

THE SENIOR SCENE

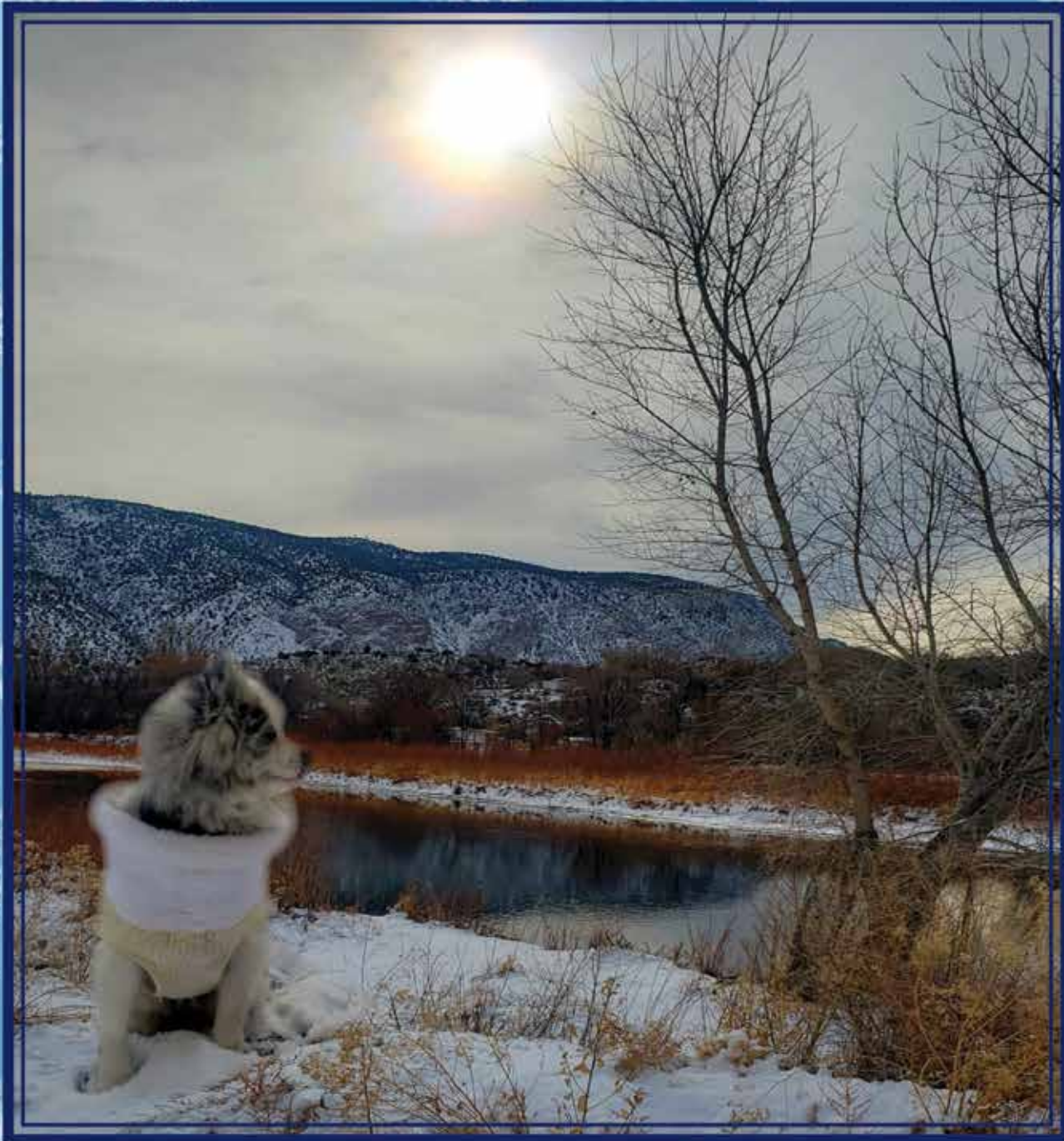


Photo By: Nidia Martinez - 2020



Offered by: Division of Senior Services
www.santafenm.gov/senior_scene_newsletter

**JANUARY
2021**

**Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores**

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

JANUARY 2021

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies.

It is also available online at www.santafenm.gov. Simply type "Senior Scene" into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Katie Ortiz, Clerk Typist	955-4746
Cara Alunno, Receptionist	955-4741	Foster Grandparent/Senior Companion Program	
FAX Machine - Administration	955-4797	Vacant, Volunteer Prog. Manager	955-4761
Senior Services Registration		Anya Alarid, Project Administrator	955-4744
Vacant, Database Specialist	955-4722	Retired Senior Volunteer Program (RSVP)	
Transportation Ride Reservations	955-4700	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	Marisa Romero, Program Coordinator	955-4743
Erika Cuellar, Administrative Assistant	955-4702	50+ Senior Olympics	
Nutrition		Cristina Villa, Program Coordinator	795-3817
Yvette Sweeney, Program Manager	955-4739	Miscellaneous	
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	Not in service
Tebrina Roibal, Administrative Assistant	955-4749	Pool (Billiard) Room	955-4730
FAX Machine - Nutrition	955-4794	Other Important Numbers	
Meals On Wheels (for homebound individuals)		Santa Fe Civic Housing Authority	988-2859
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Information	992-3069
Senior Center Programming (Activities)		Newsletter Production	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	kwslater-huff@santafenm.gov	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

JANUARY 2021

By Gino

A message from the Division Director



“Winning is fun, but those moments that you can touch someone’s life in a very positive way are better”. Tim Howard

“In order to carry a positive action we must develop a positive vision” Dalai Lama

I want to thank all of you on the inauguration of 2021 and for allowing us the honor of serving you during one of the most difficult times in modern history. 2021 will still bring about a great deal of uncertainty, improbability, and undoubtedly more question. However, my vision is we are coming back and we are coming back stronger. I hope by the time you are reading my article we all will have a better understanding of how the vaccination will roll out. I don’t have a real sense of the order, but I will do my best to let you all know. I appreciate your patience and understanding.

I am looking out my window and watching the curbside lunch distribution of the annual Holiday meal. The ham looks delish. We got a new food truck to help keep the meals warm and are still working on keeping our staff warm. Today the sun is shining, but still cold, make sure to “Thank” them.

How about that snow, it’s cold. Please understand it can take us a little longer to deliver your meal, or pick you up for your medical appointments, please be patient.



NEWS & VIEWS

JANUARY 2021

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.

January at Senior Services

We will be closed on Friday, January 1st for New Year's Day and Monday, January 18th in observance of Martin Luther King Jr. Day.

Our senior centers will remain closed to the public for the time being, in order to protect everyone against the spread of COVID-19.

We continue to provide curbside and home delivered meals; grocery boxes from Food Depot; transportation to doctor offices and pharmacies; wellness calls and volunteer opportunities.

If you are a senior age 60 or over, to sign up for any of these services, please call (505) 955-4721.

Curbside Reminder: Masks Mandatory



As per direction from Governor Lujan Grisham and from the City, masks must be worn when in public places. That includes when you pull up to

receive your lunch at the MEG Senior Center. Staff and seniors are required to wear a mask during the transaction, for the safety of everyone. Please help us all keep safe.

Thank you for your cooperation.

Help U Student Hotline

The Santa Fe Public Schools have developed a hotline to support students in their online learning. If your grandchild or another student you know needs help (in English or Spanish) to complete assignments, visualize concepts or troubleshoot basic technology, call (505) 467-HOME (4663) any Monday – Thursday, 4:00 – 6:00 p.m.



The Loretto Chapel Invites You



When was the last time you went to the beautiful Loretto Chapel? You know the story: according to the legend, a mysterious man came to the unfinished chapel after the Sisters of Loretto prayed for nine days for help to complete the project. Behind closed doors the man built the

Miraculous Staircase with only simple tools, then disappeared before the sisters could pay or even thank him. The Chapel is open most days 10:00 a.m. – 4:00 p.m., but they recommend that you call ahead at (505) 982-0092 to verify that day.

"History of Senior Services" Fact Finding

Have you been a member of Santa Fe's Senior Services program for decades? Did you work here, years ago? Do you know the early history of our programs and services?



If so, we invite you to share your memories and help us put together a history of the start of services for senior citizens in the City of Santa Fe.

Please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov. Or, you may mail in any relevant documents you might have from the 1980's or earlier to: Newsletter Editor, Senior Services, City of Santa Fe, PO Box 909 Santa Fe, NM 87504-0909.

Flora's Corner



"You can buy a man's time; you can buy his physical presence at a given place; you can even buy a measured number of his skilled muscular motions per hour. But you cannot buy enthusiasm...you cannot buy loyalty...you cannot buy the devotion of hearts, minds or souls. You must earn them."

-Clarence Francis

NEWS & VIEWS

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What are Seniors Doing During Covid?



Cara Alunno has been coming to work, answering phones at Senior Services, and spending time with her dog Camilla.

Send us your photos, poems or stories about your life during COVID. Drop them off at curbside c/o newsletter, or email to kwslater-huff@santafenm.gov

Little Bags of Hope Donated

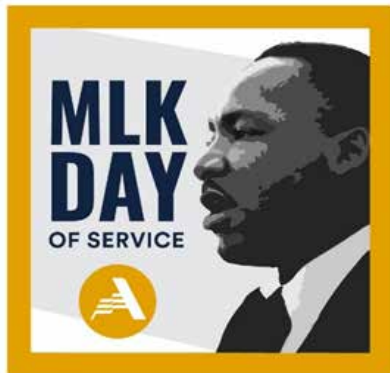
A generous and thoughtful group called the Eldorado Area Christian Women donated 200 "Little Bags of Hope" for our seniors in November. Each bag contained a small, lined journal "to help you reflect on your life and bring you a little or a lot of hope!" As well as a tiny bottle of bubbles, some candy, and an Emergen-C packet, among other items. The bags were distributed along with the Food Depot boxes, just before Thanksgiving.

The generous group members include Eileen Richardson, Jamie Sandoval, Laurie Pierce, Debbie Meyers, Sabine Stanley and others. We thank you all very much!

Eileen Richardson delivered the bags to Program Coordinator Albert Chavez for distribution

A Good Man; A Good Cause

In honor of Martin Luther King, Jr. Day of Service, the Senior Volunteer Programs are planning a service project for January 2021.



We will put out a collection box for the community to donate new or gently used jackets, warm hats, gloves and scarves. The box will be outside the MEG Center January 4-8 and January 11-15, 8:00 a.m. – 5:00 p.m. We invite you to donate what you can. We will gather it all, clean items if necessary, and take them to a local shelter for people experiencing homelessness.

Please Stay Safe

We at Senior Services miss seeing all of you and sharing the senior centers with you. We miss your creativity and laughter, your smiles and discussions. We miss exercise and craft classes, and the poolroom crowd and the meal crowd. We can't wait to have you back here and continue our services to support you.

But you need to stay healthy now, so you can return here later. Please continue to wear masks, wash and sanitize your hands, and avoid crowds. Please take care of yourselves and others.



ican nutrition

Rene Zisman, of the Santa Fe County Extension's ican program, has been giving 200 copies of a different recipe for Senior Services staff to deliver with the Food Depot boxes. We thank Rene for the recipes (in English and Spanish) and we are running a recipe she sent in this newsletter. Cook in good health!



NEWS & VIEWS

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Santa Fe County Emergency Rental and Mortgage Assistance Program (ERMAP)

ERMAP is financial assistance provided in the form of a grant (does not need to be paid back) and is designed to assist qualifying households with emergency housing needs. Once qualified, payments are sent directly to the mortgage lender or landlord.

In order to qualify for ERMAP assistance, an applicant must reside within Santa Fe County, which includes all incorporated municipalities. An applicant must also verify that he or she is a contributing adult household member and has lost a job, had a reduction in work hours, or been furloughed on or after March 1, 2020. An applicant must currently be behind on their rent or mortgage payments, and must be below 80% of AMI (for rental assistance) or 100% of AMI (for mortgage assistance) at the time of their application.

AMI is Area Median Income, based on household size. In Santa Fe County, the 80% rental assistance AMI is \$42,600 for a 1-person household and \$48,650 for 2 in the household. For mortgage assistance, the 100% AMI is \$53,200 for one person or \$60,800 for two.

You can obtain an application on the Santa Fe County Housing Authority's webpage santafecountynm.gov/housing-services. Or, you may pick one up from the box outside their administrative offices at 52 Camino Jacobo.



Vaccination vs. Immunization

(From NPS MedicineWise, funded by the Australian Government Department of Health)

The terms vaccination and immunization have been in the news a lot lately. They are often used interchangeably, but their meanings are not exactly the same.

Vaccination is when a vaccine is administered to you (usually by injection).

Immunization is what happens to your body after you have had the vaccination. The vaccine stimulates your immune system so that it can recognize the disease and protect you from future infection (i.e., you become immune to the infection).



Give Thanks for Life

How easily we can forget how precious life is! So long as we can remember, we've just been here, being alive. Unlike other things for which we have a comparison-black to white, day to night, good to bad – we are so immersed in life that we can see it only in the context of itself. We don't see life as compared to anything, to not-being, for example, to never having been born. Life just is.

But life itself is a gift. It's a compliment just being born: to feel, breathe, think, play, dance, sing, work, love, for this particular lifetime.

Today, let's give thanks for life. For life itself! For simply being born!

- Daphne Rose Kingma

NEWS & VIEWS

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Interesting Facts about New Mexico

(From Jim O'Donnell and New Mexico True)

Santa Fe is the nation's highest state capital.

At 7,199 feet above sea level, our capital city — home to an unparalleled arts scene, killer cuisine, and a visual vibe you won't find anywhere else in the US — is the highest in the nation.

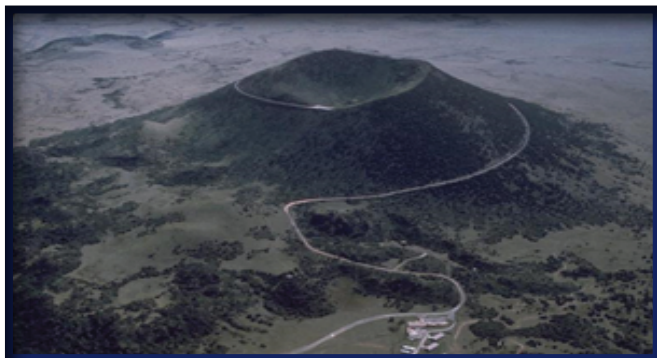


Taos Pueblo has been inhabited for over a thousand years.

For at least 1,000 years, the people of Taos Pueblo have lived in their surreal, multi-story-apartment-like town. Human habitation of the area dates back perhaps 5,000 years, but it wasn't until around 1,000 AD that the current adobe dwellings were constructed by two different groups of Tiwa peoples who came together to build the still-thriving community.

New Mexico has more PhDs per capita than any other state.

The state is home to more PhD holders per capita than any other state in the country. Albuquerque hosts Sandia National Laboratories. Then there's Los Alamos National Laboratory, Intel, and several land management agencies including the Forest Service and National Park Service. And don't forget that Microsoft was famously established in an Albuquerque garage.



You can see five different states from the top of Capulin Volcano.

Capulin Volcano National

Monument towers over the edge of the Great Plains in the northeastern corner of the state. An extinct cinder cone volcano, the formation once served as a landscape marker on the Santa Fe Trail. Today you can drive to the top of the 8,000ft cone for one seriously stunning view that takes in Texas, Oklahoma, Kansas, and Colorado, in addition to New Mexico.

Santa Fe was founded 10 years before the Pilgrims landed at Plymouth.

While we typically think of the founding of America dating to the time of the Pilgrims, the Spanish were in New Mexico long before the Mayflower bumped up against that Massachusetts rock. Santa Fe is not only the oldest European city west of the Mississippi River; it's the oldest capital city in North America, dating to 1610.

Doc Holliday was once a dentist in Las Vegas, NM — and shot a guy.

The Atlanta native came west in 1879 on doctor's recommendation. The soon-to-be gunslinger was dying of tuberculosis and was told that the high, dry air of New Mexico would help his condition. Dentistry morphed into a saloon and the hard-drinking, smartly dressed womanizer quickly found himself at odds with a former army scout by the name of Michael Gordon. After an altercation over a dancer at the saloon, Gordon pulled his gun and proceeded to shoot up Holliday's saloon. Doc dropped him with a single bullet. The next year, Holliday sold the saloon and moved to Arizona with his friend Wyatt Earp.



Smokey Bear is from New Mexico.

During World War II Smokey was invented to help educate the American public about the dangers of wilderness blazes. The living symbol of Smokey was actually a black bear cub found by firefighters from Taos Pueblo during the massive Capitan Gap fire of 1950. Smokey lived

at the National Zoo in Washington, DC until his death in 1976.

NUTRITION EDUCATION

JANUARY 2021

NUTRITION EDUCATION

Healthy Eating and Alzheimer's Disease

From the National Institute on Aging
US Dept. of Health and Human Services

Eating healthy foods helps everyone stay well. It's even more important for people with Alzheimer's disease. Here are some tips for healthy eating.

Buying and Preparing Food

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat—for example, "Would you like beans or salad?"
- Buy food that is easy to prepare, such as pre-made salads and single food portions.
- Consider having someone else make some of the meals, or sign up for Meals on Wheels.

When a person with early-stage Alzheimer's disease lives alone, you can buy foods that the person doesn't need to cook. Call to remind him or her to eat.

Maintain Familiar Routines

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences. Try these tips:

- View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.
- Be patient and give the person enough time to finish the meal.
- Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.
- If the person has always eaten meals at specific times, continue to serve meals at those times.
- Serve meals in a consistent, familiar place and way whenever possible.

- Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.



As Alzheimer's progresses, familiar routines and food choices may need to be adapted to meet the person's changing needs. For example, a family custom of serving appetizers before dinner can be preserved, but higher-calorie items might be offered to help maintain the person's weight.

Stay Safe

In the early stage of Alzheimer's, people's eating habits usually do not change. When changes do occur, living alone may not be safe anymore. Look for these signs to see if living alone is no longer safe for the person with Alzheimer's:

- The person forgets to eat.
- Food has been left on the stove and burned.
- The oven isn't turned off.
- Other difficulties, such as not sitting down long enough for meals and refusing to eat, can arise in the middle and late stages of the disease. These changes can lead to poor nourishment, dehydration, abnormally low blood pressure, and other problems.

Caregivers should monitor the person's weight and eating habits. Other things to look for include appetite changes, the person's level of physical activity, and problems with chewing or swallowing. Talk with the person's doctor about changes in eating habits.

NUTRITION EDUCATION
JANUARY 2021



Red Chile with Turkey

- 1 tablespoon oil
- 1 medium onion, chopped
- 2 large potatoes, peeled and diced
- 1-16oz can pinto beans, rinsed and drained
- 2 cups cooked, diced turkey
- 2 cloves garlic, minced
- 2 cups red Chile puree or sauce
- 4 cups water

1. In a large sauce pan, heat oil over medium heat.
2. Add onions and cook until transparent.
3. Add potatoes and cook until slightly brown.
4. Add turkey, beans and garlic. Stir to combine.
5. Add red Chile puree or sauce and water.
6. Bring to a boil, stirring constantly, reduce heat and simmer for 30 minutes or until thick and potatoes are tender.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (343g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 760mg	33%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.1mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Healthy Twist: This is a great way to use leftover roasted turkey after Thanksgiving! Using turkey instead of beef or pork reduces the fat in this traditional red Chile stew recipe.

Original ICAN Recipe

Makes 8 1-cup servings

This work is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. This work is delivered through New Mexico State University's Cooperative Extension Service and College of Agricultural, Consumer, and Environmental Sciences (ACES). ACES is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academics, research, and extension programs. USDA and NMSU are equal opportunity employers and educators.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY 2021



We invite you to join RSVP, the Retired Senior Volunteer Program and give a few hours a week to an important cause. RSVP members collect mileage reimbursement and are covered by a free volunteer insurance. Volunteer service is celebrated through recognition events and gifts as well as free educational opportunities. Below, find information on some of the many volunteering opportunities through RSVP. To learn more and enroll in RSVP, please contact Marisa Romero at mvromero@santafenm.gov or (505) 955-4743. Thank you.

Virtual Ombudsmen Needed

An Ombudsman is a person who makes sure residents of long term care (LTC) facilities are getting their needs met and their rights observed. Normally, they are assigned a particular facility and visit weekly with the residents there. But, facilities are closed now.



All volunteers receive orientation and training by the Aging and Long Term Services Department. Next, volunteer Ombudsman's currently begin by staying in touch via phone with the facilities on a weekly basis. They gather specific information as to the well-being of the residents and also the status of the facility in general in light of the COVID situation.

The volunteer then receives additional training and begins to interact with residents and family members of LTC facilities via window visits, telephone and Zoom. The volunteer Ombudsman works closely with the Regional Coordinator to identify and resolve complaints of residents.

All training is currently done via Zoom, MS Teams and telephone, so you must have internet access and be willing to communicate virtually.

To learn more or to sign up as a volunteer Ombudsman, please contact Marisa at mvromero@santafenm.gov or 955-4743.

Partnering For Seniors: Volunteer Drivers



Catholic Charities is looking for passionate volunteers like you to not only help meet this need, but also to combat the growing problem of social isolation in our senior community, which is especially prevalent and problematic during this time of the COVID-19 pandemic. Their Volunteer Drivers will partner to provide medical and non-medical rides for ambulatory seniors 60+ years of age who are in financial need and have no other option for transportation.

Volunteers will receive orientation and support and will be required to follow all safety protocols during the time of the COVID-19 crisis. This includes, at a minimum, that both the volunteer and the senior rider complete a symptom screening questionnaire before each ride and wear face masks during transportation. The volunteer will disinfect his or her vehicle between rides. Catholic Charities will provide masks and gloves. Driver and passenger are asked to maintain as much social distancing within the vehicle as possible.

This opportunity is volunteer directed and will allow you to set your own schedule with 2-4 hour shifts at any point throughout the week. Passengers will contact Catholic Charities to request rides and the driver's contact information will be shared with the passenger only if the driver agrees. Drivers will use their own vehicle and must provide a valid license and proof of insurance at orientation. Volunteers will be screened through the National Sex Offender website and pass a criminal background check, for everyone's benefit.

Mileage reimbursement and additional liability insurance will be provided through the RSVP program.

If you can commit to a few hours per week to accompany and give a ride to a senior, please contact: Marisa Romero at 955-4743.

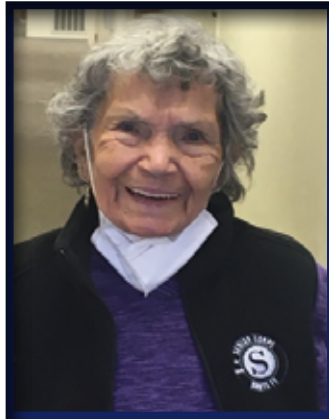
RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY 2021

Volunteer Reminder: If you have not yet turned in your volunteer hours and mileage from October-December, please do so now. We have to report totals to the State early in the first month after the quarter. Thank you.

Gratitude

We want to extend our appreciation to long-time Foster Grandparent volunteer Connie Valencia, for her years of service as a member of the Senior Volunteer Programs Advisory Council. Perhaps she will re-join us, once meetings are in person again, but in the meantime, we thank you, Connie!



Correction

In the RSVP section of the December issue of this newsletter, we misidentified Sargent Tim Lopez.



From left, Kearny Principal Robin Noble, CSM Gerald Burkhardt, School Secretary Denise Vigil, Sargent Tim Lopez (Cecilia's grandson), and volunteer Cecilia Lopez

The Volunteer Programs
wish a very
Happy Birthday
to all volunteers born in **JANUARY**

RSVP *Voluntarios*

Grace Gutierrez	1/04
Audrey Martinez- Coburn	1/04
Reyes P. Garcia	1/06
Carol Ashcroft	1/09
Leonard Garcia	1/10
Genevieve Rodriguez	1/11
Dolores Vigil	1/14
Caroline J. Montoya	1/16
Diane Wahl	1/16
Maria A. Salazar	1/17
George Auchampaugh	1/19
Teresa Martinez	1/19
Susan M. Sheldon	1/21
Virginia Lierz	1/26
Mike Mier	1/26
Pauline Orosco	1/26
Donna L. Herbst	1/28
Dottie Hill	1/28
Terry Meacham	1/28
Christine Sandoval	1/28
Caro Waterman	1/28

FGP/SCP *Voluntarios*

Antonia Salazar	1/17
Maria Carta	1/26
Perfilia Martinez	1/28
Frances Padilla	1/29

Please note that the above names are people who are enrolled in the Senior Volunteer Programs and who turn in their reports of hours served.

Re-Branding



**AmeriCorps
Seniors**

RSVP, FGP and SCP have always been partially funded by the federal government's Corporation for National and Community Service (CNCS) and the overall name was Senior Corps. We were sister program to AmeriCorps, which is well known. Senior Corps is now called AmeriCorps Senior and FGP, SCP and RSVP are part of it.

Community Resources from the Memory Care Alliance

Below is a listing of other resources in our community that may be of help to you. While not a direct part of the Memory Care Alliance's program, we support all of these resources and encourage you to take advantage of them.

Eldorado Support Group. Meets first and third Wednesdays of every month. 9:30 - 11:00. Now being held online. To find out how to log in to the group or if you would like more information, contact Dr. Kitty Fallon, The Gloaming at Santa Fe. drkittyfallon@thegloamingatsantafe.com 505-369-0551.

Next Step-Eldorado Grief and Healing Group. Meets second Wednesday of the month. 9:30 - 11:00. Now being held online. To find out how to log in to the group or if you would like more information, contact Dr. Kitty Fallon, The Gloaming at Santa Fe. drkittyfallon@thegloamingatsantafe.com 505-369-0551.

Parkinson's Group. Meets each Thursday of the month at 1:30 online. There is also a meeting exclusively for care partners the first Tuesday of every month at 3:00, again online. To find out how to log in to either of these, or if you have any questions regarding Parkinson's or other movement disorder illnesses, contact Karen St. Clair at kastclair@gmail.com or at 505-780-5864.

Alzheimer's Cafe. A monthly social group for those living with Alzheimer's and people who care for them. Meets second Wednesday of the month online from 2:00 - 4:00. Contact Jytte Lokvig at lokvig@gmail.com.

Santa Fe Doorways. A monthly community meeting that addresses end of life issues, options and challenges. For more info contact Denys Cope at denysc@cybermesa.com.

Support and Action Group for Family Caregivers. Sponsored by Comfort Keepers. Online the 2nd and 4th Wednesdays 2:00 - 3:00. For more information or find out how to join contact Eileen Joyce at ej@eileenjoyce.com.

Stress Busters A nine week course designed to help anyone caring for someone with a chronic illness by providing self-care management techniques. Sponsored by Nurses With Heart. For more information or to enroll in an upcoming class contact Sharon Lewis at slewis2@unm.edu.

Medical Equipment. Coming Home Connection maintains a supply of durable medical equipment available for use to anyone who is in need in our community. To request equipment or to donate call 505-988-2468 or send an e-mail to info@cominghomeconnection.org.

The Alzheimer's Association 24/7 Helpline (800) 272-3900 is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public. You may also contact the Northern New Mexico Regional Manager, Beth Hamilton at behamilton@alz.org.

Santa Fe Healthcare Network. A group of local businesses and professionals who serve the elder care community. To learn more and for a listing of members and services go to santafehealthcarenetwork.com.

Some suggested reading from local authors.

Mindful Dementia Care, Lost and Found in the Alzheimer's Dementia Forest. Ruth Dennis. Available on Amazon.

Alzheimer's A to Z, Successful Caregiving, Alzheimer's A to Z, A Quick Reference Guide, The Alzheimer's Creativity Project and The Alzheimer's and Memory Café by Jytte Fogh Lokvig, Ph.D. Certified Alzheimer's and Dementia Educator. Contact Jytte at lokvig@gmail.com.

Dying, A Natural Passage by Denys Cope. Contact Denys at denysc@cybermesa.com

Listening With My Eyes by Patricia Conoway. Available on Amazon.

CONSUMER & LEGAL

JANUARY 2021



The Legal Resources for the Elderly Program (LREP) is a free, statewide helpline for New Mexico residents age 55 and older. The Program does not have any income restrictions. LREP is a joint project of the New Mexico State Bar Foundation and the New Mexico Aging and Long-Term Services Department. LREP has been in existence for nearly 30 years.

Through its helpline, LREP provides legal advice and brief services to more than 4,000 New Mexico seniors annually. Each caller speaks with a trained intake staff member, who collects the necessary contact and demographic information. After completing an intake, each caller who is eligible for the Program speaks to one of LREP's five staff attorneys, each of whom is a highly qualified professional specializing in the legal issues that most affect New Mexico seniors. LREP staff attorneys provide legal advice and brief services in most areas of civil law. LREP provides legal advice in both English and Spanish.

Examples of civil legal areas for which LREP frequently receives calls are: debt problems/bankruptcy; employment issues; foreclosure; kinship guardianship; grandparent visitation; guardianship; landlord/tenant issues; Medicaid long-term care; Medicare; powers of attorney; probate; Social Security Disability; transfer on death deeds; and general estate planning. They do not work with criminal cases.

The State Bar of New Mexico is a professional membership organization of attorneys licensed to practice law in New Mexico. The organization was established in 1886 and is currently a 501(c)(6) corporation. The mission of the State Bar is to be a united and inclusive organization serving the legal profession and the public.

Call LREP toll-free, statewide at
1 (800) 876-6657

If you go online to their website at www.nmbar.org, you can follow links to the following information and services:

Access to Justice

Visit the New Mexico Courts website to learn about the Access to Justice Program and Commission.

Legal Resources for the Elderly

Call the State Bar's **free** legal hotline if you are over the age of 55 and a New Mexico resident and speak with an attorney to obtain assistance with your civil legal problems. Also check LREP's webpage for a list of upcoming legal workshops and free legal publications.

I have a dispute with my lawyer

Consider whether the Client Protection Fund or the State Bar Fee Arbitration Fund could help with your dispute.

I need a lawyer

Search for a lawyer using the State Bar online member directory or one of our referral programs.

Free Workshop

Attend a free upcoming workshop regarding your legal issue (topics include debt/bankruptcy, divorce, senior powers of attorney, advance health care directives, estate planning, Medicaid, other civil legal issues).

For Educators

Enroll your students in one of the State Bar's contests which help students learn about the law and provide the opportunity to win cash prizes.

Law Day

Ask a lawyer your legal question free of charge during this annual call-in program held on the Saturday closest to May 1.

Other Legal Service Providers

Find other organizations in New Mexico that may be able to help with your legal issue.

PUZZLE

JANUARY 2020

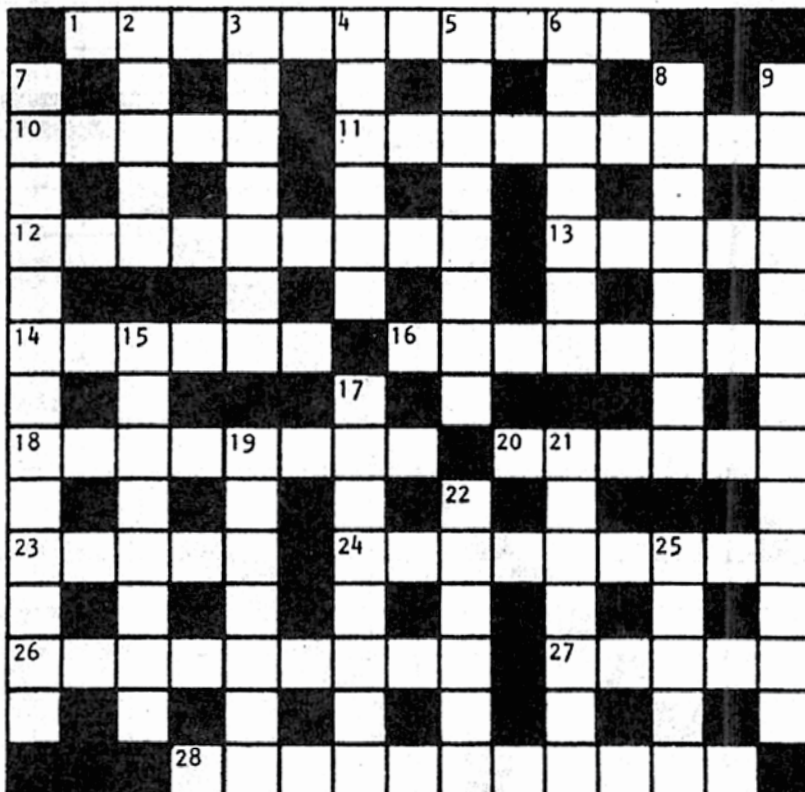
British-style or cryptic crosswords are a great challenge for crossword fans. Each clue contains either a definition or direct reference to the answer, as well as a play on words. The numbers in parentheses indicate the number of letters in the answer word or words.

ACROSS

1. Cardinal's regimen's gathering to discuss Martin Luther (4,2,5)
10. Fare thee well—go away wrapped in gold (5)
11. Perform a song about frequently getting less firm (9)
12. The size of 10¢ piece's particle with a central direction (9)
13. Bodies, riots, chaos (5)
14. Takes pleasure in N.Y. Joe's tackle (6)
16. The Spanish lady's nose is bloody, Miss Hayworth (8)
18. Can aid an inverted pair for a man from the north (8)
20. Get up for wild dances (6)
23. Bury the inert hatchet (5)
24. Look at the columnar row in Greece to find the diminishing proportion (9)
26. Original Man Friday on the boat (9)
27. Ranges—the fish and I (5)
28. Thin pony zig-zagging? Doing this for quite a spell! (11)

DOWN

2. 1, 500, 10, 1000—a colorful expression (5)
3. You rent out for competition (7)
4. Fencing sword surrounding two small swords will make a lasting impression (6)
5. The culprit's demise is wrapped in an ultimatum (8)
6. Rome sat damaged by the great musician (7)
7. Get tissues for the fink chased her madly (13)
8. A piece of rice in me gives a terrific headache (8)
9. Profit and more profit, year after year (5,3,5)
15. Make the connection—get one to leave—turn juice in a cocktail (8)
17. Preserve the most important thanks at home (8)
19. Act like the author Phillip's girl going to see the wizard? (7)
21. Entertainment—Boz' wish, perhaps (4,3)
22. One hundred tried wildly to get recognition (6)
25. Glib senator grasps the great playwright (5)



Trainspotting

46

Train travel in the 1930s became glamorous and exciting with the introduction of streamliner locomotives. Fashionable with slick art deco decor and rounded exteriors, these trains were faster than old boxy types. Best known was the "Zephyr," which made history in 1934 when it traveled 1,015 miles from Denver to Chicago in just over 13 hours!

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

- "BROADWAY Limited"
- CARS
- CITIES
- "COMET"
- COMFORT
- CONDUCTOR
- "DAYLIGHT"
- DINING
- ENGINE
- EXCITING
- "FLYING Yankee"
- "GREEN Diamond"
- LUNCH counter
- PASSENGERS
- PLATFORM
- RAILROAD
- "REBEL"
- ROUTES
- SCHEDULES
- SEATS
- SERVICE
- SHINY trains
- SLEEK trains
- SPEED
- STATIONS
- STREAMLINED trains
- TICKETS
- TRANSPORTATION
- TRAVEL
- VACATION
- WHISTLE
- "ZEPHYR"



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HEALTH & SAFETY

JANUARY 2021

Cleaning and Disinfecting Your Home During the COVID-19 Outbreak

From the cdc.gov website

Note: Wearing gloves when using a shopping cart or using an ATM, etc. will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Wear reusable or disposable gloves for routine cleaning and disinfection. Clean surfaces using soap and water, then use disinfectant. Cleaning with soap and water reduces the number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.

Practice routine cleaning of frequently touched surfaces, including: tables, doorknobs, light switches, counter-tops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect with a household disinfectant. Follow the instructions on the label, such as:

- Wearing gloves and making sure you have good ventilation during use.
- Diluted household bleach solutions can be used if appropriate for the surface. Unexpired household bleach will be effective against corona-viruses when properly diluted.
- Use bleach containing 5.25–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not specified.
- Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) of 5.25–8.25% bleach per gallon of room temperature water. The solution is effective for 24 hours.
- Follow the manufacturer's application instructions for the surface, ensuring a contact time of at least 1 minute.
- Never mix household bleach with ammonia or any other cleanser. This can cause fumes that may be very dangerous to breathe in.

Alcohol solutions with at least 70% alcohol may also be used.

Soft surfaces

For soft surfaces such as carpeted floor, rugs, and

drapes, clean the surface using soap and water or with appropriate cleaners. Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Electronics

Follow manufacturer's instruction for cleaning electronics. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly. Consider putting a wipe-able cover on electronics.



Laundry

Launder items using the warmest appropriate water setting and dry items completely. Wear disposable gloves when handling dirty laundry from a person who is sick, but you can wash it with other laundry. Do not shake dirty laundry. Clean and disinfect clothes hampers, then remove gloves, and wash hands right away.

Clean Hands Often

Wash your hands often with soap and water for 20 seconds, especially:

- Immediately after removing gloves and after contact with a person who is sick.
- After blowing one's nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing care for another person who needs assistance (e.g. a child)

Hand sanitizer

If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. If hands are visibly dirty, always wash with soap and water.

Avoid touching your eyes, nose, and mouth with unwashed hands.

HEALTH & SAFETY

JANUARY 2021

Diabetic Foot Care Guidelines

(From Podiatry Associates of New Mexico)

Diabetes can be dangerous to your feet-even a small cut could have serious consequences. To avoid serious foot problems that could result in losing a toe, foot, or leg, follow these guidelines.

- Inspect your feet daily. Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.
- Wash your feet in warm (not hot!) water daily.
- Be gentle when bathing your feet. Wash them using a soft washcloth or sponge. Dry by blotting or patting and make sure to carefully dry between the toes.
- Moisturize your feet- but not between your toes. Use a moisturizer daily to keep dry skin from itching or cracking.
- Cut nails carefully- and straight across. Also, file the edges. Don't cut them too short as this could lead to ingrown toe nails. If you are in a high risk category, nail care should be done by medical professionals.
- Let your doctor trim your corns or calluses.
- Wear clean, dry socks. Change them daily.
- Avoid the wrong type of socks. Tight elastic bands on socks reduces circulation and thick or bulky socks can fit poorly and irritate skin.
- Wear socks to bed. If your feet get cold at night, wear socks. NEVER use a heating pad or hot water bottle.
- Shake out your shoes and inspect the inside before wearing. Remember, you may not feel a pebble – so always shake out your shoes before putting them on.
- Keep your feet warm and dry. Don't get your feet wet in snow or rain.
- Never walk barefoot. Not even at home! You could step on something and get a cut.
- Take care of your diabetes. Keep your blood sugars under control.
- Don't smoke. It restricts blood flow in feet.
- Get periodic exams. See your pediatric foot and ankle surgeon on a regular basis for an examination to help prevent the foot complications of diabetes.

What else can you do with your feet? Foxtrot!

Foxtrot is named after its originator, Harry Fox, who was a Vaudeville performer in New York in the 1910s. The basic rhythm is slow, slow, quick, quick. The slow steps are long and elegant, and the quick steps are short and energetic.

Stand upright with feet together. Face each other, lady's right hand in his left. His right hand is on her left shoulder blade, her left hand on his right arm.

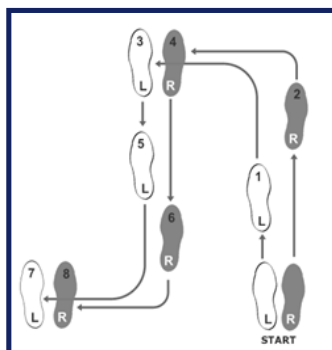
Gentleman Basic Forward

Step forward with your left foot (slow step)
Step forward with your right foot (slow step)
Sidestep to the left with your left foot (quick step)
Move your right foot to your left foot (quick step)

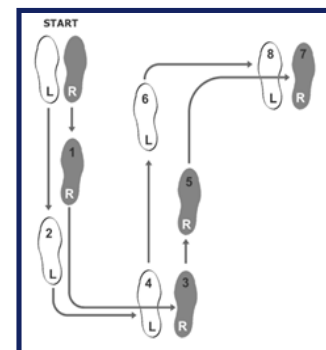
Gentleman Basic Backward

Step backward with your left foot (slow step)
Step backward with your right foot (slow step)
Sidestep to the left with your left foot (quick step)
Move your right foot to your left foot (quick step)

Gentleman



Lady



Lady Basic forward

Step backward with your right foot (slow step)
Step backward with your left foot (slow step)
Sidestep to the right with right foot (quick step)
Move your left foot to your right foot (quick step)

Lady Basic backward

Step forward with your right foot (slow step)
Step forward with your left foot (slow step)
Sidestep to the right with right foot (quick step)
Move your left foot to your right foot (quick step)

PUZZLE ANSWERS

JANUARY 2021

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

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

SENIOR CENTER LUNCH MENU

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Currently, all Senior Centers are closed, due to Covid-19.</p>	<p>Meals are for curbside pick-up or home delivery only.</p>	<p>Call 955-4721 for information or to sign up for meals.</p>	<p>Note: Substitutions may occur if food suppliers run out of items.</p>	<p>1 ALL KITCHENS CLOSED FOR NEW YEAR'S DAY</p>
<p>4 Swedish Meatballs over Egg Noodles Vegetable Medley Breadstick with Margarine Pineapple</p>	<p>5 Chicken & Rice Casserole with Peas & Carrots Green Beans Tossed Salad Berries in Cobbler Roll with Margarine</p>	<p>6 Beef Roast 1/2 Baked Potato Cucumber & Tomato Salad California Veggies Roll with Margarine Tapioca Pudding</p>	<p>7 Meaty Marinara over Penne Pasta Italian Veggies Tossed Salad Roll with Margarine Strawberry Ice Cream</p>	<p>8 Soft Chicken Taco with Garnish Salsa Chuckwagon Veggies Refried Beans Chocolate Pudding</p>
<p>11 Sloppy Joe French Fries Steamed Spinach Chilled Peaches</p>	<p>12 Teriyaki Chicken Fried Rice Asian Veggies Roll with Margarine Fortune Cookie Mandarin Oranges</p>	<p>13 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Veggies Roll with Margarine Chilled Apricots</p>	<p>14 Chicken Alfredo over Fettuccini Noodles Broccoli & Cauliflower Garlic Bread Peaches & Cottage Cheese</p>	<p>15 Green Chile Cheeseburger Garnish Ranch Beans Onion Rings Bananas in Pudding</p>
<p>18 ALL KITCHENS CLOSED FOR DR. MARTIN LUTHER KING JR. DAY</p>	<p>19 Turkey Sandwich Garnish Carrot Sticks Potato Chips Fresh Orange</p>	<p>20 Pork Red Chile Tamale With Red Chile Sauce Pinto Beans Squash & Corn Sliced Pears</p>	<p>21 Baked Chicken Chicken Gravy Wild Rice Asparagus & Onions Biscuit Tropical Fruit</p>	<p>22 Meatloaf with Veggie Topping Potatoes Au Gratin California Veggies Roll with Margarine Applesauce</p>
<p>25 Baked Cod Tater Tots Green Beans Roll with Margarine Cherries in Strudel</p>	<p>26 Country Style Ribs Pork & Beans Sliced Carrots Spinach Salad Cornbread with Margarine Fresh Apple</p>	<p>27 Beef Fajita Fajita Veggies Spanish Rice Black Bean & Corn Salad Brownie</p>	<p>28 Chicken & Potato Burrito Green Chile Sauce Calabacitas Fruit Cocktail in Jello</p>	<p>29 Beef Brisket Roasted Potatoes Brussels Spouts Roll with Margarine Vanilla Pudding with Cinnamon</p>

Senior Meal Suggested Donation: Lunch \$1.50

Milk is served with each meal. Menu is subject to change.



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

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City of Santa Fe
Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES
 1121 ALTO STREET
 (505) 955-4760

**ALL
 SENIOR
 CENTERS
 TEMPORARILY
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VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

ISA
 ISA STREET
 (at the intersection on Columbia St.)