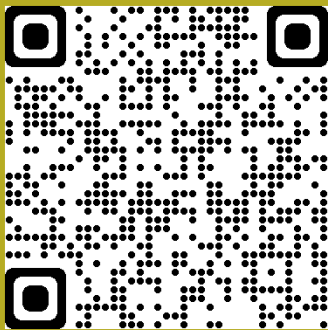


SENIOR SCENE MAGAZINE

SEPTEMBER 2022

[www.santafenm.gov/
senior scene newsletter](http://www.santafenm.gov/senior-scene-newsletter)





CONTACT INFORMATION



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

Mary Esther Gonzales Senior Center - 1121 Alto St.

- Admin Offices: 505-955-4721

Senior Services Administration & Registration:

505-955-4721

- Cristy Montoya, Administrative Secretary:
cjmontoya@santafenm.gov
- Cara Alunno, Receptionist

Division Director, Senior Services: 505-955-4710

Gino Rinaldi: earinaldi@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz: lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Congregate Meals/Grab-N-Go Meals: 505-955-4739

Yvette Sweeney: yasweeney@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Senior Services Navigator: 505-955-4735

Saul Carta: scarta@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free

Santa Fe Civic Housing – 505-930-5901

Santa Fe County Senior Programs – 505-992-3069

Pasatiempo Senior Center – 664 Alta Vista St.

Ventana de Vida Senior Center – 1500 Pacheco St.

Villa Consuelo Senior Center – 1200 Camino Consuelo

Luisa Senior Center – 1500 Luisa St.

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center, Ventana de Vida Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Supervisor: VACANT

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: dcdevaca@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Volunteer Programs: 505-955-4744

Anya Alarid, Program Manager: aalarid@santafenm.gov

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo, Project Administrator: tptrujillo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations

mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

By Gino



Gino Rinaldi,
Division Director
of Senior Services

“Look to the season when
choosing your cures.”

Hippocrates



“I like to think that to one in
sympathy with nature, each season,
in turn, seems the loveliest.”

Mark Twain

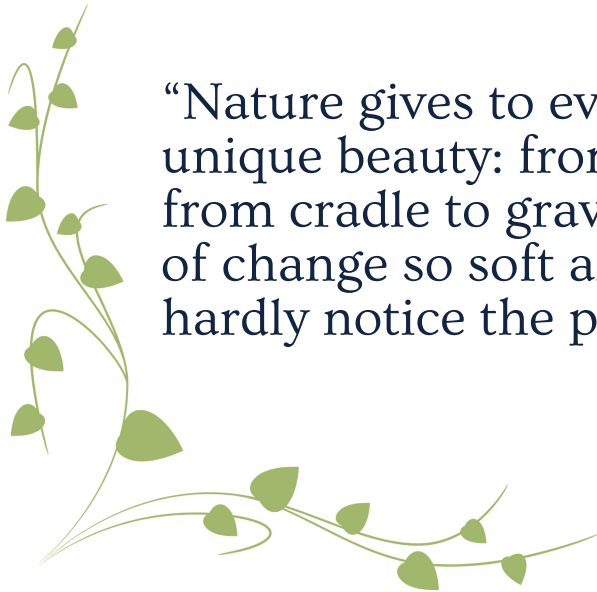
September is a busy month for us. We start with the burning of Zozobra, the Fiestas, chili roasting, 44th Annual Aging Conference, and a lot more celebrations and events. It’s been nice seeing folks at the Mary Esther Gonzales Center and Luisa Senior Center.

I am looking forward to opening more and more. We need to keep in mind that COVID-19 is still a major concern. We all need to be careful because if you’ve had it you don’t want to get it again and if you have not had it you certainly don’t want to get it if you can avoid it. Please pay attention to the upcoming fall COVID vaccination, in addition the flu and pneumonia vaccinations.

I want to thank folks for your positive words towards all our staff. I receive such kind and generous remarks everyday about our staff and what they do to make your lives better. I couldn’t agree more. Please be patient and we all benefit from it.

“Nature gives to every time and season
unique beauty: from morning to night, as
from cradle to grave, it’s just a succession
of change so soft and comfortable that we
hardly notice the progress.”

Charles Dickens



Senior Scene Magazine Highlights

News & Views

Volunteer Programs

Ask Stan

Nutrition Education

September Senior
Center Lunch Menu



Offered by:

Division of Senior Services
Programs And Activities for
Older Adults

Newsletter Production
Mona Baca, Editor/Distribution
Desiree Valdez, Graphic Design

NEWS & VIEWS

MEG Transportation Program

Due to the pandemic, we restricted our rides to pharmacies and medical appointments. As we re-open, we plan to expand rides to grocery stores. We continue to practice social distancing and will need to limit the number of rides to the grocery store to one ride per week per client. Senior vans will only allow four clients per vehicle at a time. This decreases the number of rides we can offer for now. We will transport seniors to the senior center for lunch. We will not transport elders to barber shops, hair salons, restaurants, gyms, etc. until further notice.

Passengers are required to wear masks while in the van. Masks are available for patrons who do not have a mask. Drivers are 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 for your continuous patience and understanding. We look forward to seeing you soon. If you have any questions, feel free to contact **Linda Quesada-Ortiz at 955-4700.**

August Grocery Distributions

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, September 1th & September 15th



Echo Commodity Distribution
Tuesday September 13th, 2022



44th Annual Conference on Aging

The 2022 Conference on Aging (CoA) is a virtual event, including plenary sessions, workshops, and presenter discussions. NM Aging and Long Term Services will partner with providers throughout the state to ensure older adults have the opportunity to join the conference.

The 44th Annual Conference on Aging will be held from September 7th through 8th, 2022. Join us for a Watch Party at the Santa Fe County Extension Building from 8:30AM to 3:30PM. Lunch and swag bags will be provided.

If you need transportation please call 505-955-4721 or 505-955-4722. Driving or carpooling is encouraged. Parking will be available at the County Extension Building.

Residents can register online for the conference at: nmaging.state.nm.us/news-events/conference-on-aging

Flora's Corner



“No act of kindness, no matter how small, is ever wasted.

AESOP (6th century B.C.)

Viva La Fiesta de Santa Fe!

Join us for lunch on **September 7, 2022 from 11:45am to 1:00pm at the MEG Center.** The Fiesta Royal Court will honor us with a lively visit!



Get Your Flu Vaccine!

CHRISTUS St. Vincent is hosting their annual free flu vaccine drive-through clinic on **Saturday, October 8th 9:00 a.m. – 2:00 p.m. at 455 St. Michael's Drive**



NEWS & VIEWS

AmeriCorps Seniors Volunteer Service Project

We are still seeking items for our Annual 9/11 Service Project. This year the volunteer programs staff and Advisory Board decided to collect essential items for Homeless Veterans. Items include toiletries, socks, and non-perishable items. Donations are greatly appreciated! For more information please contact Mona Baca at 505-955-4760 or drop off at City Hall or MEG Senior Center.

Community Assistance for Santa Fe's Animals

Do you need help with caring for your animals?

The Community Assistance for Santa Fe's Animals program assists pet owners in need of assistance for domestic animals. Items offered include dog or cat food, cat litter, vaccines, spay/neuter services, dog houses, kennels, behavior help, and other pet needs. You must reside in the City or County of Santa Fe.

For additional information please contact **CASA Program Manager** at 505-9834309 ext. 1141 or CASA@sfhumanesociety.org.



She will be missed...

Eduvijen Sanchez "Dube" Naranjo passed away at the age of 100 from a stroke at 10:41am on August 13, 2022, at Christus St. Vincent Regional Medical Center. She was born on May 1, 1922.

Albert Chavez, Program Coordinator at the MEG Senior Center writes, "My condolences to the family. Dube was a pleasant person to know, she was always so active here at the MEG Senior Center where she was very dedicated to coming to the Enhance Fitness Classes to exercise, always dressed up and took great care of herself. I will sure miss seeing her beautiful face here at the center."

Being Mortal Lecture

The Memory Care Alliance's Live and Learn Lecture Series continues with a free community conversation about end of life decisions and making your wishes known at the Unitarian Church in Santa Fe on Friday September 9th 1:00PM-2:30PM.

View the moving hour-long documentary, followed by a panel discussion with Dr. Karin Thron, Eileen Joyce, and Barak Wolff.

Join the conversation and learn how to take steps to identify and communicate your wishes about end-of-life goals. No reservation required. Masks must be worn inside the building. Donations appreciated.

Contact The Memory Alliance for more info: director@thememorycarealliance.org/505-310-9752

Seniors' Celebration and Healthy Living Day at the NM State Fair

Sept 12th, 2022
10:00AM - 3:00PM
Main Street at the Fair



VOLUNTEER PROGRAMS

Join the RSVP Volunteer Program



**AmeriCorps
Seniors**

**Give a little time.
Get a lot back.**

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org

**Featured Volunteer Station:
Life Circle Adult Day Center**



Volunteer opportunities include:

- Administrative assistance
- Assistance at events and concerts
- Community Outreach
- Translation (English to Spanish)
- Board of Directors

If you are interested in volunteering at the Santa Fe Life Circle, please call **Mona Baca:**
505-955-4760 or email: mabaca@santafenm.gov

Reminder:

Please turn in your RSVP volunteer miles and hours for July, August, and September by Monday, September 26th!

**Volunteer for the
2022 Walk to End
Alzheimer's**



Attention RSVP Volunteers! We need your help for this year's Walk to End Alzheimer's event on **Saturday, October 1st at Alto Park**. This year's walk event will be our first in-person event in over two years! We'll bring together hundreds from our beloved community of Santa Fe who've been impacted in some way by Alzheimer's and dementia. If you are interested in volunteering for the event, please reach out to **Ken Hendricks at (505) 670-5533 or by email at ken.hendricks@homeinstead.com**

**Happy Birthday, September Volunteers!
¡Feliz Cumpleaños!**

- Ginger Blackmar 9/01
- Barbara Chamberlin 9/02
- Peggy Rudberg 9/05
- Amelia Garcia 9/06
- Theresa M. Ortiz 9/06
- Diane DeLuca 9/07
- Corrine Vargas 9/07
- Sandra Kendall 9/08
- Evelyn Hilse 9/10
- Sharon Key 9/10
- Roy Trujillo 9/10
- Mary Lou Van Ness 9/12
- Elizabeth Hinds 9/13
- Bruce H. Kidman 9/14
- Stan Cooper 9/15
- Lydia Anicito 9/16
- Sophia M. Gallegos 9/16
- Richard Martinez 9/16
- Barbara Anderson-Acosta 9/17
- Belle Garcia 9/18
- Celina "Sally" Roybal 9/18
- Socorro Arroyo 9/19
- Lois Parkes 9/20
- Phyllis Qualls 9/22
- Charles Cover 9/23
- Frances Gomez 9/24
- Lucy R. Brown 9/25
- Angie Quintana 9/26
- Patricia Szopinski 9/27
- Kathleen Wise 9/27
- Kim Martinez 9/28
- Daniel Weber 9/29





Newsletter: Ask Stan Medicare Questions



Volume 2, Issue 7 September 2022

Dear Stan,

I soon need to sign up for Medicare. Is there one Medicare program to choose from or are there several? What does a consumer like me need to know before joining Medicare?

Ernest,
Roswell

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at [1-800-432-2080](tel:1-800-432-2080)

The SMP will provide you with the information you need to **PREVENT, DETECT and REPORT** Medicare fraud, errors, and abuse.

Dear Ernest,

People signing up for Medicare can get their Medicare coverage one of two ways. The first is Original Medicare, the traditional program offered directly through the federal government. The second is a Medicare Advantage plan which is offered by private insurance companies contracted with the federal government.

Original Medicare includes Part A (inpatient hospital coverage) and Part B (outpatient medical coverage such as doctor visits and laboratory tests). If you sign up for Original Medicare you will use your red, white and blue card to show your providers when receiving care. To obtain prescription drug coverage you generally must purchase a Medicare Part D plan.

Medicare Advantage plans are called Part C and consist of Parts A, B and D, all in one. Instead of showing your provider your red, white and blue card, you will show your provider the membership card from your plan (keep your red, white and blue Medicare card in a safe place, you may need to provide your Medicare ID if you change plans or for other reasons). Advantage plans must provide the same benefits offered by Original Medicare; however, they may apply different rules, costs and restrictions such as provider networks or requirements on referrals. They may also offer certain benefits

that Medicare does not cover such as vision, hearing and dental services.

Other differences in **Original Medicare (OM)** and **Medicare Advantage(MA)** plans include:

- **OM** recipients have the choice to pay an additional premium for a Medigap policy that covers the 20% of your medical costs not paid for by Original Medicare. **MA** plan participants cannot enroll in a Medigap plan.
- **OM** recipients can use any doctor that takes Medicare, anywhere in the U.S. **MA** participants in most cases, need to use doctors who are in the plan’s network.
- Generally in **OM** you can see a specialist without going through your primary care physician. In **MA** plans you typically need referrals to see a specialist.
- In **OM** you must sign up for a Medicare drug plan (Part D) where in most **MA** plans the prescription

coverage is built into your coverage.

- There are no out of pocket cost limits in **OM** but **MA** plans do have annual out-of-pocket cost limits.

To find out what different plans are available to you, go to [Medicare.gov](https://www.Medicare.gov) and click on ‘**Find Health and Drug Plans**’. You will be able to see all of the Medicare Advantage plans, Medigap plans and Medicare Part D plans available in your zip code.

To help you sort through all your options or if you have additional questions about Original Medicare and Medicare Advantage Plans, contact the **New Mexico State Health Insurance Assistance Program (SHIP)** at **1-800-423-2080** and ask for a **SHIP** counselor to help you. You can also [chat](https://www.nmaging.state.nm.us) with a counselor at www.nmaging.state.nm.us.

Stan
New Mexico SHIP SMP Counselor

Open Enrollment Period October 15 thru December 7

During the Open Enrollment Period you can join, switch or drop a Medicare Health plan.

Contact the **New Mexico State Health Insurance Assistance Program (SHIP)** at **1-800-423-2080** to schedule an appointment with a SHIP counselor.



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.



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 2, Número 7 septiembre de 2022

Estimado Stan,

Muy pronto necesito inscribirme en Medicare. Hay un programa de Medicare para elegir o hay varios? Que necesito saber un consumidor como yo antes de unirse a Medicare?

Ernest,

Roswell

Estimado Ernst,

Las personas que se inscriben en Medicare pueden obtener la cobertura de Medicare de una de dos maneras. La primera es Original Medicare, el programa tradicional ofrece directamente a través del gobierno federal. La segunda es un plan de Medicare Advantage que ofrece una compañía de seguros privada contratada con el gobierno federal.

Original Medicare incluye la Parte A (cobertura hospitalaria para pacientes hospitalizados) y Parte B (atención médica ambulatoria, como visitas al médico y pruebas de laboratorio). Si te inscribes en Original Medicare utilizaras su tarjeta roja, blanca y azul para mostrar a sus proveedores cuando reciban atención. Para obtener cobertura de medicamentos recetados, generalmente debe comprar un plan de Medicare Part D.

Reporte el fraude relacionado con Medicare llamando al New Mexico Senior Medicare Patrol (SMP) a

1-800-432-2080

El SMP te dara la información que necesitas par PREVENIR, DETECTAR Y DENUNCIAR errores de fraude y abusos de Medicare.

Las planes de Medicare Advantage se llamas Part C y consisten en las Partes A, B y D, todo en uno. En lugar de mostrarle a su proveedor su tarjeta roja, blanca y azul, le mostraras a su proveedor la tarjeta de socio de su plan (mantén su tarjeta roja, blanca y azul de Medicare en un lugar seguro, es posible que tenga que proporcionar su identificación de Medicare si cambia de plan o por otras razones). Planes de Advantage deben proporcionar los mismos beneficios ofrecidos por Original Medicare: sin embargo, pueden aplicar reglas diferentes, costos y restricciones, como las redes de proveedores o el requisito de referencias.

También, pueden ofrecer ciertos beneficios que Medicare no cubre, como la audición de la vista, los servicios de auditivos y dentales.

Otras diferencias en los planes de **Original Medicare (OM)** y **Medicare Advantage (MA)** incluyen:

- Los beneficiarios de **OM** tienen la opción de pagar una prima adicional para la póliza de Medigap que cubre 20% de su costo médico no pagado por Original Medicare. Los participantes del plan de **MA** no pueden inscribirse en un plan de Medigap.
- Los beneficiarios de **OM** pueden usar cualquier médico que tome Medicare, en cualquier lugar de EE. UU. Los participantes del plan de **MA** en muchos casos, necesitan utilizar médicos que están en la red de los planes.
- Generalmente en **OM** puedes ver a y un especialista sin pasar por su médico de atención primaria. En las planes de **MA** normalmente necesitas referencias para ver a un especialista.
- En **OM** debes inscribirte en el plan de

medicamentos de Medicare (Part D) en donde la mayoría de los planes de **MA** esa cobertura de recetas esta integrada en su cobertura.

- NO hay límites de costes de bolsillo en **OM** pero los planes en **MA** tienen límites anuales de costes de bolsillo.

Para encontrar diferentes planes tienes a su disposición, ve a [Medicare.gov](https://www.Medicare.gov) haz clic en 'Find Health and Drug Plans' (Buenos planes de salud y medicamentos). Podrás ver todos los planes de Medicare Advantage, Medigap y Part D disponible en su código postal. Para ayudarte a ordenar todas sus opciones o si tienes más preguntas sobre Original Medicare y Medicare Advantage Plans, ponte en contacto con el **New Mexico State Health Insurance Assistance Program (SHIP)** a **1-800-423-2080** y pregunte por un consejero/a para que le ayude. También puedes chatear con un consejero/a en: www.nmaging.state.nm.us.

Stan
Consejero Voluntario, Programas SHIP y SMP

Promoción Abierta del 15 de octubre al 7 de diciembre

Durante el tiempo de promoción abierta puedes unirte, cambiarte o abandonar un plan de salud de Medicare.

Para ayuda y preguntas sobre sus opciones durante el Promoción Abierta, contacte a **New Mexico State Health Insurance Assistance Program (SHIP)** a **1-800-423-2080** y hagan una cita con un SHIP consejero/a.



Este proyecto fue apoyado en parte por el número de subvención 90MPPG0045-01-00, de parte del U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C, 20201

CONSUMER & LEGAL

FOR MORE
INFORMATION VISIT
WWW.PNM.COM

ENERGY SAVING TIPS FOR YOUR HOME

Imagine if we all vowed to be more energy efficient and took just one single step to help support improving and conserving our environment. What a difference we all could make by making a small change. It is our mission to support the environment and we're actively taking steps to ensure we can reduce the carbon footprint for future generations of New Mexico. You can help by taking some very simple steps to make your home more energy efficient throughout the year and see some nice savings on your electric bill too! Here are several tips you can get started, no matter what time of the year it is.

EVERYDAY ENERGY SAVING TIPS



Unplug Devices

Don't waste your money on electronics and appliances you don't use every day. Turn off and unplug unused televisions and DVD players, computers, phone chargers, coffee makers and other devices.

Small Changes Lead to Big Results

Try installing energy-saving showerheads, faucets or flow restrictors. Install dimmer switches or timers on your lights and replace incandescent bulbs with LEDs. These give the same amount of light as incandescent bulbs and last 10 times longer. On average residential customer can save about \$6 per month by installing energy efficient lighting throughout the home. Take advantage of the PNM instant discounts on lighting and many other energy efficient devices for your home. Visit the PNM Instant Discount Program: www.pnm.com/homelighting

Cooking for One or Two?

Consider using small appliances like toaster ovens, convection ovens and electric frying pans when you only need to cook a small amount of food. These appliances use about one-third the energy it takes to heat your standard oven.

Let the Refrigerator Breathe

Give your refrigerator some breathing room by cleaning the condenser coils located on the back or bottom of your refrigerator every three months. This will allow for maximum heat transfer and to keep the condenser from overworking. Also, keep the refrigerator temperature at or below 40° F (4° C) and the freezer temperature should be 0° F (-18° C) - the recommended temperatures for storing food safely. If you are buying a new refrigerator, look for an ENERGY STAR® model that uses less energy. Remember to recycle your old refrigerator through the PNM Refrigerator Recycling program.

Preheating the Oven is a Thing of the Past

Did you know that it's not necessary to preheat the oven before you bake or broil something? Preheating is unnecessary for many types of baking. If what you are baking will take more than a full hour to bake, it can be placed in a cold oven.

Use Cold Water when Washing Clothes

Wash full loads of laundry using cold water. Many laundry detergents work great in cold water, and about 90 percent of the energy used by clothes washers goes to water heating.

HEALTH & SAFETY

SEPTEMBER IS HEALTHY AGING MONTH



Healthy Aging Month is a time to celebrate life and the positive aspects of growing older. As we age, we become aware of the changes to our physical and mental health, as well as dietary and social needs. Aging doesn't mean you've lost control. You can take charge of your wellbeing, by taking steps to age with a healthy body and mind.

BE PROACTIVE

- Receive regular checkups, physicals and medical tests when needed as many diseases are preventable when caught early.
- Remember to make appointments with the dentist and optometrist too.
- Take vitamins, supplements, and medications as prescribed.



STAY SOCIAL

- Try something new by attending online or socially distant in-person classes that interest you.
- Use technology like Zoom or Facetime to stay in touch with friends and family.



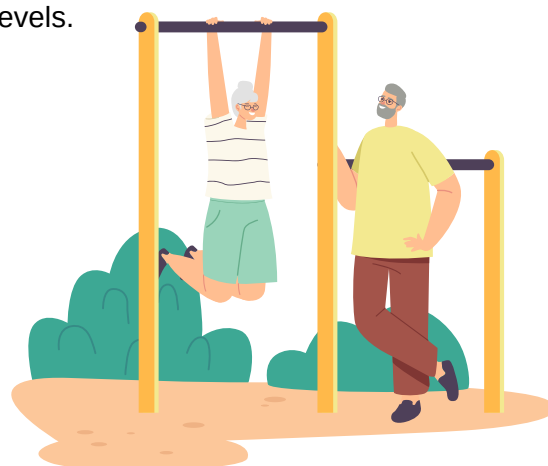
MAINTAIN A HEALTHY DIET

- Eat proper portion sizes.
- Overeating can lead to obesity and increase the risk of diabetes and heart disease.
- Eat a variety of fresh fruits and vegetables and fill half your plate with them.
- Avoid excess processed foods.
- Stay hydrated! Drink between 10-16 cups of water per day, depending on your gender, living environment, and activity level.



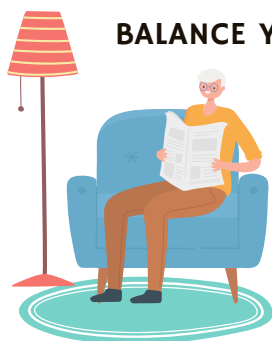
GET MOVING

- Consult your doctor before exercising.
- Start slow, know your limitations, and modify activities if needed.
- Make your physical activity fun and something you enjoy doing!
- Aim for at least 150 minutes of moderate-intensity physical activity each week.
- Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go.
- Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

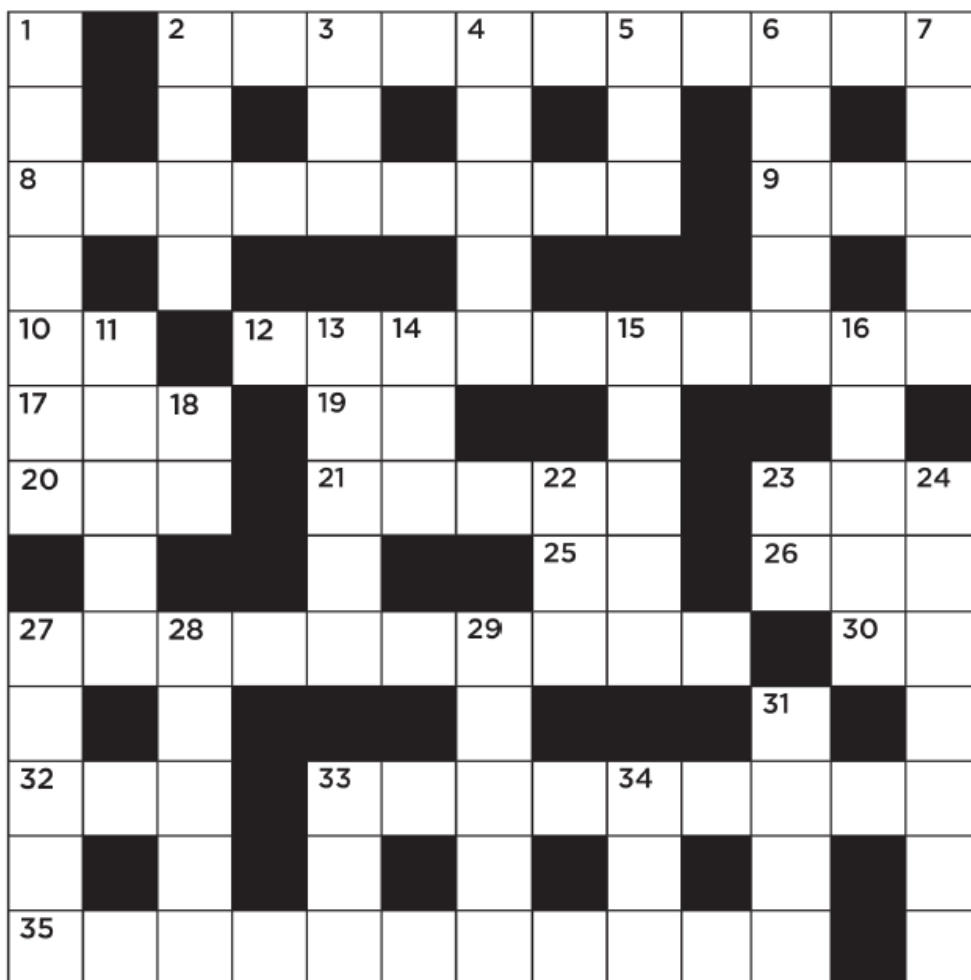


BALANCE YOUR BODY AND MIND

- Keep a positive attitude.
- Keep your mind active by reading or doing puzzles.
- Keep your body active through stretches and yoga.



CROSSWORD PUZZLE



ACROSS

- 2. Seaside summer getaway?
- 8. Fishy sleights of hand?
- 9. Turkey boy
- 10. *Charlotte's Web* author White
- 12. Consider something at the shore?
- 17. Denial
- 19. 3.14
- 20. Barrett of Pink Floyd fame
- 21. Reject a beau
- 23. Unruly collective
- 25. Simile center
- 26. Michael Che's show, in brief

- 27. Undersea private dancer?
- 30. Rocky Balboa greeting
- 32. Olympic organization
- 33. Ocean fashion team?
- 35. Coastal QB move?

DOWN

- 1. Scrooge's creator
- 2. Fashioned
- 3. Polite address
- 4. Surpass expectations
- 5. Greyhound with wheels
- 6. Play part
- 7. Epic poet
- 11. Marshy area
- 13. Surprise outcome
- 14. Edge
- 15. Present, for one
- 16. African American monthly
- 18. High-def
- 22. Sought office
- 23. Steinem's magazine
- 24. Dagwood's wife
- 27. Taker
- 28. More pleasant
- 29. *Matilda* author Dahl
- 31. Windy City team
- 33. IRS employee
- 34. Rejuvenation location

WORD SEARCH

Sounds

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

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

EARDRUM
 ECHO
 ELECTRONICS
 FREQUENCY
 GONG
 HEADPHONES
 HEARING IMPAIRED
 HERTZ
 INSTRUMENT
 LOW
 MONOTONOUS
 MUFFLE
 NOISE
 REPEAT
 SHRILL
 SONG
 SOURCE
 SPEED
 SPURT
 STEREO
 TALK
 THRESHOLD
 THUNDER

ACOUSTICS
 APPLAUSE
 BANG

BLAST
 BURST
 CHANGE

DEAF
 DECIBEL
 DOMINANT TONE

DELETE ONE

Delete one letter from OPTICALLY HONE and sound it out.

SENIOR CENTER LUNCH MENU- SEPTEMBER 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  |  |  | 1 Meatloaf Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll Fresh Orange | 2 Chicken Soft Taco Garnish Chile Beans Calabacitas Oatmeal Cookie Pineapple |
| 5  All Kitchens Closed for Labor Day | 6 Carne Adovada Burrito with Red Chile Refried Beans Chuck Wagon Veggies Sherbet | 7 Hot Roast Beef Sandwich Au Jus Sauce Green Beans French Fries Tossed Salad Fresh Apple | 8 Frito Pie Garnish Mexicorn Spanish Slaw Cherries in Cobbler | 9 MEALS ON WHEELS GRAB & GO ONLY 10:00 – 11:30 Chicken Salad Croissant 3 Bean Salad & Carrot Sticks Yogurt |
| 12 Cheesy Baked Ziti w/Meaty Marinara Italian Veggies Garlic Bread Baked Cinnamon Apples | 13 Turkey Sandwich Garnish Macaroni Salad Carrot Raisin Salad Mixed Fruit in Jello | 14 Green Chile Chicken Enchiladas Pinto Beans Vegetable Medley Tossed Salad Applesauce | 15 Sloppy Joe Tater Tots California Veggies Coleslaw Peanut Butter Cookie Fresh Orange | 16 Baked Fish Onion Rings Mixed Veggies Cucumber & Tomato Salad Roll Chocolate Pudding |
| 19 Chicken Tenders Country Gravy Seasoned Fries Green Beans Biscuit Pineapple Tidbits | 20 Hawaiian Chicken Steamed Rice Peas & Carrots Hawaiian Roll Tropical Fruit | 21 Country Style Ribs Baked Beans Steamed Broccoli Spinach Salad Cornbread Cinnamon Roll | 22 Salmon Patty Tomato Macaroni Asparagus Roll Lemon Bar Pudding | 23 Pork Posole w/Red Chile Sauce Spanish Rice Mixed Veggies Tortilla Ice Cream |
| 26 Beef Ravioli w/Marinara Sauce Italian Veggies Garlic Toast Plums | 27 Soft Fish Taco Salsa Spanish Slaw Black Beans Butterscotch Pudding | 28 Pork Roast Pork Gravy Mashed Potatoes Butter Carrots Green Salad Roll Fresh Pear | 29 Green Chile Cheeseburger Garnish Pork & Beans Potato Chips Watermelon | 30 Ham & Cheese Sandwich Garnish Baby Carrots Potato Salad Diced Peaches |

Senior Meal Suggested Donation: Lunch \$1.50
10:30 a.m. – 12:30 p.m. Monday through Friday
Milk is served with each meal. Menu is subject to change.

NUTRITION EDUCATION

PREDIABETES

What is it and What can you do about it?

Treating & Preventing Prediabetes

Treating prediabetes and preventing diabetes is all about controlling your blood sugar. You can do this by eating a healthful diet and not skipping meals, exercising moderately for at least 30 minutes five days a week and losing just 5-10% of your body weight.

Talk with a health professional about ways to get started!

Prediabetes Facts

If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes. Prediabetes is also referred to as impaired fasting glucose(IFG) or impaired glucose tolerance (IGT). It used to be called borderline diabetes.

Some people have no symptoms. Others have some of the symptoms of diabetes. These can include frequent urination, thirst, blurred vision, fatigue, etc. You can actually have prediabetes for years and not know it.

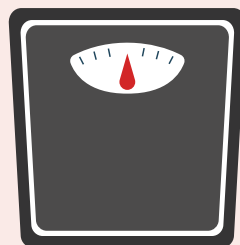
High blood sugar can silently wreak havoc on your body, harming your eyes, nerves, kidneys, and heart. Prediabetes also puts you at greater risk for type 2 diabetes, heart disease, and stroke.



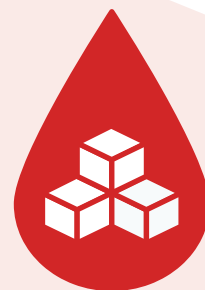
Eat Healthier



Exercise Regularly



Lose Weight

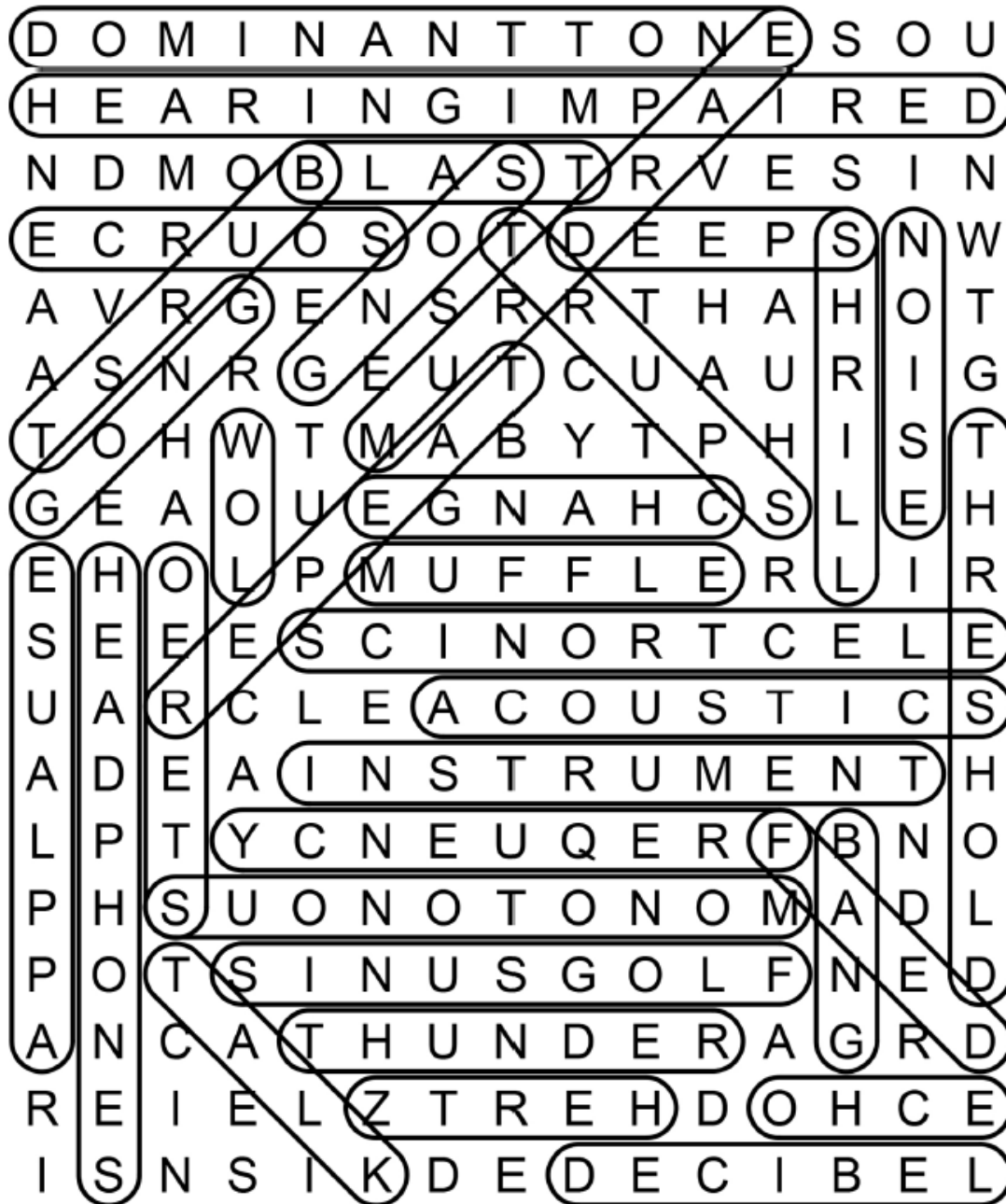


Check Blood Sugar Levels Regularly

CROSSWORD PUZZLE SOLUTIONS

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

WORD SEARCH SOLUTIONS



Delete O and find PHONETICALLY.



BERARDINELLI
FAMILY FUNERAL SERVICE



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



September 23rd – October 28th
Fridays, 3-4pm
In-person at the Unitarian Church
107 W Barcelona Rd, Santa Fe, NM 87505

This group program is for those who have experienced recent deaths of family, friends, or colleagues. 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**

VILLA CONSUELO
1200 Camino Consuelo
505-955-4721



VENTANA DE VIDA
1500 Pacheco Street



**MARY ESTHER
GONZALES (MEG)**
1121 Alto St.
505-955-4721



**MEG
Open for
Meals!**

PASATIEMPO
664 Alta Vista Street
(505) 955-4721



LUISA
1500 Luisa
Street
(505)
955-4721

(entrance on Columbia St.)



**Luisa
Open for
Meals!**



www.santafenm.gov/division_of_senior_services

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