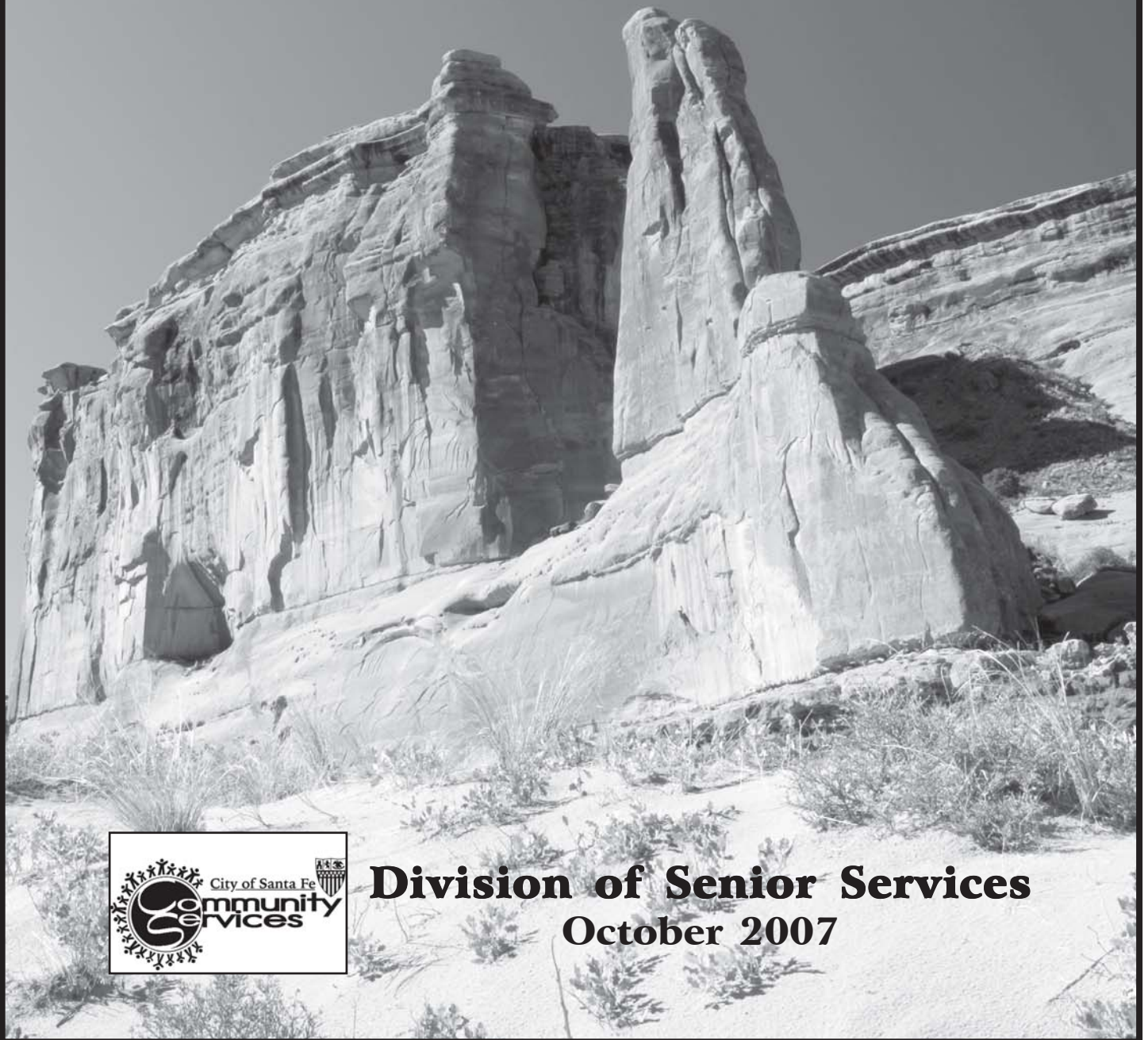


The Senior Scene

Vistas de los Mayores



Division of Senior Services
October 2007

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Front Desk Reception**

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

Administration

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

Nutrition

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

Meals On Wheels

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

Senior Center Programming

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

50+ Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator 955-4754

In Home Support Services, Respite Care**Homemaker, Non-Medical Personal Care**

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

Senior Membership Registration

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

Transportation**Ride Reservations 955-4700**

Robert Chavez, Transportation Manager 955-4738
 Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada, Administrative Secretary 955-4756

Foster Grandparent/Senior Companion Program

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

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Cristy J. Montoya, Administrative Secretary 955-4743

Miscellaneous

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

Newsletter Production

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

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**CHIMAYO 351-4686**

Benny Chavez Community Center
 Chimayo, New Mexico 87522

EDGEWOOD 281-2515

114 Quail Trail
 Edgewood, New Mexico 87015

EL RANCHO Community Center 455-2195

P.O. Box 3860
 Santa Fe, New Mexico 87501

ELDORADO 466-1039

Adam Senior Center, 14 Avenida Torreon
 Santa Fe, New Mexico 87508

LUISA 955-4717

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

MARY ESTHER GONZALES (M.E.G.) 955-4721

1121 Alto St. Santa Fe, New Mexico 87501
 MEG Kitchen 955-4751

PASATIEMPO

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

RIO EN MEDIO Community Center 988-3053

El Alto Lane
 Rio en Medio, New Mexico 87506

SANTA CRUZ 753-8598

Abedon Lopez Community Center
 Santa Cruz, New Mexico 87567

VENTANA DE VIDA (Pacheco) 955-6731

1500 Pacheco St.
 Santa Fe, New Mexico 87505

VILLA CONSUELO 474-5431

1200 Camino Consuelo
 Santa Fe, New Mexico 87505

DIRECTOR'S REPORT

Dear Seniors,

"I've had a beautiful ride" proclaimed Ernesto Ramos, our friend and advocate from Corporation for National and Community Services. Ernesto is retiring as the Director for the Corporation at the end of this month and has provided us with over 36 years of leadership.

The contribution that Ernesto feels most proud of during his years with the Corporation is "the way I helped create a feeling of family among all of the participants in senior programs" whether they were staff, community partners or seniors themselves.

"People call me the Godfather of Senior Olympics because I was part of the group that conceived and organized the first New Mexico State Games in Albuquerque back in 1979. We had 157 participants". Now, the State Games attract over 1,500 participants as a result of Ernesto's dedication, his hard work, and his continuation to promote health and participation.

Ernesto learned the power of good deeds early on. As a young man in El Paso, he drove a bus, "transporting viejitos from the Barrio to the hospital three hours away". There was always a long line once they arrived, so Ernesto asked his mother to make food so that he could give it to the nurses, to get his people cared for first. "My mom made the best burritos in the world! I learned granjar, to do for others".

Although Ernesto is stepping down from his current position, he vows "I will never stop working for senior citizens, because that is where my heart is." As a reminder Ernesto, you are always welcome at all of our senior centers and you will truly be missed!



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

Patricia Rodriguez



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership Card with Photo?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and show it each time they use any Senior Services program.

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

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

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

The following criteria or exceptions must be met:

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

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

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

SENIOR MEMBERSHIP CARD SCHEDULE FOR OCTOBER 2007

M.E.G. Center	Tuesdays	October 2, 9, 16, 23, 30	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	October 4, 11, 18, 25	9:30 to 12:00 & 1:30 to 3:00

SENIOR TRANSPORTATION INFORMATION

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

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

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

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

On the third Tuesday of every month (October 16), rides for commodity pick-up, medical appointments, and lunch at senior centers will be given priority. Other ride requests will be accomodated if possible.

Contact: Call 955-4700 for all ride reservations.
Ride reservations must be made **at least 24 hours in advance**, before 4:00 p.m.
Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

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

NEWS & VIEWS

They will be missed...



Alice Gonzales, age 76, passed away at home in her sleep on September 9th. She was preceded in death by her husband Casimero.

Alice was a Foster Grandparent at Sweeney Elementary School for Years and served as a Senior Companion as well. Even when Alice was not healthy, she made sure to visit all of her clients. She always had something positive to say and her cup was always at least half full.



Willard J. "Bill" Kapoun died at age 87 on September 8th. He lived in Santa Fe for 25 years, (where his son, Robert, owns The Rainbow Man Shop) but passed away at his home in Ohio. He was preceded in death by his wife Gwynne.

He was very involved in the Edorado Senior Center. He was highly skilled at bridge and enjoyed square dancing and cross country skiing. Bill set up Indian Market for 17 years and was a member of the Santa Fe Search and Rescue.



Centers Closed on October 8, 2007

All senior centers will be closed on Monday, October 8th in observance of Columbus Day. There will be no congregate or home delivered meals, transportation or activities.

Pasatiempo Center Needs Volunteers

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



Come and Make a Difference

Each year, the Santa Fe RSVP chooses a project which can make a difference in our community.

This year, we are asking you to help us keep other Santa Fe seniors safe. Please join us for *USA Weekend Magazine's Make a Difference Day on Saturday, October 27th*. From 9:00 a.m. to noon, volunteers and Senior Services staff will walk in pairs from door to door of a senior housing community offering Packets for Life and other useful information for the residents to keep. If you would like to volunteer for Make a Difference Day, please call Cristy at the RSVP office at 955-4743.

ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building, 3229 Rodeo Road, on the third Tuesday of every month from 9:30 to 1:30.

The next distribution date is October 16th.

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



Employment Opportunity

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



NEWS & VIEWS



Seated are Regina Szafranko and Teresa Bonal. Standing are Carmen Chávez-Luján, Vickie Lucero, Virginia Gorman, Mary Ann Chrane and Mary Day.

Sewing for So Long – So Long, Vickie!

After 10 years of dedicating herself to the art of quilt-making, Vickie Lucero is leaving the Division of Senior Services as our quilting instructor. Her class threw her a farewell party on Monday, September 17, 2007. Memories abounded and fond stories were shared among her students, who also consider themselves Vickie's friends. Present at the party were Mary Ann Chrane, Teresa Bonal, Mary Day, Regina Szafranko, Virginia Gorman and Carmen Chávez-Luján

The students who started with Vickie 10 years ago are her groupies, Teresa Bonal and Mary Ann Chrane. They have followed Vickie from Center to Center. The quilting first started at Villa Consuelo Center, then it went to Luisa, went down a few blocks to Pasatiempo and, ultimately, ended up at the Mary Esther Gonzales Center on Alto St.

Many years and many quilts later, Vickie has decided to move on and dedicate her time to her husband and family. Amid tearful hugs and well wishes, the party ended and the group members headed in different directions. This is not to say that Vickie is out of sight, out of mind. Vickie has engraved an indelible imprint on our hearts, and we are sure to see her again, if not at the senior centers, at the various bazaars held at St. Ann's Church.

We wish you the best, Vickie.

With all of our love, from your quilting class

Senior Employment Opportunity – Childcare

A woman with medical limitations is seeking a part-time helper. She needs someone to help take care of her one year-old and her four-year old, as well as provide occasional rides to doctor appointments.

Schedule: Mon, Wed, Fri 2:00 to 4:30
Tues, Thurs 11:00 – 4:30

Requirements: Clean driving record and current license & insurance.

Salary: \$10.00 an hour

More info: Call Kathy at 603-2010

Blessings of Age Conference

The fifth annual Conference on Elder Spirituality for Santa Fe Parishes will be held on Tuesday, October 16th from 8:30 a.m. to 1:00 p.m. at the St. John the Baptist Pastoral Center, 1301 Osage Avenue.

There will be a presentation by Sister Colleen Shanahan, a Stella Niagara Franciscan from New York. She works as Family Life Coordinator at the Parish of Santa Maria de la Paz, and has been at the Parish for 12 years. She will share some important lessons from the life of St. Francis and discuss how to live a more holy and creative life as we age.

The event begins with hospitality and then a welcome at 9:00, followed by the presentation at 9:15 and a complimentary lunch at noon with the evaluation. Religious articles will be available for sale. For your comfort, you may wish to bring a cushion to sit on.

There is no fee, but it is important to pre-register for the lunch count. For reservations, call 989-9668.

Do you play gin?

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



NEWS & VIEWS



Help the Chavez Center and it will Help You!

The Genoveva Chavez Community Center on Rodeo Road is looking for regular volunteers to help them out, and in exchange, the volunteers can use the facility for free. Staff will train and support volunteers, and volunteers can trade out hours worked for free hours at the facility, any time within the 100 hours a week that the Center is open.

Volunteers are needed in a range of positions, any day of the week. You can serve as a greeter, providing information and tours and possibly answering phones; or watch over the café area where people eat and hang out; or provide visibility in the locker room areas; or be present in the children's area to read and assist with activities. Volunteers are subject to criminal background checks. To learn more, call Kristin in the RSVP office at 955-4760.

Switching Medicare Drug Plans or Advantage Plans

(From the Aging and Long-Term Services Dept.)

If you are considering changing your Medicare Drug Plan, and you have original Medicare with a Part D Drug Plan, you may do so from November 15th, 2007 to December 31st, 2007.

If you have an Advantage Plan, HMO, or PPO, you may change your plan from January 1st, 2008 to March 31st, 2008.

If you have Medicaid or a Medicare Savings Program (which is funded through Medicaid) such as QMB, you may switch any time.

For more information, you may call the Resource Center at 476-4846 or toll-free at (800) 432-2080. They are a service of the Aging and Long-Term Services Department of the State of New Mexico and are available state-wide, Monday through Friday 8:00 a.m. to 5:00 p.m. to answer and refer all calls concerning Medicare, Medicaid, Prescription Drug Programs, general health, and Social Security Benefits questions as well as Adult Protective Services for people at risk of abuse, neglect or exploitation.

Faith Summit on Domestic Violence

There will be a Faith Summit on Domestic Violence, Sexual Assault, and Stalking on Friday, October 26th from 8:30 a.m. to 1:00 p.m. at the Southside Library. Leaders and friends of Santa Fe's Faith Communities are invited to attend this summit. There have been over 1,000 Domestic Disturbance incidents reported in the Santa Fe area this year. At least 600 were witnessed by children. Research suggests that only 30% of domestic violence, sexual assault and stalking incidents are reported – which puts the actual number of incidents closer to 3,000. Questions to be addressed include: What is the impact of domestic and sexual violence in your faith community? How do you recognize the signs? How do you intervene? What people and resources are available to you? How can you speak about it to your congregation/community?

The summit is free and lunch is provided but you must pre-register by calling (505) 216-9752 or going to www.santafe-ccrc.org.

CCRC is the Coordinated Community Response Council and is sponsored by the City of Santa Fe Police and Esperanza Shelter for Battered Families.

Senior Resource Fair

The Senior Resource Alliance invites you to a free event at De Vargas Mall on Saturday, October 20th from 10:00 a.m. to 4:30 p.m.

Pre-enrollment Medicare D and Medicare Advantage Information Free Drawings, Seminars, Demonstrations Free and Low-Cost Health Screenings.

There will be information tables with exhibitors offering information, services, and give-aways pertaining to seniors. Exhibitors include: City of Santa Fe Senior Services, Gift Creations, Eye Associates, Foot Solutions, Sierra Vista, Rainbow Vision, Gentiva Healthcare, Wings Travel, Presbyterian HC, Heritage Home Care, NM Bank & Trust, Arbonne, Creative Memories, Rosemont, Sandia Hearing Aids, Positive Energy, Cedar Mountain Solar, Home Instead, Los Alamos Retirement Center, Able to Scoot, Santa Fe Crime Prevention Unit and more!

NEWS & VIEWS

Who is in Charge of Which Center?

Each Santa Fe City and County Senior Center has a Center Program Manager or Coordinator assigned to it. Each woman acts as liaison between that center and the Division of Senior Services. They schedule and oversee the activities and committees. If you have questions, concerns or suggestions regarding a particular center, you should take them to the liaison to be handled. The contact people are:

Lugi Gonzales, Center Program Manager
955-4711 lgonzales@santafenm.gov
M.E.G. Center, Ventana de Vida, Eldorado

Christine Sanchez-Warren, Center Prog. Coord.
4715-4715 cmsanchez@santafenm.gov
Luisa, Edgewood, Rio en Medio

Cristina Villa, Center Prog. Coord.
4725-4725 cavilla@santafenm.gov
Chimayo, El Rancho, Santa Cruz

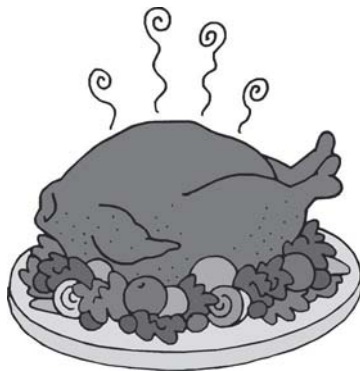
Carmen Chavez-Lujan, Center Prog. Coord.
4754-4754 cchavez-lujan@santafenm.gov
Pasatiempo, Villa Consuelo

Turkey Give-A-Way

There is still time to get your Villa Consuelo Frequent Bingo Player Card to qualify for the Center's November Turkey Give-A-Way.

The deadline to get your card is October 4th, 2007 at Villa Consuelo.

You must play at least ten days out of the sixteen possible days in order to qualify for the turkey. The drawing will be held on November 20th.



The Introduction of Aging

AARP New Mexico and the Jewish Family Service of New Mexico are joining forces to conduct a series of workshops entitled "A Six-Week Introduction to Aging." This special series will cover all aspects of aging for senior citizens as well as professionals working in the field of gerontology. All events are free and open to the public; however, advanced registration is required as class size is limited to 50 participants. Classes will be held at the Jewish Community Center Auditorium at 5520 Wyoming Blvd. NE, 87109 from 2:00 to 3:30 p.m.

Oct 2nd: *Government Programs for Older Americans*
A review of federal and state acts that provide programs and services for older Americans including Social Security, Medicare, Medicaid, the Older Americans Act, the Federal Age Discrimination Act, and state laws that assist older adults.

Oct 9th: *Advocacy for the Elderly Who speaks for the elderly?* There will be a review and discussion of groups that advocate for seniors including AARP, the New Mexico Association of Educational Retirees, the National Association of Retired Federal Employees and the Alliance on Aging.

Oct 16th: *Living Longer and the Economics of Aging*
A person born in 1900 had an average life expectancy of 47 while today it is about 77. Speakers will discuss why people are living longer, poverty rates among the elderly, the disposable income seniors have compared to other age groups and review the external factors affecting the pocketbooks of seniors.

Oct 23rd: *The Role of Caregivers in an Aging Society*
Who are today's caregivers for the elderly? How does caregiving impact families? Speakers will also discuss grandparents as caregivers for children.

Oct 30th: *Aging in the 21st Century and Health Care Reform*
A conversation about important issues facing the elderly with the Secretary of Aging and Long-Term Services followed by a discussion on state health care reform.

Nov 6th: *Emerging Trends Among the Elderly*
A review of issues that will impact the future of aging including: Alzheimer's and Dementia, Palliative and Long-Term Care, Osteoporosis and Diabetes.

Please register at in advance by contacting megan@jfsnm.org or at 505-348-4488

LEGAL & CONSUMER INFORMATION

Counterfeit Check Scams

(Warning from Century Bank)

The banking industry has seen a dramatic increase in fraudulent activity involving counterfeit cashier's checks, official looking bank and government checks, and US Postal money orders. A growing number of people are receiving letters falsely informing them that they have won a lottery, or inherited money from an unknown relative, or been approved for a loan, etc... and official looking checks are included with the letters. Don't be an unwitting pawn!

Recipients are usually instructed to deposit the check into their account, wire a portion of the funds to a third party and keep the remainder of the funds for themselves. People who follow these instructions find out they were duped when the counterfeit check they deposited is returned unpaid. Any funds sent to third parties are lost and negative account balances that result are the responsibility of the account holder. If something appears to be "too good to be true", it usually is.

Please take a few simple precautions to protect yourself from check scams:

- Be wary of official looking checks you receive in the mail, especially if you've received an email or letter outlining any of the situations shown above.
- If you are not positively sure that a check you received in the mail is legitimate, DO NOT DEPOSIT IT into your account. Instead, ask your bank representative to send suspicious checks or money orders "for collection". In a short period of time, you will find out if the funds are available without any risk to the funds in your account.
- Use extreme caution when sending funds to someone you do not know. If you plan to wire a portion of the funds you receive from a check in the mail, have the check sent for collection first.
- Remember, customers are responsible for negative balances that may result from deposited checks that are returned unpaid for any reason.

Emergency Prescription Drug Assistance

The NM MEDBANK Program can assist people of any age who live in New Mexico who do not have prescription drug coverage, or have used up their benefit. NM MEDBANK simplifies the process of applying for free drugs from drug companies.

For more information on the New Mexico MEDBANK™ program, call the New Mexico Aging & Long-Term Services Department's Resource Center at (800) 432-2080 (476-4846 in Santa Fe).

AARP Foundation Programs

Reverse Mortgage Education Program

Some senior homeowners are interested in reverse mortgages because these home loans do not have to be paid back until the last surviving borrower sells, dies, or moves. For many seniors, their home is their largest - and sometimes their only - major asset. Through its publication, website, and referrals, the Reverse Mortgage Education Project offers information and counseling about these loans and financial alternatives. To be eligible, individuals must own their own homes and be at least 62 years of age.

Legal Advocacy

The AARP Foundation serves as the nation's leading advocate on behalf of people 50 and over in the courts. The Legal Advocacy Team has served as co-counsel in a number of cases and filed multiple "amicus curiae" briefs in an effort to ensure that health care and prescription drugs are more accessible. In addition, it addresses legal issues that affect our daily lives, such as health and long-term care; consumer protection, including predatory lending and age and disability discrimination employment; and pensions and other retiree benefits.

For more information on either program, call toll-free 1-(888) 687-2277 or go online to www.aarp.org/foundation.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through celebrations, gifts, optional workshops and mailings while we set you up in the volunteer job(s) of your choice.

Calling Internet Enthusiasts

The RSVP office would like a volunteer to do internet outreach of RSVP programs. We have postings on certain volunteer sites which need attention- add a photo, bring in a logo, update our information. We also want someone to search out other relevant sites that might be willing to list our information. If you have the time, the skill and the interest, we would love to talk to you.

Help Others Obtain Employment

Next Steps: Success offers free two-week, pre-employment workshops to job seekers. In this collaborative effort, experts from many non-profit and governmental organizations each present topics of interest to those seeking employment.

Staff needs volunteer assistance to oversee the organization of the workshops. Since each presenter comes from a different organization, a central person is needed to take on the task of coordinating the schedules, speakers, topics, and other logistics of the workshops.

They would ideally like to have two volunteers, one as the main coordinator and one as more of an administrative assistant. The entire job could take about twenty hours a week, so invite a friend to help you out. If you are organized and would like to help people with employment challenges, here's the volunteer opportunity for you.

Acequia Madre Library

The Acequia Madre Elementary School (on Acequia Madre St. off Paseo de Peralta) needs part-time help in the library. It is a sweet school with a lovely library and interesting students. They could use a volunteer to help organize the books. It is a rewarding job for anyone who likes books and children.

Villa Therese Catholic Clinic

The Villa Therese Catholic Clinic is a private organization under religious auspices, offering its services to the poor of Santa Fe, regardless of age, race, creed, gender, ethnicity or national origin, sexual orientation, or disability. Their mission is to promote the healing ministry of Jesus among His poor through programs designed to meet basic medical and social well-being needs...the main outreach being toward children. In one year, they provided 1789 well child care immunization encounters, 1572 resource and guidance referrals to children, and nearly 500 service encounters to adults through dental, eye and foot exams.

The clinic has a variety of volunteer needs, but right now, they are seeking a volunteer receptionist. This person must be bilingual in English and Spanish. They would meet patients by phone or in person; schedule appointment times; check new patients in; provide follow-up calls to patients and volunteer health practitioners; take messages for staff; and collect patient donations, providing written receipts.



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Bienvenidos a RSVP

El Programa de Jubilados y Voluntarios para la Tercera Edad se complace en incluirlo a nuestro cuerpo de voluntarios de la tercera edad. RSVP es una organización a nivel nacional, diseñada para animar a las personas de 55 años o más a aportar algo de su rica experiencia como voluntarias para mejorar sus comunidades.

Como miembro del RSVP de Santa Fe, recibirá numerosos beneficios además de la satisfacción de saber que hace la diferencia. Está cubierto (sin ningún costo para usted) por una compañía de seguros con respecto a las necesidades complementarias, contra accidentes, responsabilidad civil y responsabilidad frente a terceros por accidentes automovilísticos en exceso del monto asegurado, mientras viaje hacia y desde y mientras se desempeñe en su trabajo como voluntario. Se le invitará a nuestros banquetes de voluntarios y clases y otras actividades, y se le darán regalos de reconocimiento como voluntario.

Le pedimos muy poco a cambio. Necesitamos una copia de su licencia de conductor vigente de Nuevo México y la tarjeta vigente del seguro automotor en nuestros registros en todo momento a fin de cubrirlo con nuestro seguro complementario. Cada tres meses, le enviaremos un calendario llamado "Horas como voluntario del RSVP." Escribe cada vez que se ofrece como voluntario y donde trabajó. Justo antes del fin del trimestre, enviará por correo o dejará su calendario completo en la dirección impresa en él.

Si necesitara asistencia para seleccionar una oportunidad como voluntario que se adapte mejor a sus intereses, sírvase hacérmelo saber y me complacerá ayudarlo.

Gracias por preocuparse en unirse a nosotros. Sírvase llamarnos en cualquier momento si podemos responder a sus preguntas o respaldar su voluntariado de alguna manera. Para más información, llame a 955-4721.



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



OCTOBER



Gene Melady	10/1	Alex Vargas	10/16
Mela Sanchez	10/1	Joe E. Romero	10/18
Helen Maestas	10/2	Mercedes	10/19
Molly Lucero	10/3	Roybal	
Samantha Dunning	10/4	Pina Hirezi-	10/20
Lupita F. Romero	10/4	Leffelbein	
Jose Gonzalez	10/5	Louie Ortiz	10/20
Daniel Koenig	10/6	Elma V. Ortega	10/21
Margaret Chavez	10/8	Phoebe Girard	10/22
Eleanor A. Gossen	10/8	Howard L. Nix	10/22
Frances G. Hanners	10/8	Gerald Watman	10/23
Guadalupe P. Martinez	10/9	Anna Marie McQuarie	10/24
Mercedes Moreno	10/9	Lupe C.	10/25
Frances Valdez	10/9	Buchser	
Edna Ferran	10/10	L.R. Watkins	10/25
Annabelle Brazeal	10/11	Doris Jeanne	10/26
Shirley Earp	10/12	Luna	
Allen Madrick	10/13	Elena Montano	10/26
Charlie Anaya	10/14	David M. Davis	10/27
Joseph C. McGuire	10/14	Tony Rivera	10/27
Jimmy J. Griego	10/15	Esther Reyes	10/30
Charles W. Pomeroy	10/15	Hope S. Abernathy	10/31
Nancy Allen	10/16	Russell Mooney	10/31
John B. Trujillo	10/16		

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Jo Martin has been a Foster Grandparent with our program for seven years, volunteering at La Comunidad de Los Niños Head Start. Prior to volunteering with our program, Jo volunteered for three years as a Foster Grandparent in Dallas, Texas at the Presbyterian Hospital in the preemie ward, cuddling tiny babies. She decided to join the Foster Grandparent Program after her husband died so that she would have something to do. She ended up moving to Santa Fe to be close to her daughter.

Jo graduated from nursing school in 1944 in Fort Worth, Texas and worked as a Registered Nurse for over 45 years. She specialized in the geriatric and pediatric field and enjoyed both equally.

She has two daughters, one of whom lives in Santa Fe and the other one in Texas. She also has five grandchildren – four boys and one girl. She continues to anticipate great-grandchildren.

It is hard to believe that Jo is 84 years old. She is a healthy, nice looking lady who has a love for life. She said she stays healthy by staying busy, helping out whenever possible and inter-mingling with people. She has enjoyed living in Santa Fe for the past seven years and mentions that it is a lot different from Dallas, Texas. Everything is at a slower pace, people are friendlier and outgoing (especially the natives) and she has made many wonderful friends here.

Prior to her husband passing away, they took a bicycle trip through the West and East Coasts. He told her to “ride or fall”, so she decided to ride. They would also travel in their motor home to various places and visit flea markets and art shows. Her husband was a wood carver and she painted china.

Throughout the years, she sold many of her pieces of art. Currently, she does some bead work and continues to make beautiful Christmas ornaments. When asked how long she plans to volunteer she said, “As long as health permits and I remain as healthy as a horse!” Teacher Yolanda had the following to say about Grandma Jo, “I love her and couldn’t do it without her.” Thank you Jo for your dedication to our volunteer program.

In-Service

On Tuesday, October 25th, 2007, Los Amigos Weatherization Assistance Program will present a two-hour informative seminar to get your house ready to fight rising gas and electrical bills. The meeting will be held in the MEG Dining Room at 9:00 a.m. You are not required to volunteer on this day and should plan on attending this informative meeting, especially if you own your home.

Program Reminder

Foster Grandparents and Senior Companions are not required to volunteer on October 8, 2007 in observance of Columbus Day.



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

Margaret Chavez	10/8
Rumalda Hunter	10/11
Pete Abeyta	10/19
Della Montoya	10/23
Esther Reyes	10/30

ACTIVITIES *schedule by center*

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

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

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

ACTIVITIES *schedule by class*

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

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
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CERAMICS

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

COFFEE

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

CROCHET/EMBROIDERY/KNITTING

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

EXERCISE

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

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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LINE DANCING

Pasatiempo (Beg.)	12:00 pm	Tuesday
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MARTIAL ARTS

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

MOVIE DAY

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

OPEN ARTS & CRAFTS

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

POOL/CARDS

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

QUILTING/SEWING

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

SING-A-LONG

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

TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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WEAVING

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

WOOD/STRAW APPLIQUE

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

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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ACTIVITIES



October Birthday Celebrations

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

Everyone is welcome to come

celebrate October birthdays with cake at the following centers:

Santa Cruz: Tuesday, October 16th

El Rancho: Wednesday, October 17th

Luisa: Friday, October 19th at 11:00 a.m.

Ventana de Vida: Friday, October 19th

Edgewood: Thursday, October 25th at 12:30 p.m.

MEG Center: Friday, October 26th

No Leatherwork

Leatherwork Class at Edgewood has been cancelled for the time being. It may start up again in the spring.



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

Bake Sales

All proceeds benefit the senior centers.

Santa Cruz- Tuesday, October 30th Mouth-watering, homemade baked goods will be available at the Abedon Lopez Community Center in Santa Cruz from 9:30 until sold out. Come and buy some goodies.

Pasatiempo – Friday, October 5th

Fresh-baked goodies will be for sale at Pasatiempo from 9:00 a.m. to 11:00 a.m. (or until they are all gone).

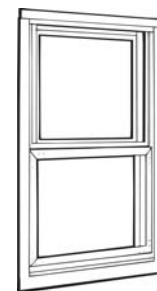
Luisa - Tuesday, October 30th

Luisa Senior Center starting at 8:30 a.m. Come early, because these folks can bake like nobody's business!



Weatherization Assistance Program

On Tuesday, October 25th the Los Amigos Educational Resource Center, Inc.'s Weatherization Assistance Program will present a two-hour informative seminar to get your house ready to fight rising gas and electrical bills. The meeting will be held in the MEG Dining Room at 9:00 a.m.



Travel Committee is Recruiting

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

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

Flu Shots, Health Fair & Living Will Lecture

Kingston Residence retirement community invites you to a special day for seniors, and we will take you there. On Thursday, October 11th, they are combining a health fair, (including free flu shots) with one in a series of lectures on topics related to elder care. The health fair runs 10:00am – 2:00pm. The lecture will begin at 9:30 a.m. and is entitled "Powers of Attorney and Living Wills". The presenter, Fletcher Catron, practices law with the firm Catron, Catron and Pottow, P.A. For more information about the events, call Kingston at 471-2400.

Senior Services Transportation will run:

DSS van will leave MEG at 9:00 (for the lecture)

DSS van will leave MEG at 10:00

DSS van will leave Kingston at 10:30

DSS van will leave Kingston at 11:30

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

ACTIVITIES

Mobile Health Fair Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



October Schedule for Seniors:

- 1st: El Rancho Community Center 10am-2pm
- 2nd: Ventana de Vida Senior Center 9am-3pm
- 3rd: Santa Cruz Senior Center 10am-2:30 pm
- 4th: M.E.G. Senior Center 9am-3pm
- 10th: Pojoaque Senior Center 10am -3pm
- 17th: Rio en Medio Community Center 10-2:30pm
- 18th: Edgewood Senior Center 10am-1pm
- 22nd: Villa Consuelo Senior Center 9am-3pm
- 23rd: Chimayo Senior Center 10am -2:30
- 24th: Adam Senior Center 10am-4pm (Eldorado)

Halloween at Pasatiempo

The Pasatiempo Senior Center will host a Halloween costume party with a prize for best costume on Wednesday, October 31st from 11:00 a.m. to 1:00 p.m.



Halloween Costume Dance

Come to the annual Halloween Dance
Wednesday, October 31st

Fraternal Order of Eagles
833 Early St. 1:00 p.m. to 4:00 p.m.
Music by Camino Oscuro

There will be a costume contest
Refreshments will be served
Admission is \$2.00 for seniors age 60+
Please Bring your Senior Membership Card

Halloween Weekend Dance

Edgewood Senior Center

Saturday, October 27th

2:00 p.m. to 5:00 p.m.

Admission \$2.50

Live Music Join us!

Arthritis Foundation Seminar

"How to Manage Your Joint Pain"

Tuesday, October 30th

2:00 p.m. to 3:30 p.m.

Mary Esther Gonzales Center Dining Room

Ride the Tram

On November 15th, the Division of Senior Services Travel Committee is hosting a day at Sandia Peak. The \$20.00 trip fee includes round trip transportation from the MEG Center as well as a round trip tram ticket.

The day will begin at 10:00 when the bus pulls out, arriving at the Tram at 11:00. Then you will ride the tram up, have lunch on your own at the High Finance Restaurant and sightsee until 2:00 before taking the tram down. The trip will return to MEG center by 4:00.

Note: dress warmly and in layers. If you are afraid of heights, have motion sickness or get claustrophobic, then this trip is not for you.

For more information, call Tony Rivera at 455-7777.

ACTIVITIES

Edgewood Senior Center

By Ivena Rutledge

The Edgewood Senior Center is presenting their show "Unusual Still Life" paintings during the month of October. Please come and enjoy the October show any Monday through Friday, from 9:00 a.m. until 4:00 p.m. They thank those who came to view their September show.

White Elephant/Yard Sale

Come to the Edgewood Senior Center on Saturday October 6th from 8:00 a.m. to 2:00 p.m. for a terrific sale of gently loved items.

Line Dancing

Pasatiempo Senior Center is starting line dancing classes (taught by Judi Beare) for beginners on Tuesdays at 12:00



Fire Prevention Presentation

The Santa Fe County Fire Department's Fire Prevention Division will present a workshop on safety tips for fire prevention.

Edgewood Senior Center:
Wednesday, October 17th at
12:30 p.m.



Seeking Quilting Instructor

The Division of Senior Services is looking for someone to take over the instruction of the quilting classes at the MEG center. For more information, call Lugi at 955-4721.

I CAN (Ideas for Cooking And Nutrition)

The Santa Fe County Cooperative Extension Service is sponsoring a series of nutrition classes. All six classes will meet at the Luisa Senior Center from 9:00 a.m. to 10:00 a.m.



Classes are:

Friday, October 5th
Friday, October 26th
Tuesday, November 6th
Tuesday, November 13th
Tuesday, November 20th
Tuesday, November 27th

Classes are free and open to all seniors who want to learn how to cook in a healthy and delicious way, but you are asked to attend all six classes, if you enroll. Jeanette Segura, Nutrition Educator, will provide great food and useful information. There will be snacks, cooking activities and games. Bring a friend, or meet a new friend! Upon course completion, you will receive a certificate and a teddy bear.

For more information, call Christine Sanchez-Warren at 955-4715.

Diabetic Shoes with Custom Inserts

Qualifying seniors on Medicare who have diabetes can now be fitted at no cost for diabetic shoes. These are comfortable, lightweight leather shoes in a wide variety of men's and women's styles – all of which are Medicare Approved. Diabetic shoes can offer relief from neuropathy, foot ulcers, foot deformities and poor circulation, while protecting your feet from injury. Receive free diabetic socks with every shoe order.

Come see if you qualify (Medicare recipients only-no HMOs) for this free foot ware.

ACTIVITIES

LINCARE+

Respiratory Health Awareness

You are invited to attend a respiratory health awareness seminar brought to you by Lincare. Learn about:

- The function of the Respiratory System
- Diseases contributing to COPD, including emphysema & chronic bronchitis
- Therapies for COPD including oxygen therapy and respiratory medications.

Date: Tuesday, October 23rd

Place: MEG Senior Ctr. Dining Room

Time: 12:45 p.m. to 1:45 p.m.

Free Movie Days

Mary Esther Gonzales Senior Center

Friday, October 26th at 1:00 p.m.

"Folks"



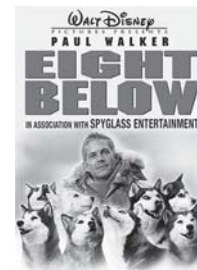
Tom Selleck stars as wealthy Chicago broker Jon Aldrich, a loving husband and father who must rush to Florida when his elderly mother becomes ill. But when his senile father (Don Ameche) burns down their house, Jon is forced to bring his parents home with him.

Rated PG-13 Starting Tom Selleck & Don Ameche

Luisa Senior Center

Wednesday, October 24th 1:00

Please note date change – not the last Thursday
"Eight Below"



When an accident forces a trio of Antarctic scientists to leave behind their team of steadfast sled dogs, the animals must survive in a cruel winter.

Rated PG Starring Paul Walker, Bruce Greenwood, Jason Biggs

14TH ANNUAL HALLOWEEN EVENT

SUNDAY, OCTOBER 28, 2007

Trick-Or-Treat Bags with CANDY will be given to children while supplies last!

12:00 pm - 1:30 pm Games of Chance

1:30 pm - 4:00 pm Costume Contest

Contest Categories: All Ages Included, Family Category

Santa Fe High School Toby Roybal Gymnasium

The New Mexican City of Santa Fe Community Services

For more info, call: Christian Quintana @ 955-2510

Calling all Crafters

Luisa Senior Center will host its annual Holiday Arts and Crafts Fair on Saturday, December 8th from 9:00 a.m. to 3:00 p.m. Vendor space (6' x 2 ½ 'tables) is available for \$7.00. For more information, call Christine at 955-4715.



Centers Closed on October 8th, 2007

All senior centers will be closed on Monday, October 8th in observance of Columbus Day.

50+ SENIOR OLYMPICS

Better Late Than Never!!

Can you believe it has been two months since the State Games and I am just getting around to writing about it? Nonetheless, it is still important to acknowledge our local athletes and all the awards that they brought back from Las Cruces on behalf of the Santa Fe 50+ Olympics. Unofficially, we came back with 52 gold medals, 31 silver medals, 14 bronze medals and 7 4th place ribbons. Our athletes ranged from the early 50's to the early 90's. First timers, Helen and Oliver Trujillo, from Pojoaque, came back with gold medals (Helen in Racewalk and Oliver in Track and Racewalk). Oliver's time in the 10K Road Race was an amazing 42+ minutes.

Even the police officer, who was escorting and helping provide a safe venue for the runners, was astonished at Oliver's time. Way to go, Oliver! Also, Dorothy Brewer and David Roybal, from San Ildefonso Pueblo, participated for the first time this year at both the local level and the State level. They brought back silver and bronze medals in Horseshoes and Shuffleboard. So, let's give our first timers a big hand.

The unofficial results are as follows:

Ann Aceves	4 gold and 3 silver in Swimming
Carlos Aguirre	1 gold in Talent Group
Joseph Armbruster	2 gold in Racewalk
Dorothy Brewer	1 bronze in Horseshoes 1 bronze in Shuffleboard
Roger Brumley	1 4 th place in Bowling
David Dodge	9 gold in Swimming
William Ellsworth	2 gold in Tennis
Laura Emanuel	3 silver, 1 bronze in Swimming
Albert Esparsen	1 gold, 1 silver in Track
Terri Gonzales	1 gold in Talent Group 1 silver in Talent Solo
Ernest J. Griego	1 gold in 8 Ball Pool 1 silver in Basketball
Grace Gutierrez	1 gold in Talent Group
Gordon V. Hughes	1 gold in Bowling
Paul Johnson, Sr.	1 silver in Tennis
Bruce Kidman	1 silver in Pistol Benchrest 1 bronze in Rifle Benchrest 1 4 th pl. in Pistol Standing

	1 bronze in Rifle Standing 3 gold and 1 silver in Swimming
David Kirkwood	1 gold, 2 silver and 2 bronze Swimming
James Koch	1 gold Shot Put
Laura Lujan	1 silver in Horseshoes, 1 4 th place in Frisbee 1 4 th place in 800 Estimated
Toby Lujan	1 silver in Tennis
Thomas Marshall	1 4 th place in Bowling
Phil Martinez	1 gold in Talent Group
Ramon Martinez	1 silver in Tennis 1 4 th place in 8 Ball Pool
Sam Medford	1 gold in Tennis
Delia Mendoza	1 gold in Talent Group
Josina Ortiz	1 gold in 8 Ball Pool
Ernest Pacheco	1 silver in Tennis
Bonnie Rogers	2 gold, 1 silver Tennis
Karin Roth	1 gold, 2 silver, 3 bronze in Swimming



Richard Roth	1 gold, 7 silver in Swimming
David Roybal	1 silver in Shuffleboard 1 bronze in Horseshoes
Johnny Roybal	1 silver in Horseshoes
Steve Scott	1 gold in Archery
Robert Shropshire	1 gold in Track
Thelma Tjiema	4 gold in Track and Field 1 gold in Softball Distance 1 bronze in Horseshoes
Gloria Trujillo	1 4 th place in Shuffleboard
Helen Trujillo	1 gold in Racewalk
Miguel E. Trujillo	1 silver Shuffleboard
Miguel P. Trujillo	2 gold in Tennis
Oliver Trujillo	2 gold in Track, 2 gold in Road Race
Christine Valdez	1 gold in Talent Group
Roberta Van Welt	2 silver in Swimming

50+ SENIOR OLYMPICS



I apologize if I left anybody out, but these are the only unofficial results I have received so far. So let's give a big "Hip, hip, hooray!" to our fantastic Olympians who did us proud in Las Cruces in August.

As I said, the Games were held at New Mexico State University and the City of Las Cruces after a two year lapse. Most seniors who attended welcomed this venue because everything was, for the most part, within walking distance. However, only 60 Santa Fe Olympians registered for this year's State Games as compared to last year's 103. I believe that distance was the factor.

It was a western theme this year, with horse and carriage rides, lasso demonstrations, barbeque food items at the social and a hoe-down dance. The Games culminated with the banquet and dance on Saturday night.

Our 91-year old athlete, Miguel E. Trujillo, represented Santa Fe County as our Spirit Athlete this year. Representatives from each county in New Mexico were honored and acknowledged for their commitment and dedication to Senior Olympics.

Mr. Trujillo, a retired educator from the Pojoaque School District, has been involved in Senior Olympics since the 1980's when he retired. He is the epitome of a true Senior Olympics athlete, a gentleman and a scholar. We were proud to have him represent Santa Fe County at the Spirit Athlete Banquet.

Thank you Miguel.

Results of the 2007 Summer Games can be viewed on the Senior Olympics website at nmso@qwest.net. The Summer Games fro 2008 will return to Las Cruces from July 30 to August 3. Keep in mind that next year will be a qualifying year for the biennial National Senior Games scheduled for San Francisco in 2009. If you have any questions at the next Nationals, contact NMSP at (505)623-5777 for any information about qualifying to attend.

Until the next newsletter, hasta luego!

Carmen

COMING SOON: 2007 NEW MEXICO SENIOR OLYMPICS TEAM TOURNAMENT:



BASKETBALL
SANTA FE
MEN AND WOMEN
NOVEMBER 2-4, 2007

For more information and Registration
Forms,
Contact: New Mexico Senior Olympics,
Inc.
P. O. Box 2690
Roswell, NM 88202-2690
(505) 623-5777

Rx-America Group, Inc.

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

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

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

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

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

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

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

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

HEALTH & SAFETY

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

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

M.E.G. Center - First and Second Tues.	October 2, 9	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	October 4	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	October 11	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	October 18	11:00 a.m. to 12:00 noon
Pasatiempo - Third Tues.	October 16	11:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	October 17	11:00 a.m. to 1:00 p.m.

HEALTH & SAFETY

Useful Phone Numbers Please post in your home

AARP Organization	(866) 389-5636
AARP Driver Classes	471-9253
AARP Widowed Persons	982-2736
Adult Protective Services	827-7454
Aging and Long-Term Services	476-4799
Alliance for Retired Americans	(888) 633-4435
Alzheimer's Association	(800) 777-8155
Bienvenidos Grocery Assistance	986-0583
Santa Fe City Job Information	955-6742
ECHO Commodities	(505) 242-6777
Eldercare Locator	(800) 677-1116
Elders Getting Info & Services	995-0485
Food Stamps	827-1900
La Familia on Alto St. – Dental	984-5048
La Familia on Alto St. - Medical	983-7417
La Familia South side – Dental	474-1438
La Familia South side – Medical	471-9054
Landlord/Tenant Hotline	983-8447
Lawyer Referral	(800) 876-6657
Low Income Energy Assistance	(800) 283-4465
Medicare	(800) 633-4227
Mobile Health Care Van	231-2382
Rape Crisis Hotline	986-9111
Santa Fe City Police non-emerg	428-3710
Santa Fe City Public Information	955-6046
Santa Fe City Transit	955-2001
Santa Fe City Streets	955-3000
Santa Fe City water, refuse, sewer	955-6551
Santa Fe Civic Housing Authority	988-2859
Santa Fe County Extension Serv	471-4711
Santa Fe County Health	827-3560
Santa Fe County Sheriff	986-2400
non-emergencies	
Santa Fe Ride Paratransit	955-2002
Senior Services Transportation	955-4700
Social Security	473-3707
Veterans' Affairs	(800) 827-1000

Questions to ask your pharmacist about your medications

(From the N.M. Medical Review Association)

- What is the name of the medication and what is it supposed to do?
- When and how do I take it?
- How long should I continue to take it?
- Does the medication contain anything that can cause an allergic reaction?
- Should I avoid alcohol or any foods while on this medication?
- Can I take non-prescription drugs, herbal medicines, or other drugs with this medicine?
- Should I expect side effects?
- What if I forget to take my medication or take a dose incorrectly?
- How should I store my medication, and how long can I keep it?

Questions to ask your doctor BEFORE you have surgery

(From the N.M. Medical Review Association)

- What operation are you recommending?
- Why do I need the operation?
- Are there alternatives to this surgery?
- What are the benefits and risks of having this operation?
- What if I don't have this operation?
- Where can I get a second opinion?
- What has been your experience in performing this operation?
- Where will the operation be performed?
- What kind of anesthesia will I need?
- Will this surgery require preventative antibiotics prior to the surgery?
- How long will it take me to recover
- How much will the operation cost?
- Will my insurance cover it?

HEALTH & SAFETY

Exercise – Who Needs It!?!

By Jim Evans, a 40-year veteran of the health and fitness industry

DEAR JIM: I hate exercise. I don't know why, but I've never been physically active, and nothing about it appeals to me. I'm overweight and out of shape, and I admit it, but I've learned to accept the way I am - why can't others accept it too? I'm a 72 year-old geezer and SATISFIED WITH THE WAY I AM IN SELENA.

DEAR SATISFIED GEEZER: You have every right not to exercise – it is your choice - but there are very few people in this world who will not ultimately pay a price in terms of health and/or quality of life without some kind of regular physical activity in their lives, and at least one of the reasons why other people may not be able to accept your decision is because it ultimately increases healthcare costs for all of us. Most readers of this column are old enough to remember the popular television ad from the 50's where an auto mechanic appears standing in front of a car in his white mechanic's uniform covered with grease. As I recall, he holds an air filter in his hand and says something to the effect that, "I just replaced this man's engine for \$1,500. If he had spent just \$3.00 on this XXX oil filter, I wouldn't have had to replace his engine. So, pay me now or pay me later." The same is true for exercise - if you don't invest in taking care of yourself now, you will inevitably pay a higher price later in terms of health issues.

Of course, there is another reason why some people might not be able to accept your decision – they care for you and don't want to see you suffer unnecessarily from health problems or a reduced quality of life as you grow older.

At the same time, you might analyze why you have such abhorrence for exercise in the first place. Did you suffer a humiliating experience in gym class when you were a youngster? Did you injure yourself or experience extreme muscle soreness during a previous attempt to get in shape? Did someone make fun of you? All or any of these things – and more –

can cause us to make irrational and often self-destructive decisions in our choice of lifestyle. However, most of us get smarter in our old age, and it is never too late to start getting in shape and reversing the sins of a lifetime - not because you like it but, rather, because it is the right thing to do. You don't have to look like a svelte Burt Lancaster in his prime, but shoot for something more realistic and get moving. Start with something mild like water exercise, tai chi, or even chair exercises – or just start walking! Do it for yourself, do it for your loved ones. You won't regret it. Exercise is not a panacea, but it can change your life in many positive ways. Trust me.

Make and Keep your Mammogram Appointment

(From the National Cancer Institute)

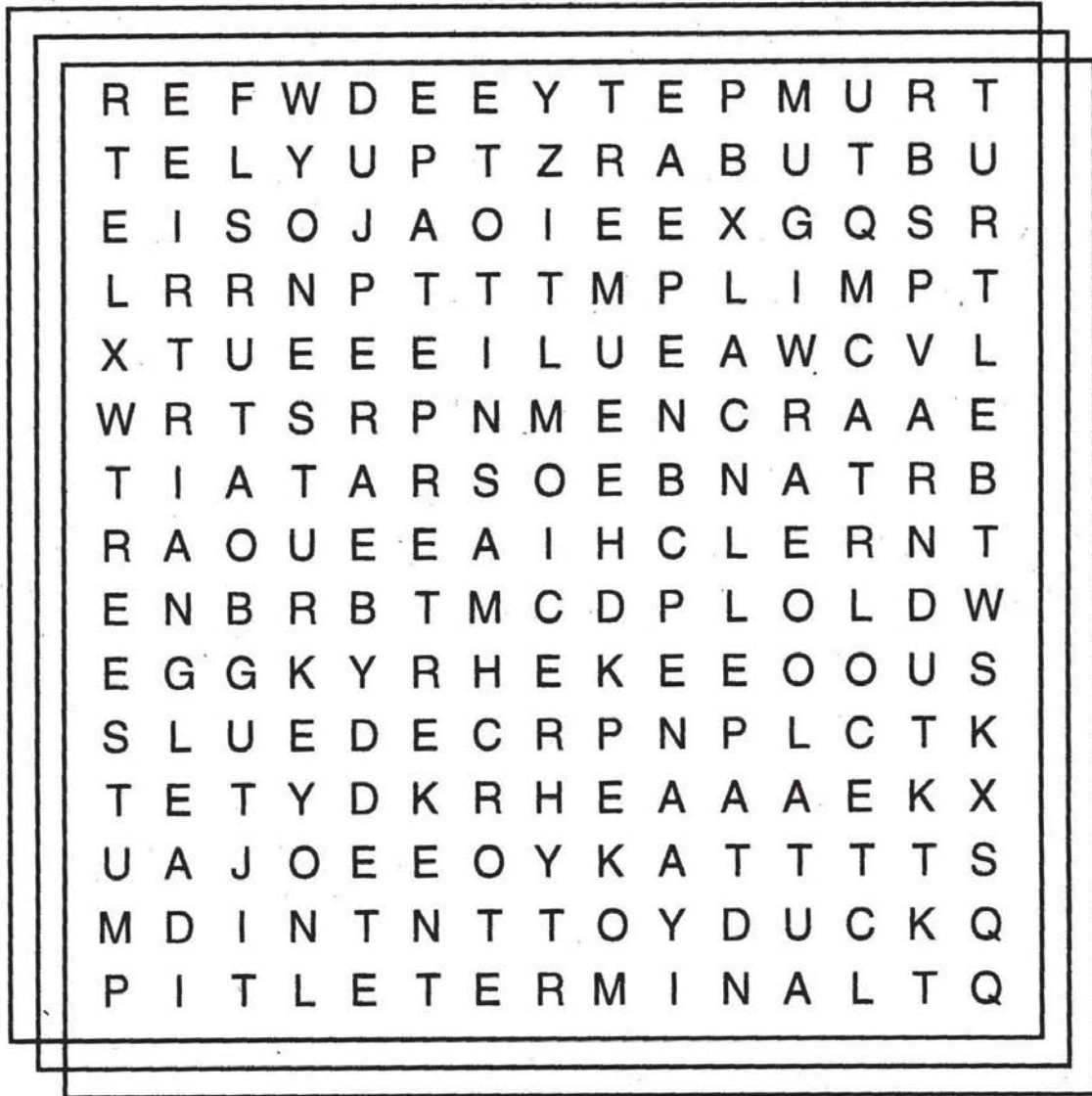
Why get mammograms? All women can get breast cancer, even those without a family history of the disease. Your chance of getting breast cancer increases with age, so the older you get, the more important it is to get a mammogram. Mammograms continue to be an important tool that can find breast cancer early and save your life.

Medicare helps pay for a mammogram screening every year.

The National Cancer Institute recommends that you get a mammogram every 1 to 2 years if you are in your 40s or older. Talk to your doctor about your chances of getting breast cancer. Make and keep your mammogram appointment. Ask your doctor about the results of your mammogram, and follow any advice. See your doctor right away if you ever find a lump or other breast change.

For more information on cancer or to find a Food and Drug Administration (FDA)- certified mammography center near you, call 1 (800) 4- CANCER 1 (800) 422-6237 or go to www.cancer.gov

PUZZLES



W-0197

TAIL
TANKCAR
TAPE
TAPE DISPENSER
TAPE MEASURE
TAXICAB
TEDDY BEAR
TELEPHONE
TELEPHONE POLE

TERMINAL
THREAD
TIME CARDS
TIME CLOCKS
TIRE
TOOL BELT
TORCH
TOY DUCK
TRAPEZE

TRAWLER
TREE STUMP
TRIANGLE
TRUMPET
TUBA
TUGBOAT
TUNNEL
TURKEY
TURTLE

PUZZLES

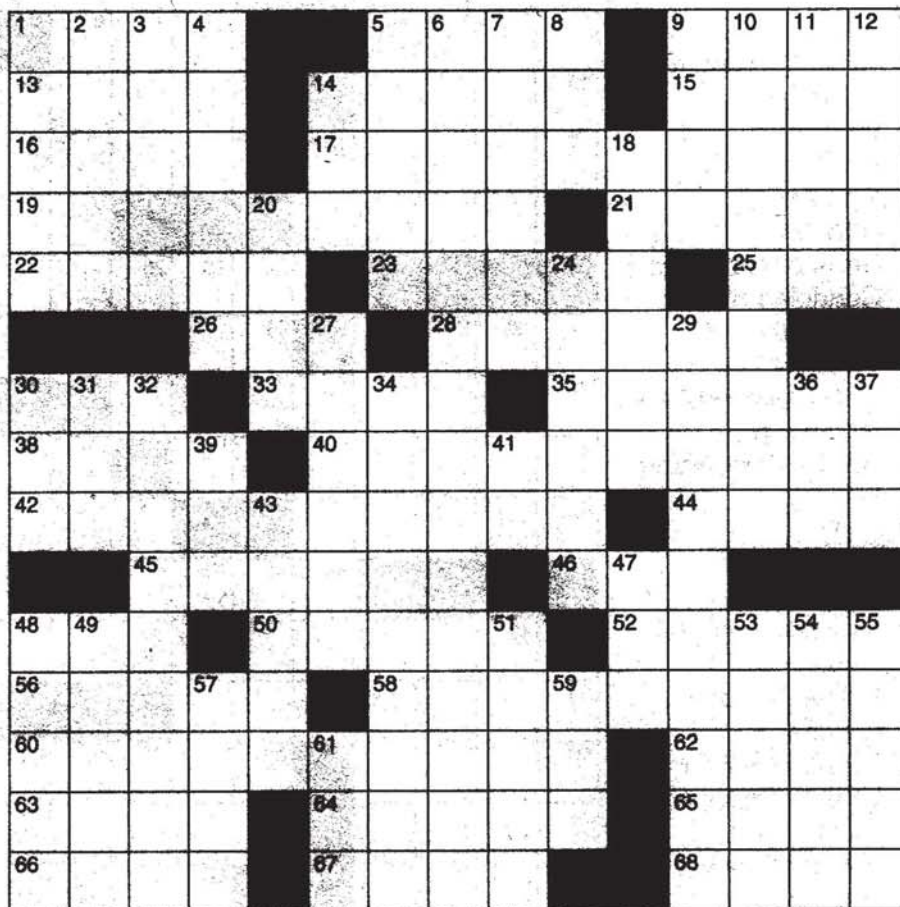
ACROSS

- 1 Support, with "up"
- 5 Naturally curly hairdo
- 9 Swindle
- 13 "___ Man" (Estevez film)
- 14 Foreigner
- 15 Sharpen
- 16 Arena shouts
- 17 Boxing start
- 19 Destination of one who walks?
- 21 Spine-tingling
- 22 Walk stiffly
- 23 Workers on duty
- 25 Drink in a cup
- 26 City southwest of Teheran
- 28 Name in many a hospital name
- 30 "Mamma ___!"
- 33 Word for a king
- 35 Licorice sources
- 38 Concludes
- 40 Inferior
- 42 Opportunity for a football squad
- 44 ___ instant (quickly)
- 45 Showy flower
- 46 ___-do-well
- 48 Criterion: Abbr.
- 49 Lightly sprayed
- 51 The "L" of L.A.
- 53 Republicans, for short
- 55 Circus sites
- 57 Copycats
- 61 English topic
- 63 Subway danger
- 65 Bronze medal
- 67 "___ small world ..."
- 68 Western lily
- 69 Correo ___ (Spanish airmail)
- 70 Fed. agents
- 71 Yin's opposite
- 72 Marries
- 73 Piquancy

DOWN

- 1 Univ. teachers
- 2 Ignited again
- 3 "Lohengrin," e.g.
- 4 Unmarried partner, in modern lingo
- 5 Rose by any other name?
- 6 Finishing order
- 7 Return to office
- 8 Toronto's prov.
- 9 High heel, e.g.
- 10 Paramours
- 11 Comics orphan
- 12 Jiltee of myth
- 14 Mil. jet locale
- 18 Money back
- 20 Bout enders, in brief
- 24 Pajama material
- 27 Assign a wrong year to
- 29 Singer ___ Te Kanawa
- 30 Western plateau
- 31 Don Juan's mother
- 32 Big planning on Madison Avenue
- 34 Checkers color
- 36 "L___, c'est moi"
- 37 Transmit
- 39 Songs for one
- 41 Be indebted to
- 43 Made a home in a tree
- 47 Freeway, e.g.
- 50 Main order in a restaurant
- 52 Little squirt
- 53 Full of nerve
- 54 Actor Milo
- 56 Large and petite
- 58 Wonderland cake words

- 59 Small hills
- 60 Bias
- 62 Old-fashioned sailors' drink
- 64 Bygone car
- 66 Manhandle



PUZZLE ANSWERS

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

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

SENIOR CENTER LUNCH MENU

OCTOBER 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
ROASTED GREEN CHILE CHICKEN ENCHILADAS SPANISH RICE PINTO BEANS SALSA, SOUR CREAM TROPICAL FRUIT	HEARTY LASAGNA BUTTERED SPINACH TOSSED GREEN SALAD GARLIC BREAD W/ PARSLEY BUTTER OLD FASHIONED NATILLAS	SEASONED, BAKED PORK CHOP VEGGIE STUFFING POTATO ROUNDS BUTTERED CARROTS BAKED APPLE WITH CINNAMON	CHICKEN STRIPS MASHED POTATOES WITH CREAM GRAVY BLANCHED, BUTTERED BRUSSELS SPROUTS PEACHES HOMEMADE ROLL	ROAST BEEF WITH GRAVY SCALLOPED POTATOES TOSSED SALAD WHOLE WHEAT ROLL PECAN PIE
8	9	10	11	12
ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	HAWAIIAN BAKED HAM STEAMED BROCCOLI WITH CHEESE PINEAPPLE UPSIDE- DOWN CAKE WHOLE WHEAT ROLL	CHICKEN FRIED STEAK MASHED POTATOES WITH GRAVY BUTTERED PEAS WHOLE WHEAT ROLL PEACH DANISH	FIESTA STYLE CHICKEN FAJITAS W/ PICO DE GALLO PINTO BEANS JELLO WITH MANDARIN ORANGES HOT TORTILLA	HOMEMADE MEATLOAF SCALLOPED POTATOE BUTTERY GREEN BEANS WHOLE WHEAT ROLL CHOCOLATE CAKE
15	16	17	18	19
POSOLE W/ PORK OPTIONAL RED CHILE TOSSED SALAD BLANCHED BROCCOLI CARROT CAULIFLOWER GARLIC BREAD SWEET RICE	LIGHTLY SEASONED BAKED CHICKEN GREEN BEANS SCALLOPED POTATOES CARROT RAISIN SALAD WHOLE WHEAT ROLL JELL-O W/ FRUIT	SALISBURY STEAK MUSHROOM GRAVY POTOATOES WITH PARSLEY BUTTER BLANCHED SPINACH WHOLE WHEAT ROLL PUMPKIN PIE	BAKED SALMON FILET W/ LEMON RICE PILAF BUTTERED CORN W/ BROCCOLI SHERBET ICE CREAM	GRILLED CHICKEN SANDWICH ON A ROLL CRISP CELERY STICKS TATER TOTS COTTAGE CHEESE W/ PEACHES
22	23	24	25	26
HARD-SHELLED BEEF TACOS W/ FRESH GARNISH SPANISH RICE CHUNKY SALSA CORN JELL-O WITH FRUIT	BAKED CHICKEN WITH WHITE RICE BUTTERED, BLANCHED BROCCOLI WHOLE WHEAT ROLL FRUIT MIX	RICH HARVEST BEEF STEW W/ VEGETABLES SODA CRACKERS BUTTERED GREEN BEANS BANANA PUDDING	PINTO BEANS WITH BEEF OPTIONAL RED CHILE MIXED VEGGIES HOT TORTILLA CINNAMON APPLE CRISP	TEXAS STYLE BBQ PORK RIBS COLESLAW BLANCHED, BUTTERED SPINACH WHOLE WHEAT ROLL APRICOTS
29	30	31		
BAKED, SEASONED CHICKEN BREAST W/ GRILLED VEGGIES STEAMED WHITE RICE BUTTERED SPINACH WHOLE WHEAT ROLL TROPICAL FRUIT	PORK LOIN W/ CREAMY GRAVY BUTTERED PEAS STEAMED CABBAGE CORN BREAD PEACH COBBLER	COOK'S CHOICE Happy Halloween!		PLEASE NOTE: Every day, there is either 2% white milk, or chocolate milk (or both) available

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



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

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