

The Senior Scene

Vistas de los Mayores



**Division of Senior Services
September 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
 Vacant, 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 Sena, 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

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

Dear Seniors:

For many years we were fortunate and proud to have Mary Lorraine Romero (known as Lorraine) as the Cook at our Ventana de Vida (Pacheco Street) Senior Center. Lorraine has decided to retire after more than 12 ½ years as an employee of the Division of Senior Services.



Lorraine took pride and pleasure to ensure that the people coming to this center would receive the best nutritional lunch possible, as she knew the importance of a good meal and how it could make or break someone's day. Lorraine displayed loyalty and leadership by reporting to work early every day to prepare and serve a carefully arranged meal. She did everything, from peeling potatoes for the home made taste to washing dishes, floors and tables so that meals would be served in a clean and pleasant atmosphere. Her motivation and devotion in getting the kitchen ready for the tasks ahead was truly respected and admired by staff as well as patrons. We never worried that anyone would go hungry because Lorraine would take it upon herself to do whatever was necessary to ensure meals were served to all who came.

The number of people she served is countless yet each and every one of them appreciated her personal touch and pleasant personality. When this center first opened, Lorraine stepped up to the plate and helped make it the enjoyable center it is today. At first the crowd was small, yet as the demand increased and more people came here for their meals, Lorraine grasped this challenge with enthusiasm to encourage patrons to return as well as entice others to come to Ventana. Each day she was ready to provide the perfect meal with that special touch of love.

Lorraine will surely be missed by all and we hope the best for her in her future endeavors. Please join me in wishing Lorraine good luck and we hope she will stop by.

God bless,
Patricia



A handwritten signature in cursive script that reads "Patricia".

**Patricia Rodriguez,
DSS 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- (Luisa, Pasatiempo, Villa Consuelo) regardless of age (for meals only), **and must**
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

September Dates: 14, 21, and 28
9:00am to 1:00pm



ID#: 0830061111

Name: John Doe

DOB: 08/30/06

Address:

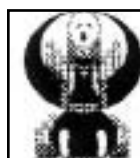
1121 Alto St. Santa Fe, NM 87501

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.**

Ride reservations can be made up to five business days in advance.

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.**

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.

Closures No Services on Labor Day - Monday September 6, 2010

Services only until 11:30am Friday September 10, 2010 for Fiestas

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, 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. September 1, 8, 15, 22, 29

Also, on the 2nd and 4th Thursdays of every month, 12:30 - 3:30 p.m. September 9 & 23

SENIOR CENTER MEETINGS

Chimayo	Monday	September 6	12:30 p.m.
Edgewood	Thursday	September 2	10:30 a.m.
El Rancho	Wednesday	September 1	12:00 noon
Luisa	Tuesday	September 7	8:30 a.m.
Pasatiempo	Monday	September 6	1:00 p.m.
Rio en Medio	Wednesday	September 1	11:00 a.m.
Santa Cruz	Thursday	September 2	12:30 p.m.
Ventana de Vida	Friday	September 3	9:30 a.m.
Villa Consuelo	Monday	September 6	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (at Santa Cruz)	Wednesday	September 22	9:30 a.m.
Travel Committee	Thursday	September 9	8:45 a.m.
Senior Activity Corp.	Thursday	September 9	10:00 a.m.
Transportation	Tuesday	September 21	9:00 a.m.
Nutrition	Tuesday	September 21	10:00 a.m.
Senior Olympics	Wednesday	September 8	9:30 a.m.
FGP/SCP Cmt.	Wednesday	October 20	1:30 p.m.
RSVP Advisory Cmt.	Tuesday	October 19	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) on the following dates:

M.E.G. Center - First and Second Tuesday	Sept. 7, 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	Sept. 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	Sept. 9	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	Sept. 21	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	Sept. 16	11:00 a.m. to 12:00 noon

NEWS & VIEWS

September Closures

All senior centers will be closed on Monday, September 6th in observance of the Labor Day holiday.

Also, on Friday September 10th, in observance of Santa Fe Fiestas, all centers will close at noon. There will be no activities and no congregate meals at any center, although Meals on Wheels will be delivered. Transportation will run until 11:30, and only for doctor appointments.

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 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 September 8th.

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

Santa Fe Renaissance Fair

The third annual Santa Fe Renaissance Fair will be held at El Rancho de las Golondrinas on Saturday and Sunday, September 18th and 19th. This is an awareness and fundraising event for Open Hands and Las Golondrinas.

Due to the slow economy, ticket prices will remain at \$8 for adults, \$5 for seniors/teens and \$3 for kids 5 to 12. There is free admission for children under 5.

Mobile Health Van

Please note that, due to financial constraints, staff from the Santa Fe County Health Van will no longer be able to make flyers and distribute them to all county senior centers to notify seniors of days and times of service. However, the Van will still be visiting county centers. Please check this newsletter or their website at www.santafecounty.org for dates and times. Thank you.

Happy Fiestas!

Matanza

All are invited to the Vietnam Veterans of America, Northern New Mexico Chapter fundraiser matanza (pig roast)! The event is on Thursday, September 16th, beginning at 6:00 p.m. at the Elks Lodge in Santa Fe. Tickets are \$10.00 per person- children under 12 are free.

For additional information contact Henry Urioste at 505 603-8639.

Eldorado Senior Center News

(By Cathy Berkley, Senior Services Program Manager, Santa Fe County- 466-1039)

We have a lush new organic garden at the Eldorado Senior Center which provides us with fresh herbs, salads and vegetables for our lunches. Thanks to the efforts of Janet and Jurgen Amtmann, Cindy Barreras, our cook, and other community members who donated materials and labor – and, of course, to the rain – we are eating better than ever before. Cindy is a supporter of the “Farm to Fork” movement and a strong advocate for serving only the freshest, healthiest foods – preferably grown locally. Call 466-1039 to reserve a place for lunch.

Now that summer is coming to a close, it's time to start thinking about indoor activities. At the Center we offer several fitness classes as well as having a small fitness room with exercise bikes, a treadmill and a “Health-Rider”. We have had a few changes in our schedule, however. Tai Chi will no longer be offered, and there will only be one chair yoga class per week. The schedule currently is: Chair Yoga on Mondays from 10:15 – 11:15 a.m., Hatha (mat) Yoga on Wednesdays from 3:45 – 4:45 p.m., and Strengthening on Wednesdays from 1:30-2:30 p.m. No reservations are necessary – just wear comfortable clothes and come to the class!

We have several trips planned. On September 1st, we will be going to the New Mexico History Museum in Santa Fe, for a docent-guided tour. On September 23rd, we will be touring both forts at the Fort Union Monument. We are also planning an excursion to Corrales sometime in October (date is not firmed up yet). And in November, we will be having a “junktique” sale of new crafts and used items – just in time for holiday shopping. Please call the Center at 466-1039 for more details on these events.

NEWS & VIEWS

Restaurant Review

Stella's Thoughts



This month's review is of Chocolate Maven Bakery and Café at 821 West San Mateo #C. They can be reached at 982-4400 or online at www.chocolatemaven.com. Chocolate Maven serves Breakfast Monday through Friday 7:00 am to 10:45 am, Lunch from 10:45 to 3:00 pm, and Afternoon Tea from 3:00 pm to 5:00 pm. Dinner is served Tuesday through Saturday, 5:00 pm to 8:30 pm. Brunch is served Saturday and Sunday, 9:00am to 3:00 pm. The owners are Dharm and Kirin Khalsa. I talked with Angela, one of the managers.

PARKING: Parking there can be a challenge. They have 22 parking spaces which are often full and one handicap space. Some people park on San Mateo and walk to the restaurant.

SEATING: Chocolate Maven can seat 85 people, 42 downstairs and 43 upstairs. To reach the upstairs you must climb a narrow spiral staircase. They encourage seniors to make a reservation for a table downstairs. I did not need a cushion to sit comfortably downstairs.

SILVERWARE/GLASSES: The glasses are very heavy but the cups and silverware are manageable and plastic ware is available. The coffee was an Italian medium bean from Aroma, a local company, and was excellent!

BATHROOM: There are two very clean unisex bathrooms, but the doors were both very heavy and I needed help to open them. One bathroom is very accessible; the smaller one requires passage through a short, narrow hallway.

WAIT STAFF/ATMOSPHERE: The Chocolate

Maven was born 18 years ago and employs 75-100 employees. Their employees include staff for the bakery, shipping dept, kitchen, office, and for the café and bakery. The wait staff in the café was very pleasant and helpful. The downstairs seating area has a large window that looks into the busy bakery area. They have recently added some very colorful paintings in the other room, which are for sale.

LOW SODIUM ENTREES: Angela indicated that Chocolate Maven would try to reduce salt and sugar, if requested, but could not change any pre-prepared food, sauces or salad dressings.

FOOD/PRICES: Chocolate Maven has 5 menus: The Breakfast Menu includes omelets (\$6.50-\$11.75); Belgian waffles, pancakes and French toast (\$7.50-\$10.75); and hot and cold cereals (\$5.50-\$7.50). They also offer small plates and fun stuff (\$3.00 - \$9.00). There are 19 different hot chocolates and specialty coffees and drinks available (\$3.00 - \$4.90).

The Brunch Menu includes Crepes and Blintzes (\$9-\$12); French toast (\$10-\$12); pancakes and Belgian waffles (\$8.50-\$12); omelets (\$8-\$14), Sandwiches (\$8.50-\$13.50); salad and Quiche (\$9-\$13) hot and cold cereals (\$3.25-\$8); and a wide selection of specialty drinks (\$1.50-\$4.90).

The Afternoon Tea Menu is served on floral china settings and ranges from \$5 to \$22 for the Complete High Tea. What a chance to dress up and enjoy a special lunch!

The Lunch Menu includes small plates (\$5-\$7.50); fresh salads (\$5-\$13.50); deli sandwiches (\$8.50-\$11.50); grilled sandwiches (\$9-\$12), Roman style pizza (\$8.50-\$11); and a wide selection of specialty drinks (\$3-\$4.90).

Dinner includes appetizers and salads (\$7-\$11); pizzas and burgers (\$12-\$14); and other entrees (\$16-\$24). Wine is available by the glass (\$8-\$12) and 13 different beers (\$4-\$6).

Chocolate Maven also offers a wide selection of cakes, pies, pastries, chocolates, cookies and breads. I would recommend you plan to spend some time at Chocolate Maven to enjoy the wonderful food, desserts and window watching of the bakery at work. What a delightful experience.

- Stella

NEWS & VIEWS

Free Prostate Cancer Screening

There will be a free Prostate Cancer Screening, with a PSA test done by the Christus St. Vincent lab and a prostate screening done by a Urologist or a St. Vincent Cancer Specialist. The event is on Saturday, September 18th, from 8:00 am to 12 noon, at the Christus St. Vincent Cancer Center. It is by appointment only, for men age 50 and older. They are taking appointments (after August 30) at 913-5578.

Coordinated Community Response Council

The goals of the Santa Fe Coordinated Community Response Council (CCRC) are to ensure the safety for survivors and accountability for perpetrators of domestic violence, sexual assault and stalking. This is done through analysis, collaboration and action.

Their mission is to make Santa Fe the safest city in the United States by 2012. By bringing together a diverse group of individuals and agencies, they are increasing the resources available to the community and creating a seamless, sustainable, and effective response to domestic violence, sexual assault and stalking.

You can participate by joining the CCRC and participating in a workgroup, going to a CCRC meeting, or participating in an upcoming event of the CCRC or member organization.

To learn more, please contact David River, Coordinator of the CCRC at (505) 216-9752 or Carol Horwitz, Domestic Violence and Sexual Assault Liaison for the City of Santa Fe at (505) 955-5018 or go to www.santafe-CCRC.org.

If you have been the victim of domestic violence, sexual assault or stalking, the following resources are immediately available to you:

- | | |
|---|----------------|
| Emergencies: | Dial 911 |
| City of S.F. Police Department: | 955-5059 |
| S.F. County Sheriff's Dept: | 986-2455 |
| Esperanza Shelter for Battered Families: | (800) 473-5220 |
| S.F Rape Crisis & Trauma Treatment Center: | (800) 721-7273 |
| Children, Youth and Families Department to Report Child Abuse | (800) 797-3260 |



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, Sept. 21st.

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 Sept. 24th from 2:30 – 4:00 p.m. at the Mary Esther Gonzales Senior Center at 1121 Alto St. Sally Schwartz, owner of All Things Said Shop in Albuquerque will speak.

For more information, call Jane at 983-9640.

Sombrillo Nursing and Rehab

Sombrillo Nursing & Rehabilitation Center is a small, non-profit, nursing home with 64 beds in Los Alamos. They accept Medicare and Medicaid, and provide resident counseling services.

According to the facility "We know that effectively working with Alzheimer's and other dementia-related conditions takes a special kind of person. That's why we staffed our special care neighborhood with compassionate, caring professionals who understand the unique medical, psychological, and emotional needs of each of our residents. We provide safety and security; delicious, nutritious meals; activities and entertainment in a quiet, calming, home-like environment."

For more information you may call them at (505) 662-4300.

NEWS & VIEWS

National Parks Pass \$10 for Seniors

(Article re-run at the request of an active senior)

The "America the Beautiful" National Parks and Federal Recreation Lands Pass is only \$10 for senior citizens. This is a lifetime pass for U.S. citizens or permanent residents age 62 or over.

The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at 'per vehicle' areas and pass holder + three adults, not to exceed 4 adults, at 'per person' fee areas (children under 16 are admitted free). The Senior Pass also provides a 50% discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50% price reduction. The pass is non-transferable and generally does NOT cover or reduce special recreation permit fees charged by concessionaries.

The pass can be obtained in person, either at the park, or at the bookstore of the Santa Fe Bureau of Land Management. Please note that the BLM has relocated to the corner of Route 599 and Highway 14. You can reach their general offices at 954-2000 or the bookstore at 954-2002.

For more information on the passes, go to www.nps.gov.

LIHEAP Applications Available

It is time to think about the Low Income Heat and Energy Assistance Program, if you foresee needing assistance with heating (gas, electric, propane or wood) costs this winter. Applications are available at the MEG Center front desk or by calling 955-4721.



Music! Music! Music!

(By volunteer Patti Merrill)

Every Tuesday at 10:45 a.m. you can hear Patti Merrill at the piano. Where? At the MEG Senior Center, in the dining room. At 11:00 a.m. on Mondays, Thursdays and Fridays, Tom Pederson is tickling the ivories with jazz and "old favorites". Alvin Thomas performs for us on Wednesdays. On Fridays, Mr. Pederson plays until about noon when the Senior Sing-Along or the guitar class members entertain and inspire.

Come hear the music while you enjoy the wonderful lunch at MEG Center.



Patti Merrill

Flora's Corner

(submitted by senior Flora Leyba)

Anne Frank was a young girl in Amsterdam, Holland during the early 1940's. Two weeks before she was killed in a concentration camp, she wrote the following words in her diary:

"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet, I keep them, because in spite of everything, I still believe that people are really good at heart. I simply can't build my hopes on a foundation of confusion, misery, and death. I see the world gradually being turned into a wilderness. I hear the approaching thunder. I can feel the suffering of millions and yet, if I look up into the heavens, I think that it will all come out right one of these days, and this cruelty will end, and that peace and tranquility will return again. In the meantime, I must hold onto my ideals for perhaps the day will come when I shall be able to carry them out."



NEWS & VIEWS

La Merienda

(By senior Gloria C. Kahn)

While Santa Fe is celebrating its 400th anniversary, La Sociedad Folklorica celebrates their 75th year of preserving the culture of Northern New Mexico. Founded in 1935 by Cleofas Jaramillo, La Sociedad has continued with the main goals that were established when it was started: the Spanish language; food; cuentos; and traditions, including their activities throughout the year such as Las Pastores, Baile de Cascarones, Velorios, and La Mereienda, which includes a beautiful fashion show.

On Saturday, September 11, La Merienda will be held at the James a. Little Theater which is located at the New Mexico School for the Deaf on Cerrillos Road. It will start at 3:00 p.m. with Mariachis and the presentation of Fiesta Queen Daniela Chavez and her court. Admission is \$8.00 per person.

In keeping with the 400th anniversary, dresses of all periods will be shown, including evening gowns, day wear, bridal dresses, children's, and much more. Since La Sociedad has hundreds of items, dresses are rotated each year. Every year, something new is presented. Many times, someone has donated another outfit, or someone has a beautiful dress that belonged to a grandmother and will let it be shown.

This Merienda is a wonderful show of laces, silks, plumes and trims. For a closer look, some dresses will be displayed in the lobby.

In years past, a Merienda was held in the afternoon when friends would get together to socialize and enjoy the refreshments. Keeping this tradition, La Sociedad will be serving their delicate, delicious biscochitos and creamy chocolate with a hint of cinnamon after the show.



She will be missed...

Juanita Jimenez of Rio en Medio, passed away on August 15th. The sweet, petite Juanita was mother to Rio en Medio cook aide Ray Jimenez and grandmother to Rio en Medio cook Ronald.



Juanita was an active RSVP volunteer up to the end. Her ready smile and "go to" attitude will be missed by all who knew her.

Learn about the Lunch Buddy Program

The Big Brothers, Big Sisters (BBBS) program is seeking seniors to participate in their lunch buddy program. They will match you with a "Little" – a child who has been identified as needing a mentor, and you will meet with your Little every week through the school year. Volunteers will spend one hour per week with a child at E.J. Martinez or Gonzales Elementary during the school day.

We are seeking interested seniors to come to an informational meeting on Wednesday, September 22nd at 9:00 a.m. at the MEG Senior Center, 1121 Alto St.

Join us for refreshments and learn more about it. If you are interested, we can take your fingerprints at the end of the meeting and get the ball rolling to match you with a child!

Movie Days

MEG Senior Center- No Movie shown during the month of September at the MEG Center.

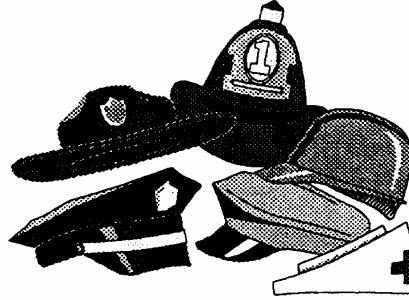
Luisa Senior Center
Thursday, September 30th at
1:00 p.m.

Remember Me

In the summer of 2001, New York college student Tyler is still feeling lost from the tragedy that has strained his relationship with his father when he meets Ally, a girl who understands his pain. The last thing Tyler's looking for is love, but through their passionate relationship, he finds new possibilities for happiness. It's an unforgettable story about the power of the heart, the strength of family, and the importance of treasuring every day of one's life. Rated PG-13



Emergency Preparedness Fair



**Thursday, September 16th
9:00a.m. – 1:00 p.m.**

Mary Esther Gonzales Senior Center, 1121 Alto St.

This free event is geared towards seniors and open to everyone!

Prepare yourself and your loved ones in case of an emergency.

Visit information booths, interactive displays and demos from organizations including:

- Christus St. Vincent Medical Center
 - National Weather Service
 - Rail Runner Express in collaboration with Operation Lifesaver (nonprofit rail safety group)
 - City of Santa Fe's Office of Emergency Management
 - Santa Fe Retired Senior Volunteer Program (with Packets for Life)
 - N.M. Dept. of Homeland Security and Emergency Management
 - Santa Fe Fire Department, Fire Prevention
- Give-away items and safety tips
Door Prizes & Peace of Mind



Bring a non-perishable food item to donate to the Food Depot,
and your name will be entered in a special prize drawing!

Donation Suggestions: Vegetables and Fruits, Grains, Protein, Dairy, Personal Care Items, Household Supplies

For information, contact Joyce Purley, Emergency Preparedness Coordinator at 955-6537

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.

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.

Be a Lunch Buddy, an Hour a Week

The Big Brothers, Big Sisters (BBBS) program is seeking seniors to participate in their lunch buddy program, and spend one hour per week with a child during the school day. We are gathering interested seniors to meet at the MEG or the Pasatiempo Center once a week (day and time to be determined) to ride the van over to E.J. Martinez or Gonzales Elementary Schools. They will match you with a "Little" – a child who has been identified as needing a mentor, and you will meet with your Little every week through the school year. Meetings may happen over lunch or at a different period in the school day.

What a tiny amount of time to give for such a rewarding experience!

Faith at Work Community Outreach

Faith at Work is a faith-based organization which provides wrap-around services with an emphasis on families, seniors, disabled and the homeless, designed to help clients achieve stable housing, long term financial self-sufficiency, and improved quality of life.

They need several volunteers to keep up with their increasing workload. If you can give about three hours a week, answering phones, sorting through donations, picking up donations, or assisting clients directly, they would love to have you join them.

St. Elizabeth Shelter Family Program

St. E's has started a new program, called Urgent Family Transition Program, which seeks to address the growing number of families who are finding themselves homeless in the current economic crisis.

The program provides immediate temporary housing and case management to quickly restore families to permanent housing.

They are looking for volunteers during the day to supervise the facility when parents stay home to care for a sick child. Since the building won't be empty that day, the volunteer will open and monitor the facility.

The homeless shelter on Alarid St. could also use additional volunteers.

Foster Child Adoption Events

At any given moment more than 1700 New Mexico children are living in foster care due to abuse or neglect by their families of origin. Many of these children who are in the custody of the CYFD Protective Services Division will return home after the courts approve the families' progress in creating a safe and healthful environment for them. However others cannot safely go home and CYFD must find loving, permanent families for them.

The goal of CYFD's adoptive events and the Heart Gallery program is to help these "waiting children" step out of the shadows so potential adoptive families can see them at their best. The adoption events also provide unique learning and experiential opportunities to foster children who would otherwise not have them. They have had many children meet their forever families at these wonderful events. The big openings include food, speakers, giving out info, etc.

They have scheduled several events in Santa Fe this year and could use volunteer assistance.

Lend a Spooky Hand

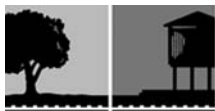
Meals on Wheels employee and volunteer extraordinaire Phil Montoya, is once again leading a group of community volunteers in creating a wonderful haunted house at DeVargas Mall this October. They need volunteers to help transform the mall into a fun, scary, safe place for kids to go, as an alternative to getting into trouble in the community.

If you are interested, call Kristin in the RSVP office at 955-4760.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Be a Steward of the Railyard Park

Did you know that Santa Fe's innovative new Railyard Park is tended by a



**RAILYARD
STEWARDS**

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. 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.

For more information, please call Kristin in RSVP at 955-4760.

Did you Know...?

Did you know that the number of volunteers in America dropped steadily every year for the thirty years directly preceding the events of 9/11? That horrific event brought Americans together and inspired us to answer the Call to Service.

In honor of the National September 11th Day of Remembrance and Service, we invite you to an Emergency Management Fair.

The event will be held on Thursday, September 16th at the Mary Esther Gonzales Senior Center at 1121 Alto St from 9:00 a.m. to 1:00 p.m. There will be booths inside and outside of the building and terrific door prizes. We anticipate over 20 community partners with information, displays, and give away items relating to emergency preparedness and response.

Learn how to protect yourself and your loved ones. There will also be opportunities for you to answer the Call to Service and become a volunteer with the participating organizations.



Birthdays this Month

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

September

Carlos Aguire	Emily D. Lujan
Janet Amtmann	Irene R. Maestas
Anthony Anicito Jr.	Joe E. Maestas
Barbara Aran	John "Sonny" Maile
Roberta Barnard	Chonita Martinez
Nell Barnes	Jake Martinez
Mathilde Goodwin Bird	Susan A. Maslar
Lucy R. Brown	Annie L. Montoya
Marie B. Castaneda	Don Nolder
Joan Chernock	Kate Oldroyd
Donald Dayton	Theresa M. Ortiz
Henrietta Esquibel	Marie B. Pacheco
Mary Frances Ferrano	Kathy Powell
Jessie Fisher	Frances Quintana
Delia Flores	Claudia Robbins
James J. Fusco	Claire Rodill
Jane Gabaldon	Celina "Sally" Roybal
Sister Paula Gallagher	Roy Trujillo
John J. Geier	Vicenta J. Trujillo
Andrea Gomez	Corrine Vargas
Frances Gomez	Pita Vasquez
Elizabeth Hinds	Ida War
Sandra Kendall	Carol Wulff
Bruce H. Kidman	

FOSTER GRANDPARENT PROGRAM SENIOR COMPANION PROGRAM

WOW!

During fiscal year 2009/2010, our fabulous volunteers gave thousands of hours of their time to children with special and/or exceptional needs and to frail seniors.

- Thirty-four Foster Grandparents volunteered 37,087 hours.

- Senior Companions volunteered 30,873 hours.

"Those who can, do. Those who can do more, volunteer."

Male Senior Companion Needed

Are you a senior male who is ready to get out of the house, help other male seniors and supplement your income? If yes, the Senior Companion Program needs you! We currently have four frail senior males on our waiting list who would highly benefit from the services of a senior companion. Two of the gentlemen have macular degeneration (sight loss) and need some assistance around the house. Along with helping out those less fortunate, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program bonuses. For more information, please contact Melanie at 955-4761.

Attention Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (60 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to \$150.00 annually per child for reimbursable expenses. For more information please contact Melanie Montoya at 955-4761.

Labor Day and Fiesta Friday

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, September 6, 2010 in observance of Labor Day. Also, volunteers are not required to volunteer on Friday, September 10, 2010 (Fiesta Holiday), due to a limited Senior Services transportation schedule.

Volunteers Needed

It's not too late to sign up to be a Foster Grandparent volunteer. Volunteers are especially needed for Tierra Contenta Head Start off of Airport Road and Flores del Sol Head Start off of Agua Fria. Along with sharing your life experiences with children, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program bonuses.

In-Service Training

In-service training for Foster Grandparent and Senior Companion volunteers is scheduled for Thursday, September 16, 2010 at 9:00 a.m. – 1:00 p.m. in the MEG dining room. This training will consist of an Emergency Preparedness Fair. There will be booths of interactive displays and demos, from many local and area agencies. There will also be wonderful door prizes. Prepare yourself and your loved ones in case of an emergency. FGP and SCP volunteers are not required to work on this day and should plan on attending the mandatory training.

FGP/SCP Birthdays

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



Ruby Jo Martin	9/14
Socorro Arroyo	9/19
Mary Grace Saiz	9/22
Lourdes Ortega	9/24

ACTIVITIES *ongoing schedule by center*

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

Weaving Open Crafts Ceramics	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 Zumba Dance	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Mon. thru Fri. Mon. thru Fri. Tuesday Thursday Friday Friday Thursday Wednesday Friday	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 1:00 pm
Ceramics Ceramics Bingo Exercise Leatherwork Art Class Creative Writing Fitness Equipment Board Games	EDGEWOOD 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	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Ceramics	EL RANCHO 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	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
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	Art Class Exercise Bingo Bridge	VENTANA DE VIDA 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	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Once a Month Mon./Wed. Thursday 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 Varies 1:30 pm	Ceramics Bingo Wood/Straw	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 *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/DANCE

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
Pasatiempo (Zumba)	1:00 pm	Friday

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 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	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		

September Closures

In observance of Labor Day, all senior centers will be closed Monday, September 6th.

Also, on Friday September 10th, in observance of Santa Fe Fiestas, all centers will close at noon. There will be no activities and no congregate meals at any center, although Meals on Wheels will be delivered. Transportation will run until 11:30, and only for doctor appointments.

Fiesta Dance

Que viva la Fiesta! Join us at the annual Fiesta Dance on Thursday, September 9th at the Fraternal Order of Eagles, 833 Early St.



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

The Fiesta Dance is being sponsored by the Rio en Medio Senior Center.

Dahn (Energy) Yoga Class

The monthly 3:30 p.m. Yoga class at the MEG senior center will be on Thursday, September 23rd. Please bring your own mat.

Viva la Fiesta at Pasatiempo!

Join the Fiesta celebration at the Pasatiempo Senior Center on Thursday, September 2nd. Enjoy live Mariachi from 11:00 a.m. to 2:00 p.m. and a visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas at 1:45 p.m.

Refreshments will be served.

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, October 12th 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.

September Birthday Celebrations

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

MEG Center: Wednesday, Sept. 8th - Noon

El Rancho: Wednesday, Sept. 15th - Noon

Edgewood: Thursday, Sept. 23rd-12:30 p.m.



Fiestecita at Luisa Center

Come join us at Luisa for a Fiestecita on Tuesday, September 7th at 2:00 p.m. There will be music and refreshments!

You Scream, I Scream...

We all scream for ice cream. So, join us for delicious ice cream sundaes for just \$1.50 each. Come to the Villa Consuelo Senior Center at 1200 Camino Consuelo on Tuesday, September 21st from 11:30 a.m. to 12:30 p.m. Proceeds benefit the Villa Consuelo Center. Come one, come all and enjoy a good treat!



ACTIVITIES *for this month*

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.



- Weds Sept 1st Casa Rufina 10am-3pm
- Thurs Sept 2nd Chimayo Center 10am-2pm
- Van staff off Sept 3-10th.
- Mon Sept 13, Pasatiempo 10am-3pm
- Tues, Sept 14th Luisa Center 10am-3pm
- Weds, Sept 15th, Rio en Medio 10am-2pm
- Thurs Sept 16th, Eldorado Adam Center 10am-2pm
- Friday Sept 17th, Eldorado Farmers Market 3pm-7pm
- Mon Sept 20th, Edgewood Senior Center 10am-2pm
- Tues, Sept 21, Santa Cruz, 10am-2pm
- Weds, Sept 22, Pojoaque Farmers Market 10am-4pm
- Thurs Sept 23rd- staff training
- Friday Sept 24th Lamy Legal Tender 10am-3pm
- Mon, Sept 27th, El Rancho 10am-2pm
- Tues, Sept 28th, Ventana de Vida 10am-3pm
- Weds, Sept 29th, La Cienega Community Center 10am-2pm
- 17th Thurs, Sept 30th, MEG Center 10am-3pm

Emergency Preparedness Fair

Thursday, September 16th
9:00a.m. – 1:00 p.m.
M.E.G. Center, 1121 Alto St.
Valuable Emergency Information
Door Prizes and Give Away Items
Prepare yourself and your loved ones in case of an emergency.

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

Weekend Bingo at Pasatiempo

Residents of the Pasatiempo Senior Center at 664 Alta Vista will be hosting a weekend Bingo on Sunday, September 19th from 1:00 p.m. to 4:00 p.m. The cost is \$10.00 for a package.



Men's Haircuts for Free

Come to Pasatiempo Center for a free hair cut by a student barber on Monday Sept. 13th at Pasatiempo Senior Center from 10:00 a.m. to 12:00 noon.



Luisa Indoor Flea Market

Saturday, October 9th
7:00am – 1:00pm
1522 Luisa St. (off Columbia)
If you are interested in selling, vendor spaces are available for \$5.00 a table. For information, call Cristina at 955-4725

SENIOR OLYMPICS

The 2010 Senior Olympic Summer Games took place July 28 through August 1 in Las Cruces. It was great experience to watch seniors from all around the state compete in different sports. This year there were 1100 registered athletes. This is a qualifying year for National Senior Games that will be held in Houston, Texas in 2011.



This was my first year attending the games, and it was interesting to see the level of competition and camaraderie. It was difficult to try and attend all the different sports due to the fact that most of them took place at the same time. The ones that I was able to see were: Swimming, Racquetball, Discus, Badminton, 8-Ball Pool, Bowling, Track, Table Tennis, Shuffleboard and Talent Show. Some athletes were breaking records. It's amazing how much stamina these athletes have.

As for the team sports, the Softball tournament will take place on September 10-12 in Rio Rancho. The Basketball 3 on 3 Tournament will take place November 5-7 at the Genoveva Chavez Community Center. Good luck to all the athletes who will be competing in the team sports!

Until next month,
-Cristina Villa

There were 54 Santa Fe Senior Olympians registered for State this year, and collectively, they brought back a total of 133 accolades as follows:

60 Gold Medals
36 Silver Medals
28 Bronze Medals
6 Fourth Place Ribbons
3 Fifth Place Ribbons

I want to congratulate all the Senior Olympians who participated in the local and State Games in 2010 for a job well done. Keep up the good work!



Ann Aceves	Nancy Lauritsen
Joseph Armbruster	Kathleen Lawicki
Paul Bell	Wayne Loyd
Dorothy Brewer	Dianne Martinez
Barbara Cohen	Arlene Mayer
David Dodge	Jerry Nabb
Francis Donald	Josina Ortiz
William Ellsworth	Alfred Padilla
Laura Emanuel	Barbara Padilla
Marian Escalanti	Carolyn Robinson
Eduardo Escudero	Bonnie Rogers
Albert Esparsen	Karin Roth
Rudy Gonzales	Richard Roth
Terri Gonzales	David Roybal
Ernest Griego	Emma Roybal
Grace Gutierrez	Joe A. Roybal
Buddy Hayes	Johnny Roybal
Barbara Hayes	Ricardo Roybal
Barbara Hutchinson	Donald Sauer
Richard Hutchinson	Jack Scott
Linda Jackson	Maureen Trujillo
Gordon King	Miguel Trujillo
Maureen Knightly	Samuel Tuma
James Koch	Eloy Ulibarri
Tom Kulesa	Andrea Weiss
George Kunkle	Richard Wild



HEALTH & SAFETY

Greetings from Juanita Thorne-Connerty

Program Manager of the NMALTS Prescription Drug Assistance & Disease Management

New Mexico Aging & Long Term Services Department supports efforts to bring awareness to the issues related to HIV/AIDS and the aging population in this country. Through National HIV/AIDS and Aging Awareness Day (NHAAAD), our organization is committed to putting an end to HIV/AIDS related stigma, discrimination and misinformation about prevention care and treatment for those over 50.

The Prescription Drug Assistance & Disease Management Program is sponsoring their first annual HIV/AIDS and Aging Awareness Day Health Fair Friday, September 17, 2010, 10:00 AM – 2:00 PM at the Toney Anaya Building, 2550 Cerrillos Road, Santa Fe, NM

According to the Centers for Disease Control, in 2007, persons aged 50 and older accounted for approximately:

- 16% of new HIV/AIDS diagnoses
- 27% of persons living with HIV
- 33% of persons living with AIDS
- 19% of all AIDS diagnoses
- 38% of deaths of those living with AIDS

It is necessary for specific programs to be developed and implemented for older adults who need to be informed about the transmission and prevention of HIV.

The goal of the campaign is to emphasize the need for prevention, research, and data targeting the aging population, medical understanding of the aging process and its impact on HIV/AIDS. The target audience for the campaign includes:

- 1) People living with HIV/AIDS (PLWHA's) who are aging with the disease or already over 50 at the time of their initial diagnosis.
- 2) Increasing percentage of the population that needs to protect itself from HIV infection, including the growing baby boomer population.
- 3) Increasing number of grandparents becoming the primary guardians for children who have lost their parent(s) to HIV/AIDS.

The health fair will offer:

- HIV testing and counseling
- Free flu and Pneumococcal (pneumonia) vaccines for the first 100 people over 65
- and/or at high risk
- Glucose screening /Blood pressure check
- Prescription Brown Bag Assessment
- Community health providers

Sponsored by: New Mexico Aging & Long Term Services Department and the New Mexico Department of Health.

Alcoholism in Seniors

(From www.SeniorsinSobriety.org)

Alcoholism is a progressive and lethal disease that affects up to 10% of people over the age of sixty. It has typically been underestimated, under identified, under diagnosed, and under treated in our country



and worldwide. Today, we are seeing an alarming increase in the number of seniors being recognized as alcoholic. This increase is in part attributable to our longer life expectancy, the aging of our population, and the greater recognition of alcoholism among senior citizens. Alcohol abuse in the elderly is an invisible or hidden epidemic. It is often mistaken for other conditions associated with the aging process, particularly depression. As part of routine care, it is recommended that health care providers discuss alcohol use with their older patients.

Family members should become as familiar with the drinking habits of Great Uncle Harry or Grandma Jane as they are with their medical conditions. They need to be aware that over-the-counter drugs, prescription medications, and herbal remedies in seniors can be dangerous or even fatal when mixed with alcohol.

There are many elders that alcohol has robbed of hope, dignity, and the ability to cope. With treatment, the alcoholic has an opportunity to develop a satisfying way of life free from alcohol, and become happily and usefully whole.

HIV/AIDS and AGING Awareness Day HEALTH FAIR

Friday, Sept. 17th 10am to 2pm



HealthySnacks *HIV Has No Age Limits* Door Prizes

Nearly 30% of people living with HIV are over 50.
16% of persons newly diagnosed with HIV are over 50.
OVER 50? GET TESTED!

HIV Testing & Counseling

Free Flu & Pneumococcal (pneumonia) Vaccinations

for the first 100 people over 65 and/or at high risk

Blood Pressure Check

Brown Bag Prescription Assessment

Health Care, Prevention & Prescription Drug Information



**Toney Anaya Building
2550 Cerrillos Road, Santa Fe**

For more information contact Randal Lucero or Susan Pfeifer, program coordinators, at
505-222-4507 or susan.pfeifer@state.nm.us

Sponsored by NM Aging & Long-Term Services Dept
and NM Department of Health



LEGAL & CONSUMER NEWS

EPA's WaterSense program

(U.S. EPA Aging Initiative List Serve August 2010)

The EPA's WaterSense program recently announced its national "We're for Water" campaign to encourage Americans to make simple choices that save water. The program, in collaboration with its partner, American Water, will spread the word about saving water by traveling cross-country, stopping at national landmarks and educating consumers about WaterSense labeled products. WaterSense products use about 20 percent less water than standard models.

"Whether by replacing an old, inefficient plumbing fixture with a WaterSense labeled product or adopting more water-efficient behaviors, together we can help save water for future generations," said Peter Silva, assistant administrator for EPA's Office of Water. "WaterSense offers consumers simple tips that can help the environment and keep money in their pockets."

Consumers can start saving water today with three simple steps: check, twist and replace.

- Check toilets for silent leaks by putting a few drops of food coloring in the tank; if the color shows up in the bowl indicating a leak, fixing it may be as simple as replacing the toilet's flapper.
- Twist on a WaterSense labeled bathroom faucet aerator to use 30 percent less water without a noticeable difference in flow.
- Replace a showerhead with a WaterSense labeled model that uses less water and energy, but still has all the power of a water-hogging model.

WaterSense, a partnership program sponsored by EPA, seeks to protect the future of our nation's water supply by offering people a simple way to use less water with water-efficient products, new homes and services. In 2009, EPA's WaterSense program helped consumers save more than 36 billion gallons of water and \$267 million on their water and sewer bills.

For more information, go to: <http://www.epa.gov/watersense/wereforwater>

To take the "I'm for Water pledge" go to <http://www.epa.gov/watersense/pledge>

State gets Residential Energy Grant

(From the N.M. Human Services Dept.)

New Mexico is one of three states awarded a Residential Energy Assistance Challenge program grant from the U.S. Health and Human Service Department. The N.M. Human Services Department received the \$385,000 grant to help low-income, vulnerable families in rural areas who rely on propane and wood-burning stoves for heat. Vulnerable families are those with children, individuals with disabilities or chronic illness and the elderly.

Katie Falls, state Human Services Department secretary, said low-income families who use propane or wood as the primary source of heat "are often not able to afford crucial safety inspections or repairs to keep their homes and themselves safe from fire and asphyxiation hazards."

The state agency will team with HELP-N.M. Inc., a nonprofit community action agency, to determine need and eligibility for the assistance. Look for more information in upcoming newsletters.

Public Safety Updates

If you have a computer or a cell phone with text capability, you can receive free neighborhood-level public safety and community information. Nixle is a service.

Many local police departments, government agencies and schools sign up to send information to the public through Nixle. School delays, power outage information, flash flood warnings, and more will be sent to you individually.

You simply go online to www.nixle.com and register by entering your zip code (so that they can determine which agencies are in your area) and your cell phone number. Messages will come to you by text, or can be sent to you by email.

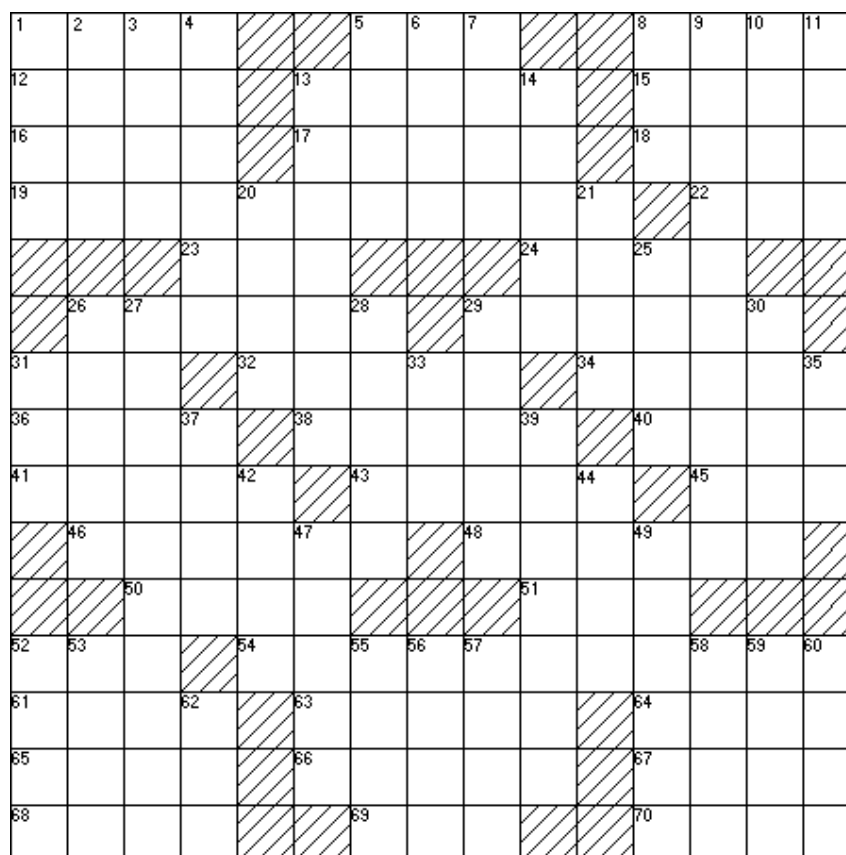
This information was provided by Joyce Purley, the City of Santa Fe's Emergency Preparedness Coordinator. If you would like additional information, you may call her at 955-6537 or email jwpurley@santafenm.gov.



PUZZLES

ACROSS

1. Grind
5. Unhappy
8. The Sun
12. District
13. Bit of parsley
15. Cleveland's state
16. Room at the top
17. European blackbird
18. Steering mechanism
19. Translator
22. Egyptian cobra
23. Neither ____
24. Parental sister
26. Shared
29. Sullies
31. Two fives
32. Make into law
34. Impale
36. Standard
38. Smells
40. Cicatrix
41. Flannel
43. Andean animal
45. Consumed food
46. Part of a garment
48. A pustule
50. Notion
51. Neckwear
52. Southern constellation
54. A building for celestial displays
61. Gown
63. Avoid
64. Bit
65. Cash drawer
66. Claw
67. Propelled oneself through water
68. Sleigh
69. "A Nightmare on ____ Street"
70. Laugh

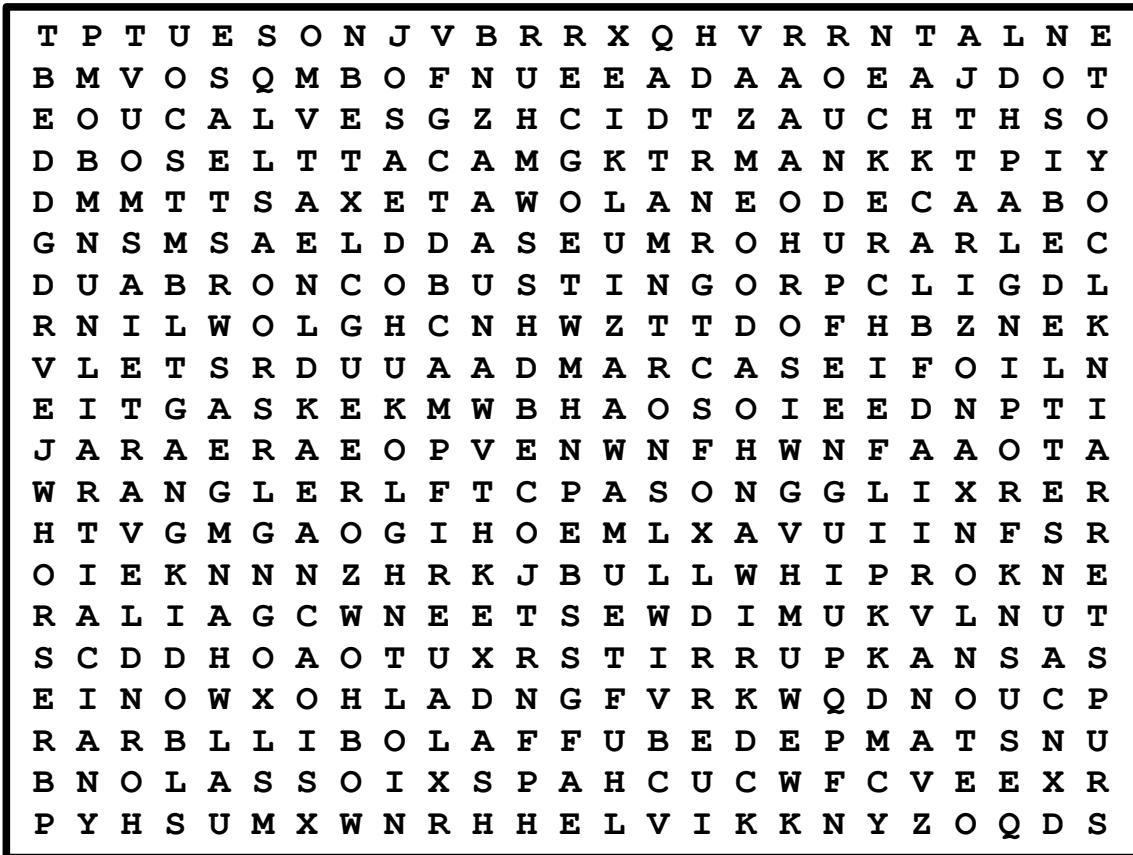


DOWN

- | | | |
|------------------------------|--------------------------------|----------------------------------|
| 1. French Sudan, today | 20. Debauchee | 42. Profound |
| 2. Press laundry | 21. Regrets | 44. Dogfish |
| 3. Not right | 25. Short sleeps | 47. Gentleman's gentleman |
| 4. Potential | 26. Cat sounds | 49. Die |
| 5. Egg on | 27. Undependable | 52. Products of human creativity |
| 6. Backside | 28. Soup server | 53. Agitate |
| 7. Meal plan for weight loss | 29. A leather strip | 55. Wings |
| 8. Fifth note in do-re-mi | 30. Go blading | 56. Void |
| 9. The performance of a play | 31. Explosive letters | 57. Ancient Biblical kingdom |
| 10. Anagram of "Sail" | 33. Mountain pass | 58. Corn Belt state |
| 11. Frolic | 35. Before | 59. Mormon state |
| 13. Highest female voice | 37. A fitting reward (archaic) | 60. Mother |
| 14. Twinkle | 39. Enamored | 62. Old age |

PUZZLES

Cowboys and the Wild West



ARIZONA	CAMPFIRE	HORSE	NECKERCHIEF	STAMPEDE
BANDANA	CATTLE	KANSAS	RANCH	STIRRUP
BISON	CHAPS	KNIFE	RATTLESNAKE	TERRAIN
BLACK HAT	COWBOY	LASSO	RIDING	TEXAS
BLUE JEANS	COWGIRL	LEATHER	RODEO	TRAIL
BOOTS	COWPOKE	LEGEND	ROPING	TRAVEL
BRONCO	COYOTE	LONGHORN	ROUNDUP	UNSETTLED
BUSTING	FRONTIER	MIDWEST	SADDLE	WAGON
BUCKAROO	GRASSLAND	MOUNTAIN	SALOON	WHITE HAT
BULLWHIP	GUITAR	LION	SONG	WILD
CALVES	HERDER	MUSTANG	SPURS	WRANGLER

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This American soldier, famous for his traveling "Wild West Shows," helped popularize the cowboy culture.

Answer: B _____ B _____ (2 words)

PUZZLE ANSWERS

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

Cowboys and the Wild West - SOLUTION

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

NUTRITION EDUCATION

Nutrition Education - Microwave Container Safety

When cooking or reheating food in the microwave, make sure to use containers that can safely go into a microwave. Select glass, ceramic or plastics that are labeled for microwave oven use. If you are not sure if pottery or dinnerware is microwave safe, place the empty container in the microwave alongside a cup of water in a glass measuring cup and microwave on high for one minute. If the dish remains cool, it is safe to microwave. If the dish gets warm or hot to the touch, do not use.



Use microwave plastic wraps (those specifically manufactured for microwave use), wax paper, parchment paper, cooking bags, and microwave-safe paper towels or lids, when microwaving; they are all safe to use. However, do not let plastic wrap touch food. Do not use foam trays, plastic wraps, or one-time use containers such as margarine tubs or take-out containers or whipped topping bowls. They are not heat stable at high temperatures, and may melt or warp and may cause harmful chemicals to migrate into food. Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

September 2010 Breakfast Menu

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

- 1st Hard boiled egg, cheese stick, tomato juice, toast, margarine, hash brown patty & milk
- 2nd Ham & cheese biscuit, margarine and milk
- 3rd Hard boiled egg, muffin, margarine, tomato juice and milk
- 6th CENTERS CLOSED
- 7th Egg and cheese burrito with green chili & onions, margarine and milk
- 8th Cereal, cheese, margarine, V-8 juice and milk
- 9th Sausage & egg burrito with salsa, margarine and milk
- 10th CENTERS CLOSED – Meals on Wheels ONLY
- 13th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 14th Egg & cheese burrito with salsa, bacon and milk
- 15th Cereal, cheese, margarine, V-8 juice and milk
- 16th Cottage cheese, toast, jelly, V-8 juice and milk
- 17th Cereal, hard boiled egg, cheese, English muffins, jelly, tomato juice and milk
- 20th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 21st Ham & cheese biscuit, margarine and milk
- 22nd English muffin, jelly, hash brown patty, hard boiled egg, cheese, tomato juice & yogurt
- 23rd Sausage & egg burrito with salsa, margarine and milk
- 24th Cereal, toast, peanut butter, margarine, cheese stick, tomato juice and milk
- 27th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 28th Oatmeal, ham, margarine, V-8 juice and milk
- 29th Cereal, English muffin, margarine, cheese, tomato juice and milk
- 30th Egg & cheese burrito with green chili & onions, margarine and milk

SENIOR CENTER LUNCH MENU

SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Beef Stir Fry Stir Fry Veggies White Rice Wheat Roll Pears Milk	Chicken Taco with garnish Pinto Beans Calabacitas Jello with fruit Milk	Baked Pork Chop with gravy Brown Rice Spinach Wheat Roll Orange Milk
6	7	8	9	10
ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY	Round Steak w/ Mushroom Gravy Broccoli Baked Potato Whole Wheat Roll Banana Pudding Milk	Chicken Sandwich With Garnish Celery Sticks (3) Cottage Cheese With Peaches Milk	Tamale With Red Chile Tossed Salad Pinto Beans Whole Wheat Tortilla / Milk Mandarine Oranges	CENTERS CLOSE AT NOON FOR FIESTAS MEALS ON WHEELS ONLY
13	14		16	17
Meatballs (3) w/ Marinara Sauce White Rice Mixed Veggies Roll Apricots Milk	Baked Chicken Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Jello with Peaches Milk	Lasagna W/Meat Sauce Carrots Garlic Bread Oatmeal Cookie Fresh Orange Milk	Chili Rellenos Green Chili Pinto Beans Tossed Salad Fruit Cocktail Crackers Milk	Red Chili Hot Dog With Garnish Potato Wedges Mixed Veggies Fresh Orange Milk
20	21	22	23	24
BBQ Chicken Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding Milk	Chicken Fried Steak Mashed Potatoes w/ Cream Gravy Green Beans Whole Wheat Roll Cherry Cobbler Milk	Frito Pies With Red Chile Pinto Beans Garnish Angle Food Cake With Apricots Milk	Pork Roast Mashed Potatoes With Gravy Asparagus Whole Wheat Roll Applesauce Milk	Chicken Fijitas Tortilla Chili Beans Jello with Fruit Milk
27	28	29	30	
Beef Brisket Beans Coleslaw Garlic Toast Apple Crisp Milk	Chicken Fettuccini Alfredo Sauce Carrots & Peppers Garlic Bread Pears Milk	Ham & Cheese Sandwich Garnish Mixed Veggies Mandarine Oranges Milk	Meatloaf w/Tomato Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Tapioca Pudding w/ Strawberries Milk	

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

Non-Senior (under age 60) Meal Fees: Breakfast \$7 Lunch \$7.64



City of Santa Fe
Division of Senior Services
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