

The Senior Scene

Vistas de los Mayores



March 2011

Photo by Donald Bell



Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICESAdministration Office 1121 Alto Street, Santa Fe, New Mexico www.santafenm.gov**Front Desk Reception**

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

Administration

Ron Vialpando, DSS Interim Director 955-4710
 Cristy Montoya, Administrative Secretary 955-4721
 Sadie Marquez, Receptionist 955-4741
 Dianne Dean, Receptionist 955-4733

Nutrition

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

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 Brian Ferns, Graphic Artist
 Judy Valdez and Jeannie Rae, Copy Editors
 Cover photo by Donald Bell

CITY SENIOR CENTERS

LUISA 955-4717
 1500 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

CHIMAYÓ 351-4686
 (Benny Chavez Community Center)
 Rt. 1, Box 6-B (on Juan Medina Rd.)
 Chimayo, New Mexico 87522

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

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

ELDORADO (County-run center) 466-1039
 Adam Senior Center, 16 Avenida Torreon
 Santa Fe, New Mexico 87508

RIO EN MEDIO 988-3053
 01 Alto Lane
 Rio en Medio, New Mexico 87506

SANTA CRUZ 753-8598
 Abedon Lopez Community Center
 145 Santa Cruz Site (on Don Roberto Rd.)
 Santa Cruz, New Mexico 87567

DIRECTOR'S REPORT

Dear Seniors:

It is always a pleasure to have the opportunity to communicate with the senior community through this newsletter. There are a few items for which I would like to provide updates.

- **Division of Senior Services Leadership** – First, I want to acknowledge the more than twenty-five years of service by Patricia Rodriguez on behalf of the senior community. She is one of the very few employees of the City of Santa Fe who completed her career in the same Division of City Government in which she started, which underscores her commitment to seniors. Her retirement concludes an era of robust growth for senior programs in Santa Fe County and New Mexico and we are grateful for those efforts. With her departure, a new era of leadership begins with the challenge of providing services at previous levels in the face of diminishing resources. Rising to that challenge will be Ron Vialpando who has been assigned as Interim Director of Senior Services. Mr. Vialpando has the full support of this office as he and his able staff adopt the City Manager's program of accountability, customer service and transparency.
- **Transfer of Centers to County** – As many of you know, The City of Santa Fe and Santa Fe County have continued their work with the Area Agency on Aging in order to transfer the management and operation of the centers in El Rancho, Chimayó, Santa Cruz, Rio en Medio and Edgewood from the City to the County. As we progress, it appears that the target date of July 1, 2011 remains achievable. Our primary goal is to achieve the transfer without a noticeable impact on our customers.
- **Operational Efficiencies** – As we prepare our budgets for another fiscal year, we are challenged to maximize the efficiency of our operations without a corresponding increase in cost. Simply put, it means that we must do more with less. As we work toward that goal, everything possible will be done to maintain a responsive level of service to all our patrons.

All of the staff of the Division of Senior Services and the Community Services Department remains committed to providing excellent service to our senior patrons. We look forward to serving you now and in the future.

Isaac J. Pino
Director
Community Services Department

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.

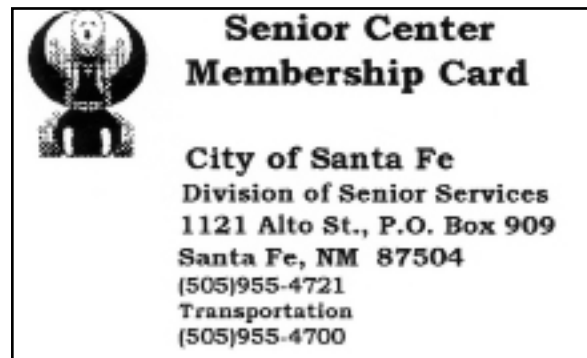
According to the Older American's Act, a person **must be 60 years of age or older** to be eligible for services from a Senior program.

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:

Tuesdays, March: 8, 15, 22 and 29
9:00am to 1:00pm



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 4:30 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.

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:**

Wednesdays 8:00 - 11:45 a.m. March 2, 9, 16, 23 and 30

Also, on the 2nd and 4th
Thursdays of the month, 12:30 - 3:30 p.m. March 10 and 24

SENIOR CENTER MEETINGS

Chimayó	Monday	March 7	12:30 p.m.
Edgewood	Thursday	March 3	10:30 a.m.
El Rancho	Wednesday	March 2	12:00 noon
Luisa	Tuesday	March 1	8:30 a.m.
Pasatiempo	Monday	March 7	1:00 p.m.
Rio en Medio	Wednesday	March 2	11:00 a.m.
Santa Cruz	Thursday	March 3	12:30 p.m.
Ventana de Vida	Friday	March 4	9:30 a.m.
Villa Consuelo	Monday	March 7	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board (MEG)	Wednesday	March 16	9:30 a.m.
Travel Committee	Thursday	March 10	8:45 a.m.
Senior Activity Corp.	Thursday	March 10	10:00 a.m.
Transportation	Tuesday	March 8	9:00 a.m.
Nutrition	Tuesday	March 8	10:00 a.m.
Senior Olympics	Wednesday	March 9	9:30 a.m.
RSVP Advisory Cmt.	Tuesday	March 1	10:00 a.m.

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

M.E.G. Center - First and Second Tuesday	March 1 & 8	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	March 3	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	March 10	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	March 15	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	March 17	11:00 a.m. to 12:00 noon

NEWS & VIEWS

They will be missed...

Ezequiel Benavides, age 81, of Santa Fe, passed away on February 8, 2011 after a short illness. He was born on April 17, 1929 in Malakoff, Texas to Maria Jesus Benavides and Florence De Luna.

Ezequiel served in the U.S. Army. After his tour of duty, he obtained a Bachelor of Education degree with a concentration in Spanish from Ohio State University. He then earned a Master's degree in Bilingual Education from the University of Wisconsin. He dedicated his life to education and taught in Indiana, Ohio, and Wisconsin before coming to Santa Fe in 1975. He retired as the Director of Bilingual Education for the State of New Mexico.

He is survived by his loving wife Maria Garcia-Benavides, many children, step-children grandchildren and great-grandchildren.

He was a participant in the Mary Esther Gonzales fitness room and sometimes shared lunch with friends in the dining room there.

Medardo D. Roybal, Sr., age 96, of Santa Fe, passed away peacefully on December 16, 2010. He was born on September 6, 1914 in El Rancho, New Mexico. He served in the Civilian Conservation Corps before joining the U.S. Army during WWII. He retired from the U.S. Postal Service after 30 years.



Medardo was a member of the Santa Fe Model Cities Advisory Board, a member of St. Francis Cathedral, active in the Holy Faith Prayer Group, and was a member of La Union Protectiva.

He was preceded in death by his wife of 55 years, Urcinia Montoya Roybal and is survived by many friends, siblings, children, and grandchildren.

Medardo had lunch at the MEG Senior Center for fifteen years.

Food Giveaway

St John the Baptist Catholic Church offers a food pantry/food giveaway on the third Friday of every month from 3:00 to 4:30 pm at Lamy Hall (Soup Kitchen). Everyone is welcome. Bring your own bags or box. You will receive 10 food items. You do not need any type of identification. The address is 1301 Osage Ave. almost at the corner of Cerrillos Road. The phone is 983-5034.



Tax Aide New Mexico - Edgewood

A national program of IRS-trained volunteers will provide free tax help and e-filing for low- and middle-income taxpayers at Edgewood Senior Center from 9:00 a.m. to 2:00 p.m. every Friday, through April 8th. March dates are 4th, 11th, 18th and 25th. Tax preparation is provided on a first come, first served basis.



Time to Get Your Benefits in Order

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

For assistance selecting a plan, we suggest you make a free appointment with a benefits counselor. See p. 5 for details.

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, **March 15th**.

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



NEWS & VIEWS

Let's Talk About It: Retirement

With Santa Fe senior Lillian Alexander

Of all the major events we have faced in our lifetimes, retirement was one of the most anticipated. So let's talk about our retirement...

Men certainly anticipated retirement however they did wonder "Now what?" Women tended to be concerned about finances and changes that needed to be addressed. Though we looked forward to the event, facing retirement called attention to our age. Oh, how we disliked the expression "old age". It was as though there was nothing to look forward to. We feared that the young would never again ask us for advice. We had thought of retirement as a relaxing time of life, but we did not realize that we would face the decisions that husbands and wives should discuss and agree on.

Concerned about finances, men often decided a part-time job would help. Women who had been stay at home wives had their share of responsibilities: raising the children, household matters, shopping, preparing meals and so much more. They, too, would be faced with many decisions concerning their new way of life. There would be many changes for women to deal with. Then what?

Retirement had become a path to a new way of life; nothing would ever be the same. Some of our children were already living on their own. Soon they would marry, have a child, and we would become grandparents. Though we would be happy for our children, we would not see them as often as we liked.

When I interviewed seniors for my book "A Gathering of Seniors" I was amazed by the answers I received when I asked how they adjusted to their retirement. Some shared that they would have appreciated retirement more if their husband or wife had lived to share the experience. Some felt that the good times were over. Some admitted to feeling lost and useless. However, for some, retirement gave a freedom they had never before felt. It was a "do what you feel like doing" time. They even planned to sleep later in the morning, though most automatically woke at their normal working time.

Deciding where to live became an issue. Some seniors were determined to continue to live in the house where they raised their family. Some preferred to sell their house for smaller quarters. A good many seniors chose to move to another town to be closer to their children.

At this point in our lives, many of us became more talkative, speaking our minds in ways that even surprised us. Yet, sometimes, we felt useless and unimportant. We also seemed to lose interest in things we once enjoyed. Worst of all, our birthdays came much too often.

Not until we began attending senior centers and speaking openly with other seniors did we learn that they, too, had faced the same issues. We also learned about seniors who had volunteered to help those in need. Impressed and interested, we began attending lunch at the senior centers. We began receiving The Senior Scene newsletter and many of us joined the Retired Senior Volunteer Program. We discovered that volunteerism is both a way of being active and a way of feeling needed- two of the best paths to face retirement. We have learned that we are a special group, giving of ourselves to help others.

We now understand that retirement is not an ending; it is a beginning of an adventure unlike any we have ever experienced. Whatever our expectations were, we now know that retirement has created a whole new life for us. Though we may be facing our seventies, our eighties, or our nineties, we look forward to every minute.

Two questions for all seniors:

- 1) How did you face your retirement?
- 2) What is your attitude towards life today?

A Gathering
of Seniors

Lillian Alexander

NEWS & VIEWS

One of Santa Fe's Best Kept Secrets

(By Virginia Hamilton)

Did you know that you can access a facility in which to exercise, over 300 days of the year, for just \$29 annually? The Salvador Perez Pool on Alta Vista St. is truly one of Santa Fe's best kept secrets.

It is well known that exercise in the water (both shallow and deep) is one of the best and safest ways to maintain our bodies as we age. Water exercise eliminates most of the stress we feel when walking, lifting objects, and even running. Something amazing happens when we submerge ourselves in water. Movement that is impossible on solid ground becomes not only easy, but lots of fun. It helps keep our joints limber and pain-free; relieves tension in our necks, shoulders, knees and hips; and allows much more freedom of movement. Whether you choose to swim, walk, jog, or even run in the pool, the exertion level lowers and you can finally feel relaxed.

The staff tries to maintain the pool temperature between 81 and 84 degrees. We have (as seniors 60 years and over) access to both Salvador Perez and Fort Marcy Pools. Extra flotation is always available for those who either don't swim well or just feel safer with arm buoys, noodles, or belts. I would particularly recommend the Salvador Perez Pool's 7:00 – 9:00 a.m. open senior recreation if you like socializing with others. Other times are 12:30 p.m. – 2:00 p.m. and 5:30 – 6:00 p.m. daily (except Saturdays). Sundays 11:00 a.m. – 4:30 p.m. The pool is always closed on Saturdays.



If you decide to add some "weight" training to your exercise program, a yearly pass to the entire facility costs \$175.00 (including the pool). Someone is always available to help you get started by explaining the machines and helping work out your own personal program. The Weight Room is quite spacious, very clean and

well maintained. The machines are regularly serviced and kept in excellent condition. The staff is pleasant and welcomes a chance to help their clients.

You can get more information about the recreation, lane walking and lap swims by calling the Salvador Perez Pool, 601 Alta Vista, 955-2604

So, come on in. The water is great!

Seniors: Do You Have Sewing Experience?

(Submitted by Mae Coburn)

If so, you are invited to participate in "Home Sewing: Techniques and Practices", a project seeking to document home sewing techniques through a series of conversations with those who have the hindsight to remember a time when home sewing was commonplace.



Each contributor will participate in a series of interviews about home sewing techniques and practices on topics including – among other things – sewing equipment, construction and finishing techniques, use and functionality, and clothing maintenance. Selected interviews will serve as the basis for a 'co-design,' or collaborative design project, in which the interviewer and the interviewee work together to design a garment that is informed by historical home sewing techniques, but pertains to today's lifestyle.

Who is conducting the interviews? I moved to Santa Fe several months ago for a six-month internship with the Fiber Arts Trails, a program within New Mexico Arts. I'm also an avid seamstress and work part-time at a sewing studio downtown. This project is the first of several collaborative design projects that I plan to include as part of my graduate school admissions portfolio.

If you are interested, please contact Mae Colburn (319) 230-7443 or maecolburn951@gmail.com.

NEWS & VIEWS

50+ Senior Olympics



Let the Games begin!

Tuesday, March 15th marks the opening of the 2011 Santa Fe 50+ Senior Olympics tournaments.

March Dates, Events, Locations & Managers:

15: B-ball Free Throw @ Ft. Marcy Arlene Mayer
 16: Air Rifle @ TBA Bill Black
 17: Air Pistol @ TBA Bill Black
 18-20: Racquetball @ GCCC Larry Montoya
 23, 25, 29, 31: Bowling @ Cities Gold David Soveranez

April Dates, Events, Locations & Managers:

2: Swimming @ GCCC Dick Roth
 2: Handball @ Ft. Marcy Rand Marc
 12: Archery @ Marty Sanchez Jesus Aranda
 14&15: Shuffleboard @ Ft. Marcy Ben Mendoza
 20: Table Tennis @ Ft. Marcy Francis Donald
 21: Eight Ball Pool @ MEG
 26-28: Badminton @ GCCC Susan Warren
 29: Talent Show @ Eagles Paul Zisman

If you are registered for Air Rifle or Air Pistol, you must be signed up ahead of time, since only 8 people can shoot at one time. To sign up, please call Bill Black at (505) 752-6044 or Len Trimmer at (505) 471-3294. We also need to know if you will be using your personal air gun or you need to borrow one.

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes!

For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at 955-4725.

Good luck, Olympians! Till next month!

- Cristina Villa

Write a Grant for the Animals

The Northern New Mexico Street Companion Animal Project provides medical care, spay/neuter, food, collars, leashes, coats, and water bowls for animals living on the street with their homeless human companions. Especially during the cold winter months, it is vital to get food and medical care to these loyal animals. Many of their owners will not go to overnight shelters because they don't want to abandon their four-footed friends in the cold. The organization relies on donations of food, money and pet-related items. They service all of Northern NM (Santa Fe, Rio Arriba, Taos and Mora counties.)

They are a non-profit organization and are in desperate need of a volunteer grant writer to help them obtain much-needed funds. Are you willing to volunteer your grant-writing expertise to help them help others? If so, please contact Karen Cain at (505) 501-4933.

50+ Employment Connection

The 50+ Employment Connection continues to provide services in a warm and welcoming atmosphere for older workers who are hunting for a job. They are located at 301 W. de Vargas St, 2nd floor (the old "unemployment office"). Staff assists with resume updates, interviewing, and computer skills tutoring. An appointment can be made for these one-on-one services either by phoning 827-6514 or stopping by. Hours are Monday-Thursday from 9 a.m. to 3:15 p.m.



Additionally, a weekly Job Club is held on Thursdays from 10:00 -11:30am. Meetings vary from presentations by local employers, to information sessions on job-hunt techniques, to group interaction about job-hunt successes and frustrations. Stop in any Thursday morning, no appointment is necessary.

The 50+ Employment Connection is a project of the New Mexico Aging and Long-Term Services Department's Employment Bureau in partnership with the State's Department of Workforce Solutions. This is volunteer-based program. If you have job-hunt or computer skills and would like to share them, please call us.



Tax-Aide Santa Fe



**We will prepare your Income Taxes
FOR FREE! No Income Limits!**

FREE Direct Deposit of Refund in 8-10 days

January 28 to April 18

Santa Fe Community College, Fitness Center,
Mon-Fri 8:30-5 Sat 9-1pm

Pasatiempo Senior Center
664 Alta Vista Street, Santa Fe
Monday - Friday 9-1

NEW THIS YEAR

Self employed small business owners are welcome.

Claim Earned Income Credits up to \$5,666 for up to 3 kids still in school.

Receive up to \$8,000 if you purchased your first house.

Claim \$1,500 credits for energy improvements to your home.

Claim College Credits up to \$2500 per student.

**Anyone with income less than \$22,000
will get NM state refunds.**

**You may not be
eligible if your
tax return is too
complicated.**

**We can not do
small business
returns if you
have any
employees or
depreciation.**

To get all you can, you must bring the following information:

Photo ID

Social Security Cards for Parents and Children

W-2 year end wage forms from each job for each person

If you work for yourself, all the income and expenses from your work

Interest, dividends, stock or CD sales. You should bring the 1099 forms from the bank.

Social Security. You must bring the year end statement from Social Security.

Unemployment. You must bring the W2-G form from the Labor Department.

Gambling: Bring the 1099 tickets and Win/Loss report from the casinos.

Pensions: Bring the 1099-R form you received from the pension payer.

Bring the list of expenses you paid for Child Care, College or Vocational Training

Medical Expenses and Charity Donations: Bring a list of everything. Keep the Receipts or canceled checks at home for 3 years.

Mortgage Interest and Property Taxes:

Direct Deposit: Bring a blank check to get direct deposit of your refund in 8-10 days with no fees.

Peter Doniger, District Coordinator, AARP Tax-Aide in Santa Fe.

Cell 670-6835 or SFCC 428-1780 or email taxhelpsantafe@gmail.com

FOSTER GRANDPARENT PROGRAM SENIOR COMPANION PROGRAM

She will be missed...

Lourdes Ortega, age 83, passed away on Tuesday, February 8, 2011 at her home in Santa Fe. For five years, Lourdes was a dedicated Foster Grandparent at Sweeney Head Start. She also assisted clients in the Senior Companion Program for several years. She was a dedicated and passionate volunteer.



Mrs. Ortega is survived by her husband José Ortega, also with the Senior Companion Program, four sons, four daughters, numerous grandchildren and great-grandchildren.

She was a wonderful wife who loved her children, grandchildren and great-grandchildren. Her family was everything to her. She loved life and going to church and hearing the word of the Lord. She would always have a smile on her face and would let everyone know that God loved them. Lourdes loved to cook and share her wonderful food with her family, friends, neighbors and anyone that was hungry. She also loved to garden. Anyone that visited her was welcomed to flowers and beautiful colors.

As a Foster Grandparent, her teacher constantly praised Lourdes for her hard work ethic, her loving ways and her enthusiasm towards the children whom she mentored/tutored. She was truly a gem.

She will be dearly missed by all who knew her.

Training Opportunity

The New Mexico Commission for Community Volunteerism's 13th Annual Governor's Spotlight on Volunteers Conference will be held on Friday, April 15 at Sheraton Albuquerque Uptown Hotel. This is a day filled with workshops and speakers. All FGP & SCP volunteers are invited to attend this one day conference. Transportation, registration fee and lunch will be provided. A more detailed schedule will be available in mid-March.

New Head Starts Need Foster Grandparents

There are now several new Head Starts around town that would love the assistance of a volunteer. If eligible, you will also receive a stipend, mileage reimbursement and recognition benefits. For more information, please call Melanie at 955-4761.



Foster Grandparents & Senior Companions doing "Brain Dance" at their February in-service training

In-Service Training

In-service training for Foster Grandparent and Senior Companion volunteers is scheduled for Thursday, March 31, 2011 at 9:00 a.m. in the MEG dining room.

The training, titled "Eating for Your Heart and Blood Sugars – Making it Simple" will be taught by Susan Perry, PhD, City of Santa Fe Wellness Coordinator. FGP and SCP volunteers are not required to volunteer on this day and should plan on attending the mandatory training.

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



Michele Chrabot	3/2
Isabel Perea	3/5
Ariel Quintana	3/8
Viola Lopez	3/12
Mary Lou Martinez	3/14
Jane Sandoval	3/21
Vicky Archuleta	3/23
Helen Lucero	3/25

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS



The following are volunteer positions, and each comes with training and support. If you are interested in any

of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email kwslater-huff@santafenm.gov.

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

Open Hands' Adult Care Services

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

In addition, they take their members on field trips to Canyon Road, local museums, and other Santa Fe locations. It's always helpful to bring a few friends along to walk and talk with clients while on these excursions.

The Open Hands' staff of caregivers deeply values the help and variety volunteers can bring. Current volunteers say they always look forward to their "shifts". Activity volunteer opportunities are Monday – Friday 9 a.m. – 2 p.m. and Saturday 10am – 2pm.

Also, the Open Hands Thrift Store, which supports the programs and services of Open Hands, would welcome a few volunteers for light duty sorting and arranging merchandise, greeting and assisting customers.

To learn more, call Kristin at 955-4760.

Faith at Work Community Outreach

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

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

To learn more, call Kristin at 955-4760

Española Valley Humane Society

Give the animals some love! At the shelter, volunteers are needed for cuddling and grooming safe, "adoptable" animals, or to watch the animals as they are coming out of surgery, or to help landscape and garden the shelter grounds.

If you like to be out an about, you can help at their fundraising events or mobile adoption clinics. You could also hang adoption posters, take digital camera photos of the animals, or even drive some animals to Colorado for adoption clinics there.

Call 955-4760 for information.

Audubon NM Needs You!

Are you interested in helping in the Randall Davey Audubon Center's efforts to conserve and restore natural ecosystems? The center focuses on birds and other wildlife and their habitats, for the benefit of humanity and the earth's biological diversity. They are seeking enthusiastic volunteers in the following areas:

- Visitor's Center/Nature Store Hosts
- Docents for tours of the Historic Randall Davey House
- Gardening, landscaping and trail maintenance
- Education assistants to teach natural history to school children

Please call 955-4760 for details.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Renew & Receive Eco-Event

Please join us for an event especially designed for RSVP volunteers (but open to everyone). On March 22nd, RSVP will host "Renew & Receive" a presentation with tips for water conservation and recycling. Attendees will also get an eco-friendly gift.

Daniel Ransom from the City of Santa Fe's Water Conservation Department will share helpful hints for conserving water inside and outside your home, as well as information on how to deal with leaky faucets and toilets. We will also have Randall Marco from the City of Santa Fe's Solid Waste Department who will discuss the new Save a Ton recycling initiative.

Tuesday, March 22nd 9:00 a.m.
At MEG Senior Center 1121 Alto St.

RSVP Volunteers Saved \$2 Million!

According to the Federal Corporation for National and Community Service, in 2009, the estimated value of volunteer time in New Mexico was \$16.84 per hour.

In Fiscal Year 2009/2010, 584 active Santa Fe RSVP volunteers reported working 119,513 hours at over 71 volunteer sites. That equates to \$2,012,598.90 in volunteer service provided in one Fiscal Year by our volunteers that was saved by local non-profits, governmental agencies or schools because of you!

There are three Senior Corps Volunteer Programs: Foster Grandparent Program (FGP), Senior Companion Program (SCP), and Retired Senior Volunteer Program (RSVP).

For all three Senior Corps Volunteer Programs combined, the total number of senior volunteers that served in New Mexico statewide in the Fiscal Year from 07/01/2009 to 06/30/2010 was 6,879.

What an amazing contribution! Please join us and share the experience of a lifetime.



Birthdays this Month

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

March

Jose B. Archuleta	Melvin Lewis
William E. Beardsley	Ann Lindsay
Madelaine Blake	Cathy M. Lomax
Ellie Blossom	Teresina G. Lucero
Mariana D. Bornholdt	Ana Maria Martinez
Mela Chavez	Ross Martinez
Irlin Corn	Sally McLean
Susan A. Cover	Celina Montano
Sheila Cowing	Edward E. Mose Sr.
Ron Fellows	Irene Moyes
Joe O. Fernandez	Aleta Niggler
Valerie Frost	Merejildo V. Ortega
Anastacio Garcia	William Otto
Roger Goldhamer	Robert P. Pacheco
Lugardita Gomez	Nora Pompeo
Henry E. Gonzales	Juanita L. Quintana
Gregory Hunt	Ross M. Quintana
Alan G. Kalman	Benita Rodriguez
Connie R. Kinsey	Rita L. Solomon
Andrew J. Kozubal	Connor Swank
Patricia Lavengood	Felicia "Jeri" Van Buskirk
Jeremiah Lawlor	Orlando Watson
Don W. Leffelbein	Roberta Williamson

ACTIVITIES *ongoing schedule by center*

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

Weaving Open Crafts Ceramics	CHIMAYO Monday Monday Wednesday	1:00 pm 9am-12pm 1:00 pm	Wood/Straw Tai Chi Fitness Equipment Pool Line Dance (Adv.) Tin Smithing Line Dance (Beg.) Zumba Dance Zumba Dance Bridge Ceramics	PASATIEMPO Wednesday Thursday Mon. thru Fri. Mon. thru Fri. Tuesday Thursday Thursday Friday Tuesday Mondays Mon. thru Fri	9:30 am 9:00 am 6:30 am 8:00 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm 10:00 am 1:00 pm 9:00 am
Ceramics Ceramics Bingo Leatherwork Art Class Creative Writing Fitness Equipment Board Games Card Making	EDGEWOOD 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	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Ceramics	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 1:00 pm	Weaving Ceramics Wood/Straw Tinsmithing Walking	SANTA CRUZ Tuesday Monday Tuesday Wednesday Wednesday	9am/12:30pm 12:30 pm 12:30 pm 1:00 pm 9:30 am
Pool Sounds of the Past Sing-A-Long (Span.) Guitar Lessons Bingo Movie Day Brain Dance	LUISA Mon. thru Fri. Monday Tuesday Wednesday Friday Last Thurs. of Month 2 Thurs. / Month	8:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm 1:30 pm	Art Class Exercise Bingo Bridge	VENTANA DE VIDA Tuesday Mon./Wed./Fri. Monday Sunday	1:00 pm 9:00 am 1:15 pm 1:00 pm
Guitar (Beg.) Fitness Equipment Pool/Cards Hospice Crafts Yoga/Dahn Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day Computer Class Art Class	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Once a Month Mon./Wed. Thursday Tuesday Wed./Fri. Thursday 2 nd & 4 th Friday Friday 1 st Fri. of Month Call 955-4721 Mondays	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 10:00 am	Ceramics Bingo Wood/Straw	VILLA CONSUELO 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	ELDORADO Monday Wednesday Monday Tuesday Wednesday 2nd & 4th Thurs.	COUNTY-RUN 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
MEG	10:00 am	Monday

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
Pasatiempo	1:00 pm	Monday

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	9:00 am	Mon. - Fri.

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.
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
Luisa (Brain Dance)	1:30 pm	2 Thurs./Month
M.E.G. (Brain Dance)	1:30 pm	Thursday
Pasatiempo (Zumba)	1:00 pm	Friday
	10:00 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	12:30 pm	Wednesday
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LINE DANCING

Pasatiempo(Inter&Adv)	12:00 pm	Tuesday
Pasatiempo (Beginner)	1:00 pm	First 3 Thur/Mo

MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	First Friday
Eldorado	12:45 pm	2 nd & 4 th Thur.

OPEN ARTS & CRAFTS

Chimayo	9 am - 12 pm	Monday
El Rancho	12:00 pm	Thursday
Villa Consuelo	9:00 am	Mon./Wed./Fri.

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
		(no class on 2 nd Thursday)

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	2 nd & 4 th Friday

TAI CHI

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

TINSMITHING

Santa Cruz	1:00 pm	Wednesday
Pasatiempo	1:00 pm	Thursday

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*

Relay New Mexico Presentation at M.E.G.

On Monday, March 21st a representative of Relay New Mexico will be at the MEG Center at 10:00 a.m. for a presentation in the dining room. Relay New Mexico is a free, 24-hour program of the New Mexico Commission for Deaf and Hard of Hearing and is powered by Hamilton Relay, a national leader in providing relay services.

For more information regarding this program you can call Lugi at 955-4711 or Relay New Mexico at (877) 463-0994.

Energy Employees Occupational Illness Compensation Program Presentation

On Monday, March 14th, the Resource Center of the EEOICP Program will conduct a presentation at the Mary Esther Gonzales Senior Center at 10:00 a.m. in the dining room.

The Energy Employees Occupational Illness Compensation Program provides authorized benefits under Part A and Part E of the program. Under part B, employees of the Department of Energy (DOE), its contractors or subcontractors, atomic weapons employers or eligible survivors may be eligible for compensation of \$150,000. Under part E, compensation and payment of medical expenses is available to employees of DOE contractors and subcontractors or their survivors, who develop an illness due to exposure of toxic substances at certain DOE facilities.

The Energy Employees Compensation Resource Center provides support to the U.S. Department of Labor's Division of EEOIPCA.

If you would like to attend this presentation, or for more information, please call the Española Resource Center toll free at 1 (866)272-3622.

Renew & Receive Eco-Event

Please join us for "Renew & Receive" a presentation with tips for water conservation and recycling. Staff from the City of Santa Fe's Water Conservation and Solid Waste Departments will share tips on conserving water inside and outside your home, how to deal with leaky faucets and toilets, and how to participate in the new Save a Ton recycling initiative. Attendees will receive an eco-friendly gift.

Tuesday, March 22nd 9:00 a.m. at the MEG Senior Center 1121 Alto St.

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 next scheduled class will take place on Tuesday, **April 12th**



with registration in the Board Room of the M.E.G. Center at 12:30 p.m. After registration, the mini course will take place in the MEG dining room 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 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.

MEG St. Patrick's Celebration

The MEG Senior Center will celebrate St. Patrick's Day with refreshments and music in the dining room at noon.



Pasatiempo St. Patty's Day Party

Pasatiempo will host a St. Patrick's Day celebration Thursday, March 17th from 11:00 a.m. – 12:30 p.m. at 664 Alta Vista. Come listen to Phil Trujillo and don't forget to wear green!

Luisa Shamrock Shakes



Luisa Senior Center will be selling Shamrock shakes and cookies on Friday, March 18th, starting at 11:00 a.m. Please join us at 1500 Luisa St (enter from Columbia, off St. Francis). See you there.

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.

These services are sponsored by Santa Fe County. The Health Van nurse is Angela Thorndyke, RN, BSN at 231-2382.



March 2011 Schedule:

Tues, March 1- Eldergrace Senior Cohousing
10am-3pm

Weds, March 2nd, Casa Rufina Housing
10am-3pm

Thurs, March 3rd, Encino Villa Housing
10am-2pm

Monday, March 7th, Galisteo Community Center
10am-2pm

Weds, March 9th, Rio en Medio Senior Center
10am-2pm

Thurs, March 10th, Chimayo Senior Center
10am-2pm

Mon, March 14th, El Rancho Senior Center
10am-2pm

Tues, March 15th, Santa Cruz Senior Center
10am-2pm

Weds, March 16th, Edgewood Senior Center
10am-2pm

Thurs, March 17th, Camino Jacobo Housing
10am-2pm

Mon, March 21, Pojoaque Supermarket
10am-3pm

Tues, March 22, Luisa Senior Center
10am-3pm

Weds, March 23, Eldorado/Adam Senior Center
10am-2pm

Thurs, March 24th, MEG Senior Center
10am-3pm

Sat, March 26th, Genoveva Chavez Community
Center-Christus St Vincent Health Fair

Hours TBA

Tues, March 29th, Bethel Comm. Storehouse
10am – 2pm

Weds, March 30th, La Cienega Com. Center
10am-2pm

Thurs, March 31, Pasatiempo Senior Center
10am-3pm



Upcoming Travel Committee Trips From Senior Activity Corporation (SAC)

Mount Rushmore Trip Dates: June 19-25

Includes:

Motorcoach Transportation
Six Nights lodging
Six Breakfasts, four dinners
Crazy Horse Memorial Visit
Guided Tour of Deadwood
Casino at Deadwood
Admission to Unique Journey Museum
Tour of Wildlife Loop Rd Custer State Park
Mount Rushmore National Memorial Visit

Double Occupancy \$720each
Single Occupancy \$970 each
There is a 10% Cancellation fee

If interested, contact:
Cecilia Lopez at 204-9527 or
Mercy Moreno at 986-1416



Laughlin, Nevada Trip Dates: April 12-15, 2011

Double Occupancy \$125.00 each
Single Occupancy \$145.00 each

Full payment upon registration
Sack lunch will be provided en route
10% Cancellation Fee

Space is limited – first 46 paid passengers only.

If interested contact:
Virginia Lucero at 983-8853 or
Corrine Sanchez at 986-1780.

ACTIVITIES *for this month*

March Birthday Celebrations

Everyone is welcome to come celebrate March birthdays with cake at the following senior centers:

El Rancho: Wednesday, March 16th at noon

Edgewood: Thursday, March 24th at 12:30

MEG: Friday, March 18th at noon



Amerigroup Community Care Visits MEG

Gina Sanchez with AMERIGROUP Community Care will be visiting the Mary Esther Gonzales Senior Center on all Wednesdays during the month of March. You can find her in the MEG Lobby area from 10:00 am to 1:00 p.m.

Gina is a licensed sales representative. If you have questions about Amerigroup she can be reached at (505) 550-3816.

Beginning Spanish Class at MEG

Sister Maria Armijo S.F.C.C. will be teaching a short six-week class on Spanish for beginners or any interested seniors. The class is free and will take place at the Mary Esther Gonzales Senior Center's Board Room on Fridays from 10:00 a.m. to 11:00 a.m. The class dates are as follows:

Fridays, March 4th and 11th and
Fridays, April 1st, 8th 15th and 29th

For additional information or questions, please call Lugi at 955-4711.

Learn to Speak Spanish at Ventana de Vida

Beginning Wednesday, April 27th, Sister Josephine Romero will lead a class in conversational Spanish on Wednesdays, from 1:00 p.m. to 2:30 p.m. at the Ventana de Vida Senior Center.

Learn to carry a simple conversation in Spanish and have fun doing it.

For more information on these free classes, please call Christine Sanchez-Warren at 955-4715.

Day Trips to El Santuario de Chimayó

The Annual Division of Senior Services trips to El Santuario de Chimayó will take place on the follow dates:



Friday, April 1st and
Friday, April 8th

After the 11:00 a.m. mass, the bus will go to the Benny Chavez Senior Center in Chimayó for lunch. The suggested donation for lunch (age 60+) is \$1.50.

Space is limited, so if you are interested please call Lugi at 955-4711 for your seat reservation, cost, and for the rest of the details, departure time etc.

Ash Wednesday

On Wednesday, March 9th, Deacon Montoya will be giving ashes at:

Pasatiempo Senior Center at 10:00 a.m.
664 Alta Vista St.

and

Luisa Senior Center at 1:30 p.m.
1500 Luisa St (enter from Columbia)

New Mexico History: Governors



Wednesdays

April 13th and 20th at 1:30 p.m.
Ventana de Vida Senior Center
1500 Pacheco St.

Learn about some of the interesting and colorful New Mexico governors from the 1600's into the 1900's. Included are Don Pedro de Peralta, Don Diego de Vargas, Juan Bautista de Anza, Manuel Armijo, David Merrywether, Miguel Otero, Clyde Tingley and others.

These free lectures will be presented by beloved local historian Doug Peterson. You do not need to register ahead- just show up!

For more information, please call Christine at 955-4715.

Mardi Gras at Pasatiempo

The Pasatiempo Senior Center will host a Mardi Gras celebration on Tuesday, March 8th from noon to 3:00 p.m. There is no admission fee and refreshments will be served.

Music by Eddie Roybal.



MyCD Program

What is MyCD Program? (Also known as Stanford University's Chronic Disease Self-Management Program) is a community workshop that teaches you how to deal with different chronic health conditions such as arthritis, diabetes, lung, and heart disease. It teaches you how to better manage your condition and lead a healthier happier lifestyle.

The workshop consists of: Six 2 ½ hour workshops once a week (preferably Fridays). The workshops are interactive, focusing on building skills, sharing experiences, and support. If you are interested in joining MyCD Workshops, contact Lugi at 955-4711. Workshop and materials are free. Put Life back in your life!

Weekend Bingo at Pasatiempo

Residents of the Pasatiempo Senior Center at 664 Alta Vista will be hosting a Bingo on Sunday, March 20th from 1:00 p.m. – 4:00 p.m. The cost is \$10.00 for package.

Frito Pies will be for sale for \$4.00, plus sodas and chips at .50 each. Everyone is welcome!



No Senior Dance at the Eagles in March

Purchasing a Computer Seminar What You Don't Know Might Cost You

On Friday, April 8th there will be a seminar on purchases a computer. A volunteer instructor of a computer class for seniors will present a seminar (not a class) on the basics and resources for selecting, shopping, buying, upgrading and maintaining a home computer.

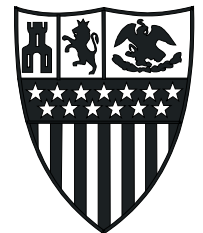


The seminar will cover computing basics; terminology and specifications; useful computing resources; what you need and what you don't; buying new vs. used; upgrading older computers; what you should spend; and maintaining your computer. There will be handouts and time for general questions from the audience.

Mark the date: April 8th in the dining room at the MEG Center at 1:30 p.m. Please register by calling the MEG Center at 955-4721.

Caregiver Support Meeting

The In-Home Support Services Program offers a caregiver support meeting presented by VistaCare Hospice.



City of Santa Fe

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. Refreshments will be provided!

New faces are always welcome. We look forward to seeing you at Mary Esther Gonzales Senior Center, at 1121 Alto Street on Tuesday, March 15th from 1:30 p.m. to 4:30 p.m.

If you have any questions, please call Theresa Trujillo at 955-4745

HEALTH & SAFETY

Strength Training for Seniors

(From National Public Radio 2/21/11)

As we age, our muscle mass decreases at surprising rates. According to Dr. David Heber, director of UCLA's Center for Human Nutrition, an average male who weights 180 pounds might after age 60 lose as much as 10 pounds of muscle mass over a decade.

But can we turn that around? Heber says absolutely. In fact, new research published in the journal *Medicine & Science In Sports & Exercise* finds older adults who begin lifting weights after 50 may win the battle against age-related muscle loss.

"You have to do what we call resistance exercise," Heber says. This can take a lot of different forms. "It could be lifting weights, it could be stretchy bands, but the key is you have to stretch a muscle.

"When you stretch a muscle to the point of straining it, as is the goal during weight lifting, you set in motion the body's natural muscle-building response. The muscle has to adapt to the damage and build itself up to be prepared for the next weightlifting assault. In this way, muscles build fiber and actually increase in size.

Take the success story of 73-year-old Sandy Palais of Tempe, Ariz., who does resistance training six days a week for about an hour each day. Palais started lifting weights about 10 years ago, shortly after she was diagnosed with osteoporosis. Weight training builds both muscle and bone mass.

Palais started going to the gym three days a week. It didn't cost much, and student trainers were there to help. Within a year, she was able to compete in the local senior Olympics. "My top score was 380 pounds: I squatted 135; I benched 80; and I deadlifted 165," she says, laughing. Now Palais has a drawer full of silver and gold medals.

Exercise physiologist and researcher Mark Peterson first met Palais when he was a student trainer at Arizona State University. Now, Peterson works at the University of Michigan where he authored the new research published in *Medicine & Science In Sports & Exercise* that looked at whether older people can reverse the process of muscle loss. "The time in which we say that older

adults can't do more exercise is long gone," he says.

In Peterson's analysis of 39 studies, he found that among more than 1,300 adults over the age of 50, muscle mass could be increased by an average of nearly 2.5 pounds in just five months.



Not only did that reverse any age-related muscle loss, it actually built lots of new muscle. Related research found the greater the intensity of weight-lifting programs, the more dramatic the outcomes. Adults who lifted the most weight boosted their upper and lower body strength by nearly a third.

Muscle strength and balance help prevent falls, one of the most common reasons seniors end up in the hospital. For sedentary adults who resolve to take up weight lifting, Peterson suggests starting slowly. You could actually begin by simply getting in and out of a chair. He says the ability to stand up out of a chair is much compromised after the age of 65 if people don't take part in resistance training. So, using one's own body mass as a dead weight is a "reasonable way to start."

Repeat that at least 10 times. Then, add repetitions and weights like small barbells as you become comfortable with the exercise. Increases of 5 pounds per weight are reasonable after mastering the lift, says Peterson.

And, after exercising, don't forget to eat, adds Heber. If you don't, muscles could actually get beaten down and not have the building blocks to get bigger and stronger. Protein is essential, Heber says, adding that your best bets are chicken, fish, soy, beans and nuts like pistachios, walnuts and almonds.

Palais says she thinks the extra effort she exerts is worth it. "I feel strong," she says. "I can lift the bags of groceries without too much sweat."

LEGAL & CONSUMER NEWS

Income-Eligible Senior Housing



The Division of Senior Services staff receives many requests for assistance with locating housing for lower income seniors. Unfortunately, we are not affiliated with any housing programs and can simply offer basic information such as that listed below.

The following information is correct to the best of the editor's knowledge. Please call numbers listed below for more information and changes to regulations.

Santa Fe Civic Housing Authority has resident-status requirements and income guidelines. They have housing complexes at Luisa, Pasatiempo, Villa Consuelo, and La Cieneguilla. Ed Romero is the Director at 988-2859.

Santa Fe County Housing includes Valle Vista, Santa Cruz, Camino Jacobo. Call 992-3060.

Privately owned rental units for income-eligible seniors include:

- Ventana de Vida at 1500 Pacheco St. Call Yolanda at 955-982-3200.
- Tres Santos, on St. Michael's at St. Francis is brand new. Call 988-2846.
- Casa Rufina, at 2323 Casa Rufina, behind Home Depot, opened a few years ago. They are at 988-1116.
- Casa Villita at 3330 Calle P'o Ae Pi is also and is off of Rufina Street. Call 474-7400.
- Encino Villa (formerly Villa Teresa) is at 1501 Montañño St. and has 48 little apts. Call 989-7271.
- Eldergrace co-housing, working with the Santa Fe Community Housing Trust. Call 989-3960 for information.

If a senior's income is not an issue, the following communities are possible options.

- Rosemont Assisted Living at 2961 Galisteo Rd, 438-8464. They are set up to provide assistance with physical and mental needs.
- Sierra Vista Assisted Living at 402 E. Rodeo Rd. 986-9696. They provide Alzheimer's and dementia-related care only.
- Kingston Residence at 2400 Legacy Court, 471-2400. They have separate areas for independent and assisted living.
- Ponce de Leon at 640 Alta Vista, 984-8422. They are located close to downtown, and are primarily for independent living residents.
- La Vida Hermosa is at 2929 Calle Vera Cruz, 474-8031. This very small facility was started by two sisters. They provide only assisted living.
- El Castillo at 250 E. Alameda, 988-2877. They are located downtown and are care for the entire life.
- RainbowVision at 500 Rodeo Road, has independent apartments and assisted living. Call 428-7777

Santa Fe Civic Housing Authority Openings

The Santa Fe Civic Housing Authority provides low income housing for individuals living in Santa Fe.

They are now encouraging low income seniors, age 62 and older, to apply. Their list of senior applicants for one-bedroom units is minimal and the waiting period is currently only three to six months. (Availability for one- and two-bedroom family units is still limited, with a waiting period of one year, but applications are still being accepted. People with disabilities may request a Special Accommodation. This is not a program of Section 8, which is not currently taking applications).

Civic Housing provides wheelchair accessible units and adheres to fair housing regulations. This program has a local preference, serving Santa Fe residents first.

Applicants must have photo I.D. when applying. Applications are taken at the SFCHA office, 664 Alta Vista St. Contact office at 988-2859 for an appointment or for additional information.

PUZZLES

Comedy Movies 1

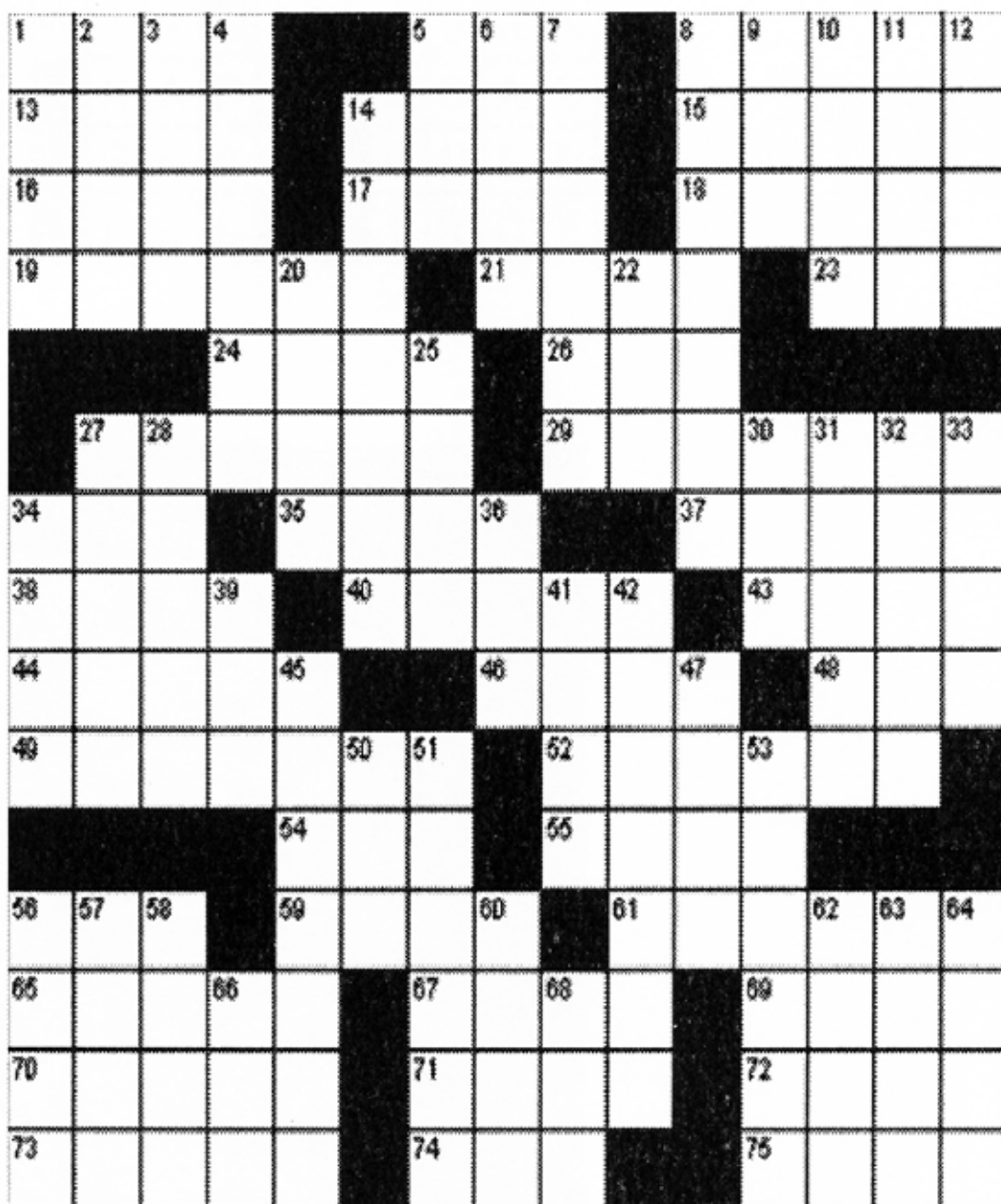
Find and circle all of the comedy movies that are hidden in the grid.
The remaining letters spell an additional comedy movie.

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

PUZZLES

Across

1. Common infection
5. Flightless Australian bird
8. Stage
13. Musical instrument
14. Support
15. Lawful
16. Quantity of paper
17. Newspaper display
18. Stadium
19. Generator
21. Acute
23. Lair
24. Pleasant
26. Consume
27. Part of the Indian Ocean
29. Preliminary piece of music
34. Was victorious
35. Exam
37. Regenerate
38. Car
40. Two
43. Barb
44. Cut of meat
46. Percussion instrument
48. Mariner
49. Consummate
52. Suitable
54. Female pig
55. British peer
56. Part of a circle
59. Small branch
61. Female Japanese entertainer
65. Court panelist
67. Part of the neck
69. Target
70. Solitary
71. Cheerful and bright
72. Part of a ship
73. Repulse
74. Snakelike fish
75. Helen of ____



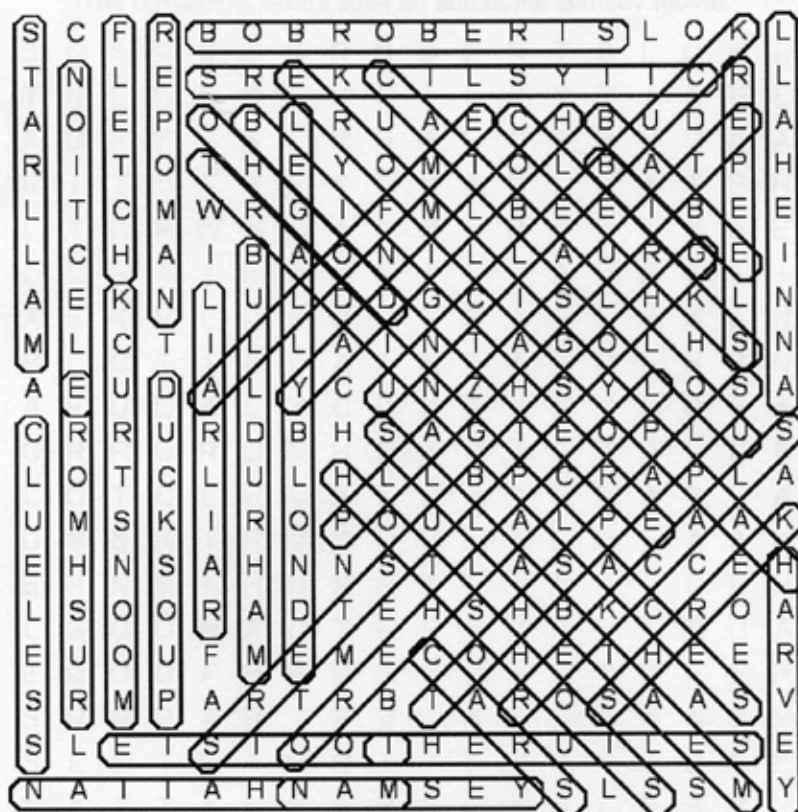
Down

- | | | |
|--------------------------|--------------------------|-----------------------|
| 1. Lanyard | 22. Listening device | 47. Bloodshed |
| 2. Comply | 25. Relieve | 50. Female animal |
| 3. Money borrowed | 27. Road | 51. Sudden sharp pain |
| 4. Peremptory request | 28. Go in | 53. Predicament |
| 5. Epoch | 30. Section of a journey | 56. Slightly open |
| 6. Treat with contempt | 31. Combine | 57. Reign |
| 7. Maintenance | 32. Suspend | 58. Harvest |
| 8. Decorative pot | 33. Pitcher | 60. Strong wind |
| 9. Belonging to a female | 34. Insect | 62. Rancid |
| 10. Matured | 36. Pull | 63. Aura |
| 11. Reasonable | 39. Lout | 64. Friendly nation |
| 12. Zeal | 41. Manage | 66. Single item |
| 14. Go forward | 42. Infuriated | 68. Buddy |
| 20. Thin fog | 45. Falcon | |

PUZZLE ANSWERS

Comedy Movies 1

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



We Rely on Your Meal Donations

The Division of Senior Services proudly offers well-balanced, hot meals to seniors age 60+ for a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Cashiers also sell lunch tickets at a cost of \$12.50 for a book of ten lunches, which means that you save \$2.50.

There are seniors who are unable to contribute the full suggested donation, and we understand that. We are certainly grateful for even a partial donation. For those seniors who are able to give the full suggested donation, we thank you very much. We keep those donations in locked boxes, deposit them daily and use them directly to purchase future meal supplies.



We ask for the donations to help defray the costs of raw foods and spices; supplies; and gasoline for our Meals-on-Wheels and inventory vehicles.

In these difficult financial times, donations are more important than ever, but we have not been receiving as much in contributions as we had hoped and planned for. Based on donations received during the first three months of this Fiscal Year, we project a shortfall of \$15,462 by the end of FY 2010/2011, if donations do not increase.

This shortfall could have a serious effect on the variety of ingredients and overall quality of the meals we are able to offer to you, our senior population.

We share this information so that you will see how crucial every dollar is to our programs. If you are able, please contribute the full suggested donation for both your Congregate and Home-Delivered meals.

Your donations are helping! Since we first published this notice, donations have increased from \$106,743 to \$119,308, so we are only short \$12,565.

**For more information regarding the aforementioned,
please feel free to call Ron Vialpando at 955-4710.**

BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Burrito Scrambled Egg Sausage Green Chile Tortilla Margarine Milk	2 Hard Boiled Egg Cheese English Muffin Cup Cereal Tomato Juice Jelly Milk	3 Cereal Toast Peanut Butter Jelly Tomato Juice Milk	4 Scrambled Egg Hash Brown Patty Toast Tomato Juice Jelly Milk
7 Waffle Bacon Boiled Eggs V-8 Juice Milk	8 Diced Ham Hot Oatmeal Jelly V-8 Juice Milk	9 Cold Cereal Cottage Cheese Yogurt V-8 Juice	10 Cereal English Muffin Boiled Egg Cheese Jelly Tomato Juice Milk	11 Ham & Cheese Breakfast Biscuit Salsa Milk
14 Boiled Eggs Large Muffin Tomato Juice Jelly Milk	15 Scrambled Egg Cheese Red Chile Potatoes Toast Jelly Milk	16 Pancakes Sausage Patty Jelly V-8 Juice Milk	17 Cold Cereal Cottage Cheese Yogurt V-8 Juice	18 Breakfast Burrito Scrambled Egg Cheese Bacon Green Chile Tortilla Milk
21 French Toast Egg Bread Bacon Tomato Juice Milk	22 Sausage & Cheese Breakfast Biscuit Salsa Milk	23 Waffle Bacon Boiled Eggs Tomato Juice Milk	24 Boiled Egg Cheese Toast Potatoes Sausage Jelly Milk	25 Cold Cereal Toast Peanut Butter Cheese Milk
28 Boiled Egg Cheese Tomato Juice English Muffin Hash Brown Patty Jelly Yogurt	29 Pancakes Sausage Patty Jelly V-8 Juice Milk	30 Ham & Cheese Breakfast Biscuit Salsa Milk	31 Boiled Eggs Large Muffin Tomato Juice Jelly Milk	

LUNCH MENU

SENIOR CENTER LUNCH MENU MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spaghetti w/ Meatballs Tossed Salad Green Beans Whole Wheat Roll Plums Milk	2 Hot Open Face Turkey Sandwich w/ Turkey Gravy Cranberry Sauce Buttered Green Beans Tomato & Cucumber Salad /Cookie / Milk	3 Green Chile Cheese Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Jell-O w/ Fruit Crackers / Milk	4 Roast Beef Mash Potatoes w/ Mushroom Gravy Vegetable Salad California Vegetables Whole Wheat Roll Cherry Cobbler / Milk
7 Beef Fajitas w/ Garnish & Salsa Tortilla (1) Oatmeal Cookie Peaches Milk	8 Oven Baked Chicken Creamy Coleslaw Green Beans Sweet Potatoes Whole Wheat Roll Chocolate Chip Cookie Apple / Milk	ASH WED 9 Italian Breaded Pork Chop Broccoli w/ Cheese Mixed Veggie Melody Whole Wheat Roll Cottage Cheese w/Peaches / Milk	10 Meatloaf w/ Tomato Topping Scalloped Potatoes Seasoned Green Beans Whole Wheat Roll Strawberry Shortcake Milk	11 Baked Chile Relleno w/ Green Chile Sauce Tossed Salad Pinto Beans Crackers Milk
14 Green Chile Cheeseburger Ranch Beans Baked Onion Rings Applesauce Milk	15 Seasoned Chicken Over Garlic Noodles Carrots & Peas Cornbread Fruit Salad Milk	16 Pork Tamale (1) w/ Red Chile Sauce Vegetable Salad Pinto Beans Whole Wheat Roll Mandarin Oranges	ST. PATRICK'S 17 DAY!! Corned Beef Steamed Cabbage Glazed Carrots Whole Wheat Roll Strawberries & Bananas Oatmeal Cookie/ Milk	18 Baked Fish Fillet Parsley Potatoes Whole Wheat Roll Chocolate Pudding w/ Topping Milk
21 Beef Stir Fry Over White Rice Stir Fry Vegetables Whole Wheat Roll Pear Milk	22 Roasted Pork Roast Mash Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Applesauce Milk	23 Baked Chicken Thighs Wild Rice Carrot Raisin Salad Biscuit Mandarin Oranges Milk	24 BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	25 Baked Breaded Fish Plank w/ Tarter Sauce German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding/ Milk
28 Baked Breaded Chicken Breast Wild Rice Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	29 Baked Baby Back Pork Ribs Steamed Corn and Broccoli Whole Wheat Roll Peach Cobbler Milk	30 Green Chile Cheese Sour Cream Enchiladas Spanish Rice Pinto Beans Oatmeal Cookie Mixed Fruit Milk	31 Beef Pot Roast w/ Veggies Mash Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll Spice Cake / Milk	

Please Note: Senior (60 years +) Meal Suggested Donations: Breakfast \$1.00. Lunch \$ 1.50

Non-Senior (59 years of age or younger) Meal Fees: Breakfast \$7.36, Lunch \$7.36