

# ***The Senior Scene***

**Vistas de los Mayores**



**Division of Senior Services  
August 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 **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](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

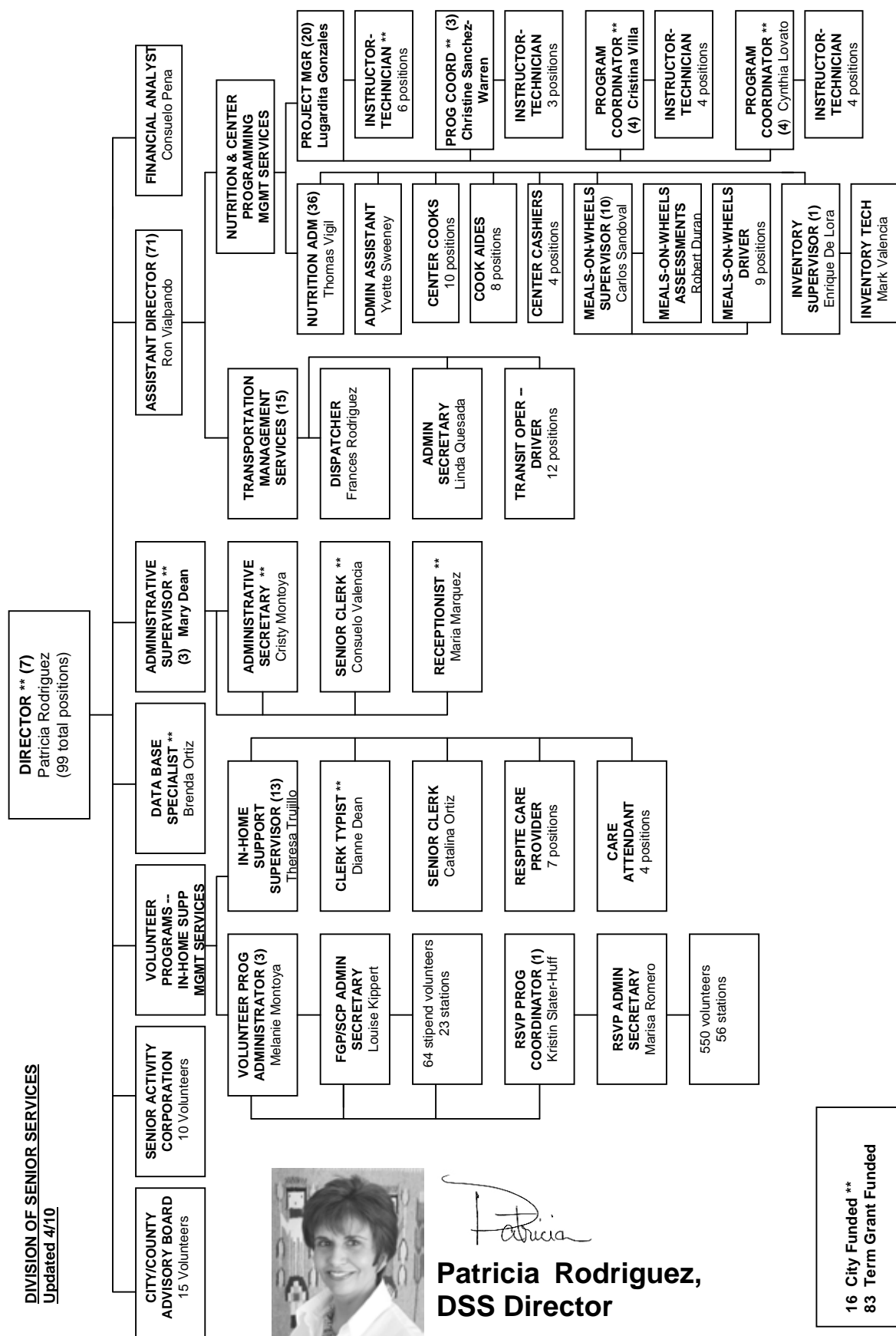
**EL RANCHO** 455-2195  
 334 Country Rd. 84 (on SFC 101D)  
 Santa Fe, New Mexico 87501

**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



Prepared by Ivkipert/PR 4-30-10



*Patricia*  
**Patricia Rodriguez,**  
**DSS Director**

16 City Funded \*\*  
83 Term Grant Funded

# 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.

**August Dates: 10, 17, 24, 31**

**9:00am to 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. **You must make an appointment ahead of time:**

Every Wednesday 8:00 - 11:45 a.m. August 4, 11, 18 & 25

Also, on the 2nd and 4th Thursdays of every month, 12:30 - 3:30 p.m. August 12 & 26

## SENIOR CENTER MEETINGS

Chimayo	Monday	August 2	12:30 p.m.
Edgewood	Thursday	August 5	10:30 a.m.
El Rancho	Wednesday	August 4	12:00 noon
Luisa	Tuesday	August 3	8:30 a.m.
Pasatiempo	Monday	August 2	1:00 p.m.
Rio en Medio	Wednesday	August 4	11:00 a.m.
Santa Cruz	Thursday	August 5	12:30 p.m.
Ventana de Vida	Friday	August 6	9:30 a.m.
Villa Consuelo	Monday	August 2	10:00 a.m.

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (at Santa Cruz)	Wednesday	August 18	9:30 a.m.
Travel Committee	Thursday	August 12	8:45 a.m.
Senior Activity Corp.	Thursday	August 12	10:00 a.m.
Transportation	Tuesday	August 17	9:00 a.m.
Nutrition	Tuesday	August 17	10:00 a.m.
Senior Olympics	Wednesday	August 11	9:30 a.m.
FGP/SCP Cmt.	Wednesday	October 20	1:30 p.m.
RSVP Advisory Cmt.	Tuesday	August 31	10:00 a.m.

## BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

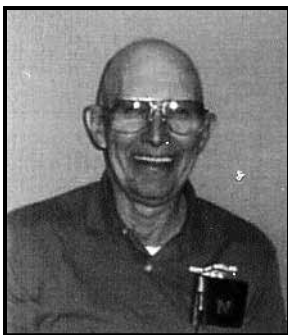
**All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.** Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Suzanne McDuffey, RN (Edgewood) on the following dates:

<b>M.E.G. Center</b> - First and Second Tuesday	Aug 3, 10	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	Aug 5	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	Aug 12	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	Aug 17	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	Aug 19	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thursday	Aug 5, 12, 19, 26	1:00 p.m. to 2:00 p.m.

## NEWS & VIEWS

### They will be missed...

**Robert Black**, 85 of Edgewood, NM, passed away Sunday, May 30, 2010, in Las Vegas, Nevada, with his loving family beside him. Bob, as we called him, was born on December 5, 1925, in Downeyville, Pennsylvania. He is preceded in death by his wife, Evelyn Black and son, William Donald Black. Bob and his late wife, Evelyn, were long time residents of Edgewood, NM, and were members and very much involved in the Edgewood Senior Center for over 18 years. He was a World War II Veteran in Germany. He was an excellent diesel mechanic and at one time owned a repair shop. He and his wife were also very active in the Boy Scouts and Girl Scouts for 18 years; Bob at one time received the Order of the Arrow Award as a Boy Scout, himself. Bob was employed by the City of Santa Fe to deliver meals on wheels, and was always available to help in the Senior Center Kitchen. Bob was also a member of the Retired and Senior Volunteer Program where he wore many hats; anywhere from driving, cleaning, running errands, helping in kitchen, ceramics kiln firing and much more. He is survived by sons, Robert George Black Jr., Dwight David Black, Bryan Keith Black; daughter Janet Louise Chavez-Dishong, and many grandchildren and great grandchildren. Bob made many friends at the Edgewood Senior Center and in the Community who will miss him.



**Aurora Vigil**, who continued her generous and gracious life's work through years of dialysis, left this world on July 7th. Aurora was an active RSVP volunteer at the ECHO commodity distribution, working just a few weeks before her passing. Her optimism, gratitude and strength were an inspiration to all who had the privilege of knowing her.

### A Santa Fe Author's Latest Book

## A Gathering of Seniors

Author **Lillian Alexander** moved to Santa Fe over eight years ago. She considers that move a blessing where she learned a whole new way of life. "One must be a part of the community, not just take from it." Inspired by the Santa Fe attitude, she became the representative for her residence to the City of Santa Fe. She joined AARP's Widowed Persons Services, becoming its coordinator. She also became an advocate for seniors through a program of the New Mexico Aging and Long-Term Services Department. Volunteering for these causes and inspired by her new life led Lillian to write *A Gathering of Seniors*.

Though *A Gathering of Seniors* is a testimonial for those seniors who have chosen Santa Fe as the place to spend their retirement, it is reflection of all seniors wherever they settle. Those interviewed for this book reminisced about the good old days, scars of their life past, and dreams gone astray. They spoke about facing their retirement, of moving on, and accepting the reality of who they are and even a possibility of finding a new romance.

Lillian's former writings consists of the work "Over Forty a Woman at Her Best," and the many magazine articles concerning life at its best.

The book is available for purchase online at Amazon.com and lists for \$8.28.

### 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 Café is held at the Santa Fe Children's Museum at 1050 Old Pecos Trail on the second Wednesday of every month from 2:00 to 4:00 p.m. The next meeting is on August 11th.

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

# NEWS & VIEWS

## Restaurant Review

### Stella's Thoughts

This month's review is of Saveur at 204 Montezuma St. Saveur is open Monday through Friday from 7:45a.m to 3:45p.m. Breakfast is served from 7:45 to 10:30, at which time they begin serving lunch until 3:45. Saveur's phone number is 989-4200. I talked with David, the son of the owner, who manages the restaurant.



**PARKING:** Saveur has a very small parking lot with 10 parking spaces and 1 handicap space. The restaurant is at the "V" intersection of Cerrillos Road and Galisteo Street.

**SEATING:** Saveur seats 49 people. The chairs were very comfortable and I did not need a cushion to reach the tables.

**SILVERWARE/GLASSES:** The cups, silverware and glasses are all manageable.

**BATHROOM:** I needed help to open the door. It was small but accessible.

**WAIT STAFF/ATMOSPHERE:** Saveur has a unique setup in that you choose your meal cafeteria style. The cost is calculated on the weight of your choices. You can also choose to create your own sandwich from a list of different breads, spreads, cheese, main ingredient and greens and garnishes. What a fun way to have lunch! If you need assistance in choosing your meal, there are staff people to help you. There is outside eating available and water for your 4-legged companion.

**LOW SODIUM ENTREES:** All of the food they prepare has reduced sodium content.

**FOOD/PRICES:** All sandwiches are \$8.50. Pricing is based upon the weight of the food you

choose for breakfast and lunch. The prices seem reasonable for the quality and selection of food available. The coffee is excellent!

I would recommend you visit this unique restaurant.

-Stella

## Reverse Mortgages Explained

Reverse mortgages enable eligible homeowners to access the money they have built up as equity in their homes. They are primarily designed to strengthen seniors' personal and financial independence by providing funds without a monthly payment burden during their lifetime in the home. To be eligible, the applicant must be at least 62 years of age and own and occupy a home whose mortgage has been paid in full (or with only a very low mortgage balance remaining).

John Ruybalid, Vice President/ Reverse Mortgage Specialist with Quest Mortgage in Santa Fe, will present a free workshop called "Reverse Mortgages Explained" on Saturday, August 7th at 2:00p.m. in the Community Room of the Downtown Branch of the Santa Fe Public Library. For more information, please call John at 690-1029.

## Senior Arts and Crafts on the Santa Fe Plaza



The City of Santa Fe has graciously allowed members of Senior Services to sell their hand-made arts and crafts on the Plaza. The event will be on Friday, August 27th from 10:00 a.m. to 4:00 p.m. (with set up starting at 9:00). The fee is \$5 per person, but you must bring your own table and chairs, and you must have a Senior Membership card.

To reserve your space on the Plaza please call Lugi at 955-4711. Voice-mail is available, so please leave a message with your phone number and your call will be returned.



## NEWS & VIEWS

### The Patio Garden: A Dream Come True

Bill Arnes always wanted a patio garden and it came about in an unusual way. The apartments on West San Francisco



Street, where he was living, were about to be taken down and a new complex to be built there. He was given a choice of three locations where he could hope take up residence. It wasn't long after he moved in that he began improving the existing garden.

As I watched along the front yard path enjoying the sight of rose bushes, marigolds and larkspur, I saw Bill coming along and asked him how long he had been a gardener. He sat down at the picnic table nearby and thought for a moment; "Well, I started when I was a little boy. We lived on a farm in the Midwest and had a big garden to grow food. I used to water and weed the vegetables and helped at harvest time. As I grew older, I began dreaming of having a nice patio garden and tending flowers rather than vegetables." As he got up and went to tend the flowers I thought, "Well Bill, your dream of a patio garden has come true." Standing there I looked around at the apartments, one of which I live in, and thought, "Bill has done more than create a beautiful patio garden; he has created a community." Yes, there is something going on in those little homes. Someone is making lunch. Another is reading or perhaps sewing and another may be relaxing with television.

We each know our private lives but we are not strangers anymore. There is a friendly atmosphere in "F" square and we are a community. We care about our neighbors in a more interested way.

Inside every story there is a message, and the message in this story is beautiful. It is a message of caring and sharing our lives with others. Not being isolated and lonely but living in a community.

Bill has shown us that each of us can do some little kindness toward our neighbor and make life worth living. Thank you Bill!

### 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, August 17<sup>th</sup>.

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



### Macular Degeneration Information/Support Group

The next monthly meeting of the macular degeneration information and support group will be on Friday August 13<sup>th</sup> from 2:30 – 4:00 p.m. at the Mary Esther Gonzales Senior Center at 1121 Alto St. A representative from the Senior Volunteer program will speak.

For more information, call Jane at 983-9640.

### Conscious Aging Conference

(By Gary Carlson, Planning Committee Chair)

The Sage-ing® Guild is holding its biennial International Sage-ing Conference October 14-17, 2010 at Sunrise Ranch, near Loveland, Colorado. The Sage-ing Guild is an international non-profit educational organization whose mission is to change the popular vision of aging—"changing the paradigm from aging to sage-ing". For more information about the Sage-ing Guild, please go to [www.sage-ingguild.org](http://www.sage-ingguild.org).

There will be workshops, rituals, panel discussions, keynote speaker Rabbi Zalman Schachter-Shalomi, author of "From Age-ing to Sage-ing: A Profound New Vision of Growing Older." There will also be participation by representatives of a number of other conscious aging organizations.

Space is limited to 120 participants. Go to <http://sage-ingguild.org/conference> for more information.



# NEWS & VIEWS

## New Mexico Conference on Aging

The New Mexico Conference on Aging offers seniors and professionals who work with them a chance to learn and have fun in an environment of support for senior independence and dignity. Entitled "A Diverse Community: Exploring Options, Expanding Horizons" and conference dates are August 24th and 25th (two days only). The 2010 Conference on Aging is at the conference center of the Hard Rock Hotel and Casino in Albuquerque.

Special events include an expanded Resource and Civic Engagement Fair, a Health and Fitness Fair, a dance on Tuesday night, and eight workshop/roundtable sessions. Tuesday's plenary speaker is AARP's Jacob Lozada, Ph.D. on the health care law from AARP's standpoint. On Wednesday, Lena Smith, Ph.D. will discuss brain health and successful aging.

Registration for the full two days, not including meals, is \$35 for seniors age 55 and over or students; \$95 for others and for a single day, rates are \$20 and \$50, respectively. Registration forms are available online at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us) or by calling toll-free (866) 842-9230. You may also register at the door either day.



improve a person's outlook on life and enhance independence. Surrounding an individual with friends and family and involving them in social, religious and cultural events is also vital. Interactive Caregiving helps keep people strong, improve health and outlook on life, and reduce the risks for injury, depression, and symptoms of dementia.

Comfort Keepers provides a range of services that can be customized to fit the individual client needs. Personal Care Services include: bathing, grooming and hygiene; mobility assistance; transferring and positioning; toiletry and incontinence; feeding and special diet and dementia care. Companionship Services include: meal preparation; laundry; light housekeeping; grocery shopping/errands; incidental transportation; medication reminders; grooming; live-in services; 24 hour care and respite care or relief for family.

Comfort Keepers #803 is located at 1305 Luisa Street in Santa Fe. They can be reached 24/7 at 982-1298.

## Comfort Keepers

In January of 2010 Leslie Van Pelt eagerly welcomed the opportunity to become part Comfort Keepers, a national franchise. Comfort Keepers #803 provides non-medical health care to the elderly and other adults in Santa Fe, Los Alamos, Española and Taos.

Comfort Keepers promotes Interactive Caregiving based on interrelated lifestyle factors. They believe that keeping seniors mentally stimulated through activities helps them stay cognitively vital. Physical activity is encouraged to improve balance, flexibility, strength, and range of motion. Staying active and strong can



## Check Us Out!



Photos By: Waldy Cuevas

## NEWS & VIEWS

### 45th Anniversary of the Older Americans Act

(From Assistant Secretary of Health and Human Services Greenlee at Administration on Aging)

On July 14, 1965 President Johnson signed the Older Americans Act into law. Sixteen days later, on July 30, he signed legislation creating Medicare and Medicaid. These three programs, along with Social Security enacted in 1935, have served as the foundation for economic, health and social support for millions of seniors, individuals with disabilities and their families. Because of these programs, millions of older Americans have lived more secure, healthier and meaningful lives. The Older Americans Act has quietly but effectively provided nutrition and community support to millions. It has also protected the rights of seniors, and in many cases, has been the key to independence.

In 1965, there were about 26 million Americans age 60 and over. Today, there are 57 million older Americans 60 and over, with many more on the immediate horizon. Our senior population is not only growing larger, but becoming more diverse. Adults over 80 are our fastest growing group, and many will need long term care. Reliance on family members, who currently provide 80 percent of the long term care assistance for our nation's seniors, will increase.

The historic enactment of the Affordable Care Act (ACA) by President Obama on March 23, 2010 provides us with another tremendous opportunity to harness the successes and progress of the last four decades to further improve the health and lives of older Americans and support their caregivers. The ACA represents the biggest change in our national health care delivery system since 1965. And just as they were in 1965, the programs of the Older Americans Act - and our national aging network of state, tribal and community-based organizations, service providers, volunteers and family caregivers - will be called upon to complement, support and enhance these changes. How successfully we weave these multiple responsibilities together will say much for how we will care for seniors in the future.

### Handicap Accessible Home for Sale



There is a handicap accessible home for sale or for lease to buy at 102 W. Barcelona Rd. in the South Capitol area of Santa Fe.

It is a 3-bedroom, 3-bath 'turn key' house available for adult care use. The single-family residence is zoned by the City of Santa Fe to serve as a Group Home for 8 or fewer residents. The house possesses a large back porch, as well as a smaller, gated, front porch. It's located on a 1/2-acre tract with option to build a 1500 ft. guest house.

The home is ADA compliant, with all walkways and entries ramped. The home has an open floor plan with interior spaces wheelchair and walker friendly. All doors are 36 inches wide; a roll-in shower is equipped with handicap bars and two showerheads (one hand-held); two showers have benches and handicap bars; all baths are equipped with ADA toilets and handicap bars; one toilet with bidet is accessible; there are two sinks in the master bathroom, one of which is handicap accessible; the fully-equipped kitchen set up for use in a wheelchair; the grounds are fully accessible.

For more information, call (505) 235-5645 or go to [www.livingenzsfe.com](http://www.livingenzsfe.com).

"You make a living by what you get. You make a life by what you give."

—Winston Churchill

# NEWS & VIEWS

## City Different City Poster Call for Entries



THE CITY OF SANTA FE  
ARTS COMMISSION

Here is a unique opportunity for artists to display their work to a wide audience. Artwork will be judged on artistic quality as well as its ability to represent, market, and promote Santa Fe as a creative city. This year's theme is "Timelessness" in honor of the conclusion of Santa Fe's 400th Commemoration and in celebration of looking forward.

**Competition Rules:** Entry form must be received by the City of Santa Fe Arts Commission no later than August 16th. Forms should be mailed to the City of Santa Fe Arts Commission, P.O. Box 909, Santa Fe, NM 87504-0909. Entry pieces must be delivered to the Santa Fe Community Gallery, 201 W. Marcy St. between 8:00 a.m. and 5:00 p.m. on Monday, August 23rd (early entries will not be accepted.)

All artists must be living and reside within the immediate Santa Fe area. Individuals who were winners of the poster competition in the past three years are not eligible.

Artwork must be an original two-dimensional work of a: painting, drawing, etching, serigraph, lithograph, photograph and/or mixed media. Reproduction quality photographs of a 3-dimensional artwork are eligible. Vertical and horizontal entries are accepted.

**Display requirements:** All entries must have a wire hanger and be ready to hang. Easels, props and special lighting are not allowed. The artist name must not be visible. A title card must accompany entries.

The City of Santa Fe assumes no responsibility for any loss or damage that may occur to entries delivered before 8:00 a.m. on August 23, 2010, or left after the scheduled pick-up time. All participating artists must enter into a professional services agreement if chosen. The winning original will be returned to the artist.

## FGP/SCP Birthdays

Even though we do not have an FGP/SCP page in this month's newsletter, we would like to wish a very happy birthday to those Foster Grandparent and Senior Companion volunteers born in the month of August:



Genevieve Maes	8/4
Lucille Valerio	8/4
Ramona Griego	8/9

## Senior Centers are Busy Places!



Photos By: Waldy Cuevas

## Man Up for Big Brothers/Big Sisters!

Joseph is ten years old and will be in fifth grade this fall. His younger brother Elijah is six years old and going into the first grade. Both have a knack for soccer, but Joseph would really like a Big Brother who will help him build projects for school, go fishing and help with homework. Elijah would like a Big to play at the park and play games. "I wanted a male (Big Brother) for the boys because their dad isn't around much" explains Jean, the boys' mother. I want them to have a male role model for times I can't be that role model."



Through Big Brothers Big Sisters' "100 Men in 100 Days" campaign, they are working to recruit 100 (or more!) men to become Big Brothers. With over 100 boys like Joseph and Elijah waiting for a Big Brother, they are asking you to MAN UP and help kids in our community reach their potential!

Become a Big Brother. They have over 100 boys on their waiting lists across Northern New Mexico; nearly 70 boys are waiting right here in Santa Fe. Just spending a few hours several times a month can mean the world to a child who could use an extra positive male role-model and a friend. Help them reach their goal of matching all these boys with an adult male.

Spread the word. Talk to the guys you know - friends, co-workers, neighbors and family members- about joining in the movement to help change the way kids grow up in New Mexico. You can also offer to help distribute posters and flyers to area businesses.

Host a presentation at your place of employment or service organization. Big Brothers Big Sisters staff would be happy to come and speak about the program.

Call 983-8360 or visit [www.bbbs.org/northernNM](http://www.bbbs.org/northernNM) and help Start Something Big in Santa Fe!

## Seniors Short-Film Festival

On Wednesday, August 18th, from 11:00 a.m. to 1:00 p.m., at Albuquerque's Jewish Community Center you are invited to see three short, upbeat comedies about aging, to gladden the heart and uplift the spirit. Each film will be immediately followed by facilitated round table discussions.

"Plots" (9 minutes) Marriage, pre-pays and resting places- directed by Holly Adams, written by Robert F. Benjamin

"Flowers for Charlie" (12 minutes) The power of one senior to change the world by Mark Haller-Wade

"Sid Smith for Congress" (10 minutes)- A feisty nonagenarian runs for a House seat. -a documentary by Kelly Williams

Reservations are required. Contact Amy Stangel 348-4518, [amys@jccabq.org](mailto:amys@jccabq.org) Price of \$10 includes films, discussion and lunch.

## Seeking Senior Housemate

A senior in Santa Fe is seeking another senior to share a large, centrally located house with central heat/cooling, washer/dryer and fenced yards. You would have 2 bedrooms, a full bath and a two car garage to yourself. Small dogs okay, no cats, no smoking. Please call Anne at 231-3556.

## Free Financial Assistance for Seniors

Almost every Thursday, several trained volunteers are available at the AARP office to assist senior citizens with financial problems. They can help with individuals' income taxes; basic accounting for small businesses; or even answer your personal financial questions.



The service is free, but they would appreciate if you call ahead to schedule your visit. The office is at the corner of Cerrillos Road and Paseo de Peralta (next to Sage Bake House - park in back). Please call Pete Doniger of Tax Aide New Mexico, at 670-6835.



# ACTIVITIES *ongoing 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	<b>CHIMAYO</b> 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	<b>PASATIEMPO</b> 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 Board Games	<b>EDGEWOOD</b> Monday Tuesday Tuesday Wednesday Wednesday Thursday Tuesday Mon. - Fri. Mon. - Fri.	12:30 pm 12:30 pm 12:30 pm 10:00 am 12:30 pm 1:00 pm 10:00 pm	Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Ceramics	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 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
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	Art Class Exercise Bingo Bridge	<b>VENTANA DE VIDA</b> Tuesday Mon./Wed./Fri. Monday Sunday	1:00 pm 9:00 am 1:15 pm 1:00 pm
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	<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	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 Varies 1:30 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 *ongoing 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
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## 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
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
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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	Thursday
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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

## 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	Tuesday
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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	Once a Month
call 955-4711 for date		

## Senior Dance at the Eagles Shine those shoes and make them dance!

The Ventana de Vida Senior Center will be sponsoring the next senior dance on Thursday, August 12th, at the Fraternal Order of Eagles, 833 Early St.



- Time: 1:00 p.m. to 4:00p.m.
- Light refreshments
- Admission: \$2.00 - Please bring your senior membership card for scanning.

## State Fair Trip

Call Lugi today at 955-4711 and reserve your seat (limited seats) on the DSS Bus to the State Fair on Tuesday, September 14th. Bus fee is \$4.00.



Individuals pay their own way at the fair gates. Plan on arriving at the MEG center by 8:30 a.m. Bus will be departing to the State Fair at 9:00 a.m. Once at the Fair, please return back to the bus by 2:45 p.m., since the bus leaves back to Santa Fe at 3:00 p.m. Wear comfortable walking shoes.

## Foot & Ankle Associates Inc.

A presentation about shoes for diabetics will take place on Wednesday, August 18th at 10 a.m. in the MEG dining room by Edward D. Williams, D.P.M. from Foot & Ankle Associates Inc. If you are diabetic come see about this diabetic footwear.

## I Scream, You Scream...

We all scream for ice cream, so please join us for delicious banana splits! Seniors at the Villa Consuelo Senior Center will sell banana splits for \$1.50 on Tuesday, August 17th starting at 12:00 noon. Proceeds will benefit the center, which is at 1200 Camino Consuelo.

Come one come all and enjoy a cool treat!

## AARP Driver Safety Program

Sign up for the next AARP's Driving Class.

The mini course will meet from 1:00 to 5:00 p.m. on Tuesday, September 21st 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 Tricia Penn at 438-0460.

## August Birthday Celebrations

Everyone is welcome to come celebrate August Birthdays with us!



**MEG Center:** Wednesday, August 11th - Noon

**El Rancho:** Wednesday, August 18th - Noon

**Edgewood:** Thursday, August 26th - 12:30 p.m.

## Free Benefits Counseling

Learn about your eligibility for benefits such 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, etc.

You may make an appointment for a free, individual, ½ hour counseling session at the MEG Center by calling 955-4721. Appointments are available every Wednesday 8:00 - 11:45 a.m. and on August 12 and 26 12:30 - 3:30 p.m.

## Free Computer Classes

Free basic and intermediate computer classes are available for seniors at the Mary Esther Gonzales Senior Center. Classes meet once a week, for 6 to 8 weeks. The next sessions will begin in the fall.

To add your name to the list, call 955-4721.



# ACTIVITIES *for this month*

## 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. This schedule is always available online at [santafecounty.org](http://santafecounty.org)

### Services for the month of August are as follows:

Mon Aug 2 <sup>nd</sup> , Luisa Center,	9am-3pm
Tues Aug 3 <sup>rd</sup> , Santa Cruz,	10am-2pm
Weds, Aug 4 <sup>th</sup> , Santa Fe County Fair,	10am-3pm
Thurs, Aug 5 <sup>th</sup> , Santa Fe County Fair,	9am-3pm
Friday, Aug 6 <sup>th</sup> , Santa Fe County Fair,	12pm-6pm
Sat Aug 7 <sup>th</sup> , Santa Fe County Fair,	9am-5pm
Sun, Aug 8 <sup>th</sup> , Santa Fe County Fair,	10am-2pm
Thurs Aug 12 <sup>th</sup> , Chimayo Senior Center,	10am-2pm
Friday, Aug 13 <sup>th</sup> El Dorado Farm Market,	3pm-7pm
Mon Aug 16 <sup>th</sup> , El Rancho,	10am-2pm
Tues, Aug 17 <sup>th</sup> , Ventana de Vida,	9am-3pm
Weds Aug 18 <sup>th</sup> , Rio en Medio,	10am-2pm
Thurs Aug 19 <sup>th</sup> , MEG Center,	9am-3pm
Mon Aug 23 <sup>rd</sup> , Edgewood Senior Center,	10am-2pm
Tues, Aug 24 <sup>th</sup> , Bethel Comm Storehouse,	10am-2pm
Weds Aug 25 <sup>th</sup> , D.O.T. Health Fair,	10am-1pm
Thurs, Aug 26 <sup>th</sup> , Camino Jacobo,	10am-2pm
Friday, Aug 27 <sup>th</sup> , Lamy Legal Tender,	10am-3pm
Mon Aug 30 <sup>th</sup> , Pasatiempo,	9am-3pm
Tues Aug 31 <sup>st</sup> , Pojoaque Supermarket,	10am-2pm

## Dahn (Energy) Yoga Class

The monthly 3:30 p.m. Yoga class held at the MEG senior center dining room is as follows for the months of August and September:

Thursday, August 12th

Thursday, September 23rd

Please bring your own mat.

## Senior Travel Committee Trips

Note: Payment is due upon registration and there is a 10% cancellation fee on all trips. **Reserve space with trip coordinators.**

### Laughlin in August

The trip everyone has been waiting for! It will fill up quickly, so register now.

Dates: August 17th through August 20th

Cost: Double \$125.00 (per person)  
Single \$145.00

Call: Lilly Salazar at 699-5838  
Mercy Moreno at 986-1416

### Sedona, Arizona in September

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.

Dates: September 20th through 24th

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

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

### Sky Ute Resort in October

- Sky Ute Casino Resort (arrive 10-4-10)
- Durango/Silverton Narrow Gauge Railroad (dinner included 10-5-10)
- Slater Theater for those interested on 10-6-10, and shopping in Durango
- Mesa Verde Tour on 10-7-10 (entrance fee included)
- Return to Santa Fe on Friday October 8th

Dates: October 4th through October 8th

Cost: Double occupancy \$450.00 per person  
Single occupancy \$600.00

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

## Movie Days

MEG Senior Center  
Friday, August 6th at 1:00 p.m.  
**"Moonlight Serenade"**

After semiprofessional piano player Nate Holden (Alec Newman) discovers that the lovely coat check girl at a nearby Jazz Club (Amy Adams) has the voice of an angel, he soon finds himself in a musical partnership with the aspiring chanteuse. As the pair's melodic collaboration at the nightclub deepens, their professional relationship takes a turn toward the personal. This musical is from Director Giancarlo Tallarico co-stars Moon Bloodgood.



**PG- 13 Genre: Romance**

Luisa Movie  
Thursday, August 26th at 1:00 p.m.  
**"Dear John"**

Special Forces Army Sergeant John Tyree (Channing Tatum) is home on a two-week leave from Germany. He meets Savannah Curtis (Amanda Seyfried) after he dives into the ocean to retrieve Savannah's purse that had fallen off the pier. John falls in love at first sight. Savannah is a college student at the University of North Carolina at Chapel Hill. She is on spring break and is helping build a house for Habitat for Humanity. John joins in with Savannah to help build the house. Along the way a budding romance occurs, and Savannah falls deeply in love with John. As she is about to go back to college, she promises to write John overseas during the next 12-months until he returns to her after completing his enlistment. Their love is put to the test when John reenlists after the 9/11 attack.



**PG-13 Genre: Romantic Drama, Military Drama**

## Pasatiempo Arts & Crafts Sale

Pasatiempo Center will host an arts and crafts sale on Tuesday, August 10th, from 9:00am to 1:00pm, the Pasatiempo Senior Center at 664 Alta Vista St. Stop by and purchase some terrific hand-made items for yourself or as gifts.

If you are interested in selling, vendor spaces are available for \$5.00. For information or to reserve your space, call Virginia 955-6433.

### Senior Arts and Crafts on the Santa Fe Plaza

Date: Friday, August 27th  
Time: 10:00 am - 4:00 pm  
(setup 9:00 am)  
Cost: \$5.00 to reserve your spot

Seniors will need to provide their own tables, chairs and Senior Membership Card.

To reserve your space on the Plaza please call Lugi at 955-4711. Voice-mail is available, so please leave a message with your phone number and your call will be returned.



## Weekend Bingo

Residents of the Luisa Senior Center at 1522 Luisa St (off Columbia) will be hosting a Bingo on Sunday, August 8th from 1:00 p.m. - 4:00 p.m., for \$10.00 per package and \$5.00 for 5 specials.

Payouts are:

\$25.00 for regular Bingo  
\$30.00 for specials  
\$50.00 for jackpot

So, please come join us. Proceeds will benefit the Luisa Senior Center.



## Free Haircuts at MEG Center

Fabiola, our great volunteer cosmetologist who has been giving free haircuts at the MEG Center, will be available again in August:

Every Wednesday 10:00a.m. to 2:00 p.m.

# 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 [kwslater-huff@santafenm.gov](mailto:kwslater-huff@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.

## Keep Santa Fe Beautiful



Keep Santa Fe Beautiful Inc. is a nonprofit volunteer program dedicated to environmental education, litter awareness and prevention and beautification programs. Keep Santa Fe Beautiful Inc. and the City of Santa Fe sponsor the annual Great American Cleanup in spring and Trek for Trash Fall Cleanup days, the Adopt-a-Median program to landscape city street medians, the annual Keep Santa Fe Beautiful Golf Classic, the Keep America Beautiful Waste-in-Place program in local schools and the Otra Vez Trash to Treasures program.

They could use ongoing volunteer assistance at their offices on Siler Road. The tasks would include answering phones (including for the graffiti hotline), filing, doing mail outs, sometimes running little errands etc. If someone is proficient on computers and would like to help manage databases and upkeep their website, that would be great, but it is not necessary. They have a little work station (desk, phone, computer & printer) outside their main office where the volunteer would work.

## Southwest Archaeological Consultants

Southwest Archaeological Consultants (SWAC) is in need of volunteers to help prepare a collection of artifacts for museum curation. The artifacts are from the recent excavation of LA 2–The Agua Fria Schoolhouse site. Over several months of excavation various aspects of a once thriving pueblo, dating to ca. 1200 CE, were uncovered along with numerous artifacts, including pottery fragments and lithic points and tools.



With your help, SWAC can ready this large collection for museum curation so that it may be available for future research. Volunteer duties include light cleaning of the artifacts and re-bagging using museum quality bags. If you are interested in donating a few hours a week to help them, they would love to hear from you.

## Prepare Sunday Lunch for the Homeless

First Presbyterian Church invites you to join in their Hot Water Hospitality Ministry - a community effort to bring meals, hot showers and clean clothing to our homeless brothers and sisters. The program runs every Sunday through October. Volunteers are needed from 12:15 to 3:30 p.m. to help prepare meals or provide a welcoming, clean, and safe space for folks to take a rest and shower.

## Open Hands' Adult Care Services

Open Hands' Adult Care Services seeks warm, caring, outgoing volunteers who like to have fun. You can share your own hobbies and interests while socializing with their senior clients, or support activities such as indoor/outdoor games, horticulture, art and musical performances, or field trips. Volunteers are always sought for their thrift store.

The Open Hands' staff of professional caregivers deeply values the help and variety volunteers can bring. Activity volunteer opportunities are Monday – Friday 9:00 a.m. – 2:00 p.m. and Saturday 10:00am – 2:00pm. To learn more, call Kristin at 955-4760.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Celebrate Earth Day Every Day

The RSVP office is "going green" this year. We will work harder to reduce, reuse and recycle. We already recycle or reuse most of our office paper and boxes.

We need your help with reducing paper use. If you have access to email, we would really appreciate if you could email us your volunteer hours. That can mean that all the information for three months fits onto one sheet of paper rather than three. It will also save us money in postage and save you effort in mailing, delivering or faxing hours you have been tracking on all those calendars.

If you would like us to begin sending you email reminders when hours are due, rather than mailing you calendars, please email Marisa at [mvomero@santafenm.gov](mailto:mvomero@santafenm.gov)

Also, we have purchased several eco-friendly gift items to share with you this year, so be on the lookout!

## RSVP Events for 2010/2011

Look at all the exciting events we are planning for and with our RSVP volunteers this year. If you are not already a member of the Retired Senior Volunteer Program, please consider joining us today. We will locate a worthwhile volunteer opportunity for you and you can be a part of all of the activities listed below.

**July:** Great Stuff & Bake Sale

**August:** NM Conference on Aging

**September 16:** Emergency Management Fair

**October 23:** Make a Difference Day

**November:** Veterans Event

**December:** Holiday Gifts and Cards

**January:** Martin Luther King Jr. Day  
"Changes in My Lifetime" senior panel on civil rights changes they have observed

**February:** Sweethearts' Dance by RSVP

**March:** Eco-Friendly Day with gifts

**April:** Spotlight on Volunteers Conference

**May:** Formal Recognition Banquet/Dance

**June:** Mandatory RSVP Member Meetings

To learn more, please email or call Kristin at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or 955-4760.



## Birthdays this Month

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

## August

Leyna Albert

Mike Amparan

Joe W. Archuleta

Donald E. Bell

Ena Berghund

Dolores M. Brock

Louie Bryant

William Buchanan

Patsy Campos

Bill Caperton

Aggie Cardenas

Joe A. Casados

Elizabeth Clarke

Jackie Cooper

Thelma Corning

Imelda Delgado

Marta Demarest

Ingrid Duran

Julia Engel

Adrienne Ewing-Meyer

Ollie Flannery

Jerre Fox

Arthur M. Gabaldon

Pedro Garcia

Mary Louise Giron

Edward L. Gonzales

Lydia Gonzales

Roxanne Gonzalez

Lugarda Griego

Ramona Griego

Ernestine Hagman

Beverly Ireland

Louise Jackson

Gustav Kocsis

Rose Marie Lenahan

Frank Lucero

Dori Lynn

Judy Maes

Joyce M. Martinez

Lucille Martinez

Melisandro Martinez

Phil Martinez

Ralph Nava

Mary Ann Newmarker

Ray L. Nichols Jr.

Carlos J. Ortiz

Patsy Peterson

Diana Rivera

Manuel Rodriguez

Gabriel Salido

Bee Schulman

Gail Takeshita

# SENIOR OLYMPICS

## Gearing Up for State Games

(By Chris Minnick,  
N.M.S.O. Consultant)

In 1979 Ernesto Ramos was working for the federal government helping senior programs around New Mexico get funding for their programs. While the job was rewarding, Ramos knew that more could be done in the state to help seniors stay active and healthy.

Because of the vision and leadership of Ramos, in the summer of 1979 the New Mexico Senior Olympics were born with several events and 150 athletes from all around the state. In the 32 years since then, participation in New Mexico has grown to more than 1,200 athletes and we now have one of the most successful Senior Olympic Games in the nation.

"A lot of people don't realize that New Mexico was the first state in the nation to hold statewide games for seniors," Ramos said. "There were senior games taking place at a local level in many states, but we were the first to hold statewide games."

The 2010 Senior Olympic Summer Games will take place from July 28th to August 1st in Las Cruces. Ramos, who served on the National Senior Olympics Board from 1990 to 1998 and as national president from 1995 to 1997, said the intense competition prepares New Mexico athletes to dominate the National Games.

"I love to attend the games because the level of competition is intense and it's a very exciting time," Ramos said. "People may think that the Senior Olympics is about older people casually playing games, but once you see how competitive the action is, you will become an instant fan. We have some of the best senior athletes in the state and when our athletes go to the National Senior Games they go to win and bring home gold."

This year's Games are a qualifying year for the National Games to will be held in Houston in 2011. The National Senior Olympics will also send a two or three person team to the New Mexico Games to recruit athletes to attend the National Games in Texas.



The Senior Olympics Summer Games offers 30 individual sports to choose from, so you are sure to find something to fit your training style. Competition includes Air Gun, Archery, Badminton, Basketball Free-Throw, Basketball 3 Point Shot, Bowling, Cycling, Dance, 8 Ball Pool, Field, Fun Events, Golf, Horseshoes, Pickle ball, Race-Walk, Racquetball, Frisbee Accuracy, Frisbee Distance, Huachas (Washers), Soccer Accuracy, Softball Distance, Road Race Run, Shuffleboard, Swimming, Swimming Aquatics (Exhibition), Table Tennis, Talent Show, Tennis, Track and Triathlon. For most competitions athletes are divided into five year age categories: 50-54; 55-59; 60-64; and 65 or older.

In addition to the competition, athletes will have the chance to catch up with friends and share in the camaraderie by attending the Opening Ceremony, Athlete Social, and the Dinner Banquet/Final Ball Dance.

"In addition to the sports I love the camaraderie the games have created in New Mexico," Ramos said. "I am very proud of what we have accomplished over the last 32 years and a lot of credit goes to the board of directors, sponsors, volunteers, fans and of course our athletes for making the New Mexico games one of the best events in the country."

Senior Olympics Summer Game is funded in part by the New Mexico Aging and Long-Term Services Dept. for health promotion activities. New Mexico Senior Olympics is a non profit 501(c)3 organization headquartered in Roswell. Other Game sponsors and partners include Stryker, Blue Cross Blue Shield, the Las Cruces Bulletin, Caliente Designs, Humana, City of Las Cruces, Mountain View Regional Medical Center and Concilio CDS.



# HEALTH & SAFETY

## Choose Your Cover

(From the N.M. Dept of Health)

Sunlight is necessary for life on earth, but too much of it can be harmful. Sunburns aren't just painful. A few severe sunburns in childhood can increase a person's chances for developing skin cancer. So what can you do to protect yourself?



### Limit time in the sun.

Try to stay out of the sun between 10 am and 4 pm. This is when the sun's rays are strongest. Don't be fooled by cloudy skies. The sun's rays can pass through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or ocean.

### Rub In Your Cover.

Use sunscreen whenever you go outside even on cloudy days. Choose a sunscreen that provides protection against both UVA and UVB rays and has a sun protection factor (SPF) of at least 15.

Sunscreen works best when applied generously 30 minutes before going outdoors. Reapply every 2 hours and more often after swimming or exercise.

### Cover Your Head.

When outdoors, wear a hat. Since almost 80% of skin cancers occur on the head and neck, wearing a wide brimmed hat is a great way to shade your face, ears, scalp, and neck from the sun's rays.

### Wear Your Cover.

When you are enjoying your favorite outdoor activities, it's important to shield your skin with extra clothing.

A long sleeved shirt, beach cover-up and pants are all good choices for cover. But keep in mind, a typical t-shirt actually has a rating a lot lower than SPF 15. So if your clothes don't completely shield your skin, add some sunscreen and seek shade whenever possible. Always remember to drink plenty of water when out in the sun.

## Summer Exercise

Summer is a wonderful time to be outdoors or indoors and getting exercise. Here are a few fitness ideas.

Aerobic and recreational activities help to improve your heart and lungs. Work up to doing these activities at least 20 minutes at a time. Walk with a friend, grandchild or dog. Try leisure activities like golfing, bike riding, or swimming.



Yoga, Tai Chi, or low impact aerobics fitness classes are wonderful for balance & flexibility. They help keep your muscles and joints move easily and are a great stress reliever.

Strengthen your muscles by lifting 1-2 pound hand weights or cans. This can make daily activities much easier. Talk with a fitness or health professional to design a program that's right for you.

Activities done while you are sitting keep your mind sharp, but it's important to keep your body in shape, too. When you have been sitting for more than 30 minutes, take a few minutes to get up and move around.

So, however you chose to exercise this summer, have fun and feel great!

## White House Blog on Elder Abuse Awareness

Every American deserves to live his or her golden years with dignity and respect. Unfortunately, too many of our country's seniors are abused and neglected, often by the very people responsible for their care. Approximately 700,000 to 3.5 million older Americans are abused, neglected, or exploited each year. Elders who experience abuse, neglect, or self-neglect have up to a 300% higher risk of premature death than elders who have not been mistreated. Elder abuse can occur anywhere, and it affects seniors across America, of all socioeconomic groups, cultures, and races. Across these groups, however, studies show that the majority of victims are female. To read the rest of the blog, please visit: <http://www.whitehouse.gov/blog/issues/Seniors-%2526-Social-Security>

# LEGAL & CONSUMER NEWS

## User's Guide to Health Care Reform (From [AARP.org/health-care-reform/info](http://AARP.org/health-care-reform/info))



There is much that is not yet clear in changing health care landscape, but here are ten important things you need to know about the new health care reform law:

1. It helps 32 million more Americans get insurance than currently carry it.
2. It makes preexisting medical conditions a thing of the past. Insurers can't use them to deny coverage for children from this year on, or for adults starting 2014.
3. It guarantees basic benefits for everyone in Medicare, makes preventative services free for most people, and gradually closes the "doughnut hole" in the Part D drug program.
4. It set up a temporary program starting in July to help people with preexisting health conditions who have been uninsured for at least six months, to obtain coverage.
5. It provides new benefits for most people who already have insurance, such as coverage for adult children until age 26.
6. It leaves medical decisions in the hands of your doctor and you.
7. It requires most people to have coverage by 2014 but offers subsidies for those with moderate or low income and makes more people eligible for Medicaid.
8. It creates state-run insurance exchanges offering a menu of private insurance plans for people who are uninsured, self-employed or between jobs (starting in the year 2014).
9. It offers immediate tax credits to help small businesses buy insurance for employees.
10. It keeps Medicare financially sound for nearly 10 more years and reduces the U.S. deficit by an estimated \$143 billion.

## Medicare Doughnut Hole Scam (From [AARP.org/money/scams](http://AARP.org/money/scams))

If you recall, "falling into the doughnut hole" of health care means that you have paid your Medicare Part D \$310 deductible, and then you have spent at least \$2,830 out of pocket on prescription medications. There is an area where the patient can be stuck with large medical bills.



The health care reform law includes a one-time rebate of \$250 to patients who have fallen into that hole.

As those \$250 "doughnut hole" rebate checks start reaching Medicare recipients, so are warnings about potential scams associated with these one-time, tax-free payments.

A big concern is that con artists will call your home pretending to be Medicare officials trying to send you your doughnut hole money—just as soon as you give your Medicare number, your bank account number or other personal information. That information, of course, can be used to steal your identity.

So, if you get such a call at home or on your cell phone, hang up! You can do so with full confidence knowing the important message of the federal warnings:

You do not have to do anything to get your check except simply qualify. There are no forms to fill out, no requirement to change your existing plan, no reason whatsoever to share personal information with anyone.

Your \$250 check will automatically be issued if you drop into the infamous doughnut hole this year.

Call 1-800-MEDICARE (1-800-633-4227) with questions about your \$250 rebate or to report any Medicare-related scam.



# PUZZLES

## USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid.  
The remaining letters spell an Abraham Lincoln quotation.

```

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

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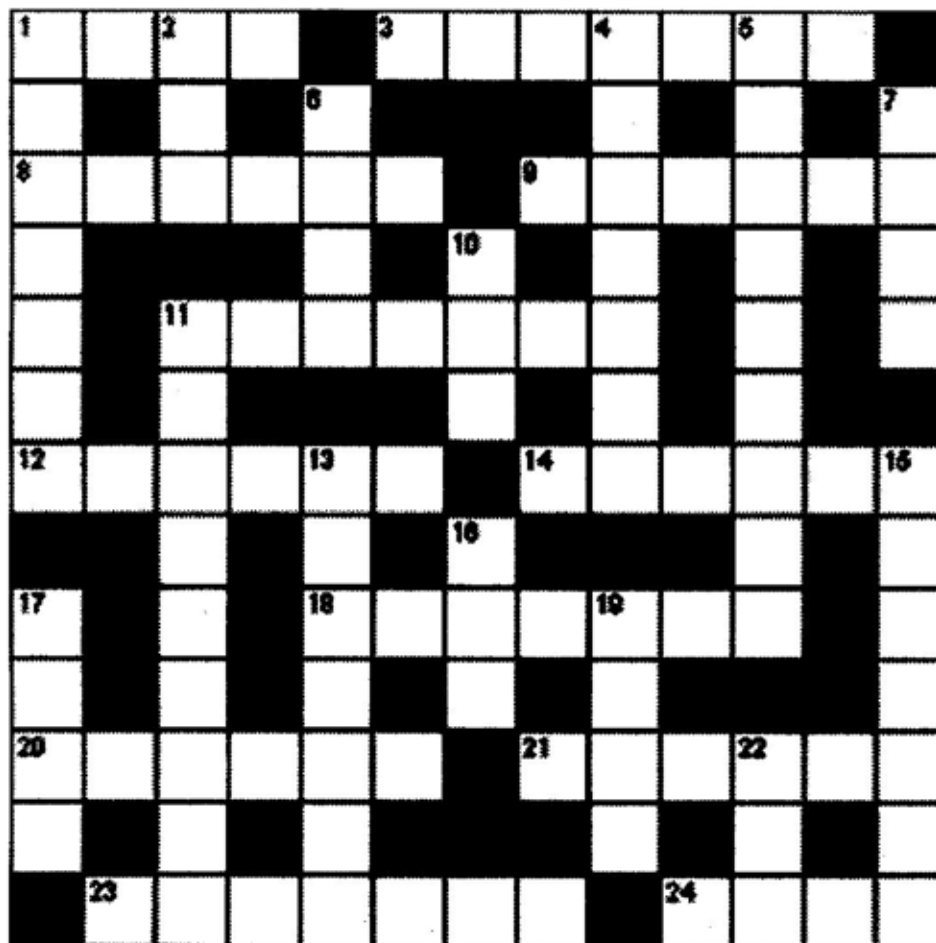
WASHINGTON  
J ADAMS  
JEFFERSON  
MADISON  
MONROE  
J Q ADAMS  
JACKSON  
VAN BUREN  
W HARRISON  
TYLER  
POLK

TAYLOR  
FILLMORE  
PIERCE  
BUCHANAN  
LINCOLN  
A JOHNSON  
GRANT  
HAYES  
GARFIELD  
ARTHUR  
CLEVELAND

B HARRISON  
MCKINLEY  
T ROOSEVELT  
TAFT  
WILSON  
HARDING  
COOLIDGE  
HOOVER  
F D ROOSEVELT  
TRUMAN  
EISENHOWER

KENNEDY  
L JOHNSON  
NIXON  
FORD  
CARTER  
REAGAN  
G H W BUSH  
CLINTON  
G W BUSH  
OBAMA

# PUZZLES



## Across

1. Spice made from the covering of the nutmeg seed (4)
3. Kernels that explode when exposed to dry heat (7)
8. Substance that curdles milk in making cheese and junket (6)
9. Rich, frothy, dessert made from whipped egg whites and cream (6)
11. Small dried seedless raisin, used in cooking (7)
12. Sour to the taste (6)
14. Main course (6)
18. Cook quickly over high heat in a wok (4,3)
20. Large shrimp sauteed in oil or butter and garlic (6)
21. Highly seasoned fatty sausage of pork and beef and usually dried (6)
23. Salad of apples and celery with nuts or raisins and dressed with mayonnaise (7)
24. Edible green seeds of a leguminous plant (4)

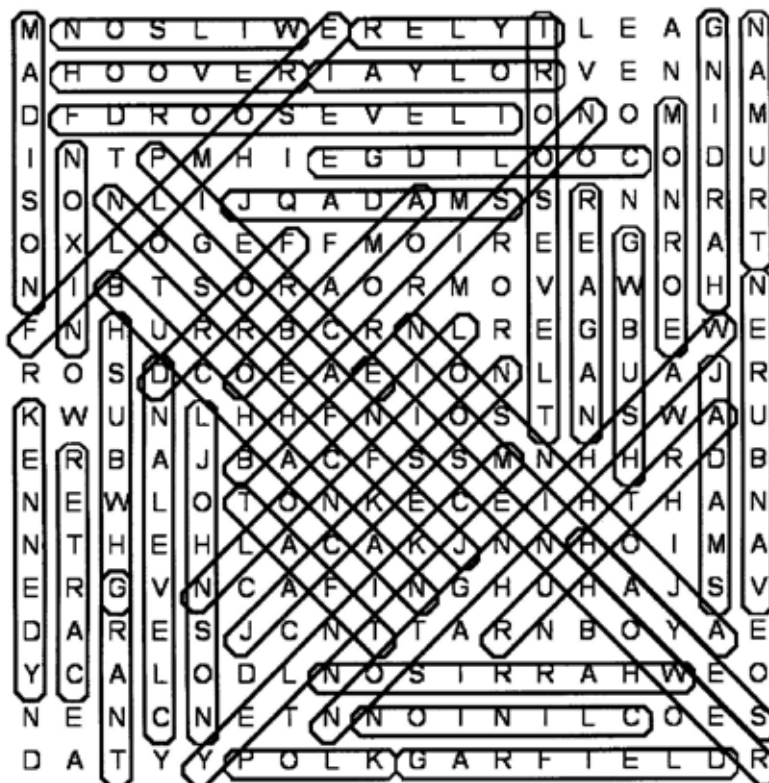
## Down

1. Dark sweet or semisweet dessert wine from Sicily (7)
2. Metal container for food or drink (3)
4. Small piece of toasted or fried bread; served in soup or salads (7)
5. Red or black edible berry; usually smaller than a blackberry (9)
6. Sweet juicy fruit (4)
7. Meat from a calf (4)
10. Glass container (3)
11. A small thin sausage (9)
13. Lacking taste or tang (7)
15. Oblong cream puffs (7)
16. Dish baked in a pastry-lined pan, often with a pastry top (3)
17. Chopped meat mixed with potatoes and browned (4)
19. Open pastry filled with fruit or custard
22. Beer (3)

# PUZZLE ANSWERS

## USA Presidents

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



# NUTRITION EDUCATION

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## Nutrition Information

Have you been looking for low fat, nutritious foods that satisfy your hunger? Whole grain foods are a great choice. Would you be willing to eat more whole grain foods if they would help reduce your risk for heart disease and cancer? If you are like most people in a recent survey, you would. Whole grains are delicious, easy to prepare and affordable. Whole grain products can readily be included in your daily diet. Whole grains have a subtle taste that is often described as “nutty.”

You have many options for adding a delicious whole grain food to each meal without spending a lot of time or money to do so. Whole grain yeast breads, ready-to-eat breakfast cereals, cooked oatmeal, popcorn and whole grain crackers are the most common whole grain foods. The most inexpensive whole grains generally are large containers of store-brand oatmeal, breakfast cereals, popcorn, crackers and breads.



Common types of whole grains include brown rice (regular, quick); oatmeal, whole or rolled oats (regular, quick, instant); popcorn; whole wheat; and wild rice. But there are many, less common types you may not be aware of. There include amaranth; buckwheat or kasha or buckwheat groats; cracked wheat, also called bulgur; millet; quinoa; spelt; teff; triticale; whole grain barley; whole grain corn or cornmeal (yellow and white); and whole rye.

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## August 2010 Breakfast Menu

(Served only at MEG, Luisa, and Pasatiempo Senior Centers 7:30 – 8:30 a.m.)

2nd Cereal, toast, peanut butter, margarine, cheese stick, tomato juice and milk

3rd Cottage cheese, V-8 juice, toast, jelly, milk

4th Hard boiled egg, hash brown patty, cheese stick, toast, margarine, tomato juice and milk

5th Ham & cheese biscuit, margarine and milk

6th Hard boiled eggs, muffin, margarine, tomato juice and milk

9th Cereal, toast, peanut butter, jelly, tomato juice and milk

10th Egg and cheese burrito with green chili and diced onions, margarine and milk

11th Cereal, cheese, V-8 juice, margarine and milk

12th Sausage and egg burrito with salsa, margarine and milk

13th Cereal, hard boiled egg, cheese, English muffin, jelly, tomato juice and milk

16th Cereal, toast, peanut butter, jelly, tomato juice and milk

17th Egg and bacon burrito with cheese and salsa, milk

18th Cereal, cheese, V-8 juice, margarine and milk

19th Cottage cheese, toast, jelly, V-8 juice, milk

20th Cereal, hard boiled egg, cheese, English muffin, jelly, tomato juice and milk

23rd Cereal, toast, peanut butter, jelly, tomato juice and milk

24th Ham and cheese biscuit, margarine and milk

25th Hard boiled egg, hash brown, English muffin, jelly, cheese, yogurt, tomato juice and milk

26th Sausage and egg burrito with salsa, margarine and milk

27th Cereal, toast, peanut butter, margarine, cheese stick and milk

30th Cereal, toast, peanut butter, jelly, tomato juice and milk

31st Oatmeal, diced ham, V-8 juice, margarine and milk

# SENIOR CENTER LUNCH MENU

## AUGUST 2010

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> Baked Fish Macaroni & Cheese Lima Beans Cornbread Cantaloupe Milk	<b>3</b> Chicken Provencal Rice Spinach Whole Wheat Roll Tropical Fruit Milk	<b>4</b> Roast Beef Mashed Potatoes w/ Gravy Vegetable Salad California Veggies Whole Wheat Roll Cherry Cobbler Milk	<b>5</b> Sweet & Sour Pork Oriental Veggies White Rice Carrots Jello with Fruit Peanut Butter Cookie Milk	<b>6</b> Red Chili Hot Dog w/ Garnish Potato Wedges Mixed Veggies Fresh Orange Milk
<b>9</b> Hamburger with Cheese Garnish Pork & Beans Watermelon Milk	<b>10</b> Beef Stir Fry White Rice Stir Fry Veggies Whole Wheat Roll Pears Milk	<b>11</b> Roasted Turkey w/ Gravy - Stuffing Green Beans Whole Wheat Roll Tossed Salad / Milk Pie w/ Topping Cranberry Salad	<b>12</b> Green Chili Chicken Enchiladas Pinto Beans Calabacitas/Crackers Tossed Salad Jello w/ Fruit - Milk	<b>13</b> Spaghetti w/ Meat Sauce Green Beans Tossed Salad Garlic Bread Jello w/ Fruit Milk
<b>16</b> Beef Stroganoff w/ Egg Noodles Broccoli Carrot Raisin Salad Banana Milk	<b>17</b> Stuffed Chicken Breast Spinach California Veggies Biscuit Peach Crisp Milk	<b>18</b> Baked Ham Yams Broccoli Whole Wheat Roll Fresh Apple Milk	<b>19</b> Salisbury Steak Mashed Potatoes w/ Mushroom Gravy Spinach Whole Wheat Roll Fruit Salad Milk	<b>20</b> Bean & Beef Burrito Red chili Sauce Spanish Rice Salsa Corn Tossed Salad Sliced Apples Milk
<b>23</b> Chicken Fried Steak Mashed Potatoes w/ Cream Gravy Green Beans Whole Wheat Roll Cherry Cobbler Milk	<b>24</b> Baked Chicken Thighs Wild Rice Carrot Raisin Salad Biscuit Mandarin Oranges Milk	<b>25</b> Meatloaf w/ Tomato Gravy Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Tapioca & Strawberries Milk	<b>26</b> Carne Adovada Spanish Rice Country Blend Veggies Tortilla Jello with Fruit Milk	<b>27</b> Baked White Fish w/ Tartar Sauce Tater Tots Coleslaw Whole Wheat Roll Apricots Milk
<b>30</b> Chicken Sandwich w/ Garnish Celery Sticks (3) Cottage Cheese with Peaches Milk	<b>31</b> Ham & Cheese Sandwich w/ Garnish Mixed Veggies Mandarin Oranges Milk		<b>Please Note</b>  Lunch is Served at MEG 10:45- 12:30  at all other centers 11:00 - 12:30	

Please Note: Seniors Meal Suggested Donations (60 +): Breakfast \$1.00, Lunch \$1.50

Non-Senior (under 60) Meal Fees: Breakfast **\$7.64**, Lunch **\$7.64**



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