

THE SENIOR SCENE



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

FEBRUARY
2021

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

FEBRUARY 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. 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

Toll-Free Administration Line

Gino Rinaldi, DSS Director

(505) 955-4721

(866) 824-8714

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

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

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

Vacant, 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

Kristin Slater-Huff, Editor/Distribution

955-4760

kwslater-huff@santafenm.gov

Linda Miller, Proofreader

By Gino

A message from the Division Director



"We lift our gazes not to what stands between us but what stands before us." Amanda Gorman

"The measure of intelligence is about to change." Albert Einstein

"The secret of change is to focus all your energy, not on fighting the old, but on building the new." Socrates.

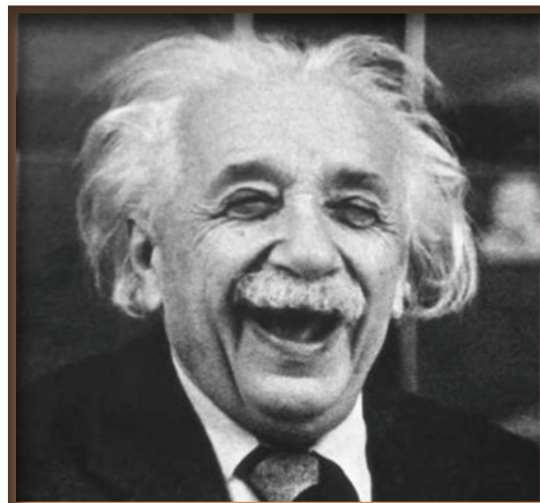
Every time I have seen a new President take the oath of office, it reminds me of the oath I took in the military. For me, I took it seven times, not because I could not get it right the first time, but because I served 33 years in the Air Force and each time you reenlisted you took the oath. It is a powerful thing to swear to serve your country, and not something to be taken lightly. One of the things you notice with our older veterans is the pride they have in the notion they have served their country. To serve to protect our freedom and that of all Americans is an important lesson to remember, especially since so many have given the ultimate sacrifice. As we move forward to what stands before us, we must do it together.

The vaccination process is underway. The key is to register with New Mexico Department of Health. You can do it online at vaccinenm.org. Or, call 1-855-600-3453 and select option #1. You will then be transferred to a representative who will help you but you may have to wait on hold for a while, so please be patient. What I am finding is so many of our seniors are either registering themselves or they are getting help from family, friends, and neighbors. If you have not registered, please ask for help from your family, friends, or neighbors. THE KEY IS TO REGISTER. Please see the full-page flier from the N.M. Department of Health on page 9 of this newsletter

I want to thank everyone for their donations to our nutrition program. It really helps and is very much appreciated. Everyone have a nice February and pray for moisture.



Amanda Gorman



Albert Einstein

NEWS & VIEWS

FEBRUARY 2021

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.



Gino Rinaldi Wins the Lifetime Achievement Award from the

National Hispanic Council on Aging

Please join me when and how you can in congratulating our own Senior Services Division Director Eugene "Gino" Rinaldi on receiving this year's lifetime achievement award from the National Hispanic Council on Aging.

The NHCOA awarded him the Ofelia Rinaldi award, named for his mother who also worked in the field of Aging, and who was the 2017 (posthumous) recipient. Gino was chosen for this prestigious recognition because he has demonstrated a lifetime commitment to improving the lives of older adults.

Gino has worked for this goal at the national, state, and local levels. In 1995, he was appointed by Bill Clinton to the 1995 White House Conference on Aging and Disabilities Advisory Committee—where he contributed to creating national aging policy. He also served as Cabinet Secretary for the NM Aging and Long Term Services Department, increasing the number of New Mexicans receiving senior services by 12% and continuing his advocacy.

As Cindy Padilla, Chairwoman of NHCOA said, "We celebrate Gino's commitment to making a difference in the field of Aging and applaud his commitment to addressing racial inequities."

To see Gino's acceptance speech, delivered from the bench of the piano at MEG, please visit: <https://www.youtube.com/watch?v=j5YGDcRoVG4&feature=youtu.be>.

In this speech, delivered in true Gino style, he talks about his early experience driving the bus at Ancianos in Bernalillo, which, he says, "Began the journey of a lifetime."

Gino, I very much appreciate your leadership and commitment to the seniors of Santa Fe, your passion for excellence and your sense of humor and style, and I know that our staff and all of those served by the Senior Services Division do, too.

Kyra Ochoa, Acting Director
Community Health and Safety
City of Santa Fe

Senior Services

Our senior centers will remain closed to the public for the time being, in order to protect everyone against the spread of COVID-19.

We continue to provide curbside and home delivered meals; grocery boxes from Food Depot; transportation to doctor offices and pharmacies; wellness calls and volunteer opportunities.

If you are a senior age 60 or over, to sign up for any of these services, please call (505) 955-4721.

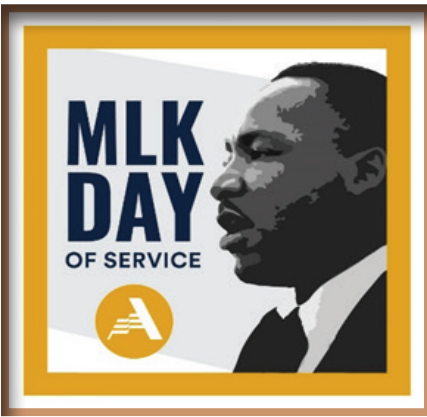


Holidays in February:

- 2nd: Groundhog Day
- 4th: Rosa Parks Day
- 7th: National Send a Card to a Friend Day
- 12th: Chinese New Year
- 14th: Valentines Day
- 16th: Fat Tuesday
- 17th: Ash Wednesday

NEWS & VIEWS

FEBRUARY 2021



Thank you for supporting the Volunteer Programs' Martin Luther King Day Service activity. You all stepped up and donated many dozens of coats, scarves, hats, gloves, blankets and jackets. Staff

cleaned those that needed it, made small repairs, and donated them to Los Amigos del Parque.

A special thank you Mary Lee Ortiz and the MEG knitting group, as well as to the Santa Fe Botanical Garden for their very generous donations.



Here's What One Senior Has Been Doing

A very busy and modest senior (too modest to give her name, so we will just say E.T.) belongs to a crochet group through her church. Since COVID, she has been making lap afghans and cozy, attractive hats. She passes them along to her grandson, who works with the homeless, and he distributes them to grateful recipients. We thought her story of industrious work and generosity might inspire others to be creative during this lockdown.

Income Tax Preparation Information

Note: The following is current as of publication. Please call the numbers listed below for information. DO NOT CALL SENIOR SERVICES.

Tax Help Santa Fe

1-(505) 990-7431

They open in Santa Fe Place Mall on January 28, 2021. Hours are Monday-Saturday, 9:00 a.m. – 5:00 p.m. You must schedule an appointment at taxhelpsantafe.com or at the number above.

You have three options: 1) Schedule an appointment to go in person 2) Schedule to drop off your papers for them to prepare. 3) Schedule to have a phone session (for an extra \$10).

Prices for personal taxes range from free (if your income other than Social Security or SSI is under \$1,000) to \$92 (if your income other than Social Security or SSI is under \$50,000).

Go to taxhelpsantafe.com or call them.

AARP Free Tax Aide

(505) 428-1780

They are not offering services currently, due to Coronavirus. They will update the outgoing message on the number above as soon as they know more. Please check after February 8, 2021.

They are located at the Higher Education Center (HEC) across from Santa Fe High School.

Tax Help New Mexico

1-(505) 465-9776

Due to COVID, they are NOT doing in-person taxes at Guadalupe Parish (or anywhere) in 2021. They are only remote services, and only by appointment. Please leave a message at the number above or go to www.cnm.edu/taxhelp



Generosity

Cesár Chavez Elementary School students and FGP volunteer Rosario Torres made over 100 Christmas cards for residents at Casa Real Nursing Facility. What a lovely holiday activity!

NEWS & VIEWS

FEBRUARY 2021



City of Santa Fe's
Governing
Body Adopts CHART
Process
(CHART = Culture History,
Art, Reconciliation, and
Truth)

At the January 13, 2021
Governing Body meeting
the Substitute CHART

resolution was unanimously approved. Read the
final, adopted text of the resolution at santafenm.gov/chart

The original proposal was for the formation of a committee that would deliberate and make recommendations for the disposition of monuments and statues that became controversial flashpoints last summer. Upon further research and reflection, the sponsors Mayor Alan Webber, Councilor Carol Romero-Wirth, Councilor Roman "Tiger" Abeyta, and Councilor Chris Rivera decided that far better outcomes would be achieved through a grassroots process that invites and facilitates community member dialogue.

The goal of the CHART process is to foster mutual understanding of shared values among individuals and groups with diverse backgrounds, not simply to decide about monuments and statues. Ultimately, citizens who have participated in the process will recommend forward-looking solutions to historic problems to the Governing Body. This is the beginning of an ongoing effort to learn and understand our complex histories and stories, and to promote truth, healing, and reconciliation for a future of peace and justice.

Under the resolution, the City will contract with a coordinator experienced in cultural competency and community-centered processes. The City will then facilitate the convening of dialogue sessions by members of organizations and unaffiliated community members. These sessions will be designed to promote broad cross-cultural understanding and racial equity, and to inform decisions for statues and monuments as well as short-, medium-, and long-term responses to ensure community healing and reconciliation.

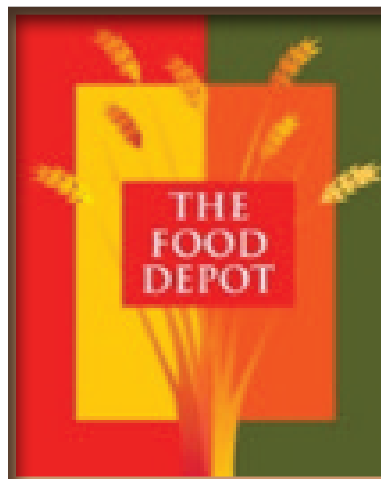
The budget for the CHART is approximately \$265,000.



Groundhog Day

Groundhog Day is when we ask "Are we in for six more weeks of Winter?" Only a groundhog named Punxsutawney Phil at Gobbler's Knob in Punxsutawney, Pennsylvania knows for sure. Originating with German settlers who came to Pennsylvania in the 1700s, legend has it that if Phil sees his shadow on February 2, the winter chill will continue. Oddly, if the weather is cloudy and he doesn't see his shadow, we can expect warmer temperatures and early spring.

February Food Depot Distributions



The Food Depot is an equal opportunity provider.

On Thursdays,
February 11 & 25
from 7:00 to 9:00
a.m. in The Food
Depot parking lot,
1222 Siler Rd. No
documentation is
required.

On Saturdays,
February 6 & 20 from
8:00 to 10:00 a.m.

at Santa Fe Place Mall (enter from Zafarano). These are USDA commodity food distributions so recipients must provide name, address and household income.

Go to www.thefooddepot.org for current info.

NEWS & VIEWS

FEBRUARY 2021

National Caregivers Day February 19
From legendseniorliving.com

National Caregivers Day is coming up fast. It is always on the third Friday in February. It's the day in the year dedicated to showing love, respect and gratitude for the army of caregivers who dedicate their time taking care of loved ones often at the expense of their own priorities and responsibilities.

Across the country the population continues to age. There are more than [46 million Americans aged 65 and older](#), and that number is expected to increase to almost 90 million by 2050. Many people can't afford to pay for professional care as their parents or family members grow older, and so take it upon themselves to ensure that their loved ones remain comfortable, happy, and healthy, and that their needs are taken care of.

Oftentimes the care that caregivers provide goes unacknowledged, sometimes even by the very people that they themselves are caring for. It's for this reason why we want to encourage as many people as possible to celebrate National Caregivers Day; to honor the selfless caregivers nationwide and to let them know that they are appreciated. If nothing else, this is a wonderful opportunity to simply say, "thank you for everything you've done and are doing."

The City of Santa Fe's Division of Senior Services In-Home Caregivers would like to take this opportunity to say that they miss the "clients" they have not been able to see since COVID 19 shut down the senior centers. They continue to check in with clients through phone calls and contactless food deliveries, but it is not the same.

We look forward to the vaccine and the eventual resumption of in-home care and respite services for you, Santa Fe's senior population.

**Wife and I went to the
store with our mask on,
got home took off mask,
and brought home the
wrong wife...pay
attention people!!!**



All visits to the GCCC will be by reservation only, for one hour; masks required.

The senior admission cost is \$4.00 per visit.

Reservations may be made for one-hour sessions, Monday – Saturday, and the areas are sanitized between sessions. You must call the day before you want to reserve a session.

Patrons will have a temperature check and must answer the COVID-safety questions.

Please call (505) 955-4000 to reserve your space.

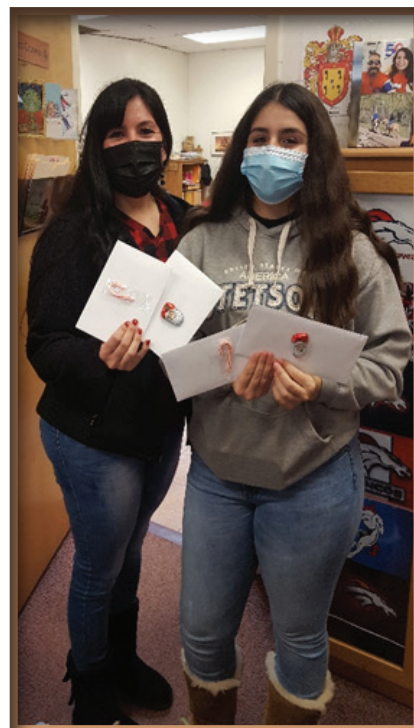


Five Things to do during Pandemic Times
From EGIS Care Manager Mario Angel

- Reach out to a friend
- Listen to your favorite music
- Walk down memory lane (i.e. photo albums)
- A date with yourself or who whoever is sheltering in place with you (i.e. a movie & dinner)
- Pull out favorite family recipes (cook/bake)

AT - A - GLANCE

FEBRUARY 2021



Holiday tree decorations at the MEG Center- Ornaments of Meals on Wheels trays, rubber gloves, and angels made of disposable face-masks, surrounded by “gifts” of sanitizing wipes and bleach.

Top right: Antoinette Chavez and Monique Ortiz (daughter and granddaughter of Program Coordinator Albert Chavez) worked with the Governor’s Commission on Disability to make over 200 Christmas cards which were distributed by Senior Services staff at curbside and with food boxes in December.



Staff at Curbside, wishing seniors happy holidays: Program Coordinator Albert Chavez, Transit Operator Sharon Romero, In-Home Care Attendant Dianne Dean, In-Home Program Supervisor Theresa Trujillo, Albert Chavez, and Sharon Romero.



HOW DOES THE COVID-19 VACCINE REGISTRATION PROCESS WORK?



REGISTER AT VACCINENM.ORG

Fill out the registration form at vaccinenm.org and receive a confirmation code.



COMPLETE YOUR PROFILE

Use your confirmation code to access your profile and enter your chronic medical conditions, employer information, insurance information, and demographic information.



WAIT FOR NMDOH TO CONTACT YOU



SCHEDULE YOUR APPOINTMENT

Once you receive an invitation, enter your event code and select a location, day, and schedule your COVID-19 vaccine appointment.



RECEIVE THE COVID-19 VACCINE

On the day of your appointment you will be able to complete the medical questionnaire. Attend the appointment at the location and receive your COVID-19 vaccine.

REGISTER AT VACCINENM.ORG

NUTRITION EDUCATION

FEBRUARY 2021



A nutrition Fact Sheet



Microwave Cooking

You already use a microwave to warm up a cup of coffee or zap a pizza slice for a quick snack. It's just as easy to cook a meal or defrost foods! To keep it simple and risk free, remember that microwaves are **DIFFERENT** from stoves or ovens. Read on to make sure you have the facts to make microwave cooking safe, fast, and easy.

Cooking and Defrosting

- **CUT** foods into equal sized pieces.
- **ROTATE** foods to make sure they reach a safe temperature throughout.
- **COVER** foods to hold in moisture.
- **STIR** foods to move warmed foods to a cooler area in the center.
- Let food **REST** 1-3 minutes after cooking. This 'standing' time allows food to finish cooking without overcooking the outer areas and allows food to cool.
- When **DEFROSTING** foods, choose the lowest heat setting possible. Always cook food immediately after defrosting.

Caution!!

- **MELTING** - Don't use anything plastic in the microwave unless it states it is safe for microwave use.
- **SPARKING** - Metal and even some foods can cause sparking during cooking. Unplug the microwave immediately if this occurs and remove whatever caused the sparks!
- **BURNS** - Foods, liquids, and containers get **HOT** in a microwave - always use pot holders!
- **ERUPTING** - Microwaves can heat foods and liquids fast. Be careful not to overheat, otherwise erupting or violent boiling can occur and cause burns!

Microwave Sweet Potato or Baked Potato

1 medium sized sweet potato or Russet potato

Scrub the potato. Puncture several times with a fork. Place on microwave safe plate. Cook on high for 6 or 7 minutes. Turn over halfway through cooking.

- Top baked potato with vegetables, chili, or cheese.
- Top sweet potato with a little cinnamon and sugar or salt and pepper.

Nutrition Facts

2 servings per container	
Serving size	1/2 sweet potato (57g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 271mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pinterest

www.pinterest.com/buyeatlive



Find us on
Facebook

www.facebook.com/buyeatlivebetter

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

FEBRUARY 2021



RSVP Volunteer Opportunities

We invite you to join RSVP, the Retired Senior Volunteer Program and give a few hours a week to an important cause. RSVP members collect mileage reimbursement and are covered by a free volunteer insurance. Volunteer service is celebrated through recognition events and gifts as well as free educational opportunities. Below, find information on some of the many volunteering opportunities through RSVP.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760. Thank you.

The Food Depot



The Impact of Volunteers: Every hour donated to The Food Depot by a volunteer means more dollars to spend providing meals to people in need. Last year, Food Depot volunteers gave more than 27,000 hours. The Food Depot has 150 regular weekly volunteers who work on a daily, weekly or monthly basis. A repeat volunteer logs around 10 hours per month. Their youngest volunteer is only 3 years old, and their oldest is nearly 90.

Stretching Donation Dollars: The Food Depot purchases food in bulk when a cost-effective opportunity arises. Often, this means that volunteers must repackage large quantities of an item, such as pinto beans, into smaller, family-sized portions. Volunteer power makes it possible to get TWICE as many beans for the same dollar spent because volunteers are doing the work to package them. Volunteers make every donation dollar stretch to feed four people in need.

Maximizing Product Donations: The Food Depot receives produce donations every day from local grocery stores and other donors. To maximize

donations, product donors are encouraged to donate everything, and The Food Depot offers to sort donations to relieve the donor of that burden. Volunteers at The Food Depot take the time to separate the good from the bad, increasing the likelihood that valuable produce will end up in the hands of a person in need.

To become a volunteer at The Food Depot contact Kristin Slater-Huff at kwslater-huff@santafenm.gov



The Volunteer Programs wish a very



Happy Birthday

to all volunteers born in FEBRUARY



RSVP *Voluntarios*

Ellie Blossom	2/02
Yolanda Garcia	2/09
Laura Cowan	2/10
Edward E. Mose Sr.	2/14
Irene Moyes	2/14
Catherine Roybal	2/15
Susan A. Cover	2/16
Shirley A. Knarr	2/16
Theodore Pomeroy	2/17
James Dorris	2/19
Louis Baca	2/22
Ross M. Quintana	2/22
Connie R. Kinsey	2/23
Ann Lindsay	2/26
Kate Allen	2/27
Benita Rodriguez	2/29

FGP/SCP *Voluntarios*

Patricia Moeller	2/04
Juanita Quintana	2/11
Grace DeAguiro	2/15
Margie Gurule	2/28

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.

SMP Scam Alert

COVID-19 Vaccines & You



Important Information for Medicare Enrollees

Medicare covers FDA-approved COVID-19 vaccines.

Pharmaceutical manufacturers are now working to distribute the vaccine to federally- and state-approved locations to start the vaccination of priority groups. State governments will handle the distribution of COVID-19 vaccines. Look for updates from local state leaders as more doses of the vaccine become available for additional priority groups. Learn more about New Mexico's vaccine rollout and register to receive the vaccine here: <https://cv.nmhealth.org/covid-vaccine/>

If you need assistance with COVID-19 vaccine registration, contact the Aging & Disability Resource Center (ADRC) at **1-800-432-2080**.

Be alert for scammers.

Medicare covers the vaccine at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what you need to know:

- ⇒ You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- ⇒ You cannot pay to put your name on a list to get the vaccine.
- ⇒ You cannot pay to get early access to the vaccine.
- ⇒ No one from Medicare or the Health Department will contact you.
- ⇒ No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- ⇒ Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- ⇒ If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, **STOP. That's a scam.**

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

1-800-432-2080

The New Mexico SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. We also provide information and educational presentations.

Protect Your Medicare

The New Mexico SMP recommends that you:

- ⇒ Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- ⇒ Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- ⇒ Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- ⇒ Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- ⇒ Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- ⇒ Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- ⇒ Contact the New Mexico SMP for help at **1-800-432-2080**. Your local SMP staff is trained to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

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



PUZZLE

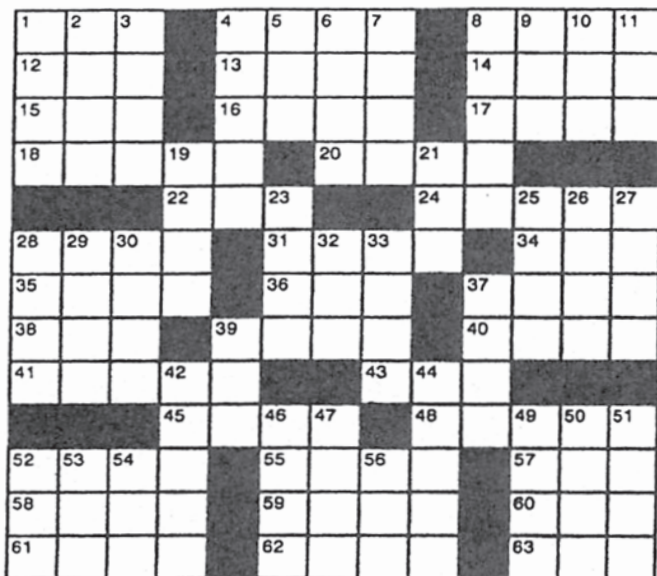
FEBRUARY 2021

PUZZLE 276

ACROSS

1. Young man
4. Matured
8. Healing plant

12. Anger
13. Prototype
14. Patch
15. Service charge



16. Leave out
17. Desserts
18. Candle
20. Wild duck
22. Pismire
24. Transfer design
28. Tresses
31. Rank
34. Have debts
35. Heavy metal
36. Popular card game
37. Vex
38. Bowling target
39. Genuine
40. Smaller amount
41. Saucy
43. Grassland
45. Exam
48. Wet, spongy land
52. Leer
55. "Family ____"
57. Actress West
58. Den
59. Concept
60. Time period
61. Paradise
62. Depend
63. Profit

5. Precious stone
6. Send forth
7. Bestow excessive fondness
8. More than enough
9. Wreath of flowers
10. "____ Life to Live"
11. Sullivan and Begley
19. Work for
21. Fruit beverage
23. Faithful
25. Central part
26. Fills with wonder
27. Permits
28. Joints
29. Opera melody
30. Atoms
32. Collection of sayings
33. Bridge tax
37. Crack
39. Cereal grass
42. Grim
44. Thesis
46. Move slightly
47. Ocean movement
49. So be it!
50. Female horse
51. ____ moss
52. Bullfight shout
53. Move aimlessly about
54. Fib
56. Snakelike fish

DOWN

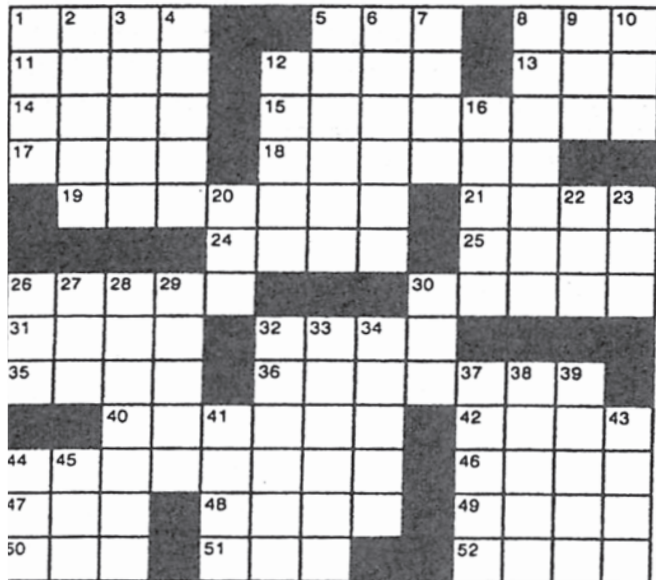
1. Bring upward
2. Region
3. Low in pitch
4. Add beauty to

PUZZLE 277

ACROSS

1. Temperate
5. Silent

8. Kitchen utensil
11. Fragrance
12. Alley



13. Regret
14. Facet
15. Start
17. Clothes
18. Present but inactive
19. Communication
21. Tree stump
24. Frosted
25. Other
26. Automobile
30. Mount
31. Wicked
32. Taunt
35. Trial
36. Free
40. Mouth moistener
42. Masticate
44. Telephone-company employee
46. Prong
47. Marsh
48. Create
49. Formerly
50. Corpulent
51. Before, before
52. Stink

3. Meeting place
4. Frock
5. Control
6. Blended
7. Allot
8. Chatter
9. Not at home
10. Golfer's aid
12. Fragrant shrub
16. Map part
20. Transgress
22. Purpose
23. Bunk
26. Place in position
27. First lady
28. Have a different opinion
29. Church table
30. Observe
32. Stringed instrument
33. Implore
34. Sound loudly
37. Thespian
38. Gleam
39. Thus
41. Fancy fabric
43. Seven days
44. Switch position
45. Pod legume

DOWN

1. Greatest
2. Peculiarity in language

PUZZLE

FEBRUARY 2021

Songs By Otis

2

Though hard to believe, soulful singer Otis Redding began his career in the early '60s as a Little Richard-styled "shouter"! Redding blossomed when he found his own style, as in his number-one hit "(Sittin' On) The Dock Of The Bay." Titles of other songs by Redding are listed below.



Everett Collection®

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

- | | |
|---|--|
| <input type="checkbox"/> "CHANGE is | <input type="checkbox"/> "I'VE GOT |
| <input type="checkbox"/> GONNA Come, A" | <input type="checkbox"/> DREAMS to Remember" |
| <input type="checkbox"/> "DOWN in the | <input type="checkbox"/> "JUST ONE |
| <input type="checkbox"/> VALLEY" | <input type="checkbox"/> MORE DAY" |
| <input type="checkbox"/> "HARD to | <input type="checkbox"/> "LOOK AT |
| <input type="checkbox"/> HANDLE" | <input type="checkbox"/> THAT GIRL" |
| <input type="checkbox"/> "I CAN'T Turn | <input type="checkbox"/> "LOVEY |
| <input type="checkbox"/> YOU LOOSE" | <input type="checkbox"/> DOVEY" |

- ☐ "MATCH
- ☐ GAME, The"

- ☐ "MERRY
- ☐ CHRISTMAS,
- Baby"

- ☐ "OPEN the
- ☐ DOOR"

- ☐ "SHOUT
- ☐ BAMALAMA"

- ☐ "THAT'S What My
- ☐ HEART Needs"

- ☐ "THESE
- ☐ ARMS of Mine"

- ☐ "TRICK or
- ☐ TREAT"

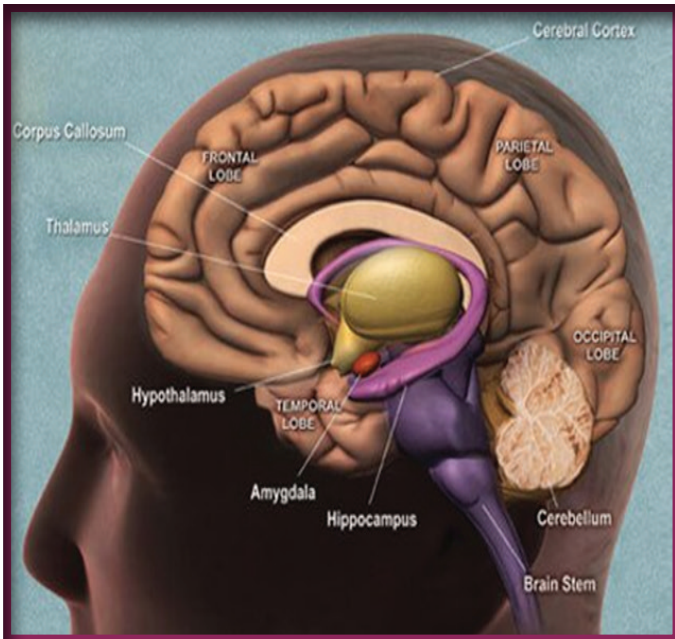
- ☐ "TRY A LITTLE
- ☐ TENDERNESS"

HEALTH & SAFETY

FEBRUARY 2021

Dementia facts

From medicinenet.com suggested by EGIS



There are seven stages of dementia.

Signs and symptoms of **dementia** are varied, but typically include:

- Memory loss
- Problems with speaking or communicating (word-finding difficulties)
- Problems focusing
- Impairments in judgment
- Struggles with completing tasks
- Difficulty comprehending what is seen

Causes of dementia are factors which lead to damage to neurons. Once the brain cells are injured, they lose their ability to communicate with other cells, leading to dysfunction.

The types of dementia include Lewy body dementia, vascular dementia, and frontotemporal dementia. Other types include dementia associated with Parkinson's disease or Huntington's disease. Senile dementia (senility) is a term that was once used to describe all dementias; this term is no longer used as a diagnosis.

The stages of dementia are used when a progressive dementia has been diagnosed.

Stage 1: No impairment. The patient has no problems.

Stage 2: Questionable impairment. The patient begins to have some difficulty but can still function independently.

Stage 3: Mild impairment. The patient has obvious, but still mild difficulty with daily activities.

Stage 4: Moderate impairment. The patient needs help with caring for him or herself as well as with carrying out daily activities.

Stage 5: Moderate to severe impairment

Stage 6: Severe Impairment; patients are unable to function independently.

Stage 7: Very severe impairment. Body and mental functions begin to fail.

Risk factors for dementia include:

- Age
- Family history
- Heavy alcohol use
- Hardening of the arteries
- High blood pressure
- Diabetes
- High cholesterol
- Smoking

Dementia is diagnosed after a series of assessments. Memory tests, imaging studies, and blood work may exclude other problems which might mimic dementia. The diagnosis of dementia can take a long time.

The treatment for dementia is primarily supportive. Prescription medications cannot reverse or stop the process, but can slow or reduce its progression. Environmental changes, a structured schedule, regular exercise, and staying engaged with others can all be beneficial.

Prescription drugs to treat dementia include donepezil (Aricept), rivastigmine (Exelon), galantamine (Razadyne), and memantine (Namenda). A new combination of donepezil and memantine (Namzaric) was recently approved by the FDA.

HEALTH & SAFETY

FEBRUARY 2021

Although there is no way to absolutely prevent dementia, modifying the risk factors of high blood pressure, high cholesterol, alcohol intake, and keeping diabetes as well-controlled as possible, as well as exercising regularly can help.

The prognosis for a person with dementia is individual. Some patients have a rapidly progressive course, while others progress very slowly.

Are Dementia and Alzheimer's Disease the Same Thing? Dementia is a syndrome characterized with signs and symptoms like:

- Impairment in memory, impairment in another area of thinking such as the ability to organize thoughts and reason, the ability to use language, or the ability to see accurately the visual world (not because of eye disease).
- These impairments are severe enough to cause a decline in the patient's usual level of functioning. Although some kinds of memory loss are normal parts of aging, the changes due to aging are not severe enough to interfere with the level of function.
- Although many different diseases can cause dementia, Alzheimer's disease is the most common cause for dementia in the United States and in most countries in the world.

What is dementia?

Dementia is often one of the most misunderstood conditions in medicine today. Some people believe that senility or senile dementia is an inevitable result of aging, and never seek evaluation for family members who show signs of memory loss. Others believe that any evidence of forgetfulness is evidence of dementia. Neither of these conclusions is accurate. Difficulty with learning new material is frequently one of the earliest signs of dementia.

Many patients with early Alzheimer's disease or other types of dementia are unaware that they have any problem. As the disease progresses, behavioral changes can become evident. Patients have difficulty performing basic tasks, such as getting dressed or using the bathroom.

Some patients begin to forget pieces of information about themselves, including their address or telephone number, or even their date of birth. They may have difficulty understanding what is occurring around them.

Some patients have problems remembering to eat and may develop pronounced weight loss.

In the late stages of dementia, patients often cannot recognize family members and their ability to communicate effectively is markedly impaired.

They are no longer able to effectively care for themselves and require assistance for all activities of daily living.

Over time, patients can forget how to walk or even how to sit up.



EGIS (Elders Getting Information and Services) is an incorporated company which "helps make sense of the challenges elders face as they age in place – whether at home, in a retirement community or in a care center. [They are] an eldercare company that advocates for you or your loved one's physical, mental, and emotional needs."

1 in every 12 Americans (age 50 in older) is living with Mild Cognitive Impairment (MCI) due to Alzheimer's Disease (AD). EGIS care managers are working with more and more seniors with Dementia, Alzheimer's Disease (AD) and Mild Cognitive Impairment (MCI). This is where EGIS Complete Care, Inc. can step in and open a door to offer a better way to manage their loved one's condition.

PUZZLE ANSWERS

FEBRUARY 2021

PUZZLE 276

LAD	AGED	ALOE
IRE	DEMO	MEND
FEE	OMIT	PIES
TAPER	TEAL	
	ANT	DECAL
HAIR	RATE	OWE
IRON	UNO	FRET
PIN	REAL	LESS
SASSY	LEA	
	TEST	SWAMP
OGL	TIES	MAE
LAIR	IDEA	ERA
EDEN	RELY	NET

PUZZLE 277

MILD	MUM	POT
ODOR	LANE	RUE
SIDE	INITIATE	
TOGS	LATENT	
	MESSAGE	STUB
	ICED	ELSE
SEDAN		STEED
EVIL	GIBE	
TEST	UNLEASH	
	SALIVA	CHEW
OPERATOR		TINE
FEN	MAKE	ONCE
FAT	ERE	REEK

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

SENIOR LUNCH MENU

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chop Scalloped Potatoes Broccoli Florets Roll with Margarine Fresh Apple	2 Chicken Provencal Tomato Topping White Rice Spinach & Onions Roll with Margarine Mixed Fruit in Jello	3 Spaghetti Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Toast Chocolate Pudding	4 Beef & Potato Stew with Tomato, Carrots & Celery Mexican Rice Crackers Peanut Butter Cookie	5 Chicken Tenders Cream Gravy French Fries Coleslaw Biscuit Vanilla Ice Cream
8 Creamy Chicken over Spinach & Tomato Linguini Buttered Carrots Breadstick Brownie	9 Pork Stir Fry Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Roll with Margarine Mandarin Oranges	10 Chicken Fried Chicken Mashed Potatoes Chicken Gravy Asparagus Roll with Margarine Tropical Fruit	11 Chili Cheese Dog with Meaty Red Chili Mixed Veggies Onion Rings Fresh Orange	12 Baked Ham with Pineapple Yams Vegetable Medley Roll with Margarine Pineapple Tidbits
15 Sweet & Sour Chicken Brown Rice Asian Veggies Egg Roll Strawberries on Shortcake	16 Cabbage Roll Potatoes O'Brien Mixed Veggies Tossed Salad Roll with Margarine Tapioca Pudding	17 ASH WEDNESDAY Baked Tilapia Seasoned Rice French Style Green Beans Roll with Margarine Chilled Pears	18 Open Face Turkey Sandwich Turkey Gravy Bread Stuffing Vegetable Medley Cranberry Salad Vanilla Pudding with Cinnamon	19 Bean & Cheese Burrito with Green Chili Sauce Spanish Rice Chuck Wagon Veggies Chilled Apricots
22 Baked Chicken Breast with Mushroom Sauce ½ Baked Potato Mixed Veggies Roll with Margarine Lemon Bar	23 Frito Pie with Meaty Red Chili Pinto Beans Mexicorn Crackers Rainbow Sherbet	24 Pork Roast Mashed Potatoes Pork Gravy California Veggies Roll with Margarine Applesauce	25 Chicken Cordon Bleu Broccoli & Cauliflower Potatoes Au Gratin Garlic Toast Cherries in Yogurt	26 Creamy Green Chili Vegetable Stew with Diced Potatoes Black Beans Tortilla Chilled Peaches

Due to Covid-19, all Senior Centers are temporarily closed.
 Meals are served curbside or home-delivered only.
 Senior Meal Suggested Donation: Lunch \$1.50
 Milk is served with each meal.
Menu is subject to change.

City of Santa Fe



Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

ESTHER GONZALES (MEG)

1121 ALTO STREET

(505 955-4721)

ALL SENIOR CENTERS TEMPORARILY CLOSED

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO
(closed for renovation)

GERMEL
CHENEZ
Community
Center

