

# ***The Senior Scene***

**Vistas de los Mayores**



**Division of Senior Services  
November 2010**

**Photo by Donald Bell**

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

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

**Administration**

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

**Nutrition**

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

**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  
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**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***

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Dear Seniors,

Happy Thanksgiving!!! Thanksgiving is the perfect opportunity to reflect on the many blessings in our lives. As seasons, birthdays, holidays, etc. go by we tend to get caught up in "life" and experience, at some point, a time when either loved ones or ourselves are in need of medical care. It is for this reason I would like to take this opportunity to thank all those individuals who have chosen a career in the medical field. Every day these dedicated individuals are exposed to various levels of disease and/or injuries, face patient life and death situations, utilize their expertise/skills to enhance the quality of life for others, provide physical/mental support, etc. then go home only to return on their next shift to do it all over again. Yet, even though these working conditions are extremely stressful, these individuals always seem to be enthusiastic, optimistic, encouraging and comforting towards their patients thereby improving the patient's morale which, in many cases, has proven to assist the patient in reducing recovery time. I honestly do not know how anyone could go on without these committed medical individuals who take care of us when we are placed in their care. Therefore, I am extending a sincere appreciation and heartfelt thank you to all medical personnel, thanks for being there for us as we truly could not get through life without you!

This is also the season to celebrate and be grateful for all that we have as Americans. Throughout our history, America has been protected by patriots who cherish liberty and have made great sacrifices to advance the foundation of freedom. Veterans Day is dedicated to the extraordinary Americans, who represent the very best of our Nation and who protected our freedom in years past along with those who protect it today. Every Soldier, Sailor, Airman, Marine, and Coast Guardsman has earned the lasting gratitude of the American people, and their service and sacrifice will be remembered forever. Whether a grandmother, grandfather, mother, father, brother, sister, niece, nephew, etc. we all know of someone in our families that has served this country and we as citizens who have benefited from their efforts should take time to give a special thanks to all our Veterans for giving of themselves so that we may continue to live in a free society.

At this time, I would like to extend a personal invitation to everyone to come and join us for nutritious and enjoyable meals at our various centers especially on Wednesday, November 17 when we will be celebrating with our annual Thanksgiving meal. Please be advised that our centers and offices will be closed on Thursday, November 11 in observance of Veteran's Day and again on Thursday and Friday, November 25 and 26 in observance of Thanksgiving.

I would like take this opportunity to wish each and everyone a Blessed Thanksgiving and May 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 to MEG center to 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.

**We will print cards on the following days:**

**November Dates: 9, 16, 21 and 30**  
**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.

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)  
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office

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. For Santa Fe Ride call 955-2002. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures **No Services on Veterans Day - Thursday November 11, 2010**

**No Services on Thursday or Friday, November 25 and 26, in observance of Thanksgiving**

# 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.	November 3, 10, 17, & 24
Also, Thursdays	12:30 - 3:30 p.m.	November 4 & 18

## SENIOR CENTER MEETINGS

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

## SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (at Luisa)	Wednesday	November 17	9:30 a.m.
Travel Committee	Thursday	November 18	8:45 a.m.
Senior Activity Corp.	Thursday	November 18	10:00 a.m.
Transportation	Tuesday	November 9	9:00 a.m.
Nutrition	Tuesday	November 9	10:00 a.m.
Senior Olympics	Wednesday	November 10	9:30 a.m.
RSVP Advisory Cmt.	Tuesday	December 14	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:

<b>M.E.G. Center</b> - First and Second Tuesday	November 2 & 9	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thursday	November 4	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thursday	Cancelled-Holiday	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo</b> - Third Tuesday	November 16	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thursday	November 18	11:00 a.m. to 12:00 noon

# NEWS & VIEWS

## Center Closures in November

Please note that all senior centers will be closed on Thursday, **November 11th**, in honor of Veterans Day, and on Thursday and Friday, **November 25th and 26th**, for the Thanksgiving holiday.

## Time to Get Your Benefits in Order

Between now and November 10th, 2010, New Mexico government retirees have to choose their health insurer for 2010.

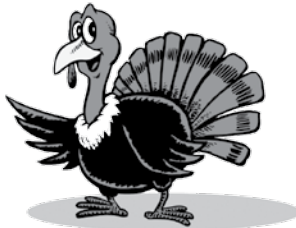
Also, the annual "open season" for Medicare beneficiaries to select their 2011 health plan/ drug plan runs November 15th through December 31st, 2010.

Open enrollment to sign up for Medicare Advantage Plans, which cover medical care and prescriptions, runs from November 15th, 2010, through March 31st, 2011.

If you have questions or concerns regarding your benefits, you might want to make an appointment with a benefits counselor. The counselor is a volunteer, trained and supported by the Aging and Long-Term Services Dept. and consultations are free and private.

Please see page 5 to make an appointment with the benefits counselor, or call 955-4721.

## Happy Thanksgiving!



## 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 November 10th.

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

## Flora's Corner

(Submitted by Santa Fe senior Flora Leyba)

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles...they don't flock, you find them one at a time." – Anonymous

## 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.

## Daylight Savings

Don't forget to turn your clocks back an hour on Sunday, November 7th, because Daylight Savings ends.



## 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.

## Please Donate Old Cell Phones

If you have an old cell phone, please drop it off at the MEG Senior Center at 1121 Alto St. We send the phones to the 911 Cell Phone Bank where they are reconfigured to only call 911, and we give them to vulnerable seniors. For details, call Kristin at 955-4760.

# NEWS & VIEWS

## Presents Needed for Local Seniors



If you are able and willing to purchase a holiday gift for a senior in need, please join us. There are big Christmas trees at several locations, covered with paper ornaments. The ornaments have a senior's name on them and a list of several items that senior would like for the holidays. You can select any or all of the requested gifts and just follow instructions on the tree.

- Wal-Mart on Cerrillos Road November 11th through December 14th.
- Christus/St. Vincent Hospital November 12th through December 15th.
- Betty Ehart Senior Center in Los Alamos November 10th through December 12th.

If you enjoy wrapping gifts, you are invited to a gift-wrapping party on Friday, December 17th from 1:00 to 3:00 p.m. at the Mary Esther Gonzales Senior Center, 1121 Alto Street.

Home Instead Senior Care is responsible for providing this wonderful opportunity to get gifts to seniors who might not otherwise receive presents. For more information, contact Chico Marquez, Community Service Representative with Home Instead Senior Care at 471-2777.

## Council on International Relations

(From <http://sfcir.org>)

The Santa Fe Council on International Relations is a non-profit educational organization dedicated to promoting the understanding of international issues and cultural affairs and to promoting "grassroots diplomacy." They provide discussion opportunities, lectures, seminars, travel opportunities, student outreach activities and international visitor meetings.

Upcoming events include Professor Lawrence Wilkerson on "Why a Dramatic Change in U.S./Cuba Policy is More Important than Ever" on Saturday, November 13th at 3:00 p.m. at The Forum, Santa Fe University of Art and Design (formerly College of Santa Fe), 1600 St. Michael's Drive. The cost is \$15 for CIR members and \$20 for non-members & guests. Call 982-4931 for information.

## Alzheimer's Foundation of America

The Alzheimer's Foundation of America (AFA) will host its annual Commemorative Candle Lighting on November 14th. This is a national event that unites communities across the country in lighting Candles of Care to remember and honor individuals affected by Alzheimer's disease- and to shed light on the rising incidence of the brain disorder. To hold a ceremony, sign up at [www.candlelighting.org](http://www.candlelighting.org).

The AFA also supports National Memory Screening Day on November 16th. Organizations across the country provide free, confidential screenings to individuals concerned about memory problems. For information, go to [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org)

## Philips Lifeline Emergency Button

You may have seen advertisements for buttons a senior can wear on a cord around the neck or as a bracelet, to push in case they fall. There are many companies that offer these devices. Philips Lifeline is one of them.

With the Lifeline Medical Alert Service, access to help is available 24 hours a day, 7 days a week. In the event of a fall or medical emergency, seniors press their Personal Help Button and they will be connected to a trained Personal Response Associate who will assess the situation and send help. There is now an additional service which detects when a senior has a fall, in case they are unable to push the button themselves.

There are fees associated with these products, but they could save a life.

For more information, call (800)451-0525, or go to [www.gotolifeline.com](http://www.gotolifeline.com).

## Hepatitis C Support Group

Peer support is offered for people with Hepatitis C. Whether you are newly diagnosed, considering treatment, undergoing treatment, post-treatment, or simply living with Hep C, you are invited to this free, confidential group.

Meetings are held at Women's Health Services at 901 West Alameda, usually on the third Monday of the month, 1:00 – 2:30 p.m. Call Sandy at 629-4802 for details.

# NEWS & VIEWS

## Family Caregiver Conference

The 6th Annual Family Caregiver Conference will be held in ABQ on Saturday November 6, 7:30am-4:00pm at the Sandia Resort and Conference Center.

Registration is free to caregivers. Respite is provided on-site or reimbursement for at-home respite (must register/sign up for all respite care services). The registration fee is \$25.00 for professionals.

Nominations are being accepted for the 2010 "Marian Vallejos Caregiver of the Year Award". For more information and to register, please contact the New Mexico Chapter of the Alzheimer's Association at 505-266-4473 or <http://www.alz.org/newmexico/>

## Add Some Color to Your Life

A very colorful gentleman living in the Luisa Senior Housing seeks to add a few people into his life.

He needs at least one senior to help him edit and finish writing a book he is working on about La Llorona, the Weeping Woman. The work could include searching and applying for grant opportunities to pay said helper for his or her time.

He would also like to begin a sort of telephone "chat room" (he has no internet access). He'd enjoy having a few people whom he could call, or who would call him swap stories, share opinions and reminisce about Old Santa Fe. If there's anyone out there with a car who might like to drive him on day trips, he will pay for gasoline and regale you with stories from his 80-year life.

For more information about any of these options, please call him: Eduardo Garcia Kraul at 995-9717.

**We at Senior Services are thankful for our wonderful seniors.**



## 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, **November 16<sup>th</sup>**.

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



## Macular Degeneration Information/Support Group

The Macular Degeneration Information and Support Group is on an indefinite hiatus.

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

## Aging Gracefully

(By Chimayó senior Emily Lujan)

In my observations of the seniors I am involved with in my arts & crafts class, and in my own personal life, I realize that seniors can age gracefully if we follow a few simple rules, such as:

1. Life is a journey. Aging is a gift from God. Seniors do have a future and a purpose in life.
2. Senior identity is important and we must all have education and health.
3. We must think about what are our main interests and plan on pursuing them as best we can. We must write everything down so that we can remember our plans.
4. We must encourage others to pursue their purpose in life.
5. We must make a difference in our lives. We must have ambition, accomplish all that we can and make our lives the best quality that we can.
6. We must remember, winter may be on our heads, but spring is in our hearts!



# NEWS & VIEWS

## Restaurant Review Stella's Thoughts

This month we are going to visit Celebrations. The restaurant is located in St. Michael's Village West at 1632 St. Michael's Drive, their telephone number is 989-8904, and their website is [www.celebrationssantafe.com](http://www.celebrationssantafe.com).



Celebrations is open for breakfast from 7:30 am - 11:00 am Monday – Sunday; lunch is served from 11:00 am – 2:30 pm Monday - Saturday; Sunday brunch is served 11:00 am – 2:30 pm on Sunday. They are open for dinner 5:00 – 8:30 Thursday through Saturday and 5:00 to 9:00 on Sunday. They also offer catering. I talked with the Hostess Mahisha.

**PARKING:** Celebrations has two handicapped spaces in front of the restaurant and plenty of additional parking in St. Michael's Village West.

**SEATING:** Celebrations seats 85 people. Inside they have tables and booths. Outside they have a patio area with tables that have umbrellas and comfortable cushions on the chairs. I did need a cushion for the chair at the inside table. One was readily available for me.

**SILVERWARE/GLASSES:** Coffee cups are small and easy to handle. Glasses are small and easy to drink out of. Management is attuned to the needs of seniors. There was plenty of space for my 3-wheel walker.

**BATHROOM:** The bathroom door was too heavy for me to open. Once inside, the bathroom was very clean, spacious and handicap accessible.

**WAIT STAFF/ATMOSPHERE:** The atmosphere at Celebrations is soothing and the service is excellent. The paintings on the wall are delightful. "Grandpa" (a stuffed figure) is always sitting at the entrance. He changes his clothes on special occasions.

**LOW SODIUM ENTREES:** The chefs at Celebrations are ready to adjust your salt and sugar levels whenever possible. They will also adjust your salad dressing to your liking.

**FOOD/PRICES:** The Breakfast menu is very reasonable with prices from \$5.95 to \$9. They serve omelets, Northern New Mexico Plates, sweet things and specialties. The lunch menu

includes soups & salads, five all-day breakfast items, sandwiches & burgers, specialties, and northern New Mexico plates. Prices range from \$8 to \$10. Sunday Brunch menu includes waffles, pancakes & blintzes; breakfast entrees; specialties & salads, burgers; and northern New Mexico plates. Prices range from \$9-\$11. Their portions are very generous and you can make substitutions or split portions without an extra charge.

Celebrations offers wine by the glass from \$7 - \$10; \$4 for bottles of beer; and \$5 pints of draft from Santa Fe Brewing Company.

All deserts are homemade and the menu includes chocolate cake, flan, lemon tart and tres leches. They cost \$5 except the tres leches cake which is \$6,

I was impressed by Celebrations' sensitivity to seniors' needs. I went to their Sunday brunch and enjoyed it thoroughly. - Stella

## Reverse Mortgages – HECM Saver Program

John Ruybalid,  
Vice President/  
Reverse Mortgage  
Specialist with Quest  
Mortgage in Santa  
Fe, will present a  
free workshop called  
"Reverse Mortgages  
– New HECM  
Saver Program"



on Saturday, November 6 at 10:30a.m. in the Community Room of the Southside Branch of the Santa Fe Public Library. For more information or to reserve a seat, please call John at 690-1029.

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

# NEWS & VIEWS

## Eldorado Adam Senior Center News

(By Cathy Berkley, Adam Center Director)

Thanksgiving will come a little early to the Adam Senior Center this year. We will be having our annual Thanksgiving lunch on Friday, November 12th, instead of during the week of Thanksgiving. We will feast on real roasted turkey (not just a pressed turkey breast) and all the other "fixings", including some items flavored with herbs from our own organic garden, and perhaps even some winter vegetables from there too. As usual this will be prepared at the Center by Cindy, our renowned cook. All of this for a small suggested donation of \$1.50 per senior! Seating is limited to 60 by the fire marshal, so make your reservations early by calling 466-1039.

We will be hosting a "Junquetique" sale at the Center on Saturday, November 20th, from 9:00 a.m. to 3:00 p.m. There will be lots of wonderful craft items for sale along with some gently loved items looking for new homes. If you would like to be one of the sellers, please call the Center at 466-1039. Tables are available for a fee of \$10 each and could be shared by two vendors if you'd like. Set up will be from 2-4 on Friday, November 19th. Only interested in buying? Just show up on Saturday! Come prepared to have a great time!

Because early voting is being held at the Center from Oct 16th-30th, we have postponed the start of the fall painting classes until November 2nd. Classes will still meet on Tuesday afternoons from 1:30-3:30, but because we are starting in November, they will conclude after the Christmas break. Both classes currently have wait lists, but Janet Amtmann, our talented instructor, has assured me that she will offer them again in the spring.

## Happy Birthday, FGP and SCP Volunteers!

The volunteer programs would like to wish a very happy birthday to the Foster Grandparent and Senior Companion volunteers born in the month of November:

Joanne Valdez	11/12
Bernadette Sandoval	11/16
Fabiola Sandoval	11/17
José Ortega	11/22



## "The Voices for Cristo Rey Church" Event

Cristo Rey Catholic Church is celebrating. A special program will be held at the church on Sunday, November 21st from 1:00 to 3:30 p.m. to celebrate the 70th anniversary of the founding of the parish.

The church, located on Upper Canyon Road, is one of the largest adobe structures in the country and was designed by famous New Mexico architect John Gaw Meem. It turned out to be the crown jewel of churches of the Spanish-Pueblo revival period and a treasure in Santa Fe. The reredo (altar screen) is carved from white native stone and is marveled as the finest piece of sculpture of Spanish-American art.

Monsignor Jerome Martinez y Alire from the Cathedral Basilica of St. Francis of Assisi will speak about the construction and history of the church and will relate many stories about this famous building.

"The Voices for Cristo Rey" will also include a musical program with Mariachi Buena Ventura; the Children's Choir and marimbas from the Cathedral Basilica; the Bell Choir from Santa Maria; the Cristo Rey Choir; and the guitar music of George Anaya, Jr. There will be special appearances by previous Cristo Rey pastors and associate pastors.

The event is free and open to all. For more information, please call Fran Dunn at 989-9668.

## Veterans Benefits Presentation

Please join us for a presentation about benefits that military veterans may be entitled. Henry Urioste, of the Northern New Mexico Chapter of the Vietnam Veterans of America, Inc,

will share some of his vast knowledge on the subject. If you are an American veteran, or you know someone who is, we invite you to come to this talk and learn about available benefits many people are unaware of.

Join us on Thursday, November 4th at 9:00 a.m. at the Mary Esther Gonzales Senior Center, 1121 Alto St. The Retired Senior Volunteer Program (RSVP) is sponsoring this presentation, to honor our veterans. The event is free and open to all.



# NEWS & VIEWS

## A Message from Community Services Department Director Isaac Pino

Dear Senior Citizen Participant,

It has been quite some time since we have reviewed how well we are doing when it comes to providing quality services. We need your help! We want to improve the quality of services in any way possible based on the feedback that we receive from you and your peers.

At every Santa Fe City and County senior center is a simple survey. It may look long but allows you to simply check a box and/or rate the services being provided by the City's Senior Services Division. We want to understand the individuals we are serving, if you are aware of what services are available, how often you participate in these programs, and how we can improve.

It is imperative that we work as a team to improve these wonderful services that are currently being offered by the City of Santa Fe. We can only accomplish this with your help. We have set up secured boxes throughout all the senior centers where you can return the surveys. Please be assured that your responses are confidential. We will be conducting this survey beginning through November 12th, 2010. My office will be picking these up on a weekly basis or you can mail them straight to my office:

City of Santa Fe - Community Services  
Attn: Isaac Pino, Director of Community Services  
Post Office Box 909 Santa Fe, NM 87504-0909

We look forward to hearing your responses. We will collect the data and share with you all what was discovered through this process.

Sincerely,  
Isaac Pino, Director,  
Community Services Department



## Bienvenidos Outreach

This holiday season, please consider supporting Bienvenidos Outreach, a local non-profit which distributes commodities, lunches and clothing to those in need. You may volunteer at their building on Fifth St, or help collect food from local stores, or donate funds to help them pay the heat bills.

Please call them at 986-0583.

## Senior Olympic Spotlight



The Santa Fe Senior Olympic Committee and I are committed to making the 2011 local Olympic events bigger and better than ever before!

Currently we are looking for two volunteers to be on our Senior Olympic Committee. If you are interested please submit your resumé to Cristina Villa at the MEG Senior Center, or please call 955-4725.

The Senior Olympic Committee is also 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. Event Managers are needed for Table Tennis and for Tennis.

If you are interested in managing any of these or any other Olympic events, please call Cristina Villa at 955-4725.

Please join us for these upcoming events:

### State Basketball 3-on-3 Tournament

Genoveva Chavez Community Center  
November 5th – 7th

### Kick-Off Registration for Local Games

Mary Esther Gonzales Center  
Monday, January 10th, 2011

We welcome new faces and hope to see you there.

-Cristina Villa,  
Senior Olympics Coordinator



# **November is National Caregiver Month & National Alzheimer's Disease Month**



City of Santa Fe Division of Senior Services  
Caregiver Support Group

Presented by:  
Mark Narvaez, Alzheimer's Association  
Program Director

“Care of the Caregiver”

This session will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals.

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

New faces welcome and we look forward to seeing you at our  
Mary Esther Gonzales Senior Center  
located at 1121 Alto Street  
on Tuesday, November 16, 2010  
from 1:30 p.m. to 4:30 p.m.

Refreshments will be provided!

For reservations, please call  
Theresa Trujillo at 955-4745



City of Santa Fe



alzheimer's   
association™

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



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

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

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

### Feed the Body and the Soul

The soul cannot thrive when the body is hungry. There are several non-profit organizations in Santa Fe through which volunteers distribute food to those less fortunate, and the volunteers' souls are fed.

Food Depot is a clearinghouse for food which is distributed to other organizations. Volunteers assist with community education and warehouse repackaging of groceries.

There are four organizations which hand out bags or boxes of groceries directly to families or individuals. Bienvenidos Outreach, Inc has volunteers who pick up food donations from stores; pack boxes of assorted items; process paperwork with clients; or sort the donation room of free clothing. Faith at Work volunteers provide wrap-around services, including resource referral, clothing and furniture donations, and food. Food for Santa Fe volunteers meet very early on Thursdays to hand out 1,100 bags of food to those who drive through their line. ECHO, the Economic Council for Helping Others, brings a truck of commodities to Santa Fe once a month. Volunteers process paperwork; call out client numbers; or help with traffic flow and loading boxes into cars.

Call Kristin at 955-4760 to learn more.

### Help the Health Care Providers

Healthcare professionals are almost always overworked and under supported. In order to provide clients with focused care, they need volunteers to assist with some of the additional duties.

Hospitals, such as Christus St. Vincent and the Española Hospital, have busy auxiliaries which always need more members to work the gift shop, information desk, coffee cart, waiting rooms and admitting desks. The Cancer Center at Christus St. Vincent uses volunteer support staff. The Public Health Clinic uses volunteers as greeters at the front desk. Villa Therese Clinic seeks bilingual volunteers to help clients fill out forms.

Retirement communities' assisted living areas and nursing homes seek volunteers to assist with scheduled activities, give performances, visit with residents who have no family, and participate in special events. We place volunteers in Santa Fe Care Center, Casa Real Nursing Home, Rosemont Assisted Living, Open Hands Adult Day Services, Sierra Vista Alzheimer's Community, among other facilities.

End-of-life care is provided at PMS Hospice and Odyssey Hospice. At PMS, trained volunteers visit with patients to ease their suffering. At Odyssey, volunteers make crafts to brighten the bedsides of patients.

Call Kristin at 955-4760 to help.

### Warm Snuggles for the Cold Winter

Volunteer with Felines and Friends New Mexico cat rescue to help abandoned cats find "forever homes". Or, volunteer to foster a cat to keep you warm and cozy all winter long. What better way to be loved, decrease your blood pressure and boost your general health and happiness?

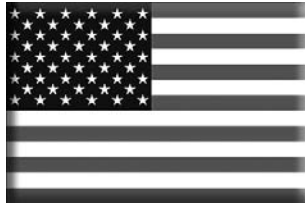


Please call Kristin at 955-4760 if you'd like to support the cause of cats.

## **RSVP** *THE RETIRED SENIOR VOLUNTEER PROGRAM*

### **An Event for Our Military Veterans**

In honor of the many seniors (registered as volunteers or not) who are military veterans in our community, the RSVP program has arranged for a presentation about veterans benefits. Henry Urioste, of the Northern New Mexico Chapter of the Vietnam Veterans of America, will speak about some of the many benefits military veterans may be entitled to, and how to access those benefits if you qualify. Please tell all the veterans you know about this wonderful opportunity.



**Veterans' Benefits Presentation**  
**Thursday, November 4th 9:00 a.m.**  
**MEG Senior Center, 1121 Alto St.**

### **Volunteers Margaret Gonzales and Carmen Marquez Give 24 years!**

Our terrific volunteers, Margaret Gonzales and Carmen Marquez have been feeding the hungry in Santa Fe for almost 24 years. They were two of the original volunteers at Food for Santa Fe, long before it was even called Food for Santa Fe!

If you have been with a particular volunteer activity for ten years or more, please let the RSVP staff know, so we can brag about you in our next newsletter.

### **We Still 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. (but enter from Columbia St., off of St. Francis Dr.) If you come by, please call first to make sure we are in- call 955-4760 or 955-4743. Thanks very much.



## **Birthdays this Month**

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

## **November**

Lillian Alexander	Ralph Lomax
Elvira Apodaca	Cecilia Lopez
Ercilia M. Brazil	Cipriano Maez
Bernard A. Brock	Andrew R. Medina
Denise Casados	Paul Medina
Alvino E. Castillo	Carmen L. Ortiz
Griselda Chavez	Mary Chon Pacheco
Mary Lou Chavez-SCVP	Lucy R. Padilla
Robert P. Coyle	Alison Peterson
Connie C. Duran	Connie Prada
Anna Mae Gallegos	Viola Quintana
Cristella M. Gallegos	Johnny R. Roybal
Jose J. Gallegos	Joseph K. Ruthledge
Corrine E. Garcia	Bernadette Sandoval
Efren Garcia	David R. Schell
Janet Garcia-SCVP	Margaret M Smith
Nola M. Gilmore	Joseph Stuart
Robert M. Gonzales	Victor Teng-SCVP
Rudy F. Gonzales	Tillie D. Trujillo
Richard Keeffe	Bernie Ulibarri
Patricia Kuhlhoff	Georgia Watkins
Tom Ledwith	Liz Williams

# 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	<b>CHIMAYO</b> Monday Tuesday Wednesday	1:00 pm 1:00 pm 1:00 pm	Exercise (Class) Wood/Straw Tai Chi Fitness Equipment Pool & Ping Pong Line Dance (Adv.) Ceramics Sewing Open Crafts Line Dance (Beg.) Singing Trio Zumba Dance	<b>PASATIEMPO</b> 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 Leatherwork Art Class Creative Writing Fitness Equipment Board Games Card Making	<b>EDGEWOOD</b> Monday Tuesday Tuesday Wednesday Thursday Tuesday Mon. - Fri. Mon. - Fri. Friday	12:30 pm 12:30 pm 12:30 pm 12:30 pm 1:00 pm 10:00 pm 9:00 am	Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Ceramics	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 1:00 pm	Weaving Ceramics Wood/Straw Shopping/Errands Tinsmithing Walking	<b>SANTA CRUZ</b> Tuesday Monday Tuesday Thursday Wednesday Wednesday	9am/12:30pm 12:30 pm 12:30 pm 12:00 pm 1:00 pm 9:30 am
Pool Sounds of the Past Sing-A-Long (Span.) Guitar Lessons Line Dance (beg) Bingo Movie Day Exercise Class Line Dancing (Beginner)	<b>LUISA</b> Mon. thru Fri. Monday Tuesday Wednesday First 3Thurs of Mon. Friday Last Thurs. of Month Friday Thursday	8:00 am 12:30 pm 11:45 am 9:00 am 2:00 pm 1:00 pm 1:00 pm 9:45 am 1:00 pm	Art Class Exercise Bingo Bridge	<b>VENTANA DE VIDA</b> Tuesday Mon./Wed./Fri. Monday Sunday	1:00 pm 9:00 am 1:15 pm 1:00 pm
Guitar (Beg.) Fitness Equipment Pool/Cards Hospice Crafts Yoga/Tai Chi Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day Computer Class Brain Dance	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday Once a Month Mon./Wed. Thursday Tuesday Wed./Fri. Thursday Friday Friday 1 <sup>st</sup> Fri. of Month Call 955-4721 Thursday	9:00 am 8:00 am 8:00 am 1:00 pm 3:30 pm 1:00 pm 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am 2:00 pm 1:00 pm Varies 1:30 pm	Ceramics Bingo Wood/Straw	<b>VILLA CONSUELO</b> Mon./Wed. Tues./Thur. Wednesday	9:30 am 11:00 am 12:30 pm
			Chair Yoga (\$5-\$10) Hatha Yoga (\$5-\$10) Computer Class Painting Strength Training Movie Day	<b>ELDORADO</b> Monday Wednesday Monday Tuesday Wednesday 2nd & 4th Thurs.	<b>COUNTY-RUN</b> 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
Edgewood(card making)	9:00 am	Friday

## 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
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 <sup>nd</sup> & 4 <sup>th</sup> Thur.

## OPEN ARTS & CRAFTS

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

## POOL/CARDS

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

## QUILTING/SEWING

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

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

## TAI CHI

Pasatiempo	9:00 am	Thursday
Eldorado	10:15 am	Wednesday

## TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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## WEAVING

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

## WOOD/STRAW APPLIQUE

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

## WRITING

Edgewood	10:00 am	Tuesday
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## YOGA

Eldorado (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

## Happy Thanksgiving!



### Closure Days in November

All Senior Centers will be closed on Thursday November 11th in observance of Veterans Day, and on Thursday and Friday November 25th and 26th in observance of Thanksgiving. There will be no services at any Santa Fe City or County Senior Center during these three days in November.

### Movie Days MEG Senior Center

Friday, November 5th  
at 1:00 p.m.

"An Old-Fashioned Thanksgiving"

Called a "sweet, uplifting holiday film", this story of family and forgiveness is based

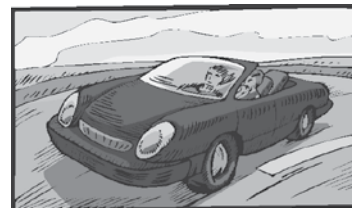
on a short story by the acclaimed author of Little Women. Recently widowed Mary Bassett (Helene Joy) and her three children have hit difficult times on their farm. Things are so bad this year that they can't even afford a turkey for their Thanksgiving dinner. Suddenly, Mary's wealthy and estranged mother Isabella (Jacqueline Bisset) comes to visit. Although she finds a kindred spirit in Mary's eldest daughter Tilly (Tatiana Maskany), Mary resents her mother's attempts to help them out of their financial difficulties. In the end, more than money will be needed to heal the emotional wounds that exist between mother and daughter in this moving and inspirational period drama.

(Approx. 88 minutes – not rated)



### AARP Driver Safety Program

Sign up for the next AARP's Driving Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course will meet from 1:00 to 5:00 p.m. on Tuesday, December 14th to go over safety tips for seniors on the road.



New Mexico insurance companies give discounts to individuals age 55 or over, who take the course. You must complete the (4) four hour course in order to obtain a certificate and you must renew your certificate every three years to keep the discount. The fee to cover materials is \$14.00. However, if you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

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

### 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, November 10th from 9:00 a.m. until all the goodies are gone.



### November Celebrations

#### Birthday

Everyone is welcome to come celebrate "November Birthdays" with cake at the following senior centers:

El Rancho: Wednesday, Nov. 17th Noon

Edgewood: Thursday, Nov. 18th, 12:30 pm



### Art Class at MEG Center

If you are interested in participating in an art class at the Mary Esther Gonzales Senior Center (to be taught by a volunteer art instructor) please call Lugi at 955-4711 for more information.



# ACTIVITIES *for this month*

## Mobile Health Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County. The staff nurse is Angela Thorndyke, RN, BSN. You may call her at 231-2382.



## November Schedule:

- 1st - Casa Rufina 10-3
- 2nd - Santa Cruz Center 10-2
- 3rd - Rio en Medio Center 10-2
- 4th - Nambo Pueblo Wellness Center 10-3
- 6th - Stanley Post Office 10am-3pm
- 9th - Pojoaque Fire Dept 1pm-6pm
- 10th - Eldorado Adam Senior Center 10-2
- 15th - Pasatiempo 10-3
- 16th - Chimayo 10-2
- 17th - Glorieta Baptist Church 10-3
- 18th - Edgewood Senior Center 10-2
- 19th - Eldorado Adam Senior Center 10-2
- 22nd - El Rancho Center 10-2
- 23rd - Ventana de Vida 10-3
- 24th - Luisa Center 10-3
- 29th - Camino Jacobo 10-2
- 30th - Bethel Com. Storehouse 10-2

## Next DSS Dance to be held in December

There will not be a D.S.S.-sponsored dance during the month of November, but make plans to attend the December 16th dance.

## Growing Young into our "Golden Years"

Train your brain to function at its highest level, either sitting or standing.

Brain dance classes are held at 1:30 p.m. twice a month at the MEG Center with Volunteer Dance Instructor Claire Rodill. For the two dates in November, please call either 955-4711 or 955-4721.

## Bingo Fall Special

at Ventana de Vida Senior Center

During the month of November, door prizes will be given out during bingo. 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.



Ventana de Vida's bingo is on Mondays, from 1:15 until 3:00. So come join us... we are a nice bunch. Our caller, Patricio Garcia makes our bingo fun, and we have an all around good time.

## No Movie at Luisa in November

## Dahn Yoga (Energy) Yoga Class

This class is held once a month (at 3:30 p.m.) in the back dining area of the M.E.G. center. If you are interested in this energetic class, please call 955-4711 to find out what Thursday in November the class will be held.

## Free Hair Cuts for Seniors at Two Centers

Seniors, men and women alike, are invited for a free hair cut by a licensed cosmetologist. Ms. Guillen graduated from cosmetology school and wishes to provide this free service to seniors at both the MEG and Luisa Senior Centers (starting at 10:00 a.m.). The November schedule is as follows:



- Mary Esther Gonzales Center:  
Wednesday, November 3rd and 10th
- Luisa Senior Center:  
Tuesday, November 16th and 30th

## Sewing Class

Looking to pass the time? We invite you to join the MEG Center sewing class. This fun-loving group does all kinds of sewing, including alterations.



Classes meet from 9:30 a.m. to 12:00 noon on Thursdays (except the second Thursday of each month). Please call 955-4711 with any questions regarding this class.

## Edgewood Holiday Arts & Crafts Fair

Save the date for the annual Holiday Arts & Crafts Fair at the Edgewood Senior Center (on Quail Trail in Edgewood) on Saturday, December 11th from 9:00 a.m. to 3:00 p.m.

Just \$10.00 will buy you a vendor table (selling area). If interested or for more information, please call Montella at 1 (505) 281-9367 or 1 (505) 281-2515.

## Medicare Seminars

There will be informational Medical Seminars presented by Ty Stacy with the Liberty National Company during the month of November. These seminars will cover the following topics:

Original Medicare

Medicare Advantage

How the new health laws will affect seniors

How Medicare Part A and Part B work

Medicare Part D

The schedule of seminars is as follows:

- Ventana de Vida – November 10th 10:30
- MEG Center - November 10th at 10:30
- El Rancho– November 15th at 10:30a.m.
- Pasatiempo – November 16th at 10:30a.m.
- Rio en Medio – November 17th at 10:30a.m.
- Santa Cruz – November 17th - 11:00 a.m.
- Chimayo – November 17th at 12:30 p.m.
- Edgewood – November 18th at 10:30 a.m.

Plan on attending to receive valuable information regarding changes in Medicare.

## Thanksgiving Lunch at Senior Centers

Please join us at any of the Santa Fe City or County senior centers for a traditional Thanksgiving meal on Wednesday, November 17th. We will have turkey with gravy, stuffing, green beans, cranberry salad, pumpkin pie with topping, a roll, and milk.

The price for seniors is just the usual suggested donation of \$1.50. Let's be thankful together.

## Diabetic Footwear and Fitting Presentation

sponsored by

Foot & Ankle Association Inc.

Edgewood Senior Center

Wednesday, November 3rd at 11:00 a.m.

Join us and take advantage of this informational presentation and diabetic footwear.

## Weekend Bingo at Pasatiempo

Residents of the Pasatiempo Senior Center at 664 Alta Vista St. will be hosting a Bingo on Sunday, November 21st from 1:00 p.m. – 4:00 p.m. The price is \$10.00 for package

Also, buy their Frito Pies for \$5.00. Everyone is welcome!

## Villa Consuelo Thanksgiving Potluck

Come enjoy the food and friends at the monthly potluck hosted by the residents of Villa Consuelo Senior Center at 1200 Camino Consuelo. Join us on Thursday, November 18th, starting at 11:30. The cost is \$3.00 per person, and proceeds benefit the senior center.

We will be serving turkey with stuffing, mashed potatoes, yams, veggies, a roll, red chili and pumpkin pie!

## White Elephant Sale

Don't miss this year's White Elephant Sale! Come to the Villa Consuelo Senior Center at 1200 Camino Consuelo on Wednesday, November 10th, 9am - 12pm.

This is an opportunity to purchase great new and used items that are in good working condition. Come bring an item and find your treasure.

## Pasatiempo Pancake Breakfast

Join us at the Pasatiempo Senior Center, 664 Alta Vista St. on Saturday, November 6th between 8:00 and 11:00 a.m. for a terrific start to your day.

The cost is \$5.00 a plate, and it is the best breakfast deal in town!

# HEALTH & SAFETY

## Clutter

(From Home Instead Senior Care)

You enter your dad's home and can't believe the stacks of stuff that have accumulated on every flat surface: piles of newspapers and mail everywhere, the medicine cabinet overflowing with 10 years worth of hair spray (despite his being bald), heaps of dirty laundry on the bed so there is no place for him to sleep. You wonder how it got this bad.

"A lifetime accumulation of possessions combined with a daily influx of junk mail, bills and newspapers can quickly overwhelm seniors who may already be struggling physically, mentally or emotionally," said Home Instead Senior Care Co-Founder Paul Hogan.

Experts say that seniors are prone to cluttering for a variety of reasons, including fear of loss, anxiety, depression, not knowing how to get rid of possessions, or even memories associated with specific items that hold no intrinsic value.

"It's sort of the elephant in the room," added Dr. Catherine Roster, a University of New Mexico clutter researcher. "People don't want to acknowledge there is a problem, which creates an underlying anxiety, stress, guilt or embarrassment that can have a negative effect on their mental health and productivity. There are a lot of issues including economics. When there is general disorganization, people lose important documents and can't find bills and then miss payments. So some serious issues start affecting them. All the research shows that people are slow to recognize the problem."

And for seniors, the risks of living in clutter are many, from slipping on loose papers to the threat of fire, to the health effects of mold and mildew. Clutter can also interfere with family relationships. In order to identify potential trouble, the Home Instead Senior Care network is alerting family caregivers to watch for the signs in a senior's home that indicate clutter creep could become a problem. Look for piles of mail and unpaid bills; difficulty walking safely through a home; frustration trying to organize; difficulty managing activities of daily living; expired food in the refrigerator; jammed closets and drawers; compulsive shopping; difficulty deciding whether to discard items; a health episode such as a stroke or dementia; or loneliness.

"Family caregivers can become just as overwhelmed as seniors," said Home Instead Senior Care's Hogan. "Family caregivers can help seniors de-clutter once a year for their own health and well-being. We suggest a three-step plan where the family caregiver brings three bins -- one for the stuff the senior wants to keep; one for donations; and the third for trash. Sometimes seniors just need a little help. One Home Instead caregiver helped her client go through a basement full of newspapers and clipped the important articles that he wanted to save, enabling him to throw away the bulk of the clutter. That was a relief to both the senior and his children."

Following, from the Home Instead Senior Care® network and Vickie Dellaquila, certified professional organizer and author of "Don't Toss My Memories in the Trash", are 10 reasons seniors can't or won't give up their stuff and what to do about it.

1. **THE SENTIMENTAL ATTACHMENT.** The beloved prom dress represents the memories of the event; it's not the dress itself. Save only a piece of the dress to make a quilt or display in a shadow box. Scrapbooking and converting photos to DVDs are other ways to save treasured keepsakes without all the extra mess.
2. **THE SENSE OF LOYALTY.** Older adults who've received gifts from family and friends may be reluctant to part with them. Encourage your loved one to give unused gifts back to the giver or to grandchildren.
3. **THE NEED TO CONSERVE.** Seniors are the original green people. Appeal to a senior's desire to help others. "You went through the Great Depression, now it's time for you to let go and help someone else." Counter a senior's inclination to conserve by appealing to their desire to give back.
4. **THE FATIGUE.** A home with a lifetime of memories can easily become too much for an older adult to handle. Help seniors manage clutter by establishing online bill paying. Also, get your senior off junk mail lists, which can put them at risk for identity theft, and buy them a shredder.
5. **THE CHANGE IN HEALTH.** Seniors who have suffered a brain trauma or stroke, who are wheelchair bound or who have dementia may no longer be able to manage household duties, which could contribute to clutter. If you see a health

Continued on next page

# HEALTH & SAFETY

change, encourage your senior to visit his or her doctor and consider a professional organizer and caregiver to help your loved one.

6. THE FEAR. Seniors often fear what will happen if they give up their stuff, like the older adult who saved three generations of bank statements. Use logic and information to help seniors understand that it's okay to let go.

7. THE DREAM OF THE FUTURE. Those clothes in the closet don't fit anymore, but your loved one is sure that some day she'll lose enough weight to get into them. Ask seniors to fill a box with clothing they don't wear much and make a list of the items in the box. Agree that if they have not gone back to the box in six months to wear the item, they will donate that to charity.

8. THE LOVE OF SHOPPING. Today's seniors have more money than any other previous generation of older adults and they love to shop. Clutter can become so bad seniors can't find things and they repurchase items they already have, contributing to the clutter cycle. Try to convince seniors to cut back and to say "no" to free stuff or great sales.

9. THE HISTORY AND MEMORIES. Keepsakes represent history and memories. Encourage seniors to take old photos to a family reunion and share with several generations. Let seniors know they can contribute to the history of their time and leave a lasting legacy by donating to museums and historical societies, a theater and library, or churches and synagogues.

10. THE LONELINESS. Stuff can become a misplaced companion. Loneliness may also lead to depression, which makes it difficult for seniors to get organized.

Consider the services of a professional organizer and caregiver. For more information, go to the National Association of Professional Organizers at [www.napo.net](http://www.napo.net), or visit [www.homeinstead.com](http://www.homeinstead.com). Other experts contributing to these tips include Katherine "Kit" Anderson, CPO-CD, president of the National Study Group on Chronic Disorganization; University of Kansas Professor Dr. David Ekerdt, who is coordinating a "household moves" project to determine the role that possessions play in older people's housing decisions; and University of New Mexico Researcher Dr. Catherine Roster.

## Turkey Safety Tips

(From I CAN: Ideas for Cooking And Nutrition, and S.F. Cooperative Extension Service, N.M.S.U.)

### Thawing a whole turkey in the refrigerator

8-12 pounds	1 to 2 days
12-16 pounds	2 to 3 days
16-20 pounds	3 to 4 days
20-24 pounds	4 to 5 days
Pieces of a large turkey	1 to 2 days

### Thawing a whole turkey in cold water

8 -12 pounds	4 to 6 hours
12-16 pounds	6 to 9 hours
16 – 20 pounds	9 to 11 hours
20-24 pounds	11 to 12 hours

### Roasting Fresh or Thawed Turkey

Weight (lbs)	Unstuffed (hrs)	Stuffed (hrs)
4-6 (breasts)	1 ½ - 2 ¼	not applicable
6-8	2 ¼ - 3 ¼	3 – 3 ½
8-12	3 – 4	3 ½ - 4 ½
12 – 16	3 ½ - 4 ½	4 ½ - 5 ½
16-20	4 – 5	5 ½ - 6 ½
20-24	4 ½ - 5 ½	6 ½ - 7
24-28	5 – 6 ½	7 – 8 ½
Parts	2 – 3 ½	not applicable



# LEGAL & CONSUMER NEWS

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## **If you are a Divorced Woman**

(From the Social Security Website)

If you have never asked Social Security about receiving benefits based on your ex-husband's work, you should do so. Many women get a higher benefit based on their ex-husband's work. When you apply, you will need to give his Social Security number. If you do not know his number, you will need to provide his date and place of birth and his parents' names.

The following requirements also apply to your divorced husband if his eligibility for benefits is based on your work.

If your ex-husband is living, you can receive benefits based on your ex-husband's work if:

- Your marriage lasted 10 years or longer;
- You are unmarried;
- You are age 62 or older;
- The benefit you are entitled to receive based on your own work is less than the benefits you would receive on your husband's work; and
- Your ex-husband is entitled to Social Security retirement or disability benefits.
- If he has not applied for benefits, but can qualify for them and is age 62 or older, you can receive benefits on his work if you have been divorced from him for at least two years.

If your ex-husband is deceased, you can receive benefits with the following stipulations:

- At age 60, or age 50 if you are disabled, if your marriage lasted at least 10 years, and you are not entitled to a higher benefit on your own record.
- At any age if you are caring for his child who also is your natural or legally adopted child and younger than 16 or disabled and entitled to benefits. Your benefits will continue until the child reaches age 16 or is no longer disabled. You can receive this benefit even though you were not married to your ex-husband for 10 years.

## **Guadalupe Credit Union Bank Card Scam**

(From the N.M. Attorney General)

Santa Fe's Guadalupe Credit Union (GCU) has informed New Mexico Attorney General Gary King's Office that they are aware of automated scam phone calls that are circulating in the State alleging to be from GCU. Members and non-members report receiving these calls.

Scam call recipients are told their bank cards have been deactivated and in order to get the card re-activated, card pin number and expiration date must be submitted.

GCU does not call its members in this fashion nor does it request personal information; Guadalupe Credit Union already has its members' information. GCU members receiving this type of call are encouraged to report it to the Credit Union.

Do not respond to automated phone calls claiming to be from Guadalupe Credit Union (GCU).

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## **Can You Spot a Con Man?**

(From the N.M. Securities Division)

We all like to believe we are good judges of character, able to spot an honest man by the look in his eye, the tone of his voice, and the strength of his handshake.

Unfortunately, appearances can be deceiving, and financial predators are experts at deception. "Con" is short for "confidence" and a successful con artist relies on his ability to appear honest and trustworthy even as he cheats you out of your money.

Charles Ponzi didn't invent the fraud that bears his name, but he made it famous when his scheme collapsed in the 1920's, ruining thousands of small investors. After a prison term, Ponzi went on to launch another investment fraud in Florida.

Check before you invest your money. No matter how good it sounds, treat any investment offer with extreme caution. Call the New Mexico Securities Division at 1 (800) 704-5533 to confirm that the person you are dealing with is a licensed investment professional in New Mexico, and whether he or she has ever been disciplined or has any complaints pending.



# PUZZLES

## Shakespeare: Hamlet

Find and circle all of the words relating to Hamlet that are hidden in the grid.  
The remaining letters spell a secret message - a Hamlet quotation.

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

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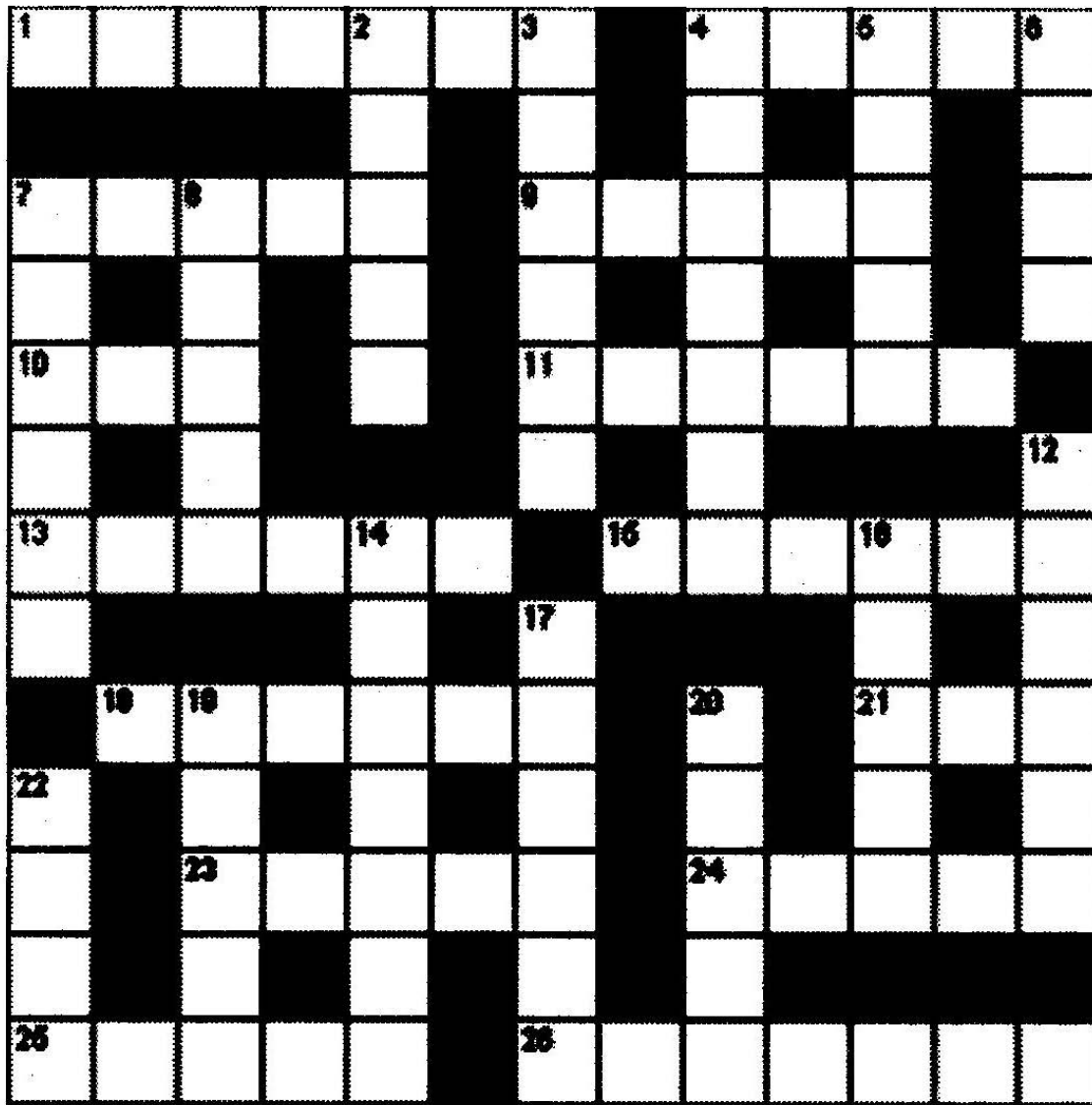
AMBASSADORS  
BARNARDO  
CASTLE  
CHALICE  
CLAUDIUS  
CORNELIUS  
DEATH  
DENMARK  
DUEL  
ELSINORE  
FORTINBRAS

FRANCISCO  
GERTRUDE  
GHOST  
GRAVEDIGGERS  
GUILDENSTERN  
HAMLET  
HAUTBOYS  
HORATIO  
KING  
LAERTES  
MADNESS

MARCELLUS  
MELANCHOLY  
MESSENGER  
MURDER  
OPHELIA  
OSRIC  
POISON  
POLONIUS  
PRIEST  
PRINCE  
QUEEN

REGICIDE  
REVENGE  
REYNALDO  
ROSENCRANTZ  
SKULL  
SWORD  
THE PLAYERS  
TRAGEDY  
VOLTEMAND  
WINE  
YORICK

# PUZZLES



## Across

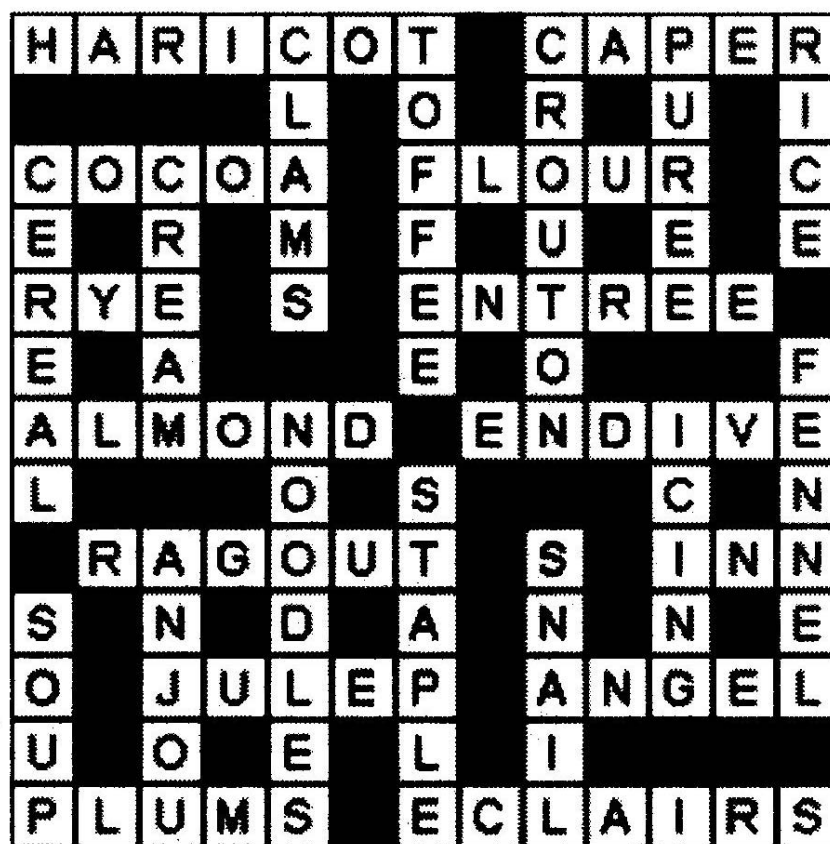
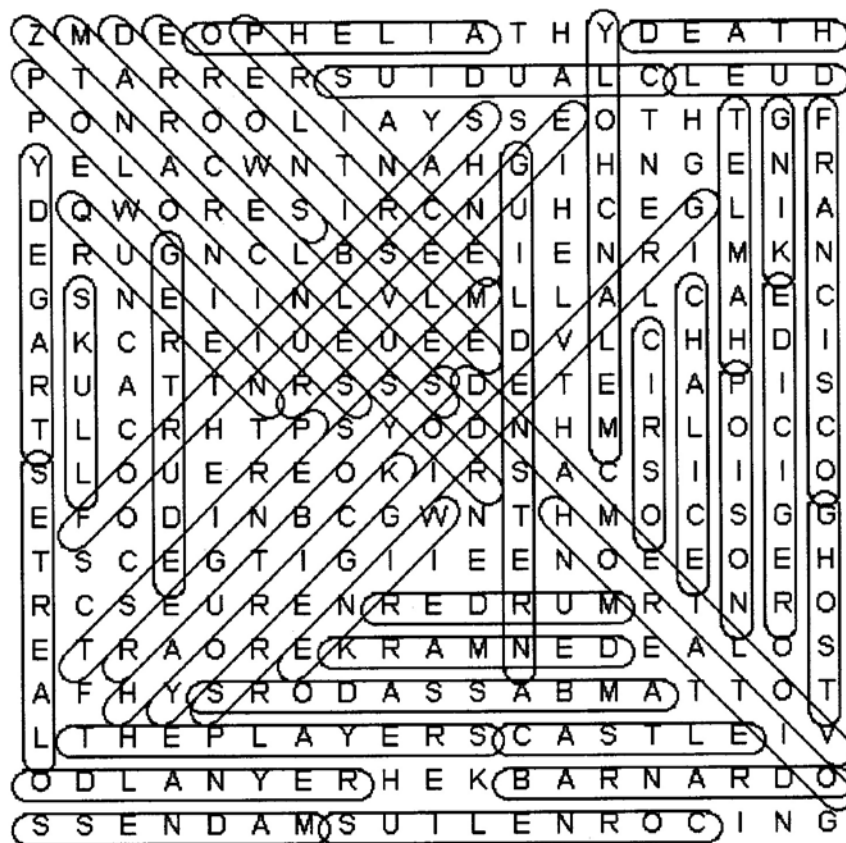
1. French variety of green bean (7)
4. Pickled flower buds used as a relish (5)
7. Baking chocolate, milk and sugar (5)
9. Powdery substance used in cooking (5)
10. Cereal grass seed (3)
11. Main course (6)
13. Edible nut (6)
15. Plant grown as a salad (6)
18. Well-seasoned stew of meat and vegetables (6)
21. Hostelry (3)
23. Bourbon, sugar and mint over crushed ice (5)
24. Sponge without egg yolks, \_\_\_\_ cake (5)
25. Oval smooth-skinned fruit (5)
26. Oblong cream puffs (7)

## Down

2. Marine mollusks served in chowder (5)
3. Sticky confection (6)
4. Small piece of toasted or fried bread (7)
5. Food prepared by processing in a blender (5)
6. Food grain (4)
7. Breakfast food (6)
8. Dairy product (5)
12. Aromatic herb (6)
14. Pasta strips (7)
16. Cake topping (5)
17. Basic food (6)
19. Firm-fleshed green-skinned pear (5)
20. Escargot (5)
22. Consomme (4)



# PUZZLE ANSWERS



# NUTRITION EDUCATION

## Senior Health Care: Exercise Your Face

(from [www.senior.lifetips.com](http://www.senior.lifetips.com))

Here's a senior health tip you won't see elsewhere. You know that if any muscle of your body is not active, it begins to lose quality; same thing happens to our facial and neck muscles. Facial and neck exercises are a must to maintain the muscle tone. Without this, the muscle fibers deteriorate and shrink, and the skin covering the muscle can age very rapidly. Funny (or maybe not), but as we age we chew gum less; this act of 'chewing' is a form of exercise for our face and neck muscles. To exercise your face, exaggerate a really wide grin, then begin an imaginative chewing of a wad of bubble-gum...feel the neck and lower jaw muscles working? Hah! You've begun your muscle toning! Another: Exaggerate that wide grin...I mean...REALLY exaggerate it WIDE, stay in this position, simulate a 'pucker' and pull lips upward as if trying to 'kiss' your nose; now hold for a count of 10 then relax; repeat this step at least 10 times each day and you'll find yourself toning up that 'chicken-waddle' - the double-chin - in your neck while strengthening your neck and jaw muscles.



Note: you may find a bit of soreness the day after beginning this last exercise, but it will go away... what muscles DON'T get sore when they are used for a first time in a long time?

## November 2010 Breakfast Menu

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

- 1st Cereal, toast, peanut butter, margarine, cheese stick, tomato juice and milk
- 2nd Cottage cheese, toast, jelly, V-8 juice and milk
- 3rd Hard boiled egg, hash brown patty, toast, margarine, cheese stick, tomato juice & milk
- 4th Ham & cheese biscuit, margarine and milk
- 5th Hard boiled egg, muffin, margarine, tomato juice and milk
- 8th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 9th Egg & cheese burrito with green chili & onions, margarine and milk
- 10th Cereal, cheese, margarine, V-8 juice and milk
- 11th CENTERS CLOSED for Veterans Day
- 12th Cereal, English muffin, jelly, hard boiled egg, cheese, tomato juice and milk
- 15th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 16th Egg & cheese burrito with salsa, bacon and milk
- 17th Cereal, cheese, margarine, cheese, V-8 juice and milk
- 18th Cottage cheese, toast, jelly, V-8 juice and milk
- 19th Cereal, English muffin, jelly, hard boiled egg, cheese, tomato juice and milk
- 22nd Cereal, toast, peanut butter, jelly, tomato juice and milk
- 23rd Ham & cheese biscuit, cheese, margarine and milk
- 24th English muffin, jelly, hash brown patty, hard boiled egg, cheese, tomato juice & yogurt
- 25th CENTERS CLOSED for Thanksgiving
- 26th CENTERS CLOSED for Thanksgiving
- 29th Cereal, toast, peanut butter, jelly, tomato juice and milk
- 30th Oatmeal, ham, margarine, V-8 juice and milk

# SENIOR CENTER LUNCH MENU

## NOVEMBER 2010

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Lasagna Spinach Tossed Salad Cottage Cheese with Pears Peanut Butter Cookie Milk	<b>2</b> Hidden Chicken Legs Mashed Potatoes Broccoli w/Cheese Bread Yellow Cake w/Icing Milk	<b>3</b> Ham & Cheese Sandwich Garnish 3 Bean Salad Cottage Cheese with Peaches Sugar Cookie Milk	<b>4</b> Meatloaf with Tomato Topping Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Tapioca Pudding Strawberries Milk	<b>5</b> Chili Relleno w/ Cheese Sauce Tossed Salad Pinto Beans Crackers Fruit Cup Milk
<b>8</b> Chicken with Rice Broccoli Peas & Carrots Roll Oatmeal Cookie Milk	<b>9</b> Fidelos Con Carne Tossed Salad Mixed Veggies Tortilla Orange & Pineapple Milk	<b>10</b> Hamburger Steak Mashed Potatoes with Gravy Green Beans Biscuit Cottage Cheese with Mixed Fruit Milk	<b>11</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF VETERANS' DAY</b>	<b>12</b> Catfish Nuggets Tartar Sauce Coleslaw Green Beans Bread Pineapple Upside-down Cake Milk
<b>15</b> Beef Tips over Rice Broccoli Green Salad Wheat Roll Chilled Pears Milk	<b>16</b> Oven Fried Cube Steak Mashed Potatoes with Gravy Stewed Tomatoes Tossed Salad Sugar Cookie Roll / Milk	<b>17</b> <u><b>THANKSGIVING DINNER</b></u> Turkey w/ Gravy Stuffing / Green Beans Cranberry Salad Pumpkin Pie with Topping Roll Milk	<b>18</b> Navajo Taco Fry Bread Pinto Beans Peas & Carrots Orange Milk	<b>19</b> Sausage Wild Rice Steamed Broccoli Roll Apple Milk
<b>22</b> Chicken Strips Mashed Potatoes Broccoli w/Cheese Garden Salad Peaches & Strawberries Roll Milk	<b>23</b> Frito Pie Garnish Mixed Veggies Lemon Crisp Cookie Milk	<b>24</b> Baked Fish Parsley Potatoes Creamy Coleslaw Wheat Roll Chocolate Pudding with Topping Milk	<b>25</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING</b>	<b>26</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING</b>
<b>29</b> Hoagie Sandwich Vegetable Beef Soup Spinach Sugar Cookie Milk	<b>30</b> Saucy Chicken Breast with Stuffing Baked Sweet Potato Cranberry Salad Green Beans Pumpkin Pudding with Topping Milk		LUNCH HOURS:  M.E.G. 10:45 - 12:30  OTHER CENTERS 11:00 - 12:30	

Please Note: Seniors (60+) Meal Suggested Donations: Breakfast \$1.00, Lunch \$1.50  
 Non-Senior (age 59 or under) Mandatory Meal Fees: Breakfast \$7.36 Lunch \$7.36  
**Purchase Senior Meal Tickets from any cashier: 10 lunches for \$12.50 (save \$2.50)**



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