

Senior Scene Magazine



www.santafenm.gov/senior_scene_newsletter

OFFERED BY: DIVISION OF SENIOR SERVICES - PROGRAMS AND ACTIVITIES FOR OLDER ADULTS



CONTACT INFORMATION
CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501



Toll-Free Administration (866) 824-8714

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Mary Esther Gonzales Senior Center, 1121 Alto St.
Admin Offices (505) 955-4721

Senior Services Administration & Registration

Cristy Montoya, Administrative Secretary (505) 955-4721
cmontoya@santafenm.gov

Cara Alunno, Receptionist (505) 955-4741



Division Director, Senior Services

Gino Rinaldi (505) 955-4710
earinaldi@santafenm.gov



Transportation Reservations (see news & views)

Linda Quesada-Ortiz (505) 955-4700
lmquesada@santafenm.gov

- Must be Age 60+
- Hours M-F 8:30am - 4:00pm
- Must be within City limits
- Suggested Senior Donation .50¢ per Ride
- Requires a Reservation
- Free Registration and Reassessment Required



Home Delivered Meals

Carlos Sandoval (505) 955-4748
cesandoval@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Must be within City limits
- Must be Homebound
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Congregate Meals, Curbside Meals

Yvette Sweeney (505) 955-4739
yasweeney@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required



Senior Services Navigator

Saul Carta (505) 955-4735
scarta@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free



Santa Fe Civic Housing
505-930-5901

Santa Fe County Senior Programs
505-992-3069

Senior Center Programming Activities

Lugi Gonzales, Center Program Manager (505) 955-4711
lgonzales@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Activities- MEG Center, Ventana de Vida Center

Albert Chavez (505) 955-4715
wachavez@santafenm.gov

Activities- Luisa, Pasatiempo, Villa Consuelo

Cristina Villa (505) 955-4725
cavilla@santafenm.gov



Senior Olympics Events for Seniors Aged 50+

Cristina Villa (505) 955-4725
cavilla@santafenm.gov

- Hours M-F 8:00am - 5:00pm
- Registration Fee Required



In-Home Supportive Services Program Supervisor

Vacant (505) 955- -----

In Home Supportive Services Program Coordinator

Delilah CdeVaca (505) 955- -----
dcdevaca@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Senior Volunteer Programs

Anya Alarid, Program Manager (505) 955-4744
aalarid@santafenm.gov

Senior Companion/Foster Grandparent

Theresa Trujillo, Project Administrator (505) 955-4745
ptrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Requires an In-Home client Assessment
- Stipends Available for Volunteer if Qualified
- Must Income-Qualify
- Required a Background Check



Grandparents Raising Grandchildren Fund

Theresa Trujillo (505) 955-4745
ptrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program RSVP

RSVP Admin. / Public & Community Relations
Mona Baca (505) 955-4760
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator

Erika Cuellar (505) 955-4722
eccuellar@santafenm.gov

- Must be age 55+
- Hours M-F 8 a.m. - 5 p.m.
- Services are free • Must
- Requires a background check

Villa Consuelo Senior Center
1200 Camino Consuelo.

Luisa Senior Center
1500 Luisa St.

Pasatiempo Senior Center
664 Alta Vista St.

Ventana de Vida Senior Center
1500 Pacheco St.

Please Note: MEG Senior Center Reopening May 2. for congregate and grab-n-go lunches. Luisa Senior Center reopening May 16. for congregate meals only.

Newsletter Production

Anya Alarid, Editor/Distribution - (505) 955-4760 aalarid@santafenm.gov
Ashley Espinoza, Graphic Artist - Linda Miller, Proofreader

Director

May 2022

By Gino
A message from the Division Director



“Every problem is a gift—without problems we would not grow” Anthony Robbins

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom” Anais Nin

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition and success achieved” Helen Keller

We are finally beginning the process of re-opening. To be truthful I am both excited and nervous. We are going to focus first on opening the Mary Esther Gonzales Senior Center for meals only. The Luisa Senior Center will re-open on May 16th. The Pasatiempo Senior Center re-opening date is to be determined as well as the other sites. We will also increase the ridership capacity for transportation and increase services to include trips to the grocery store and transportation to the MEG for meals.

Previous activities like bingo, fitness, pool, and arts and crafts will not resume at this time. Once the congregate and grab-n-go meals are operating smoothly, we will look at reestablishing the activities. Thank you for your patience during this transition.

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.”
Mother Teresa

I add this last quote just to remind everyone we all have lived through a very difficult time these last couple of years. No one expected COVID-19 to last this long. I certainly had no idea we would be closed for this amount of time. I am so grateful to our staff for hanging in there and all working together in order to continue to provide meals, transportation, food boxes, wellness checks, volunteering, and coordinating vaccinations and testing. At the peak of COVID we were providing 1500 meals a day, that is twice what we use to provide when we were open. WOW! We had to overcome many obstacles including staying safe from COVID and for many of us dealing with having COVID-19 ourselves. As we return to services, please remember to be patient and kind, not just to staff but each other.

Although things are improving, we still need to be cautious and understand that COVID-19 is not over. We have no idea of what the future will bring. We are and will continue to do our best to serve you.

Finally, in the Month of May we have two special holidays. I would like to wish everyone a Happy Mother’s Day! Please take time to thank all the wonderful mothers. In my mind and in my heart I thank my mother every day for all that she gave me even though she is not with me today. Secondly, Monday May 30th is Memorial Day. It is a day to honor our U.S. military personnel who have died while serving in the United States armed forces.

May 2022



The Mary Esther Gonzales Senior Center is scheduled to re-open on Monday, May 2, 2022 for Congregate and Grab-N-Go meals only.

During the pandemic many clients chose to drive to the Mary Esther Gonzales Senior Center and pick up a hot meal at our curbside service. Please be advised that beginning May, 2nd we will discontinue the curbside service. As the center re-opens clients will now park their vehicles, enter the building (wearing a mask) and be given two options for a hot lunch meal.

Option #1 (Grab-N-Go)

For those clients who are not yet comfortable having their meal in a congregate setting, you can enter the building (wearing a mask) and inform staff in the MEG lobby area that you would like the grab-n-go service. They will take your name and give you a hot grab-n-go meal to take home.

Option #2 (Congregate Meals)

For those clients who are more than ready to return to consuming their hot meals in a congregate setting we have implemented the following changes so you are aware as to what to expect.

1. Breakfast(s) are not available at this time and lunch will be served from 10:30 am to 12:30 pm (2-hours) until further notice
2. Clients and staff are required to wear masks, except when eating
3. Social distancing will be practiced and staff will be assigned to monitor this
4. Staff will seat clients in the dining room
5. Staff will limit four (4) seniors to a table
6. Staff will bring each client their meal at their assigned table
7. Until further notice meals will be served on paper products
8. Consumers will be asked to leave the dining room after they have finished their meal to make room for additional consumers to enjoy a hot meal as we are still practicing social distancing
9. All clients will be asked to leave the building by 1:00 p.m. since activities are not being offered at this time
10. Consumers need to be registered in the program and staff have been assigned to monitor this requirement

Plans are also being made to open the Luisa Senior Center on Monday, May 16 for congregate meals only. The Luisa Senior Center will not offer the grab-n-go option.

Furthermore, we have had some inquiries about activities. Our primary goal is to transition back to normal in a safe manner. As a result, the Activities Section plans to bring senior activities back slowly, so we invite you to read the monthly Senior Scene magazine for information on activities as they slowly return as well.

Please ensure to call us at 505-955-4711 if you have not updated your assessment within the past year.

NEWS & VIEWS

May 2022

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.*

MEG Transportation Program

During the pandemic, we had restricted our rides to pharmacies and medical appointments. As we re-open, we plan on expanding rides to grocery stores. We will continue to practice social distancing which means we will need to limit the number of rides to the grocery store to (1) one ride per week per client. The senior vans will only be allowing (4) four clients per vehicle at a time. As a result, this decreases the number of rides we can offer for the time being. However, we will be transporting seniors to the senior center for lunch. At this time, we will not be transporting elders to barber shops, hair salons, restaurants, gyms, etc. until further notice.

Furthermore, all passengers are required to wear masks while in the van. Masks will be available for patrons who do not have a mask. Drivers will be required to clean and sanitize their vehicle after each patron is dropped off. Customers still need to schedule their reservation at least 3 to 5 days in advance by providing their location, destination, designated time as well as a contact number.

Thank you your continuous patience and understanding, we look forward to seeing you soon. If you have any questions please feel free to contact Linda Quesada-Ortiz at 955-4700.

May Grocery Distribution



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, May 12 & 26.

Memorial Day is Monday May 30.

In observance of Memorial Day, the Mary Esther Gonzales Senior Center will be closed. We wish you a safe and happy holiday!

Tarde de Oro

Tarde de Oro is an exciting production that showcases our rich, ever evolving and uniquely colorful history of New Mexico through music and dance. Featuring Chaz Malibu, Ballet en Fuego Dancers, Shelly Morningsong and Fabian Fontenelle, Trio Jalisciense, Freddie Chavez, Sal Garcia, Los Bailadores De Oro Dancers and Louie Guenther.

Free Event

Date: May 12th, 2022

Time: 1:30 p.m.

Location: Kimo Theatre- 423 Central Avenue NW, Albuquerque NM, 87102

American Legion Lucero Y Nava Post 12 Information

American Legion next meeting will be at 10 am May 21, 2022 @ the Elks Lodge. Open to all interested veterans.

Run For the Wall

RFTW will be passing through New Mexico on May 20 2022. Some of our members are part of "RFTW" who will start in Ontario, California and make their way east to Washington DC. Their mission is to keep the memory of all POW / MIA who have not been accounted for. For more information, visit the Central Route Hub Itinerary on <https://rftw.us/>.

In Honor of Memorial Day-Santa Fe Symphony

The Cathedral Basilica of St. Francis of Assisi hosts in Honor of Memorial Day, by the Santa Fe Symphony Chorus and the Santa Fe Symphony Ensemble, Tuesday May 24, 2022, 7:00 p.m. in honor of America's fallen warriors, the Symphony Chorus and Ensemble perform inspirational works by patriotic composers old and new, led by Choral Director carmen Florez-Mansi. No tickets are required, all ages are welcome. Doors open at 6:15 p.m. For more information visit santafesymphony.org.

NEWS & VIEWS

May 2022

Fitness Classes for Silver Sneakers Members @ St. John the Baptist Catholic Church

(1301 Osage Avenue)

Cardio/Strength

Tuesdays 10:00-10:45

Yoga

Thursdays 10:00-10:45

Balance

Thursdays 10:45-11:15

Zoom format classes also available. For more information contact instructor at meg-gallagher@q.com.

Genoveva Chavez Community Center Offering 30% Discount on 3-Month Membership through Tuesday, May 31st

The City of Santa Fe Recreation Division has the most affordable and extensive network of recreational services throughout Santa Fe. The Genoveva Chavez Community Center offers opportunities such as indoor pools, hot tub, sauna, weight room, gymnasium, fitness classes, ice arena, racquetball courts, and an indoor track all under one roof. Stop by today and purchase your 3-Month Membership!

Santa Fe Saves Water Day

On Saturday May 21st there will be activities, tables/booths, and great giveaways at the Railyard from 10:00 a.m. to 2:00 p.m. Learn how to create a waterwise pollinator garden at your home or business. This is a great opportunity for kids to learn about water at a fun, engaging family-friendly event.

Free Drinking Water Well Assessment RCAC Individual Well Program

Rural Community Assistance Corporation (RCAC), a non-profit organization is offering private well owners free well assessments and water quality screening for nitrate.

Well Assessment Includes:

On-site inspection of your well system to identify potential well vulnerabilities.

Identify potential well contamination sources near the well site.

Well construction inspection relative to state standards to note any potential concerns.

Water quality screening for nitrate, commonly associated with wastewater contamination.

Completed well assessment report with recommendations of possible needed repairs and water treatment options.

Available in New Mexico (60 mile radius of Espanola, New Mexico 87532).

Free well assessments are limited. Selection will be based on selected applicants within the well assessment areas. All information will be kept confidential.

To register for the well assessment, you can either:

Register: <http://www.rcac.org/environmental/individual-well-program/>

Contact: Joseph Valdez at (505) 290-1721
jvaldez@rcac.org

Flora's Corner



"The best we can hope for in this life is a knothole peek at the shining realities ahead. Yet a glimpse is enough."

—Joni Eareckson Tada

Happy Older Americans Month

May 2022



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, The State of New Mexico is proud to be home to more than 584,272 New Mexicans who are 55 years or older; and

WHEREAS, we treasure and honor their wisdom, knowledge, experience, skills, volunteerism, and leadership within their families, communities, and professions year-round; and

WHEREAS, they have resiliently weathered wars, political turmoil, economic crashes, social unrest, and the loss of loved ones, despite these trials, they have persevered through the isolation, fears, and challenges of an international pandemic; and

WHEREAS, New Mexico's aging population has risen to the challenge of doing so many activities virtually, quickly acclimating to new technology, and becoming increasingly savvy at navigating the latest technology and online platforms; and

WHEREAS, the New Mexico Aging and Long-Term Services Department (ALTS) partners with organizations like the Alzheimer's Association, Pegasus Legal, the National Indian Council on Aging, the NM Indian Council on Aging, and AARP to support our seniors through services, resources, programs and assistance; and

WHEREAS, ALTS encourages New Mexicans to reach out to their aging loved ones, check on them, and stay connected with them throughout the year, but especially during these trying times, and as our state works to recover from the COVID-19 pandemic; and

WHEREAS, volunteerism is a wonderful way to celebrate our aging population and support them in quality of life, independence, and mental health; and

WHEREAS, ALTS facilitates a plethora of ways to get involved, such as: becoming an Ombudsman (a resident advocate), Senior Corps, the Foster Grandparent Program, Senior Companion Program, and the Retired Senior Volunteer Program; and

WHEREAS, ALTS also encourages our aging population to engage in self-care activities and health, including supporting our incredibly talented seniors who participate in our Senior Olympic Games, recognizing the endurance, skills, resilience, and strength of Senior Olympians, especially our local athletes during this year's summer games; and

WHEREAS, ALTS recognizes our need to create a community that provides the services and supports older Americans need to thrive and live independently for as long as possible; and

WHEREAS, The State of New Mexico unites to celebrate and honor our seniors, while encouraging volunteerism, and engaging with your loved ones.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim May 2022 as:

"Older Americans Month"

throughout the state of New Mexico.

Attest:

Maggie Toulouse Oliver
Secretary of State



Done at the Executive Office this
31st day of March 2022.

Witness my hand and the Great Seal
of the State of New Mexico.

Michelle Lujan Grisham
Governor

Volunteer Programs

May 2022



AmeriCorps Seniors
Give a little time.
Get a lot back.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org

Join the FGP or SCP Volunteer Programs:

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

The Senior Companion Program (SCP) places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, training and commit to a minimum of five hours of service a week. To learn more, contact Anya Alarid at (505) 955-4744 or aalarid@santafem.gov.

RSVP Volunteer Dollar Value

(Info from www.independentsector.org)

The website Independent Sector is the primary source for state and national data on the value of volunteer time across the United States.

Last year, Santa Fe RSVP volunteers reported giving 26,316 hours in service to the community. The most recent national calculation is that the value of one hour of volunteer service in America is worth \$28.54. So you all donated the equivalent of **\$751,058** to the Santa Fe economy through your volunteerism last year!

Welcome Mona Baca and Erika Cuellar to RSVP!

From Mona Baca:

Greetings! My name is Mona Baca. I am the new RSVP Administrator. I have worked for the City of Santa Fe for 12 years. I started my career working with the Youth Programs at the Genoveva Chavez Community Center and transferred to the Tourism Department after 7 years. My passion is working with people in the community. I am excited to start a new chapter at Senior Services and working with all the wonderful volunteers. I look forward to meeting all of you in the future!

Many of you may have met Erika Cuellar. Erika was previously our Administrative Assistant maintaining the SAMS database for Senior Services. She is now our new Program Coordinator. Erika is looking forward to meeting and working with all the amazing RSVP volunteers.



Happy Birthday May Volunteers!

Richard Arimoto	5/1
Jamesfrancis Bianca	5/2
Fabiola Guillen	5/3
Linda Payne	5/5
Rebecca Haffenden	5/6
Pablo Griego	5/7
Helen (Bunny) Brown	5/8
Correen Najjar	5/9
Mary Anne Ryan	5/9
Teofila Valdez	5/9
Ted Yamada	5/9
Virginia Montoya	5/10
Anne Regensberg	5/11
Mathew Frauwrith	5/11
Sarah "Lydia" Montoya	5/11
Maurice Lierz	5/12
Rose Marie Trujillo-Gonzales	5/12
Linda Muzio	5/13
Connie Arriola	5/16
Bernadette Montoya	5/22
Bella Campos	5/24
Tilly Flood	5/26
Flora Leyba	5/28
Yolanda Cerrillo	5/30
Robert R. Montoya	5/30
Olivia Roybal	5/31

Please note: These are birthdays of actively enrolled volunteers who report service hours to the AmeriCorps Seniors Volunteer Programs.

Consumer & Legal

May 2022

Money Smart for Older Adults

(From files.consumerfinance.gov)

What is elder financial exploitation? Financial exploitation is the fraudulent or otherwise illegal, unauthorized, or improper actions by a caregiver, fiduciary, or other individual in which the resources of an older person are used by another for personal profit or gain; or actions that result in depriving an older person of the benefits, resources, belongings, or assets to which they are entitled. Elder financial exploitation is the theft of money, property or belongings.

Who is at risk for elder financial exploitation? Anyone can be the victim of financial exploitation. Financial exploitation crosses all social, educational, and economic boundaries.

Why are older adults at risk of financial exploitation? The following circumstances or conditions, especially in combination, can make an older adult more vulnerable to financial exploitation. Some older adults may be: trusting and polite; lonely and socially isolated; vulnerable due to grief from the loss of a spouse, family member, friend, or pet; reluctant to report exploitation by a family member, caregiver, or someone they depend on.; dependent on support from a family member or caregiver to remain independent; receiving care from a person with substance abuse, gambling or financial problems, or mental health issues (and fear retaliation by the exploiter); be unfamiliar with managing financial matters; not have planned for the potential loss of decision-making capacity; be cognitively impaired with diminished ability to make financial decisions or detect a fraud or scam; be dependent on a family member, caregiver or another person who may pressure them for money or control of their finances.

What should you do if you or someone you know becomes a victim of financial exploitation or another form of elder abuse? In most instances of suspected elder abuse, including financial exploitation, you should contact Adult Protective Services, toll-free at 1-866-654-3219. If the older person is in danger or you believe a crime has been committed, call 911 for an immediate response from the police. For cases of identity theft, contact your local police and the Federal Trade Commission (FTC) at 1-877-438-4338 or identitytheft.gov. If the loss involves funds held in a financial institution, such as a bank or credit union, report the problem to the financial institution immediately. If the loss involves credit products, such as a credit card or loan, contact the creditor immediately. Remember that you are often not responsible for credit card charges or payments out of your bank account if you did not authorize them.

For more information go to consumerfinance.gov/askcfpb.



Newsletter: Ask Stan Medicare Questions



Volume 1, Issue 2 May 2021

Dear Stan,

I am a limited income Medicare beneficiary and I own a home; a car and I have a few thousand dollars in savings.

Can I get help with my Medicare costs?

Sincerely,

Lucía M.

Farmington, New Mexico

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.

Dear Lucia,

Thank you for your question. You can get help by applying to one of the [Medicare Savings Programs](#) (MSP).

The MSPs include the following:

- Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Qualifying Individual (QI)

All MSPs can help by paying for the Medicare Part B monthly premiums. QMB is the only MSP that can help eligible people pay for the costs of both Medicare Part A and B monthly

premiums. In addition, QMB is the only MSP that will cover Medicare related cost sharing including co-pays and deductibles.

This year, the monthly Medicare Part B premium is \$148.50 a month, and it is usually deducted from your Social Security check. For people who missed their opportunity to enroll timely in Part B, the MSP's can be a strategy to get enrolled in Part B. When approved for an MSP, the Medicare beneficiary applicant would be enrolled in Part B

(Continued on page 2)

Ask Stan

May 2022

automatically. The MSP will also waive any Part B late enrollment penalties.

To qualify for an MSP, you must meet income eligibility requirements. The good news is that on January 1, 2021 the New Mexico Department of Human Services (HSD) did away with the asset limits or resource test, so now they will only count monthly income.

If you are a single person and earn up to \$1,469 a month, I suggest you apply for an **MSP**. For a married person living with their spouse, the income limit to qualify for an MSP is up to \$1,980 monthly. You can apply by calling the New Mexico Aging & Disability Resource Center (ADRC) at

1-800-432-2080.

There is more good news. If you are approved for an **MSP**, you will also

receive the federal **Extra Help** benefit automatically also called **Low Income Subsidy** (LIS). Extra Help can reduce your prescription drug costs potentially saving you several thousand dollars a year.

Stan

Volunteer Counselor SHIP SMP

Here is a list of resources :

- National Council on Aging (NCOA) MSP information: <https://www.ncoa.org/article/medicare-savings-programs-eligibility-coverage>
- Social Security Administration (SSA) information about Extra Help: <https://www.ssa.gov/benefits/medicare/prescriptionhelp/>

For assistance with your Medicare questions contact SHIP at the ADRC

1-800-432-2080

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080. We provide training on Medicare content, and can work with your schedule. We can serve more people together!**



Page 2

This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Puzzle

May 2022



ACROSS

- | | |
|-------------------------------|-----------------------------------|
| 1) "The Count of ___ Cristo" | 43) Audio effect |
| 6) Waikiki welcome | 44) Allots (with "out") |
| 11) Boat in a harbor | 46) Bustles |
| 14) Be of use to | 48) Eye protection |
| 15) Stitched | 49) Online bookmarks, essentially |
| 16) Blvd. cousin | 51) Mexicali moolah |
| 17) Illegal boxing blow | 52) Ship's dir., perhaps |
| 19) Seed vessel (Var.) | 53) Leave |
| 20) In-flight info, for short | 56) Abraham or Homer, on TV |
| 21) One for the off-road | 58) ___ nouveau |
| 22) It's shady | 59) Org. for heavyweights |
| 23) Comic bit (Var.) | 60) All eternity, to a bard |
| 27) Act as | 61) "Polloi" preceder |
| 29) Half of a dance? | 62) Carroll poem |
| 30) Emulate a picador | 68) Rapid bustling movement |
| 32) Curb (with "in") | 69) Howling with laughter |
| 33) Burgle | 70) Indoor plant areas |
| 34) Becomes bushed | 71) Japanese currency unit |
| 36) Tangle | 72) Large wall painting |
| 39) "It's ___ to Tell a Lie" | 73) Adolescent |
| 41) Log home | |

DOWN

- 1) Vandalize
- 2) Egg cells
- 3) Apprehend
- 4) Lhasa's land
- 5) Snobby one
- 6) Fanged Nile menace
- 7) Romanian currency
- 8) Take the blame
- 9) Trojan War hero killed by Achilles
- 10) Sticks like glue
- 11) Tent sanctuaries
- 12) Throat dangler
- 13) Swarming with bacteria
- 18) Bait and switch, e.g.
- 23) "Beat it!"
- 24) Decided
- 25) Addiction
- 26) Fort Knox unit
- 28) Fork feature
- 31) Jazz genre
- 35) Agrees (with)
- 37) Second-largest land animal
- 38) Thick green cloth
- 40) Bookworm, in stereotypes
- 42) More intrusive
- 45) R&B ballad
- 47) By hook or by crook
- 50) Toyota rival
- 53) Laughter sounds
- 54) Waste away
- 55) Old drum played with a fife
- 57) Prefix with "type" or "plasm"
- 63) Meadow call
- 64) Schubert's "The ___-King"
- 65) Fine-wine-producing vineyard
- 66) Do-it-yourselfer's purchase
- 67) "Fargo" assent

CRUNCH EM

By Cale K. Brody

1	2	3	4	5		6	7	8	9	10		11	12	13
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61				62			63	64				65	66	67
68				69						70				
71				72						73				

Puzzle

May 2022



House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

DORMER WINDOW
DRAINPIPE
FIRE ESCAPE
FLOOR
FOUNDATIONS
GARAGE
GUTTER
HAT RACK
HOLLOW WALL
KITCHEN
OFFICE
PATIO
SHUTTER
SITTING AREA
STOVE
STUDIO
TURRET
WALL ANCHOR
WELL
WINDOWSILL

ARCADE
BATHROOM
BEDROOM

BEDSTEAD
CEILING
CHIMNEY

COLONNADE
CORRIDOR
DOORSTEP



May 2022

iVámonos!

SANTA FE WALKS

Explore Santa Fe's trails! Get some fresh air! Meet your community!

2022 WALKS & EXPLORATIONS on SANTA FE TRAILS

30 Free Walks & Hikes
from May through October

MAY

7 - Saturday @ 8 AM

Vámonos Birding Hike w/ guide
Rocky Turner
Leonora Curtain Preserve
49A W Frontage Rd

10 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

19 - Thursday @ 5:30 PM

Find a New Path
Rail Trail @ Zia Rd Trailhead to Siringo Rd
and back

25 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to
Acequia Trail to Railyard Park

27 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

JUNE

4 - Saturday @ 9 AM

Vámonos Hike, National Trails Day
& "Take a Kid Hiking Day"
La Tierra Trails, Frijoles Trailhead
657-725 Camino de los Montoyas
(Moderate 3-mile hike on a dirt trail)

7 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

16 - Thursday @ 5:30 PM

Find a New Path
Arroyo Chamiso Trail @ Villa Linda Park to
GCCC Rec Center & back

22 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to
Acequia Trail to Ashbaugh Park

24 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

JULY

5 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

9 - Saturday @ 9 AM

Vámonos Hike, Find a View
Dale Ball to Picacho Overlook. Park and
carpool from SF Water History Park,
1209 Upper Canyon Rd
(Difficult 3-mile hike on a dirt trail)

14 - Thursday @ 5:30 PM

Find a New Path
Las Estrellas Trails, park in dirt lot next to
Thornburg Investment's entrance, 2300 N
Ridgetop Rd

20 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to
Acequia Trail to Railyard Park

29 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

See August through October walks on back

May 2022

For more information and maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

AUG

6 - Saturday @ 9 AM

Vámonos Hike
Dale Bale Trails, North Trailhead at Sierra Del Norte & Hyde Park Rd
(Moderate hike on dirt trail)

9 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

11 - Thursday @ 5:30 PM

Find a New Path
River Trail @ Romero Park Trailhead, Caja del Oro Rd, to ReUnity Farms

17 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to Acequia Trail to Ashbaugh Park

26 - Friday @ 10 AM

Walk with our Elders
Bicentennial /Alto Park
Meet at MEG Senior Center 1121 Alto St

SEPT

3 - Saturday @ 9 AM

Vámonos Hike, "Nature Scavenger Hunt!"
Arroyo Hondo Open Space Park at Old Agua Fria Rd E Trailhead
(Easy hike on dirt trail)

6 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

15 - Thursday @ 5:30 PM

Find a New Path
River Trail (El Camino Real Trail) Trailhead at 3607 Constellation Dr

21 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to Acequia Trail to Railyard Park

23 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

OCT

4 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

8 - Saturday @ 3 PM

"Walktoberfest" with AARP
Meet @ Tumbleroot Brewery, 2791 Agua Fria St. Walk on River Trail to Frenchy's Field and back

13 - Thursday @ 5:30 PM

Find a New Path
Spur Trail @ Richards Rd / Avenida del Sur Trailhead to SFCC Loop Trail
(Easy walk on non-ADA accessible dirt path)

19 - Wednesday 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to Acequia Trail to Ashbaugh Park

21 - Friday 10 AM

Walk with our Elders
Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St



Sponsored by the Santa Fe Walking Collaborative & convened by the Santa Fe Conservation Trust

Nutrition Education

May 2022

 **Food Safe Shopping & Storage**
March 2018

 
 

Following these tips when buying and storing food can help prevent foodborne illness

DO  **DON'T**

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

Choose meat, poultry, or seafood in damaged or leaking packaging

DO  **DON'T**

Place meat, poultry, seafood, and eggs in plastic bags at checkout

Buy eggs with cracked shells or damaged cartons

DO  **DON'T**

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

Remove eggs from carton or keep them in the refrigerator door

DO  **DON'T**

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

DO  **DON'T**

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

Overfill the refrigerator or freezer

DO  **DON'T**

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

Thaw meat, poultry, or seafood on the counter

Puzzle Solutions

May 2022

1	2	3	4	5	6	7	8	9	10	11	12	13					
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33					34					35		36		37	38		
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68					69					70							
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71					72					73							
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E	A	L	W	I	N	D	O	W	S	I	L	L	B	C
T	S	N	O	I	T	A	D	N	U	O	F	D	E	H
S	D	E	R	N	G	U	T	T	E	R	I	I	D	I
R	R	O	H	C	N	A	L	L	A	W	R	S	R	M
O	F	F	I	C	E	A	R	C	A	D	E	A	O	N
O	C	R	E	T	T	I	D	A	R	A	E	S	O	E
D	O	C	T	A	E	B	L	E	G	L	S	T	M	Y
E	R	L	A	D	R	D	E	I	R	E	C	O	T	H
A	R	T	I	S	R	I	N	S	N	T	A	V	A	K
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Senior Center Lunch Menu

May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Tater Tots Peas & Carrots Chilled Peaches	3 Chicken & Potato Burrito w/ Red Chili Chuck Wagon Veggies Jello Fruit Cocktail	4 Pork Stir Fry Fried Rice Stir Fry Veggies Spinach Salad Fresh Orange	5 Meatloaf Scalloped Potatoes Buttered Carrots Roll Cinnamon Spiced Apples	6 Baked Pork Chop Rice Pilaf Green Beans & Corn Roll Fresh Cantaloupe
9 Salisbury Steak Mashed Potatoes Mushroom Gravy 5 Way Veggies Roll Tropical Fruit	10 Soft Fish Taco Mixed Corn Black Beans Spanish Slaw Tapioca Pudding	11 Hot Roast Beef and Swiss Sandwich Au Jus Sauce 3 Bean Salad Potato Chips Fresh Banana	12 Baked Chicken Chicken Gravy Wild Rice Asparagus with Onions Biscuit Apricots	13 Cheese Tortellini with Meaty Marinara Sauce Italian Veggies Tossed Salad Roll Oatmeal Cookie
16 Chili Cheese Dog with Chili Meat Sauce Onion Rings Mixed Veggies Fresh Grapes	17 Chicken Fettuccini with Alfredo Sauce Broccoli & Cauliflower Roll Fresh Pear	18 Country Style Ribs Baked Beans Peas & Carrots Cornbread Pineapple	19 Green Chili Chicken Enchiladas Pinto Beans Yellow Squash & Zucchini Plums	20 Turkey Cobb Salad with Boiled Egg & Cheese Crackers Chocolate Pudding
23 Teriyaki Chicken White Rice Asian Veggies Roll Mandarin Oranges Fortune Cookie	24 Breaded Cod French Fries Vegetable Medley Cole Slaw Lemon Pudding	25 Pork Posole Red Chili Spanish Rice Mixed Veggies Tortilla Sliced Pears	26 Beef Ravioli & Marinara Sauce California Veggies Roll Applesauce	27 Ham & Cheese Sandwich Garnish Potato Salad Cold Peas Watermelon
30 Closed for Memorial Day	31 Green Chili Cheeseburger Pork & Beans Seasoned Fries Fresh Apple			

Senior Meal Suggested Donation: Lunch \$1.50
 10:30 am – 12:30 pm Monday through Friday

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



BERARDINELLI
FAMILY FUNERAL SERVICE

6-Week Grief Recovery Support
In service to our Northern New Mexico Community

Fridays, 3-4pm
May 20 – June 24
In-person at the Unitarian Church
107 W Barcelona Rd, Santa Fe, NM 87505

This group program is for those who have experienced deaths of family, friends, or colleagues over the past year. It is free-of-charge and is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist with 25 years of experience.

The purpose of this program is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect daily life and relationships.

Over the six weeks we will cover:

- Losses and how we deal with them
- The myths about grief, loss, and healing
- How unresolved grief affects our capacity for happiness
- Creating resilience even in times of greatest challenges

The program is sponsored by Berardinelli Family Funeral Services with a donation to New Mexico Foundation and The Memory Care Alliance.

Attending all 6 weeks is recommended but not required. Please contact Eileen at 505.428.0670 or ej@eileenjoyce.com to reserve your place. *Proof of vaccination required, masks recommended.



City of Santa Fe Senior Center Locations

**Reopens
May 2**

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 955-4721)

PASATIEMPO
664 ALTA VISTA STREET

VILLA CONSUELO
1200 CAMINO CONSUELO

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

**All Senior Centers
Temporarily Closed**

**Reopens
May 16**

