vendor tables are available for \$10.00. Please call (1-505) 281-9367 or (1-505) 281-2515 for information.

No Free Haircuts until August

Fabiola, our wonderful RSVP volunteer cosmetologist who has been giving free haircuts at the MEG Center, is taking the month of July off. Please look for her every Wednesday from 10:00am to 2:00pm, starting again in August.

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 July are as follows:

Thurs, July 1st, The Rosemont, 10am-3pm
 Tues, July 6th, Santa Cruz, 10am-2pm
 Wed, July 7th, Rio en Medio 10am-2pm
 Thurs, July 8th, Chimayo, 10am-2pm
 Fri, July 9th, Eldorado Farm Market, 3pm-7pm
 Mon, July 12th, El Rancho, 10am-2pm
 Tues, July 13th, Pasatiempo, 9am-3pm
 Weds, July 14th, Encino Villa, 10am-2pm
 Thurs, July 15th, Luisa Center, 9am-3pm
 Sat, July 17th, Galisteo Rodeo, 9am-4pm
 Sun, July 18th, Galisteo Rodeo, 9am-3pm
 Weds July 21 Pojoaque Farm Market 10am-4pm
 Thurs July 22, MEG Center, 9am-3pm
 Friday, July 23, Eldorado Farm Market 3pm-7pm
 Mon, July 26th, Edgewood Center 10am-2pm
 Tues, July 27th, Bethel Comm Storehouse, 10am-2pm
 Weds, July 28th, Eldorado Center, 10am-2pm
 Thurs July 29th, Camino Jacobo (Santa Fe County Housing) 10am-2pm
 Friday, July 30th, Lamy Legal Tender, 10am-3pm

Happy 4th of July

All Centers will be closed Monday, July 5th in honor of the 4th of July. We'll reopen July 6th.



July Birthday Celebrations

Everyone is welcome to come celebrate July Birthdays at the senior centers as follows:

MEG Center: Friday,
July 2nd - Noon

El Rancho: Wednesday,
July 21st - Noon

Edgewood: Thursday,
July 22nd - 12:30 p.m.



July Senior Center Barbecues

All barbecues are during the regular lunch hour, 11:00 to 12:30 and the cost is \$1.50 suggested donation for seniors age 60 or over.

Photo by Sara Zink



- Chimayo Center - Thursday, July 8th
- Rio en Medio Center – Wed. July 14th
- Pasatiempo –Friday, July 16th -music, too!
- Edgewood Center – Thursday, July 29th

Pasatiempo Sunday Bingo

Pasatiempo will host a Bingo game on Sunday, July 11th from 1:00 – 4:00p.m. Buy a Frito pie and a soda for \$5. Proceeds benefit the Pasatiempo Center.



Villa Consuelo Banana Splits

Please come to the Villa Consuelo Center on Tuesday, July 13th at noon for a delicious banana split for \$1.50. Come early and join others for lunch.



ACTIVITIES

Come to the El Rancho Senior Center!



The El Rancho Senior Center is less than 1/2 hour from Santa Fe, on the way to Los Alamos. The seniors there invite you to join any of their activities, or just come for lunch any Monday through Friday.

There is so much going on. Weaving classes for all levels take place on Mondays and Wednesdays at 9:00 a.m. Bingo games are held on Mondays and Wednesdays at noon. The seniors have open arts and crafts sessions every Thursday at noon. Come check out a ceramics class starting at 1:00 p.m. on Thursdays.

You don't have to be a member of the center to come make new friends. See you soon!

Senior Travel Committee Trips

Please note: All Senior Services Travel Committee Trips are offered on a first-come, first-served basis, require full payment at registration and charge a 10% cancellation fee. Fees include transportation on the Senior Services coach bus and hotel accommodations.

Acoma in August

Join other seniors on a trip to Acoma/Red Rock August 9th through 13th

- A dinner at the El Rancho Hotel in Gallup (where movie stars eat while filming)
- Visit to the Perry Null Trading Company
- Tour Pawn Vault (learn pawn's history)
- Jewelers visit a major jewelry supply shop
- 4 Nights at Sky City Casino & Hotel (with exercise room, hot tub and pool)
- Acoma/Sky City Gathering at Red Rock State Park and Rodeo
- Lunch at Len's in Alb. and visit Tawlero

International Food Market

Double Occupancy: \$300.00 each
Single Occupancy: \$450.00

Call: Carol Webber at 989-3604
 Lilly Salazar at 699-5838

Arizona in September

The Senior Travel Committee invites you to join them for a trip to the Grand Canyon and Sedona, September 20th – 24th.

The five-day trip includes two nights at the Holiday Inn Express in Flagstaff. Take a train ride from Williams to the Grand Canyon. Visit Jerome "City in the Sky" mining town, including the Gold King Museum and a ghost town visit. Ride a train through the Verde Canyon. Enjoy a chuck wagon dinner and show at the Blazin' M Ranch. There will be two nights at Cliff Casino/Hotel. Go on an Out of Africa safari. The cost includes hot continental breakfasts.

Double Occupancy: \$510.00 each
Single Occupancy: \$675.00

Call: Cecilia Lopez at 204-9527
 Corrine Sanchez at 986-1780

Colorado in October

Join other seniors for this trip October 4th through 8th. Highlights include:

- Sky Ute Casino/Resort- Ignacio, Colorado (bowling alley, golf course, Bingo)
- Durango/Silverton Narrow Gauge Railroad
- Slater Theater (for those interested)
- Shopping in Durango
- Mesa Verde tour

Senior trips fill up very quickly, so sign up now. Prices are yet to be determined

To reserve or for more info, call:

Mercy Moreno 986-1416
 Lilly Salazar 699-5838
 Carol Webber 989-3604

RSVP Great Stuff Sale

RSVP staff will host a Great Stuff sale in the parking lot at the MEG Senior Center on Friday, July 30th from 8:00 to noon. Check it out!

SENIOR OLYMPICS

Rain, Wind, snow! No stopping these athletes



On May 13 -15 we held our Tennis Event at the Alto Park. One day it was windy, but on the other two days, the weather was pleasant. Joyce Montoya did an outstanding job with the age brackets, as well as coordinating this event. Her assistant, John Dangurd, Tennis Pro, played ball with those who had no competition in their own age group. A total of 30 athletes participated in tennis. Only two women participated. A round of applause goes out to Dr. Alice Ladas age 89 who took the gold. Thank you, Joyce, for all your hard work and dedication.

The weather during our cycling event couldn't have been much worse. It was cold, windy, and rainy. But that did not stop 8 cyclists who showed up in Stanley, New Mexico, early on the morning of May 14th to compete in 5 different races. Karin Roth, the event manager, did a wonderful job scheduling the races, notifying the cyclists and getting us law enforcement and emergency response staff in the area to help slow down the traffic for our cyclists and to stand by in case of an emergency. Thank you, Karin, for a great job.



Our Golf Event took place on Wednesday, May 19th at the Marty Sanchez Golf Links. Albert Martinez, 1st time Event Manager, did a great job. The sun was out, but the air was brisk and it was windy. We had 29 men and only 2 women. The staff members at Marty Sanchez were a great help. The top scorer was

Don Sauer with a score of 79. Our most senior competitor is Lee Sanchez, age 83, who scored an 86. Job well done!



The Racewalk, Track, Field and Recreational events took place at Santa Fe High School on May 20th and 21st. Racewalkers raced around the field, knees locked, fists softly clenched, hips swerving from side to side. Event Manager Joe Armbruster and assistant Patricia Zisman did a terrific job in coordinating this event. Men and women athletes showed us their skills at throwing javelins, the discus and the shot put.



SENIOR OLYMPICS

Have you all ever tried picking up a shot put, much less throwing one? Those things are heavy. Bruce Kidman, Event Manager did an amazing job with this event. On Friday, runners of all ages from 50's to 70's took to the field and ran from 50 yard dash to 10K races. Did you know that the 10K is 25 times around the field? Talk about endurance. I was amazed. These athletes would put me to shame. A round of applause goes out to one competitor Vinnie Kelley who ran all the races. That is what you call someone who is in great shape. I would like to thank Steve Aire, Event Manager, for pitching in at the last minute in coordinating the track event. He was a tremendous help.



The Senior Olympic Talent Show took place on Friday, May 28th at the Eagles Club. There were a few categories, including solo vocals, group vocals, instrumental, reading, comedy, and dancing. It was amazing how much talent these individuals have. Our judges, Angela, Amanda, Aaron, and Susanne, were from Lovelace United Healthcare. The judges had difficult decisions to make, but they did a wonderful job. Thank you, participants and everyone for a great Talent Show. Thanks to Paul Zisman who contacted the participants and awarded the medals.



For those Olympians who signed up for State Games, please remember to take your yellow shirt for Opening Ceremonies on Wednesday where all athletes will parade and we will represent Santa Fe.

The City of Santa Fe is offering all the Senior Olympians who participated in local games a free 15-punch pass to all three recreational facilities; the GCCC, Fort Marcy Complex and Salvador Perez. Once you used up all 15 punches, you will need to pay full price. Please see the Director's Report for details. To obtain your pass, go to any of the recreational facilities on or after July 1st and 2nd present a photo ID. Your information will entered into their data base and you will be issued a card for all facilities.

Until Next Month,
-Cristina Villa

HEALTH & SAFETY

Fitness for Seniors at GCCC

The Genoveva Chavez Community Center on Rodeo Road offers fitness options specifically for seniors. The

Genoveva Chavez
COMMUNITY CENTER



Senior Stretch and Strength classes provide a perfect opportunity to work at your own pace maintaining bone density, increasing endurance, and improving flexibility. All levels of fitness are welcome. This class consists of 40 minutes of strengthening and 20 minutes of stretch. Shallow Water Aerobics classes are designed to increase heart rate and aerobic capacity.

For information, call 955-4020 or go to chavezcenter.com. Wednesday is \$1 day for seniors.

Macular Degeneration & Some Solutions

Submitted by ATS Resources

Macular Degeneration is the largest vision loss issue affecting people over age 65. Reading, watching TV, reading a prescription container, or simply seeing which button to press on the microwave might have become difficult as a result of decreased vision.

Consider a magnifying glass with a larger viewing area to help with reading text or seeing photos, or a magnifying aid that comes with a light attached. There are lamps with full page magnifies and magnifiers that fold to fit in a purse/shirt pocket.

If using a computer is something you miss, there is software that will increase font size and change the background color of the monitor. Keyboards also come in different colors or large text keys. Changing a white background to a yellow background can help text visibility. Touch dots offer a solution to knowing which button you need on a flat surface. Think of touch dots as placing a ridge or bump on something. You can use a touch dot at the 70 degree setting of the thermostat or on the volume button of the T.V. remote control.

Additionally, the National Federation for the Blind has a free "Books on Tape" loaner program available at no charge. You may also have the news read to you by calling NFB Newsline at 1.888.882.1629.

Hearing Aid-Friend or Foe?

Submitted by ATS Resources

Don't give up on your hearing aids just yet. You've spent good money to hear the world around you. Chances are your audiologist just needs a bit more information to best adjust your hearing aids. Below are items worth considering to get your hearing aids on the right track. Request a Real Ear Measurement, which allows the audiologist to determine exactly what is coming through the hearing aid, rather than relying on your feedback of hearing aid performance.

Consider a Directional vs. Omni-Directional hearing aid. A Directional Microphone pulls sound from one particular direction. Omni-Directional picks up sound from a 360o radius. Request a Telephone Switch or T-Coil. A T-Coil will eliminate unwanted background noise and bring sound directly into your ear as if someone was speaking directly into your ear. You can use a T-Coil with your television, telephone, personal amplifiers, or in venues like a church, or shows at Popejoy.

Check current hearing aid for a T-Coil. Your current hearing aid may already have a T-Coil, and it may just need to be activated. If your hearing aid does not already have the T-Coil, chances are good your audiologist can add this function to your current hearing aid(s) at minimal cost.

Get the T-Coil programmed to fit your hearing loss. Often times the default, or factory settings for a T-Coil are adequate; however, modifying the T-Coil setting to best fit your hearing loss will improve the clarity of what you hear.

ATS Resources has devices that will work with or without your hearing aids, as well as magnifiers to help you see better.



3809 Eubank Blvd. NE, Abq
1-877-287-0608 | www.ATSResources.org

LEGAL & CONSUMER NEWS

Free Commodity Distributions



ECHO Commodity Distribution

Commodities are given to income-eligible seniors, age 60 and over, as well as to mothers with small children not on WIC. They are distributed at the Santa Fe County Extension Building 3229 Rodeo Road, on the third Tuesday of every month, from 9:30 a.m. to 12:30 p.m.

The boxes usually contain cheese, powdered milk, canned juice, canned meat and cereal. They also give out vouchers to each eligible client for the Santa Fe Farmer's Market at least once in the summer.

For seniors with one person in a household, total monthly income in 2010 may not exceed \$1,174; for two in a household, combined income must be under \$1,580 per month. You must bring a current year Social Security award letter, proof of any other income, and proof of age and residence for every household member.

If you have never receives ECHO commodities but you qualify, or you know someone who does, please access this free program!

For more information, call their office in Albuquerque at (505) 242-6777.

Faith at Work

Recipients must meet some qualifications. Faith at Work provides wrap-around services for those in need, including food, donated household supplies, clothing and furniture, as well as information about and referrals to appropriate services in Santa Fe. They are located at 3204 Mercantile Court, off Rufina St. Call 471-6323.



Food for Santa Fe

Every Thursday morning from 7:00 to 9:00 a.m. bags of groceries are given to anyone who requests them, at the Coll/Green/ Angel Building at 1222 Siler Road.

There is a sandwich board at the street showing the way to drive in and you will be given a bag for every household you have represented. The contents of the bags vary weekly, but generally include some fresh fruit or vegetables, bread, eggs and canned foods.

There are no eligibility guidelines for age, income, residency, etc. If you are able to offer a small donation, it will be used for purchasing more food. If not, that is fine.

There is no phone number there and all workers are volunteers.



**Bienvenidos
Outreach,
Inc.**

Bienvenidos Outreach

Bienvenidos Outreach has supplies of groceries to distribute to senior citizens for free. Each week, they have a different variety of food, and they would like more seniors to partake of it.

They do not have any income eligibility requirements. So, they don't require proof of income, but first-time clients must bring a photo I.D. and a utility bill with address on it, to show residency.

Senior days are every Tuesday, Wednesday and Thursday from noon until 3:00 p.m. Their new building is at 1151 Fifth Street, just off Cerrillos Road, and there is a big sign up. For more information, please call them at 986-0583.

PUZZLES

Careers

Find and circle all of the Careers that are hidden in the grid.
The words may be hidden in any direction.

```

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

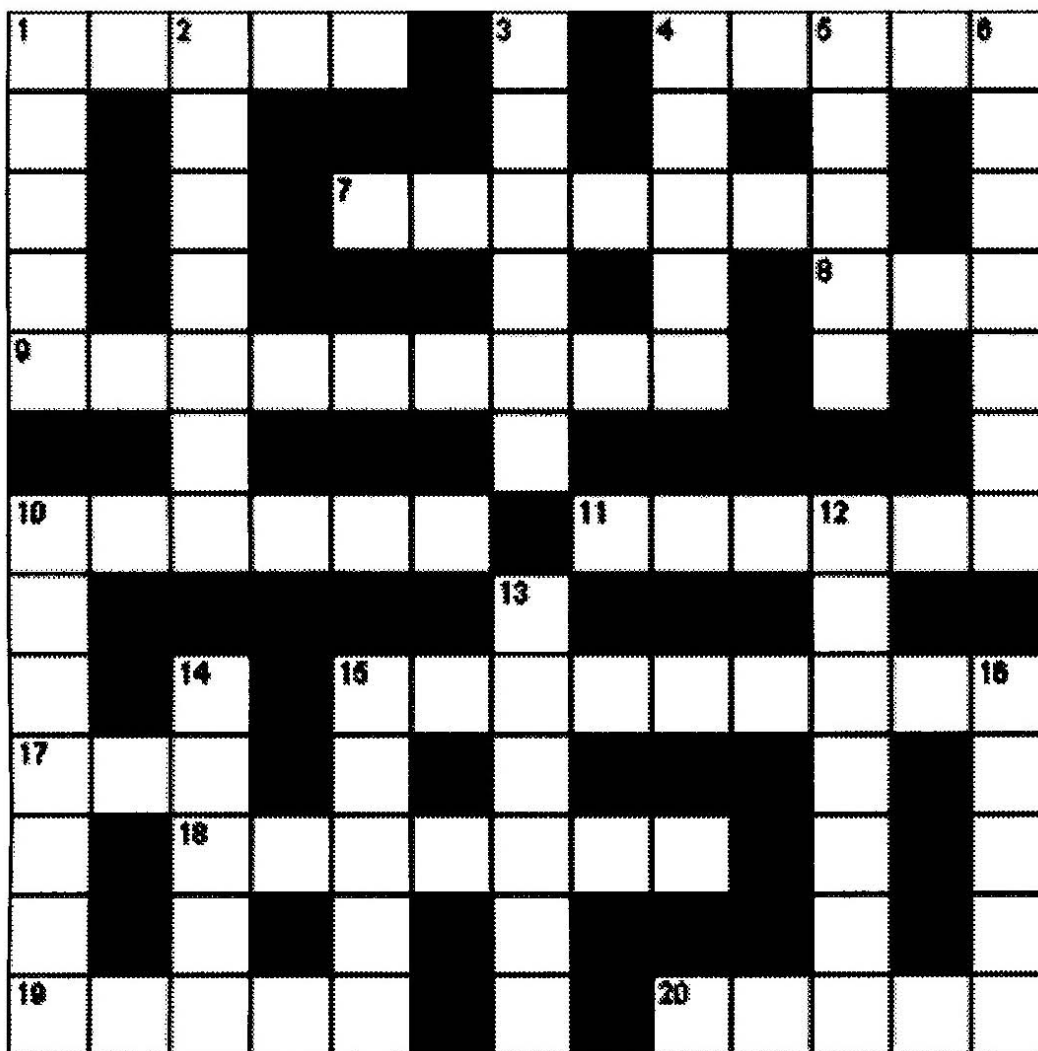
```

ACCOUNTANT
ARCHITECT
CHEF
DENTIST
DOCTOR
FIRE FIGHTER

LAWYER
LIBRARIAN
MAIL CARRIER
MECHANIC
NURSE
OPTOMETRIST

PHARMACIST
PILOT
POLICE OFFICER
REPORTER
SECRETARY
TEACHER

PUZZLES



Across

1. Light meal (5)
4. Platter (5)
7. Sweetened red wine with orange or lemon juice with soda water (7)
8. Small vegetable (3)
9. Variety of peach with smooth skin (9)
10. Meat from a mature domestic sheep (6)
11. Cooks over a metal framework (6)
15. Soaked in various mixtures of spices and seasonings (9)
17. Consume (3)
18. Gourmet (7)
19. Fruit of genus Malus (5)
20. Plant with edible leaves and pungent taste (5)

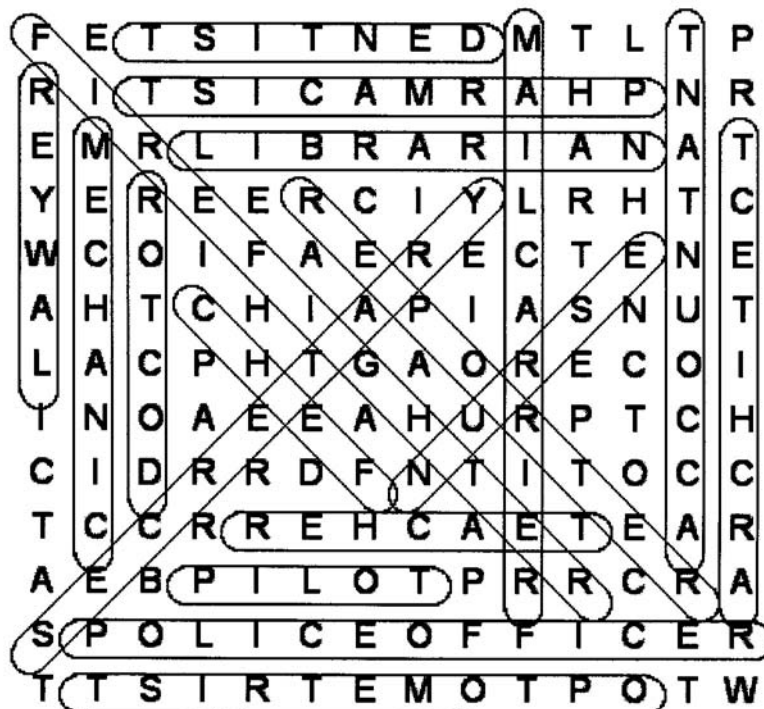
Down

1. Eating utensil (5)
2. Downy fruit resembling a small peach (7)
3. Herb grown for its edible flattened seeds (6)
4. Food processed in a blender (5)
5. Religious meal (5)
6. Oblong cream puffs (7)
10. Amber dessert wine (7)
12. Salad green (7)
13. Game bird (6)
14. Infuse (5)
15. Cereal crop (5)
16. Cuts into cubes (5)

PUZZLE ANSWERS

Careers

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



NUTRITION EDUCATION

What can I do to prevent getting Salmonella?

Eat eggs, meat or poultry that are cooked to proper temperature.

Cook all meat and poultry until there is NO pink color and proper temperature is attained.

Eat or drink pasteurized milk or dairy products. Raw milk should not be eaten.

Wash all fruits and vegetables prior to eating.

Keep all uncooked meats and foods separate from produce, cooked foods and ready to eat foods.

Wash hands, cutting boards, counters, knives and all other items after handling uncooked foods.

Wash hands after handling animal feces or reptiles.

It is recommended not to have a reptile in the house with an infant or small child.

Prepare food or pour beverages for others after it has been shown you no longer carry the Salmonella bacterium.



July 2010 Breakfast Menu

(Served only at MEG, Luisa and Pasatiempo Senior Centers)

1st Cereal, cheese, V-8 juice, and milk

2nd Ham and cheese biscuit, margarine and milk

5th Closed for holiday

6th Red Chile, egg, sausage cheese breakfast burrito and milk

7th Waffle, bacon, egg, V-8 juice, and milk

8th Hash brown patty, toast w/ jelly, cheese, hard boiled egg, tomato juice, milk

9th Diced ham, oatmeal, V-8 juice, jelly and milk

12th Green Chile, egg, cheese breakfast burrito and milk

13th Toast with jelly, peanut butter, tomato juice, and milk

14th Sausage patty, pancakes, V-8 juice, jelly and milk

15th Egg, cheese, muffin, tomato juice and milk

16th Sliced ham, Green Chile, hash brown, jelly and milk

19th Red Chile, bacon, egg, cheese breakfast burrito and milk

20th Cereal, cottage cheese, V-8 juice and yogurt

21st Ham and cheese biscuit, margarine and milk

22nd Hard boiled egg, cheese, tomato juice, toast with jelly, hash brown patty and milk

23rd Diced ham, oatmeal, V-8 juice, jelly and milk

26th Ham and cheese biscuit and milk

27th Waffle, bacon, egg, sausage, cheese, V-8 juice and milk

28th Hash brown patty, toast with jelly, cheese, hard boiled egg, tomato juice and milk

29th Diced ham, oatmeal, V-8 juice, jelly and milk

30th Red Chile, egg, sausage cheese breakfast burrito and milk

SENIOR CENTER LUNCH MENU

JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Independence Day!			1 Stuffed Chicken Breast Steamed Spinach & California Vegetables Biscuit Peach Crisp Milk	2 Round Steak w /Mushroom Gravy Cauliflower & Pepper salad Tossed Salad / Milk Whole Wheat Roll Strawberry Shortcake
5 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	6 Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Whole Wheat Roll Apple Cobbler Milk	7 Tuna w/ Pasta Green Salad Crackers Peaches Milk	8 Baked Chicken Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Jell-O w/ Fruit Milk	9 Braised Pork Chop 3-Bean Salad Steamed Peas Whole Wheat Roll Baked Apple Slices Milk
12 Pueblo Red Chili Stew Carrot Coins Tossed Salad Cornbread Pears Milk	13 Baked White Fish Tartar Sauce German Coleslaw Mixed Vegetables Hushpuppy Banana Pudding Milk	14 Pork Stir Fry Stir Fry Vegetables Green Salad Whole Wheat Roll Apple Cobbler Milk	15 Chicken Fettuccini w/ Alfredo Sauce Carrots & Peppers Garlic Bread Pears Milk	16 Frito Pie w/ Pinto Beans and Garnish Angel Food Cake w/ Apricots Milk
19 Oven Baked Chicken Rice Pilaf Steamed Broccoli French Bread Cherry Cobbler w/ Vanilla Ice Cream Milk	20 Posole w/ Pork Spinach Salad Pinto Beans Tortilla (1) Strawberries & Peaches Cookie / Milk	21 Lasagna w/ Meat Sauce Honey Glazed Carrots Garlic Bread Oranges Oatmeal Cookie Milk	22 Chicken Chow Mein Brown Rice Peas & Carrots Whole Wheat Roll Cookie Cantaloupe Milk	23 Red Chile Beef Enchiladas Salsa Corn Green Salad Apple Cobbler Milk
26 Beef Tips w/ Rice Broccoli Green Salad Whole Wheat Roll Pears Milk	27 Baked Ham Steamed Spinach Sweet Potato Cornbread Cottage Cheese w/ Pineapple Milk	28 Bean Burrito Green Chile (Optional) Spanish Rice Salsa Corn Green Salad Spiced Apples Milk	29 Grilled Chicken Breast Egg Noodles w/ Alfredo Sauce Steamed Carrots Whole Wheat Roll Orange Milk	30 Hamburger Steak Mash Potatoes w/ Gravy Green Beans Biscuit Cottage Cheese w/ Mixed Fruit / 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
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

Presorted Standard
U.S. Postage
PAID
SANTA FE, N.M.
PERMIT # 285

Mail outs are costly to Senior Services!
If you are able to pick up a newsletter at
Santa Fe senior centers, libraries, fitness
facilities, or retirement communities,
please call 955-4760 to have your name
removed from this mailing list. Thank you.

Place Label Here