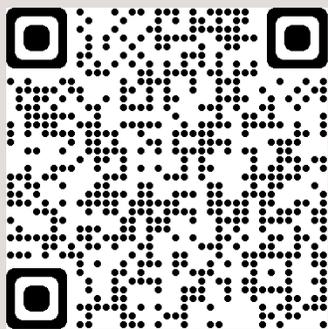


SENIOR SCENE MAGAZINE

DECEMBER 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

Bye, Gino



Gino Rinaldi,
Division Director
of Senior Services

**"Life is like riding a bicycle.
To keep your balance, you must keep moving."
Albert Einstein**



The time has come for me to bid you all farewell. At the end of December, I will be retiring from the City of Santa Fe. Moving forward can come as a shock to those you leave and to yourself. I have truly enjoyed serving our senior community and will miss you all. I have tried my best to keep the Senior Services Division moving forward. Throughout the height of the COVID-19 pandemic, we were able to keep things going. It was amazing to see staff pull together to ensure we were feeding folks through home delivered meals.

We will keep adding more services for our community members and will soon open other Senior Centers as we fill our vacancies. I feel good about that! We have gotten approval to begin major construction work at the Mary Esther Gonzales Center. The funding comes from a grant we applied for and received from the state. Almost \$2.4 million will be available to plan, design, and implement construction. The project intends to expand offices and work rooms, add another ADA bathroom, and to refresh the parking area. We also received funding for new vehicles. Another positive development is we received \$350K to begin the process of planning and designing a new senior center.

I have been working with the State of New Mexico and the Area Agency on Aging on the new legislative budget. I am excited to see there is a large budget request for senior programs! When you get a chance, please thank your legislator. You can find them here: www.nmlegis.gov/members/find_my_legislator

On that note, I will truly miss everyone, and I thank you for all the great memories.

Senior Scene Magazine Highlights

News & Views

Volunteer
Programs

31 Healthy Habits
to Try in December

Alzheimer's Signs

December 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 Update

We have made some changes to the MEG transportation program!

- Vans can now take 5 patrons at a time
- Grocery store trips will take place more than once a week
- Bank and post office trips have returned
- Lunch pickup remains the same

All passengers are still required to wear masks while inside the van. Masks are available for patrons who do not have one. Drivers are required to clean and sanitize their vehicles after every drop off. Customers still need to schedule their reservations 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 patience. If you have any questions, please feel free to contact **Linda Quesada-Ortiz at 955-4700.**

December Grocery Distributions

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Rd. **7:00 – 9:00 a.m. Thursdays, December 8th & 22nd**



FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+

THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



Echo Commodity Distribution
Tuesday, December 13, 2022

Movie Days at MEG & Luisa Centers!

MEG Center (Every 3rd Tuesday of the month)

December movie is *Elf*
Tuesday, December 20th at 1:00PM



Luisa Center

December movie is *Dakota*
Thursday, December 8th at 1:00PM



All seniors required to wear masks & must social distance. No reservations required for Billiards or Exercise Rooms and must wear masks.

Winter Dance featuring Bandalegre!

The Winter Dance will be hosted by the Mary Esther Gonzales Senior Center on **Thursday January 5th, 2023 from 1:00-4:00pm.** The dance will be held at the **Fraternal Order of the Eagles Club at 833 Early Street.**

Admission is **\$2.00** and light refreshments will be served. Masks are required. Transportation will be available for rides home after the dance.



B-I-N-G-O is Back!



MEG: Weds.
Luisa: Friday
1:00PM-3:00PM



- All seniors are required to wear masks.
- Four seniors per table.
- We allow 32 players & are averaging 28 players at the MEG Center.

NEWS & VIEWS

Division of Senior Services December Closures

Dec. 26 Christmas Day Observed
Jan. 2nd: New Year's Day Observed

There will be no meals or transportation available on the dates above.

Flora's Corner



The Original Computer

A pencil was the print and delete
Memory was something you lost with age
An application was for employment
A program was a TV show
A cursor used profanity

A keyboard was a piano
A web was a spider's home
A virus was the flu
A CD was a bank account

A hard drive was a long trip on the road
And a mouse pad was where a mouse lived

Record Attendance for Thanksgiving Lunch!



The MEG Center served 210 Grab-n-Go Meals and 89 Dining room meals. The Luisa Center served 35 meals.

Thank you Kitchen Crew for preparing a delicious Holiday meal! We appreciate all your hard work!



Legal Workshop a Success!



Thank you to all who attended the Legal Resources Workshop on November 10th. Our seniors asked many important questions and received valuable feedback!

Grandparents Raising Grandchildren

The City of Santa Fe Division of Senior Services currently has funds to assist grandparents providing out-of-pocket expenses like medical related expenses, food, clothing, etc., for their grandchildren. Senior citizens 55 years+ who live in the city/county of Santa Fe and show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household.

For more information, please contact Theresa Trujillo at 505-955-4745 or tptrujillo@santafenm.gov

SENIOR OLYMPICS REGISTRATION

Senior Olympics registration begins January 9, 2023 - February 17, 2023. Sign up in person at the Mary Esther Gonzales Center at 1121 Alto St. Fee is \$20.00. T-shirt included. Contact: Cristina Villa at cavilla@santafenm.gov or 505-955-4725.



NEWS & VIEWS

AARP Smart Driver Courses in Jan & Feb

AARP Smart Driver Courses will be held on Tuesday, January 10th and Tuesday, February 14th at the Mary Esther Gonzales Senior Center dining room. Classes run from 1:00-5:00PM. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 individuals. Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

To register: Call 505-490-2489 and leave your name, phone number and the month of the class you want to attend.

Arrive at 12:30 pm to check-in and fill out any required paperwork. All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the MEG dining room.

18th Annual Alzheimer's Association New Mexico Chapter FREE Caregiver Conference: A Better Tomorrow

The dementia journey can be challenging and confusing, not only for the person living with it, but also for the caregiver. This year's conference will help caregivers navigate the journey guided by the latest research, treatment options, info about behaviors, financial planning, best care practices, and much more. You are not alone in this journey. As innovations in dementia care and science continue to emerge, we are all on our way to "A Better Tomorrow."



Santa Fe Property Tax Outreach Program

Pay property taxes for the first half of 2022 at the MEG Center on **Thursday December 1, 2022, from 10AM – 2PM**. Payments for the second half of 2022 will take place at the MEG Center on April 20th & May 2nd, 2023

The Treasurer's Office only accepts checks, money orders, credit card, or cashier's check. For security reasons, cash is not accepted. The Treasurer's Office does not contact taxpayers for payment over the phone. For additional information, contact the County Treasurer's Office at **(505) 986-6245**.



- **December 10th, 2022, 9AM-3PM**
- **Marriott Albuquerque - 2101 Louisiana Blvd NE, Albuquerque, 87110**
- **Separate tracks provided for Professional Caregivers and Family Caregivers**
- **Register at: www.alz.org/newmexico/helping_you/caregiver-conference | (505) 266-4473**

NEWS & VIEWS

Pancho Claus (The Night Before Christmas) By Eduardo "Lalo" Guerrero & Submitted by Carmen Rodriguez

'Twas the night before Christmas and all through la casa
 Not a creature was stirring, ¡Caramba! ¿Qué pasa?
 Los niños were all tucked away in their camas,
 Some in vestidos and some in pajamas.
 While Mama worked late in her little cocina,
 El viejo was down at the corner cantina.
 The stockings were hanging con mucho cuidado,
 In hopes that St. Nicholas would feel obligado
 To bring all the children, both buenos y malos,
 A nice batch of dulces and other regalos.
 Outside in the yard there arose such a grito,
 That I jumped to my feet like a frightened cabrito.
 I went to the window and looked out afuera,
 And who in the world, do you think que era?
 Saint Nick in a sleigh and a big red sombrero,
 Came dashing along like a crazy bombero!
 And pulling his sleigh instead of venados,
 Were eight little burros approaching volados.
 I watched as they came, and this little hombre
 was shouting and whistling and calling by nombre:
 Ay, Pancho !Ay, Pepe! Ay, Cuca! Ay, Beto!
 Ay, Chato! Ay, Chopo! Maruca and Nieto!
 Then standing erect with his hand on his pecho
 He flew to the top of our very own techo.
 With his round little belly like a bowl of jalea,
 He struggled to squeeze down our old chimenea.
 Then huffing and puffing, at last in our sala,
 With soot smeared all over his red suit de gala.
 He filled the stockings with lovely regalos,
 For none of the children had been very malos.
 Then chuckling aloud and seeming contento,
 He turned like a flash and was gone like the viento.
 And I heard him exclaim and this is VERDAD,
 Merry Christmas to all, and to all Feliz Navidad!



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: Santa Fe Children's Museum

Here's a list of volunteer opportunities:

- Visitor Facilitator
- Educational programs facilitator/asst.
- Special Activities facilitator
- Earthworks Garden facilitator/asst.
- Assist in Gift Shop

If you are interested in volunteering at the Santa Fe Children's Museum, please call Mona Baca at 505-955-4760 or mabaca@santafenm.gov

Volunteer Fitness Instructors Needed!

Senior Services is seeking volunteer fitness instructors to teach Enhance Fitness, Chair Exercise, or Strength Training classes.

If you are interested please contact Cristina Villa at 505-955-4725 or cavilla@santafenm.gov.

Happy Birthday, December Volunteers! ¡Feliz Cumpleaños!



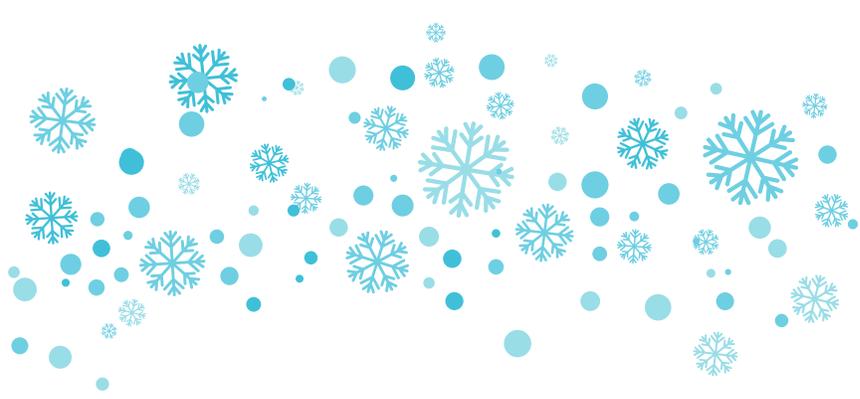
Gloria Pendlay	12/01
Gilbert T. Fuentes	12/02
Joseph S. Gonzales	12/02
Josephine Lazarus	12/02
Gregory Shushan	12/03
Cordelia Garcia	12/04
Kim Berge	12/05
Pauline O. Foral	12/07
Rosemari Cano	12/09
Jean W. Marrs	12/09
GT Springer	12/09
Al Webster	12/09
Percilla Lopez	12/10
Mary Jo Read	12/10
Julie Sprott	12/10
Mary Margaret Rael	12/11
Dennis Gonzales	12/12
Christine Lovato	12/13
Mary Mumford	12/13
Connie S. Valencia	12/14
Sandra Evans	12/15
Pascal Fromentin	12/15
Alan Peura	12/15
Lucille Quintana	12/15
Eileen E. Uveric	12/15
Paul Montano	12/17
Margaret Trujillo	12/19
Becky Gerwin	12/23
Dolores A. Mose	12/25
Rosario Torres	12/25
Raymond W. Willison	12/25
Bob Juliet	12/27
Joseph McKenna	12/28
Michelle Springer	12/28
Bob Dorsett	12/29
Sue A. Fox	12/30
Patricia M. Hummer	12/30
Eileen Levy	12/30
Vicki Rivera-Goin	12/31
Phoebe Weber	12/31

VOLUNTEER PROGRAMS

AmeriCorps Senior Fall Volunteer Recognition Event

On October 27, staff invited all volunteers in the Retired Senior Volunteer Program (RSVP), Foster Grandparent Program (FGP) and Senior Companion Program (SCP) to a fall festival. We wanted to show them our appreciation with this drive-through recognition event. We had music, boxed lunches from Firehouse Subs, a Halloween costume contest and a gift give-away. We also had a raffle where fourteen lucky winners won a variety of prizes. Despite the freezing temperatures, the event was fun and exciting.

We would like to thank the following generous local businesses for their prize contributions:



Costume Contest Winners!



Rod & Cecilia Hassen



Joseph Montoya



Patti Merrill

HEALTH & SAFETY

10 SIGNS OF ALZHEIMER’S DISEASE TO LOOK FOR DURING THE HOLIDAY SEASON

Alzheimer’s warnings often show during holidays - learn how to recognize the signs in yourself and others

It isn’t surprising family members are most likely to recognize the first signs of developing Alzheimer’s disease or dementia in a loved one during the holiday season. Family members and friends may not have seen one another for months or longer due to pandemic-related distancing so when they gather, the signs of memory loss or behavioral change are obvious. Today, over 6 million Americans are living with Alzheimer’s disease. It is the 6th leading cause of death in the USA, killing more than breast cancer and prostate cancer combined. Currently, there is no prevention or cure for Alzheimer’s.

“Early detection is so important,” says Tim Sheahan, Executive Director, Alzheimer’s Association, NM Chapter. “Without it, our loved ones may wait too long to make necessary lifestyle changes to ensure all medical care options are explored. These options range from medications to research. Other considerations include personal safety, quality of care, and to make necessary financial and estate planning adjustments.”

Alzheimer’s takes a devastating toll – not just on those with the disease, but on the whole family. In New Mexico, there are:

43,000 New Mexicans over age 65 living with Alzheimer’s disease

85,000 Unpaid dementia caregivers, many of whom are family members

These caregivers provide **157 million hours of care valued at \$2.5 billion dollars**

Alzheimer’s Association NM Chapter

Get Free Resources at:

- www.alz.org/newmexico
- 24/7 Hotline: 1-800-272-3900

Five Offices in NM

- Albuquerque
- Santa Fe
- Farmington
- Roswell
- Las Cruces

***Source for all statistics:**

2021 Alzheimer’s Disease Facts and Figures report at www.alz.org/facts

If you or someone you love is experiencing any of the 10 warning signs of Alzheimer’s disease, don’t ignore them. Schedule an appointment with a healthcare provider.

Contact the Alzheimer’s Association 24/7 Helpline which is staffed by trained professionals and offered at no charge. Translation services are available when you call.

What are the 10 Warning Signs?



HEALTH & SAFETY

10 SIGNS OF ALZHEIMER'S DISEASE TO LOOK FOR DURING THE HOLIDAY SEASON

- 1. Memory loss disrupts daily life.** The increasing need to rely on memory aids (reminder notes, electronic devices) or family members for things one previously handled on their own is a sign.
- 2. Challenges in planning or solving problems.** If a person experiences changes in the ability to follow a plan or work with numbers, or has difficulty concentrating and completing a task, that may be a concern.
- 3. Difficulty completing familiar tasks.** They may have trouble driving to a familiar location, managing a budget, or remembering the rules of a familiar game.
- 4. Confusion with time or place.** Losing track of dates, seasons and the passage of time is another indication. Sometimes people with Alzheimer's can forget where they are or how they got there.
- 5. Trouble understanding visual images and spatial relationships.** They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving.
- 6. New problems with words in speaking or writing.** They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (such as calling a "watch" a "hand clock").
- 7. Misplacing things and losing the ability to retrace steps.** Putting things in unusual places and being unable to find them. Sometimes, they may accuse others of stealing – with more frequency over time.
- 8. Decreased or poor judgment.** They may also pay less attention to grooming and personal cleanliness.
- 9. Withdrawal from work or social activities.** Some individuals may avoid being social because of changes they're experiencing, removing themselves from work projects, hobbies, and sports.
- 10. Changes in mood and personality.** Individuals can become more easily upset at home, work, with friends or in places where they are out of their comfort zone.



WORD SEARCH

Dreams

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

ANSWERS

- AWAKEN
- BED
- BRAIN
- BREATHE
- CHARACTER
- CONFUSING
- DOZE OFF
- ENJOYABLE
- FADE
- FEAR
- FREQUENT
- FREUD
- HABIT
- HINDER
- IMAGINE
- LATE
- LOUD
- MESSAGE
- NIGHTMARE
- PERSPIRE
- PLEASANT
- PREDICT
- RECUR
- REMEMBER
- REPRESSION
- SERIOUS
- SLEEPWALKING
- STRANGE
- SUDDEN
- SWEAT
- VAGUE

DELETE ONE

Delete one letter from I'M A DREAM and find something mythical.

CROSSWORD PUZZLE

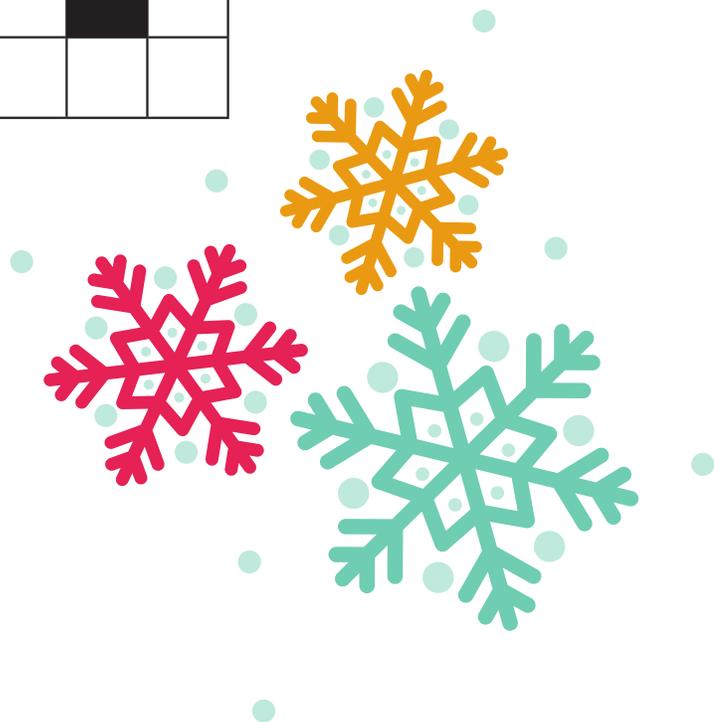
1		2	3	4	5	6				7		8
		9										
10						11		12				13
										14		
15		16				17						
		18		19						20		
21												22
		23						24				
25	26											
27						28		29	30	31		
						32	33					
34												

ACROSS

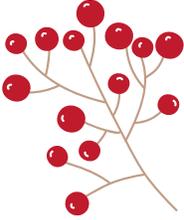
- 1. 2003, for swimming
- 9. Mute Marx
- 10. Religious teacher
- 11. Unconscious learning
- 14. Lupino of old Hollywood
- 15. 2010, for figure skating
- 18. 1981, for running
- 23. 1976, for the decathlon
- 25. Polite form of address
- 27. Young thespian's dream
- 29. Dominican Republic neighbor
- 32. Warner who played Charlie Chan
- 34. 1997, for football

DOWN

- 1. Learn thoroughly
- 2. Half a Latin dance
- 3. Son of Noah
- 4. Disney redhead
- 5. Short compilation of songs
- 6. British bathroom
- 7. Eye fixer
- 8. *Valley of the Dolls* author
- 12. Colorful parrot
- 13. *The Wizard of ____*
- 16. A rainbow, for example
- 17. Work out
- 19. Tournament unit
- 20. Likely heir
- 21. Admit wrongdoing
- 22. *The ____ Game*
- 23. QB with five Super Bowl wins
- 24. Hawke or Coen
- 26. Stephen King bestseller
- 28. Anna Faris sitcom
- 30. ____ Arbor
- 31. Infamous Amin
- 33. Sixth note of the major scale



SENIOR CENTER LUNCH MENU- DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spaghetti w/ Meat Sauce Italian Veggies Cucumber & Tomato Salad Garlic Toast Cinnamon Apples	2 BBQ Chicken Pork & Beans Peas & Carrots Carrot Raisin Salad Cornbread Oatmeal Cookie
5 Sweet & Sour Pork Brown Rice Asian Veggies Egg Roll Chilled Pears	6 Cheesy Chili Dog with Meaty Red Chile Onion Rings 3 Bean Salad Tapioca Pudding	7 Baked Chicken Breast w/ Mushroom Sauce Wild Rice Mixed Veggies Roll Fresh Apple	8 Beef Fajita w/ Peppers & Onions Fajita Veggies Black Beans Strawberry Shortcake	9 Baked Tilapia Scalloped Potatoes Vegetable Medley Roll Mandarin Oranges
12 Green Chili Chicken Posole Spanish Rice 5 Way Veggies Tortilla Yogurt	13 Beef Tips over Egg Noodles Steamed Spinach Cucumber & Tomato Salad Roll Whipped Fruit Salad	14 HOLIDAY DINNER Baked Ham Sweet Yams French Style Green Beans Tossed Salad Roll Cinnamon Sweet Rice with Raisins	15 Carne Adovada Pinto Beans Country Blend Veggies Tortilla Sherbet	16 Breaded Fish Tartar Sauce French Fries Chuck Wagon Veggies Coleslaw Apples in Cobbler
19 Pork Chop Mushroom Pork Gravy Rice Pilaf Asparagus Roll Apricots	20 Frito Pie Garnish Mexicorn Spanish Slaw Pineapple Tidbits	21 Green Chili Cheeseburger Garnish Baked Beans Potato Chips Fresh Orange	22 Chicken Parmesan over Linguini Marinara Sauce Broccoli & Cauliflower Bread Stick Peanut Butter Cookie Fresh Apple	23 Tuna Salad Cold Peas Coleslaw Crackers Brownie
26 	27 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll Yogurt	28 Soft Beef Taco Garnish Chili Beans Calabacitas Chilled Peaches	29 Pepper Steak Mushroom Brown Gravy Mashed Potatoes Broccoli & Carrots Roll Mixed Fruit in Jello	30 Turkey Sandwich Garnish Spinach Salad Potato Salad Vanilla Pudding w/ Cinnamon

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.

CROSSWORD PUZZLE SOLUTIONS

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

WORD SEARCH SOLUTIONS

Solution: Dreams

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

DELETE ONE

Delete A and find MERMAID.



NUTRITION EDUCATION

31 HEALTHY HABITS TO TRY IN DECEMBER

1. Embrace seasonal foods.

One of the greatest foods of the holiday season is pomegranates. They're festive, a good source of fiber and a great combination of crunchy and sweet. Toss them in salads, sprinkle them over yogurt or eat them by the spoonful.

2. Set the tone.

Decide how you want the month to look rather than being dragged along by other people's expectations and decisions.

3. Fit in a body weight workout.

No time for the gym? Download a free 7-minute workout app. You can do it at home to get your heart rate up, get a great workout and leave plenty of time to wrap presents.

4. Take a stand.

The average American sits approximately 15 hours each day. Consider standing for part of your day. Start small by standing for tasks that you do multiple times throughout the day.

5. Store memories.

Find a small jar or keepsake box where your family can record milestone moments, hopes, memories, future goals and more. Tuck it away with holiday decorations and dust it off next year.

6. Heat up the kitchen.

In this busy season, try a meal delivery program like HelloFresh. They do the recipe planning, food shopping, ingredient measuring and delivering to your doorstep, leaving time for the fun part – cooking and spending time together! All boxes include recipe cards that are simple, easy to follow and take no more than 30 minutes.

7. Get your morning movement fix.

Sit on the edge of the bed, roll each ankle in both directions and point and flex your toes five times. Next, stand up, bringing your arms into the air, rising up onto your toes and reaching as high as you can. Repeat 10 times.

8. Keep portions handy.

Keep protein to the size of your palm, grains the size of your fist and eat at least two handfuls of leafy greens every day, to watch your calories.

9. Know what you need.

No matter what the expectations are or how busy your schedule is, listen to yourself and create the space and time for what matters to you.

10. Include a vegetable in every meal.

Don't let the crudité tray at a gathering be the only vegetables you eat this season.

11. Just dance.

Nothing dissipates crazy-making stress like shaking it off. Hit play on your favorite song, grab a partner or go solo and just dance.

12. Steer clear of the food court.

Stash almonds in your purse or car for a great-tasting, convenient, healthy snack to give you energy so you can shop hunger pang-free.

13. Create a 50/10 hour.

Spend 50 minutes of concentrated effort on one task every hour, and use the remaining 10 minutes for a mental break.

14. Be a morning person.

Exercise will get knocked off the to-do list if it's not done first thing. Schedule it before anything else happens for a sense of accomplishment all day.

15. Develop a strategy.

Determine and decide how to handle the parts of the holidays you don't enjoy. Delegate what you can and do what you must.

16. Front-load your diet.

Each morning, blend a 1/2 cup of unsweetened almond milk, 1 scoop of vanilla protein powder, 1 banana, 1/2 cup of dark cherries, 1 tablespoon of almond butter, several large handfuls of baby spinach and a bunch of ice.

Excerpted from www.health.usnews.com

NUTRITION EDUCATION

31 HEALTHY HABITS TO TRY IN DECEMBER

17. Take two.

When you are watching TV, use the commercial breaks to do a little exercise.

18. Go nuts.

If you're serving nuts to guests, choose pistachios because they are one of the snack nuts with the lowest fat and calorie content. Thirty pistachios are approximately 100 calories.

19. Breathe.

When things get crazy and you become overwhelmed, take a minute to catch your breath. Sitting down on a chair, feet flat on the floor, breathe in for a count of four saying the words, "I am." Hold your breath for a count of four. Exhale for another count of four, this time saying the words, "at peace." Hold your breath for another count of four. Repeat five times.

21. Treat yourself.

Who said you only have to buy presents for others? After all, you can celebrate you in all of your awesomeness, just as much as you can celebrate the rest of us.

20. Give the gift of health.

It is great to give (and receive) fruit for Christmas because it's such a relief to the onslaught of sugar at this time of year.

22. Focus on presence – not presents.

In this day and age of technology and distraction, sometimes the best gift is someone's full attention. Turn off your phone and enjoy dinner while focusing on those you are with.

23. Stay hydrated.

Winter weather can be rough on skin. Hydrate from the inside out by drinking one glass of water before every meal.

24. Foster conscientious conversation.

Use conversation starters to get more out of your interactions and learn something new about the person you are talking to. Try: What's your favorite place you ever traveled and why? Why did you choose your profession? What is your best holiday memory? When we assume we know everything about the people we see the most, we miss the characteristics that make them special.

25. Unplug in the morning.

Spend 15 minutes in the morning electronic-free.

26. Grab your Halos.

Halos mandarin oranges are a healthy portable snack for just 50 calories a pop.

27. Conduct a yearly review.

Carve out some time to review the year and think about what the past 12 months have taught you. What were your successes and struggles? What were your favorite moments? Reflecting on the year allows us to gain insight into patterns and habits – and decide how we want to better ourselves moving forward.

28. Sip this.

Instead of wine, beer or liquor, consider sipping on a hot herbal tea. You still get to kick back with a drink, but it won't interfere with your sleep.

29. Pick a habit: one to choose and one to lose.

Setting New Year's resolutions is so last year. Instead, consider the things you do (and don't do) every day. Pick one habit you want to choose to do in 2022 and one habit you want to lose.

30. Take a walk around the block.

When the end of year and holiday craziness gets the best of you, seek a change of scenery.

31. Say what you need to say.

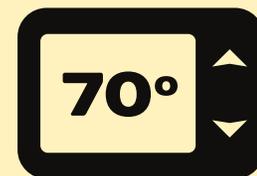
Tell someone you love how much he or she matters to you. Share with them the ways in which they positively impact your life. Spend the last day of 2022 knowing you took the time to celebrate the people who matter most to you.

CONSUMER & LEGAL

7 Innovative Ways To Lower Utility Bills Before Prices Spike

1. Adjust Your Thermostat

You can save just by adjusting your thermostat by 7 to 10 degrees when you're not at home. By doing this for at least eight hours per day, you can reduce your heating and cooling bills by as much as 10%, according to the Department of Energy as reported by CNET. To make this even easier, you can use a programmable thermostat to adjust the temperature at certain times.



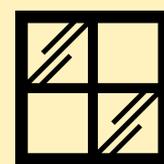
2. Turn Down Your Water Heater

While most water heater manufacturers set the temperature at 140 degrees Fahrenheit, you only need it set at a maximum temperature of 120 F, reports CNET. Lowering the temperature on your water heater can save you hundreds of dollars per year.



3. Check Seals on Windows and Doors

Have you noticed a draft near your entryway? Check the seals around your windows and doors and replace old weather-stripping. Proper sealing helps keep heating and cooling expenses low.



4. Take Advantage of Discounted Rates

Electricity rates tend to be higher during certain times of the day (and year). According to Nerdwallet, you can lower your energy bill by 5% to 25% by saving energy-intensive work for times when rates are cheaper.



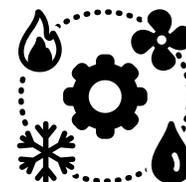
5. Swap Out Lightbulbs

By using compact fluorescent or LED bulbs with the Energy Star label, Nerdwallet says you can save as much as \$75 per year. Not only do LED bulbs use less energy, but they produce the same amount of brightness and last 40 times longer than a 60-watt incandescent bulb, reports U.S. News & World Report.



6. Schedule HVAC Maintenance

Regular maintenance on your HVAC unit and ductwork can help reduce household energy consumption. An HVAC unit that's running efficiently with properly insulated ductwork means less money going towards heating and cooling costs.



7. Get an Energy Audit

You can get an energy audit — which many electric companies offer for free or at a discounted price — where they inspect your home and look at your electric bills to see where you're wasting energy, CNET reports. Check with your local utility company for options.



Farewell to Gino Rinaldi our Director Division of Senior Services!



Join us for a slice of cake in honor of Gino on Wednesday, December 14, 2022 at 12:00pm at the Mary Esther Gonzales Center



Gino's retirement plans include traveling to Europe, going fishing more, spending time with his grandchildren, and working in in his vineyard.

**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

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.