

# The Senior Scene

## Vistas de los Mayores



**Division of Senior Services**  
January 2008

**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  
 Donald E. Bell, Cover Photo

**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, 16 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

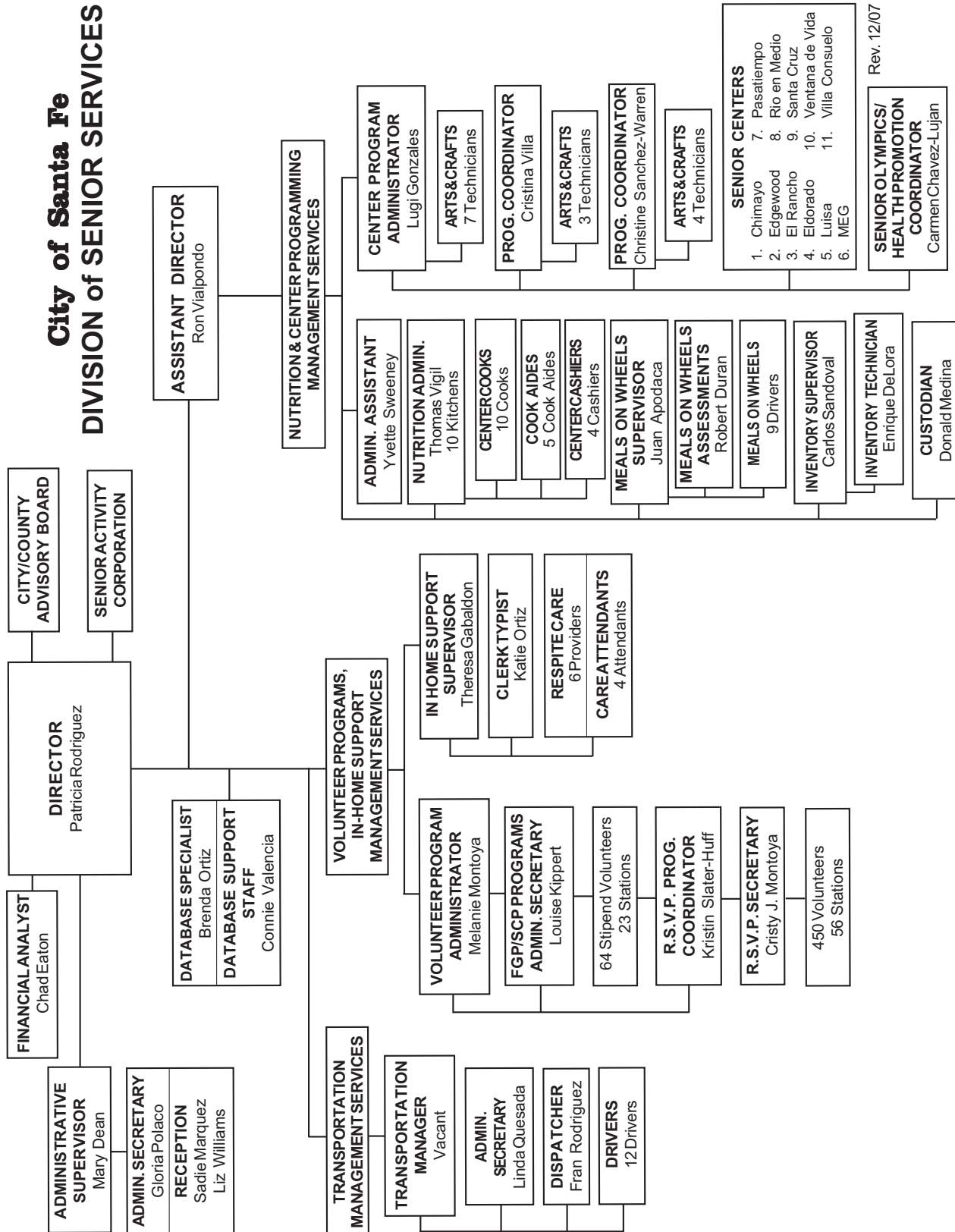
# DIRECTOR'S REPORT

Dear Seniors,

Happy New Year! Since there have been many changes within The Division Senior Services staff last year, I wanted you to be able to place the faces and names of my staff members who work diligently for you!

Patricia

## City of Santa Fe DIVISION of SENIOR SERVICES





# 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 vital funding for our programs.

If you do not have a card, please come get one. The card only costs \$2 and \$1 for a reprint. Please bring an emergency contact name and phone and the last 4 digits of your Social Security number.

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 possess 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 JANUARY 2008

M.E.G. Center	Tuesdays	January 8, 15, 22, 29	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	January 3, 10, 17, 24, 31	9:30 to 12:00 & 1:30 to 3:00
Edgewood Center	Monday	January 14	11:00 to 1:00

Please note: There will be no Membership cards issued at M.E.G. Center on January 1, as all senior centers are closed for New Year's Day.

## 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 (January 15), rides for commodity pick-up, medical appointments, and lunch at senior centers will be given priority. Other ride requests will be accommodated 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

## Alliance for Area Agencies on Aging Day/ Senior Day at the Legislature 2008

The New Mexico Legislature will convene for a 30-day session this year, beginning at noon on Tuesday, January 15<sup>th</sup> and ending at noon on Thursday, February 14<sup>th</sup>. Seniors are encouraged to drop by the Roundhouse any day to say hello to their elected representatives. You can thank them for their past support of legislation and funding to benefit seniors, and encourage them to support seniors this year again.

Wednesday, January 23<sup>rd</sup>, 2008 is Senior Day/ Alliance for Area Agencies on Aging Day at the New Mexico State Legislature. All seniors, members of the aging network, and interested members of the public are invited to attend activities promoting senior awareness at the Roundhouse that day from 9:00 a.m. to 1:00 p.m.

There will be various activities that day. Information tables covering a wide variety of aging issues will be set up in the halls to the Rotunda and there will be presentations and speeches by many elected officials and policy-makers in the Aging Network throughout the morning.

The Alliance for Area Agencies on Aging is a group of representatives from each of the funding areas of the state, as well as representatives from Senior Volunteer Programs, Senior Olympics and Alzheimer's Programs. These people are compiling information from the entire state and to come up with a legislative funding request for the aging network.

To reserve a ride from the MEG Senior Center to the Roundhouse, please call 955-4721.

## Be a Hero for ½ hour a Day

The lovely Ventana de Vida Senior Center needs a volunteer to deliver the Meals on Wheels to about 8 residents every Monday through Friday. You pick the meals up from the kitchen at 10:30 and you are done by 11:00. The sidewalks there are shoveled in a timely manner and you can push the meals in a cart. Get out and enjoy the winter a little this year!

For information call 955-4760.

## Senior Centers Closed

All senior centers will be closed on Monday, January 1<sup>st</sup> in observance of New Year's Day and on Monday, January 21<sup>st</sup> in observance of Martin Luther King Jr. Day.

## Breakfast at Senior Centers

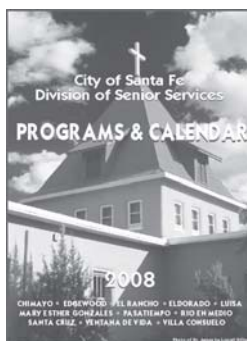
Did you know that a delicious, nutritious breakfast is served five days a week at three of our senior centers? The Mary Esther Gonzales, Pasatiempo and Luisa senior centers serve breakfast from 7:30 to 8:30 Monday through Friday. The suggested donation for seniors age 60 and over with a Senior Membership Card is just \$1.00, and the mandatory fee for non-seniors is \$3.00 (still a great deal).

You are invited to come start your day with a tasty meal in the company of friends!

## City Launches a new Website

In December, the City of Santa Fe launched a new website at [www.santafenm.gov](http://www.santafenm.gov). Did you ever wonder what all the programs are that your tax dollars fund? Ever try to remember the name of a particular City Councilor, or need to know the hours at all the libraries without calling each? Or would you like to read the *Senior Scene* online, without having to pick it up somewhere? Well, now all of that information is available in an attractive, accessible format.

Check it out!



## 2008 Annual Senior Services Calendar

The 2008 Division of Senior Services Programs and Calendar is available.

The publication lists events happening from the Division of Senior Services in 2008. It also gives a useful summary and description of all available services, maps to all senior centers, and achievements made in the fiscal year 2006/2007.

Be sure to pick up your copy at the same location you pick up the newsletter. For more information, call 955-4721.

# NEWS & VIEWS

## The Benefits of Writing

(By Edgewood Senior Simon Arzgian)

It was 1947 when I entered college as a freshman. It had been more than eight years since I graduated from high school, so I needed to become accustomed to classrooms again. I had to keep up with students just out of high school.

In English 101, the professor required us to write a one page "theme" to be turned in each Tuesday. It took me many hours each weekend working on that assignment. I found it difficult to write a theme each week; but I can see how it now helps me writing essays. Once again I want to encourage individuals, especially seniors, to put in writing their experiences. Initially it may be somewhat difficult, but it will become easier with practice.

It has been almost 10 years since my first piece "Ode to Edgewood Seniors" was published. With the encouragement of family and friends I have continued to write. It has been very satisfying, and I believe healthful, to exercise the brain through the writing process.

Over the years I have found it quite interesting to note how essay topics come to mind. It is what I call "the trigger", something I've read, or something someone has said which provides the topic for an essay. Once a topic comes to mind, I face the hard part; the body of the essay.

The material may require a bit of research to verify dates, for instance, but mostly it comes from the stored experience of a lifetime. For us seniors there is no lack of experience to draw upon. The writing may require many hours but once completed you will have a written story with a long-lasting life. You can take great satisfaction in that creation and you will have exercised your brain, which is a health benefit.

Let me say once more, write down your experiences. Don't say "I can't write" because I believe you can. It is just a matter of sitting down with a pen and paper (or computer) and doing it. Remember, you are not trying to write a Pulitzer Prize winning piece, but a simple straight-forward report of an experience you have had. It is all in your head, you just need to transfer it to paper. Those who come after you will be happy you did. You can do it!

## Respect and Recognition to the Meals on Wheels Program

(Written by Peter Malmgren)



I've been a participant in the lunch program at the Bennie Chavez Center in Chimayó for many years. During that time I have seen part of the Meals on Wheels program in action. I knew it served an important function in our community but I never realized just how much until I spoke with my next door neighbor recently.

Jack mentioned the program during a recent visit and what he said rather startled me. He said, "If it wasn't for this program I would be dead." He's up in years, lives alone and has become rather lackadaisical about cooking. The fact that he can rely on that hot meal every day and weekends, keeps him on track and thriving. He also mentioned how much he appreciates the driver who comes in, shares a few words and asks if he needs anything during a welcome, if brief, daily visit.

I just wanted to share his deep appreciation for all that Meals on Wheels does to make this such a life-affirming program. It provides good food and some human contact for people who need both.



## She Will Be Missed...

**Estolia Garcia**, 89 of Santa Fe died Thursday, December 13<sup>th</sup> surrounded by her family.

She was preceded by her husband of 55 years, Rubel Garcia. Estolia was born and grew up in Mora.

She was a Foster Grandparent for many years, devoting herself to the children of Nava Elementary. She also took part in various senior citizen programs and loved attending senior dances. Along with her husband, they participated in Senior Olympics where they received dozens of medals and awards, mostly for dance competitions.

Estolia will be greatly missed by all whose life she has touched.



# NEWS & VIEWS

## New Programs for Adam Senior Center

The New Year brings new activities to the Adam Senior Center in Eldorado. Lunch is now served Monday, Wednesday and Friday from 12:00 to 1:00 p.m. Reservations are required and may be made by phone or by signing up at the center at least a day ahead of the lunch. Call 466-1039.

Beginning January 7<sup>th</sup>, Bob Coyle and Joretha Hall will be teaching a clay class on Mondays from 1:00 to 3:00 p.m. Both are participants in the Eldorado Studio Tour. The class is open to beginners who would like to learn some techniques of working with clay, the application of glazes and firing the pieces.

Beginning January 10<sup>th</sup>, Lynne Coyle will be teaching a tapestry weaving class on small lap looms. This class is on Thursdays from 1:00 to 3:00 p.m. This technique teaches simple weaving principles, and gives seniors a chance to experiment with weaving with colorful yarns to create patterns.

A group is meeting on Thursday afternoons from 1:00 to 4:00 p.m. for bridge.

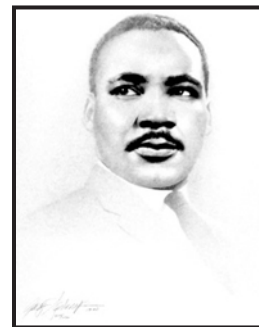
The exercise program continues with Chair Yoga on Mondays (10:30 - 11:30) and Fridays (1:30 - 2:30). The Monday class is \$3.00 but all other classes are free to seniors. Tai Chi is on Wednesdays at 10:45 - 11:30.

The pool room is open during the lunch hour, and during any of the above programs. At this point the center is open only for the activities mentioned above: lunch, arts and crafts, and bridge and exercise classes.

For more information, call 466-1039.

## Martin Luther King, Jr. Day

Schools, banks and senior centers may be closed in honor of Martin Luther King Day, but the Retired Senior Volunteer Program is asking you to consider it "A day on, not a day off."



In 1994, Congress passed the King Holiday and Service Act, designating the King Holiday as a day of volunteer service. Instead of a day off from work or other obligations, Congress asked Americans to celebrate Dr. King's legacy by turning community concerns into citizen action.

Dr. King preached tolerance and equality. One of the best places to start instilling these ideals is with children. And, one of the best ways to instill them is through education. So, we invite you to honor the legacy of Dr. King through supporting children's education.

On Monday, January 21<sup>st</sup>, you can help two ways: You can take an hour or two to read to a child. Choose something exciting or educational, so that they can take the memory with them. Or, you can collect children's books that your grandchildren or great-grandchildren have out grown. From January 7<sup>th</sup> to the 31<sup>st</sup>, there will be drop boxes for the books at the MEG Senior Center and the Luisa Senior Center. Collected children's books will be donated to non-profits in Santa Fe.

## 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 January 15<sup>th</sup>.

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



Foster Grandparents Maria Duran and Arcelia Martinez take time out from volunteering at Chimayo Head Start to enjoy the banquet.

# NEWS & VIEWS



## Behind the 8-Ball

(By Ramón Martínez)

I want to inaugurate this article to inform you of all the happenings of the poolroom at the Mary Esther Gonzales Senior Center for the year 2007.

The foundation for the poolroom activities is the "dollar of the month" club. Each person that plays billiards plays one dollar a month and the money goes for the equipment and upkeep of the poolroom. Nep Saavedra is in charge of the fund and oversees the pool hall.

The year started with the Senior Olympic 8-Ball tournament in March. The local tournament winners were eligible to participate at the State Tournament that was held in Las Cruces in August. Players competed in five-year age groups from 50 to 99. M.E.G. had the honor of 2 State Champions: Ernie Griego in Men's and Josina Ortiz in Women's. The M.E.G. could have had more champions but a number of players eligible didn't go to State competition.

The big M.E.G. annual 8-ball tournament was held in August. There were 2 divisions, 50-59 and 60 and up. Thirty-two participants were entered in the higher group and only 4 in the lower. Jerome Serna won the 50's and Harold Huffman won the 60's. T-Shirts were given to all the players.

A one-pocket tournament was held in September. Sixteen players entered the tourney. Louie Baca won first place and Ramón Martínez won second place.

A one-pocket double tournament was offered in October. Eight teams participated and the two winners were Valentin Medrano and Steve Rodriguez. A nine-ball tournament was held in November. Sixteen players participated and the winner was Louie Baca. So, at the end of 2007, the pool hall at M.E.G. was looking back at several promotions.

The inaugural "knock" poker tournament was held on Tuesday, December 4<sup>th</sup>. Five players, Louie Baca, Jerome Serna, Tacho Garcia, Manuel Romero and Ramon Martinez, participated. Player Ramón Martínez eked out Tacho Garcia for the Championship. In the future, more of these tournaments will be offered.

Looking ahead to 2008, the usual "Senior Olympics" 8-ball tournament will be held in the spring. The "big" M.E.G. sponsored 8-ball event will be held in August. Also, one-pocket tournaments, 8-ball tourneys, and knock poker events are in vogue.

I can't see any more from behind the 8-ball this year but hope to keep people informed each month.

## LIHEAP Presentation

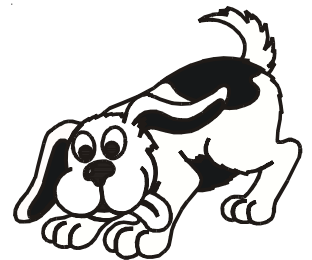
On Thursday, January 17<sup>th</sup> at 9:00 a.m. you are invited to a free presentation at the Mary Esther Gonzales Senior Center at 1121 Alto St.

The Low Income Housing Assistance program (LIHEAP) helps low income New Mexicans pay for home heating and cooling costs one time each program year. Staff will assist you in filling out the application and follow up on the status of your application.

## Kindred Spirits Animal Sanctuary

Kindred Spirits Animal Sanctuary (KSAS) is dedicated to providing lifelong care and hospice for older, unwanted dogs, horses and poultry in a peaceful and serene sanctuary setting. KSAS focuses on the beauty of animals as teachers of unconditional love, regardless of age or infirmities. Sanctuary education programs offer an opportunity for better understanding and acceptance of our own human aging process, as well as the processes of aging in our animal companions. KSAS feels privileged to offer this love and care to the most vulnerable members of our community.

For more information, you can go to their website at [www.kindredspiritsnm.org](http://www.kindredspiritsnm.org) or call them at their sanctuary on Highway 14, at 471-5366.





# NEWS & VIEWS

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## Tax Aide Santa Fe

Attention all seniors:  
They will prepare your income taxes for Free!  
February 1 through April 15, 2008

Appointments are not necessary.  
First come, first served.

**Santa Fe Community College, Fitness Center 2<sup>nd</sup> Floor**  
Mon.-Fri. 9:00 to 5:30 and Sat. 9:00 to 2:00  
And at  
**New Mexico Taxation and Revenue Dept**  
1200 St. Francis Drive, Santa Fe  
Mon. - Fri. 10:00 to 2:00

Anyone in New Mexico with income less than \$22,000 will get State refunds.  
If you have not filed previously for this rebate, we will do the past 3 years for you.  
If you are over 65, rebates can exceed \$300 per year.

In order to get the most refund possible, you should bring the following:

**Photo ID**

**Social Security Cards** for parents and children

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

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

**Interest or dividends received.** You should bring the 1099 form from the bank.

**Social Security** year-end statements

**Unemployment** the W2-G form from the Labor Dept.

**Gambling-** Bring the 1099 ticket you got when you won and a list of all other bets paid in

**Pensions-** Bring the 1099-R form you received

**Child Care-** you must bring the amount paid, name address and tax number of the care provider

**Medical Expenses-** You can deduct what you paid. Total them up, and you will always owe less to the state and sometimes less to IRS

**Mortgage Interest and Property Taxes-** Bring the 1098 form from your bank and your tax bill

**Charity Donations-** Bring a list of everything you gave away with receipts for anything over \$500.

**Direct Deposit-** Bring a blank check or savings account deposit slip to get the refund 2 wks faster

Peter Doniger, District Coordinator AARP Tax Aide in Santa Fe

Cell 670-6835 or SFCC 428-1780 or email [taxhelpsf@comcast.net](mailto:taxhelpsf@comcast.net) or go to [www.taxhelpsf.org](http://www.taxhelpsf.org)

# LEGAL & CONSUMER INFORMATION



## Show Someone you Love How much you Care

(from the Social Security Administration)

Do you know someone who needs help with prescription costs?

Now you can help someone you care about apply for extra help with their Medicare Prescription Drug coverage. Extra help is available for some people with limited income and resources and will pay for all or most of the monthly premiums, annual deductibles and prescription co-payments related to their plan.

The extra help could be worth more than \$3,300 per year. Many people with limited income and resources qualify for these big savings and don't even know it. To find out if someone is eligible, Social Security will need to know their income and the value of their savings, investments and real estate (other than their home). If they are married and living with their spouse, Social Security will need that information for both people.

### To qualify for extra help, they must have:

- Income limited to \$15,315 for an individual or \$20,535 for a married couple living together. Even if their annual income is higher, they may still be able to get some help with monthly premiums, annual deductibles and prescription co-payments. Some examples where income may be higher include if they or their spouse support other family members who live with them or have earnings from work; and if they have

- Resources limited to \$11,710 for an individual or \$23,410 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. Social Security does not count their house or car as resources.



## Getting started helping someone apply

Social Security can give you an application. The worksheet on the next page is not an application, but it can help you organize their information.

Ask whomever you are helping to:

- Identify the things they own alone, with their spouse, or with someone else. They should not include their home, vehicles, burial plots or personal possessions.
- Then, review all their income.
- Gather their records in advance to save time.

Documents that will help you prepare in advance for anyone you are helping:

- Statements that show their account balances at banks, credit unions or other financial institutions;
- Investment statements;
- Life insurance policy statements;
- Stock certificates;
- Tax returns;
- Pension award letters; and
- Payroll slips.

## Medicare Savings Programs

Medicare Savings Programs help people with limited income and resources pay for their Medicare expenses. If whoever you are helping pays a premium for Medicare Part A, the Medicare Savings Programs may pay it for them. The help they get from the Medicare Savings Programs can save them more than \$1,100 a year.

If you think you might be able to get help from their State with Medicare costs, or if you are not sure, call their local Medical Assistance (Medicaid) office or call 1 (800) MEDICARE.

For more information, go to [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 1 (800) 772-1213 and ask for form SSA-1020.

# LEGAL & CONSUMER INFORMATION

## How you can get more information

You can help someone apply online for extra help at [www.socialsecurity.gov](http://www.socialsecurity.gov). To help them apply by phone or get an application, call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020).

To learn more about the Medicare prescription drug plans and special enrollment periods, call **1-800-MEDICARE (1-800-633-4227)**; TTY **1-877-486-2048** or visit [www.medicare.gov](http://www.medicare.gov). Medicare also can tell you or the ones you care for about agencies in your area that can help with Medicare prescription drug plans.



Social Security Administration  
SSA Publication No. 05-10506  
ICN 470106  
Unit of Issue - HD (one hundred)  
June 2007

Income	Monthly Amount
Social Security benefits	\$ _____
Railroad Retirement benefits	\$ _____
Veterans benefits	\$ _____
Other pensions or annuities	\$ _____
Alimony	\$ _____
Net rental income	\$ _____
Workers' compensation	\$ _____
Other income	\$ _____
Help from other people to pay for household expenses, such as food, mortgage or rent, heating fuel or gas, electricity, water and property taxes	\$ _____
	<b>Annual Amount</b>
Wages	\$ _____
Net earnings from self-employment	\$ _____

Name	Value
Bank accounts, including checking, savings and certificates of deposit	\$ _____
Stocks, bonds, savings bonds, mutual funds, individual retirement accounts (IRAs) or other investments	\$ _____
Cash at home or anywhere else	\$ _____
Life insurance policies for applicant (and spouse, if married and living together)	\$ _____
<b>NOTE:</b> Social Security needs to know how much money the applicant or spouse would <b>get if they cashed in their life insurance policies today</b> . Ask them to check with their insurance company or agent to get the exact cash value. This probably will be less than the amount they are insured for.	
Any real estate other than your home	\$ _____

[www.socialsecurity.gov](http://www.socialsecurity.gov)



# **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.*

### **IMPACT Personal Safety**

Help keep yourself and others safe on the streets, in the home – anywhere - by supporting IMPACT Personal Safety, an organization which teaches empowerment to individuals to protect themselves from personal assault.

They are seeking some office assistance and some outreach help. Their dream would be to have a volunteer with a bookkeeping background to help them with some data entry in Quickbooks. They could also really use some help (the same person or another volunteer) as administrative support, doing basic computer work, filing, etc. They need a person to help them post their flyers around town. That would be in your own car, but they would reimburse for gas.

What's the benefit to you? You will enhance the strength of this vital organization. In some cases, volunteers might be permitted to take their 20-hour training course free of charge (an \$800 value), and certainly every volunteer will learn useful safety tips.

You can set your own schedule and staff will provide training and support. Choose this organization to give your time to.

### **Odyssey Hospice Crafters**

If you enjoy crafts and would like to brighten the lives of hospice patients, please join this group. They gather each Monday at 1:00 at the MEG Center. They welcome new members and hope you will drop by and visit.



**Road to Recovery<sup>SM</sup>**

### **American Cancer Society**

Has your life been impacted by breast cancer? The American Cancer Society (ACS) is working hard to research ways to prevent cancer, but also to make life better for cancer survivors and their loved ones. You can help.

You can work on their office in St. Vincent Hospital. Volunteers are needed any afternoon of the week, between 1:00 and 3:00 p.m.. They are somewhat flexible about times and you can choose any one afternoon of the week to commit to. You would provide information about American Cancer Society programs and services; escort survivors from the Cancer Center to the ASC office; take names of people seeking support, rides to medical appointments, hotel rooms (for out-of-town clients during treatment), and for those interested in the Look Good, Feel Better free makeover assistance; fit survivors with prosthetic breasts and with wigs; process donated items; and visit with patients in the Cancer Center to explain ACS services to them.

Or, you can be a Road to Recovery volunteer. You would drive patients to their cancer treatment appointments, and stay for the appointments if need be. This is, of course, sporadic volunteerism, and absolutely crucial. We are working on some small monetary compensation for mileage, at some later date.

Or, you can be a Reach to Recovery volunteer, if you have been out of treatment for at least a year. You would provide one-on-one support to a recent cancer survivor helping them understand what may lie ahead and what services are available.

### **Computer Instruction**

Are you proficient with computers and the internet? Would you be willing to volunteer one morning a week for a six-week course to teach basic computer skills to other seniors at the M.E.G. center?

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Praise a Volunteer

More kudos from folks about some of our community members who make a difference:

Gene Melady has worked with **Carmen Marquez** at Food for Santa Fe for more than six years, distributing food to the hungry. Carmen has many jobs at Food for Santa Fe, including sorting through fruits and vegetables, picking the best products to distribute to their clients. She also packages the bread donations from Sage Bakery to put into client grocery bags.

Gene describes Carmen as a special person. "She is one of the few (of many) hard-working volunteers who works both Wednesdays and Thursdays. If she is well, she is there to get the food out, a dedication few others can match. She is completely devoted to her children, Emily, Ezekiel and Julio. Each week, Carmen delivers 22 bags of groceries to neighbors with food needs."

Gene concludes "Carmen has been working with Food for Santa Fe for over 20 years. Like Margaret Gonzales, she is an inspiration to us all."

Patricia Moeller can't get enough of praising others. She wrote in about **Mary Medrano**, a volunteer at the Villa Consuelo Senior Center, who helps with center meals, Meals on Wheels, and Bingo games, as well as helping Pat shop for needed supplies for the center. She is "always willing to help other people and is very compassionate towards others. She is caring and always comes to work with a smile. She asks people if they need help and is happy to assist. Muchas gracias, Mary!"

## Praise to All Volunteers

The RSVP program staff, Kristin Slater-Huff and Cristy J. Montoya, wish to extend praises to each and every one of our volunteers. Whether you work 1 hour or 1,000; whether everyone sees your efforts or they seem to go unnoticed; whether you have just become a volunteer or you have been doing it for decades – you are all wonderful!

Please keep up the great work in 2008!



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



# JANUARY



Anne Burrage	1/1	Mary Erlin Medina	1/16
E. June Smith	1/1	Jesse Griego	1/18
Jack M. Jackson	1/2	Kay Oliver	1/18
Laura Lujan	1/2	Richard Roth	1/18
Al Hill	1/3	Joe G. Ortiz	1/21
Jim V.Mares	1/3	Juanita A. Sena	1/22
Grace E. Gutierrez	1/4	Virginia Lierz	1/26
Emily Marquez	1/4	Pauline Orosco	1/26
Juanita Aragon	1/5	Jean Chandler	1/27
Joe D. Augburg	1/6	Dottie Hill	1/28
Barb Rochford	1/6	Ray Jimenez	1/28
Robert Conley	1/8	Terry Meacham	1/28
Tomasita Rodriquez	1/10	Enriqueta June	1/29
Anthony Rivera	1/10	Dolores Dueweke	1/30
Connie Hammill	1/13	Emily Friedman	1/30
Lucia A. Sybert	1/13	Elsie Beevers	1/31
Ike Alarid	1/14	Porfirio Chavez	1/31
Christine P. Martinez	1/15		

## Have a Great Day!

# FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Edward Rico has been with our volunteer programs for over two years, volunteering mostly at E.J. Martinez Elementary and at Alvord Elementary. He was persuaded to join the program by another FGP volunteer who is his neighbor. Since he began, he has found great satisfaction in teaching and tutoring the children in his classroom. His specialty is reading to the children and having them read to him.

Mr. Rico was born in Pleasant City, Ohio and eventually made his way to Santa Fe where he has enjoyed living. He has a lengthy work history as well as an impressive education. He attended St. John's University and Georgetown University where he earned his A.B. in Philosophy and History, his B.S.F.S. in Commerce and his J.D. in International Law.

He has quite the résumé, including 27 years of teaching legal, accounting and business management courses, experience as a bank officer, being a partner in an export-import firm; and he practiced law in Washington, D.C. He has always been an active civic volunteer in charitable, business and fraternal organizations.

He also spent four years in the military where he said he spent time being a "chicken plucker."

Mr. Rico has been out of school for about a month due to a fall and he has received numerous cards, calls and well wishes from the students he tutors as well as friends.

We are hoping for a speedy recovery and thank him for taking time to mentor/tutor the littlest people of our community.

## Foster Grandparents Needed

It is not too late to become a Foster Grandparent for the New Year! We still have space available for income-eligible seniors who are ready to volunteer 20 hours per week at a local school or Head Start.

You may be eligible to receive a tax-free stipend, mileage reimbursement, a free meal daily and the satisfaction of helping children with special/exceptional needs. Please call Melanie at 955-4761 for more information.

## In-Service

On Thursday, January 17<sup>th</sup>, 2008, at 9:00am, we will have a presentation by the Low Income Housing Assistance program (LIHEAP). This organization helps low income New Mexicans pay for home heating and cooling costs one time each program year. Staff will assist you in filling out the application and follow up on the status of your application. You will not be required to volunteer on this day and should plan on attending this important meeting.

## Program Reminder

Foster Grandparents and Senior Companion volunteers are not required to volunteer on Monday, January 21, 2008, in observance of the birthday of Martin Luther King.

Best Wishes for a Happy New Year!  
Edward Rico, FGP Volunteer



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

John R. Sandoval	1/5
Tillie Kitchens	1/6
Tillie Trujillo	1/6
Peter Crook	1/8



# 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 Open Crafts	<b>PASATIEMPO</b> Mon./Wed./Fri. Wednesday Thursday Tuesday Tuesday Thursday Friday Friday	10:00 am 9:30 am 9:00 am 9:30 am 12:00 pm 1:00 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 Exercise 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	Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	<b>VENTANA DE VIDA</b> Mon. thru Fri. Monday Monday Tuesday Friday Mon./Wed./Fri.	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 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. 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 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing  Yoga Yoga Tai Chi Clay Tapestry Weaving Bridge	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday  <b>ELDORADO</b> Monday \$3.00 Friday, Free Wednesday, Free Monday Thursday Thursday	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 am 1:00 pm 1:00 pm 1:00 pm

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.
Ventana de Vida	10:00am	Mon. thru Sat.

## CERAMICS/CLAY

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
Eldorado	1:00 pm	Monday

## 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
Tai Chi - Eldorado	10:45 am	Wednesday
Tai Chi - M.E.G.	8:00 am	Mon./Tues.
Yoga - Eldorado	10:30 am	Monday \$3.00
Yoga - Eldorado	1:30 pm	Friday

## 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
Pasatiempo	1:00 pm	Friday

## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Eldorado	1:00 pm	Thursday

## 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	12:30 pm	Monday
(Sounds of the past)		
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	Mon./Wed.
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday
Eldorado	1:00 pm	Thursday

## 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



## January Birthday Celebrations

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

Luisa: Friday, January 11<sup>th</sup>

Ventana de Vida: Friday, January 11<sup>th</sup>

Santa Cruz: Tuesday, January 15<sup>th</sup>

El Rancho: Wednesday, January 16<sup>th</sup>

Mary Esther Gonzales: Friday, January 18<sup>th</sup>



## New Year's Dance

Please join us for the 2008 Division of Senior Services New Year's Dance

Thursday, January 17<sup>th</sup>

From 1:00 to 4:00 p.m.

At the Fraternal Order of Eagles, 833 Early Street.

Sponsored by Pasatiempo Senior Center.

Live Music

Refreshments will be served

Admission is \$2.00 for seniors age 60+.

Please bring your Senior Membership card.



## I Scream, You Scream...

...we all scream for ice cream. So, come to the Ice Cream Social at the Santa Cruz Senior Center on Tuesday, January 15<sup>th</sup>, starting at 12:30! All seniors are invited for complimentary ice cream and banana splits.

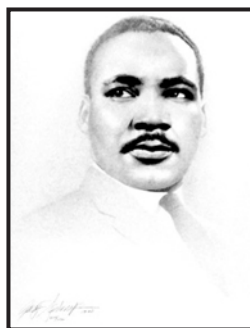
## Senior/Alliance Day 2008

Senior/Alliance Day 2008 at the Legislature is on Wednesday, January 23<sup>rd</sup> from 9:00 a.m. to 1:00 p.m. and you are especially invited to join Senior Services staff that day. We will provide transportation from MEG Center to the Roundhouse and back.

There will be speeches by legislators and (hopefully) Governor Richardson, as well as professionals in the field of aging. You will also be treated to music and information tables (with giveaways) on senior issues and programs.

Small groups of seniors and staff are attending the session on a number of different days. If you would like to go on a day other than the 23<sup>rd</sup>, let us know.

To sign up to join us, please call 955-4721.



## Martin Luther King, Jr. Da y- "A day on, not a day off"

On Monday, January 21<sup>st</sup>, you can help honor Dr. King's legacy in two ways: Take an hour or two to read to a child. Choose something exciting or educational, so that they can carry the memory with them.

Or, you can collect children's books that your grandchildren or great-grandchildren have out grown. From January 7<sup>th</sup> to the 31<sup>st</sup>, there will be drop boxes for the books at the MEG Senior Center and the Luisa Senior Center. Collected children's books will be donated to non-profits in Santa Fe.

## Edgewood AARP Tax Aide

Edgewood Senior Center

Fridays 9:30 – 1:00, Feb. 8<sup>th</sup> and Feb. 22<sup>nd</sup>, March 7<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup>, April 11<sup>th</sup>.

Free service for seniors.

Look to the full page ad in this issue of the Senior Scene for the locations and times of other income tax filing assistance!

## Centers Closures

All senior centers will be closed on Tuesday, January 1<sup>st</sup> 2008 in observance of New Year's Day and on Monday, January 21<sup>st</sup> in observance of Martin Luther King Jr. Day.



# ACTIVITIES

## Basic Genealogy Classes

The Mary Esther Gonzales Senior Center will sponsor a free Basic Genealogy class (4 sessions).

Classes are at 9:00 a.m. on:

Friday, January 18<sup>th</sup>

Friday, January 25<sup>th</sup>

Friday, February 1<sup>st</sup>

Friday, February 8<sup>th</sup>

This is a beginner's class for people who want to start exploring their personal genealogy. The class will be taught by local genealogist José Garcia.

For reservations and more information please call 955-4721. Space is limited.



New Class:

## Ta'i Chi Chuan,

the ancient Art for health, harmony and balance. Practical techniques to optimize one's physical resilience, emotional well being and energetic development.

Mondays and Tuesdays at 8:00 a.m.

At the Mary Esther Gonzales Senior Center  
1121 Alto Street in Santa Fe

## Eldorado Senior Center

### Activity Schedule:

Lunch: Mon, Wed and Fri 12:00 – 1:00

Pool Room: Open during lunches

Chair Yoga (\$3): Mondays 10:30 – 11:30

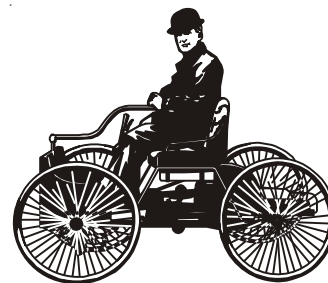
Clay: Mondays 1:00 – 3:00

Ta'i Chi: Wednesdays: 10:45 – 11:30

Tapestry Weaving: Thurs. 1:00 – 3:00

Bridge: Thursdays: 1:00 – 4:00

For info, call 466-1039



## AARP Defensive Driving Classes

Sign up now for AARP's 55 Alive Defensive Driving classes. These mini-courses meet for two half-days (from 1:00 to 5:00 p.m.) to go over safety tips for seniors on the road.

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

The fee is \$10.00 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, January 8<sup>th</sup> and Thursday, January 10<sup>th</sup>.

## LIHEAP Presentation

On Thursday, January 17<sup>th</sup>, at 9:00 am

Mary Esther Gonzales Senior Center

The Low Income Housing Assistance program (LIHEAP) helps low income New Mexicans pay for home heating and cooling costs one time each program year. Staff will assist you in filling out the application and follow up on the status of your application.



## Villa Consuelo Potluck

Please join us at the Villa Consuelo Senior Center, 1200 Camino Consuelo, on Wednesday, January 16<sup>th</sup> from 11:30 - 12:45 for our monthly potluck. Bring a dish or bring a \$1.50 donation.

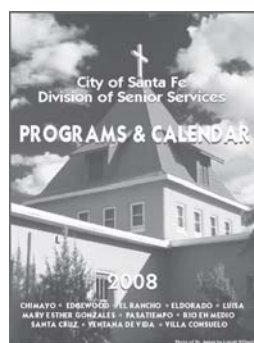
# ACTIVITIES

## 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.



Jan 2<sup>nd</sup>: Vista Grande Library 10:00 - 3:00  
 Jan 7<sup>th</sup> Edgewood Senior Center 10:00 - 2:00  
 Jan 9 Pasatiempo Senior Center 10:00 - 3:00  
 Jan 10 Ventana de Vida 10:00 - 3:00  
 Jan 14<sup>th</sup> MEG Center 10:00 - 3:00  
 Jan 15<sup>th</sup> Luisa Center 10:00 - 3:00  
 Jan 16<sup>th</sup> Villa Consuelo 10:00 - 3:00  
 Jan 22 Chimayo 10:00 - 2:30  
 Jan 23<sup>rd</sup> Rio en Medio Center 10:00 - 2:00  
 Jan. 28<sup>th</sup> El Rancho 10:00 - 2:00  
 Jan 29<sup>th</sup> Santa Cruz Center 10:00 - 2:30



## 2008 Annual Senior Services Calendar

The 2008 Division of Senior Services Programs and Calendar is available.

The publication lists events happening from the Division of Senior Services in 2008. It also gives a useful summary and description of all available services, maps to all senior centers, and achievements made in the fiscal year 2006/2007.

Be sure to pick up your copy at the same location you pick up the newsletter. For more information, call 955-4721.

## Movie Days

M.E.G. Senior Center  
 Friday, January 18<sup>th</sup>  
 1:00 p.m.

## Fun with Dick and Jane

Directed by Dean Parisot  
 With Jim Carrey, Tea Leoni  
 and Alec Baldwin

Dick and Jane are in love and living the American dream—until one day it becomes an American nightmare. When the company Dick works for becomes involved in an Enron-like scandal and he takes the rap, Dick and Jane are forced with the prospect of losing everything. After playing by the rules and getting burned, Dick has an idea: If stealing was good enough for his boss, then it's good enough for him....



Luisa Senior Center  
 Thursday, January 31<sup>st</sup> 1:00

## Dreamer

Directed by John Gatins  
 With Kurt Russell and Dakota Fanning

Down-and-out horse trainer Ben Crane (Kurt Russell) is given an equally broken-down (but once great) racehorse, Sonya, as severance pay. It will take the unwavering faith and determination of Ben's daughter, Cale (Dakota Fanning), to bring these two damaged souls together in a quest to win the Breeders' Cup Classic.



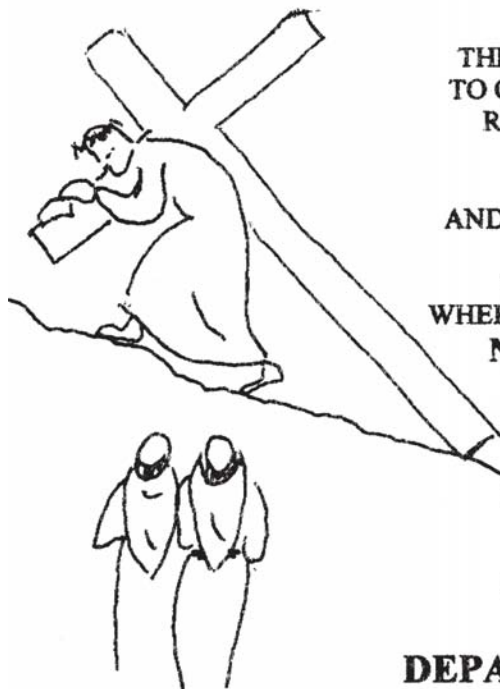
## Did You Know...

The senior dances will now be sponsored by senior centers! Each dance will be hosted by a different center (except the Older American's Month dance). Ask your center how you can help!

## **Lenten Pilgrimage**

### **San Luis, Colorado**

**SIGN UP FOR THE LENTEN PILGRIMAGE IN SAN LUIS, CO.  
SCHEDULED FOR MARCH 11, 2008**



THE PILGRAM WALK IS PLANNED FOR THOSE WANTING  
TO CONCLUDE THE LENTEN SEASON WITH A TRIBUTE OF  
REVERENCE AND PRAYER AT THE SHRINE WHICH IS  
DEDICATED TO CHRIST'S CRUCIFIXION.

THE ROUTE WILL GO NORTH VIA OJO CALIENTE  
AND OTHER SMALL VILLAGES INCLUDING TRES PIEDRAS,  
ANTONITO, CO. AND INTO SAN LUIS.

THE RETURN TRIP WILL BRING US VIA TAOS, NM.,  
WHERE WE WILL HAVE TIME TO ENJOY A PLEASANT LUNCH

**NOTE: LUNCH IN TAOS IS ON YOUR OWN.**

### **\$35.00 PER PERSON**

Payment due upon registration. First come first served  
10% cancellation fee

Price includes a snack lunch only

Bring your own beverages (water, juice, soft drink etc.)

**DEPART: MEG CENTER MARCH 11, 7:00 AM**  
**ARRIVE : SAN LUIS, CO. MARCH 11, 10:30 AM**

**DEPART: SAN LUIS, CO. APPROX: 12:30 PM**  
**ARRIVE: TAOS, NM APPROX: 1:30 PM**

**DEPART: TAOS, NM 3:00 PM**  
**ARRIVE: MEG CENTER 4:30PM**

**Note: 1. DRESS WARMLY! 2. WEAR COMFORTABLE WALKING SHOES!**  
**(This trip requires some walking)**

**CALL: CONNIE DURAN @ 982-4908**



# 50+ SENIOR OLYMPICS

## 2008 MARKS SANTA FE SENIOR OLYMPICS 30<sup>TH</sup> ANNIVERSARY

First, I would like to express that, on behalf of the 50+/Senior Olympics Advisory Committee, I hope you all had joyful and safe holidays. If you have not made your New Year's resolution yet, let me encourage you to make one regarding your physical and mental well-being. One way to accomplish this resolution is to join the City of Santa Fe 50+/Senior Olympics. Our Olympians range in age from 50 years old to 92 years young. Every one of them is vital, energetic, lively and fun-loving. We have so many sports and talent events (more than 30) you are bound to find at least one that interests you. Just to name a few, there is swimming, cycling, dancing, singing, dart throwing, archery, bowling, air gun, tennis, track & field and the list goes on and on.



Help us start this 30<sup>th</sup> Anniversary of the City of Santa Fe Senior Olympics with a bang! Join us and grow young with us.

Registration Kick-Off is scheduled for January 14, 2008 at the Mary Esther Gonzales Senior Center, 1121 Alto Street from 11:00 a.m. to 1:00 p.m. However, if you cannot make it to the M.E.G. Center on this day, you can register until Friday, March 14, 2008. In addition to the registration kick-off, we will have special registration days at Genoveva Chavez Community Center, Fort Marcy Fitness Center and Salvador Perez Fitness Center. Look for more information on other registration sites in the local newspapers and the *Senior Scene*.

For registration information, call 955-4721.

Which reminds me, last year the 50+/Senior Olympic Advisory Committee and I were able to convince the powers that be to allow our registered active (meaning that they have actively participated in at least one local event and have a current Senior Olympic card) Senior Olympians to have free access (except for classes with a fee) to Genoveva Chavez Community Center, in addition to Fort Marcy and Salvador Perez. They finally agreed and it is a sure thing. Isn't this a great incentive to come on down and register?

Don't wait too long to get registered because some of our events start in early March. The registration fee is \$20, which entitles you to participate in as many events that you want, a City of Santa Fe 50+/Senior Olympics 30<sup>th</sup> Anniversary polo shirt and, once you have completed at least one event, a card to GCCC, Fort Marcy and Salvador Perez for one year.

Once our events get going, we will be in dire need of volunteers to help us run the events. Events will take place between early March and the end of May. If you are interested in donating some of your time to a great group of individuals, please contact me at 955-4754.

Remember Olympians, this is a qualifying year for the National Games in 2009 which are scheduled to take place in the San Francisco Bay area.

Until the next newsletter, I wish you all "salud, dinero y amor (health, wealth and love)!" Hasta luego,

Carmen

**COME CELEBRATE  
SANTA FE SENIOR OLYMPICS  
30<sup>TH</sup> ANNIVERSARY  
REGISTRATION KICK-OFF  
MONDAY, JANUARY 14, 2008  
11:00 A.M. TO 1:00 P.M.  
MARY ESTHER GONZALES CENTER**

# *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> - Second Tues.	<b>January 8</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs.	<b>January 3</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs.	<b>January 10</b>	10:00 a.m. to 11:00 a.m.
<b>Ventana de Vida Center</b> - Third Thurs.	<b>January 17</b>	11:00 a.m. to 12:00 noon
<b>Pasatiempo</b> - Third Tues.	<b>January 15</b>	11:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed.	<b>January 16</b>	11:00 a.m. to 1:00 p.m.

# HEALTH & SAFETY

**Alzheimer's Awareness Day** at the State Legislature is Wednesday, January 30<sup>th</sup>, 2008.

## Understanding Memory Loss

(from the Alzheimer's Association 1-800-272-3900  
Website: [www.alz.org](http://www.alz.org))

### What is mild forgetfulness?

It is true that some of us get more forgetful as we age. I may take longer to learn new things, remember familiar names and words, or find our glasses. These are usually signs of mild forgetfulness, not serious memory problems. If you're worried about your forgetfulness, see your doctor. You also can do many things to help keep your memory sharp. Finding a hobby, spending time with friends, eating well, and exercising may help you stay alert and clear-headed.

### What is a serious memory problem?

Serious memory problems affect your ability to carry out everyday life activities such as driving a car, shopping, or handling money. Signs of serious memory problems may include:

- Asking the same questions over and over again.
- Becoming lost in places you know well.
- Not being able to follow directions.
- Getting very confused about time, people, and places.
- Not taking care of yourself – eating poorly, not bathing, or being unsafe.

### What causes serious memory problems?

#### Medical conditions

The following conditions are serious and should be treated by a doctor. These problems should go away once you get treatment:

- Bad reaction to certain medicines
- Depression
- Not having enough fluids in your body, also called dehydration
- Not eating enough healthy foods, or too few vitamins and minerals in your body
- Minor head injuries
- Thyroid problems

### Emotional problems

Some emotional problems in older people can cause serious memory problems. Feeling sad, lonely, worried, or bored can cause you to be confused and forgetful. Being active, spending more time with family and friends, and learning new skills can help. You may need to see a doctor or counselor for treatment. Once you get help, your memory problems should get better.

### Alzheimer's disease

Alzheimer's disease also causes serious memory problems. The signs of Alzheimer's disease begin slowly and get worse over time. This is because nerve cell changes in the brain cause large numbers of brain cells to die. It may look like simple forgetfulness at first, but over time, people with Alzheimer's disease have trouble thinking clearly. They find it hard to do everyday things like shopping, driving, cooking, and having a conversation.

### Medication can help

If you are in the early or middle stages of Alzheimer's disease, taking medications can help. Some medicines keep symptoms, such as memory loss, from getting worse for a time. Medications also can help if you are worried, depressed, or are having problems sleeping.

### What if I'm worried about my memory?

See your doctor. If your doctor thinks it's serious, you may need to have a complete checkup, including blood and urine tests. You also may need to take tests that check your memory, problem solving, counting, and language skills. In addition, you may need a CAT scan of the brain. These pictures can show normal and problem areas in the brain. Once the doctor finds out what is causing your memory problems, ask about what is the best treatment for you.

The Alzheimer's Association is a nonprofit organization offering information and support services to people with Alzheimer's disease and their families. Call to find out where to get help in your area.



# PUZZLES

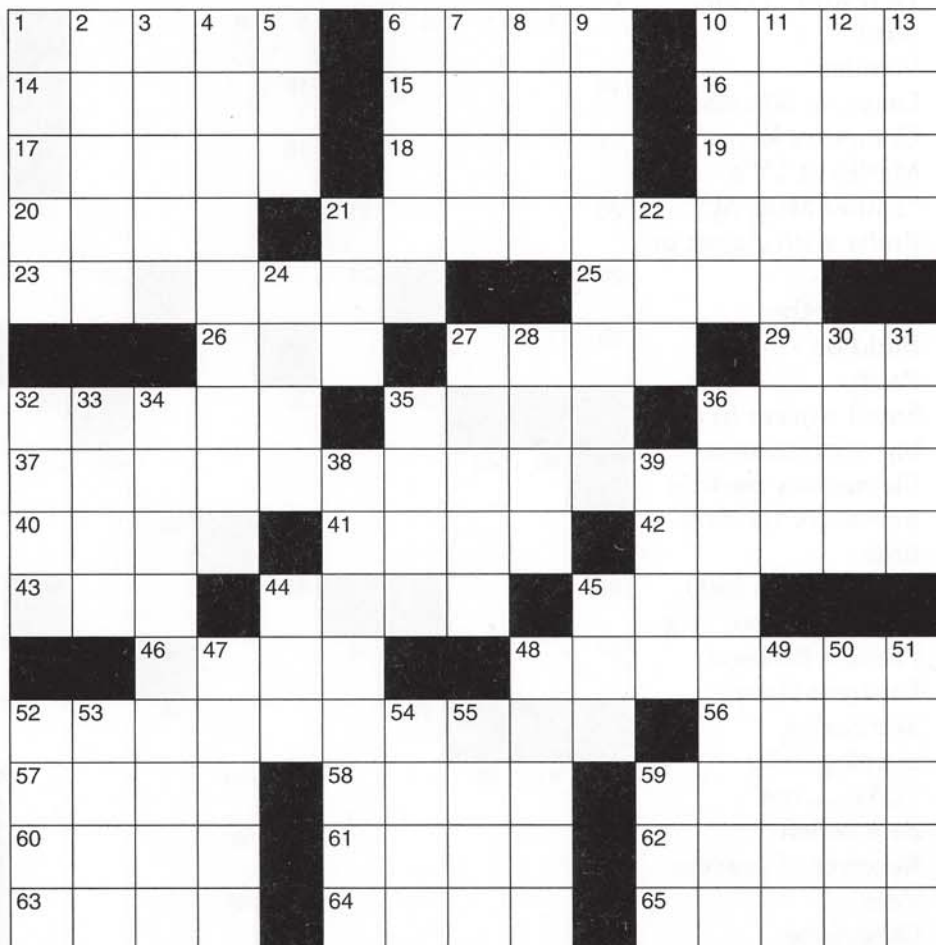
## ACROSS

- 1 "If I \_\_\_ the World"  
(pop hit)  
6 Boutique  
10 Kind of carpet  
14 Glue  
15 Carbonated canful  
16 Scarlett's plantation  
17 Run to the altar  
18 Brother of Cain  
19 N.M. neighbor  
20 Accounting  
principle, for short  
21 Comic strip witch  
23 \_\_\_ Steamer (early  
auto)  
25 Land west of Britain  
26 Brain wave reading:  
Abbr.  
27 Track records?  
29 Sine \_\_\_ non  
32 Journalist Alexander  
35 Isn't on the street?  
36 Phoenix fivesome  
37 Defeat decisively  
40 "Ball!" callers  
41 Scolds ceaselessly  
42 Birchbark boat  
43 Toothpaste type  
44 Days of long ago  
45 Inclined (to)  
46 Feldman role in  
"Young  
Frankenstein"  
48 Mill in 1848 news  
52 Seal tightly, as a  
coffee can  
56 Cleveland's lake  
57 Memorable periods  
58 Tiny bit  
59 Area of corporate  
investment, briefly  
60 1996 Broadway hit  
61 Walked (on)  
62 Popular watch brand  
63 Plumb loco  
64 Slangy assents  
65 German industrial  
city

## DOWN

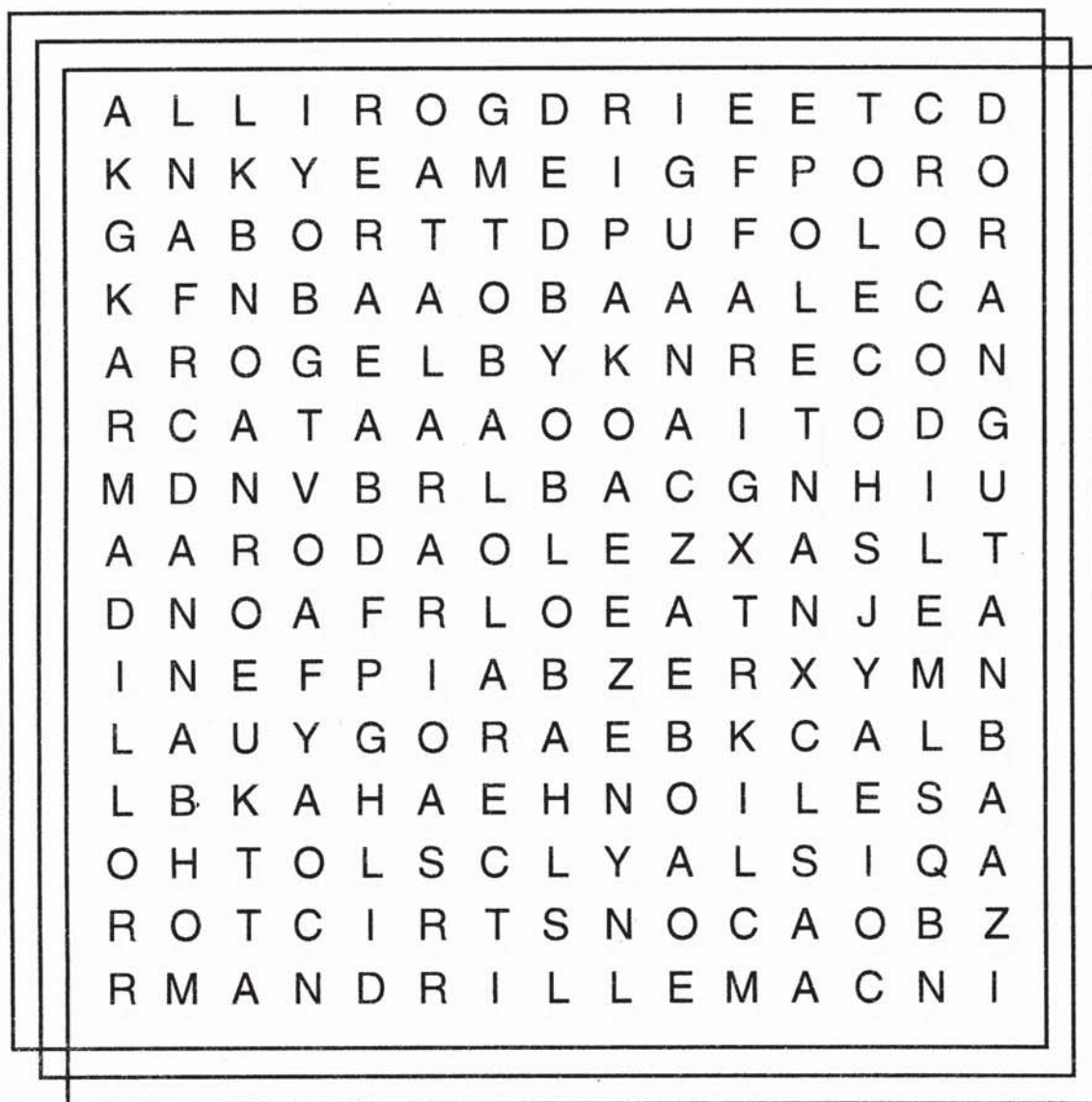
- 1 Movie units  
2 Illuminated from  
below  
3 Bath sponge: Var.  
4 Square numbers?  
5 Hair coloring  
6 Hair-raising  
7 Traveling tramp  
8 Bogus butter  
9 Tree with fan-  
shaped leaves  
10 Flight of steps  
11 Clown  
12 Dry, as a desert  
13 Disputed Mideast  
strip  
21 Entreat  
22 Towel inscription  
24 One of Jacob's  
wives  
27 Unwelcome water  
on a ship  
28 Seth's son  
30 Next-to-last word of  
the golden rule  
31 Tennis's Arthur  
32 Self-satisfied  
33 "Fourth base"  
34 Resume submitter  
35 From a distance  
36 Specialized police  
units  
38 Outrageousness  
39 Sales slip: Abbr.  
44 Last word of the  
golden rule  
45 Northern diving  
bird  
47 Bursts of wind  
48 Gazillions  
49 Sea eagles

- 50 Chain of hills  
51 Alternative to a  
convertible  
52 Sink or swim, e.g.  
53 Vicinity  
54 Skin opening  
55 On the peak of  
59 \_\_\_ v. Wade  
(landmark decision)



# PUZZLES

## WILD ANIMALS



W-0191

AARDVARK	BOA CONSTRICTOR	GORILLA	LYNX
ALLIGATOR	BUFFALO	HYENA	MANDRIL
ANTEATER	CAMEL	IGUANA	OCELOT
ANTELOPE	CHEETAH	KANGAROO	OKAPI
ARMADILLO	COBRA	KOALA BEAR	ORANGUTAN
BABOON	COYOTE	LEOPARD	SLOTH
BISON	CROCODILE	LION	ZEBRA
BLACK BEAR	GIRAFFE	LLAMA	

# PUZZLE ANSWERS

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

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



## SENIOR CENTER LUNCH MENU

### JANUARY 2008

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HAPPY NEW YEAR!</b> <b>HAPPY NEW YEAR!</b> <b>HAPPY NEW YEAR!</b> <b>HAPPY NEW YEAR!</b>	<b>1</b> <b>ALL CENTERS</b> <b>CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>NEW YEARS DAY</b>	<b>2</b> SOUTHERN STYLE CHICKEN FRIED STEAK W/ WHITE GRAVY MASHED POTATOES BUTTERED PEAS WHOLE WHEAT ROLL FRUIT DANISH	<b>3</b> BEEF & BEAN TOSTADA W/ CHEESE & FIXINGS SALSA & SOUR CREAM SPANISH RICE BAKED APPLES W/ CINNAMON TOPPING	<b>4</b> COLD ROAST BEEF SANDWICH W/ FIXINGS KETTLE POTATO CHIPS CUCUMBER SALAD JELL-O W/ FRUIT
<b>7</b> RED CHILE W/ BEEF & POTATOES SEASONED PINTO BEANS PUMPKIN PIE W/ TOPPING TORTILLA	<b>8</b> SEASONED WILD SALMON FILLET W/ LEMON WEDGE WILD RICE TOSSED SALAD WHOLE WHEAT ROLL TROPICAL FRUIT	<b>9</b> DINER STYLE SALISBURY STEAK W/ BROWN MUSHROOM GRAVY BUTTERED SPINACH PARSLEY POTATOES WHOLE WHEAT ROLL PEACHES	<b>10</b> CHICKEN CORDON BLEU STUFFED W/HAM & CHEESE SEASONED SPINACH BUTTERED EGG NOODLE WHOLE WHEAT ROLL	<b>11</b> PORK CARNITAS W/ GRILLED PEPPERS & SALSA SPANISH RICE SEASONED PINTO BEANS WHOLE WHEAT TORTILLA SWEET RICE
<b>14</b> BEEF TIPS OVER WHITE RICE W/ BROWN GRAVY BROCCOLI MEDLEY TOSSED SALAD WHOLE WHEAT ROLL PEARS	<b>15</b> STUFFED PORK CHOP W/ VEGGIE STUFFING & BROWN GRAVY GARLIC MASH POTATOES BUTTERED CARROTS FRUIT COCKTAIL	<b>16</b> OLD FASHIONED MEATLOAF W/ SAUCE SCALLOPED POTATOES BUTTERED GREEN BEAN WHOLE WHEAT ROLL PINEAPPLE UP SIDE DOWN CAKE	<b>17</b> STUFFED CHILE RELLENCO W/ GREEN CHILE SEASONED PINTO BEANS BUTTERED SQUASH & CORN WITH CHEESE TOPPING SPANISH FLAN	<b>18</b> OVEN BAKED CHICKEN BUTTERED GREEN BEANS SCALLOPED POTATOES CARROT RAISIN SALAD WHOLE WHEAT ROLL
<b>21</b> <b>ALL CENTERS</b> <b>CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>MARTIN LUTHER</b> <b>KING JR. DAY</b>	<b>22</b> DELI STYLE CHICKEN SANDWICH W/ FIXINGS PASTA SALAD W/ VEGGIES PICKLE SPEAR FRUIT YOGURT	<b>23</b> TRADITIONAL 3 CHEESE MEAT LASAGNA TOSSED SALAD ITALIAN VEGGIES GARLIC BREAD STICKS APPLE PIE W/ TOPPING	<b>24</b> SOUTHERN STYLE BBQ PORK RIBS CREAMY COLESLAW SEASONED SPINACH WITH BACON PECAN PIE W/ WHIP TOPPING WHOLE WHEAT ROLL	<b>25</b> TUNA SALAD SANDWICH ON WHEAT BREAD PICKLE SPEAR BAKED POTATO CHIPS COTTAGE CHEESE W/ PEACHES
<b>28</b> CHICKEN TOMATO DISH W/ EGG NOODLES BUTTERED PEAS & CARROTS WHOLE WHEAT ROLL PEACH CRISP	<b>29</b> HOME STYLE CARNE ADVOADA SEASONED PINTO BEANS BUTTERED SPINACH WHOLE WHEAT TORTILLA SWEET RICE W/ TOPPING	<b>30</b> TEXAS STYLE BBQ BEEF BRISKET SEASONED COLLARD GREENS W/ BACON BAKED BEANS WHOLE WHEAT ROLL PINEAPPLE SALAD	<b>31</b> <b>COOKS</b> <b>CHOICE</b>	<b>ALL MEALS SERVED</b> <b>WITH 2% WHITE MILK</b> <b>OR CHOCOLATE</b>

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00, Lunch \$1.50  
 Non-Senior (under 60) Meal Fees: Breakfast \$3.00, Lunch \$5.40



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

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