

THE SENIOR SCENE



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

**AUGUST
2020**

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



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

AUGUST 2020

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

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

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

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception (505) 955-4721

Toll-Free Administration Line (866) 824-8714

Gino Rinaldi, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721

Cara Alunno, Receptionist 955-4741

FAX Machine - Administration 955-4797

Senior Services Registration

Vacant, Database Specialist 955-4722

Transportation Ride Reservations (page 3) 955-4700

Linda Quesada-Ortiz, Project Specialist / Dispatch 955-4700

Erika Cuellar, Administrative Assistant 955-4702

Nutrition

Yvette Sweeney, Program Manager 955-4739

Enrique DeLora, Inventory Supervisor 955-4750

Tebrina Roibal, Administrative Assistant 955-4749

FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Albert Chavez, Program Coordinator 955-4715

Mary Esther Gonzales (MEG), Ventana de Vida

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

In Home Support Services:

Homemaker and Respite Care,

Theresa Trujillo, Program Supervisor 955-4745

Saul Carta, Program Coordinator 955-4735

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Manager 955-4761

Anya Alarid, Project Administrator 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Public & Community Relations Officer 955-4760

Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator 795-3817

Miscellaneous

Craft Room Not in service

Pool (Billiard) Room 955-4730

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Newsletter Production

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By Gino

A message from the Division Director



AUGUST 2020

“Be miserable or motivate yourself. Whatever has to be done, it’s always your choice”.
- Wayne Dyer

“It does not matter how slowly you go as long as you do not stop”. - Confucius

“Keep your eyes on the stars and your feet on the ground”. - Theodore Roosevelt

Well, we made it through another month and boy was it a hot one. I sure want to thank staff who worked through some of the hottest days Santa Fe has seen in a long time. We continue to provide meals to the Seniors of Santa Fe. We’ve provided over 70,000 meals since March 16, 2020. On the curbside meals at the Mary Esther Gonzales Center we are averaging more meals than when we were fully open. Amazing times require innovation and resolve, and our staff have both. We are also delivering on average, 200 food boxes every week to our seniors.

I would also like to thank everyone for their donations. I can assure you everything that is donated goes right back into the meals program.

I want to thank all of you for staying put and protecting yourselves from COVID-19. We have seen an increase in the reported cases, which is not a good thing. The Governor’s order is to continue to keep the centers shut down. We will continue to provide home delivered and curbside meals, limited transportation to medical and pharmaceutical appointments, and delivery of food boxes. We are not providing homemaker and respite services, and parts of the volunteer programs are still on standby. I know all this stinks, but we will have to continue with these restrictions until we see an end to this terrible virus, and that will only happen if “ALL PEOPLE TAKE IT SERIOUSLY.”



Cook Brenda Tapia gives lunch and two cotton masks to Meals on Wheels client Joseph Tapia (no relation).

The Aging and Long-Term Services Department generously donated handmade cotton masks for all of our Meals on Wheels clients. Thank you!

NEWS & VIEWS

AUGUST 2020

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

City of Santa Fe Senior Centers will remain closed for the time being due to the risk of COVID-19 spread to seniors. Plans are being worked on to create an eventual phased reopening plan, in line with City of Santa Fe and other guidelines.

Staff continues to prepare home-delivered and curbside meals on weekdays, according to the menu in this newsletter. Curbside meals are available Monday-Friday 10:30 a.m. – 12:30 p.m. at the front door of the MEG Center, 1121 Alto St. and are available to anyone age 60 or over.

To request senior meals, please call Senior Services at (505) 955-4721.

August Food Depot Distributions



In response to the increased community need for food, The Food Depot is announcing the following drive-thru food distributions which are open to the public:

- On Thursdays, August 13 and 27 and September 3. Note new time: 7:00 to 9:00 a.m., The Food Depot parking lot, 1222 A Siler Rd.

- On Saturdays, August 8* and 22*, from 9:00 to 11:00 a.m. at Santa Fe Place Mall (enter from Zafarano)

* indicates a USDA commodity foods distribution and recipients should be prepared to provide their name, address and household information including income. The Food Depot is an equal opportunity provider.

Mastery

“Someday after we have mastered the winds, the tides and gravity, we shall harness the energies of love. Then for the second time in the history of the world we will have mastered fire.”

-Teilhard de Chardin (Submitted by Robert Mudman Johnson)



Transportation Information

Senior Services Transportation continues to provide rides to medical appointments and pharmacies. Please call at least 24 hours in advance. We ask a suggested donation of \$0.50 per ride (one-way trip). Drivers and riders must wear a mask (we will provide a mask if the rider does not have one), a maximum of two riders are permitted in vans at a time, sitting six feet apart, and drivers will sanitize van between riders.

Senior Services Transportation: (505) 955-4700
(For medical appointments and pharmacy only)

SF County Senior Transport: (505) 992-3069
(For dialysis and wound care appointments only)

Santa Fe Ride: (505) 473-4444
(For weekend and evening transportation)

An application can be completed over the phone and will be processed in most cases on that day. Once processed, the applicant will be issued an ID number and will be able to begin to schedule trips. ID cards will be issued at a later date. Fare per trip is \$5.00, but veterans ride for free.

ADA Paratransit Applications

Applications for this program need to be partially completed by a healthcare provider so cannot be completed over the phone. The Application is at: https://www.santafenm.gov/santa_fe_ride or can be emailed or mailed. Completed applications can be submitted via fax, mail or email, and then the required interview can be completed by phone. Once eligibility for the program has been established, the applicant will be issued an ID number and will be able to begin to schedule trips. ID cards will be issued at a later date. Fare per trip is \$2.00, but veterans ride for free.

If you need additional information, alternative formats, or have any questions please feel free to contact Santa Fe Ride at (505) 473-4444.

NEWS & VIEWS

AUGUST 2020



RSVP member Randy Murray with his dog, Dr. Pupper, modeling a mask made by RSVP member Ted Yamada.

Grocery Store Convenience for Seniors

The following is current as of July 22, 2020:

Albertson's Markets –

3001 S. St. Francis Drive: (505) 992-8663
600 N. Guadalupe St: (505) 982-4668
Senior Hours: Every day, 6:00 – 7:00 a.m.
Pre-Order: www.shop.albertsonsmarket.com
Curbside Pick-Up: Free, but only available at Guadalupe and at St. Francis (not at Zafarano).
Delivery: No

Kaune's Neighborhood Market –

2629 Old Santa Fe Trail: (505) 982-2629
Senior Hours: Saturdays, 8:00 – 11:00 a.m.
Pre-Order: Online at www.kaunes.com
Curbside Pick-Up: \$5, order by 3:00 p.m. the day before. For alcohol pick up, you must enter store.
Delivery: \$10.00 In SF City limits only. Order by 11:00 a.m. the day before. No alcohol delivery.

Smith's Grocery –

2308 Cerrillos Rd: (505) 471-9024
2110 S. Pacheco St: (505) 473-5560
Senior Hours: Mon, Wed, Fri, 6:00 – 8:00 am
Pre-Order: Online www.smithsfoodanddrug.com
Curbside Pick-Up: Free
Delivery: No

Target –

3550 Zafarano Dr: (505) 471-9600
Senior Hours: Tues & Wed, 8:00 -9:00 am
Pre-Order: Online at www.target.com
Curbside Pick-Up: Free, but only brought to your car if you are physically disabled and call from the parking lot. Otherwise, you must go in to pick up.
Delivery: \$9.99, according to website.

Walmart Stores –

3251 Cerrillos Rd: (505) 474-4727
5701 Herrera Dr:(505) 424-9304
Senior Hours: Tuesdays, 6:00 – 7:00 a.m.
Pre-Order: www.walmart.com
Curbside Pick-Up: Free, but only brought to your car if you are physically disabled and call from the parking lot. Otherwise, you must go in to pick up.
Delivery: Not yet.

Whole Foods Grocery –

753 Cerrillos Rd: (505) 992-1700
Senior Hours: Every day, 7:00 – 8:00 a.m.
Pre-Order: www.amazon.com
Curbside Pick-Up: Free, for orders over \$35.00
Delivery: No.

PNM Good Neighbor Fund



During these troubled times the Good Neighbor Fund is here to help! In a tough economy, sometimes people need a little help to get by. The Public Service Company of New Mexico (PNM) Good Neighbor Fund, funded through the generosity of their employees, shareholders and customers was established to help those in need.

PNM income-qualified customers who are facing a financial emergency can receive a grant to help pay part or all of a past-due PNM bill.

Customers should call (844) 378-5792 Monday - Friday to make a telephone appointment for help from the PNM Good Neighbor Fund. If you leave a message, please speak clearly and leave your name and phone number so they can call you back. If you call during the scheduled days, your call will be answered that day.

The Good Neighbor Fund is a low-income program and is given out according to low income guidelines. You must APPLY and be APPROVED for LIHEAP before you can get help from the Good Neighbor Fund. You can apply for LIHEAP on line at www.yes.state.nm.us/yesnm

NEWS & VIEWS

AUGUST 2020

How to Get Things Done Without Coming to a City of Santa Fe Building

From www.santafenm.gov/covid-19

The number one priority for slowing down the spread of Coronavirus is social distancing. Residents are encouraged to avoid going in person to City facilities. If you need a City service please call, email, or go online.

PAY WATER BILL: (505) 955-4333
www.santafenm.gov/paymentus or use the drop box for payment by the front door at the Water Division (801 W San Mateo Rd, Santa Fe, NM).

Questions utilitycustomerservice@santafenm.gov

PAY PARKING TICKET: (505) 955-6581
www.santafenm.gov/pay_a_citation. The Parking Division does not have a drop box for payment.

QUESTIONS ABOUT:

Trash and Recycling: (505) 955-2200
esd@santafenm.gov

Santa Fe Airport: Real time departure/arrivals times – www.flysantafe.com

Santa Fe Municipal Court: (505) 955-5070

POLICE DEPARTMENT

Non-emergency/dispatch: (505) 428-3710

Online Reporting - For incidents such as minor motor vehicle crashes, thefts (when the value is \$500 or less), harassing phone calls, vandalism, graffiti, accidental damage, illegal dumping, burglaries with no suspect information, or other nonviolent crimes with no evidence or suspect information, you can create a report online. To help determine if you should create an online report, please use the following criteria:

- The incident is not an emergency
- The incident occurred within Santa Fe City limits
- There are no known suspects
- There is no video of the incident, and
- This did not occur on a state highway or freeway.

If you agree with all five statements above, you are ready to file your report online.

Use the online reporting system, Cop Logic www.santafenm.gov/police_online_reporting, or call the non-emergency dispatch number (505) 428-3710 and an Officer or Public Safety Aide will take your report over the phone.

If you disagree with any of the statements above and need additional information, please contact the Santa Fe Police Department at (505) 428-3710.

REQUEST A POLICE REPORT OR BACKGROUND CHECK: (505) 955-5762

Requests for Police Reports from Records can be made by e-mailing your request to memartinez1@santafenm.gov or sending your request via fax at (505) 955-5764. Your request will be fulfilled via email, or standard mail at your request. Customers will be invoiced for the cost of providing the records when the documents are provided. To request a background check please email Dorothy Ortiz at drortiz@santafenm.gov.

ANIMAL SERVICES: (505) 955-2701

Due to COVID-19 Animal Services will only be responding to priority calls. These calls include:

Injured animals; animals posing an immediate threat to public safety; animal bites; protective custody cases; and bat inside a residence due to risk of rabies exposure



Animal Services **will not be responding to:** Unrestrained animals, dead animals, barking dogs, injured animals with the owner present, welfare checks; or trapped animals that do not pose a threat to public safety.

For all other City related questions, comments, or concerns please contact Constituent Services at (505)-955-6949.

NEWS & VIEWS

AUGUST 2020

“My grandpa always told me: Yesterday is gone. Tomorrow isn’t here yet. What you have is today. So be happy today.”

—“Polar Bear” (a smiling face in the MEG pool room)



A Silver Lining

Excerpted from www.TheBJM.com by Bryn Nelson 5/4/20

As the coronavirus pandemic continues its deadly path, dramatic changes in how people live are reducing some instances of other medical problems. Doctors and researchers are noticing some curious and unexpectedly positive side effects of the abrupt shifts in human behavior in response to the COVID-19 pandemic. Skies are bluer, fewer cars are crashing, crime is falling, and some other infectious diseases are fading from hospital emergency departments.

Other changes are unquestionably troubling. But doctors, researchers, and public health officials say the pandemic is also providing a unique window through which to view some positive health effects from major changes in human behavior. And the pandemic may lead to a public more willing to accept and act on public health messages.

Alice Pong, a pediatric infectious disease physician and the medical director for infection control at Rady Children’s Hospital in San Diego, said the hospital has seen a sharp decline in pediatric admissions for respiratory illnesses, including influenza, parainfluenza, and respiratory syncytial virus. Pong said she believes children and families are taking advice on hand washing, personal hygiene, and other prevention measures seriously. That message could spread and broaden awareness.

With COVID-19 shutting down economic activity in most parts of the world and people staying closer

to home, street crimes like assault and robbery are down significantly, though domestic violence has increased.

Traffic has plummeted as well. As a result, NASA satellites have documented significant reductions in air pollution—20-30% in many cases—in major cities around the world. Based on those declines, Marshall Burke, an environmental economist at Stanford University, predicted that two months’ worth of improved air quality in China alone might save the lives of 4,000 children under the age of 5 and 73,000 adults over the age of 70 (a more conservative calculation estimated about 50,000 saved lives). “A pandemic is a terrible way to improve environmental health,” he emphasized. It may, however, provide an unexpected vantage to help understand how environmental health can be altered. “In some sense, it helps us imagine the future.” Getting there, he says, could instead come through better regulation and technology.

A separate report coauthored by Fraser Shilling, director of the Road Ecology Center at the University of California at Davis, found that highway accidents—including those involving an injury or fatality—fell by half after the state’s shelter-in-place order in March. “The reduction in traffic accidents is unparalleled,” and yielded an estimated 40 million dollars in public savings every day, the report asserted. Hospitals in the Sacramento region reported fewer trauma related admissions while other reports indicated fewer car collisions with pedestrians and cyclists. The question, Shilling said, is whether researchers can learn from the information to design safer transportation patterns.

Growing evidence suggests that more people are also heeding recent pleas by public health officials and even dating apps to reduce the risk of COVID-19 infection by avoiding casual sex with new partners.

Miguel Duarte Botas Alpalhão, a dermatovenereologist and invited lecturer in the Faculty of Medicine at the University of Lisbon, said “People are now more aware that nothing really matters when health is lacking, and this raised awareness may be the driving force towards healthier habits. We will have to wait and see.”

NEWS & VIEWS

AUGUST 2020



Diana Mamalaki and Kitty Aspen All, enjoying a socially distanced visit, under their sign "Peace and Love to You. Paz y Amor a Ustedes"

MoGro Non-Profit Mobile Grocery

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 & Espanola. Their new Shares have 9-10 fruits & veggies and 1-2 grocery items – local cheese, tortillas, eggs, beans, etc. All distributions are drive-through.

Pricing: \$10 Shares are reserved for those paying with EBT; \$15 Shares are reserved for those who need them – like "essential workers" or people with significantly reduced income; \$30 are typical for grocery store prices and make possible equitable prices for everyone participating.

In Santa Fe, distributions are at the Santa Fe Indian Hospital, 1700 Cerrillos Rd. Enter the parking lot at 2nd St. and follow the arrows. Upcoming dates are August 5 & 19, 3:00 – 6:00 pm. Contact info@mogro.net or (505) 216-8611.

Flora's Corner



You Tell on Yourself
-Author Unknown

You tell on yourself by the friends you seek,
By the very manner in which you speak,
By the way you employ your leisure time,
By the use you make of dollar and dime.

You tell on yourself by the things you wear,
By the spirit in which your burdens you bear,
By the type of things at which you laugh,
By the records you played on your phonograph.

You tell what you are by the way that you walk,
By the things of which you delight to talk,
By the manner in which you bear defeat,
By so simple a thing as how you eat.
By the books you choose from the library shelf,
By these and more, you tell on yourself.

Jigsaw Puzzles

The La Farge Branch Library on Llano St. started a jigsaw table last year, so they have a large collection of puzzles. The puzzles can be loaned out, on an honor system.

Patrons may request to borrow one at curbside pick-up, just by calling from their car in a pick-up spot or by walking up to the table and asking. Unfortunately, patrons cannot select a particular puzzle, but staff can select a random one for them.

The La Farge Library curbside hours are Tuesday, Wednesday, Thursday, and Saturday from noon to 5:30 p.m.



"If you don't like something, change it.
If you can't change it, change your attitude."

— Maya Angelou

NEWS & VIEWS

AUGUST 2020

NUTRITION EDUCATION

Serving and Portion Size

From Go4Life at www.nia.nih.gov/Go4Life

Don't let your eyes get bigger than your stomach! Watching how much you eat can maintain a healthy weight. A "serving" is how much of each type of food you should eat to meet recommended daily nutrition requirements. A "portion" is how much of a single food is actually on your dish – it can vary from meal to meal. When eating your daily meals:

- Stop eating when you are satisfied, not full. If there's still food on your plate, save it for another time.
- Use a smaller plate, bowl or glass to help you eat and drink less.
- Order an item from the menu instead of heading for the "all you can eat" buffet.
- Skip the "super sizes".
- Share a restaurant entrée with a friend- or eat just half and save the rest.



Picture a serving size with these examples:

- 3 ounces of meat or poultry = a deck of cards
- 1 ½ ounces of hard cheese = four dice
- 2 tablespoons of cream cheese = a golf ball
- 1 cup of salad or cooked vegetable = a baseball
- 3 ounces of grilled or baked fish = a checkbook



She will be missed...



Ruby Aldith Kidd-Holmes, age 97, resident of Santa Fe died May 26, 2020. Born April 20, 1923 in Ulster Springs, Trelawny Jamaica West Indies to M. Ethel Baillie-Kidd and Richard S Kidd. She was married to Nels Alfred Holmes of Kingston Jamaica W.I. who preceded her in death. She is

survived by step son Roy, step daughter Lena, son Stanley, daughter Akasha, son Kerry, sister Louise "Dolly", brother Stanley "Sunny"; numerous grandchildren, great-grandchildren, and two great-great-granddaughters.

Ruby earned her Associate's Degree as a Medical Secretary and was employed for 20 years in the ICU at Mountainside Hospital in New Jersey. She then retired to New Mexico to be close to her two youngest, Akasha and Kerry.

Why Not Take a Scenic Drive?

Here is a suggestion from www.santafe.com:



The High Road to Taos-This byway runs through and alongside many natural and cultural treasures, such as the Jemez Mountains and the sacred community

of the Santuario de Chimayo. The drive provides roughly 2½ hours of pure natural beauty, ancient history, and rich culture. During your journey you may want to check out the El Posito, a hole in the Santuario de Chimayo, believed to have healing earth inside it. For those drawn to scenic beauty, we invite you to pull over to the side of the road and smell the abundant blue flax of June and July or the purple aster of August and September. The route ends in the Saint Francis Plaza of Rancheros de Taos, made famous by the paintings of Georgia O'Keeffe.



You can help fund senior services in New Mexico!

Senior services expenditures and other federally-funded programs are directly affected by the population of a state!!!
EVERY SENIOR MUST BE COUNTED!!

Census data is confidential

- Your personal information is protected by law, and is never released to any other local, state, or federal agency (Title 13 of the U.S. Code). Your individual census responses will not affect your tax status or insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Census data affects your community

- Census data determines federal funding to Medicare, Medicaid, and many other federally-funded programs which greatly assist families.
- The data collected by the U.S. Census will determine your political representation for the next 10-years...at the local, state, and federal levels.

Responding to the Census is easy

- You can respond to the U.S. Census online, over the phone, or wait for the paperwork to be mailed to you.

For more information: www.icountnm.gov

*cooperation with the
New Mexico*

Aging and Long-Term Services Department

Make sure you fill out the census form!

United States®
**Census
2020**

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST 2020

Join the RSVP Program



Give a few hours a week to a cause that you care about: Join the Retired Senior Volunteer Program (RSVP) and we will get you started.

RSVP volunteers receive a variety of free benefits. We reimburse for mileage in your personal vehicle. While serving, you are covered by a supplemental insurance. Volunteer service is celebrated through recognition events and gifts as well as free educational opportunities. It is also a good way to meet people who care about the same things you do. Below, you will find information on one of the many volunteering opportunities that RSVP has to offer you.

To enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760, or go online to www.rsvpsantafe.org.



Partnering For Seniors: Volunteer Drivers

A new and essential program for our Santa Fe senior community, developed and run through Catholic Charities.

Within Santa Fe's growing and vibrant senior community, Catholic Charities has recognized a great need for additional transportation services. To address this issue, "Partnering for Seniors" has joined with local hospital and senior agencies to supplement their existing transportation programs by offering both same-day and scheduled ride services. They are looking for passionate volunteers like you to not only help meet this need, but also to combat the growing problem of social isolation in our senior community, which is especially prevalent and problematic during this time of the COVID-19 pandemic.

Their Volunteer Drivers will partner to provide medical and non-medical rides for ambulatory seniors 60+ years of age who are in financial need and have no other option for transportation.

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

This opportunity is volunteer directed and will allow you to set your own schedule with 2-4 hour shifts at any point throughout the week. Passengers will contact Catholic Charities to request rides and the driver's contact information will be shared with the passenger only if the driver agrees.

Drivers will use their own vehicle and must provide valid license and proof of insurance at orientation. Volunteers will be screened through the National Sex Offender website and pass a criminal background check, for everyone's benefit.

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

Please help serve and respond to the needs of our senior community by helping others maintain independence and engagement within their community through your loving support and the generous gift of your time!

If you can commit to a few hours per week to accompany and give a ride to a senior, please contact:

Kristin Slater-Huff in the RSVP office at (505) 955-4760 or kwslater-huff@santafenm.gov

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST 2020

What is Senior Corps?



Senior Corps (soon to be known as AmeriCorps Senior) is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement.

Foster Grandparents are role models, mentors, and friends to children with exceptional needs.

Senior Companions provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep seniors independent longer, and provide respite to family caregivers.

RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities in your community.

RSVP service opportunities include:

- Renovating or building homes
- Assisting victims of natural disasters
- Driving individuals to doctor's appointments
- Helping veterans and their families
- Organizing volunteers
- Cooking at soup kitchens
- Providing free tax services
- Tackling environmental issues
- Supporting hospitals, libraries, senior centers

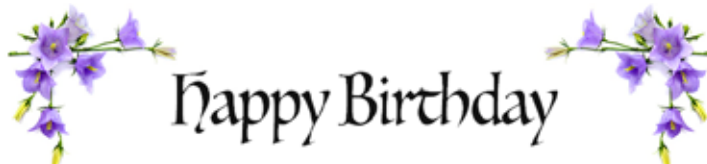
The 200,000 Senior Corps volunteers in America commit their time to address critical community needs. Senior Corps volunteers use their acquired skills, knowledge, and experience to make a difference to individuals, non-profits, and faith-based and other community organizations.

What is a corps? And how is it pronounced?

Similar to the Military or AmeriCorps, it's another form of service to our country. The spelling looks different than it sounds. It is pronounced like (kôr) core of the earth or core of an apple, but spelled with a silent "p".

Why should you be a Senior Corps volunteer?

To make our people safer, stronger and healthier; to strengthen our communities; and to get things done for America. Call (505) 955-4760 to join us.



To all volunteers born in AUGUST

RSVP *Voluntarios*

Aggie Cardenas	8/01
Frances Rodriguez-Robles	8/01
Joe Archuleta	8/03
Manuelita Gurule	8/03
Judy Maes	8/04
Carolyn Minton	8/05
Carlos J. Ortiz	8/05
Rose Marie Lenahan	8/06
Barak Wolff	8/06
Lonnie Trimarche	8/07
Annie L. Valdez	8/08
Ramona Griego	8/09
Rose Ortega	8/10
Lorraine Pike	8/10
Annette Strom	8/10
Tonie Ann Gallegos	8/11
Xochitl Romero	8/12
Beverly A. Ireland	8/14
Evelyn Jimenez-Iyow	8/15
Lucille Martinez	8/16
Gustav Kocsis	8/17
Robert L. Sinn	8/17
Jackie Cooper	8/19
Michael Evans	8/19
Lois Marie Gacher	8/19
Gail Takeshita	8/19
Corinne P. Willison	8/19
Ralph Nava	8/20
Bella Lucero	8/21
William Buchanan	8/23
Christina Gale	8/23
Dolores M. Brock	8/24
Angie P. Mireles	8/24
Cecilia Romero	8/27
Scott Sheldon	8/27
Beverly Hollander	8/30
Thomas Van Kampen	8/30
Karen Kopel	8/31

We wish a very happy birthday to our Foster Grandparent and Senior Companion Volunteers born in July.

FGP/SCP *Voluntarios*











Genevieve Maes	8/4
Bella Lucero	8/21

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

INSURANCE YOU MUST KNOW ABOUT

Health, home and auto insurance are a given for most of us. But consider these other pol.

BY KAREN CHENEY | ILLUSTRATIONS BY NICOLAS RAPP

 <p>PRESERVE INCOME IN CASE OF A MEDICAL ISSUE</p>	 <p>LEAVE MONEY FOR SURVIVORS</p>	 <p>LEAVE MONEY FOR SURVIVORS</p>	 <p>PROTECT YOUR POSSESSIONS</p>	 <p>PROTECT YOUR POSSESSIONS</p>
<p>LONG-TERM DISABILITY</p> 	<p>LONG-TERM CARE</p> 	<p>LIFE</p> 	<p>RENTER'S</p> 	<p>LIABILITY UMBRELLA</p> 
<p>WHAT IT PAYS About 60 percent of earnings, should illness or injury sideline a worker, until that worker recovers or turns 65.</p>	<p>WHAT IT PAYS Money to help cover the cost of nursing home care, at-home assistance or other types of care.</p>	<p>WHAT IT PAYS A lump sum upon the insured person's death.</p>	<p>WHAT IT PAYS Compensation to tenants for property loss and, if necessary, living expenses.</p>	<p>WHAT IT PAYS Money for legal fees and a court settlement, if you or someone in your household is sued.</p>
<p>WHO NEEDS IT Someone who depends on earned income.</p>	<p>WHO NEEDS IT People who don't want to risk spending most of their assets on late-life care.</p>	<p>WHO NEEDS IT Anyone others rely on for income or unpaid labor (say, as a caregiver), or who wants to clear debts or leave money for survivors.</p>	<p>WHO NEEDS IT People who rent, including those who move from a home they own to an apartment or other rental.</p>	<p>WHO NEEDS IT Anyone with assets to protect beyond homeowner and auto liability limits.</p>
<p>HOW TO BUY IT Through your employer. If that's not an option, you may be able to purchase it through a professional association.</p>	<p>HOW TO BUY IT About one-third of employers offer group coverage. If that's not available, go through an independent agent representing multiple carriers.</p>	<p>HOW TO BUY IT Try sites like NetQuote, ValuePenguin or SelectQuote. Term life, which covers a set time (20 years, for example), is the simpler, cheaper option. Permanent insurance is costlier.</p>	<p>HOW TO BUY IT Through your car insurer or on a site such as QuoteWizard or ValuePenguin.</p>	<p>HOW TO BUY IT Contact insurers that sell insurance for both auto and home.</p>
<p>WHAT IT COSTS Nothing, when provided by most of the 70 percent of employers who offer it. Otherwise, between 1 and 3 percent of your earnings.</p>	<p>WHAT IT COSTS A healthy 55-year-old man could spend about \$1,700 a year for a traditional policy. A woman the same age could spend \$2,675.</p>	<p>WHAT IT COSTS It depends on health and age at the outset. A 55-year-old nonsmoker would pay about \$150 a month for a \$500,000, 20-year term-life policy. A 65-year-old would pay nearly \$475 a month.</p>	<p>WHAT IT COSTS \$15 to \$30 a month, depending on where you live and the value of your possessions.</p>	<p>WHAT IT COSTS A \$1 million policy costs \$150 to \$300 per year. Prices fall for each additional \$1 million of coverage.</p>
<p>BEWARE Standard benefits are based just on salary, not commissions or bonuses. "Own-occupation" policies pay if you can't do your current job, but others pay only if you can't work at all.</p>	<p>BEWARE Annual premiums can rise substantially as the years pass. If your assets are few, or if premiums are too expensive (say, over 7.5 percent of your budget), you may want to skip coverage.</p>	<p>BEWARE One \$200,000 policy could cost more than two \$100,000 policies. So price out different amounts, not just different companies.</p>	<p>BEWARE A "cash-value" policy will cover only an item's current, depreciated value. "Replacement cost" coverage pays what it takes to buy a new item today.</p>	<p>BEWARE Most insurers won't sell you a policy unless you also have about \$250,000 of liability insurance on your auto policy and \$300,000 of liability coverage on your homeowner's policy.</p>
<p>SURPRISE! The average individual claim is for 31.6 months.</p> <p>Five of the costliest occupations to insure, according to PolicyGenius:</p> <ul style="list-style-type: none"> ● Roofer ● Fisherman ● Truck driver ● Coal miner ● Lion tamer 	<p>SURPRISE! About 70 percent of people who reach age 65 will ultimately need long-term care.</p> <p>Fifteen percent of people who reach 65 will spend more than two years in a nursing home at some point in their lives.</p>	<p>SURPRISE! The average premium increases by 2 percent between ages 25 and 30, but jumps 93 percent between ages 60 and 65.</p> <p>A smoker can expect insurance to cost four times what a non-smoker pays.</p>	<p>SURPRISE! In addition to insuring against theft, fire and plumbing leaks in your dwelling, most policies also provide some coverage for off-premises losses, such as a phone stolen from your car.</p>	<p>SURPRISE! Real-life reasons you could be sued:</p> <ul style="list-style-type: none"> ● Your over-friendly dog knocks over a neighbor. ● Your spouse, who has Alzheimer's disease, attacks his caregiver. ● A guest leaving your party causes a drunk-driving accident.

BEWARE OF SCAMMERS

Spoil your grandkids, not scammers!

Beware of scammers pretending to be your grandchild, relative, or friend.

Often they claim to be in trouble—usually in jail or stranded in a foreign country, and ask you to send money.

They may ask you to send cash by mail or buy gift cards. They often beg you keep it a secret and act fast before you start to question.

Is it really your loved one or an imposter?

- Don't panic! Take a deep breath and get the facts.
- Don't send money unless you're sure it's the real person who contacted you. Hang up and call your grandchild or friend's phone number to see if the story checks out. You could also call a different friend or relative.
- Is the person asking for gift cards? If someone is really in need, gift cards won't help.

Report grandparent scams to the Federal Trade Commission at ftc.gov/complaint or by calling 1-877-FTC-HELP.



IS IT REALLY YOUR LOVED ONE OR AN IMPOSTER?

PUZZLE

AUGUST 2020

PUZZLE 152

ACROSS

1. King beater
4. Cinder
7. "Designing Women" actresses
9. Massachusetts town
11. Pipe collar
12. Irish saint
14. Crow
15. More timid
17. Sailor's affirmative
19. "____ fair in love . . ."
20. Social rank
21. Sharp
22. ____ Grande
23. Amulet
24. Whet

25. Nebraska

- Indian
27. Term of endearment
29. Lisbon lady
31. Grassy areas
32. Cheer
35. Bergen's dummy
38. Tiny insect
39. Rambled
41. Openings
43. Steinbeck character
44. Desire
45. Self-satisfied
46. Favorite
47. Singer Ponselle et al.

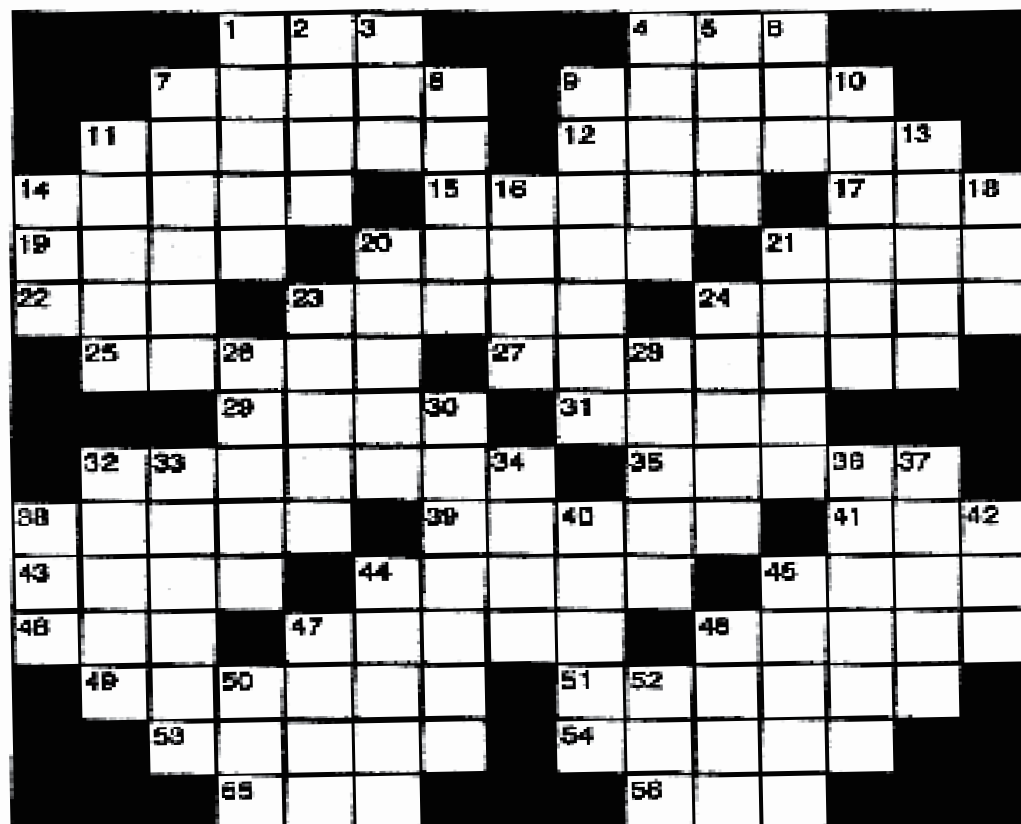
48. Florida seaport
49. Game tile
51. Precisely
53. Imperial
54. Fencing stroke
55. Dancer Dailey
56. Spread for drying

9. Extremely bad
10. Vitamin-B complex component
11. Manuscript leaf
13. "____ Young"
14. Saloon
16. Difficult
18. Actor Byrnes

DOWN

1. Stockpile
2. Leaning
3. Unit of energy
4. Farm measures
5. Blend
6. Swine
7. Skier's race
8. Inventor Nikola ____

20. Intone
21. Ascend
23. Household task
24. Pituitary, e.g.
26. Proverb
28. Bowler's button
30. Hair-spray dispenser
32. Tramped
33. Newspaper employee
34. ____ Scotia
36. The Desert Fox
37. Cherry or plum
38. Swab
40. Goddess of the hearth
42. Turkish general
44. Arnold Schwarzenegger role
45. Full
47. Latvia's capital
48. Gift wrapper's need
50. Kind of sch.
52. Make a choice



69

Time Machine: 1967

All of the events described below happened in the year 1967.

- BART STARR
- LEADS the
- GREEN BAY
- PACKERS
- TO VICTORY
- OVER the
- KANSAS City
- CHIEFS in the
- FIRST
- SUPER BOWL.

- LAS VEGAS
- CEREMONY.
- SIR FRANCIS
- CHICHESTER
- IS WELCOMED
- IN PLYMOUTH,

- ENGLAND,
- AFTER
- COMPLETING
- HIS SOLO
- AROUND-THE-
WORLD
- SEA VOYAGE.

- ELVIS
- PRESLEY
- WEDS his
- LONGTIME
- GIRLFRIEND,
- PRISCILLA
- BEAULIEU,
- IN A

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

NUTRITION EDUCATION

AUGUST 2020



Serious Illness: Negotiating the Medical Care System with Palliative Care

By local senior Barak Wolff

August is upon us and the coronavirus pandemic continues to dominate our lives and disrupt our country from its normal summertime activities and routines. By now most of us have learned to cope with wearing masks outside the home, social distancing, and spending much more time being housebound. Our sense of “normal” may never be the same...at least for the foreseeable future. Nonetheless, we persevere and carry on with our lives as best we can, staying in touch with family and friends and trying to stay active and healthy.

Eventually, as we age, at some point our health declines naturally and we have to make adjustments in our activity levels and our expectations for ourselves. For some with chronic conditions that they have managed over the years, things may change suddenly and they can go into a medical crisis. For others, who have enjoyed basically healthy lives...at some point they may have an injury or a new diagnosis (cancer, heart disease, anemia, etc.) that forces them into the medical care system.

Without a doubt, medical treatments have made great strides in the last 50+ years. We now have specialists and sub-specialists who are expert in all facets of injury and disease, supported by state-of-the-art equipment and facilities, new procedures, drug therapies, and bio technologies.

But sometimes serious illness starts a complicated process of learning about our condition, getting second opinions, evaluating the efficacy of proposed treatments (how often they are successful), and learning about what “success” look like, common side effects, long term impacts, etc. In addition, serious illness complicates our life and raises fears of the unknown, including concerns about insurance coverage and finances.

Most hospitals, including Christus St. Vincent, now have palliative care teams. Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on

providing relief from the symptoms and stress of the illness to improve quality of life. Palliative care is provided by a specially trained team of doctors, nurses and other specialists who work together with a patient’s other doctors to provide an extra layer of support. The specialists are also expert in managing the side effects of various treatments and medications and focusing on the whole patient, their family, and what matters most when faced with tough choices. The care is based on the needs of the patient, not on the patient’s prognosis. It can be provided along with curative treatment

As I wrote in an earlier column, your right to self-determination absolutely extends to what treatments to have, if and when to start these treatments, and when to stop them if they are not working well enough. If the patient is unconscious or lacks capacity, their appointed health care agent (decision-maker) can make these choices on their behalf. If initial treatments fail and problems persist, other approaches will be suggested...new drugs, innovative trials, etc. Again, a palliative care consult often helps both the patient and loved ones make the best possible decisions about choices that can be confusing. However, in the absence of direction from the patient, the system seems to generally favor extending life without necessarily considering the quality of that life down the road. So, if at all possible, be your own best advocate...they’re your choices to make and it’s your life to live.

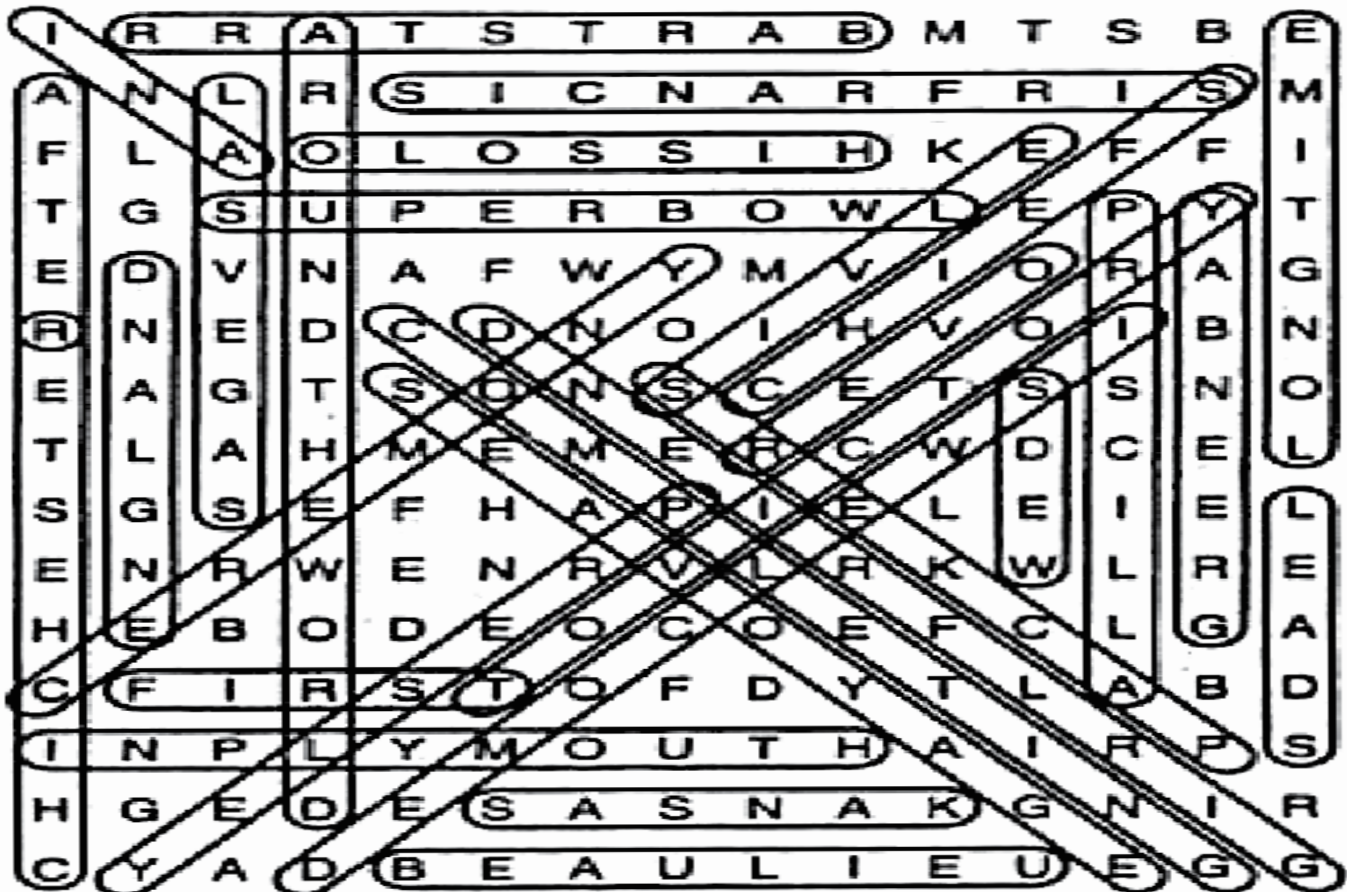
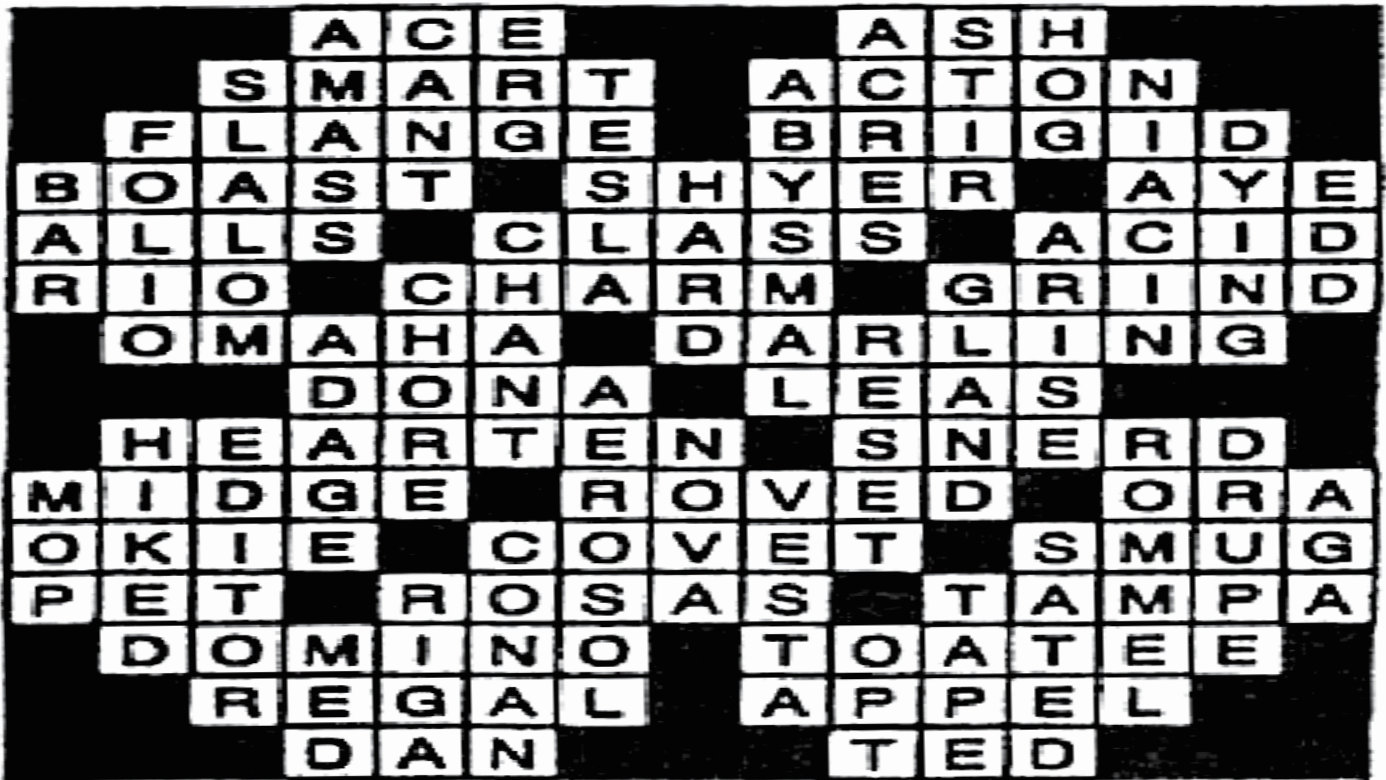
Most people when asked indicate that they would prefer to die at home, pain free, and surrounded by family and friends. At some point if treatments aren’t working, patients may choose to stop them and opt for comfort care. This allows their remaining time to be spent as healthy and comfortable as possible, with family and friends, wrapping up loose ends and taking care of any unresolved or outstanding issues in their life. Remember, as I wrote way back in March, “we are mortal beings...no one gets out alive!”

Next month we’ll explore how hospice works and why it can be an excellent choice for those who wish to be well supported and to live to the fullest towards the end of life.

Until then, stay safe my friends.

PUZZLE ANSWERS

AUGUST 2020



SENIOR CENTER LUNCH MENU

AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breaded Baked Cod Scalloped Potatoes Mixed Veggies Roll with Margarine Banana	4 Pepper Steak ½ Baked Potato Broccoli & Cauliflower with Cheese Sauce Roll with Margarine Pears in Jello	5 Red Chile Beef Enchiladas Pinto Beans Salsa / Corn Tossed Salad Cinnamon Spiced Apples	6 Chicken Fried Chicken Garlic Mashed Potatoes Asparagus Roll with Margarine Chilled Plums	7 Cheese Tortellini Meaty Marinara Sauce Italian Veggies Cucumber & Tomato Salad Ice Cream
10 Swedish Meatballs over Egg Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding	11 Beef Tostada with Garnish & Salsa Refried Beans Mexicorn Spinach Salad Fresh Apple	12 Cobb Salad with Chicken, Bacon & Egg Breadstick Brownie	13 Beef Burrito Supreme with Green Chile Garnish Spanish Rice Calabacitas Fresh Grapes	14 Chicken & Rice Casserole Peas & Carrots Tossed Salad Roll with Margarine Applesauce
17 Polish Sausage Sauerkraut Parsley Potato Buttered Carrots Roll with Margarine Tropical Fruit	18 Chicken Fettuccini with Alfredo Sauce Cauliflower & Broccoli Garlic Bread Bananas in Pudding	19 Sweet & Sour Pork Brown Rice Asian Veggies Egg Roll Fresh Strawberries	20 Beef Fajita Fajita Veggies Pinto Beans Salsa / Tortilla Mixed Fruit	21 Fish Sandwich with Tartar Sauce Cole Slaw Mixed Veggies Hushpuppies Peaches in Cottage Cheese
24 Baked Chicken with Mushroom Sauce Rice Pilaf Green Beans Roll with Margarine Chocolate Pudding	25 Salisbury Steak with Brown Gravy Mashed Potatoes Asparagus Roll with Margarine Fresh Cantaloupe	26 Baked Ham with Pineapple Yams Vegetable Medley Roll with Margarine Pineapple Tidbits	27 Teriyaki Chicken Fried Rice Asian Veggies Roll with Margarine Mandarin Oranges Fortune Cookie	28 Tuna Salad Cole Slaw Cold Peas Crackers Chocolate Chip Cookie
31 Chile Relleno Green Chile Meat Sauce Black Beans 5 Way Veggies Tortilla Chilled Apricots	September 1 Chicken Soft Taco with Garnish & Salsa Chile Beans Calabacitas Oatmeal Cookie	September 2 Meatloaf Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll with Margarine Fresh Orange	September 3 Green Chile Cheeseburger with Garnish Pork & Beans Potato Salad Watermelon	September 4 Ham & Cheese Sandwich with Garnish Baby Carrots Diced Peaches Potato Chips

Senior Meal Suggested Donation: Lunch \$1.50

Curbside Meals Served at MEG Center 10:30 am – 12:30 pm Monday through Friday

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



City of Santa Fe
 Division of Senior Services
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 Santa Fe, New Mexico 87504-0909

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Legend

- City Senior Center Location
- Down Town
- City Limits

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

ALL SENIOR CENTERS TEMPORARILY CLOSED

SAVILL STREET
 (at the intersection on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

Genoveva Chavez Community Center

