

# ***THE SENIOR SCENE***



Photo: Gene Gerber



Offered by: Division of Senior Services  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**APRIL  
2021**

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

APRIL 2021

## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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

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

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

### PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services:</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker and Respite Care,</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	<b>Foster Grandparent/Senior Companion Program</b>	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog. Manager	955-4761
FAX Machine - Administration	955-4797	Vacant, Project Administrator	955-4744
<b>Senior Services Registration</b>		<b>Retired Senior Volunteer Program (RSVP)</b>	
Vacant, Database Specialist	955-4722	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
<b>Transportation Ride Reservations</b>	<b>955-4700</b>	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	<b>50+ Senior Olympics</b>	
Erika Cuellar, Administrative Assistant	955-4702	Cristina Villa, Program Coordinator	795-3817
<b>Nutrition</b>		<b>Miscellaneous</b>	
Yvette Sweeney, Program Manager	955-4739	Craft Room	Not in service
Enrique DeLora, Inventory Supervisor	955-4750	Pool (Billiard) Room	955-4730
Tebrina Roibal, Administrative Assistant	955-4749	<b>Other Important Numbers</b>	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Ride	473.4444
<b>Senior Center Programming (Activities)</b>		<b>Newsletter Production</b>	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	<b><a href="mailto:kwslater-huff@santafenm.gov">kwslater-huff@santafenm.gov</a></b>	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

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# By Gino

A message from the Division Director



"It's true. The storms won't last forever. The nasty weather will never last. There is always that light at the end of the tunnel" Diana Ross Morcilla

"It always seems impossible until it's done" Nelson Mandela

Boy, oh boy, I'm still yawning from the time change. Yuck, I hate time change. I know the legislature did not approve to keep the time the same, like I wish they had, but I'm sure they had their reasons.

It was a strange day in March as we pass the 1-year mark for being closed down due to COVID-19. I am pleased to say more and more of our community is getting their vaccinations. Please keep trying if you have not registered and if you have registered and have not heard anything, call us and let's see if we can help.



We worked closely with the Santa Fe Fiesta Council, Santa Fe County, the Aging and Long-Term Services Department and the Department of Health to register folks at an event on March 13th at the County Fairgrounds, and then to coordinate the vaccination event on March 26th. I want to thank all our great staff and volunteers who stepped up and helped with the registrations and scheduling. See the photo below.

We have passed the 230,000-meal mark at the 1-year mark as well. This is about 70,000 more meals than a normal year. Man, that is a lot of meals. We are still averaging 150 curbside meals per day. Remember to thank staff for all their hard work and I hope it warms up soon out there.

*At our COVID vaccine event, DSS staff was on hand to support the process. Here is Anya Alarid checking registered people off the list. We helped 1,000 seniors receive their vaccinations that day!*

# NEWS & VIEWS

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**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.

## Senior Centers Remain Closed Due to COVID

In the meantime, we continue to provide services within City limits. Curbside meals are served (only) at the MEG Center at 1121 Alto St. Just pull up, any Monday - Friday from 10:30 a.m. to 12:30p.m. We serve the menu on the last page of this newsletter.

If you cannot get to the MEG Center, or you would just rather stay home and receive your meal there, let us know. For home delivered meals while senior centers are closed, you do not need to be homebound. Call (505) 955-4721.

Please note that, on **April 2**, the City will close at noon. Home-delivered meals will be delivered as usual but **curbside meals will be served only 10:00 – 11:30 a.m.**

Senior Services continues to take seniors to doctor appointments and pharmacies, preferably with 2-3 day notice and maximum of a week notice. To schedule your ride, please call (505) 955-4700.

## ARE YOU REGISTERED FOR THE COVID 19 VACCINE? DO YOU NEED HELP?

If you have not registered for the vaccine on the New Mexico Department of Health website, they do not know that you want it, and you will not be scheduled to receive it. The vaccine is free. Go to [www.nmvaccine.org](http://www.nmvaccine.org) to register.

**If you have received your vaccine** already, you must **go back to the website to report that**, or the Department of Health will think you are still waiting for it and they will continue to contact you. This means others may miss out on the vaccine.

We want to make sure everyone who wants the vaccine gets it soon.

If you would like assistance registering, or if you have questions about the process, please call Kristin in Senior Services at (505) 955-4760.

## Would you Like a Senior Companion?

Are you lonely and bored after a whole year of staying home? Would you like to have a Senior Companion



volunteer call you a couple of times a week? The volunteers in the Senior Companion Program offer companionship to other seniors, enabling them to remain living independently and happily at home.

During COVID, they are only visiting by telephone calls on a regular basis. When the weather is nicer and everyone is vaccinated, some Companions will start going for walks again with their "clients" and others will even give rides or visit indoors and assist with small tasks.

To learn more, please contact Anya Alarid at (505) 955-4744 or [alarid@santafenm.gov](mailto:alarid@santafenm.gov).

## Corrections from the March Issue:

On page 13 of the March edition, we gave an incomplete phone number for Brent Jung, the benefits consultant with CHRISTUS Health Plan. For Medicare Advantage Plan questions, you may call him at (505) 412-0491.

On page 7 we gave an incorrect phone number for Santa Fe CONNECT. It is (505) 995- 9525.

## Happy Spring!

We hope you are enjoying the increased light of the longer days and the cheerful, bright colors of spring flowers.



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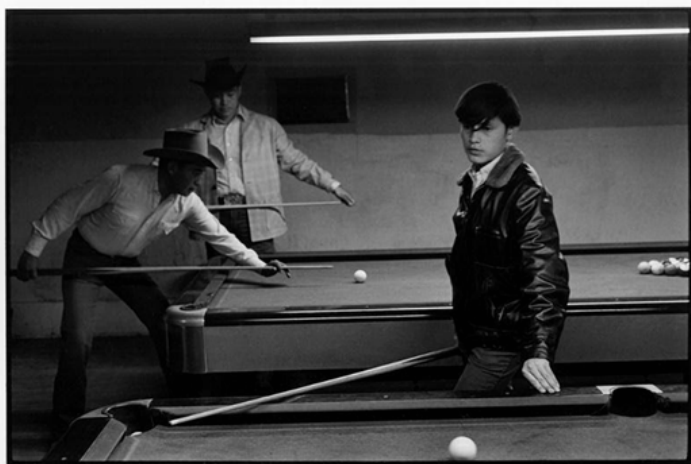
## Durable Medical Equipment Loan Bank



Did you know that Senior Services has a free loan bank at the MEG Center where you can borrow medical equipment you might need? We have wheelchairs, walkers, canes, shower/tub chairs, and adult disposable underwear, when available.

If you are in need of any equipment (or you have equipment in good condition that you would like to donate), please let us know. If you are not registered with Senior Services, we will ask you to do that before borrowing, but it only takes a few minutes and it is free to register.

Call Theresa Trujillo at (505) 955-4745 or [tptrujillo@santafem.gov](mailto:tptrujillo@santafem.gov).



## Send us a Favorite Old Photo

Do you have a favorite old photograph you'd like to share with the readers of this newsletter? It might be one that evokes a certain time or place, or a special memory, or a shot that will make people laugh, or a beautiful picture of someone important to you.

If so, please contact Kristin at 955-4760 or [kwslater-huff@santafem.gov](mailto:kwslater-huff@santafem.gov) to coordinate us copying it so we can get it right back to you.



## SFCC Senior Citizen Reduced Tuition Rates

Senior citizens can take classes at Santa Fe Community College for only \$5 per credit hour. Rates apply to those who are 65 or older and who have established New Mexico residency for 12 consecutive months and are enrolled for 10 or fewer credits per semester.

AARP ambassador volunteer "Denny D." Dennis Dickinson says, "I know about the New Mexico Senior Citizen Reduced Tuition Act. I carried the amendment to that bill through the House and Senate with the help of AARP and my Representative Linda Trujillo" The law used to be six credits a semester until Mr. D. worked to change it to ten. AARP now calls it Denny's law. He says: "I found out that one man can change New Mexico law. Total cost to make that bill happen was zero. The effort is now benefiting thousands of seniors in the entire state."

Denny also says "This spring, I will be taking wood turning and wood carving at \$75/class. The school supplies all the tools and materials, plus a hands-on instructor who is there at all times. I also have use of the library and computer labs with IT people on hand. Printing is free and the school supplies the paper.

"Transportation to SFCC is no problem. Santa Fe Trails runs a bus to and from Santa Fe Place Mall almost every hour. Drop off is near the gym and the back side of the college. The cost is \$1 each way for seniors. Veterans ride for free."

Summer school registration will open soon. You can register in person at SFCC at 6401 Richards Ave. or online at [www.sfcc.edu](http://www.sfcc.edu).

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## April Drive-Through Food Distributions from The Food Depot

[www.thefooddepot.org](http://www.thefooddepot.org)



- Thursdays, April 1st, 15th, and 29th, 7:00-9:00 a.m. at The Food Depot, 1222 Siler Rd
- Saturdays, April 10th and 24th, 8:00-10:00 a.m. at Santa Fe Place Mall parking lot

No identification or proof of income is required. Attendees remain in their car while volunteers place food in the trunk, so please clear room in your trunk for groceries. The food distributions at Santa Fe Place Mall (not at Food Depot) require The Food Depot to ask questions of recipients, including name, address, and household income, but no documentation is needed. No one will be turned away during the distribution.

## Free Online Computer Classes

Classes sponsored by AARP and Villages of Santa Fe are free and open to the public. You do not need to be a member of AARP to join.

**Head in the Clouds** (April 7, Wednesday, 1:00 p.m.) You may have heard people using terms like the cloud, cloud computing, or cloud storage. But what exactly is the cloud? Should I use iCloud, Google Drive, or some other Cloud “thing”? Is it safe? What are the benefits to me? Find out.

**No More Password Lists** (April 21, Wednesday, 1:00 p.m.) We all want to keep our personal information safe. But with all the new rules for passwords, and the bank requiring us to change passwords every 90 days - how does one keep track? Is it safe to use a password program? What are the best ways to create and remember a password?

**Try Digital Spring Cleaning** (May 5, Wednesday 1:00 p.m.) Get rid of those old apps and files. Clean those fingerprints and smudges off the screen and blow out the crumbs in the keyboard. Then clean up the old files and apps so that your devices run faster. But don't forget the backup.



**Cutting the Cord** (May 19, Wednesday 1:00 p.m.) Are you paying more than \$200 a month for cable? Want to cut the cord, or lower your monthly bill? Learn how to cut your digital bills and get only the programs you need (or just really want). Learn how to find a subscription that provides you only the programming you like, to save you money.

## Historical Events in April

- April 1st 1970 Cigarette advertising banned in the U.S.
- April 7th 1949 Rodgers and Hammerstein debuted their hit musical “South Pacific” on Broadway.
- April 8th 1974 Hank Aaron of the Atlanta Braves hit his 715th career home run.
- April 11th 1968 President Lyndon Johnson signed the Civil Rights Act of 1968.
- April 17th 1964 The Ford Motor Co. unveiled its new Mustang model at the New York World's Fair.
- April 18th 1923 The first baseball game was played at Yankee Stadium in New York City.
- April 28th 1945 Dachau concentration camp liberated.
- April 30th 1789 George Washington was inaugurated as the first President of the United States.



## Be a Local Hero-Crossing Guards Needed!

This part-time job pays \$13.00 an hour and consists of a morning and an afternoon shift. You must pass a background check and have an in-person interview.

Contact Louise Schaeffer at (505) 313-6500 or [Louise@thecrossingguardcompany.com](mailto:Louise@thecrossingguardcompany.com)

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## Attention Current and Former Nuclear Weapons Workers

Q: Do you or a member of your family have an illness such as cancer, beryllium disease, or another condition, which you think may have been caused by toxic exposure in the workplace?

Q: Were you employed at a Department of Energy facility, with a beryllium vendor, or in the uranium mining industry?

If you answered yes, you may be eligible for benefits under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA). Administered by the U.S. Department of Labor. It provides monetary compensation and medical benefits to individuals who became ill as a result of working in the nuclear weapons industry. Survivors of qualified workers may also be entitled to benefits.

For more information, contact the Española Resource Center toll-free at (866) 272-3622.

### Flora's Corner



No man or woman, even of the humblest sort, can really be strong, gentle, pure and good without the world being better for it; without somebody being helped and comforted by the very existence of that goodness.

-Phillips Brooks, American Clergyman (1835-1893)



MoGro is a nonprofit mobile grocery project committed to providing healthy food that people can depend on. They offer bags of fresh, mostly local, fruits, veggies and grocery items each week that are available for pickup at locations in

Albuquerque, Santa Fe, Pecos & Española.

Over the last 10 months they have purchased 85,000 pounds of small-scale locally-grown produce and contributed \$245,000 to New Mexico producers.

Since their organization is so small (3 full-time staff members), they like to encourage folks to create an automatic weekly recurring order if they like the program, to minimize the amount of time their staff need to spend on the phone.

Ordering opens on Thursdays at 2:00 p.m. for pick up the following week, and closes on Monday at 12:00 noon. It is a contactless drive-through, so they ask you to clear a space in your trunk where they can put your bag.

The prices per bag are tiered, based on income. Currently, it is \$6 if paid with EBT, and \$12 or \$20 if paid with credit. Pick up is at the Santa Fe Indian School at 1700 Cerrillos Rd. on Thursdays 3:00 - 6:00 p.m.

Get information on line at [www.mogro.net](http://www.mogro.net) or call them to place an order at (505) 216-8611.

### April Holidays

- 1st April Fools' Day
- 2nd Good Friday
- 4th Easter Sunday
- 8th Holocaust Remembrance Day
- 12th First of Ramadan
- 22nd Earth Day



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## City of Santa Fe Sprucing Up for Spring

As the community starts to come out of quarantine and we prepare to receive seasonal visitors, various City divisions and crews are fully committed to the Santa Fe Spruce-Up. Priorities include weeds mitigation, park preparations, trail repair, median beautification, litter clean-ups, and street cleaning and maintenance. "This is the nitty-gritty work of city government – where the rubber meets the road," says Mayor Webber. "There's a total commitment by City employees to make Santa Fe look good and feel good."

### Parks Department: Weed Beating Strategic Plan

Acting Parks Department Director Melissa McDonald says "Safety is my number-one priority, so tackling the weeds on the medians and roadsides comes first. Drivers need to see other vehicles, a quickly turning bike, or kids playing on a sidewalk. In the interests of public safety, we refrain from the use of toxic chemicals that can make people sick or pollute our water. In addition to tackling the weeds, Parks Department priorities right now include preparing playgrounds for children to play safely, getting the ballfields ready for league play, and doing upkeep of our incredible trail system."

### Environmental Services Division (ESD):



Recycle ESD takes garbage and recycling seriously. Division Director Shirlene Sitton provides this seasonal advice: "For guidance on how to dispose properly of items, download the Recycle Coach App from the Apple App store, or Google Play. A new,

larger recycling drop-off (including for glass) is now open at 2950 Aqua Fria, just south of Siler Rd. Are you cleaning up around your yard? Take advantage of the free green-waste days at Buckman Road Recycling and Transfer Station on the first weekends of the month in spring. The next one is April 3rd (BuRRT is closed on April 4th for Easter)."



## Keep Santa Fe Beautiful: Calling All Volunteers

Keep Santa Fe Beautiful (KSFB) is a nonprofit, mainly volunteer program that partners with the City's Environmental Services Division on environmental education, litter awareness and prevention, and beautification programs. KSFB director Carol Branch stewards 50 of the most visible Adopt-A-Median landscapes with a mission to sustainably landscape and beautify medians in Santa Fe.

**The KSFB annual spring cleanup**, which is part of the nationwide Great American Cleanup, is Saturday, **April 17th**. Individuals, families, and groups are encouraged to sign up. Pick up bags, gloves, and t-shirts at 1142 Siler Rd. on 4/10, 4/15, and 4/16 from 10:00 a.m. to 2:00 p.m. Preregistration on their website is required. Learn about KSFB, volunteer and donate at [www.keepsantafebeautiful.org](http://www.keepsantafebeautiful.org)

### **Streets Division: Plow, Sweep, Fill Potholes.**

At a time of year when it snows one day and it's 60 degrees the next—and then it snows again—the Streets Division must be nimble about deploying its resources. Director Thomas Martinez has four crews that take part in snow and ice removal working in two teams, working days and nights. Once everything melts, two street sweeping crews go around cleaning up the storm debris.

Bad weather and changes in temperature also create potholes: Martinez reports that the division filled three thousand potholes during the last year. This year the division will be able to work cleaner and more efficiently to achieve longer-lasting results, thanks to the purchase of new equipment and materials that repair the holes.

To report street issues that require attention to the City's Constituent Services, call (505) 955-6949 or go to [www.santafenm.gov](http://www.santafenm.gov).



# R.A.M.P. RESIDENTIAL ACCESSIBILITY MODIFICATION PROGRAM



RAMP SERVICES ARE AVAILABLE TO ANY NEW MEXICO RESIDENT WITH A QUALIFIED DISABILITY AND SHALL BE COORDINATED ON A CASE BY CASE BASIS WITH THE CLIENT, GUARDIAN, AND THE STAFF OF THE GOVERNOR'S COMMISSION ON DISABILITY.

## EXAMPLES OF MODIFICATIONS:

- A RAMP TO THE FRONT DOOR,
- REPLACING A TUB WITH A ROLL-IN SHOWER,
- INSTALLING GRAB BARS

## Question: What is RAMP?

Answer: RAMP is a State funded program that will help improve the quality of lives for individuals with physical disabilities by making improvements to their current housing situation.

## Question: What are the eligibility requirements?

Answer: **1)** Must be a citizen of the United States of America; **2)** Must be a resident of New Mexico for at least six (6) months; **3)** Must have a physical disability documented by receipt of Social Security Disability Benefits (SSI or SSDI) or a statement from a physician; **4)** Must have applied for all other appropriate and available residential modification community resources leaving the RAMP as the "payer of last resort"; **5)** Taxable or reportable income must be within 250% of the most current Federal Poverty Income Eligibility Guidelines for Medicaid and Children's Health Insurance Program (CHIP).

APPLICATIONS CAN BE FOUND ONLINE,  
[WWW.GCD.STATE.NM.US](http://WWW.GCD.STATE.NM.US),

A HARD COPY CAN ALSO BE PICKED UP AT OUR OFFICE OR REQUESTED BY MAIL.

CONTACT INFO BELOW:

491 Old Santa Fe Trail  
Santa Fe, New Mexico 87501  
1-877-696-1470

[www.gcd.state.nm.us](http://www.gcd.state.nm.us)



STATE OF NEW MEXICO  
GOVERNOR'S COMMISSION ON DISABILITY

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

APRIL 2021



## Please Join RSVP

We invite you to join the Retired Senior Volunteer Program (RSVP) and support an organization you admire. RSVP members receive a variety of free benefits, including mileage reimbursement for driving to, from and during volunteer work. While serving, volunteers are covered by excess auto liability and personal accident insurance. Volunteers are celebrated through recognition events and gifts, and educational opportunities. You can also meet people who care about the same things you do. To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or (505) 955-4760. Thanks!



## Vamonos Walks

Join the SF Conservation Trust and help lead 'Vámonos: Santa Fe Walks' in the beautiful outdoors. These are free, hour-long walks on paved urban trails, at the pace of the walkers. Volunteers ensure everyone signs in and stays on the correct trails, watch out for cyclists, take photos if possible and distribute evaluations at the end of the walk.



## Long-Term Care Ombudsman

Ombudsmen are highly trained volunteers who advocate on behalf of residents of long-term care facilities, making sure they are receiving all the rights to which they are entitled. Currently, Ombudsmen work over the telephone and video chats, since they cannot enter facilities in person.

# MANYMOTHERS

Improving Our Community, One Baby at a Time

## Many Mothers

Volunteers receive orientation and support to go into a home and help new mothers cope, whether it is practical advice, comfort, or holding the baby so the mother can shower.

Contact Kristin at (505) 955-4760 for details on any of these or other volunteer opportunities.

## The Volunteer Programs wish a very Happy Birthday to all volunteers born in APRIL

### RSVP *Voluntarios*

Martha Catanach	4/01
Charlie Lujan	4/02
Charles A. Marquez	4/02
Victor E. Montoya	4/03
Rosie Sweeney	4/03
Ronald Bierdman	4/05
Connie Sena	4/06
Virginia M. Lucero	4/07
Matilda Rios	4/07
Bernie Frimond	4/09
Robert Suspanic	4/10
Deolinda Montoya	4/11
Patsy Sena	4/12
Bernard Preskin	4/13
Clarice Getz	4/14
Carmen J. Chavez	4/16
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Marsha Reindorf	4/22
James Butler	4/24
Ron Levy	4/26
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally A. Rodriguez	4/29
Nazario Roybal	4/29
Linda J. Miller	4/30
Sister Jo Romero	4/30

### FGP/SCP *Voluntarios*

Bonnie Rice	4/3
Prescilla Martinez	4/6
Maria E. Duran	4/16
David Dominguez	4/21
Mela Delgado	4/29

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

# NUTRITION EDUCATION

APRIL 2021

## NUTRITION EDUCATION

### Total Carbohydrate

(From the Federal Drug Administration)

#### What It Is?

Carbohydrate is found primarily in plant foods; the exception is dairy products, which contain milk sugar (lactose). There are several types of carbohydrate:

- **Sugars** are the smallest type of carbohydrate and include single sugars and those with two sugar molecules joined together.
- **Sugar alcohols** are carbohydrates that chemically have characteristics of both sugars and alcohols.
- **Starches** are made up of many glucose molecules linked together into long chains.
- **Dietary fiber** is made up of many sugar molecules linked together. But unlike starches, fiber is bound together in such a way that it cannot be readily digested. There are two types of dietary fiber: soluble and insoluble.

#### Where Is It Found?

**Sugars** are found naturally in foods such as dairy products, fruits, and vegetables. Sugars are also added to foods and beverages for taste, texture and preservation, and are often found in foods such as grain-based and dairy desserts, sugar-sweetened beverages, and sweets.

- **Sugar alcohols** are found naturally in small amounts in a variety of fruits and vegetables. **Sugar alcohols** are also commercially produced from sugars and starch and added as reduced-calorie sweeteners to foods, such as chewing gum, frostings, grain-based and dairy desserts.
- **Starches** are found naturally in beans and peas (such as garbanzo beans, kidney beans, lentils, and split peas), grains (such as barley, brown rice, corn, oats, and wheat), and vegetables (such as carrots and potatoes). Starches can also be added to foods during processing or preparation to thicken or stabilize them.

- **Dietary fiber** is found in beans and peas, fruits, nuts and seeds, vegetables, and whole grain foods (such as brown rice and whole grain breads, cereals, pasta).

#### What Does It Do?

Sugars and starches are the body's main sources of calories. Your body breaks down these carbohydrates into glucose. Glucose in the blood often referred to as "blood sugar") is the primary energy source for the body. Sugars are also used to sweeten, preserve, and improve the functional attributes of food.

Sugar alcohols provide a sweet taste with fewer calories per gram than table sugar (sucrose), and are commonly used in place of sugar in food. Sugar alcohols also have other functions in food, including producing a "cooling" sensation in the mouth, adding bulk and texture to food, and helping to retain moisture and prevent browning.

Dietary fiber promotes intestinal regularity and helps prevent constipation. Fiber also makes you feel full, slows digestion and the rate at which carbohydrates and other nutrients are absorbed into the bloodstream, and can interfere with the absorption of dietary fat and cholesterol. Most Americans exceed the recommended limits for added sugars and do not get the recommended amounts of dietary fiber in the diet.

Diets lower in added sugars and higher in dietary fiber and \*nutrient-dense foods and beverages can reduce the risk of cardiovascular disease and have little or no added saturated fat, sugars and less than 10% of calories per day from added sugars. They are also naturally lean or low in saturated fat.



# HEALTH & SAFETY

APRIL 2021

## FITNESS: EMOTIONAL AND PHYSICAL

alzheimer's  association

The Alzheimer's Association, NM Chapter is pleased to announce a new selection of free, user-friendly virtual classes for April through June that you can take from the safety and comfort of your own home. They encourage you to download this New Program Calendar from the website below and keep it handy. The calendar is your guide to valuable resources – all provided free of charge. It includes:

NM Chapter Classes and Webinars, including their brand new series: "Living with Alzheimer's for Caregivers."

Important class topics like, "10 Warning Signs of Alzheimer's", "Understanding Alzheimer's and Dementia" and more.

Spanish Language Classes

Links to Support Group opportunities

Respite Reimbursement Program Details

Contact information for statewide Support Staff

For details, please go online to: [https://www.alz.org/newmexico/helping\\_you/nm\\_classes](https://www.alz.org/newmexico/helping_you/nm_classes)

## Exercise for Seniors

(From ACTS - Retirement Life Communities)

**How much muscle-strengthening activity should seniors aim for each week?** Seniors should try to exercise five days a week for 30 minutes a day, with a combination of aerobic and strength training. Of course, everyone starts at their own pace, so another senior exercise tip is to gradually work up to those levels.

**How do you tell the difference between 'moderate' and 'vigorous' activity?** For moderate activity, you should aim to be able to recite your ABC's or a poem while engaging in a little amount of heavy breathing and moderate effort.

**Is exercise effective for a 'frail' senior?** You should take note and remember that frailty doesn't have to be a symptom of growing older. It's actually a medical condition, and there are ways to intervene to prevent it. One thing seniors can do is exercise. Walking, in particular, is a good way to build your muscles, improve your balance, and increase your mobility... all things that can help prevent frailty.

**Can exercise help control diabetes?** Yes – it can help prevent as well as control diabetes. That's true for all ages. Exercise helps regulate blood sugar levels because muscles that are engaged in regular activity are using up that glucose... more so than when they're at rest. Staying active is definitely a part of a sound diabetes management plan but as always, consult with your doctor first, before beginning any new physical activities.

## Tuesdays with Eileen Action & Support Group



Family Caregivers Group

2nd and 4th Tuesdays/month, 1:00–2:00 p.m.

This group is about taking care of yourself even as you care for others. When daily life is challenging, talking with others in a safe environment facilitated by a highly experienced leader will help you to:

- Unclutter your mind to get through your days with less stress
- Practice communicating with more clarity
- Learn different ways to talk with and listen to loved ones
- Make small changes to produce big results

Eileen adds "As a certified coach and grief recovery specialist, I have been helping individuals and groups of people over the past 25+ years. Out of my desire to make a difference, especially in difficult times, I am offering this bimonthly group free of charge.

Please contact me at (505) 428-0670 or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place. You will receive my Zoom link with a telephone option.

If you have questions or prefer private coaching, please let me know so we can schedule a free consultation."

# SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



**B**

**E**

**F**

**A**

**S**

**T**



## BALANCE

LOSS OF BALANCE,  
HEADACHE  
OR DIZZINESS

## EYES

BLURRED VISION

## FACE

ONE SIDE OF THE  
FACE IS DROOPING

## ARMS

ARM OR LEG  
WEAKNESS

## SPEECH

SPEECH DIFFICULTY

## TIME

TIME TO CALL  
FOR AMBULANCE  
IMMEDIATELY



# CALL 911 IMMEDIATELY

**PUZZLE 285**

**CRYPTIC CROSSWORD**

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

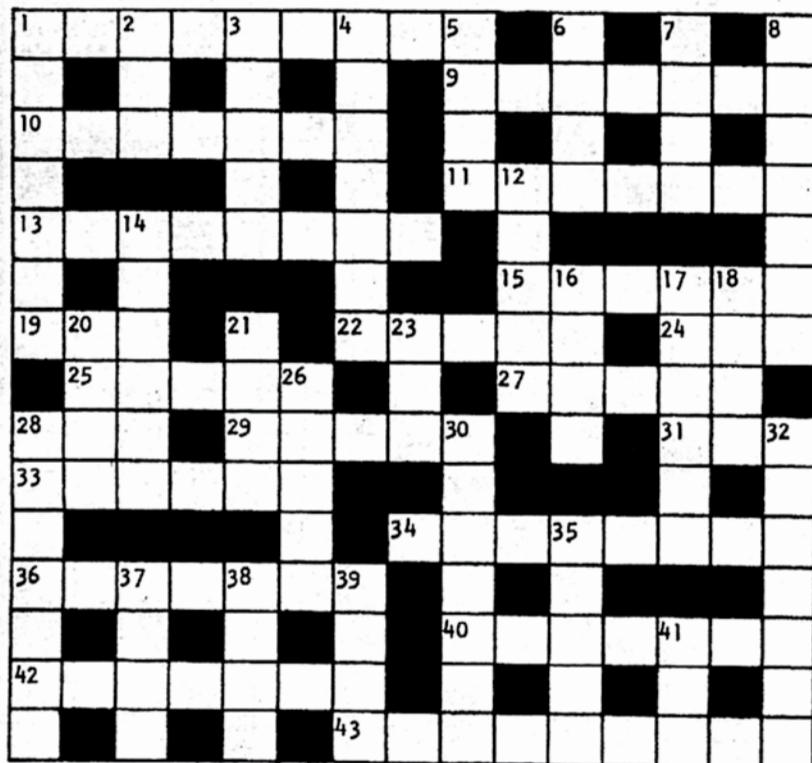
**ACROSS**

- 1. Marx Brother unendingly gets funny lines for balloons (9)
- 9. Touching cat returns to the square on the floor (7)
- 10. Nervousness flattens ionized container (7)
- 11. Break out mine—he upholds Canadian laws (7)
- 13. A little night music in 4/4 time? (8)
- 15. Sainly woman found in late resale (6)
- 19. Singer's gal in Uppsala (3)
- 22. Lips return holding nothing to ruin (5)
- 24. Reversed leg glue (3)
- 25. Maybe severer, maybe Severn (5)

- 27. Ocean upset this vessel (5)
- 28. It is shortly to sit back (3)
- 29. Street and a valley first (5)
- 31. I'm pesky, at first, and a devil! (3)
- 33. Anchorman Dan, to an extent (6)
- 34. The sunken land somehow ain't salt (8)
- 36. Man has a limb inside something to wear (7)
- 40. Regroup til I aim the guard (7)
- 42. Water of life? Add ease, flowing (4,3)
- 43. Scandal has a way to get wet? (9)

**DOWN**

- 1. Instrument's the end—it belongs to the girl (7)
- 2. It writes home to the beast (3)
- 3. Sins and lives poorly (5)
- 4. Units of baseball outings? (7)
- 5. National team goes up the trunk (4)
- 6. Silly cure for light color (4)
- 7. Cloud is overlooked, I'm told (4)
- 8. Governmental fear led to disaster (7)
- 12. The arranged topic is about the eye (5)
- 14. Join the silent revolution (6)
- 16. Dash to the twisted lane (4)
- 17. Unfortunately, ties go to the selfish one (6)
- 18. Appear to be in loose employ (4)
- 20. Song of Maria (4)
- 21. Listen to the germ give way (4)
- 23. Lap up a friend (3)
- 26. Bearer unwittingly holds what is shown again (5)
- 28. Try to contain ancient disaster (7)
- 30. Strive to lure at first (7)
- 32. Go by maturity? That's the ticket (7)
- 35. Aesop headlessly is cleverer still (5)
- 37. True footage, you say? (4)
- 38. Otherwise get chopped eels (4)
- 39. What? Shivering? Time to get warmer (4)
- 41. Drink in the middle of the steam (3)



Looking back at the television scene for the 1973-74 season, "All in the Family" was the number-one show and "M\*A\*S\*H" won the Emmy for Outstanding Comedy Series. Titles of more of your TV faves from that long-ago season are included in this list.

- ALL IN the Family
- BANACEK
- BARNABY Jones
- BOB NEWHART Show, The
- BRADY BUNCH, The
- CANNON
- CAROL Burnett Show, The
- CHASE
- COLUMBO
- DIANA
- FARADAY and Company
- HAWAII Five-O
- IRONSIDE
- KOJAK
- LOTS A LUCK
- LOVE, American Style
- MANNIX
- MARCUS Welby, (M.D.)
- MARY TYLER Moore Show, The
- M\*A\*S\*H
- MAUDE
- MCCLOUD
- MCMILLAN & Wife
- ODD COUPLE, The
- PARTRIDGE Family, The
- POLICE Story
- ROOKIES, The
- SANFORD and Son
- STREETS of San Francisco, The
- WALTONS, The

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



Everett Collection®

# CONSUMER & LEGAL

APRIL 2021

## What is Predatory Lending?

(From the Washington Department of Financial Institutions)

Lending and mortgage origination practices become "predatory" when the borrower is led into a transaction that is not what they expected.

Predatory lending practices may involve lenders, mortgage brokers, real estate brokers, attorneys, and home improvement contractors. Their schemes often target people who have small incomes but substantial equities in their homes. Products themselves are not predatory. For example, a loan with a variable interest rate can be a very good financial tool for many borrowers. However, if the borrower is sold a loan with a variable interest rate disguised as a mortgage loan with a fixed interest rate, the borrower is the victim of a bait and switch or predatory lending practice. In short, this type of conduct is nothing more than mortgage fraud. Common predatory lending practices include:

**Equity Stripping** The lender makes a loan based on the equity in your home, whether or not you can make the payments. If you cannot make payments, your home could be foreclosed.

**Bait-and-switch Schemes** The lender may promise one type of loan or interest rate but without good reason, give you a different one. Sometimes a higher (and unaffordable) interest rate doesn't kick in until months after you have begun to pay on your loan.

**Loan Flipping** A lender refinances your loan with a new long-term, high cost loan and each time, you must pay points and assorted fees.

**Packing** You receive a loan that contains charges for services you did not request or need.

**Hidden Balloon Payments** You believe that you have applied for a low rate loan requiring low monthly payments only to learn at closing that it is a short-term loan that you will have to refinance within a few years.

Consumers can be lured into dealing with predatory lenders by aggressive mail, phone, TV, and door-to-door sales tactics. They promise lower monthly payments as a way out of debt,

but don't tell potential borrowers that they will be paying more and longer. They may target minority communities by advertising in a specific language, or target neighborhoods with high numbers of elderly homeowners, or homeowners with little access to credit.

In this recent Legislative Session, Senate Bill 66 addressed this by seeking to cap the annual interest rate at 36%. Visit [thinknewmexico.org](http://thinknewmexico.org)

You can file a complaint with the Federal Deposit Insurance Corporation (FDIC) at (877) 275-3342, or (877) ASK-FDIC

The following article is being re-run in the newsletter at the request of a reader.

## Comcast Internet for About \$10 a Month & Computers for about \$150



COVID has made computer access more important than ever before, yet many people on fixed incomes cannot afford a computer or internet access.

Recently, Comcast New Mexico expanded eligibility for their Internet Essentials program to include seniors, households with disabilities and some low-income individuals. This eligibility expansion is aimed to better include and assist more low-income households.

The Internet Essentials program provides eligible households with access to the internet at home for \$9.95 + tax per month. Discounted desktop computers and laptops are also available to Internet Essentials customers for about \$150.

However, if you currently subscribe to Comcast, you must discontinue service for at least 90 days before enrolling. Also, you cannot have an outstanding debt to Comcast that is less than a year old.

If you or someone you know is interested in this program, please call 1 (855) 846-8376 or visit: <https://internetessentials.com>.



# PUZZLE ANSWERS

APRIL 2021

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

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

APRIL 2021

City of Santa Fe, Division of Senior Services  
Meals on Wheels Program

## RE-HEATING DELIVERED MEALS

*Food that is not taken care of properly can cause you to become ill.* We do not want this to happen to you, so we ask that you take proper care of the meals you receive to avoid getting food poisoning.

Please follow one set of instructions given below for proper care of the meals delivered to you.



### HOT OR COLD MEALS

- A. If you wish, you may consume the food as soon as you receive it.
- B. If you do not plan to consume the food right away, put all containers of food in the refrigerator.
- C. When you are ready to eat the food, take it out of the refrigerator. For hot foods, peel back lid or slit film to vent. Then, either microwave for 2-3 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 10 minutes or until food is at desired temperature. **Do not use a toaster oven.**

### FROZEN MEALS

- A. If you do not wish to consume the food that day, place all frozen items in the freezer immediately.
- B. When you are ready to eat a frozen meal, take the food out of the freezer and peel back the lid or slit the film to vent. Then, either microwave for 3-5 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 30 minutes or until food is at desired temperature. **Do not use a toaster oven.**

# SENIOR CENTER LUNCH MENU

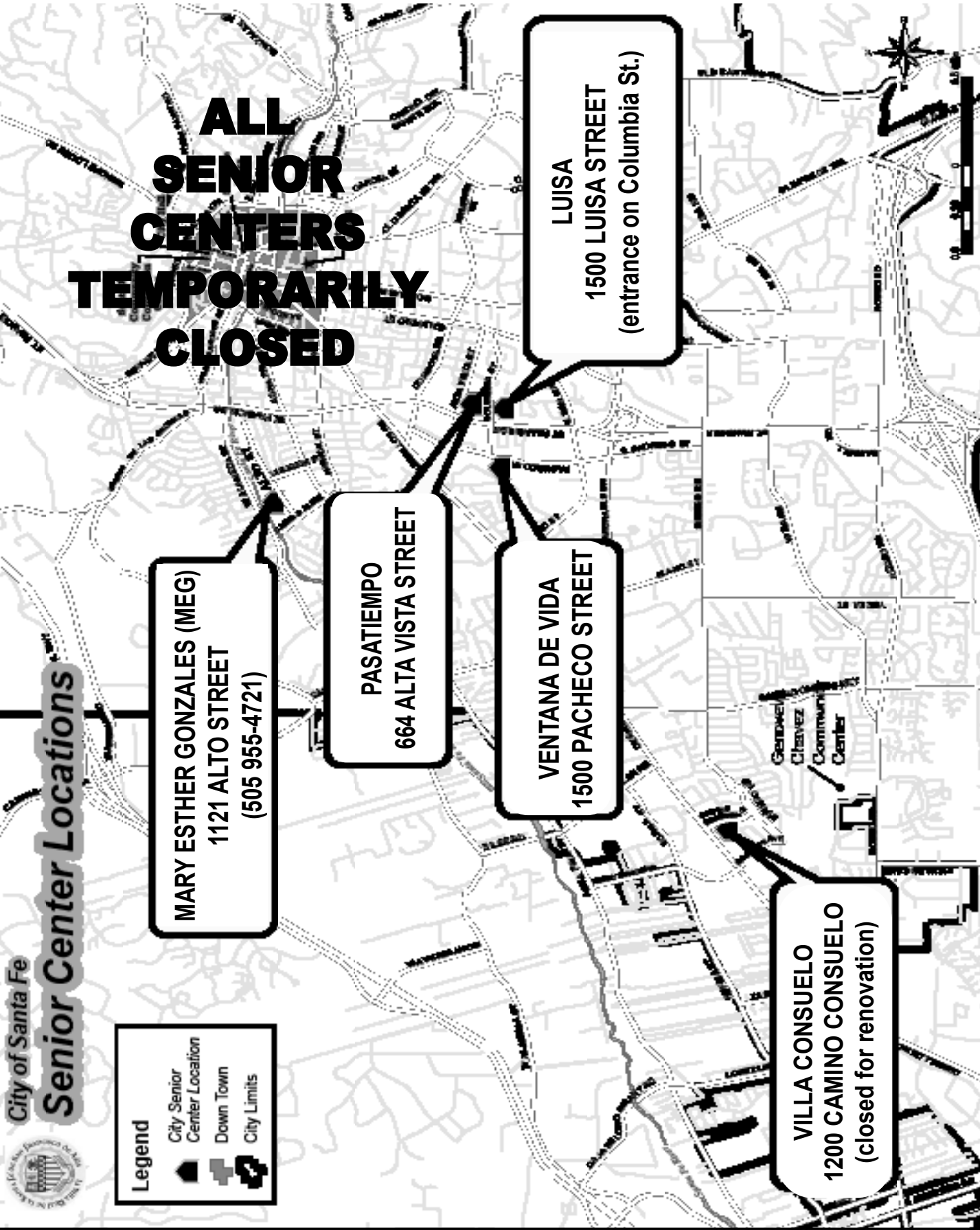
## APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to changes due to ingredient availability.	<b>NOTE:</b> <b>CURBSIDE SERVICE IS 10:00 -11:30 a.m. on APRIL 2</b>		<b>1</b> <b>Ham &amp; Cheese Sandwich</b> with Garnish Carrot & Celery Sticks Macaroni Salad Pineapple	<b>2</b> <b>GOOD FRIDAY</b> <b>Tuna Salad</b> Three Bean Salad Cold Peas Potato Chips / Crackers Chocolate Chip Cookie
<b>5</b> <b>Swedish Meatballs</b> over Noodles Peas & Carrots Roll with Margarine Fresh Pear	<b>6</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Emperor Veggie Blend Egg Roll Tapioca Pudding	<b>7</b> <b>Soft Beef Taco</b> with Garnish Salsa Chile Beans Calabacitas Tropical Fruit	<b>8</b> <b>Spaghetti</b> with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Strawberries in Yogurt	<b>9</b> <b>Chicken Fried Chicken</b> Mashed Potatoes Chicken Gravy Asparagus Roll with Margarine Plums
<b>12</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes Hot Dog Bun Fresh Apple	<b>13</b> <b>Chicken Cordon Bleu</b> w/ Cheese Sauce Broccoli & Cauliflower Rice Pilaf Peaches in Cottage Cheese	<b>14</b> <b>Beefy Frito Pie</b> with Garnish Pinto Beans Mexicorn Coleslaw Cherries in Strudel	<b>15</b> <b>Teriyaki Chicken</b> Fried Rice Asian Veggies Roll with Margarine Mandarin Oranges Fortune Cookie	<b>16</b> <b>Pepper Steak</b> Mushroom Gravy Potatoes Au Gratin Steamed Spinach Roll with Margarine Mixed Fruit in Jello
<b>19</b> <b>Baked Chicken</b> Mushroom Sauce Potatoes O'Brian French Style Green Beans Roll with Margarine Chilled Apricots	<b>20</b> <b>Baked Cod</b> French Fries Mixed Veggies Coleslaw Cornbread Banana	<b>21</b> <b>Beef &amp; Bean Burrito</b> with Garnish Spanish Rice Spinach Salad Cantaloupe	<b>22</b> <b>Pork Roast</b> Pork Gravy ½ Baked Potato California Veggies Roll with Margarine Fresh Strawberries	<b>23</b> <b>Cobb Salad</b> with Chicken, Bacon & Boiled Egg Low Fat Dressing Breadstick with Margarine Brownie
<b>26</b> <b>Pork Red Tamale</b> w/ Red Chile Sauce Spanish Rice Calabacitas Tortilla Vanilla Pudding with Cinnamon	<b>27</b> <b>Cabbage Roll</b> with Veggie Sauce Scalloped Potatoes Carrot Raisin Salad Roll with Margarine Sliced Apples	<b>28</b> <b>Salmon Patty</b> Tomato Macaroni Asparagus Roll with Margarine Chocolate Pudding	<b>29</b> <b>BBQ Chicken</b> Potato Salad Coleslaw Cornbread with Margarine Green Grapes	<b>30</b> <b>Green Chile Cheeseburger</b> with Garnish Pickle Pork & Beans Potato Chips Oatmeal Cookie

Senior Meal Suggested Donation: Lunch \$1.50

Curbside Meals Served at MEG Center 10:30 a.m. – 12:30 p.m. Monday through Friday

Milk is served with each meal.



# ALL SENIOR CENTERS TEMPORARILY CLOSED

**Legend**

- City Senior Center Location
- Down Town
- City Limits

**VILLA CONSUELO**  
1200 CAMINO CONSUELO  
(closed for renovation)

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

**PASATIEMPO**  
664 ALTA VISTA STREET

**VENTANA DE VIDA**  
1500 PACHECO STREET

**LUISA**  
1500 LUISA STREET  
(entrance on Columbia St.)

