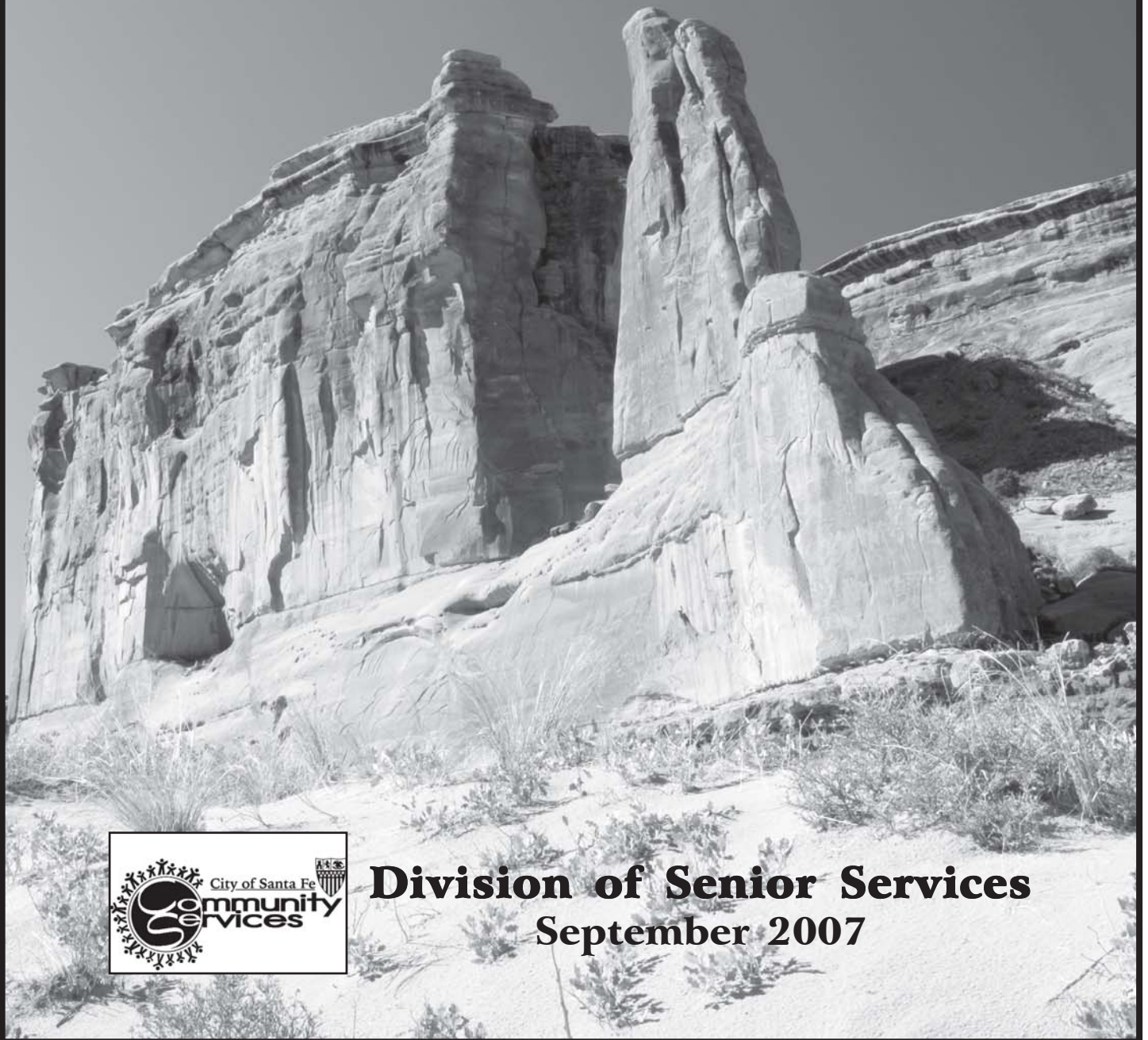


The Senior Scene

Vistas de los Mayores



Division of Senior Services
September 2007

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Office

1121 Alto Street, Santa Fe, New Mexico

Patricia Rodriguez, Director

Front Desk Reception

From Santa Fe 955-4721
 From outside Santa Fe 866-824-8714

Administration

Patricia Rodriguez, DSS Director 955-4799
 Ron Vialpando, DSS Assistant Director 955-4710
 Mary Dean, Administrative Supervisor 955-4777
 Gloria Polaco, Administrative Secretary 955-4721
 Sadie Marquez, Reception 955-4741
 Liz Williams, Reception 955-4733

Nutrition

Ron Vialpando, DSS Assistant Director 955-4710
 Thomas Vigil, Program Administrator 955-4740
 Yvette Sweeney, Administrative Secretary 955-4739
 Carlos Sandoval, Inventory Supervisor 955-4749
 Enrique DeLora, Inventory Specialist 955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor 955-4748
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Cristina Villa, Program Coordinator 955-4725
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754

50+ Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator 955-4754

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722
 Connie Valencia, Support Staff 955-4734

Transportation

Ride Reservations 955-4700

Robert Chavez, Transportation Manager 955-4738
 Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada, 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
 Cristy J. Montoya, Administrative Secretary 955-4743

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor
 Valerie Chelonis, Graphic Artist
 Judy Valdez, Copy Editor

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO 351-4686
 Benny Chavez Community Center
 Chimayo, New Mexico 87522

EDGEWOOD 281-2515
 114 Quail Trail
 Edgewood, New Mexico 87015

EL RANCHO Community Center 455-2195
 P.O. Box 3860
 Santa Fe, New Mexico 87501

ELDORADO 466-1039
 Adam Senior Center, 14 Avenida Torreon
 Santa Fe, New Mexico 87508

LUISA 955-4717
 Kitchen 955-6898
 1522 Luisa St. (enter from Columbia St.)
 Santa Fe, New Mexico 87501

MARY ESTHER GONZALES (M.E.G.) 955-4721
 1121 Alto St. Santa Fe, New Mexico 87501

MEG Kitchen 955-4751

PASATIEMPO
 Kitchen 955-6433
 664 Alta Vista St.
 Santa Fe, New Mexico 87501

RIO EN MEDIO Community Center 988-3053
 El Alto Lane
 Rio en Medio, New Mexico 87506

SANTA CRUZ 753-8598
 Abedon Lopez Community Center
 Santa Cruz, New Mexico 87567

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 87505

DIRECTOR'S REPORT

Dear Seniors,

We are all aware of the recruiting and retention difficulties facing the Santa Fe Police Department. Our hard working, dedicated police officers are doing their best to maintain services, but that is often difficult when faced with numerous vacant positions.

The Santa Fe Division of Senior Services (DSS) has also been facing staff shortages and unexpected absences that can at times impact the timeliness and delivery of senior services. Rest assured that we are doing everything possible to maintain quality services, despite these challenges, so please be patient with us. We are working closely with the Community Services Department Director and the City's Human Resources Department to address our staff shortages and we have recently made some progress.

For example, Thomas Vigil was hired to fill our vacant Nutrition Program Administrator position. He was formerly the Program Coordinator for the Rio Arriba Senior Programs and was responsible for 9 senior centers, as well as their transportation, nutrition, homemaker services, FGP and SCP programs. He has already become a valuable member of our management team. Thomas said that he wants the meals served by the DSS to be as tasty and nutritious as those he would serve his own mother. He replaced Lugi Gonzales who was promoted to Senior Center Program Manager. During the five-month recruitment process for the Nutrition Administrator position, Lugi did a great job and worked many extra hours performing the duties of both jobs. I am also pleased to report that we recently hired a new cook, Louis Heidell, at the Pasatiempo Senior Center. I invite you to stop by and meet him. Please join me in welcoming these gentlemen to our team and congratulating Lugi for her well-deserved promotion.

Rest assured that I will continue to work diligently to fill other vacant DSS positions. We are still lacking three Transportation Drivers and three Cooks as well as a few Cook Aides.

Additionally, I am proposing in our 2008 Legislative Request that the DSS receive funding to hire new Site Managers for each senior center. This will allow us to improve and better coordinate senior services.

Thank you for your continued support and patience.

God Bless you all,

Patricia Rodriguez
DSS Director



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

Patricia Rodriguez

SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership Card with Photo?

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. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and show it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

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

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only), **and must**
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For individuals who currently posses a Senior Membership Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

NOTE: Membership Cards are not to be used as official indentification.

SENIOR MEMBERSHIP CARD SCHEDULE FOR SEPTEMBER 2007

M.E.G. Center	Tuesdays	September 4, 11, 18, 25	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	September 6, 13, 20, 27	9:30 to 12:00 & 1:30 to 3:00

SENIOR TRANSPORTATION INFORMATION

Senior Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)

Safe Ride: If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700. Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

Schedule: Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.

Rides for medical appointments are given top priority over all other rides.

Every 3rd Tuesday rides will be provided for commodities, medical appointments, and the lunch run.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 4:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

They will be missed...

Dorothy Sweat, of Ventana de Vida Center, passed away July 28th. Known by all for her open smile and sweet personality, Dorothy was a regular member of the MEG Center for years. All the folks in the Meals on Wheels kitchen remember her fondly for her volunteer work packing and serving the meals, always willing and cheerful, always eager to help some more.



Manuel Velarde, of Pasatiempo Center, passed away on July 17th at the age of 75. Manuel (known fondly as "Manuelito") was a musician all of his life and was rarely seen without his trusty guitar. The members and staff of the Pasatiempo Senior Center are hosting a Mass on September 29th at 5:30 at St. Anne's Parish. Everyone is welcome.



Lucille Smith, of Edgewood Center, entered into rest on June 19th. Lucille was born on March 5th, 1924, in Willoughby, Ohio. She was one of the founding members of the Edgewood Senior Center, when it started out in a room in a church. In the early 1990's, she was a member of the Board of Directors of the Division of Senior Services, and was also on the RSVP Advisory Council. She held several offices with the Lions Club of Edgewood. Lucille loved horses and people and will be remembered for her dedication and care.



Centers Closed

Senior Centers will be closed on Monday, **September 3rd** in observance of Labor Day.

Centers will close at noon on Friday, **September 7th** for Santa Fe Fiestas. There will be no congregated lunch or breakfast and no activities. Meals on Wheels will be delivered. Transportation will run 8:00 to 11:30 only, for doctor appointments.



Join the Walk that Millions will Never Forget. The Alzheimer's Association's Santa Fe Memory Walk '07 will take place on Saturday, September 22 on the Plaza, from 10:00am – 1:00pm.

The event includes the lively and popular KUMUSHA Marimba Ensemble on the bandstand, a silent auction, and a gourmet BBQ lunch after the walk. Diane Denish, the Statewide Honorary Memory Walk Chair, and Mayor David Coss will kick off the walk from the bandstand. Registration will take place at the First Presbyterian Church on Grant Ave. at 10:00a.m.

It's not too late to form a team to walk with your family, friends or business to support the efforts to raise money and awareness of Alzheimer's, which affects over 35,000 New Mexicans. Corporate sponsorships are welcome! Participants in strollers, wheelchairs, or on a leash are welcome to walk!

To get more information on the Memory Walk '07 please call Denise at 690-8437.

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 from 9:30 to 1:30.

The next distribution date is September 18th.

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



Employment Opportunity

There are two part-time positions open for income-eligible seniors age 60 and over in the Santa Fe Senior Services Nutrition Section. For more information call Lugi at 955-4711.



NEWS & VIEWS

Civic Engagement Training

A free training on Civic Responsibility (4 hour workshop) will be offered on Thursday, October 4 from 9:00 AM to 1:00 PM at Santa Fe Community College. This workshop is designed to get attendees thinking about what it means to be an effective citizen in a society in which civic responsibility is often overlooked.

The presenter, Dr. Rudy Garcia has been involved in Service-Learning and civic engagement for over 12 years. He is currently the Dean of Students at CNM.

Call the Service-Learning department at the Santa Fe Community College for more information at 428-1736.

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book." - Groucho Marx

Travel Committee is Recruiting

The Division of Senior Services Travel Committee is seeking an energetic, hard-working senior citizen to become a member. Members are responsible for coordinating trips to Laughlin, Branson, San Antonio, Las Vegas, Denver, and other destinations. Duties include attending monthly meetings, making hotel reservations, arranging for city tours, signing seniors up for trips, collecting trip fees, and traveling with seniors. Members must have good organizational and communication skills.

For more information or to apply, contact Tony Rivera at 455-7777 or Joe Martinez at 471-6228.

Tenth Santa Fe Model Train Show

On October 20th and 21st at the Santa Fe County Fairgrounds, 3229 Rodeo Road, there will be a model train exhibit. On Saturday, they are open 10:00 a.m. to 6:00 p.m. and Sunday is 10:00 a.m. to 4:00 p.m. Admission is free to children of all ages. Wide Horizons 4H Club will sell food all weekend.

Happy Grandparents' Day!

Sunday, September 9th, 2007

Older Workers' Day Celebration

Thursday, September 27th there will be a celebration in honor of Older Workers Day. You are invited to visit the information tables to learn about employment opportunities for older New Mexicans; to enter the door prize raffle; to listen to live music; to enjoy free munchies and to receive services at their health fair.

The event is at the Santa Fe One Stop Center, 2906 Rodeo Park East, Suite 300 (where Rodeo and Sawmill intersect) from 11:00 a.m. to 2:00 p.m.

This event is supported by the NM Aging and Long-Term Services Department's Senior Employment Program, the NM Workforce Connection, AARP, DVR, the NM Dept. of Labor and the Division of Senior Services.

For more information, call 473-5831. For transportation, call 955-4700.

Pasatiempo Center Needs Volunteers

If you have a few hours a week to spare, the Pasatiempo Senior Center wants you. You can help prepare the dining room for lunch or serve the frail seniors or just be there to lend a hand.

Please go over to Pasatiempo and speak to Virginia Soto about how you can help.

Free Groceries for Seniors

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

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

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

Do you play gin?

A card-playing gentleman is looking for other people who enjoy playing gin. If you are interested, please call RSVP at 955-4760.

NEWS & VIEWS

A New Web Site for Senior Transportation

(From ENews@AoA.gov)

The National Center on Senior Transportation (NCST) is pleased to announce the launch of its new Web site at www.seniortransportation.net. Six months in development, the site offers extensive resources toward the advancement of transportation options for older adults who wish to live more independently within their communities. The Web site is the NCST's most important way of extending its information and resources to the public, including announcements, facts and tips, publications, special events, opportunities of others, and technical assistance for the aging and human service community, transit providers, and older adults and caregivers.



Based in Washington, D.C., the NCST is a partnership of Easter Seals Inc. and the National Association of Area Agencies on Aging. Additional team members include the Community Transportation Association of America, the National Association of State Units on Aging, the American Society on Aging and the Beverly Foundation. A national steering committee helps to guide the center's work.

Menopause Mythbusters

We've heard it all our lives: Menopause is a disease or a deficiency. Come learn about menopause, bust the myths, and savor the wonderful possibilities for this time in your life.

Women's Health Services presents "Menopause Mythbusters" a free educational morning on Saturday, September 29th from 8:30 a.m. to 1:00 p.m. at the Lodge Hotel. Please pre-register online at www.womenshealthsantafe.org/seminars or call 988-8869 ext 602.

They could use some extra hands. If you are willing to assist with the registration for this event, prior to attending, please call 955-4760.

How to Achieve Happiness

By Edgewood senior Simon Arzigian

Something we all aspire to is a state of happiness. In life there are many obstacles to achieve the happiness we would want, but that does not mean we shouldn't try to get there. A recent *Time Magazine* article (January 29, 2007) on brain functions offers some help in our quest for happiness.

One point the article makes is that mental training, such as by meditation, can produce changes in the brain bringing about a state of happiness. Another way to look at this is to say that training to think in a particular way may rearrange the brain's function in the parts of the brain associated with happiness.

My non-scientific analysis of the above is that good thoughts will aid in achieving happiness. Thus, we should try to see the good in our experiences, even those experiences which would normally be considered bad, and attempt to see some good. The brain will store those impressions of good or bad and keep a tally of the amount of "good" vs. "bad". I now make a further layman's leap and conjecture that accumulating more of one thing, that is more good, or more bad, will determine how you feel.

So the idea is to say to yourself, more often, that your experiences are "good". By emphasizing the good over the bad you will enhance your chances to achieve the happiness you desire.

My interpretations may not pass the rigid test of science, but I put it forth as something to think about. Finally, I will add "try it, you may like it", and you may be happier for so doing.

Macular Degeneration Support and Information Group

An information and support group is forming for people with macular degeneration. The group meets on the first Tuesday of each month from 2:30 to 4:00 p.m. at the Community Room in DeVargas Shopping Center. The next meeting is on September 4th and will feature representatives from the New Mexico Commission for the Blind. For more information, call 983-9640.

NEWS & VIEWS

Mary Esther Gonzales Center Flooded with Pool Players!

It was a sight to behold. Thirty-seven individuals were crammed into the Center's Pool Room, ready to compete in the Annual Eight Ball Pool Tournament. There were 32 players in the 60+ age group and 5 players in the 50-59 age group. The competition was tight and the games were knuckle wrenching, but, all in all, the participants had a good time; the real object of the tournament.



The annual tournament is put on by the Center's \$1-A-Month Eight Ball Pool Club, chaired by Nepumeceno Saavedra (informally known as Nep). The Tournament Director was Ramón Martinez. Club members pay their monthly dollar into the Club account. Nep collects the monies, which are used to buy pool table supplies and to help pay for the tournament T-shirts.

Tournament winners were Harold Huffman, 1st Place; Ernie Lucero, 2nd Place; and Tony Tapia, 3rd Place. In the Consolation Bracket, Ramón Martinez got 1st Place and Carlos Medina got 2nd Place. First Place winners received a \$25 gift certificate to a local restaurant and 2nd Place winners got a City of Santa Fe Meal Ticket valued at \$15.00.

On behalf of the Pool Club, Nep would like to thank Tomasita's Restaurant and the Cowgirl Hall of Fame Restaurant for their gift certificate donations and the City of Santa Fe Senior Services who donated the meal tickets and helped pay for the tournament T-shirts.

Congratulations to all the winners!

A Writer's Thanks

(Submitted by Edgewood Senior Simon Arzigian)

I want to pause briefly from writing the next essay to say thank you. I want to thank everyone who encouraged me to continue writing. The encouragement is usually a positive reaction to an essay by way of a kind word. Every writer needs positive feedback-it is the fuel which primes the pump for ideas to convey some message via an essay. The message may or may not be received kindly, but nevertheless it is to be hoped that it stimulates discussions concerning the topic of the message.

Further encouragement is received when essay is printed in a publication and receives wide distribution, sometimes a letter to the editor of a newspaper results in a response from readers. As the author of the letter I am pleased that my letter has elicited a response. I am, of course delighted if a reader agrees with my point of view as expressed in my letter. If a reader expresses disagreement with my letter it does not bother me-I am happy to get a reaction to my letter. It is possible I can learn something about the topic in question which had previously eluded me.

I want to thank all those who over the years have said kind things about my essays. I believe the act of writing has been good for me, and I hope the writings have provided something for others to ponder or maybe be amused. I especially hope it might interest others in taking pen in hand and writing.

I cannot end this piece without thanks to God for His help with my writing efforts. Prior to writing I have prayed and asked God for help I would need in selecting a topic and then writing the essay. Once the essay is completed I have always given God a prayer of thanks. In conclusion, a most sincere thanks to God and His earthly subjects who have continued to encourage me to write.

LEGAL & CONSUMER INFORMATION



Getting Connected with Services Available to Seniors

As seniors, we must admit that sometimes we need a little help. Your questions about what help is available where will be answered at an information program "Getting Connected with Services for Seniors" to be held Saturday, September 15th from 8:30 to 12:00 at Cristo Rey School cafeteria on DeLora St.

If you are a senior, someone who provides care and support, or a family member, Northern New Mexico offers an abundance of resources. Representatives from the New Mexico Aging and Disability Resource Center, Consumer and Elder Rights, the N.M. Aging and Long-Term Services Dept, Elders Getting Information and Services (EGIS), AARP, Open Hands, Hospice, the Alzheimer's Association, MedBank, Senior Resource Alliance of Santa Fe and the City of Santa Fe's Division of Senior Services will all be there.

A complimentary lunch will be served and (to protect one lucky senior against identity theft) a paper shredder will be given as a door prize!

Space is limited. Please call 982-5212 by September 12th for reservations.

What you, the Consumer, Can Do Now to Lead a More Climate-Friendly Life

(From *AARP Magazine* July & August 2007)

First, go to <http://hes.lbl.gov> for the Home Energy Saver Tool. It can help you find the best ways to save energy in your home. The more info you provide (like household size or age of major appliances) the more the site customizes results- such as what it's costing you to light your spare bedroom.

Wrap an insulation blanket around your water heater: it can conserve 1,000 pounds of CO₂ annually. Also, consider installing a whole-house tankless water heater which instantly heats up water when a shower or faucet is turned on. Not only can it save you up to 50% on utility costs; you'll earn a \$300 federal tax credit.

Move your thermostat down two degrees in winter and up two degrees in summer. That saves about 2,000 pounds of CO₂ per year. Plus, clean or change furnace and air conditioner filters once a month.

Clogged ones restrict air flow, causing the furnace to work harder.

FDA Recall of Chili Products

The Administration on Aging has been asked to reach small independent vendors, non-profit organizations, and church food banks, including nutrition service providers to notify them of an alert issued by the Food and Drug Administration. FDA issued this alert to warn consumers not to eat canned food products or use certain dog food distributed by the Castleberry Food Company because of a possible botulism contamination which can be fatal.

Older adults are considered by the FDA as a highly susceptible population for foodborne illness.

The FDA provides regular food product recall information through an email list. Organizations may add their names to the Recall list at the FDA website.

For more information visit: <http://www.fda.gov/oc/opacom/hottopics/castleberry.html>

Note: This recall does **not** include the chili products given out at the last ECHO commodity distribution! For more information, call the ECHO office in Albuquerque at (505) 242-6777.

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. We will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through celebrations, gifts, optional workshops and mailings while we set you up in the volunteer job(s) of your choice.

Court Appointed Special Advocates

Abused children need your help. Join 70+ volunteers of the Court Appointed Special Advocates (CASA) program who save abused and neglected kids. Foster children need your voice, both in and out of the courtroom. No special experience is needed, just the heart to make a difference and a few hours a month. Application and background checks required. The next volunteer training starts September 29th.

Santa Fe Habitat for Humanity

Santa Fe Habitat for Humanity, founded in 1987, promotes home ownership by building houses in partnership with Santa Fe County residents in need of adequate housing, and with community volunteers. Through the house they build, hope is restored, lives are changed, new skills are learned and the cycle of poverty is broken.

Volunteers keep the organization afloat. At construction sites, volunteers simply show up at 8:30am any Tuesday through Saturday that they can give some time. The job site manager gives out assignments, instruction and support. Tools are supplied and volunteers work as long as they are able. There are special Women Build projects going on all the time, as well.

The Habitat ReStore is where new and used building supplies are donated by individuals and businesses. Everything from tiles to windows to bathtubs to paint needs to be sorted, sometimes repaired, priced and displayed for sale. The ReStore needs volunteers to commit to 4 hrs. each week.

Casa Real Nursing Home

Would you like to get out of your house in the evenings and socialize with others? Casa Real Nursing Home is looking for volunteers to drop by between 5:30 and 7:00 p.m. to play cards and games, and do puzzles.

Kids Need You!

Are you familiar with the dismal statistics regarding New Mexico's children? One in five children lives in poverty and approximately 80,000 kids have no health insurance in our state. (Kids Count Data Book 2007)

Did you know that you could be part of a great program that provides medical care for poor, disabled and uninsured children in lower income families?

Yes, MEDICAID could use you. Please consider helping out 2 hours monthly as a friendly receptionist at the District II Public Health Clinic on Letrado Street. You can help speed up the application process for children and their families. Schedules are flexible.

Santa Fe Public Library

The new Southside Library is seeking volunteers to re-shelve books so others can find them and borrow them. This means lifting sometimes thick hard-cover volumes, often bending to bottom shelves, and pushing a full book cart through the aisles. It is physical work, but you will get to learn about a variety of books and authors.

Santa Fe Rape Crisis Center

If a senior citizen is raped, whom can she tell? Elder rape is vastly under-reported. Often, the situation is easier to discuss with someone of equal age. That is why the Santa Fe Rape Crisis Center needs more telephone advocates who are seniors.

The volunteer trainings are intensive (35 hours) and the commitment is long-term (at least 9 months), but the gift you will be giving is immeasurable. Please consider making this important choice to help a senior in need.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Praise a Volunteer

Do you ever notice a friend, acquaintance or co-worker who volunteers above and beyond? Is there someone you think should be recognized in some way for the service they provide?

Why don't you take a few minutes and write up a little something about that person? Share your appreciation for what they do.

In future newsletters, we will run the stories of praise for volunteers to inspire others.

You can either write up a brief testimonial on your own, or you can pick up a form to guide you. Forms are available at the Luisa Center, the Mary Esther Gonzales (MEG) Center, or we can mail one if you call Kristin at 955-4760.



Make a Difference Day is Coming

Make a Difference Day is a national day of service. People from cities, towns and villages across America gather to participate in events that improve their communities.

The day is always the fourth Saturday in October. So, this year, it will be October 27th. The Santa Fe RSVP office will participate in several different projects, so please mark your calendar now and reserve the date.

Volunteers, Turn in Your Hours

Please remember to turn in a written record of the hours you have volunteered in July, August and September by Friday, September 21st, so we can complete our report on time.

You may email them to Cristy Montoya at cjmontoya@santafenm.gov, or mail them to RSVP City of Santa Fe, PO Box 909 Santa Fe, NM 87504, or drop them off at the Luisa Senior Center or the Mary Esther Gonzales Senior Center.

If you have any questions about reporting, please call Cristy at 955-4743.



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



SEPTEMBER



Donald G. Sanders	9/1	Antonita R.	9/18
Charles R. De Muth	9/2	Gonzales	
Luis Hernandez	9/2	Celina "Sally"	9/18
Claudia Robbins	9/4	Roybal	
Theresa M. Ortiz	9/6	Annie L. Montoya	9/21
Corrine Vargas	9/7	Carlos Aguirre	9/22
Sandra Kendall	9/8	Sue Land	9/22
Gwen Vercauteren	9/9	Gordon A.	9/23
Leo Varela	9/9	Schaffner	
Mary Frances	9/10	Tony A. Griego	9/24
Ferrero		Donald Dayton	9/25
Roy Trujillo	9/10	Joan Chernock	9/26
Jake Martinez	9/11	Dennis Ford	9/26
Linda R. Watkins	9/11	Angie Quintana	9/26
Adelina Roybal	9/12	Karl Kregor	9/27
Joe E. Maestas	9/13	Edna Maestas	9/27
Corinne C.	9/13	Irene R. Maestas	9/28
Martinez		Grace G. Valdez	9/28
Bruce Kidman	9/14	H. Chris Davis	9/29
Janet Amtmann	9/15	Enrique M.	9/30
Rita Kilkenny	9/17	Montoya	
Barbara Aran	9/18	Vicenta J. Trujillo	9/30
Nell Barnes	9/18		

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Sally Rangel
9/9/35 – 8/14/07

Sally M. Rangel, age 72, passed away Tuesday, August 14, 2007. Sally is survived by her husband of 19 years, Gilbert Rangel; sons, Larry and Eddie Martinez; four step-sons; two step daughters; 15 grandchildren; numerous

great-grandchildren; one sister; several nieces and nephews and friends who loved and will miss her

Sally Rangel had been with the Senior Companion Program for over thirteen years. She was one of the few faithful volunteers assisting clients in the Edgewood area. Sally had been living in Edgewood for 15 years and lived in Albuquerque prior to that.

Sally also served as an advisor to seniors. She was on the Senior Board of Directors in the 1990's, and she was an Advisory Council member to both the Senior Companion and RSVP Programs. To attend meetings, she faithfully drove the "stretch" from Edgewood to Santa Fe and back. She always said that being a volunteer benefited both her and her clients in an enormous way. She loved to visit them and she had become close friends with them all. Her clients will miss her dearly.

Looking at Sally and knowing her zest for life, one would never know that she was a three- time cancer survivor. She had a bout with cancer that not many people would survive. At one point during her battle, doctors gave Sally between a month and a year to live and had Hospice at her side. (During this horrible time, she *still* managed to keep in contact with her clients.) But with the Lord's assistance, many prayers and the unending support of her two special neighbors Cathy and Sue and her husband Gilbert, Sally lived for many years cancer-free until the cancer finally got the best of her.

Sally always loved to attend the Conference on Aging and not having her there this year will be hard on us all. We will miss Sally dearly and will always remember her beautiful smile and loving heart.



Volunteers Needed

It's not too late to sign up to be a Foster Grandparent volunteer. Volunteers are especially needed for a kindergarten class at Piñon Elementary and at the Tierra Contenta Day Care. Along with sharing your life experiences with children, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program bonuses.



Program Reminder

Foster Grandparents and Senior Companion volunteers are not required to work on Monday, September 3, 2007, in observance of Labor Day. Foster Grandparents will begin their first day of school on Tuesday, September 4th.



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

- | | | | |
|-----------------|------|----------------|------|
| Adelina Roybal | 9/12 | Margie Douglas | 9/23 |
| Ruby Jo Martin | 9/14 | Pita Archuleta | 9/24 |
| Socorro Arroyo | 9/19 | Lourdes Ortega | 9/24 |
| Mary Grace Saiz | 9/22 | | |

BABY BOOMERS

AARP's Divided - We Fail Campaign



(Campaign Update – August 13, 2007)

Millions of Americans are faced with difficult decisions concerning their health care and financial security every day. Here are just two stories we've heard recently.

Unaffordable Health Insurance

"My husband and I were forced to retire early and the cost of his employer's health insurance was about \$16,800 a year. Now how can anyone with or without a pension and social security afford that kind of premium?" Judy C. Hedgesville, WV

Retirement Out of Reach

"I am 56 years old a public school teacher. Luckily, my school district pays for my health insurance in full, but I carry insurance for my husband, a farmer, who is also 56. The monthly premium for his insurance is now \$565 and it goes up every year. I've checked into getting insurance for him from another insurer, but it is almost that much."

"Besides, they turned him down because he takes allergy pills. I had planned to retire at 62 but my school district does not pay for retirees' insurance, so I would have to pay both mine and my husband's from my pension money. If I did that there would be very little money left for anything else. So it looks like I won't be retiring at 62. And what if I get sick and can't work? I wish there was affordable health insurance." Donna B. Wyandotte, OK

If you're concerned about the rising costs of health insurance and the burden of paying more of the costs of health care in your retirement, you're certainly not alone. AARP encourages you, your friends, family members, neighbors and coworkers to visit www.dividedwefail.org/share to share how these and other retirement and financial issues are affecting you and your family.

Visioning-Beyond What You Think

Vision- Learn/remind/discover what it is you want in the many roles of your life...

Get clear- the mind is like a telescope; it only produces useful results when it is focused!

The International Coach Federation presents one day devoted to You and Your Vision, lead by two professionals committed to your realization. Presenters are Gail Webber, President, Professional and Organizational Coaching in Silicon Valley, and Carol Courcy, Vice President, Newfield Network Oncology Coaching and author of "Can we REALLY learn new emotions and moods? YES, with PRACTICE"

The workshop is on Friday, September 14th 9:00 a.m. to 5:15 p.m. at the Indian Pueblo Cultural Center in Albuquerque. The fee is \$40.00, which includes lunch. Please reserve by September 12th. To register for the day, or for more information, call 424-4771.

Lifelong Learning

(From the website <http://seniorliving.about.com/od/lifetransitionsaging/a/lifelonglearnin.htm>)

Lifelong learning is the process of keeping your mind and body engaged—at any age—by actively pursuing knowledge and experience.

The pursuit of knowledge through lifelong learning—whether it's learning how to dance, speak a foreign language, write a newsletter, improve your golf swing, or repair your car—has wonderful benefits for older adults: keeps your mind sharp; increases self-confidence; offers an inexpensive way to try something new; saves you money as you learn to "do it yourself"; gives you a feeling of accomplishment; helps you meet people who share your interests; offers you an opportunity to learn a new skill or trade and increase your income; and gives you a new interest that you can share with family and friends.

ACTIVITIES *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.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Karate	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Tuesday	10:00 am 9:30 am 9:00 am 9:30 am
Board Games Ceramics (beg.) Ceramics (Adv.) Exercise Bingo Leatherwork Art Technique Crochet/Embroidery	EDGEWOOD Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Friday	10:00 am 1:00 pm 1:00 pm 10:30am 12:30 pm 1:00 pm 1:00 pm 12:30 pm	Art Exercise Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Excercise Tinsmithing	SANTA CRUZ Tuesday Monday Tuesday Tuesday Thursday Tuesday Wednesday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm 10:00 am 1:00 pm
Coffee Pool/Cards Open Crafts Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Thursday Monday Tuesday Wednesday Friday Last Thurs. of Month	8:00 am 8:00 am 9:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Monday Monday Tuesday Friday Mon./Wed./Fri.	10:00 am 11:00 am 1:00 pm 6:30 pm 1:00 pm 1:15 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Line Dancing Knitting Movie Day	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Cancelled Until Friday 3 rd Fri. of Month	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am Further Notice 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am

Classes are subject to change or cancellation. For more information, please call 955-4721.

ACTIVITIES *schedule by class*

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

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	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
Ventana de Vida	1:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
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CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday
Edgewood	12:30 pm	Friday

EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Edgewood	10:30 am	Tuesday

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	1:00 pm	Wednesday
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MARTIAL ARTS

Karate - Pasatiempo	9:30 am	Tuesday
Tai Chi - Pasatiempo	9:00 am	Thursday

MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	Third Friday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday
Luisa	9:00 am	Thursday

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

M.E.G.	10:00 am	Monday
Pasatiempo (sewing)	1:30 pm	Friday
Villa Consuelo	9:00 am	Wednesday

SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa (English)	12:30 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 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

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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ACTIVITIES



September Birthday Celebrations

Join us during the lunch hour in celebrating birthdays at the following senior centers.

- Luisa: Friday, September 21st
- Ventana de Vida: Friday, September 14th
- Mary Esther Gonzales: Friday, September 28th
- Edgewood: Thursday, September 27th at 12:30pm
- Santa Cruz: Tuesday, September 18th
- El Rancho: Wednesday, September 19th

Riverwalk

Arts & Crafts Sale
 El Rancho Senior Center
 394 County Rd 84
 September 22nd and 23rd 9am-5pm
 For info, call 455-2195



Tune in each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!



Edgewood Center Art Class

The Edgewood Senior Center art class has chosen the theme "Red Rocks of the Southwest" for September, and they invite any interested senior to come and see their work any weekday between 9:00 a.m. and 4:00 p.m. The class meets Thursdays from 1:00 to 4:00 and newcomers are welcome. By Ivena Rutledge

State Fair Trips in September

State Fair day trips on the big bus will be Tuesday, Wednesday and Thursday, September 18th, 19th, and 20th. **The Tuesday trip is full; the Wednesday trip has some openings available; the Thursday trip is for seniors from the northern centers only.**

The transportation fee is \$4.00 per individual. Please note: Seniors will need to pay the State Fair Admission fee at the gate. The gate admission fee is not yet available. Please call Lugi Gonzales at 955-4711 to register for one of the State Fair Trips. Wear comfortable shoes and bring money for:

- Admission Fee
- Lunch
- Spending

Evercare DP

Those seniors with Medicare Parts A and B and/ or Medicaid, as well as disabled residents are invited to the following Evercare informational meetings. A sales representative will be present with information and applications.

Evercare DP Benefits Include:

- Transportation
- Preventive Dental
- Hearing Aid Benefit
- Routine Foot Care Classes
- Eye Exams – Eye Glasses
- Prescription Drug Coverage

Meetings are at the following senior centers:

- Rio en Medio: Wed. September 12th 10:30 a.m.
- Pasatiempo: Thurs. September 13th 10:30 a.m.
- Villa Consuelo: Wed. September 19th 10:30 a.m.
- Luisa: Wed. September 26th 10:30 a.m.

Evercare Medicare Advantage Plans are offered by United Healthcare Insurance Company or other organizations with a contract. Co-payments and coinsurance will apply. For more information, contact Evercare at (888) 685-8480.

ACTIVITIES

Mobile Health Fair 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, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



September Dates:

- 6th MEG Senior Center 9:00 a.m. – 3:00 p.m.
- 10th Edgewood Center 10:00 a.m. – 2:00 p.m.
- 12th Chimayo Center 10:00 a.m. – 2:30 p.m.
- 14th Health Fair SFCC 9:00 a.m. – 3:00 p.m.
- 19th Adam Center Eldorado 10:00 a.m. – 4:00 p.m.
- 24th Luisa Center 9:00 a.m. – 3:00 p.m.
- 25th Villa Consuelo Center 9:00 a.m. – 3:00 p.m.
- 26th Pasatiempo Center 9:00 a.m. – 3:00 p.m.
- 27th Older Worker's Fair 11:00 a.m. – 3:00 p.m.



New Karate Class at Pasatiempo

A new karate class for beginners is being taught by senior volunteer Anthony Morea. It will be at Pasatiempo center on Tuesday mornings from 9:30 a.m. to 10:30 a.m.

Participants are asked to wear comfortable, loose-fitting clothing and sneakers or martial arts shoes. Everyone is invited, so come check it out.



BBQ Lunch

Chimayo Senior Center
Monday, September 10th
Starting at 11:00 am
See you there!



2007 Health and Safety Extravaganza

This event is designed to make the residents of Santa Fe and Northern New Mexico aware of the many services available, and to provide free screenings, services, and valuable information regarding health and safety. There will be entertainment, snacks, giveaways, and plenty of free parking.

The event will be on Friday, September 14th from 10:00 a.m. to 3:00 p.m. at the administration building of the Santa Fe Community College (SFCC). The event is hosted by St. Vincent Regional Medical Center, Santa Fe Community College, the City of Santa Fe and Santa Fe County.

Transportation will be available as follows:
9:30 a.m. From MEG Center to SFCC
11:30 a.m. From SFCC to MEG Center
12:30 p.m. From MEG Center to SFCC
2:30 p.m. From SFCC to MEG Center

For transportation directly from your home, please call 955-4700.

ACTIVITIES

Center Closures in September

All senior centers will be closed on Monday, September 3rd in observance of Labor Day. All senior centers will be closed in the afternoon (1/2 day) on Friday, September 7th in observance of Fiestas. (Congregate meals will not be served; only Meals on Wheels.) No activities either day.



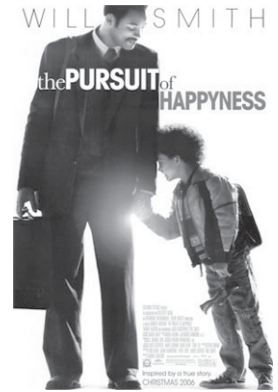
Fiesta Dance

Thursday, September 6th
Fraternal Order of Eagles
833 Early St. 1:00 p.m. to 4:00 p.m.
Dance to a live band
Refreshments will be served.
Admission: \$2 Bring your Senior ID Card.

AARP Defensive Driving Classes

Sign up now for AARP's 55 Alive Defensive Driving Classes. These mini-courses meet for two half-days (from 1:00 to 5:00 p.m.) 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 attend both days to complete the course and obtain a certificate. The fee is \$10 to cover materials and classes meet at the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe. To register call Mike Kelly at 471-9253. Next scheduled class is: Tuesday, September 18th and Thursday, September 20th

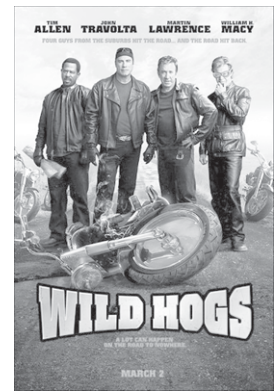
Movie Days
MEG Center
"Pursuit of Happyness"
Friday,
September 21st at 1:00



Will Smith (in an Oscar nominated role) and his real-life son, Jaden, star in this tearjerker about a struggling single parent determined to build a better life for himself and his child. Chris Gardner is smart and talented, but his dead-end salesmen job barely pays the bills. When he and his 5-year-old son are evicted from their apartment, they face trying times as Chris takes on an unpaid internship at a stock brokerage firm with hopes of getting rich someday.

Drama. Rated PG-13

Luisa Center
"Wild Hogs"
Wednesday,
September 26th at 1:00



Four middle-aged men decide to take a road trip from Cincinnati to the Pacific in order to get away from their lives which are leading them nowhere. Taking their motorcycles, these "Wild Hogs" tear up the road and eventually stop in New Mexico for a drink not knowing that the bar belongs to the "Del Fuegos", a mean biker gang. When the Del Fuegos steal a bike that belongs to the Wild Hogs, the four men form a plan to steal their bike back.

Starring John Travolta, Tim Allen, Martin Lawrence and William H. Macy.

Comedy Rated PG-13

ACTIVITIES

SENIOR SERVICES TRAVEL COMMITTEE-SPONSORED TRIPS

All trips are on the Senior Services bus, which seats 48 passengers, so trips are first come, first served on registration day.

Full payments are due at registration, which must be done in person.

There is a 10% fee for cancellation.

Trip fees include round-trip transportation and hotel.

COLORADO SPRINGS AND CRIPPLE CREEK, COLORADO

September 24th – 28th, 2007 – 5 Day Trip

Colorado Springs, Best Western Academy Hotel & Cripple Creek Gold King Mountain Inn
Optional activities include: Tour of the Air Force Academy, Garden of the Gods, Royal Gorge, gold mine tour, train to the Victor Museum tour, "Annie Get Your Gun", Bronco Billy Casino

Single Room: \$425.00

Double Room: \$350.00 (each) hot breakfasts included

Registration dates: September 3rd – 24th (until the trip is full)

between 8:00 a.m. and 4:30 p.m., Monday - Friday

at the Mary Esther Gonzales Senior Center, 1121 Alto Street

For information, call Ken Scott at 955-4721 or Marie Grahn at 983-7183

LAUGHLIN, NEVADA

October 23rd – 26th, 2007- 3 Nights

Edgewater Hotel/Casino

Oct. 23rd: Depart MEG Center 7:00 a.m., Arrive Laughlin 5:00 p.m. (Nevada Time)

Oct. 26th: Depart Laughlin 7:00 a.m. (Nevada Time), Arrive MEG Center 6:00 p.m.

Single Room \$145.00 Double Room \$115.00(each) Triple Room \$105.00 (each)

Registration Date: October 3rd

From 9:00 a.m. to 12:00 noon at Chimayo Senior Center, for seniors from Pojoaque, El Rancho, Santa Cruz & Chimayo ONLY (22 seats available)

1:30 p.m. to 4:30 p.m. at Mary Esther Gonzales Center, for seniors from Santa Fe, Eldorado, and Edgewood ONLY (22 seats available)

For information, call Tony Rivera at 455-7777 or Virginia Lucero at 983-8853

50+ SENIOR OLYMPICS



CYCLING



TRACK



SWIMMING



AWARDS



TRACK



ARCHERY

2007 Senior Olympics State Games Las Cruces, NM

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH & SAFETY

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

M.E.G. Center - First and Second Tues.	September 4, 11	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	September 6	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	September 13	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	September 20	11:00 a.m. to 12:00 noon
Pasatiempo - Third Tues.	September 18	11:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	September 19	11:00 a.m. to 1:00 p.m.

HEALTH & SAFETY

Approaches through Diversion in Working with a Person Afflicted with Alzheimer's



(from *Alzheimer's A to Z* by Jytte Lokvig, MA, BA)

Let's assume you are caring for your mother:

Situations: Mom may suddenly decide that she needs to go home immediately, because her mother is waiting for her - or she suddenly gets agitated for no reason that is

apparent to you - or she insists that she has to go to the bank right now - or she insists that someone has stolen her furniture - You need a diversion quickly, because none of these situations is likely to be solved with reasoning.

Ideas for diversions:

Ask for help - folding clothes, sorting mail, holding something.

Acknowledge and delay – "I'd be glad to help you right after we've had lunch (or made the bed, finished the dishes, taken the trash out")

Sing one of her favorite old songs.

Simple remarks – "Oh, your hair is all messy (or your shoe string is untied, or we need to change your outfit").

"That reminds me" - and then use one of her favorite jokes or funny lines.

Humor – Not only is laughter really good for your health, but laughter is crucial for anybody involved in care giving, whether giving or receiving. I recommend that you amass a collection of funnies. I use this material for the pure pleasure of it or as an instant diversion.

Example: Mom is giving you a really hard time about her bath. You can break her train of thought by interjecting "It's a good thing we're not in Florida where it's against the law to shower naked" (from "Dumb Laws").

Web site for Dumb Laws: <http://www.dumblaws.com/laws/united-states/> For Funny Quotations: <http://workinghumor.com/> For a full copy of "Approaches", go to AlzAtoz.com

EPA's Aging Initiative

The U.S. Environmental Protection Agency's (EPA) Aging Initiative works to get the word out to older adults and their caregivers about environmental health hazards that can affect chronic conditions. A major aspect of their initiative is public education on simple and important preventative steps to reduce exposure to environmental hazards and protect ones' health, particularly for older adults with chronic conditions such as heart disease, stroke, asthma, and COPD.

The Aging Initiative and partners have created an awards program to recognize counties, municipalities and tribes for their efforts to promote livable communities for all ages, called "Building Health Communities for Active Aging." Smart Growth is characterized by development patterns that create attractive, distinctive, walkable communities to enable people, no matter their age, wealth, or physical ability, a range of safe, affordable, convenient choices in where they live and how they get around. Growing smart also ensures that existing resources are used efficiently and that lands and buildings that shape communities are preserved. Communities across the country, using creative strategies, are developing ways to preserve natural lands and critical environmental areas, protect water and air quality, and reuse developed land. They conserve resources by reinvesting in the infrastructure and reclaiming historic buildings.

In addition, their fact sheets have been translated into Spanish, Portuguese, Chinese, Japanese, Korean, Vietnamese, Haitian, Creole, Italian, French, Arabic and Russian. Moreover, they have prepared a series of fact sheets that are written for persons with limited reading ability. They also have created a large font series of the fact sheets for persons with limited vision.

For more information, go to their website at <http://www.epa.gov/aging> or call Kathy Sykes, Senior Advisor, Aging Initiative Office of Children's Health Protection EPA at (202) 564-3651.

HEALTH & SAFETY

SENIOR HEALTH & FITNESS

Relief for Aching Knees

By Jim Evans

DEAR JIM: I'm only 69 years old, but my knees feel like they are 169 years old! There is a persistent, almost unbearable pain, under my kneecaps – particularly when I climb stairs or try to stand up after sitting in a deep chair or couch for any length of time. I've tried ice packs, aspirin, and other remedies, but they only help temporarily. Are there exercises or anything else that might help to relieve the pain?
ACHYING KNEES IN KNOXVILLE

DEAR ACHYING KNEES: Your condition sounds like Patellofemoral Pain Syndrome (PFPS) – a mouthful, isn't it? Actually, it's a common injury occurring around and under the kneecap often affecting runners, hikers, cyclists, and other athletes, but it can affect inactive people too – particularly older adults.

Most older adults have a tendency to lean forward when they climb stairs (if they climb stairs at all) placing virtually all of their weight on their knees rather than allowing the larger hip and thigh muscles to absorb the stress. The smaller knee joints naturally become inflamed often developing into painful PFPS. Fitness professionals typically instruct their disciples not to let their knees extend past their toes when performing knee bends. The same principle applies when climbing stairs – don't let your knees extend beyond your toes.

Try standing more erect when you climb stairs and push off of your instep – not your toes. It will probably be more tiring in the beginning until the muscles of your hips and thighs become stronger from the increased work load, but it should help to reduce the pain below your knees, and eventually climbing stairs should be much easier for you. Hold on to the handrail for stability, but let your hips and thighs do the work.

Of course, the problem of trying to stand up after sitting on a deep couch or chair is easily remedied by not sitting on a deep couch or chair in the first

place. Otherwise, you are just asking for trouble. Again, fitness professionals will tell you not to sit below parallel. In other words, the tops of your thighs should never be lower than parallel with your knees. If the chairs in your home are too low or too deep, consider having them elevated by placing carpeted platforms under them or adding extra cushions. Even traditional toilets can be replaced with higher, wall-mounted units to make it easier to get up and down.

Our knees are very vulnerable to injury, and sometimes making simple adjustments in our day-to-day lives can help to prevent injuries and/or relieve existing pain and discomfort.

Jim Evans is a 40-year veteran of the health and fitness industry and a nationally recognized fitness consultant.

Navigator Health

(From *AARP Bulletin*, July & August 2007)

Make Mine Black. If you're sipping tea for its health benefits, don't add milk. Women who drank about 17 ounces of "straight" black tea had significant improvements in their blood vessels' ability to relax and expand, but those who drank the same amount of tea with added milk had no improvements at all, a study at the University of Berlin found.

Daily Doze. Napping can reduce your risk of death from heart disease, Harvard researchers found. Study subjects who napped at least three times a week had a 37% lower risk of dying from heart disease than those who stayed awake all day.

Butt Out. When it comes to quitting smoking, aggressive efforts pay off. Smokers who had 12 weeks of counseling and drug therapy were more than three times as likely to abstain for two years as those who got a standard briefing, a Nebraska study found. For free help, call Quitline at (800) 784-8669 or visit www.smokefree.gov



PUZZLES

ACROSS

- 1 Old Russian leader
- 5 Hogwash
- 10 Dressed
- 14 Early political caucus state
- 15 Land divided at the 38th parallel
- 16 Letterman rival
- 17 Al-___ (valuable support group)
- 18 Tehran native
- 19 Hint of things to come
- 20 Venerable public servant
- 23 Sharp
- 24 Timothy who took trips
- 25 Frankie of "Beach Blanket Bingo"
- 28 The "E" in Q.E.D.
- 30 Fish's breathing organ
- 31 Occurring involuntarily
- 36 Three ___ match
- 37 Children's card game
- 39 "___ Got a Secret"
- 40 "Burr" author
- 42 Search, as the horizon
- 43 Who, what or where sentence: Abbr.
- 44 Presentable
- 46 Capital of South 15-Across
- 49 Stubborn as ___
- 51 Coleridge character
- 56 Lay ___ the line
- 57 Give a speech
- 58 Verve
- 60 Verne captain
- 61 Führer's followers
- 62 Puerto ___
- 63 "Jurassic Park" terror

- 64 Big tournaments
- 65 Tibetan beasts

DOWN

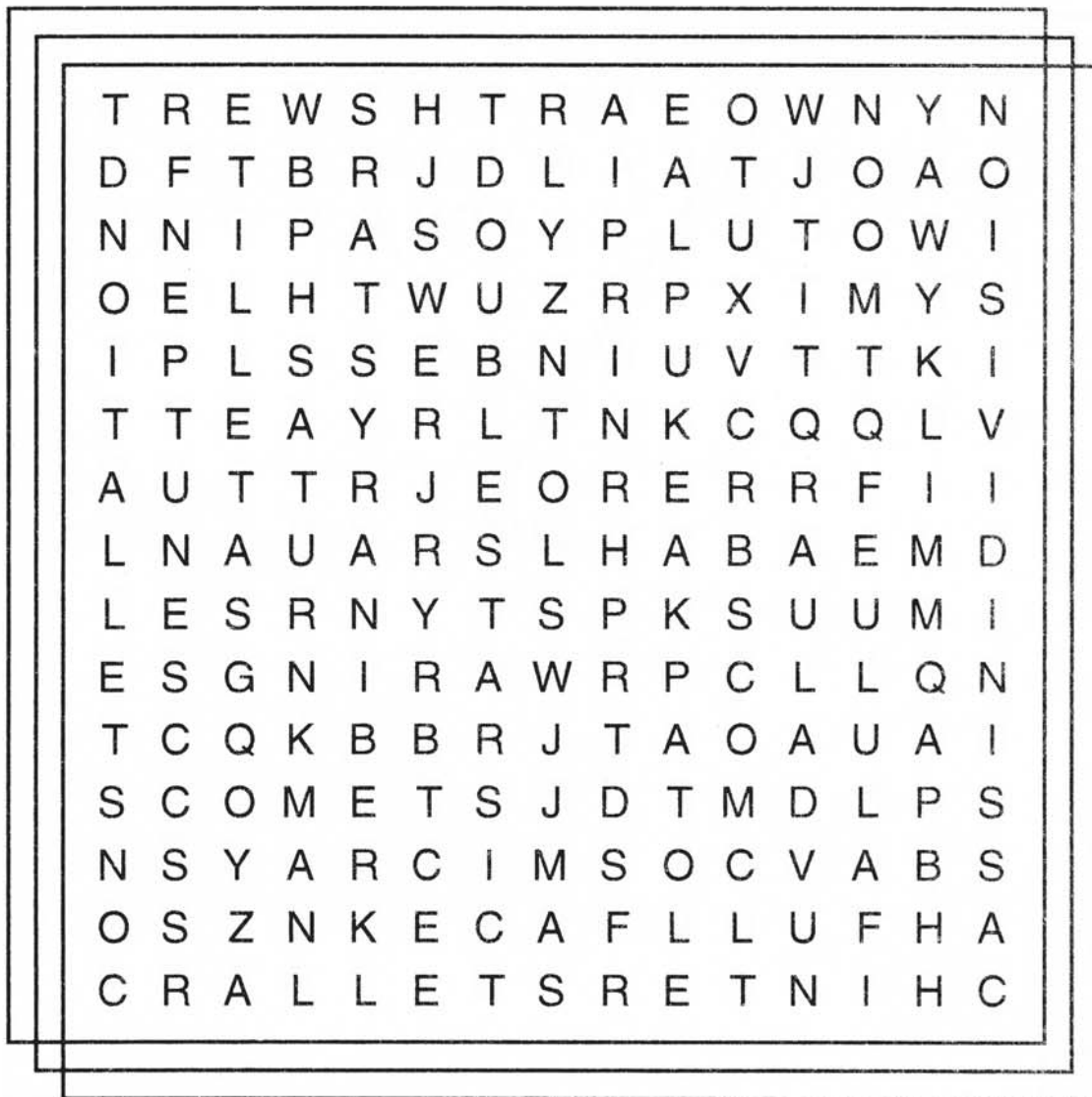
- 1 Grp. with informants
- 2 Area
- 3 One who's off base, maybe
- 4 Klugman's co-star in 70's TV
- 5 Slope for slaloming
- 6 Least desirable
- 7 Angry
- 8 Horne or Olin
- 9 Café au ___
- 10 Near
- 11 Auxiliary proposition, in math
- 12 Lend ___ (listen)
- 13 An Osmond
- 21 Prefix with system or sphere
- 22 Endangered antelope
- 25 Intensely interested
- 26 In ___ veritas
- 27 Banned orchard chemical
- 28 And others: Abbr.
- 29 Louis XIV, e.g.
- 31 Does sums
- 32 Thurman of "The Avengers"
- 33 Cheese nibblers
- 34 A "terrible" 1-Across
- 35 Penny
- 37 Rudimentary seed
- 38 Tell whoppers
- 41 March 21 occurrence
- 42 Overlook's offering

- 44 Coercion
- 45 Yale student
- 46 Benevolent one
- 47 Go in
- 48 Entreaty to "all ye faithful"
- 49 Wow
- 50 Morning, in Montmartre
- 52 Unacceptable act
- 53 Links hazard
- 54 Charles Lamb's pseudonym
- 55 Torture device
- 59 Phone book listings: Abbr.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20				21						22			
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25	26	27						28	29					
30						31	32					33	34	35
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51						52	53					54	55	
56					57						58			59
60					61						62			
63					64						65			

PUZZLES

THE UNIVERSE



W-0187

BINARY STARS
BLACKHOLE
CASSINI DIVISION
COMET
CONSTELLATION
COSMIC RAYS
DOPPLER SHIFT
DOUBLE STARS
EARTH

FULLFACE
INTERSTELLAR
JUPITER
MARS
MERCURY
MILKYWAY
MOON
NEBULA
NEPTUNE

PLUTO
PULSAR
QUARK
RINGS
SATELLITE
SATURN
STARS
SUN
TAIL

PUZZLE ANSWERS

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

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

SENIOR CENTER LUNCH MENU

SEPTEMBER 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY	CHICKEN FRIED STEAK MASHED POTATOES CREAM GRAVY PEAS & CARROTS COOKIE ROLL MILK	SLOPPY JOE TATER TOTS TOSSED SALAD CORN PINEAPPLE BITS MILK	GREEN CHILE CHICKEN ENCHILADAS REFRIED BEANS SPANISH SLAW VANILLA PUDDING TORTILLA MILK	<u>FIESTAS</u> MEALS ON WHEELS ONLY No Congregate Meals
10	11	12	13	14
SALISBURY STEAK RICE PILAF BROWN GRAVY BRUSSELS SPROUTS COLE SLAW NUTRI-GRAIN BAR ROLL MILK	LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD BANANA GARLIC TOAST MILK	TURKEY ROAST TURKEY GRAVY STUFFING MIXED VEGGIES FRUIT SALAD ROLL MILK	CARNE ADOVADA SPANISH RICE CALABACITAS SPANISH SLAW PUDDING TORTILLA MILK	SALMON FILLET TARTAR SAUCE SCALLOPED POTATOES GREEN BEANS JELLO ROLL MILK
17	18	19	20	21
TAMALE WITH RED CHILE SAUCE CALABACITAS REFRIED BEANS YOGURT MILK	BEEF TIPS WITH GRAVY OVER RICE ASPARAGUS PEARS ROLL MILK	CHICKEN WITH CREAM OF MUSHROOM SAUCE GARLIC NOODLES BROCCOLI APPLESAUCE ROLL MILK	SWEET N SOUR PORK FRIED RICE ORIENTAL VEGGIES EGG ROLL FORTUNE COOKIE MILK	CHEESE TORTELLINI WITH MEAT SAUCE ITALIAN VEGGIES CHERRY CRISP BREAD STICK MILK
24	25	26	27	28
PORK CHOP MACARONI WITH CHEESE CALIF. VEGGIES ORANGE ROLL MILK	CHEESE BURGER GARNISH FRENCH FRIES COLE SLAW FRUIT SALAD MILK	HAM WITH HONEY GLAZE YAMS BROCCOLI TOSSED SALAD APRICOTS ROLL MILK	MEAT LOAF CREOLE SAUCE STEAMED RICE MIXED VEGGIES SLICED APPLES ROLL MILK	BEAN & BEEF BURRITO SPANISH RICE GREEN CHILE SAUCE PEACHES MILK

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50
 Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$5.40



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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