

The Senior Scene

Vistas de los Mayores



Our Lady of Guadalupe Church

Photo by Gilbert Martinez

January 2012

Programs and Activities for Older Adults



Division of Senior Services

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

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to www.santafenm.gov

- You will be on the City of Santa Fe's website Home Page.
- Click on "A to Z index" in the upper left corner of the City's Home Page.
- Scroll down to the letter "S" and click on the "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information, staff contacts, and enrollment forms for Senior Services Membership card and for the RSVP Volunteer Program.

If you have any questions or comments about Senior Services web pages, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or 505-955-4760.

Front Desk Reception

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

Administration

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

Nutrition

Thomas Vigil, Program Administrator 955-4740
 Enrique DeLora, Inventory Supervisor 955-4750

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
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Ventana de Vida, M.E.G. Center
 Cristina Villa, Program Coordinator 955-4725
 Pasatiempo, Luisa, Villa Consuelo

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Transportation Ride Reservations **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

**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

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Marisa Romero, Administrative Secretary 955-4743
 FAX Machine - RSVP Office 955-4765

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Board/Conference Room 955-4757
 FAX Machine - Nutrition 955-4794
 FAX Machine - Inventory 955-4706

Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760
 Email: kwslater-huff@santafenm.gov
 Brian Ferns, Graphic Artist
 Judy Valdez and Jeannie Rae, Copy Editors
 Cover photo by Donald E. Bell

CITY OF SANTA FE - RUN SENIOR CENTERS

LUISA 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	VENTANA DE VIDA (Pacheco) 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
MARY ESTHER GONZALES (M.E.G.) 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	VILLA CONSUELO 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
PASATIEMPO 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	COUNTY INFORMATION Ron Pacheco	992-9896 603-9147

DIRECTOR'S REPORT

Happy New Year Patrons!

Shortly after the holidays, we dive into the State Legislative Session and follow the progress of the various requests we submitted for consideration. The 2012 Session convenes on Tuesday, January 17, 2012. This is an imperative process for Senior Services as well as for other senior programs statewide, as it is our opportunity to request funds to improve and expand our programs.

After a thorough evaluation of the Division of Senior Services, we specifically identified capital improvement projects and operational needs that will enhance our programs and benefit our patrons. For this session, we submitted two separate requests. Our Legislative Request totaling \$420,472 is for operational expenditures to maintain our current levels of service. Our Capital Outlay Request totaling \$2,037,191 is to construct our proposed MEG Nutrition warehouse, address senior center facilities code compliance issues, renovate/update/replace equipment, and replace some of our old, dilapidated direct service program vehicles.

During this 30-day Session we will work hard via the Legislative Request process to secure necessary funding to augment our City programs that serve you. We will meet with Santa Fe's legislative delegation and ask for their support with our submitted requests. As always, we would like to thank our delegation for their continued support both now and in the past. Santa Fe's local delegation members are:

House of Representatives

Ben Lujan – Speaker
Brian E. Egolf
Rhonda King
Nick Salazar
Jim Trujillo
Luciano “Lucky” Varela

Senators

Phil Griego
Nancy Rodriguez
Peter Wirth

Also, please mark your calendar for Friday, January 20, 2012, which is Senior Day at Legislature. Your presence at the Legislature is greatly appreciated and truly makes a difference in the decisions our Legislators make. I hope many of you will be able to continue to assist us with this very important process. I would like to take this opportunity to extend, in advance, a sincere and personal thank you for your dedicated support and consideration for our programs. Please see page 7 for Senior Day details.

I hope you and your families had a wonderful holiday season and I look forward to seeing you this year at our various meal sites and events.



Ron J. Vialpando

SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or congregate 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, but reprints will only be issued in person. **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 for your card.



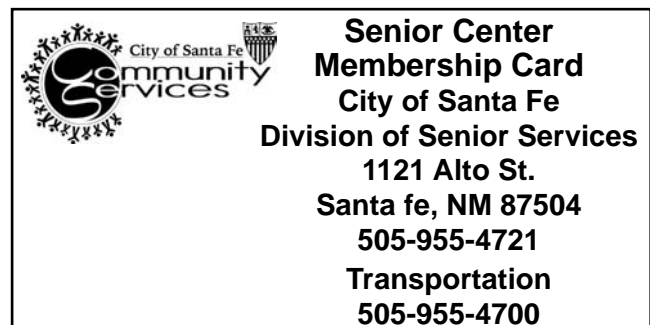
To qualify for DSS Services. The following criteria or exceptions must be met:

1. Be sixty years of age or older per the **Older American Act** and/or;
2. Be the legal spouse of a member sixty years of age or older; and/or
3. Be disabled and living in (Luisa, Pasatiempo, Villa Consuelo) 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 details call Brenda Ortiz at 955-4722.

Cards are not official identification.

We will print cards on the following days:
Tuesdays, January: 10, 17, 24 and 31
February: 14, 21 and 28
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.**
No more than four one-way trips per person, per day.

SF 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 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: Senior Services is closed on Monday, January 2, 2012 for New Year's and Monday, January 16, 2012 for Martin Luther King Jr. Day.

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 to which they are entitled. 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 must make an appointment ahead of time.** To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

Wednesdays	8:00 - 11:45 a.m.	January 4, 11, 18, and 25
Also, on Thursdays	12:30 - 3:30 p.m.	January 12 and 26

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	January 3	8:30 a.m.
MEG	TBA	January	TBA
Pasatiempo	Monday	January 9	1:00 p.m.
Ventana de Vida	Friday	January 6	9:30 a.m.
Villa Consuelo	Monday	January 9	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	January 18	9:30 a.m.
Travel Committee	Thursday	January 12	8:45 a.m.
Senior Activity Corp.	Thursday	January 12	10:00 a.m.
Transportation	Tuesday	January 10	9:00 a.m.
Nutrition	Tuesday	January 10	10:00 a.m.
Senior Olympics	Wednesday	January 18	9:30 a.m.
RSVP	Tuesday	February 28	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	January 3 & 10	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	January 5	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	January 12	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	January 17	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	January 19	11:00 a.m. to 12:00 noon

NEWS & VIEWS

Senior Center Closures in January

All Santa Fe senior centers will be closed on Monday, January 2nd in observance of New Year's and on Monday, January 16th in honor of Martin Luther King, Jr. Day.

Senior Olympics Registration

Happy New Year! This year will mark our 34th anniversary of the Santa Fe Senior Olympics.

Registration Kick-Off for the 2012 season is scheduled for January 9, at the Mary Esther Gonzales Senior Center, 1121 Alto Street from 9:00 a.m. to 12:00 p.m. However, if you cannot make it to the M.E.G. Center on this day, you can register until Friday, February 24th. After that we have late registration from February 27th through March 2nd which costs an additional \$10.00.

We will have special registration days at Genoveva Chavez Community Center on:

Friday, January 27th 9:00 a.m. - 12:00 p.m.

Friday, February 10th 9:00 a.m. - 12:00 p.m.

Thursday, February 23rd 9:00 a.m. - 12:00 p.m.

Don't wait too long to register because some of our events start in early March. The registration fee is \$20, which entitles you to participate in as many events that you would like to. For that fee you also receive a Santa Fe 50+/Senior Olympics 34th Anniversary polo shirt and, once you have completed at least one event, you receive a 15-punch pass card to GCCC, Fort Marcy or Salvador Perez fitness facilities.

Remember Olympians, this year is a qualifying year for the State Games! For registration information, call 955-4725.

- Cristina Villa

Food Giveaway at St. John's

St John's the Baptist Catholic Church at 1301 Osage Ave (the Soup Kitchen) invites you to bring a bag or box and receive 10 food items every third Friday of the month (January 20th) from 3:00 to 4:30 p.m.

Happy New Year!

Photo Contest for Newsletter Covers

(by Waldy Cuevas)

Santa Fe Senior Photo Club was established for the enjoyment of photography as a hobby and social experience.

It was founded and is mentored by former CNN Photographer Supervisor, Waldy Cuevas. Gilbert Martinez is the Club President and Ralph Perkins is the Activity Director. Barbara Hays assists Ralph.



In just five months the club has grown from 17 members at the inaugural meeting to over 32 on the roster now. We've studied organization of digital photos, composition, digital editing with Picasa, emailing and sharing of photos. We have also looked at leading edge technology such as iPads, Media Streaming, Kindle Fire and various cameras and photography products.

Among the activities have been a field trip, a photo contest for the covers of *The Senior Scene* newsletter, a photography exhibit that will hang at the MEG Center late in December and into January, and a Christmas Potluck/meeting.

The club is now meeting at the Casa Rufina Apartment Clubhouse. Members are discussing changing the meeting day and time. If interested please call or email Waldy Cuevas at 577-57749 or waldyphoto@hotmail.com.

The Alzheimer's Café

The Alzheimer's Café is a monthly gathering for people affected by Alzheimer's disease and other dementias; their families and caregivers; and professionals.

They meet on the second Wednesday of each month, 2:00 – 4:00pm at the Santa Fe Children's Museum, 1050 Old Pecos Trail. There is a suggested donation of \$5.00 per person. Go for fun, social time and sharing, in a safe, non-clinical environment.

Please join them on January 11th.

NEWS & VIEWS

Thank You to Home Instead

On behalf of the Division of Senior Services, we extend a heartfelt "Thank you" to Chico Marquez from Home Instead Senior Care for another successful year of "Be a Santa to a Senior". Because of his efforts, hundreds of frail, homebound individuals residing at Santa Fe Care Center, attending Open Hands, or living at home received a Christmas gift. This was the only present that many of them received during this holiday season. Thank you also to the "old" Wal-Mart, The Betty Ehart Senior Center, to all of you who generously purchased gifts, and to those who participated in gift wrapping and/or delivering of Christmas presents to our seniors.

Each of you truly made a difference in the lives of our senior community!

T'ai Chi Chuan (Taijiquan)

T'ai Chi chuan is a martial art that offers grace, balance, health, posture, strength, flexibility, confidence, and self-defense at any age. During the past 100 years it has evolved primarily into a holistic exercise system, providing numerous benefits:

You don't have to be a martial artist or a fighter to be a Tai Chi Chuan practitioner. The fundamental routine is practiced in a totally relaxed, slow and even manner. It has importance as a practical martial art, an aesthetic dance-like form, and a meditation in movement.

Join others for practice on Tuesdays at the Mary Esther Gonzales Center at 8:15a.m.

Free Computer Classes

Starting the week of January 9th, free beginner and intermediate computer classes will start at the MEG Senior Center at 1121 Alto St. Classes meet one morning a week for 6-8 weeks. Please sign up outside the computer room off the MEG Center lobby. The number of people who sign up will determine the number of classes and therefore the days of the week for each class.



Senior Day at the 2012 Legislature

Did you know that the New Mexico State Legislature convenes in regular sessions on the third Tuesday in January each year? It meets for 60 days in odd-numbered years and 30 days in even-numbered years. The Legislature is composed of a 70-member House of Representatives and a 42-member Senate. The members are unpaid for their legislative work, but do receive a daily living allowance for each day of official legislative work. The New Mexico Legislature will convene at noon on Tuesday, January 17th and end at noon on Thursday, February 16th. Seniors are encouraged to drop by the Roundhouse any day to say hello to their elected representatives.

Friday, January 20th is Senior Day/Alliance for Area Agencies on Aging Day at the New Mexico State Legislature. All seniors, members of the aging network, and interested members of the public are invited to attend activities promoting senior awareness at the Roundhouse that day.

There will be various activities including information tables covering a wide variety of aging issue and speeches by elected officials and policy-makers in the Aging Network.

Senior Services Transportation will drive interested seniors from the Mary Esther Gonzales Senior Center at 9:00 to the Roundhouse. One van will leave the Roundhouse at 10:30 for those who wish to have lunch at MEG Center, and another will leave the Roundhouse at 11:30 for those who wish to stay longer. Please call 955-4721 to sign up for a ride.

Tax Aide New Mexico- Santa Fe

Free income tax preparation and electronic filing will be available again this year, by AARP Tax Aide volunteers.

January 27 to April 16, 2012 at:

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

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

NEWS & VIEWS

LET'S TALK ABOUT IT... IT'S A NEW YEAR!

With Lillian Alexander

Do the years seem to be creeping up on you? Do you sometimes feel that as we age, there will be nothing to look forward to? Let's talk about it.

With a negative attitude, we can easily destroy what could be a wonderful future. If we still refer to the past as the "good old days", why shouldn't we look forward to the days ahead as "the good new days"?

So we ache with arthritis, our eyes need glasses, our hearing requires a hearing-aid or an apology, "I'm sorry, I couldn't hear you". Of course, we have to adjust to our teeth. As for our diet, there are a few foods we can no longer enjoy. With all these changes, we need a positive attitude. Self pity will only create a pathetic life.

We can still reminisce about our so -called "good old days" while we adjust to our new lifestyle. Memories are fine. In fact, it's time to go through the many treasures that we have stored away: letters, photos, china (including unusual cups and saucers) and even furniture that is much too large for our new living quarters. We will probably smile and shed a few tears as we reminisce about that period of our lives. This will be our last look at these treasures. Perhaps our grand-children would like to have them.

In spite of our aches and pains, let's make 2012 a year worth looking forward to.

QUESTIONS FOR YOU

1. How do you feel about this New Year?
2. Are you an optimist or a complainer?

Start the Year off Right

Become a volunteer! To learn more about the Retired Senior Volunteer Program, call Kristin at 955-4760.

ECHO Commodities Food Distribution

Commodities, including cheese, cereal, fruit juice, canned fruit, canned and powdered milk, canned meat, and pasta, rice or beans, are available to all who qualify. If you are a senior age 60 or over and you meet income eligibility guidelines (earning no more than \$1,174 a month for one person in a household or \$1,580 total for two people in the house), you qualify.



Individuals must bring proof of age and income to the County Extension Building at 3229 Rodeo Road on the third Tuesday of the month between 9:30a.m. and 12:30 p.m. There is currently a waiting list for new clients.

For more information, please call the ECHO office at (505) 242-6777 in Albuquerque.

ECHO Commodity Distribution Dates, 2012:

Tuesday, January 17th
Tuesday, February 21st
Tuesday, March 20th
Tuesday, April 17th
Tuesday, May 15th
Tuesday, June 19th
Tuesday, July 17th
Tuesday, August 21st
Tuesday, September 18th
Tuesday, October 16th
Tuesday, November 20th
Tuesday, December 18th

A Poem for the New Year

By Patti Merrill

Let's hang onto our dreams in 2012 and keep reaching for the sky.
In a world with so many problems, it's hard to be happy, but we've got to try.
Let's stand tall in our integrity, and learn to give and share.
Open your heart. Look around you-there is beauty everywhere.

NEWS & VIEWS

Flora's Corner

Inspiration collected by senior Flora Leyba

Indispensable

Sometimes when you're feeling important,
 Sometime when your ego's in bloom,
 Sometime when you take it for granted
 You're the best qualified in the room,
 Sometime when you feel your going
 Would leave an unfillable hole,
 Just follow this simple instruction
 And see how it humbles your soul.
 Take a bucket and fill it with water,
 Put your hand in up to your wrist.
 Pull it out and the hole that's remaining
 Is a measure of how much you'll be missed.
 You splash all you please when you enter,
 You can stir up the water galore,
 But stop and you'll find in a moment
 That it looks quite the same as before.

The moral in this quaint example
 Is "Just do the best that you can.
 Be proud of yourself, but remember,
 There's no indispensable man."

Letter from the Pacific World War II

Second Installment By Yolanda Cruz
 [Printed exactly as written- no editing]

As a genealogist and amateur New Mexico historian, I was fortunate to inherit correspondence from my uncles Nelson Cruz, Horacio Cruz and Enoch Cruz from 1943 as they were deployed to fight in World War II.

Camp Phillips, Kansas, Basic Training & One / Station Unit Training (OSUT)

February 12, 1943

Dear Brother:

I received your most welcomed letter this afternoon. Well Horacio I hope that this letter finds everyone at home as well as I am all right. So you were forgetting to put your name on the list eh, hah hah hah. A que este Shordy. Well you at least get warm Santa Fe weather pero nosotros un frio que hasta lo sentimos quien sabe hasta donde. Well brother I better get started tomorrow we have a special inspection of barracks by the Col. So you see I don't have very much time. We have been rather busy. We had a little about explosives,

have seen several pictures on our line, which is Engineering. Also we have been using the rifle, how to find the sights and how to hold it standing, sitting down, lying down, etc. Also how to tie knots with rope, this is very important we all have to know how to tie knots etc. Today we went on hike of about 10 miles or so it wasn't very far. We rested about 3 times for about 5 minutes. It isn't hard at all but wait until they start marching us 25 miles then we really have to talk about it.

Well Horacio I guess I am getting used to this climate because my cold has been getting better everyday. Most of the boys here had colds and still some have them yet.

Well Shordy I sure was glad the Demons won over the Bulldogs. I believe they play the Horseman tonight so I hope they win today. Are they getting good or what is it? I bet they are better then last years team aren't they? I have been getting all of your clippings so it's all right, just as you keep sending them eh! Well about the food today after our hike we had beans and some meat and boy did I eat. I guess I ate for all the time I had been here because I sure filled my stomach with plenty of beans. Sometimes they give us the worst food a fellow has seen and its no lie. Porque unas comidas que no sabes ni que son puede que seya hasta poison y no se porque no las como a desier ni apetito me da para que miras no mas. Well on some days we do get good food but most of the time it's no use eating it because it's no good.

Well Shordy I finally saw Abelino Alarid and he happens to be in H & S Co. so his address would be PVT Albino Alarid, Co H & S 79th Engineers Combat Regiment, Cap Phillipps, Kansas, US Army. So I guess you can drop a few lines to him eh! Well tell mother I'll try to get something for her but right now we are very busy cleaning so I'll do my best. It might get there rather late but tell her I wasn't sure about it so that's why I am late on sending her something. Later on I'll try to send some kind of souvenirs. Bueno hasta que escribes, presto eh! Regards to everyone and to Mom and Dad, you Carmen and Mike. Well brother write soon and I'll respond the same way. Your brother, Nelson

PS I do know Luciano's address so don't bother about it. Thanks!

NEWS & VIEWS

Martin Luther King Jr. Event Remarkable Hispanic Women

Please join us at 9:00 a.m. on Thursday, January 26th in the dining room of the MEG Senior Center at 1121 Alto St for a presentation by two of New Mexico's most remarkable Hispanic women.

In honor of Martin Luther King, Jr. Day, our guests will speak about their lives and achievements, and the obstacles they faced in their professional careers as Hispanics and females in this country.

Speakers: Senator Nancy Rodriguez, Former First Lady of NM Clara Apodaca

Senator Nancy Rodriguez, our very own, from Santa Fe has been elected our State Senator consecutively since 1996. The first woman to be elected State Senator from this district, Senator Rodriguez brings a legacy of experience and loyalty to her constituents and the State of New Mexico. She serves on the powerful Senate Finance Committee and chairs the Legislative Mortgage Finance Authority Oversight Committee. She also co-chairs the Legislative Health Subcommittee on Disabilities. Prior to becoming a State Senator, she was elected our Santa Fe County Commissioner for 4 consecutive terms. Cumulatively, Senator Rodriguez has held elected office -going on 24 years! Prior to being elected she was our Santa Fe County Manager.

Senator Rodriguez has a Masters Degree in Business Administration, with a major in Management Information Systems, and a major in Human Resources Management. She also has a Bachelors Degree in Business Administration with a major in Business Management and a major in accounting. She is proficient in English, Spanish and American Sign Language.



Clara Apodaca, former First Lady of New Mexico, returned home to New Mexico after 18 years in Washington, DC, to take the helm of the National Hispanic Cultural Center Foundation in January 2006. As President and CEO, Clara leads the crucial fundraising efforts to support the program and construction needs of the National Hispanic Cultural Center. Under her guidance, the Foundation has enjoyed unprecedented success.



Clara was selected for 100 Influentials by Hispanic Business Magazine in October 2008. She serves on the Board of Directors of Think New Mexico, New Mexico First and the New Mexico Women's Forum. While living in Washington DC, she also served as Commissioner on the DC Commission of the Arts & Humanities and was appointed to the White House Millennium Commission by former First Lady Hillary Clinton. Clara received the 2010 New Mexico Spirit of Achievement Award from National Jewish Health for community service. She was also honored by the Wheels Museum at their annual gala.

Ms. Apodaca worked as a consultant in Washington, DC, after serving in the Clinton Administration from 1993 to January 2001. From 1989 to 1993, she was General Assistant to Chairman Ron Brown at the Democratic National Committee. Prior to moving to Washington, Clara served as Cabinet Secretary for the New Mexico Office of Cultural Affairs from 1984 to 1987.

As chairwoman of her son's foundation, the Jeff Apodaca Celebration of Life Foundation, Clara was instrumental in raising \$1 million which funded the new Multimedia Center at UNM Children's Hospital in Albuquerque. The funds were also used to establish an endowment that will continue to award college scholarships for cancer survivors. She is the mother of five children and has ten grandchildren.

Senior Board of Directors member Ken Scott asked this remarkable woman to speak to Santa Fe seniors in honor of the great civil rights leader Martin Luther King, Jr. She will share her life story and discuss some of the challenges she faced in getting where she is today.

We will see you on Thursday, January 26th at the Mary Esther Gonzales Senior Center at 1121 Alto St. The event will begin at 9:00 a.m. and Ms. Apodaca will speak at 10:00 a.m.

FGP/SCP **Foster Grandparents / Senior Companions Programs**

Please join us:

Senior Day at the Legislature 2012

Join us for speeches by legislators, music and information tables on senior issues and programs.

Friday, January 20, 2012
9:00 a.m., at the Roundhouse

If you are interested in attending this event, you will not be required to volunteer your regular schedule on this day. Please note that lots of standing/walking is required of this event. Transportation to the Roundhouse will be provided. Please let Melanie know if you will be attending.

Volunteers Needed

It's not too late to sign up to be a Foster Grandparent volunteer. Volunteers are needed for different Head Starts and the public schools around town. Along with sharing you life experiences with children, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program benefits. For more information, please contact Melanie at 955-4761.

Senior Companion Volunteers Needed

Do you live in the Edgewood area and have an interest in becoming a Senior Companion volunteer? If so, we need you. Along with assisting lonely and/or isolated senior citizens with companionship and small tasks, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program benefits. For more information, please contact Melanie at 955-4761.

Program Reminder

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, January 16, 2012 in observance of Dr. Martin Luther King's birthday. City offices will be closed on that day.

NEW YEAR
Greetings

In-Service Meeting

The January in-service meeting for Foster Grandparent and Senior Companion volunteers is scheduled for 9:00a.m. on Thursday, January 26, 2012, in the Mary Esther Gonzales Senior Center dining room. In honor of Dr. Martin Luther King Jr. Day, two remarkable women from New Mexico will present. Senator Nancy Rodriguez and Clara Apodaca, the President and CEO of the National Hispanic Cultural Center Foundation, will speak about their lives as a Hispanic females and obstacles they had to overcome to gain their great success.

FGP and SCP volunteers are not required to volunteer on this day and should attend the mandatory in-service training instead. If you require transportation to the meeting, please arrange for your transportation by calling 955-4700, 24 hours in advance.

"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."

~Martin Luther King, Jr.

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



Tillie Kitchens	1/6
Tillie Trujillo	1/6
Peter Crook	1/8
Joe Vigil	1/10
Maria Carta	1/26
Alice Medina	1/29

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Martin Luther King Jr. Event "Remarkable Hispanic Women"

In honor of the great Dr. Martin Luther King, Jr. the RSVP Program will host a presentation by two of New Mexico's most remarkable Hispanic women. These fascinating and successful professionals will speak to Santa Fe seniors of their lives and careers and obstacles they had to face as Hispanic and female in America.

Senator Nancy Rodriguez, who has been elected our State Senator consecutively since 1996, will begin the presentation. A native of Santa Fe and the first woman to be elected State Senator from this district, she serves on the Senate Finance Committee.

Clara Apodaca, the President and CEO of the National Hispanic Cultural Center Foundation and former First Lady of New Mexico, will share about her work and life in New Mexico and Washington D.C.

In the Senior Volunteer Programs, Martin Luther King Jr. Day is known as "A day on, not a day off". Unfortunately, the City of Santa Fe is closed on January 16th so there is no senior transportation, and senior centers are closed. So, each year, we celebrate the legacy of Dr. King later in the month.

Please join us at 9:00 a.m. on Thursday, January 26th in the dining room of the MEG Senior Center at 1121 Alto St.

Gracias from the Senior Volunteer Programs

The Foster Grandparent, Senior Companion, and Retired Senior Volunteer Programs would like to thank the individuals and businesses for their generous support of our food booth during the Arts & Crafts Fair in December. All proceeds earned from the sales will directly benefit our program members and assist us with recognizing their efforts as valuable volunteers.

Muchas gracias to Pepsi Company of Santa Fe, Smith's Grocery Store, Chocolate Maven Bakery, and Lesley C de Baca for their donations and to Adolfo Alarid, Evelyn Alarid, Maria Varela, Beverly Walling and Senior Services Cook Fidel Cordova for volunteering time, talent and energy to this successful event.



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

January

George Auchampaugh	Verna G. Martinez
Deluvine R. Baca	Terry Meacham
Marta Boettcher	Alice Medina
Evangeline Bond	Mary Erlin Medina
David C. Castaneda	Michael Mier
Porfirio Chavez	Moises A. Morales Jr.
Robert Conley	Pauline Orosco
Reyes P. Garcia	Nancy Ann Paraskevas
Sandra Giron	Barbara Rochford
Grace E. Gutierrez	Carolyn Rockenfield
Al Hill	Tomasita Rodriguez
Dottie Hill	Elizabeth B. Roghair
Ann Hume	James E. Roghair
Norman Jordan	David M. Romero
Alan Karp	Juanita A. Sena
Virginia Lierz	June E. Smith
Lillian Lopez-Martinez	Dolores Vigil
Emily Lujan-SCVP	Diane Wahl
Christine P. Martinez	Caro Waterman
Cy Martinez	Sylvia Wohlmutter
Mary Edna Martinez	

ACTIVITIES

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

Ongoing Activities by Senior Center

Luisa Senior Center

Pool	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	7 am-1:30 pm
Sounds of Past	Monday	12:30 pm
Sing Along-Spanish	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi (practice)	Tuesday	8:15 am
Yoga (Dahn)	1st & 3rd Tues.	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Class	Tuesday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	10:00 am
Line Dancing	Thursday	1:00 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings

Pasatiempo Senior Center

Pool/Ping Pong	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	6:30 am-1:30 pm
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Line Dance-Adv.	Tuesday	12:00 pm
Wood Carving	Wednesday	9:30 am
Tai Chi	Thursday	9:00 am
Line Dance-Beg.	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm

Villa Consuelo Senior Center

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm
Art (Paint/Draw)	Monday	10:00 am

Ongoing Activities by Activity or Class Type

ART

Ventana-Class	Tuesday	1:00 pm
Consuelo - Open Instruction	Monday	10:00 am

BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

BRIDGE

Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm

CERAMICS/CLAY

Pasatiempo	Mon. & Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

COMPUTER

MEG Classes	For info. call	955-4721
MEG Open Use	Mon. & Fri.	1 pm - 4:30pm

EXERCISE CLASSES/FITNESS EQUIPMENT

MEG Open Use	Mon. & Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. & Fri.	6:30 am
Luisa Open Use	Mon. & Fri.	7:00 am
Ventana Class	M/W/F	9:00 am

GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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DANCE at PASATIEMPO CENTER

Pasatiempo Zumba Dance	Tuesday	8:30 am
MEG Line Dancing	Thursday	1:00 pm
Pasatiempo Zumba Dance	Friday	1:00 pm

SEWING/QUILTING/KNITTING

MEG-Sew/Quilt	Thursday	10:00 am
(no class on 2nd Thurs. of the month)		
MEG-Knitting	Friday	2:00 pm

SING-ALONG

Luisa (Sounds of the Past)	Monday	12:30 pm
Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am

TAI-CHI

Pasatiempo	Thursday	9:00 am
MEG (practice)	Tuesday	8:15 am

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:30 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

YOGA

MEG (Dahn Yoga)	1st & 3rd Tues.	9:15 am
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ACTIVITIES *for this month*

Senior Center Closures

All Santa Fe senior centers will be closed on Monday, January 2nd in observance of New Year's and on Monday, January 16th in honor of Martin Luther King, Jr. Day.

Holiday Break for Instructors

All Arts & Crafts instructors' vacation continues until January 6th. Therefore, classes will resume Monday, January 9th.

New Year's Dance

Thursday, January 12th
Dance Time: 1:00 p.m. to 4:00 p.m.

Fraternal Order of Eagles,
833 Early Street

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

Band: Los Malcriados

Sponsored by: Mary Esther Gonzales Senior Center

Light refreshments will be served.



Yoga Classes at MEG Center

Dahn (Energy) Yoga classes are held in the MEG Center Board Room on the 1st and 3rd Tuesday of each month. This month's dates are:

Tuesday January 3rd - 9:15 am to 10:00 am

Tuesday January 17th - 9:15 am to 10:00 am

Free Hair Cuts at MEG & Pasatiempo

During the month of January our volunteer Fabiola will provide free hair cuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:00 a.m. to 2:00 p.m.:

MEG Senior Center:
January 4th, and January 11th

Pasatiempo Senior Center:
January 18th and January 25th



Presentation by Adult Protective Services

Please join us for an informative presentation about the State of New Mexico's Adult Protective Services (APS) on Wednesday, January 18th at 10:00 a.m. at the Mary Esther Gonzales Senior Center.



Phyllis Turner, Santa Fe APS Supervisor, will discuss what and who they investigate; how they get cases; the investigative process; the different services offered by APS; and their guiding principals and values.

The Adult Protective Services Division is mandated by state law to investigate reports of abuse, neglect, and exploitation of persons age 18 or older who are unable to protect or care for themselves. APS provides a system of protective services and remains on call for emergent reports on a 24 hour-a-day, 7 day-a-week basis through a statewide network of five regions and 23 field offices which cover all counties in New Mexico.

Short-term services are provided to adults who are unable to protect themselves and are intended to prevent continued abuse, neglect, or exploitation and assist them in remaining safely in their homes. In addition to investigations, services include short-term emergency protective placement or caregiver services; legal services, such as filing of guardianship or conservatorship in district court; short term case management; and home and community based interventions or referrals. Services provided to eligible adults may include home care, adult day care, or attendant care.

Please do not miss this important presentation-it could help you save a life.

Amerigroup Community Care



Gina Sanchez with AMERIGROUP Community Care continues to visit the MEG Center every Wednesday in the MEG Lobby area from 10:00 a.m. to 1:00 p.m. If you have questions about Amerigroup she can be reached at (505) 550-3816.

ACTIVITIES for this month

Senior Olympic Registration

The Santa Fe 50+ Senior Olympics will begin registration for the 2012 local games on Monday, January 9th 2012 at the MEG Senior Center 9:00 a.m. -12:30 p.m. Look for details on flyers at the MEG Center, the GCCC and Fort Marcy Complex.



You may also call Cristina Villa, Olympics Coordinator, at 955-4725.

Entertainment at the M.E.G. Senior Center

Come and listen and dance to the music of **"Uptown DJ" with David Garcia.** David plays a variety of music to listen and dance to and also welcomes song requests...so join us for an afternoon of music at the Mary Esther Gonzales Senior Center on Tuesday, January 24th from 1:00 p.m. to 3:00 p.m.

Senior Travel Committee News

Listed below is the final segment of the Popejoy Hall in Albuquerque's Spring and Fall 2012 Series:

Masters of Motown - Saturday, February 18th at 8:00 p.m.

Tao - The Art of the Drum - Featuring drumming and dance of Japan- Sunday, February 19th at 3:00 p.m.

One Night of Queen - Featuring the music of the band Queen Thursday, March 1st 7:30 at p.m.

St. Petersburg State Orchestra - Tchaikowski- Wednesday, March 7th at 7:30 p.m.

For St. Patrick's Day:

Celtic Tenors- For St. Patrick's Day – Friday, March 16th at 8:00 p.m. June 5th – 10th

RAIN: A Tribute to the Beatles- Tuesday, March 20th at 7:30 p.m.

Goodnight Gracie - Featuring the 90-year career of George Burns and his lady love Gracie Allen- Sunday, May 6th at 3:00 p.m.

The Lion King - October 2nd – 28th Times and prices to be announced later

Vote early for which performance(s) you would like to see. Call Carol at 989-3604 or Alice at 920-5061. If you leave a message, remember to leave your NAME and TELEPHONE # so they can return your call.

Chronic Pain Free Self Management Program

The Chronic Disease Self Management Program (MyCD) was developed by Stanford University in 2006 to help patients learn techniques for managing symptoms and pain of chronic disease. According to Stanford's assessment, 30 percent of those who completed the 6-week series reported greater satisfaction in life as a result.

If you suffer pain from chronic illness, you are invited to attend a series of six free workshops. Session will be held at the Mary Esther Gonzales Senior Center on Fridays from 1:00 to 3:30 running January 6th through February 10th. Those who complete the program will also receive the free book, *Living with Chronic Illness*.

January 6th 2012 will serve as an introduction to the group and to the program. Participants will develop a workable action plan to address one of the problems associated with their illness.

On January 13th we will identify ways of managing anger, fear and frustration; identify steps of the problem solving process; and discuss the benefits of exercise.

January 20th will be devoted to improving breathing, using breathing for coping with stress, and learning the causes and management of pain and fatigue.

On January 27th we will discuss good nutrition as well as how to communicate effectively with healthcare providers.

February 3rd will be about medication and coping with side effects; and dealing with depression.

On February 10th we will wrap up with more on communication, as well as creating a better future with these skills.

Expect meetings to be lively, friendly and informative! Anyone with chronic illness may attend this free program, but please plan to attend all six meetings for best results! For more information, please call Stephanie Hiller at (505) 577-7175.

ACTIVITIES *for this month*

Mobile Health Van

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



All winter dates are weather permitting:

Tuesday Jan. 3rd, Chimayó Community Center
10am-2pm
Wednesday Jan. 4th, Rio en Medio Com. Center
10am-2pm
Thursday, Jan. 5th, Casa Rufina Housing
10am-3pm.
Friday, Jan. 6th, Pasatiempo Senior Center
10am-3pm.
Saturday, Jan. 7th, Agora Shopping Center
10am-2pm.
Tuesday, Jan 10th, Eldorado/Adam Sr. Center
10am-3pm.
Wednesday, Jan 11th, Pojoaque Pueblo Senior Center 10am-2pm.
Thursday, Jan. 12th, Edgewood Senior Center
10am-2pm.
Friday, Jan 13th, MEG Senior Center
10am-3pm.
Tuesday, Jan. 17th, Santa Cruz Com. Center
10am-2pm.
Wednesday, Jan. 18th, La Cienega Community Center, 10am-2pm
Friday, Jan. 20th, Ventana de Vida Sr. Center
10am-3pm.
Tuesday, Jan. 24th, Bethel Community Storehouse 10am-3pm.
Wednesday, Jan. 25th, Encino Villa Apartments
10am-2pm
Thursday, Jan. 26th, Luisa Senior Center
10am-3pm
Friday, Jan. 27th, Miklos Coffee House
10am-3pm.
Saturday, Jan. 28th, Lamy Railroad Station
10am-2pm.
Tuesday, Jan. 31, TBA.

AARP Driver Safety Program

Sign up for an AARP Driver Safety Class at the MEG Senior Center, located at 1121 Alto Street. The volunteer instructor will go over safety tips for seniors on the road.



New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

Classes are held on the second Tuesday of each month from 1:00 to 5:00 p.m. in the dining room. Sign-in starts at 12:30 p.m. 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 the volunteer instructor of that class:

February 14th call Stephanie Thomas 466-4738
March 13th call Patricia Penn 438-0460

New Year's Dance at Luisa

Please join us at the Luisa Senior Center, 1500 Luisa St (off Columbia) for an afternoon dance on Thursday January 19th from 12:00 p.m. - 3:00 p.m. Admission is just \$2.00.

If you have never been to the Luisa Center, start your year off right and plan to have a great afternoon dancing and listening to live music by Bonifacio. They will also be giving door prizes. Don't miss out!

Weekend Bingo at Pasatiempo

Residents of the Pasatiempo Senior Center at 664 Alta Vista will be hosting a Bingo on Sunday, January 15th from 1:00 p.m. to 4:00 p.m. The cost is \$10.00 for a package. They will also sell homemade stuffed sopapillas for \$5.00.

Everyone is welcome!

Special Thanks to Rosemont

The Division of Senior Services sends a special thanks to Rosemont Assisted Living for co-sponsoring our December 15th dance. The cookies they provided were delicious!

Older Women are the Fastest Growing Demographic on Facebook

(Excerpted from www.nj.com)

Move over, Millennials: that next friend request on Facebook could be from grandma. Claire Edelman, a Monroe Township grandmother of 17, joined the social networking site last year, with the help of one of her grandchildren, so she could see their photos even when she couldn't see their faces. "All kinds of things are going on all the time," said Edelman, 84. "I enjoy reading their comments. I can find out what's going on in their lives."

Edelman is one of many senior citizens using social networking at rapidly increasing rates, according to a 2010 study by the Pew Research Center. Social networking use among Internet users ages 50 and older has nearly doubled — from 22% to 42% from 2009 to 2010, according to the study. For Internet users older than 74, that number has quadrupled, from 4% to 16%.

Women over 55 are the fastest-growing demographic on Facebook, according to InsideFacebook.com, a website that tracks and analyzes user data.

Members of the Greatest Generation — the nickname given to the parents of baby boomers — tend to value privacy and are less likely to embrace a social construct based around broadcasting personal information.

Edelman said she doesn't like to post "status updates" — a note about what she's doing or thinking — on Facebook, but she has looked up photos from her dozen or so Facebook friends, and read posts from them, including recent tidbits from her grandkids about spring break travel plans and some venting about exam-induced stress. "When I see what my grandchildren are posting, it just makes me smile," Edelman said. "But none of my friends really know much about Facebook." George Vislocky, 80, likes to use Skype, a video messaging program that allows users to chat face-to-face over the Internet for free. He said he mostly uses it to keep in touch with family in Tucson, Ariz., San Jose, Calif., Port St. Lucie, Fla., and upstate New York.

While Twitter and Facebook users who send out status updates may tend to skew younger, with most members under 40, the average age of a LinkedIn user is 45.

Ruth Karr, 79, a resident of the Cedar Crest retirement home in Pompton Plains, joined Facebook to follow the career of her daughter, an artist who posts photos of her latest work. She has about 10 Facebook friends — mostly relatives — and has used the site to reconnect with a former neighbor who now lives in Florida. Karr checks Facebook several times a week for updates and e-mails, but said she has no plans to sign up for any other social networking sites.

"I don't know about Twitter. It seems like you need to have a lot to say and I don't think I do," Karr said. "If I was young, I guess I'd love it."

Seniors' Purchasing Power

(Excerpted from www.MarketWatch.com)

By Marshall Loeb, MarketWatch



Business people who are eager to sell increasing amounts of their goods and services may be ignoring an active category of consumers. It consists of people aged 65 and over — a group that now numbers about 37 million, or an estimated 12% of the population, according to the U.S. Census Bureau.

Older adults are rapidly becoming the largest market segment in society and will possess the most purchasing power of any demographic, according to a task force at the International Longevity Center in New York. Yet advertising in many industries has been slow to respond to the new demographic realities brought upon by an increasingly aging population.

The expendable income of this group is not static, either, as more are staying on the job beyond the typical retirement age of 65. Some continue to work to grow their retirement funds or simply because they want to continue working.

Only 20 years from now, when the oldest baby boomers will be 85 and the youngest 67, approximately 70 million Americans will be over 65. By 2030, the U.S. Census Bureau predicts, those over 65 will make up 20% of the population — compared with about 13% today. Most important, the fastest growing segment of the population is the over-85 group.

Health Wire Tips

(From Consumer Reports *On Health* newsletter)

Coffee Perks

Women who drank at least a cup of coffee a day were about 23% less likely to have a stroke over ten years compared with those who drank less, according to a study of 34,670 women. It was published online on March 10, 2011 in the journal *Stroke*. The study didn't differentiate between regular and decaf.

Relief for Hot Flashes

Acupuncture might ease menopausal symptoms, according to a study of 53 women published in March 2011 in the journal *Acupuncture in Medicine*. Women treated for 10 sessions of acupuncture had fewer hot flashes than those who received sham acupuncture, which used blunted, non-penetrating needles.

Trick for Removing a Stuck Ring

Try squirting Windex on it, suggests the American Society for Surgery of the Hand. Or ice the finger and hold it above your head for a few minutes before using soap or oil to slide it off.

Weight vs. Aging

Older adults who did regular resistance exercise gained an average of 2.4 pounds of lean body mass over 5 months, according to a review of 49 studies in the February 2011 issue of *Medicine & Science in Sports & Exercise*. The gains might stave off age-related muscle loss and help older adults stay independent.

Three Healthy Habits for Preventing Breast Cancer

A study that followed nearly 86,000 postmenopausal women for an average of 5.4 years found that those who exercised at least moderately hard a minimum of five times a week for 20 minutes a session, had no more than seven drinks a week, and maintained a body mass index of less than 25 were less likely to develop breast cancer. That was true even among women who had a family history of late-onset breast cancer.

Winter Sunscreen

Reflection from snow can nearly double the strength of ultraviolet light, increasing the risk of sunburns. That's of particular concern when you're at high altitudes because the thinner air filters out less radiation.

Sweet News on Chocolate and Health

Australian researchers asked 1,216 older women how often they consumed chocolate. Those who said that they had at least a serving a week were 24% less likely to experience hospitalization from heart disease or heart failure over about 10 years, compared with those who said they ate chocolate less frequently.

What Doesn't Kill You...

People who face some adversity in their lives report better psychological well-being than those who don't have similar difficulties, according to an October 2010 study in the *Journal of Personality and Social Psychology*. Researchers said that hard times might help people build coping skills and resilience.

Humidifier Update

To keep them from turning into breeding grounds for bacteria, empty the tank and change the water daily, and scrub with vinegar and disinfect with bleach every few days. Also use distilled or demineralized water to prevent crusty deposits.

Wrong Doses?

Don't use kitchen spoons when measuring liquid medication, since they vary in size. Instead, use the measuring device that comes packaged with your medication.

Washing New Clothes

Washing brand new clothes before you wear them can help remove formaldehyde and other compounds that are sometimes used by manufacturers to prevent wrinkles. The chemicals can cause itchy, inflamed skin on some people.

Sewing

Find and circle all of the Sewing words that are hidden in the grid.
The remaining letters spell an old saying.

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A R E P P I Z T G R O M M E T S S
S H E A R S A R E K A M S S E R D
T T F I T I T A P E M E A S U R E
I S S A L G G N I Y F I N G A M C
T H P O B S I G C L O T H N P R S
C R R I K R N T S E S L A C E I E
H M E O N I I R R E P O I P N B A
Y E O T D C O C A H I O A S C B M
R H L N T S U M E W R P G E I O S
E S E A S U R S T G G S N L L N T
D M N I S I C H H N M S I D P B R
I A C O P T I Y I I H P T E A O E
O S E P T M I C R C O A L E T B S
R L E R B T A C T A E N I N T B S
B R W L H R U A S R T S U A E I V
M E E A T T P B S T N O Q I R N N
E Y E S G N I N R A D E R S N I P
  
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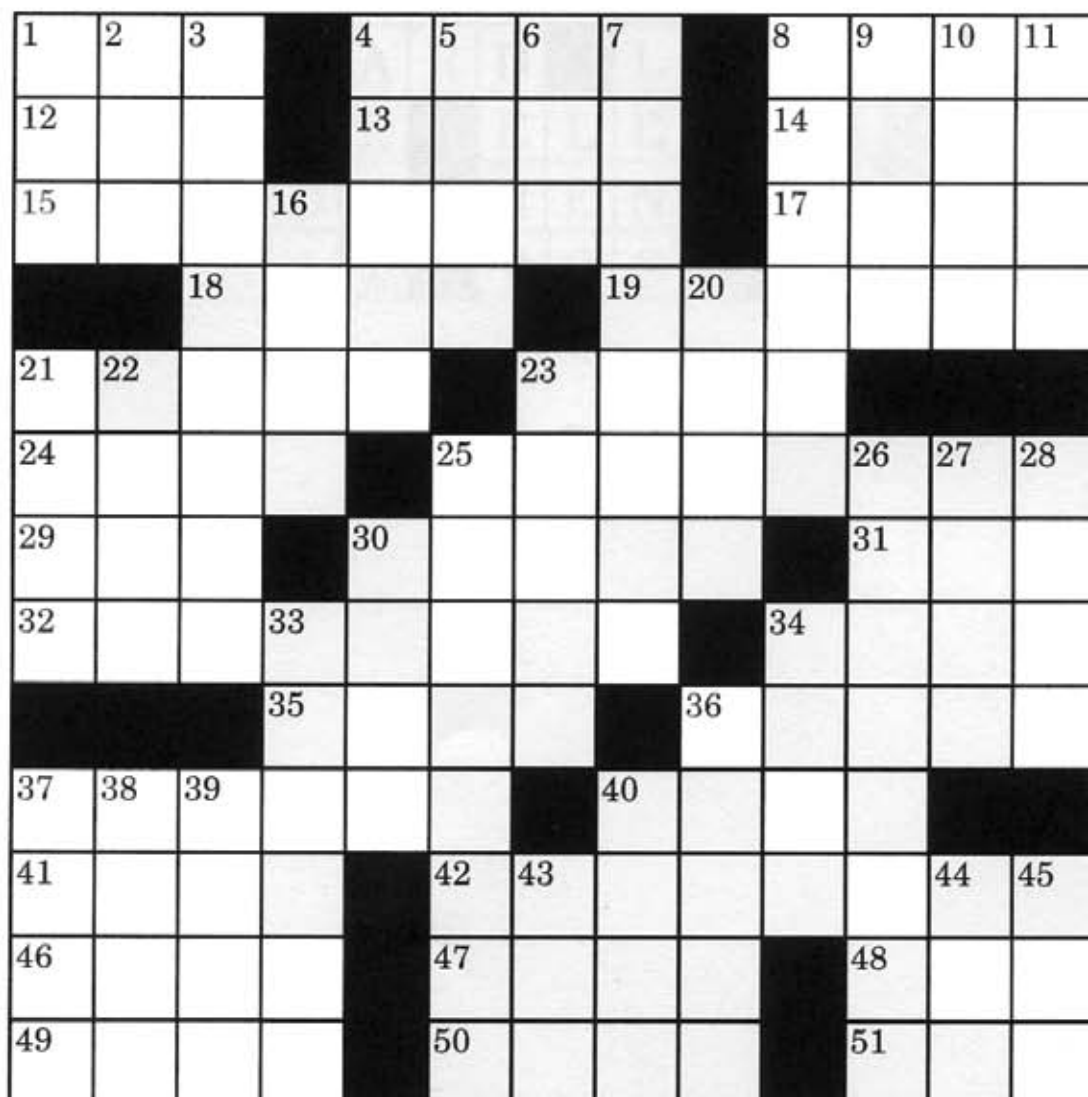
AWL
BOBBIN
BUTTONS
CLOTH
DARNING
DRESSMAKER
ELASTIC
EMBROIDERY
EYES
FABRIC
GROMMETS

HEM
HOOKS
LACE
MAGNIFYING GLASS
MENDING
NEEDLES
PATCH
PATTERN
PENCIL
PINCUSHION

PINS
QUILTING
RIBBON
RIPS
ROTARY CUTTER
SCISSORS
SEAM RIPPER
SEAMSTRESS
SHEARS
SNAPS

SPOOL
STITCH
TAILOR
TAPE MEASURE
TEARS
THIMBLE
THREAD
TRACING PAPER
TRACING WHEEL
ZIPPER

PUZZLES



ACROSS

1. Smithy's stock
4. Sharp blow
8. Capone feature
12. Summer slaker
13. Bread choice
14. Remaining: 2 wds.
15. Droning instruments
17. Freudian force
18. Tatted handiwork
19. Darting pain
21. "Once bitten, — shy"
23. Ornery
24. Fury
25. Flattery: 2 wds.
29. See 24-Across

30. Proud gait

31. Actor Tognazzi
32. Ghostly
34. Comic Laurel
35. Sleet's kin
36. Wedding gift, of sorts
37. Bounty
40. True to —
41. Runner's route
42. November event
46. Sign over
47. Hawaiian goose
48. Safari creature
49. Make an afghan
50. Pitch
51. Female lobster

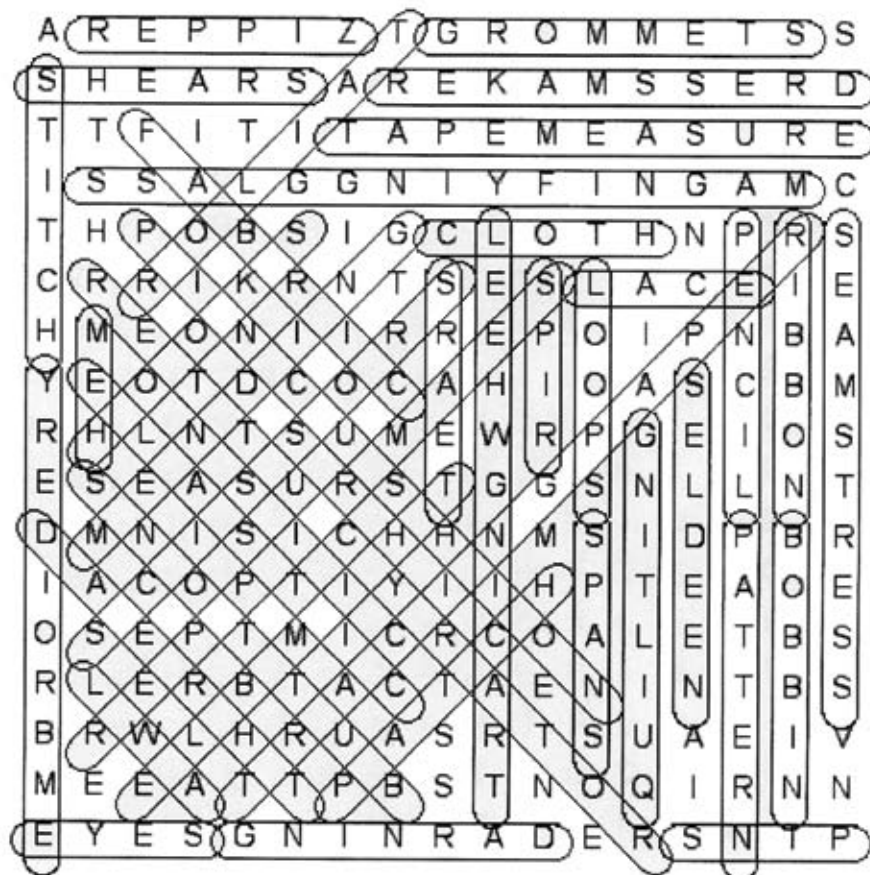
DOWN

1. Computer key
2. Crete peak
3. Lingerie buy
4. Add zest to
5. — out, destroy
6. Vexed: slang
7. Classy
8. Tankard cousins
9. Hokeyness
10. Highly excited
11. Kennedy matriarch
16. Dueler's step
20. Steam-engine inventor
21. Certain numerical prefixes
22. Twist (boards)

23. Fable finale
25. Grating
26. Be more important than
27. Seaweed product
28. Liqueur glass
30. Vega, for one
33. Alpine house
34. Pliable
36. Chops finely
37. Diamond: slang
38. Roulette bet
39. Oft-dry watercourse
40. Optical piece
43. Mr. Durocher
44. Undivided
45. Priory person

PUZZLE ANSWERS

January 2012



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

BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	3 Scrambled Egg Cheese Green & Red Peppers Potatoes Jelly Milk	4 Grilled Ham Green Chile Small Roll Jelly Milk	5 Cottage Cheese Tomato Juice Cold Cereal Jelly Milk	6 Scrambled Egg Salsa Tortilla Bacon Milk
9 Boiled Eggs Tomato Juice Cold Cereal Jelly Milk	10 Breakfast Burrito w/ Sausage Patty Green Chile Tortilla Margarine Milk	11 Peanut Butter Tomato Juice Small Roll Jelly Milk	12 Boiled Eggs Tomato Juice Wheat Toast French Toast Bacon Maple Syrup Milk	13 Sausage Patty Cheese Salsa Biscuit Jelly Milk
16 ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	17 Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk	18 Diced Ham Grilled Peppers & Onions Wheat Toast Jelly Milk	19 Sausage Patty Tomato Juice Pancakes Maple Syrup Milk	20 Scrambled Egg Green & Red Peppers Potatoes Margarine Milk
23 Peanut Butter Tomato Juice Small Roll Jelly Milk	24 Boiled Eggs Tomato Juice Waffle Bacon Maple Syrup Milk	25 Grilled Ham Salsa Small Roll Jelly Milk	26 Sausage Patty Tomato Juice Pancakes Margarine Maple Syrup Milk	27 Scrambled Egg Salsa Tortilla Bacon Milk
30 Sausage Patty Cheese Salsa Biscuit Margarine Milk	31 Scrambled Eggs Peppers & Onions Small Roll Bacon Milk		Breakfast is served at MEG, Pasatiempo & Luisa Senior Centers Serving Times are 7:30 - 8:30 a.m. Seniors \$1 Donation	

LUNCH MENU

January 2012

SENIOR CENTER LUNCH MENU JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	3 Classic Meatloaf w/ Tomato Topping Scalloped Potatoes Carrot & Raisin Salad Whole Wheat Roll Tapioca Pudding w/ Strawberries / Milk	4 Tuna and Shells Tossed Green Salad Crackers Chilled Peaches Milk	5 Green Chili Cheeseburger Ranch Beans Onion Rings Applesauce Milk	6 Baked Chicken Breast w/ Mushroom Alfredo Sauce Sweet Potato Baked Biscuit Chilled Pears Milk
9 Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Fruit Milk	10 Baked Beef Steak w/ Veggie Sauce Steamed Spinach Parmesan Potato Rounds Whole Wheat Roll w/ Margarine Lemon Bar / Milk	11 Turkey Dinner w/ Gravy Stuffing Dressing Steamed Green Beans Potluck Roll w/Margarine Cranberry Salad Pumpkin Pie w/ Topping Milk	12 BBQ Chicken Steamed Corn Steamed Asparagus Whole Wheat Roll Pumpkin Spice Cookie Milk	13 Roast Beef Mashed Potatoes w/ Gravy Midori Blend Veggies Dinner Roll w/Margarine Fresh Banana Milk
16 ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	17 Pepper Steak w/ Brown Gravy Baked Potato California Vegetables Dinner Roll Cherry Cobbler Milk	18 Bean, Beef & Turkey Burrito Supreme w/ Red Chile Sauce Spanish Rice Green Salad Chilled Apricots Milk	19 Pork Roast Mashed Potatoes w/ Gravy Asparagus Whole Wheat Roll w/ Margarine Applesauce / Milk	20 Chicken Fajitas w/ Salsa Tortilla (1) Chile Beans w/ Cheese Jell-O w/ Mandarin Oranges Milk
23 Beef Brisket Pinto Beans Creamy Coleslaw Garlic Toast Apple Crisp Milk	24 Baked Chicken Wild Rice Carrot & Raisin Salad Baked Biscuit w/ Margarine Mandarin Oranges Milk	25 Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans Whole Wheat Roll w/ Margarine Apple Cobbler / Milk	26 Chile Relleno (1) w/ Cheese Sauce Tossed Salad Pinto Beans Crackers Fruit Cup Milk	27 Glazed Baked Ham Baked Sweet Potato Buttered Asparagus Whole Wheat Roll w/ Margarine Pineapple Cake Milk
30 Traditional Beef Stew Cucumber & Onion Salad Cornbread w/ Margarine Strawberry Shortcake Milk	31 Stuffed Chicken Breast w/ Cream Sauce California Vegetables Baked Biscuit Peach Crisp Milk		Lunch is Served Luisa, Pasatiempo, Villa Consuelo & Ventana de Vida Centers 11:00a.m. - 12:30 p.m. MEG 10:45 - 12:30	

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00, Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Fees: Breakfast \$7.01 Lunch \$7.01