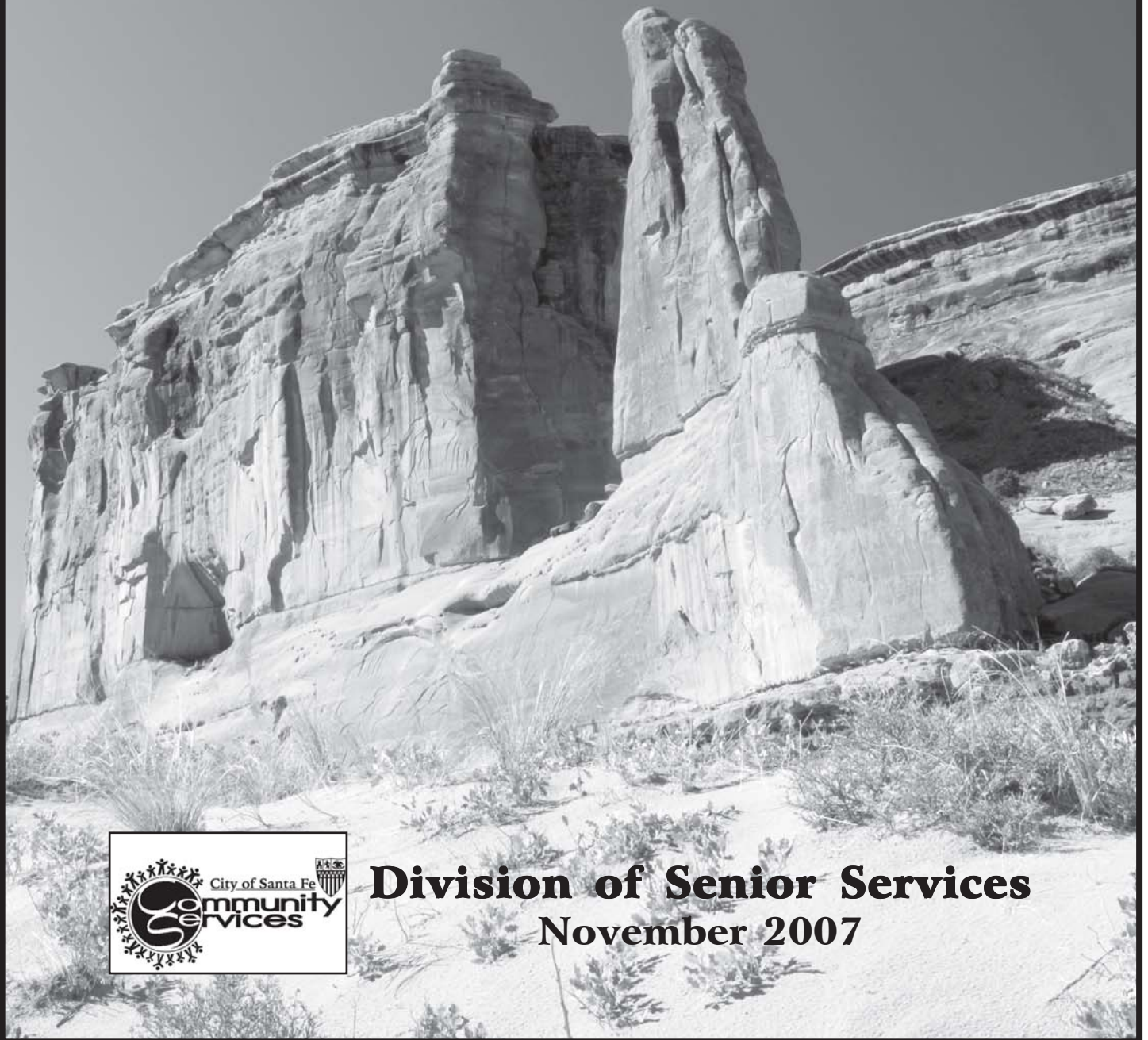


# The Senior Scene

Vistas de los Mayores



**Division of Senior Services**  
November 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  
 M.E.G., Ventana de Vida  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Luisa, Edgewood, Rio en Medio  
 Cristina Villa, Program Coordinator 955-4725  
 El Rancho, Santa Cruz, Chimayo  
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754  
 Pasatiempo, Villa Consuelo

**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

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Dear Seniors,

## Whether you are 3 or 83, ice cream is a blast!

Chocolate, vanilla, strawberry, root beer? Those were the questions members faced as they took part in the first annual MEG Senior Center Pool Players' ice cream social on Friday, October 5th. The pool players indulged in ice cream, banana splits with their choice of fixings, and old fashioned root beer floats. They were recently recognized by *The New Mexican* newspaper in a lengthy article titled "Billiard Brotherhood", as well as in a slide presentation of themselves produced by Natalie Guillen of *The New Mexican*.

As they gathered in the dining room to watch the slide show, there were smiles from ear to ear, ice cream dripping down chins, and lots of laugh-filled comments about the pictures in the slide show. Cristina Villa, Program Coordinator, decided to have an ice cream social to honor the friendship the members share and the recognition they received in our local newspaper. Nep Saavedra, Pool Room Chairman thought the idea was great and gave his full support for the social. As they left the dining room, members expressed gratitude for the treat and for the opportunity to spend time with each other.

Although some of the senior centers celebrate ice cream socials throughout the year, this was a first for the Pool Room members. It was such a success that staff is working on plans to make ice cream socials a regular event at every Santa Fe City and County Senior Centers. Look for ice cream event schedules in future newsletters!



May God bless you all,

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 identification.

### SENIOR MEMBERSHIP CARD SCHEDULE FOR NOVEMBER 2007

M.E.G. Center	Tuesdays	November 6, 13, 27	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	November 1, 8, 15, 29	9:30 to 12:00 & 1:30 to 3:00

Please note: There will be no Membership cards issued on November 20 or 22, due to the Thanksgiving holiday.

## SENIOR TRANSPORTATION INFORMATION

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

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

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

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

On the third Tuesday of every month (November 20), 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

## ***We Don't Buy Green Bananas!***

(By Bradley Morgan at Walks Beside Coaching and Consulting, 424-4771)



At the Farmer's Market last month I noticed an elder couple meticulously picking through the bananas, selecting only those there were truly ripe.

To assist in their search, I handed them a bunch that I thought would meet their criteria. The gentlemen accepted my offering with this response, "Thanks, we don't buy green bananas." As I walked with them to the parking lot he, Tom, also explained to me their logic. "We try not to live on-accident. When we were much younger we always thought that time was infinite and we had the luxury of wasting time. Now that we're both in our 90's, we view time as an entity that we must live in right now, savor every moment, be present to everyone and everything we encounter or choose." This is an interesting reflection on time and dynamic living.

The hallmark of our society today is to be constantly busy. Busyness is often seen as an admirable trait and suggests that you, as an individual, are very important. What would happen if we stopped using this connotation about ourselves? I'm not suggesting that you abandon long-term plans and goals, but to stop for a few moments to fully live.

Live as if there is no time. Remember that we as humans have invented the concept of past, present, & future to explain our experience of living. But what if we tried living in the flow of all processes, judging nothing that occurs, appreciating the present experience?

If you think you may be overly busy and living "on-accident", ask yourself:

Are there moments you catch yourself thinking your life is a declaration of "non-congruency"? You really want to be participating in the community fundraiser, but you're at the office most weekends.

How will you capture the once in a lifetime moment such as, your grandson's first baseball game, if the pursuit of material wealth consumes your calendar?

How are the measurements of the accepted norm of 'busy' fulfilling your professional and personal status, image, goals, and spiritual needs?

How often do you evaluate your lifestyle for the signs that you may be running out of time? Your calendar is impossible to accomplish in one day or week.

How can you be more open to seize spontaneous opportunities such as, going to the afternoon movie matinee on the weekend?

## **Calling Internet Enthusiasts**

If you enjoy exploring the Internet, the RSVP office would like to talk to you. We are seeking a volunteer to do Internet outreach, publicity, site updates and other communications for the RSVP program and the Division of Senior Services.

RSVP has 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 and information about the whole Division, so we can help more people.

If you have the time, the internet access and the interest, we would love to discuss this with you. Time commitments, schedules and duties are flexible. Please call Kristin at 955-4760.



## **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 November 20<sup>th</sup>.

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



# NEWS & VIEWS

## Join us for a visit with Elder Care Expert and Author Doctor Marion

Friday, November 9, at 9:00 a.m.

MEG Dining Room

Doctor Marion recently launched her second nationwide tour to raise awareness about aging and elder care issues in America. She will share with us her practical insight and advice on caring for the elderly, based on over 35 years of experience as a geriatric care manager and elder care expert. She is the author of *"Elder Care Made Easier"*.

## Update Your Senior Services Membership Card Information

If any of your information has changed since you first got your Senior Services Membership card, please let us know so that we can update our database. If you have a different address or phone number or different emergency contact information, we need to correct our records.

Please come in on a day when we issue cards (see page 4 for dates and times) and have us update yours. You are welcome to get a new picture, or we can use the old one. We will put the correct information into our records and print you a brand new card. The fee is just \$1.00. It is important for our records, and it could help you in case someone needs to call your emergency contacts for you.

## Learn about Community Services

The Division of Senior Services is part of the City of Santa Fe's Community Services Section. Other Divisions under Community Services are Youth and Family Services; the Public Libraries; the Genoveva Chavez Community Center; and the Recreation Division.

Every Thursday morning at 8:30 a.m., on Que Suave Radio, 81AM, there is a ½ hour program highlighting different Community Services programs, services and activities. Please tune in!

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

—Maya Angelou

## Do you receive *The Senior Scene* in the mail?

We mail the newsletter to over 500 people each month. However, many people we mail to also go to the Senior Centers, the Genoveva Chavez Community Center, the 3 Santa Fe Public Libraries, Lovelace, La Familia Clinic North, Ft. Marcy Complex, retirement communities, or one of the 25+ other locations where we deliver the newsletter. If you are one of those people, please consider helping us save postage by having your name removed from the mailing list.

We realize that many of our readers are homebound or do not get out very much. If you do not go to any of our drop-off locations, we will be happy to continue mailing it to you.

To have your name removed from the *Senior Scene* mailing list, please call Liz Williams at 955-4733 any morning. Thank you.

## Eldorado Senior Center

The beautiful new Ken and Patty Adam Senior Center in Eldorado is open part-time now, thanks to the work of senior volunteers. Just take the second entrance into Eldorado at Vista Grande and continue about a mile to Avenida Torreon on the left. It is next to the Vista Grande Library.

Mondays from 10:30 to 11:30 a.m. for a \$3.00 yoga class

Wednesdays 10:00 a.m. to 2:00 p.m. Please call 466-1039 ahead of time if you would like to join them for lunch.

Wednesdays, there is also a free Tai Chi class from 10:45 to 11:30.

Fridays 1:30 to 2:30 p.m. for a free yoga class  
They invite you to come check them out!

## Daylight Savings Time Ends

At midnight on Saturday, November 3<sup>rd</sup>, Daylight Savings Time ends for the year. Don't forget to turn your clock back one hour. While you are at it, change the 9-volt batteries in all your smoke detectors.



# NEWS & VIEWS

## Pasatiempo Senior Center Up and Running

(By Carmen Chavez-Lujan)



Pasatiempo Senior Center, located at 664 Alta Vista Street, has been fully operational and serving hot, delicious meals for breakfast and lunch on, can you believe it, real dishes and flatware.

Louis Heidel is the cook there, Virginia Soto is the Senior Volunteer who seems to be at the Center round the clock, and Rosina Ortega is the Cashier. We couldn't ask for a better group of people located in one place.

We have also been having various festivities there. Our last one was the Pasatiempo Fiestecita on August 31 where over 200 people attended to hear 3 hours worth of music with two mariachi bands, mingle with the Fiesta Court, eat antojitos (appetizers), drink virgin daquiris and non-alcoholic beer, and enjoy a hearty meal of enchiladas and all the fixings.

Pasatiempo Senior Center will undergo Phase II of renovations to extend the Pool Room and Craft Rooms. The Center will remain open, will continue serving meals, and plans to continue having festivities during the many holidays to come.

Seniors and disabled individuals who reside in Senior Housing and have a Senior I.D. card pay only \$1.50 for their meals. Once you have tried Louie's food, you will be sold and won't want to go anywhere else.

Our next event is our Thanksgiving celebration on Friday, November 16 from 11:00 a.m. to 1:00 p.m. Music will be provided by Phil Trujillo. Come join us.

## Thanksgiving

(by Edgewood Senior Simon Arzigian)

Thanksgiving Day 2007 approaches – a day set aside to give thanks for our bounty, and to share it with those who are less fortunate. I have often wondered why it was necessary to have the day legally proclaimed; since this is something we should be doing daily. In thinking about this holiday I thought about other things I give thanks for. Individuals can develop their own lists. Here are some things I am thankful for:

- see another sunrise,
- arise out of bed each morning,
- seeing once again the changing of the seasons,
- a refreshing, cool, soft breeze on a hot summer day,
- a snow-covered landscape after a storm,
- a rainbow of bright colors and a promise of hope,
- the flight of birds gracefully flying in the air,
- fields of flowers painting the land with bright colors,
- cloud formations casting fanciful and fleeting shadows on the mountainside,
- the Almighty's mysterious message delivered via lightning and thunder,
- family and friends sharing life's give and take with empathy and understanding,
- at the end of the day, a prayerful Thanksgiving for another day of life enjoying our loving God's bounty.

## Free Flu Shots

Free flu shots are available, with your Medicare card, at the following locations in November:

- Every Wednesday 8:30 a.m. to 4:00 p.m. at the County Health Dept. on Letrado St.
- Tuesday, November 6<sup>th</sup> 3:00 to 7:00 p.m. at Sav-On Pharmacy 600 N. Guadalupe St.
- Saturday, November 10<sup>th</sup> 8:00 to 11:00 a.m. at St. Vincent Hospital

## Centers Closures in November

All senior centers will be closed on Monday, **November 12<sup>th</sup>** for Veteran's Day and Thursday and Friday, **November 22<sup>nd</sup> 23<sup>rd</sup>**, in observance of the Thanksgiving holiday. There will be no services on any of those days.



## NEWS & VIEWS

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### Free Computer Classes for Seniors!

Beginning in November 2007, free basic computer skills classes will be given to interested seniors at the Mary Esther Gonzales Senior Center, 1121 Alto Street. Classes will be every weekday morning from 9:30 to 10:30. There are six computers, so up to six students may sign up per day.

To reserve space, call Gloria at 955-4721

Classes are presented under the auspices of the City of Santa Fe's Division of Senior Services and Cyber Network New Mexico.

Classes are taught by the following volunteers: Cyber Network New Mexico Founder/Director, Andres Romero; Cyber Network Director, Doug Schocke; Lowell Gilbert; and Jose Garcia

### Free Lecture on Macular Degeneration

Mary McGinnis of New Vistas is the featured speaker at the next Macular Degeneration Information and Support Group. The meeting will be held on Tuesday, November 6<sup>th</sup> from 2:30 to 4:00 p.m. at the DeVargas Center Community Room. Although this group generally meets on the first Tuesday of every month, there will be no meetings in December or January. For more information, call 983-9640.

### Are you an Efficient, People-Oriented Person?

If so, the Senior Transportation office needs you to volunteer to dispatch with them! They are looking for assistance answering phones and typing the information into the computer.

They will train you on everything you need to know, there will always be a staff person nearby to help, and you may work whenever your own schedule allows. Speaking Spanish is a plus but is not mandatory. This is a fast-paced, multi-tasking, important volunteer job. The staff is fun and grateful for help and you are invited to partake of their frequent potlucks.

For more information, please call Fran Rodriguez at 955-4700.

### Mayor's Holiday Food Drive

This year, the City of Santa Fe is taking a new approach to the annual Mayor's Holiday Food Drive, in response to requests by families and individuals who received the donations in the past. Rather than collecting canned goods, they are requesting monetary donations from the public. These will be turned into gift cards for recipients, so that they can select the items best suited to their needs.

If you would like more information or you would like to make a donation, please contact the City's Community Services Division. You may call Laneia Gallegos at 955-6917 or Michelle Gurule at 955-6913. Thank you for your consideration.



### Santa Fe Indian School Holiday Bazaar

The Santa Fe Indian School at 1502 Cerrillos Road will be holding its 15<sup>th</sup> Annual Holiday Bazaar on Saturday, November 10<sup>th</sup> from 9:00 a.m. to 5:00 p.m.

There will be craft sales a silent auction (which ends at 4:00), entertainment and a concessions stand. Profits from the bazaar will be spent on students' needs (clothing, eyeglasses, etc).

### Healthy Aging Collaborative Meeting

New Mexico Senior Olympics, the Dept of Health, the Aging & Long-Term Services Dept, Jewish Family Service of New Mexico, and the Indian Area Agency on Aging invite you to a Healthy Aging Collaborative Meeting.

Learn how you can support the continued efforts for the development of the Healthy Aging Collaborative. They want to hear your ideas and input. They are looking to gain more effective programs for seniors.

The meeting is at the Jewish Community Center of Albuquerque at 5520 Wyoming Blvd NE on Monday, November 5<sup>th</sup> from 1:00 to 3:30 p.m. There will be a guest speaker and refreshments. For more information, contact Jennifer George at (505) 222-8615.



# NEWS & VIEWS

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**FREE!  
DOOR PRIZES!**



alzheimer's  association®

## City of Santa Fe Division of Senior Services

### *Caregiver Support Group*

### **“Positive Activities & Caregiver Tips for the Holidays”**

*Presented by:*

**Linda Durant, Branch Coordinator  
Las Vegas, New Mexico**

**Learn ways to reduce stress especially  
during the holidays!**

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

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

**New faces welcome** and we look forward to seeing you at  
**Luisa Senior Center**  
**located at 1522 Luisa St. (enter from Columbia St.)**  
**on Wednesday, November 14, 2007**  
**from 1:30 p.m. to 4:00 p.m.**

**Refreshments will be provided!**

**For reservations, please call  
Theresa Gabaldon or Gloria Polaco at 955-4721**

**November is National Caregiver Month & Alzheimer's Month!**

# LEGAL & CONSUMER INFORMATION

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## Have your Social Security Check Directly Deposited

(From N.M. Aging & Long Term Services Dept.)

Direct deposit is safer, easier and more convenient than getting a check in the mail. Yet despite the advantages, many people who rely on Social Security and Supplemental Security Income (SSI) still get checks. The U.S. Department of the Treasury and the Federal Reserve Banks are sponsoring Go Direct, a campaign to motivate people who receive federal benefit checks to use direct deposit.

Direct deposit is simply the best way for people to get their Social Security and SSI payments because it eliminates the risk of stolen checks, reduces fraud and gives them more control over their money. Plus, direct deposit allows immediate access to funds from virtually anywhere.

Direct deposit also saves taxpayers money — if everyone who currently gets a federal benefit check switched to direct deposit, it would save taxpayers millions of dollars annually. The money saved as a result of Go Direct will be used to cover the costs of future Social Security.

To sign up for direct deposit, just call the Go Direct helpline at (800) 333-1795, or visit [www.GoDirect.org](http://www.GoDirect.org) or, to sign up in Spanish, go to [www.DirectoASuCuenta.org](http://www.DirectoASuCuenta.org) online. Or, you can stop at your local financial institution or Social Security Administration office to sign up.

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## New Area Codes in Effect

On October 7, 2007, the new (575) area code went into effect for much of New Mexico. Numbers in the Albuquerque metro area and the Four Corners, Santa Fe north through Espanola and east into Las Vegas will keep the (505) area code. But, for the next year, if you dial (505) your call will go through anyway.

For more information, you can go to [www.quest.com/announcements](http://www.quest.com/announcements)



## “Do Not Call” Registry

(Message sponsored by the State of New Mexico)

All cell phone numbers have been released to telemarketing companies so that they may solicit you via your cell phone. You will be charged for these calls, as with any other calls.

To prevent having your number (cell or home) available to telemarketers, you may add your number to the National Do Not Call Registry. It is a free service and takes about 30 seconds, and it blocks your number for five years. Once you dial in, you may choose instructions in English or Spanish. You must be calling from the number you wish to have blocked. Dial the Registry toll-free at 1 (888) 382-1222.

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## Registro “No Llamar”

Todos los números de teléfono celulares se han pasado a las compañías telemercadeo para que puedan llamar y solicitar por medio de su teléfono celular, igual por otros medios telefónicos, como su teléfono de casa o negocio.

Para evitar que su número celular o telefónico sea pasado a estas compañías telemercadeo, usted puede añadir su número telefónico o celular a la “*National Do Not Call Registry*” que es “*Registro Nacional De No Llamar*”. Este servicio es gratis y se toma 30 segundos para poner en efectivo. Así no recibirá estas llamadas que quieren vender de cualquier negocio. Esta acción estará en efectivo por un término de cinco años. Cuando llame puede escoger el mensaje en inglés o español.

Tiene que llamar desde el teléfono o celular que quiere poner en este programa. Marque al número 1 (888)-382-1222. Este número de larga distancia es gratis.

# 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 and Senior Volunteer Program office, at **955-4760** or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov). RSVP staff will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts and mailings while we set you up in the volunteer job(s) of your choice.

### St. Elizabeth Shelter for the Homeless

St E.'s offers an emergency shelter on Alarid Street and transitional shelters around town. They are a wonderful organization that has been in Santa Fe for many years, and they could use help to supplement the staff and interns they have.

Volunteer help is needed in a huge variety of areas, including: arts and crafts business persons, attorneys, carpenters, child care providers, donation solicitors, drivers, electricians, fund-raising event helpers, hair cutters, handypersons, housekeepers, instructors, landscapers, meal providers, office staff, painters, plumbers, receptionists, Spanish interpreters and translators, volunteer coordinators, website developers and maintenance, and any special talent you would like to share! Details are available on all of these jobs.

With all those options and helping such a great cause, how could we say no?

### 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.



### Earth Care International

Earth Care International is a non-profit educational organization, which has been working with Santa Fe public and private schools for four years to integrate sustainability. Their mission is to educate and empower youth to create a thriving, just, and sustainable world.

They are looking for volunteers to serve in several positions. Although they will happily interview anyone interested, they would like people with previous teaching experience, preferably in secondary education, and are asking for a commitment of up to 10 hours per week during the school year.

They are looking for one volunteer to serve as a Teacher's Assistant to support Earth Care educators in implementing education for sustainability in high schools. The volunteer duties are to: assist teacher and students in hands-on projects at schools; assist with grading and grade tracking; research and acquire or support the development of teaching resources as needed.

They are also looking for a volunteer or two to serve as a Resource Volunteers. This internship involves making Earth Care's Education for Sustainability resources accessible to educators by organizing, researching, and developing additional curricula for teachers. Duties include: develop or compile resources that model and are examples of sustainable education. (i.e. hands-on, outdoor, learner-centered/student-led, empowering, value-adding, dialogic, systems thinking, pattern generation, self & system actualizing activities, holistic, etc.); create online annotated bibliography of Earth Care's library resources; develop list of guest speakers, field trips for use by secondary teachers; purchase library software or develop other secure method for loaning library material; develop a Teacher/Student Guide for Earth Care's 2008 *Sustainable Santa Fe Resource Guide*.



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Praise a Volunteer

Two months ago in this publication, we asked for submissions of praise for a special volunteer you know. So far, we have received recognition of two of terrific volunteers. Gloria Polaco and Brenda Ortiz wrote the following about two women who give their time and care in the Mary Esther Gonzales Senior Center dining room:

For several years, **Ramona Griego** has been helping seniors who cannot stand in line or carry their meal trays. She sees to it that all the seniors are well taken care of, coming in early 4 days a week, to make sure the tables are clean and ready. She goes to seniors at their tables and asks what they would like with their meal, and then gets the trays and brings them over. She is always patient and kind and we have never seen her frowning or unhappy.

A few months back, **Molly Lucero** came to the MEG Center and asked if she could help in the dining room. From the first day when she came in, she immediately began serving food. She is always cheerful and always has something nice to say. She keeps the lunch line moving with great ease, even when she is the only one there.

Our thanks go to these ladies and we owe them our gratitude!

Please pick up a "Praise a Volunteer" form at MEG or Luisa centers, or call 955-4760 to get a form. Then, send in praise of a volunteer who makes a difference. Let RSVP salute them!

## We Give Thanks to You

During the month of November, the RSVP staff will begin to deliver the exciting volunteer recognition gifts we ordered just for you. We will come to your volunteer sites, wherever that is applicable, or we will just contact you individually, if you volunteer all over the place. We may not get to all of you by the end of the month, but we will do our best to find you by mid-December at least.

So, if you are an active RSVP volunteer and you have been turning in your volunteer hours worked forms regularly, keep an eye out for us with a gift of thanks to you!



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



# NOVEMBER



Nancy Montaño	11/1	Joseph K. Rutledge	11/20
Ercilia M. Brazil	11/2	Tom Ledwith	11/22
Alvino E. Castillo	11/2	Dale K. McCluggage	11/22
Donald Liska	11/3	Patty Adam	11/23
Benjamin A. Armijo Sr.	11/7	Denise Casados	11/23
Adelle S. Ackmann	11/8	Margaret M. Smith	11/23
Lucy R. Padilla	11/8	Richard Keefe	11/24
Ellie Robinson	11/8	Richard A. Martinez	11/24
Randy Murray	11/9	Anthony Morea	11/24
Carmen L. Ortiz	11/9	Ann Ross	11/25
Ellen A. Starkovich	11/11	Richard D.	11/26
Corrine E. Garcia	11/12	Cunningham	
Nola M. Gilmore	11/12	Andrew R. Medina	11/26
Joanne M. Valdez	11/12	Jose J. Gallegos	11/27
Ann Hicks	11/14	Robert M. Gonzales	11/28
Bernadette Sandoval	11/16	Lillian Alexander	11/29
Georgia Watkins	11/17	Rudy F. Gonzales	11/29
Viola Quintana	11/18	Paul Medina	11/29

## Have a Great Day!

# FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Dora Vigil has been with our volunteer programs for ten years. After raising eight children (three girls and five boys), and after they left to college and to the military, she found herself alone wondering what to do. She heard about the Foster Grandparent program and gave it a try. She worked for two months in that program and decided to give the Senior Companion Program a try. She has found the Senior Companion program to be very rewarding for her because her senior clients and she have something in common; they both need each other's companionship.

In the meantime, she went to college and received her Associates Degree in paralegal studies. She is able to use her education and knowledge to help some of her senior clients to write their simple wills or advise them as to what to do. She also refers them to free legal services offered as needed.

Dora was born in Chimayo, New Mexico and eventually moved to Santa Fe with her husband. She remembers traveling to Santa Fe in wagons pulled by horses to sell at the markets. The trip took a whole day on a rough dirt road. After living in Santa Fe for over 40 years, she mentions that the population has changed the most.

In her spare time (hardly) she enjoys reading and crocheting. She has also become quite the traveler, exploring Europe, Spain, Hawaii, Alaska, the Caribbean, and many states in the U.S. Her favorite visits were to the Caribbean and Hawaii.

She is very compassionate about her volunteer service and tries to help in whatever ways her clients need her. She mentions that "I enjoy helping my seniors."

Thank you Dora for being a faithful volunteer and always being an advocate for the seniors in our community.

## In-Service

On Friday, November 9<sup>th</sup>, 2007, Dr. and author Marion Somers will share practical insight and advice on caring for clients, ourselves and aging parents, based on over 35 years of experience as a geriatric care manager and elder care expert. The session will take place at 9:00 a.m. in the MEG dining room. Volunteers are not required to volunteer on this day and should plan on attending this informative meeting.

## Program Reminder

Due to several holidays this month, Foster Grandparent and Senior Companion volunteers are not required to volunteer on the following days:

- Monday, Nov. 12<sup>th</sup>, observance of Veterans Day
- Thursday, Nov. 22<sup>nd</sup>, Thanksgiving
- Friday, Nov. 23<sup>rd</sup>, day after Thanksgiving

We hope you enjoy your days off!



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

Joanne Valdez	11/12
Connie Romero	11/16
Bernadette Sandoval	11/16
Fabiola Sandoval	11/17
Jose Ortega	11/22

**Happy Thanksgiving!**

# 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	<b>CHIMAYO</b> 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	<b>PASATIEMPO</b> 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	<b>EDGEWOOD</b> 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	<b>RIO EN MEDIO</b> 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	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Excercise Tinsmithing	<b>SANTA CRUZ</b> 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	<b>LUISA</b> 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	<b>VENTANA DE VIDA</b> 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	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Cancelled Until Friday 3 <sup>rd</sup> 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  Yoga Yoga Tai Chi	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday  <b>ELDORADO</b> Monday \$3.00 Friday Wedneday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am  10:30 am 1:30 pm 10:45

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

## TAI CHI

Eldorado	10:45 am	Wednesday
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## YOGA

Eldorado	10:30 am	Monday \$3.00
Eldorado	1:30 pm	Friday

## TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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# ACTIVITIES



## November 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, November 20<sup>th</sup>

El Rancho: Wednesday, November 21<sup>st</sup>

Luisa: Friday, November 16<sup>th</sup> at 11:00 a.m.

Ventana de Vida: Friday, November 9<sup>th</sup>

Edgewood: Thursday, November 29<sup>th</sup> at 12:30 p.m.

MEG Center: Friday, November 16<sup>th</sup>

## Instructors on Break

Please note that, during the week of November 19<sup>th</sup> – 23<sup>rd</sup>, all Senior Services class instructors will be on break for the Thanksgiving holiday. Classes will again, beginning November 26<sup>th</sup>.



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!

## Centers Closures in November

All senior centers will be closed on Monday, November 12<sup>th</sup> for Veteran's Day and Thursday and Friday, November 22<sup>nd</sup> 23<sup>rd</sup>, in observance of the Thanksgiving holiday. There will be no services any of those days.

## Fire Prevention Presentation

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

Rio en Medio Center:

Wednesday, November 7<sup>th</sup> 11:00 a.m.

## AARP Defensive Driving Classes

Sign up for AARP's 55 Alive Defensive Driving Classes. These mini-courses meet for two half-days to go over safety tips



for seniors on the road. New Mexico insurance companies give discounts to individuals age 55 or over, who take the course. You must attend both days to complete the course and obtain a certificate.

The fee is \$10 to cover materials and classes meet at the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe. To register call Mike Kelly at 471-9253. Next scheduled class is:

Tuesday, November 13<sup>th</sup> from 1:00 to 5:00 p.m. & Thursday, November 15<sup>th</sup> from 1:00 to 5:00 p.m.

## New Mexico Governors and their Times

Free History Lecture Series

By local historian Doug Peterson



This slice of history will tell the story of New Mexico and many of its governors from 1700 to 1900. The talks will focus on life in this state through education, society, the church and government involvement. The governors to be discussed include Don Diego de Vargas, Veles Capuchin, Manuel Armijo, Miguel Otero and others not so well known.

Friday, Nov. 2<sup>nd</sup> The years 1700 – 1770

Friday, Nov. 9<sup>th</sup> The years 1770 – 1846

Friday, Nov. 16<sup>th</sup> The years 1846 – 1900

All classes will be held in the board room, off the dining room, at the Mary Esther Gonzales Senior Center, from 9:00 a.m. to 10:30 a.m.

To reserve your space, please call the Center at 955-4721.

# ACTIVITIES



## Thanksgiving Dinner

The Division of Senior Services will host its annual Thanksgiving dinner at all City and County senior centers on Wednesday, November 14<sup>th</sup>. All seniors are invited to attend.

## Medicare Part D Enrollment

The Aging and Long-Term Services Dept. will be holding open shift Enrollment for Medicare Part D at the Mary Esther Gonzales Senior Center on **December 17, 2007**, from 9:00 a.m. to 4:00 p.m. However, appointments for the December enrollment will be **scheduled during the month of November**.

Therefore, to schedule your appointment, please call Gloria Polaco at 955-4721

## Art Show and Holiday Craft Fair

Thursday, November 8<sup>th</sup>

9:00 a.m. to 1:00 p.m.

Mary Esther Gonzales center dining room

Vendor Tables

To reserve a table please call Lugi at 955-4711



## 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.

## Edgewood Senior Center

By Ivena Rutledge

In November, the Edgewood Senior Center presents the art show "Boats, Old and New, Any Size". Everyone is welcome to enjoy the display... both old and young. We thank the center for the excellent show of still lifes on display in October. The center is located at 114 Quail Trail in Edgewood and it is open every weekday from 9:00 to 4:00

## Evercare DP

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

Evercare DP Benefits Include:

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

Meetings are at the following senior centers:

Ventana de Vida: Wed. November 21<sup>st</sup> 10:30 a.m.

El Rancho: Wed. November 28<sup>th</sup> 10:30 a.m.

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

## Ride the Tram

On November 15<sup>th</sup>, 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

## 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.

November Schedule for Seniors:

Nov. 1<sup>st</sup>: Santa Cruz Senior Center 10am-2:30 pm  
Nov. 14<sup>th</sup> Rio en Medio Com Center 10am-2:30pm  
Nov. 15<sup>th</sup> Chimayo Senior Center 10am-2:30  
Nov. 19<sup>th</sup> Edgewood Senior Center 10am-2:30pm  
Nov. 26<sup>th</sup> El Rancho Com Center 10am-2pm  
Nov. 28<sup>th</sup> Luisa Center 9am-3pm  
Nov. 29<sup>th</sup> Villa Consuelo 9am-3pm

## Holiday Arts & Crafts Fairs

Luisa Senior Center

Saturday, December 8<sup>th</sup> 9 a.m. - 3 p.m.

For vendor space, call Christine at 955-4715.



Edgewood Senior Center

Saturday, December 1<sup>st</sup> 8 a.m. – 3: p.m.

For vendor space, please call 281-2515

## Prices for Seniors to Use the GCCC

In past newsletters, we have provided you with some conflicting information about senior fees at the Genoveva Chavez Community Center. According to GCCC staff, the general fee for seniors age 60 and over is \$3.00. On Wednesday mornings, 8 a.m. to 12 noon seniors pay only \$1.00. Senior Olympians with their official City of Santa Fe 2007 Senior Olympics Participant Card. Active Senior Olympians get a new card every year.

## Movie Days

MEG Senior Center

Friday, November 16<sup>th</sup> at 1:00

### “Seabiscuit”

During the Depression, a former bicycle repairman, Charles Howard (Jeff Bridges), owned a small, knobbly-kneed horse called Seabiscuit. Howard teamed up with half-blind ex-prize-fighter Red Pollard (Tobey Maguire), who became the horse’s jockey, and former “mustang breaker” Tom Smith (Chris Cooper), who became the horse’s trainer. People around the country became fascinated with the story of Seabiscuit, who won Horse of the Year honors in 1938.

Starring: Tobey Maguire, Chris Cooper ...

Director: Gary Ross

Genre: Drama

PG13 For some sexual situations and violent sports-related images



Luisa Senior Center

Thursday, November 29<sup>th</sup> 1:00

### “Evan Almighty”

In director Tom Shadyac’s raucous follow-up to the 2003 comedy Bruce Almighty (also helmed by Shadyac), God (Morgan Freeman) summons narcissistic newscaster turned congressman Evan Baxter (Steve Carell) to build an enormous ark in preparation for a devastating flood. Unfortunately, Evan’s perplexed family interprets his latest hobby as a midlife crisis gone wrong rather than as a divine assignment from the man upstairs.

Starring: Morgan Freeman, Steve Carell

Genre: Comedy



# ACTIVITIES

## I CAN (Ideas for Cooking and Nutrition)

The Santa Fe County Cooperative Extension Service is sponsoring a series of nutrition classes. Classes will continue at the Luisa Senior Center on Tuesdays from 9:00 a.m. – 10:00 a.m.

Continuation (November) classes are:

Tuesday, November 6<sup>th</sup>

Tuesday, November 13<sup>th</sup>

Tuesday, November 20<sup>th</sup>

Tuesday, November 27<sup>th</sup>

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 classes. Janette Segura, Nutrition Educator, provides the food and useful information. There will be snacks, cooking activities and games. Upon course completion, you will receive a certificate and a teddy bear.

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

New Class!

## Crochet Rag Rug Class

Friday, November 9<sup>th</sup>

1:00pm to 3:00pm

You will need a Q crochet hook,  
fabric/cotton, sheets, scissors  
At El Rancho Community Center  
384 County Rd 84

For more info, call Suzanne Chavez, Teacher  
455-2195



## Calling all Crafters

Luisa Senior Center will host its annual Holiday Arts and Crafts Fair on Saturday, December 8<sup>th</sup> 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.



## Thanksgiving at Pasatiempo

Friday, November 16, Pasatiempo will be having their Thanksgiving Celebration from 11:00 a.m. to 1:00 p.m. Come enjoy a great meal, a nice relaxed atmosphere and listen to the music.

## Villa Consuelo Potluck

The Villa Consuelo Senior Center potluck has been rescheduled this month to Monday, November 19 from 11:30 a.m. to 1:00 p.m. Come enjoy a wonderful meal and the company of some great seniors. Bring a dish or pay \$1.50 with your Senior I.D. card.

## I CAN (Ideas for Cooking and Nutrition)

The Torrance County Cooperative Extension Service is sponsoring a series of five nutrition classes at the Edgewood Senior Center from 10:00 a.m. to 11:00 a.m. Class dates are:

Wednesday, November 7<sup>th</sup>

Wednesday, November 14<sup>th</sup>

Wednesday, November 28<sup>th</sup>

Wednesday, December 5<sup>th</sup>

Wednesday, December 12<sup>th</sup>

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 classes. Bertha Warner, Nutrition Educator, provides the food and useful information. There will be snacks, cooking activities, games and door prizes. Upon course completion, you will receive a certificate.

For more information, call Christine or Flavia at 281-2515

# 50+ SENIOR OLYMPICS

## **Thank You, Thank You, Thank You!!**

As I sit in my office, looking out the window, wondering what I am going to write about, it dawns on me that, pretty soon, it will be Thanksgiving day and, then, Christmas Day is right around the corner. It seems like only yesterday that it was a new year. I guess time just goes by very fast when you are having fun.



And, we did have a lot of fun this past year in 50+/Senior Olympics. We had two new events – Darts and Archery –as well as lots of new participants – a lot of them in their early 50's. In addition, we were able to get a wonderful new benefit for our participating Olympians – free admission to the Genoveva Chavez Community Center.

Also, we have a marvelous 50+/Senior Olympics Advisory Committee, whose members are committed to bettering and ensuring the continued success of our local program. I couldn't have done it without you. I would like to express my appreciation to the committee members:

Arlene Mayer	-	Chairperson
Ann Aceves	-	Secretary
Laura Lujan	-	Treasurer
Arthur Baca	-	Member
David Dodge	-	Member
Bruce Kidman	-	Member
Joyce Montoya	-	Member
Pauline Orosco	-	Member
Karin Roth	-	Member
Roberta Van Welt	-	Member

In the last few months, the committee members and I have been working hard on next year's local events and program. All this work is in preparation for our local registration kickoff scheduled for early January. If all goes well, we should be ready to go with our first events in March 2008. Our goal is to increase the number of local participants and strengthen our program.

If you know of anyone who is 50+, tell them about our 50+/Senior Olympics Program and encourage them to bring their moms and dads. Remember that saying, "The family that plays together, stays together." And, do not forget, you stay healthier the more active you are. It was so gratifying to see the vast majority of our Olympians wearing their many medals once they completed an event. They were so proud and they walked around strutting their feathers. Talking about feathers - this reminds me of the purpose of this article - Thanksgiving.

On behalf of the Advisory Committee, the City of Santa Fe and the Division of Senior Services, I would like to thank all of you who have supported our program for all these years. We would also like to take this opportunity to be thankful for all the blessings that have been bestowed on us – good health, good friends and families, good positive attitudes towards life, and good senses of humor. Last but not least, let us keep in our hearts and prayers our many young men and women who are fighting in Iraq and other far off lands away from their families and loved ones. May they be safe during the holidays and always.

¡Feliz Turkey Day! Happy Thanksgiving!

Until the next newsletter, hasta luego!

Carmen

**COMING SOON IN SANTA FE  
NEW MEXICO SENIOR OLYMPICS  
BASKETBALL 3 ON 3  
TOURNAMENT MEN & WOMEN  
GENOVEVA CHAVEZ  
COMMUNITY CENTER  
NOVEMBER 2<sup>ND</sup>, 3<sup>RD</sup>, AND 4<sup>TH</sup>:**

Volunteers are needed to help with this event.  
For more information, call 955-4754



# *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:

<b>M.E.G. Center</b> - First and Second Tues.	<b>November 6, 13</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs.	<b>November 11</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs.	<b>November 8</b>	10:00 a.m. to 11:00 a.m.
<b>Ventana de Vida Center</b> - Third Thurs.	<b>November 15</b>	11:00 a.m. to 12:00 noon
<b>Pasatiempo</b> - Third Tues.	<b>November 13</b>	11:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed.	<b>November 14</b>	11:00 a.m. to 1:00 p.m.

# HEALTH & SAFETY

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## Seven Ways to Prevent Cancer

(Adopted from the Harvard Center for Cancer Prevention)

Fifty percent of all cancers can be prevented by things you can do. Take control of your health, and improve the health of your family, by following these recommendations. Doing so will help your family lower risk not only for cancer but also heart disease, stroke, and diabetes.

- 1) **Maintain Healthy Weight.** Maintaining a healthy weight lowers the risk of cancers of the breast (post-menopausal), colon, kidney, esophagus and endometrium (lining of the uterus).
- 2) **Get at least 30 minutes of physical activity every day.** Being physically active lowers the risk of colon cancer and may lower the risk of breast cancer.
- 3) **Don't smoke.** Tobacco use (including cigarettes, pipes, cigars and chewing tobacco) is linked to cancers of the mouth, throat, larynx, lung, esophagus, stomach, pancreas, kidney, bladder, cervix, and one type of leukemia.
- 4) **Eat a healthy diet.** A healthy diet lowers the risk of cancers of the prostate, breast, lung, colon, rectum, stomach and pancreas.
- 5) **Drink less than one alcoholic drink a day.** One drink is a glass of wine, a bottle of beer or a shot of hard liquor. Limiting alcohol lowers the risk of cancers to the breast, colon, rectum, mouth, esophagus, and throat.
- 6) **Protect yourself from the sun.** Sunlight is linked to skin cancer.
- 7) **Protect yourself and your partner(s) from sexually transmitted infections.** Some sexually transmitted infections are linked to cancers of the cervix, vagina, anus and liver.

Screening tests can catch cancer early, when it is most treatable. In some cases, a test can even help prevent cancer from developing in the first place. Talk to your health care professional about tests for colon and rectal cancer, breast cancer, and cervical cancer.

## Poison Hotline

If you or anyone you know may have swallowed poison (including by mixing prescription medications), call the Poison Hotline 24 hours a day toll free at **1 (800) 222-1222**.

They will provide immediate information and advice and follow up with a call back to you at another time, to make sure everything is okay.

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## Alzheimer's Disease Support Groups

These free support groups are open to all and are recommended for anyone interested in dementia, Alzheimer's and caregiving issues.

Second Tuesday of the month, 6:00pm  
Rosemont Retirement Community  
2961 Galisteo.  
Contact: Jytte L. 466-8195 or 438-8464

Third Thursday of the month, 6:00pm  
Sierra Vista,  
402 E. Rodeo Rd  
Contact: Ruth D or Velma A 986-9696

Fourth Wednesday of the month, 11:45am  
First Presbyterian Church  
208 Grant Avenue.  
Contact: Denise S 471-2400

Fourth Wednesday of the month, 4:00pm  
Kingston Residence  
2400 Legacy Court Contact: Mary Y 471-2400

Every Thursday 11:00 am -12:30 pm  
Caregivers Support Group  
Cancer Center Education Room,  
St. Vincent's Hospital  
Marla Nowak, LISW, facilitator.  
Open to all caregivers.

For more information, go to **www.Alz.org** to locate support groups in your area.

# HEALTH & SAFETY

## Personal Safety

Due to the recent assaults in the City of Santa Fe, the Santa Fe Police Department Crime Prevention Unit is offering the following personal safety and rape awareness information:

- Make friends in your neighborhood
- Avoid isolated places
- Leaves lights on at home when not at home.  
Always leave a porch light on
- Install a peephole in your doors
- Don't enter your home if it looks like it has been broken into
- Install and use quality deadbolt locks
- Vary your daily routine
- Pay attention to your surroundings and report suspicious persons or circumstances immediately

## On dates or social situations

- Learn about your date's attitude
- Make your limits clear
- Drive yourself
- Avoid secluded places
- Trust your instincts and react quickly
- Avoid alcohol

## If you are attacked

- Run, scream for help
- Kick, hit, bite scratch etc.
- Remember your goal is survival
- It is best not to carry a weapon unless you are thoroughly trained in its use
- A course in self defense can help you think clearly and react quickly

## What to do after a rape or assault

- Immediately tell the first person you see
- Don't shower
- Report the to police rape as soon as possible
- Get medical attention
- Call a friend
- Later, get continued help and support

## Shingles: A Disease that should be Taken Seriously

(From Merik 2006)

If you've had chickenpox, you're at risk for Shingles. Shingles is caused by the same virus that causes chickenpox. Once a person has had chickenpox, the virus can live, but remain inactive, in certain nerve roots within your body for many years. If it becomes active again, usually later in life, it can cause Shingles. The risk for Shingles increases as you get older. Shingles can affect anyone who has had chickenpox at any time, without warning. There's no way to tell who will get Shingles or when it may occur.

The first signs of Shingles are often felt and may not be seen. These can include itching, tingling, and burning. A few days later a rash of fluid-filled blisters appears (usually on one side of the body or face).

Shingles can be painful and can cause serious problems. For most people, the pain from the Shingles rash lessens as it heals. After the rash heals, however, Shingles may lead to pain that lasts for months or even years in some people. This long-term nerve pain, called postherpetic neuralgia or PHN, occurs because the virus that causes Shingles may damage certain nerves. The pain can vary from burning and throbbing to stabbing and shooting pain. For many people with long-term nerve pain, even the touch of soft clothing against the skin can be painful.

Other serious problems that may result from Shingles include skin infection, muscle weakness, scarring, and decrease or loss of vision or hearing.

Your doctor or healthcare professional can answer your questions about Shingles and whether you're at risk.

Treatment is available, so talk to your doctor right away if you think you have shingles.

For more information, you can go to [shinglesinfo.com](http://shinglesinfo.com).



# PUZZLES

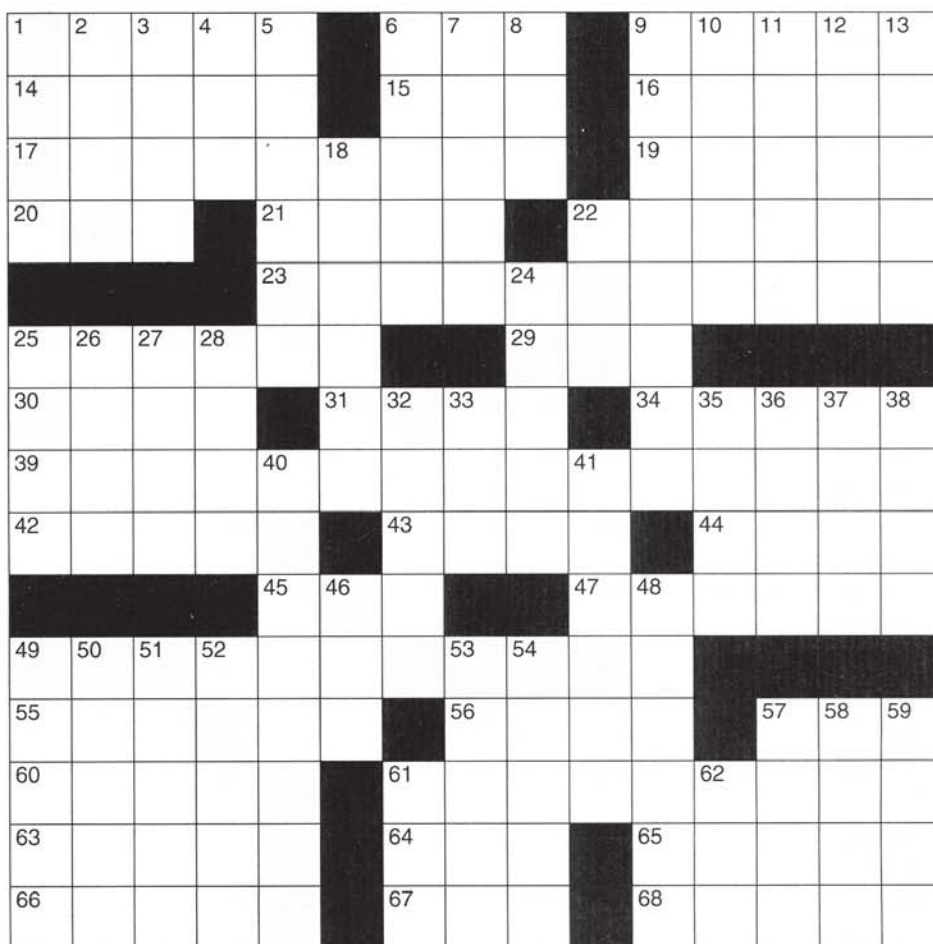
## ACROSS

- 1 Thicket
- 6 Droop
- 9 Arguments
- 14 Month of showers
- 15 —-haw
- 16 Return to base after a fly ball
- 17 Sentry's position
- 19 Lyric poem
- 20 Superlative ending
- 21 New currency on the Continent
- 22 Be relevant to
- 23 Volunteer
- 25 Central points
- 29 Genetic letters
- 30 It might make you say "Aha!"
- 31 "Aha!"
- 34 Tour leader
- 39 Municipal building
- 42 Nonnational
- 43 Surf's sound
- 44 Sorts
- 45 Lamb's mother
- 47 Plug's place
- 49 Quarterback option
- 55 Bee house
- 56 Site of Napoleon's first exile
- 57 Rink surface
- 60 Lacquer part
- 61 V.I.P. protector
- 63 Minotaur's island
- 64 French article
- 65 Goaded, with "on"
- 66 Kind of seal
- 67 Neighbor of Isr.
- 68 Flamboyant

## DOWN

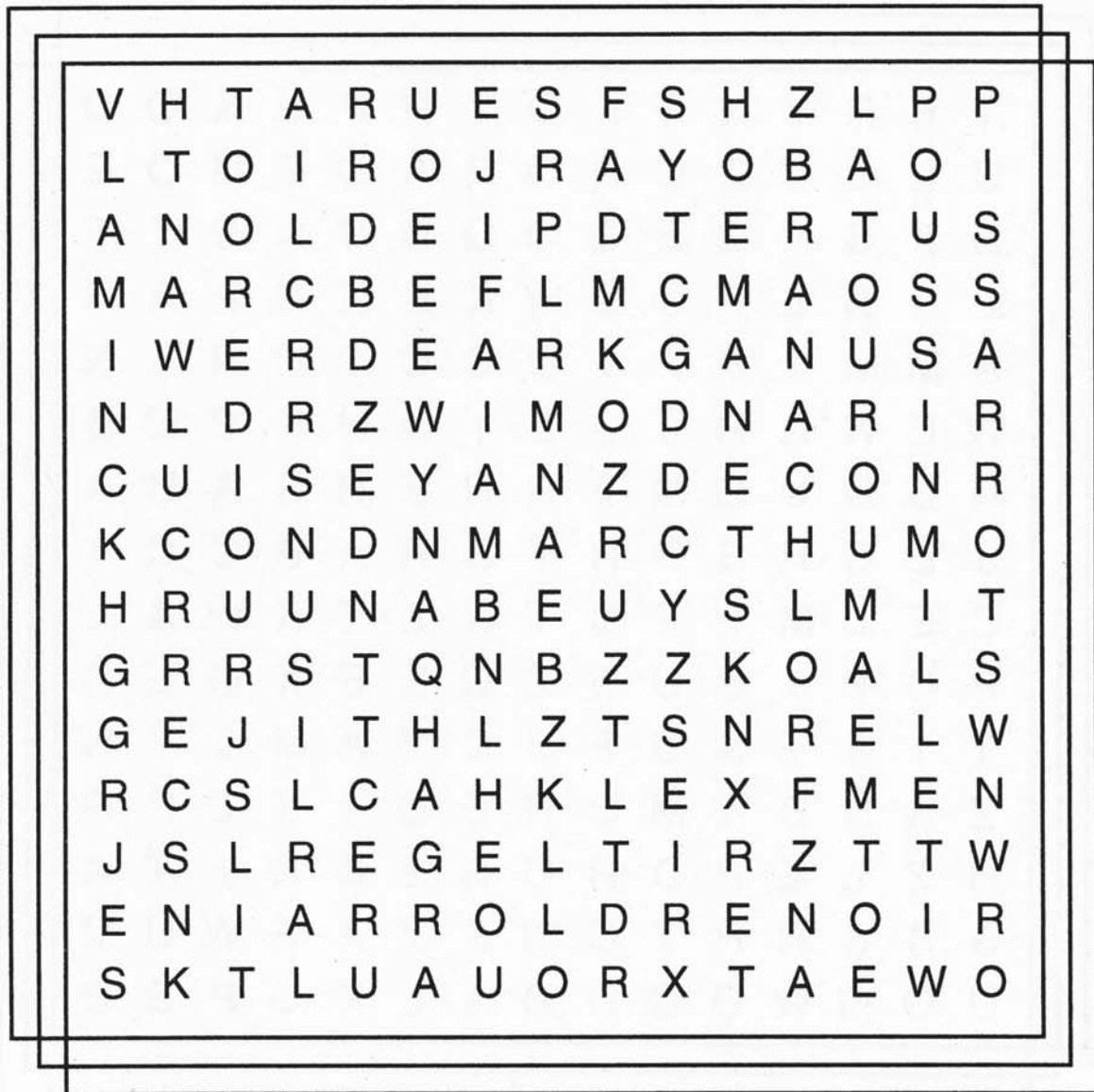
- 1 Hamster's home
- 2 Numbered composition
- 3 Kind of fall
- 4 Knight, by definition
- 5 Firstborn
- 6 Water's edge

- 7 "The Lion and the Mouse" writer
- 8 Receive
- 9 Cheap ship accommodations
- 10 Tree with oblong leaves
- 11 Greek marketplace
- 12 House style
- 13 Go on a buying spree
- 18 Contributes
- 22 "— appetite!"
- 24 Norse love goddess
- 25 Isinglass
- 26 Movie star
- 27 Prefix with god
- 28 Word said before "time" and "place"
- 32 Fathered
- 33 D.D.E.'s command in W.W. II
- 35 Company part
- 36 "— be a cold day . . ."
- 37 Astronaut Slayton
- 38 Once, once
- 40 Like some income on a 1040
- 41 Stills and Nash partner
- 46 Twisted
- 48 Practices
- 49 You can't take it seriously
- 50 "The Barber of Seville," e.g.
- 51 Stair part
- 52 Actor Ralph of "The Waltons"
- 53 Flashy flower
- 54 Birch relative
- 57 "Othello" villain
- 58 Airplane staff
- 59 Small whirlpool
- 61 Tour transportation
- 62 "That's horrid!"



# PUZZLES

## PAINTERS



W-0185

ALTDORFER  
BECKMANN  
BEUYS  
BRANACH  
DIX  
DURER  
ERNST

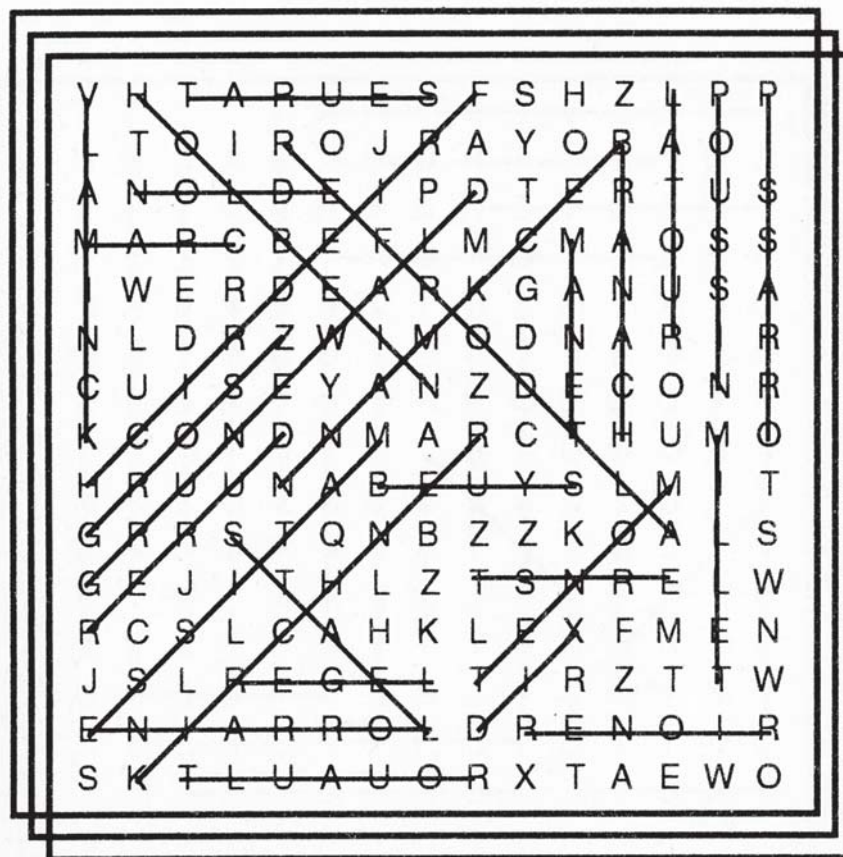
FRIEDRICH  
GROSZ  
GRUNEWALD  
HOLBEIN  
KIRCHNER  
LATOUR  
LEGER

LORRAINE  
MANET  
MARC  
MATISSE  
MILLET  
MONET  
NOLDE

PISSARRO  
POUSSIN  
RENOIR  
ROUAULT  
SEURAT  
STAEI  
VLAMINCK

# PUZZLE ANSWERS

C	O	P	S	E		S	A	G		S	P	A	T	S
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E	A	R	E	D			S	Y	R		S	H	O	W





# SENIOR CENTER LUNCH MENU

## NOVEMBER 2007

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
HAPPY THANKSGIVING!	2% WHITE OR CHOCOLATE MILK SERVED WITH EVERY LUNCH		<b>1</b> NEW MEXICO STYLE BBQ CHICKEN BUTTERED GREEN BEAN BAKED APPLES W/ CINNAMON TOPPING WHOLE WHEAT ROLL	<b>2</b> SANTA FE RED BEEF ENCHILADAS GARNISH & SOUR CREAM PINTO BEANS SPANISH RICE TORTILLA PEACH COBBLER
<b>5</b> FESTIVE BEEF FAJITAS W/ GARNISH PINTO BEANS PICO DE GALLO & SOUR CREAM WARM TORTILLA FLAN	<b>6</b> CHICKEN PROVENÇAL STEAMED WHITE RICE BUTTERED SPINACH WHOLE WHEAT ROLL TROPICAL FRUIT	<b>7</b> SOUTHWESTERN CHICKEN TAQUITOS W/ SOUR CREAM & SALSA TOSSED SALAD CHEESECAKE	<b>8</b> TRADITIONAL SPAGHETTI W/ MEATBALLS ITALIAN VEGGIES GARLIC BREAD STICKS SHERBET ICE CREAM	<b>9</b> BEEF TIPS OVER RICE W/ GRAVY BROCCOLI MEDLEY TOSSED SALAD WHOLE WHEAT ROLL
<b>12</b> ALL CENTERS CLOSED IN OBSERVANCE OF VETERANS' DAY	<b>13</b> CHALUPA SALSA & SOUR CREAM SEASONED SQUASH CHOCOLATE CAKE	<b>14</b> (TURKEY DINNER) SLICED TURKEY W/GRAVY HOMEMADE STUFFING MASH POTATOES W/ GRAVY BUTTERED VEGGIES PUMPKIN PIE W/ WHIP CREAM/ DINNER ROLL CRANBERRY SAUCE	<b>15</b> HOMEMADE CHICKEN & RICE W/ VEGGIES STEAMED 3-WAY VEGGIE FRESH APPLE WHOLE WHEAT ROLL	<b>16</b> PICNIC STYLE BBQ BEEF SANDWICH SEASONED GREEN BEANS MACARONI & CHEESE FRESH ORANGE
<b>19</b> COLD HAM & CHEESE SANDWICH GARNISH 3 BEAN SALAD FRUIT YOGURT	<b>20</b> SEASONED PEPPER STEAK & RICE STEAMED CARROTS & BROCCOLI JELL-O W/ PEACHES & WHIPPED CREAM WHOLE WHEAT ROLL	<b>21</b> HOME-STYLE CARNE ADOVADA PINTO BEANS BUTTERED SPINACH FLOUR TORTILLA SWEET RICE W/ CINNAMON TOPPING	<b>22</b> ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING	<b>23</b> ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING
<b>26</b> SEASONED BAKED CHICKEN BUTTERED SQUASH STEAMED RICE POUND CAKE & STRAWBERRY SAUCE	<b>27</b> TEXAS STYLE BEEF BRISKET(BBQ SAUCE) SEASONED COLLARD GREENS MACARONI & CHEESE PINEAPPLE SALAD WHOLE WHEAT ROLL	<b>28</b> PORK BUTT ROAST W/ AU JUS SAUCE MASH POTATOES W/ GRAVY BUTTERED CALF-VEGGIE APPLE PIE W/ WHIPPED CREAM	<b>29</b> FISH FILLET W/ LEMON & DILL SAUCE PARSLEY POTATOES 5-WAY VEGGIES MULTI-GRAIN BAR	<b>30</b> COOK'S CHOICE

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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