

The Senior Scene

Vistas de los Mayores



Division of Senior Services
October 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

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
 John Ortiz, 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

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

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

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:

There are times when we get so wrapped up in the day to day tasks and get somewhat distracted to the point of forgetting to welcome new participants at our Senior Centers. Therefore, I would like to formally welcome all new members, as well as thank those who have availed themselves of the many services we provide daily.

As many of you know our three main services are Nutrition, Transportation and In-Home Support. Of these three programs, our Nutrition and Transportation programs rely on donations from our participants and suggested donation signs are strategically placed to remind participants of their importance.

With regard to our Nutrition program, we have established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Many of you have elected to purchase our meal tickets that offer 10 meals for \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites, from the Meals-on-Wheels driver, and/or Nutrition office staff. These donations are then used to help us purchase food, gasoline and various supplies needed to operate and enhance this program. Furthermore, those seniors who can afford to make a contribution help compensate for the many participants who cannot contribute at all.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). When we compared this with other state programs the average suggested donation was \$2.00. These donations help out with increased gasoline costs, provide vehicle maintenance, and assist with overtime expenditures. Many regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a donation of only \$10.00 thereby saving \$2.50. These ride tickets may be purchased from our Transportation office staff.

Every donation counts, even if it is less than the suggested donation, and by your generosity you are helping us provide quality services to our community. Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes, thereby ensuring that your money is going directly to the program/service you are utilizing.

Once again, welcome new members. I am confident that you will find our services and staff extremely pleasant and helpful to the point that you too will join our regular participants in accessing our many services. Also, I would like to extend a sincere thank you to those who have utilized our programs over the years. Without you our mission and purpose would not exist!

God bless you,



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. Tracking the card enables us 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 and your date of birth.

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

Note: Cards are not to be used as official identification.

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.

October Dates: 12, 19, and 26
9:00am to 1:00pm



ID#: 0830061111

Name: John Doe

DOB: 08/30/06

Address:

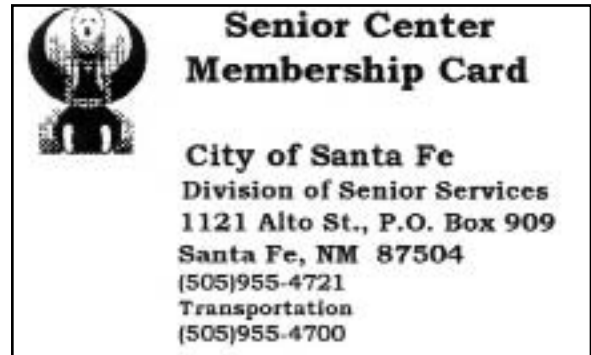
1121 Alto St. Santa Fe, NM 87501

Phone: 955-4722

Emer Contact: Jane Doe

Emer Phone: 955-4722

MEMBERSHIP CARDS ARE NOT OFFICIAL IDENTIFICATION



SENIOR 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.

When scheduling a ride, please specify if you require a wheelchair lift van.

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

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 rather than Senior Services Transportation.

Call 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 Columbus Day - Monday October 11, 2010**

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. October 6, 13, 20, & 27
 Also, on the 2nd and 4th Thursdays of every month, 12:30 - 3:30 p.m. October 14 & 28

SENIOR CENTER MEETINGS

Chimayo	Monday	October 4	12:30 p.m.
Edgewood	Thursday	October 7	10:30 a.m.
El Rancho	Wednesday	October 6	12:00 noon
Luisa	Tuesday	October 5	8:30 a.m.
Pasatiempo	Monday	October 4	1:00 p.m.
Rio en Medio	Wednesday	October 6	11:00 a.m.
Santa Cruz	Thursday	October 7	12:30 p.m.
Ventana de Vida	Friday	October 1	9:30 a.m.
Villa Consuelo	Monday	October 4	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (at Luisa)	Wednesday	October 20	9:30 a.m.
Travel Committee	Thursday	October 14	8:45 a.m.
Senior Activity Corp.	Thursday	October 14	10:00 a.m.
Transportation	Tuesday	October 12	9:00 a.m.
Nutrition	Tuesday	October 12	10:00 a.m.
Senior Olympics	Wednesday	October 13	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, on the following dates:

M.E.G. Center - First and Second Tuesday	October 7, 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	October 7	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	October 14	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	October 19	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	October 21	11:00 a.m. to 12:00 noon

NEWS & VIEWS

They will be missed...

Antonita "Toni" Gonzales passed away peacefully on August 25th, 2010, following a lengthy illness.



Toni was a member of the Rio en Medio Senior Center, where she loved playing Bingo and spending time with her friends, whether it was working on ceramics or going on short field trips. Toni was also a member of RSVP. She will be missed.

Elena Stiha passed away peacefully in her home at the Luisa Senior Citizen Compound on July 31st, 2010, at the age of 105. Elena and her late husband, Vladan Stiha, the legendary artist from Yugoslavia, were well-known gallery owners of the Stiha Gallery in La Fonda Hotel for many years. Elena was also an accomplished artist, but chose to manage and promote Vladan's career.

Mr. Jose Adan Garcia, known as "Laddie" to all his friends at the senior centers, also served his community of Northern New Mexico. He served on the board of regents for the Northern New Mexico College and the Mesa Vista Public Schools. He saw education as very important component in life. He thought of life in complexity and enjoyed challenging these complexity with knowledge to create works of art to leave as a example for his family and community of a life well lived.

We had the great honor of giving him first place on one of his wooden scroll arts at the Northern New Mexico Senior Citizens Art Exhibit back in 2008. We enjoyed his sense of humor to make a tough situation a lighter one with his way with words. Adan will be truly missed by all of us at the senior citizens at Benny Chavez and Abedon Lopez Community Centers.

-Submitted by Rose Vigil

Columbus Day Closure

All Senior Centers will be closed on Monday, October 11th in observance of Columbus Day. There will be no services at any Santa Fe City or County Senior Center.

Health News

See the Health & Safety Section of this newsletter for information on free flu shots, a breast exam clinic, the Alzheimer's Café and a free dental clinic.

Harvest Festival

El Rancho de las Golondrinas will host their annual Harvest Festival on October 2nd and 3rd from 10:00 a.m. to 4:00 p.m. Traditional villagers will crush grapes for wine by foot, string chile ristras, and much more. Call 471-2261 for more information.

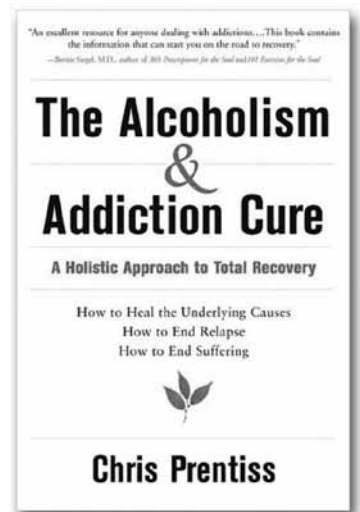
Hollyberry Fair

You are invited to the Española Hospital Auxiliary's Annual Hollyberry Fair on Friday, November 5th from 8:00a.m. to 12:30p.m. in the Española Hospital Lobby.

Enjoy cakes, pies, candies, cookies, breads and tortillas. Shop for your Christmas gifts, including craft items, flower arrangements, holiday decorations and a Country Store. There will be drawings for ten door prizes at 12:30. Proceeds go for the benefit of the Scholarship Fund for students who pursue a career in a medical-related field and for the purchase of hospital equipment.

Alcoholism Suggested Reading

A senior who read our article on alcoholism in last month's newsletter suggested a book for further reading. The book, by Chris Prentiss, is entitled "*The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery*". According to the publisher, the book "contains a three-step holistic approach to recovery that is the basis of the miraculous success of Passages Addiction Care Center".



NEWS & VIEWS

Blessings of Age Conference

(By Fran Dunn)

The 2010 Blessings of Age Conference is honored to feature guest speaker Rev. George Salazar, the pastor of Immaculate Conception Catholic Church in Las Vegas, New Mexico. With his usual humor and thoughtful approach, he will speak on "Spirituality of our Daily Life". Don't miss this opportunity to reflect on the tasks and demands of everyday life and how spirituality can enhance the joy and lighten the burden of everyday living.

The Conference is sponsored by the Office of Pastoral Outreach, Archdiocese of Santa Fe. This year the event will be held on Tuesday, October 12th at St. Anne Parish Social Hall, 511 Alicia St. in Santa Fe. Seniors from Northern New Mexico are invited to attend the conference which begins at 8:30 for hospitality and welcome. The presentation begins at 9:15 with a break from 10:30 to 11:00, and concludes at 12:30, when lunch is served. Religious articles will be available for sale and, for your comfort you may wish to bring a cushion to sit on.

There is no fee for the conference, however, seating is limited and pre-registration is necessary. You may register at your parish office, or the Albuquerque Pastoral Outreach Office at (505) 831-8174, or you may contact Fran Dunn in Santa Fe at 989-9668. Registration deadline is October 5th.

Who was Mary Esther Gonzales?

The largest Santa Fe Senior Center and all the Division of Senior Services administrative offices are located in a building called the Mary Esther Gonzales Senior Center. Occasionally, seniors ask us about the woman commemorated there.

According to many of her friends and co-workers, Mary Esther Gonzales was a loving, friendly woman until the day she passed away at age 49, on May 14, 1986. Much of her life revolved around the Senior Center neighborhood. She lived with her parents and brother in a home on Irvine Street. She ran a dance school for children at the corner of Hickox and Camino Alire Streets, teaching them traditional Spanish dances. For the last five years of her life, she was employed as an Activities Director with the Division of Senior Services and had an office in the building that now bears her name.

Mary Esther was the Santa Fe Fiesta Queen one year. She was well known for her huge efforts and year-'round work with the Fiesta Council. A petite woman, she could often be seen wearing beautiful, Fiesta-style clothes and a warm smile. In everything she did, she was very, very generous and "would give you the shirt off her back if she thought you could use it."

She is remembered as a wonderful friend, worker and person, all those who knew her were the better for it.

Flora's Corner

(Submitted by senior Flora Leyba)

"A smile costs nothing but gives much. It takes but a moment; but the memory can last forever. It enriches those who receive without making poor those who give. It creates sunshine in the home, fosters good will in business and is the best antidote for trouble. And yet it cannot be begged, borrowed or stole, for it is of no value unless freely given away. Some people are too busy to give you a smile, so give them one of yours...for the good Lord knows that no one needs a smile so badly as he or she who has no more smiles left to give."

-Author unknown

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.

Welcome, John Ortiz!

The Division of Senior Services is delighted to welcome our newest employee. John Ortiz is a 33-year-old native Santa Fean who is our new Inventory Specialist, working with our Inventory Supervisor, Enrique DeLora. You will see both men as they rush between senior centers, bearing boxes and bags of food for our cooks to turn into meals for you.

John is new to City employment but very much enjoys his job thus far, and intends to make it a career. Please introduce yourself when you see him.

NEWS & VIEWS

Santa Fe Coordinated Community Response Council (CCRC) Upcoming Events

Summit on Domestic and Sexual Violence

The CCRC will host the fourth Annual Summit on Domestic and Sexual Violence, entitled "The Problem of Human Trafficking" on Wednesday, October 6th from 8:00 a.m. to 1:00 p.m. at the Santa Fe Convention Center. Lauren L. Armstrong of the Polaris Project will provide an overview of human trafficking and suggestions on what faith communities can do. Juli Bray-Morris, an anti-trafficking activist, will offer an international view.

You may pre-register at www.santafe-ccrc.org or by calling David. The event fee is \$10 at the door, which also covers lunch.

LGBTQ Survivors: What Allies Need to Know

The CCRC has an LGBTQA (lesbian, gay, bisexual, transgender and questioning) Task Force which is a network of community agencies, direct service providers, and advocates who have joined together to raise awareness and improve response to domestic violence, sexual violence, stalking and homophobia that impact Santa Fe's LGBTQ community. They aspire to collaborate with law enforcement, the courts, health and service providers, and policy makers to enhance availability and quality of service delivery.

LGBTQ survivors of domestic and sexual violence have a difficult time accessing community resources for help. At the October CCRC quarterly meeting, a panel of LGBTQ speakers will explain what the Santa Fe community can do to welcome and accept members of these marginalized communities, and give them the safety and support they need.

This event is free and open to the public. The meeting will be held on Wednesday, October 20th from noon to 2:00 p.m. at the Southwest Conference Room of Christus St. Vincent Regional Medical Center. For more information, call David River at 216-9752.

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, October 19th.

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

Farmer's Market Vouchers

If you received vouchers for use at the Santa Fe Farmer's Market, through the ECHO commodity program, do not forget to use them!

The Market is open at the Railyard on Saturdays and Tuesdays from 7:00 a.m. to noon; and also at San Isidro Plaza parking lot (by Lowe's hardware store) on Tuesdays from 3:00 to 6:30 p.m.



Macular Degeneration Information/Support Group

The Macular Degeneration Information and Support Group will be on an indefinite hiatus, beginning in October. You may recall that the meeting coordinator, Jane, had requested someone to take over some of her duties in arranging these meetings. Nobody offered to take it on, and Jane has some other issues she must attend to throughout the winter months.

Please see this newsletter (with the picture of the eye) for future updates.

Osher Lifelong Learning Institute

Osher Lifelong Learning Institute is at the University of New Mexico and offers a large variety of courses for adults 50+. Membership is \$20, plus additional fees per course. Call (505) 277-6179 or go to www.dec.unm.edu/Osher.

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In My Time “Remembrances”

(By senior Linda Alessi)

To many of us, the memories are all that remains. If you are among the fortunate few to have your spouse of fifty years, or more, you are indeed looking back at a lifetime of sharing and precious memories. Just turn back the clock, and remember. It is the late 1940's or 1950's.

I can remember clearly the picture of a couple, surely in their early twenties, sitting together holding hands and discussing wedding plans. They are listening to their favorite radio station. In our time, and in our city, New York's favorite music station was WNEW. The couple hoped to hear their favorite songs played on the Make Believe Ballroom Time, with Martin Block announcing the songs we all loved to listen to.

A young woman, who may be one of the fortunate ones, is proudly wearing an indistinguishable, small diamond on her left hand, third finger. The engaged couple are making plans and promises. It surely indicates the next step is marriage. We can all remember the dreams and expectations we had for that very special day. Everything would be wonderful. We would wear the long white gown, with a flowing train. The flowers would be as fragrant as springtime. The groom would be handsome in a tuxedo, and he would wear a boutonniere pinned to his lapel. People they loved and who loved them would surround them.

Their thoughts turned to how this special day could be made perfect. How could they have all that they dreamed? Maybe their parents would be able to help them. They would start the maneuvering. This was the beginning of strategic planning, exhausting negotiations and inevitable tears. There has never been a wedding plan that has not had its share of lists, revised lists and careful calculations. How much will it cost?

Can you remember the agony over the seating arrangements? Each side of the family has entered into the scene with suggestions on whom to invite, who must be invited, who could not possibly be invited, who can be placed at what table, and who does not speak to this cousin or that uncle. This is possibly the most trying part of the wedding arrangements. It goes on and on, until it reaches a crescendo, with all parties reaching the brink of separation.

The cry could often be heard from the young couple, “Maybe we should elope”. More than once, an exasperated father of the bride would comment he would gladly supply the ladder. These comments are said in jest since all parties are looking forward to this momentous occasion.

It should also be noted the young couple are also coping with the emotional stress of planning their future and living in the moment. It is a time of temptation and conciliation. I am sure we can all remember this time as both exciting and frightening. It was a natural and necessary process in order for relationships to flourish. This was an era when young people generally avoided premarital sex, although some came close many times. This all added to the pressure of this particular time of their lives.

In our time, June was a favorite month for weddings. Magazines and the media promoted June for this event. After World War II the men came back home to the women who waited for them and thousands of weddings were celebrated. Some were simple weddings and others were more elaborate. Today as we look back, they are our cherished memories.

In the last several years, weddings have come to be an event only to be seconded to a coronation. The elaborate plans have escalated and been embellished by the most modern devices known to man. The wedding photographer now has at his disposal electronic equipment to video the entire wedding, change the features of the bride or groom, or the entire wedding party with digital enhancement.

The musical performance of this affair can be as simple as a three-piece band or an entire orchestra playing an array of music to please a crowd of several generations who may be in attendance. This service can also be digitally enhanced.

The extravagance of the menu is similar to a Roman orgy. The cocktail hour is lavish with enough food and variety to feed a small third world country. The actual dinner involved can only be compared to a menu prepared for dignitaries from a foreign country. This is what the young couple, or their parents who are their benefactors, have decided. If this is their dream, so be it. Hopefully, each of us decided how and what specific arrangements we wanted for this important day of

NEWS & VIEWS

our life. The special day arrives and always the bride is radiant, the groom is nervous and usually all goes well.

Honeymoons in my time, meant going to Niagara Falls or the Poconos for a week to celebrate the union, and to enjoy a much-deserved respite from all the planning that was entailed in the preparation for the wedding. Today, the plans for the honeymoon are as elaborate as the weddings. Trips to Europe, Hawaii, or a Caribbean Cruise is within the realm of possibility for a honeymoon for some couples. A safari is also not out of the question.

As I look around at my peers today, I see the many couples that have weathered the storms of life and can recall their special day when they made a commitment to each other. Some have done better than others, but all have known the benefit a having someone to love and share their life with.

I can only hope the couples now joining together in matrimony will be as committed and solid as many as those before them. Hopefully, they are equipped with the morals and fortitude that is necessary in this union to last them through the wonderful, joyful and so very often stressful times they will inevitably share.

I now look forward to the wedding of my first grandchild. It is with joy and anticipation. I believe that this wedding will be somewhere between the modest and the extravagant. I hope for this special young couple to love each other, share their lives with understanding, and to grow together to enjoy what the future holds for them. We have had our memories in our time. Now is their time to create memories they will share in the future.

Senior Olympics Spotlight

The Santa Fe Senior Olympic Advisory Committee and I are committed to making next year local events bigger and better in preparation for our local games 2011. Registration will begin mid January. Currently we are looking for two volunteers to be on our Senior Olympic Committee. If you are interested please contact Cristina Villa at 955-4725.



The Senior Olympic Committee is seeking

volunteers to manage certain events in the local Santa Fe Games next spring. You must have participated in the event before and have a good understanding of the rules of the sport. You will be trained on how to organize the event and record scores, etc. Managers are needed in the following events: Badminton, Table Tennis and Tennis. If you are interested in managing any of these or any other Olympics events, please call Cristina Villa at 955-4725.

Basketball 3-on-3 State Tournament
Genoveva Chavez Community Center
Santa Fe
November 5th – 7th 2010

Text First, Talk Second.

The following community message has been issued by the Santa Fe Office of Emergency Management



Text First, Talk Second. Your mobile phone is a safety tool - text "I

M O K" to family to let them know you are okay in an emergency. We all know land lines work exceptionally well, however, with most of the population out and about on a daily basis and cell, text and internet are common modes of communicating.

Whether there is a disturbance at school, a mall, an airport, or weather, such as a storm, stay connected with the four simple letters "I M O K". Texting IMOK takes less than 2 seconds, faster than a call, it is a fraction of the bandwidth so 800 additional people can send out the same message in comparison to just one phone call. So please take some time and discuss this plan with your family. If there was an event and you needed someone to know you are okay –then text –I M O K.

For more information, go to the website <http://www.safeamericaprepared.org/>. Or, for full details, go to https://local.nixle.com/alert/3420574/?sub_id=148233.

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.

Christus St. Vincent Hospital

The Christus St. Vincent Auxiliary is seeking men and women to donate a few hours of volunteer service once a week.

The need is especially great in the Gift Shop, but there are also openings in other departments. Volunteers help with everything from coffee cart, and overseeing the surgery waiting room, to giving information at the front desk and helping check patients in.

What important, rewarding job would you like at the hospital?

Call Kristin at 955-4760.

Long-Term Care Ombudsman Program

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

Call 955-4760 for information.

CASA Advocates for Children

Countless children from our neighborhoods will be removed from their homes this year because their parents have physically, emotionally, or sexually abused them, or neglected or even abandoned them. They need someone to make sure they don't get lost in the overburdened child welfare and legal systems, to speak up for their best interest, to help them find their way to a safe, permanent and loving home.

As a CASA (Court Appointed Special Advocate) volunteer you can be a powerful voice for these young victims in state custody. Just a few hours a month can make a huge difference in the life of a child. Call 955-4760 for details.

Senior Olympics Basketball Tournament

The 2010 State Senior Olympics Basketball Team Tournament will be held in Santa Fe at the Chavez Center November 5-7. Each year, they need volunteers



to welcome the athletes from around the state and help facilitate the weekend. The schedule is below. Please call Kristin at 955-4760 to help:

- Friday morning, 9:30 a.m. to 10:30 a.m. 4 or 5 volunteers are needed to stuff welcome bags.
- Friday, 2:00 p.m. to 3:00 p.m. 2 or 3 volunteers are needed to prep fruit and water.
- Friday, noon to 7:00 p.m. - 2 or 3 volunteers are needed for 2 hour shifts, for check in.
- Saturday from 7:00 a.m. - 2 or 3 volunteers are needed for 2 hour shifts, for check in.
- Saturday, 7:00 to 8:00 p.m. 2 or 3 volunteers are needed to prep fruit and water.
- Friday or Saturday eve, volunteers will be needed for the social dinner.
- Sunday, 12:00 noon to 3:00 p.m. 3 or 4 volunteers are needed to tear down the event.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Make a Difference Day

Saturday October 23rd in the national USA Today magazine's Make a Difference Day. As usual, Santa Fe's RSVP program will be hosting an event that day and we invite anyone and everyone to join us.

Please call Marisa Romero, RSVP Administrative Secretary, for details. She can be reached at mvromero@santafenm.gov or 955-4743 or Thanks for making the difference!

Volunteers, We Need Proof of Your Age

One of the stipulations of the RSVP volunteer program is that we are only allowed to serve volunteers who are age 55 or over. We have just been notified that we need documentation of age on each current volunteer.

If you have never given us a copy of your license, we need a copy of your Senior Services membership card or an official State ID card, or some other document that indicates your age. You may mail us a copy, drop it at the MEG or Luisa Senior Centers, or come by the Luisa Senior Center at 115 Luisa St. Thank you.

FELINES & FRIENDS NEED YOU!

Volunteer with Felines & Friends or Adopt a Kitty Kompanion!



Health Benefits of Cats

Cats can decrease your blood pressure, your cholesterol, triglyceride and stress levels, while boosting health and happiness.

They can increase your opportunities for unconditional love, socialization, and recreation.

Felines & Friends is a local cat rescue organization which places homeless and abandoned cats in loving "forever homes".

Call Kristin at 955-4760 to help.

FELINES & FRIENDS NEW MEXICO
Second Chance Rescue and Placement
www.petfinder.com/shelters/NM38.html



Birthdays this Month

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

October

- | | |
|-----------------------|-----------------------|
| Hope S. Abernethy | Elena Montano |
| Nancy Allen | Judy Montano |
| Cristoval Archuleta | Russell Mooney |
| Ruth Armijo | Mercedes Moreno |
| Roberta Armstrong | Vikki Munkres |
| Mary Barbachano | Elma V. Ortega |
| Evey Bialkowski | Louie Ortiz |
| Annabelle Brazeal | Mary Lee Ortiz |
| Margaret Chavez-SCP | Jane Otten |
| Barbara Cohen | David Charles Parlato |
| Carol Danielson | Jeannie Rae |
| Edna Ferran | Jerry J. Rael |
| Phoebe Girard | Esther Reyes-SCP |
| Jose Gonzalez | Tony Rivera |
| Eleanor A. Gossen | Carmen M. Rodriguez |
| Jimmy J. Griego | Joe E. Romero |
| Frances G. Hanners | Lupita F. Romero |
| Delfino M. Jimenez | Martha Rotunno |
| Daniel Koenig | Mercedes Roybal |
| Molly Lucero | Mela Sanchez |
| Doris Jeanne Luna | Levoria "Lee" Straw |
| Helen Maestas | John B. Trujillo |
| Guadalupe P. Martinez | Elvira Urban |
| Joseph C. McGuire | Alex Vargas |
| Anna Marie McQuarie | Ruth E. Vilmain |
| Gene Melady | Jessie Visarraga |
| Delia M. Mendoza | Gerald Watman |
| Patti Merrill | Nolan Zisman |

FOSTER GRANDPARENT PROGRAM SENIOR COMPANION PROGRAM

**Can my estate avoid probate?
Who will pay for my nursing home care?
Can my creditors put me in jail?**

Answers to these questions and more at:
**Lawyer Referral for the Elderly Program
Legal Workshop**

Mary Esther Gonzales Senior Center
1121 Alto Street
Santa Fe, New Mexico

Thursday, October 21, 2010 9:30 – 10:45
Group Presentation

If you are interested in meeting one-on-one with an attorney following the workshop, please call 955-4721 to make an appointment.

Legal Appointments
1:00 – 5:00

All seniors are invited to attend this informational workshop.

Foster Grandparents and Senior Companions are required to attend this mandatory in-service training. You are not required to volunteer your regular schedule on this day and should plan on attending the meeting instead. If you require transportation to the meeting, please call transportation at 955-4700, 24 hours in advance.

Columbus Day

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, October 11, 2010 in observance of Columbus Day.



Do you realize that we have 34 Foster Grandparents volunteering at the following schools/Head Starts?

- Agua Fria Elementary Schools
- Aspen Community School
- Boys & Girls Club of Santa Fe
- Carlos Gilbert Elementary
- Chimayo Head Start
- E.J. Martinez Elementary
- Kearny Elementary
- La Comunidad De Los Ninos Head Start
- The Light at Mission Viejo
- Nambe Head Start
- Pinon Elementary
- Ramirez Thomas Elementary
- Sombrillo Elementary
- Sweeney Elementary
- Tierra Contenta Elementary

And 26 Senior Companions volunteering at the following places:

- Casa Real Nursing Home
- Edgewood Senior Center
- In-Home Support Services
- Luisa Senior Center
- Mary Esther Gonzales Senior Center
- Pasatiempo Senior Center

So if you see one of our wonderful volunteers wearing one of these name badges, thank them for a job well done.

FGP/SCP Birthdays

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

Margaret Chavez	10/08
Rumalda Hunter	10/11
Pete Abeyta	10/19
Della Montoya	10/23
Esther Reyes	10/30



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 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 Chair Yoga (\$5-\$10) Hatha Yoga (\$5-\$10) Computer Class Painting Strength Training Movie Day	VILLA CONSUELO Mon./Wed. Tues./Thur. Wednesday ELDORADO Monday Wednesday Monday Tuesday Wednesday 2nd & 4th Thurs.	9:30 am 11:00 am 12:30 pm 10:15 am 3:45 pm 1:00 pm 1:30 pm 1:30 pm 12:45 pm
				COUNTY-RUN	

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 (Chair)	10:15 am	Mon. (\$5-\$10)
Eldorado (Hatha Yoga)	3:45 pm	Wed. (\$5-\$10)
M.E.G. (Dahn Yoga)	3:30 pm	Once a Month

call 955-4711 for date

ACTIVITIES for this month

Columbus Day Closure

All Senior Centers will be closed on Monday, October 11th in observance of Columbus Day. There will be no services at any Santa Fe City or County Senior Center.

Happy Halloween!



Halloween Dance & Costume Contest

Thursday, October 28th

Dance Time: 1:00 p.m. to 4:00 p.m.

Fraternal Order of Eagles, 833 Early Street

Admission Fee: \$2.00 and please bring you senior membership card for scanning.

Band: Camino Oscuro

Sponsored by: Pasatiempo Senior Center

Refreshments are courtesy of Lovelace Senior Plan. Lovelace staff will judge the contest and award the prizes.

Bingo Fall Special

Ventana de Vida Senior Center

During the months of October and November, door prizes will be given out during Bingo at the Ventana de Vida Senior Center. Along with door prizes, Bingo cards will be sold at a special price of 4 for a quarter, which will give you more chances of winning. On October 25th, we will also have special refreshments, (early Halloween treats).



Our Bingo is on Mondays, from 1:15 until 3:00, at 1500 Pacheco St. Come join us... we are a nice bunch. Our caller, Patricio Garcia makes our Bingo fun, and we have an all-around good time.

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, November 9th 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.

Edgewood Holiday Arts & Crafts Fair

Calling all Artists & Crafters! The annual Holiday Arts and Crafts fair at Edgewood Senior Center is scheduled for Saturday, December 11th 9:00 a.m. to 3:00 p.m. Vendor tables are available for \$10.00. Please call Montella at 1(505) 281-9367 or 1(505) 281-2515 for information.

October Birthday Celebrations

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

MEG Center: Friday, Oct. 1st - Noon

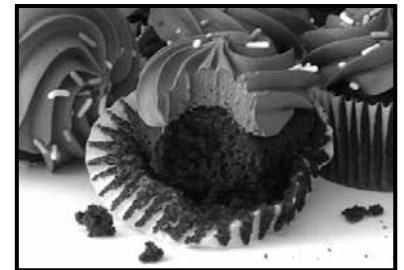
El Rancho: Wednesday, Oct. 20th - Noon

Edgewood: Thursday, Oct. 21st, 12:30 pm



Pasatiempo Bake Sale

Come fill your tummies with yummys! Seniors make the best baked goods. Proceeds go the Pasatiempo Senior Center. Join us on Wednesday, October 6th from 9:00 a.m. until all the goodies are gone.



ACTIVITIES for this month

Mobile Health Van - Flu Shots

This month, the Mobile Health Van will concentrate on providing free influenza vaccinations to adults. Regular screenings will not be offered when flu shots are, due to the increased volume of patients. Free flu vaccine is provided to the Santa Fe County Mobile Health Van by NM Department of Health. Staff nurse is Angela Thorndyke, RN, BSN. You may call her at 231-2382.



Free flu shots are given on a first come, first served basis, while vaccine is available.

October 2010 Schedule:

4th Luisa Senior Center	10-3
5th Encino Villa Senior Housing a	10-2
6th Casa Rufina Senior Housing	10-3
7th Benny Chavez/Chimayo Center	10-2
8th Lamy Legal Tender	10-3
16th Galisteo Studio Tour	10-3
19th Glorieta Baptist Church	10-3
20th La Cienega Com. Center	10-2
21st Edgewood Senior Center	10-2
24th San Isidro Catholic Church	9-1
25th El Rancho Senior Center	10-2
26th Villa Consuelo Senior Center	10-2
27th Eldorado /Adam Senior Center	10-2

Edgewood Holiday Arts & Crafts Fair

Calling all Artists & Crafters! The annual Holiday Arts and Crafts fair at Edgewood Senior Center is scheduled for Saturday, December 11th 9:00 a.m. to 3:00 p.m. Vendor tables are available for \$10.00. Please call Montella at 1(505) 281-9367 or 1(505) 281-2515 for information.



Halloween Bake Sale at Consuelo

Mouth-watering, homemade baked goods will be available for purchase on Tuesday, October 26th at Villa Consuelo Senior Center from 10:00 a.m. until they are all sold out. Proceeds benefit the center, so come and buy some goodies!

Weekend Bingo at Luisa

Residents of the Luisa Senior Center at 1522 Luisa St (off Columbia) will host a Bingo:

Sunday, October 17th
 1:00 p.m. – 4:00 p.m.
 \$10.00 for a package
 Plus a hot dog & a drink for \$3.00
 Everyone is welcome!

Halloween at Pasatiempo



The Pasatiempo Senior Center (at 664 Alta Vista St. off St. Francis Drive) will have a frightfully exciting Halloween Dance on Friday, October 29th from 1:00 to 4:00. There will be live music performed by Phil Trujillo, as well as refreshments, and a few ghoulish surprises! Admission is free. Don't forget to dress up!

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 Villa at 955-4725

ACTIVITIES for this month

Balloon Fiesta Trip

If you are an early riser, join other seniors for a trip to the Albuquerque Balloon Fiesta on Thursday, October 7th. You will need to get to the Mary Esther Gonzales Senior Center by about 5:15 that morning, and the bus will leave from there at 5:30 a.m. The \$15 cost pays for the round trip bus fare and entrance to the Fiesta. Please bring additional money for snacks or breakfast at the park. We will return to the MEG Center at about 10:30 a.m.



To reserve your space and to arrange when to come pay your \$15 in advance, please call Lugi at 955-4711.

Identity Theft Presentation

Wednesday, October 6th
 9:00 – 10:00 a.m.
 MEG Senior Center,
 1121 Alto St.
 Presenters: Bill and Wanda Morrison,
 Volunteers with AARP
 New Mexico State Office



Identity Theft is a crime in which an imposter obtains key pieces of information about their victim, and uses it for their own gain. Victims are left with picking up the pieces and restoring their good reputation.

The presentation will discuss:

- The five types of ID Theft
- ID Theft facts
- How to Deter ID Theft
- How to Detect ID Theft
- How to Defend ID Theft.
- Obtain free annual credit report.
- Implement a Security Freeze.
- References relating to ID Theft.

You will leave with information and hand outs. Please attend this free presentation and bring a friend!

MEG Senior Center

Friday, October 1st at 1:00 p.m.

Autumn in New York

Before he met her, he was convinced that no love could last forever. Now, he'd give anything to prove himself wrong. At 48 years-old, Manhattan restaurateur Will Keane (Richard Gere)



is handsome, successful, single and determined to keep it that way. A consummate playboy he adores women, but has never thought seriously about commitment...until he meets Charlotte Fielding (Winona Ryder). Charming, vivacious and radiantly beautiful, Charlotte is unlike anyone Will's ever known, and as their relationship blossoms from a heated one-night stand into something rare and wonderful, they both realize that this love will last a lifetime. But for Charlotte, a lifetime may be much shorter than either of them is prepared to accept.

Rated PG-13

Luisa Senior Center

Thursday, October 21st at 1:00 p.m.

The Back-Up Plan

Jennifer Lopez stars as Zoe, a single New Yorker who dreams about meeting Mr. Right, having a baby and living happily ever after. But after a string of Mr. Wrongs, Zoe commits to her back-up plan: to take on motherhood alone. Zoe's plan proves far from foolproof when, moments after her procedure she's swept up into a whirlwind romance with Stan, the man of her dreams.



Rated PG-13

HEALTH & SAFETY

Free Dental Care Event in Albuquerque At the Albuquerque Fairgrounds

On Friday, Oct. 15th & Saturday Oct. 16th
5:00 a.m. to 5:00 p.m. each day

New Mexico Mission of Mercy Albuquerque (NM MOM) is a large-scale dental clinic where more than 100 portable dental stations are set up in a public arena, and dental screenings and services are provided at no charge to those who attend.



Patients are treated on a first-come, first-served basis. They wait their turn to see a nurse and a dentist for an initial evaluation, and to have their dental needs prioritized. The number of patients seen will be limited to clinic capacity.

As dentists and dental hygienists become available, patients are guided to areas of the dental clinic where they undergo preventive (teeth cleaning), restorative (fillings), endodontic (root canal treatments), periodontic (gum treatments), prosthodontic (partial dentures), and/or surgical procedures.

During the dental clinic, patients are provided with instruction on how to care for their teeth. Bilingual volunteers are available throughout the clinic experience to assist non-English speaking patients.

This event is open to children and adults who do not have a regular dentist or dental insurance, and who do not have enough money to pay for dental care.

Expect to wait for a long time. You will be waiting your turn to enter the NM MOM dental clinic, and then waiting to see the dentists and dental hygienists. It will be important to bring reading, knitting, crossword puzzles, etc. to fill your time. It will also be important to bring food/snacks and drinks with you. For your information, in other cities people have camped out for two days to be seen.

If you go, please remember to say thank you to every person. They are ALL volunteers and put in VERY long days.

Directions/Parking: Drive in through Expo Gate 8 Louisiana NE (south of Lomas) - or if walking or taking public transportation, enter Expo through Gate 7 - Central and San Pedro. The physical address of Expo New Mexico is 300 San Pedro Blvd, NE, Albuquerque, NM 87108. NM MOM will be held in the Manual Lujan Building.

For additional information, please call their patient information line at 1-888-600-5458 or go to <http://www.nmdentalfoundation.org/patient.php>

Free Flu Shot Clinic

Christus St. Vincent Hospital is planning a community flu shot clinic on Saturday, November 6th from 8:00 a.m. to 2:00 p.m. Shots will be given at the hospital and also at Arroyo Chamiso Pediatrics (they can immunize kids and their families there). They might also give shots at Camino Entrada Pediatrics.



Breast Cancer Screening

There will be a Breast Cancer Screening on Saturday, October 23rd from 9:00 a.m. to 1:00 p.m. at Santa Fe Imaging (2025 S. Galisteo St.). Appointments will be taken between October 4 and October 15. The clinic includes a free manual breast exam and breast cancer education. The mammography is NOT free. Out-of-pocket cost is \$140, or they can charge insurance or Medicare. To schedule an appointment, or to get more information, call the American Cancer Society at 913-3095.

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 October 13th. For more information, call contact Jytte Lokvig at 466-8195 or Jan Olsen at 424-0577.

HEALTH & SAFETY

What is Elder Abuse and Neglect?

(From Comfort Keepers)



Each year, many older adults are abused, neglected and exploited. Many victims are people who are older, frail, vulnerable, cannot help themselves, and depend on others to meet their most basic needs. Abusers of older adults can be women or men, and may be family members, friends, or "trusted others." Elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. It can also take the form of financial exploitation. Legislatures in all 50 states have passed some form of elder abuse prevention laws.

Elder abuse occurs when a person aged 65 or older experiences harmful physical, psychological, sexual, material/financial or social effects caused by the behavior of another person which leads to the failure to fulfill obligations to the senior. The typical victim of elder abuse and neglect is a widowed, white female in her mid -70's or older, and living on a limited income. The older person usually lives with the abuser, who is often a spouse or adult child, although other family members and non-relatives may be the abusers. The abuser may depend on the older person for housing, financial assistance, or emotional support.

Neglect is the failure of caregivers to fulfill their responsibilities to provide needed care which includes the lack of adequate food, water, clothing, shelter, medicine, personal safety, other essentials and/or ignoring necessary personal hygiene. "Active" neglect refers to behavior that is willful (the caregiver intentionally withholds care or necessities). "Passive" neglect refers to situations in which the caregiver is unable to fulfill his or her care responsibilities as a result of illness, disability, stress, ignorance, lack of

maturity, or lack of resources. "Self neglect" refers to situations in which there is no perpetrator and neglect is the result of the older person refusing care or being unable to care for him- or herself.

Falls among Older Adults

(From Comfort Keepers)

Each year more than 1/3 of adults, age 65 and older fall and many are seriously injured or disabled. Falls are the number one cause of injury deaths and the number one cause of non-fatal injuries and hospital admissions. Some of the major types of injuries that result from falls include fractures and head traumas, including brain injury. In most cases, falls are due to hazards that are easy to fix. By taking some relatively easy steps, aging adults can help lower their risk of falling.

Begin a regular exercise program: Exercising is one of the most important ways for adults to increase strength and improve balance and coordination. Lack of exercise actually increases the chances of falling. A physician can recommend the best exercise program based on current physical condition. Have current medicines reviewed by a doctor or pharmacist: Have all medicines (prescription and over the counter) reviewed by a doctor or pharmacist. The way medicine works in the body can change as a body ages and the combinations of some medications can cause sleepiness or dizziness which can lead to falling. Have vision checked annually.

There are easy measures to take around the home to make it a safer place: Remove items from walkways that can be tripped over such as books, papers, shoes; Be sure the stairwell areas are clear of clutter; Keep items used often in areas easily reached without having to use a stepstool; Install grab bars next to the toilet and in the tub or shower; Use non-slip mats in the bathroom or shower; Improve lighting in the home. Be sure walkways and stairs are well lit; all staircases should have handrails.

Comfort Keepers provides care for seniors. Santa Fe's Comfort Keepers is part of a national franchise which provides non-medical health care to the elderly and other adults in Santa Fe, Los Alamos, Espanola and Taos, promoting "Interactive Caregiving" based on interrelated lifestyle factors. Comfort Keepers is located at 1305 Luisa Street Suite C, Santa Fe. They can be reached 24/7 at 982-1298.

LEGAL & CONSUMER NEWS

Hispanics' Crucial Contributions to Social Security

(From www.AARP.org)

A monthly Social Security check is all the money many Hispanic retirees rely on. They are less likely than other Americans to have other forms of retirement income, such as pensions or special retirement savings accounts like 401(k) plans. Yet the growing Hispanic population provides increasing contributions to Social Security coffers. That's why the fate of the program, celebrating its 75th anniversary, is of special importance to Hispanics.

The Latino community is younger than the general U.S. population because it includes many newly arrived immigrants, who tend to be young. Hispanics also have a higher birth rate than that of the general population. As a result, the percentage of Hispanics in the workforce will increase as the rest of the U.S. population ages: a projected increase of 3% from 2006 to 2016, according to the U.S. Bureau of Labor Statistics. That means that as the nation's 80 million aging baby boomers start relying on Social Security, Hispanics' contributions to the Social Security Trust Fund are rising. And the trend is expected to continue. Latino participation in the workforce is projected to more than double by 2050, increasing to about 46 million, according to a Pew Hispanic Center report, while the non-Hispanic white labor force is projected to fall to 94 million in 2050, down from 100 million in 2005.

"The Social Security system should be glad Latinos will be a growing segment of the workforce," says Fernando Torres-Gil, director of UCLA's Center for Policy Research on Aging, since they are putting in much more than they're taking out and will continue to do so for years.

And Hispanic workers contribute a greater share of their paychecks to the trust fund because they're less likely to hit the annual cap of \$106,800 on the Social Security tax deduction on earnings, he says. Also, Latinos who are undocumented workers pay billions of dollars into a program they will never use. According to the Social Security Administration, workers with Social Security numbers that cannot be verified—many of them suspected of belonging to undocumented Hispanic workers—contributed \$11 billion to the trust fund in 2007, the last year for which such



data is available. But as the Hispanic population matures, the number of them who need to tap into Social Security—now about 3.3 million—is expected to grow. By 2050, the 50-plus Latino population will nearly quadruple, according to an Urban Institute study. Nearly one in four Americans in that age group will be Hispanic. As the community matures and gains earning power, there's evidence that Social Security will be the main retirement program for Latinos for decades to come.



That income is keeping older Hispanics out of poverty. Less than 20% of the nation's elderly Hispanics live in poverty, according to a 2005 study by the Center on Budget and Policy Priorities. Without Social Security, more than half would live in poverty. "For many older Latinos, Social Security is either the sole source of income or the major source of income," says Alejandro Garcia, professor of social policy and gerontology at Syracuse University.

That's true for Rosalie Marte, a 72-year-old immigrant from the Dominican Republic who lives in Washington D.C. She worked as a dishwasher in a restaurant for about seven of the 18 years she has lived in the United States. Now retired, Marte receives \$484 in retirement benefits each month and another \$190 in Supplemental Security Income, known as SSI, a federal program that helps people that are age 65 and older, blind or disabled who have little or no income.

Although Marte has little money, her Social Security check gives her some independence and allows her to pay a modest amount of rent to the daughter she lives with. "What I give her isn't much, but it helps," Marte says.

LEGAL & CONSUMER NEWS

Elder Exploitation

(Located at www.aarp.org from: Orlando Sentinel Sep 9, 2010) Susan Jacobson [Excerpted]

As Florida police try to unravel the mystery of a financially exploited, widowed great-grandmother's disappearance and death, advocates for the elderly warn that it's easy for older people to become victims. Many senior citizens live alone, far from their families, making them vulnerable to predators who want their money.

Between July and June of 2009, the Florida Department of Children and Families investigated 387 suspected cases of elder exploitation in Orange and Osceola counties. "There are a lot of bad people," said Marissa Smeyne, an Orlando-area lawyer whose specialties include elder-abuse law. "And in this economy, they look for an easy mark."

So, what can families who live far away do to keep their loved ones from being victimized? Even if older people are mentally competent, it's still important to warn them about the dangers of being too trusting, said John Harrell, a spokesman for DCF in Volusia County. "One of the biggest challenges is that you have so many seniors who are very proud," Harrell said. "They don't want to ask for help."

In many cases, seniors are scammed by phony salespeople who extract their credit-card or Social Security numbers, or by unscrupulous repairmen who overcharge. In other cases, they are befriended by con artists.



Police and adult-protection workers have plenty of horror stories. In one case, an elderly woman paid \$700 to have her grass cut and eventually was scammed out of \$25,000. Another

woman got swindled by a dance instructor who gave her flowers, then persuaded her to withdraw all her money from a brokerage firm. Another grandmother revised her will, gave a stranger power of attorney and stopped communicating with her family out of state after he changed her phone number, said Sandi Jernigan, Seminole manager of Seniors vs. Crime, which helps older people avoid scams.

Watch for warning signs. Experts advise friends and relatives to trust their gut instincts and ask law officers to make a "well-being check" if something doesn't seem kosher. Warning signs include an abrupt withdrawal from relatives and normal routines, a new friend who hangs around too much, and secretive behavior.



The Meals on Wheels program is a good way to keep tabs on isolated seniors, said Carmen Carrasquillo, chief operations officer at the Osceola County Council on Aging. Volunteers, who are screened and fingerprinted, get to know their clients and can summon help if they sense trouble, she said.

Elderly people who are competent can help protect themselves. They should not to give out too much information or let people they don't know well into their homes, said Bill Mendoza, a retired New York City police officer who volunteers with Seniors vs. Crime in Orange County. "We need to encourage our seniors, when something seems suspicious, to get in touch with a trusted person -- whether it's a child out of state or someone from church or a lawyer," Fuller said.

Relatives should watch for erratic or irresponsible financial actions. Most importantly, proponents for the elderly say, stay in close touch. Be aware of changes in mood and behavior. If you can't visit in person, try to find someone trustworthy, such as a church member, neighbor, relative or friend, to monitor what's happening, said Harrell of DCF. If seniors agree to waive privacy protections, doctors can be a good source of information because older people tend to visit them often.

"In most cases, if you err on the side of follow-up, you have no regrets," attorney Smeyne said.

PUZZLES

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

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ACORN

APPLE

BIRD MIGRATION

BLOWING LEAVES

BLUSTERY DAY

CANNING

CHESTNUTS

CHILLY

COLD

CROPS

EQUINOX

FALL

FARMING

FEAST

FROST

HALLOWEEN

HARVEST

HAYSTACK

HICKORY NUTS

LONGER NIGHTS

NOVEMBER

OCTOBER

ORANGE LEAVES

PIE

PUMPKIN

RAKE

RED LEAVES

SCARECROW

SCHOOL

SEASON

SEPTEMBER

SHORTER DAYS

SQUASH

SWEET POTATOES

THANKSGIVING

TURKEY

WINDY

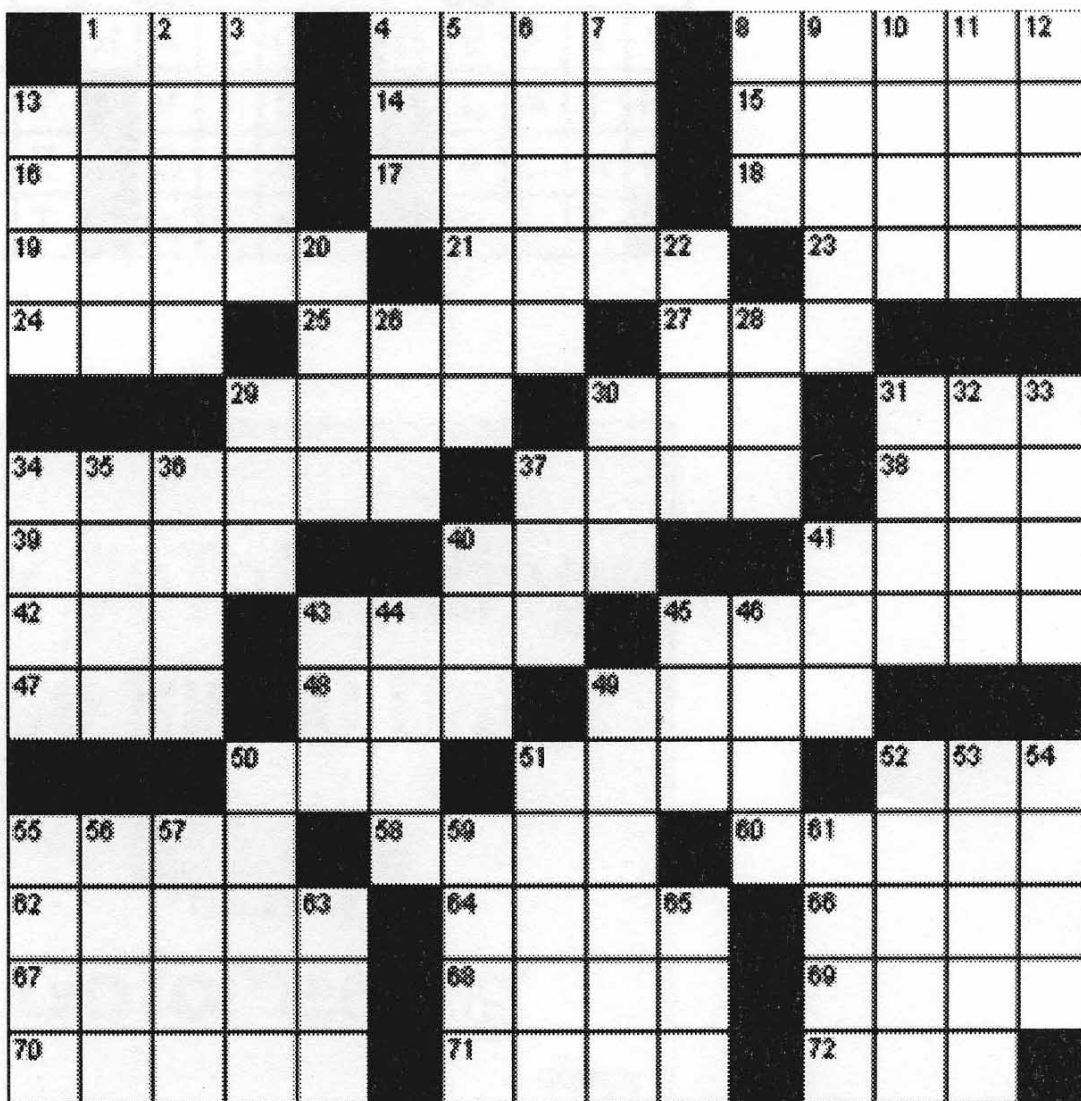
YELLOW LEAVES

PUZZLES

Standard Crossword- uspt

Across

1. Final aggregate
4. Short intake of breath
8. Livid
13. Diminutive
14. Singing voice
15. Relinquish
16. Redact
17. Scottish valley
18. Fairies
19. Hawaiian greeting
21. Impulse
23. Part of a volcano
24. Males
25. Before noon
27. Deuce
29. Musical interval
30. Part of a deck
31. Body of water
34. Dissimilar
37. Dull pain
38. Play on words
39. Tide
40. Protrude
41. Transportation charge
42. Water barrier
43. Escaping fluid
45. Litter of pigs
47. Globe
48. Sense organ
49. Charge
50. Twitch
51. Exude
52. Small snake
55. Ripped
58. Aura
60. Reimburse
62. Tusk
64. Travel endorsement
66. Den
67. Fictitious
68. Finished
69. Skin condition
70. Swift
71. Changed location
72. Mesh



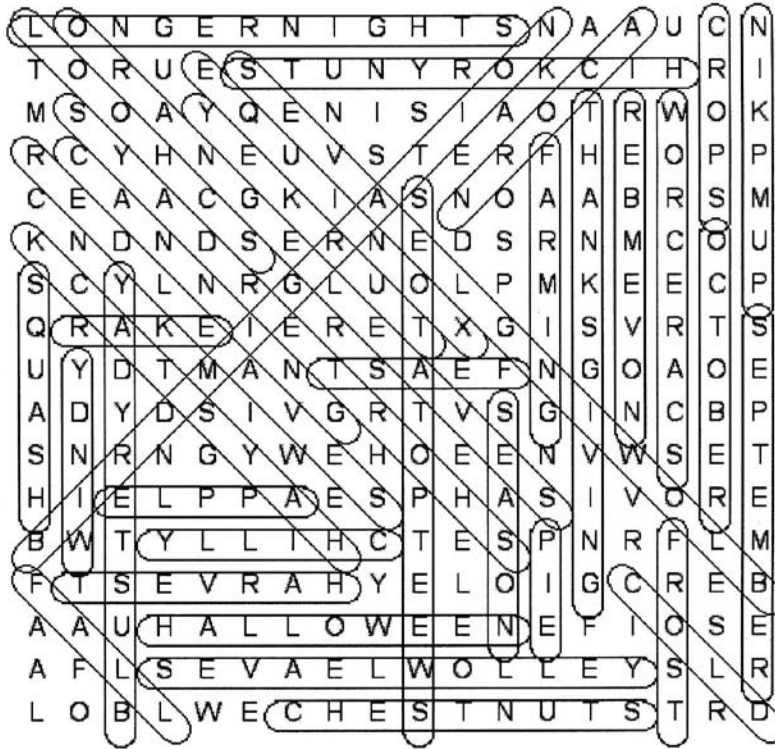
Down

- | | | |
|--------------------------|---------------------------|-------------------------|
| 1. Move sideways | 26. Single | 45. Felt cap |
| 2. Political unit | 28. Very small (Scottish) | 46. Affirm |
| 3. Traditional story | 29. Gratuity | 49. Relax |
| 4. Joke | 30. Perform | 50. Laconic |
| 5. The power to attract | 31. Box | 51. Mediterranean fruit |
| 6. Rear part of a ship | 32. Currency | 52. Rapidly |
| 7. Classic computer game | 33. Afresh | 53. Holy person |
| 8. Wonderment | 34. Reverse an action | 54. Funeral fire |
| 9. Fusillade | 35. Approach | 55. Petty quarrel |
| 10. Teeming multitude | 36. Young animal | 56. Elliptical |
| 11. Level | 37. Seabird | 57. Theatrical part |
| 12. Bird shelter | 40. Container | 59. Declare solemnly |
| 13. Squad | 41. Cook | 61. Zeal |
| 20. Berserk | 43. Hawaiian garland | 63. So far |
| 22. Aquatint | 44. Every one | 65. Prowess |

PUZZLE ANSWERS

Autumn

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



NUTRITION EDUCATION

Nutrition Education- Pumpkins

(From HealthCastle.com)

What will it be this year: Spooky face or smiling face? When most people think of pumpkins, it's carving that comes to mind. But instead of wondering how to carve your pumpkin this year, perhaps the question should be "roasted or sautéed?" The bright orange orb you love to carve deserves much more than a night of glowing glory, followed by a date with the dumpster. Pumpkins are brimming with great nutrition and promising health benefits.



Although it looks quite different from the familiar yellow vegetable you've often enjoyed alongside your favorite main dish, pumpkin is also a type of squash. The tough outer skin and sweet flavor of pumpkin are the distinctive trademarks of a squash harvested during cooler weather, often referred to as "winter squash." Other winter varieties like acorn squash, butternut squash, banana squash, and buttercup squash can be prepared in the same way as pumpkin.

Pumpkins are packed with beta carotene, an antioxidant with properties that can help improve immune function and reduce the risk for chronic diseases such as cancer and heart disease. A cup of cooked pumpkin has only 50 calories and nearly three grams of fiber, making it the perfect healthful addition to your autumn meal. Even better, while the flesh of the pumpkin packs nutritious power on its own, there's a good reason not to toss the seeds. Promising research suggests that the oil from pumpkin seeds can inhibit benign prostate growth.

October 2010 Breakfast Menu

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

- 1st Hard boiled egg, muffin, margarine, tomato juice and milk
- 4th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 5th Egg & cheese burrito with green chili & onions, margarine and milk
- 6th Cereal, cheese, margarine, V-8 juice and milk
- 7th Sausage & egg burrito with salsa, margarine and milk
- 8th Cereal, English muffin, jelly, hard boiled egg, cheese, tomato juice and milk
- 11th CENTERS CLOSED
- 12th Egg & cheese burrito with salsa, bacon and milk
- 13th Cereal, cheese, margarine, V-8 juice and milk
- 14th Cottage cheese, toast, jelly, V-8 juice and milk
- 15th Cereal, hard boiled egg, English muffin, jelly, cheese, tomato juice and milk
- 18th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 19th Ham & cheese biscuit, margarine and milk
- 20th Hard boiled egg, cheese, English muffin, jelly, hash brown patty, tomato juice & yogurt
- 21st Sausage & egg burrito with salsa, margarine and milk
- 22nd Cereal, toast, peanut butter, margarine, cheese stick, tomato juice and milk
- 25th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 26th Oatmeal, ham, margarine, V-8 juice and milk
- 27th Cereal, English muffin, margarine, cheese, tomato juice and milk
- 28th Egg & cheese burrito with green chili & onions, margarine and milk
- 29th Cereal, egg, cheese, bagel, margarine, tomato juice and milk

SENIOR CENTER LUNCH MENU

OCTOBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Chicken w/ Veggies Pasta & Sauce Broccoli Brownie Whole Wheat Roll Milk
4 Hard Shell Beef Taco (1) w/ Garnish & Salsa Spanish Rice Corn & Peppers Jello w/ Fruit Milk	5 Red Chili Stew Carrot Coins Tossed Salad Cornbread Pears Milk	6 Roast Beef Mashed Potatoes w/ Gravy Veggie Salad California Veggies Cherry Cobbler Roll & Milk	7 Baked Chicken Thigh Wild Rice Carrot Raisin Salad Biscuit Mandarin Oranges Milk	8 Dill Baked Fish Corn & Peppers Bread Stick Pears Yogurt Milk
11 ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	12 Tuna w/ Pasta Tossed Salad Crackers Peaches Milk	13 Chicken Provencal Steamed White Rice Spinach Whole Wheat Roll Tropical Fruit Milk	14 Red Chili Hot Dog w/ Garnish Potato Wedges Mixed Veggies Fresh Orange Milk	15 Sweet & Sour Pork Oriental Veggies White Rice Carrots Jello w/ Fruit Peanut Butter Cookie Milk
18 Hamburger Steak Mashed Potatoes w/ Gravy Green Beans Biscuit Cottage Cheese w/ Fruit Milk	19 Baked Ham Yams Broccoli Whole Wheat Roll Fresh Apple Milk	20 Green Chili Burrito Spanish Rice Salsa Corn Tossed Salad Spiced Apples Milk	21 Spaghetti w/ Meat Sauce Broccoli Garlic Bread Peaches Milk	22 Lemon Baked Rice Cucumber Salad Beets Spice Cake Milk
25 Chicken Fried Steak w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Apple Cobbler Milk	26 Green Chile Enchiladas Pinto Beans Calabacitas/Crackers Tossed Salad Jello w/ Fruit Milk	27 Meatloaf w/ Tomato Topping Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Tapioca Pudding Milk	28 BBQ Chicken Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding Milk	29 Baked Pork Chop Rice Pilaf Peas & Carrots Whole Wheat Roll Jello w/ Fruit Milk

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

Lunch is served at MEG 10:45 - 12:30, all other centers 11:00 - 12:30



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Division of Senior Services
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