

SENIOR
SCENE MAGAZINE



Photo by Ted Yamada



www.aantofnm.gov/senior_scene_newsletter

OFFERED BY: DIVISION OF SENIOR SERVICES
PROGRAMS AND ACTIVITIES FOR OLDER ADULTS

FEBRUARY 2022



City of Santa Fe
Senior Services





CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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



Toll-Free Administration (866) 824-8714

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Mary Esther Gonzales Senior Center, 1121 Alto St.
Admin Offices (505) 955-4721

Senior Services Administration & Registration

Cristy Montoya, Administrative Secretary (505) 955-4721
cimontoya@santafenm.gov

Cara Alunno, Receptionist (505) 955-4741



Division Director, Senior Services

Gino Rinaldi (505) 955-4710
earinaldi@santafenm.gov



Transportation Reservations (Dr & Pharmacy only)

Linda Quesada-Ortiz (505) 955-4700
lmquesada@santafenm.gov

- Must be Age 60+
- Hours M-F 8:30am - 4:00pm
- Must be within City limits
- Suggested Senior Donation .50¢ per Ride
- Requires a Reservation
- Free Registration and Reassessment Required



Home Delivered Meals

Carlos Sandoval (505) 955-474
cesandoval@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Must be within City limits
- Must be Homebound
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Congregate Meals, Curbside Meals

Yvette Sweeney (505) 955-4739
yasweeney@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required



Senior Services Navigator

Saul Carta (505) 955-4735
scarta@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free



Santa Fe Civic Housing

(505) 988-2859

Santa Fe County Senior Programs

(505) 992-3069

Senior Center Programming Activities

Lugi Gonzales, Center Program Manager (505) 955-4711
lgonzales@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Activities- MEG Center, Ventana de Vida Center

Albert Chavez (505) 955-4715
wachavez@santafenm.gov

Activities- Luisa, Pasatiempo, Villa Consuelo

Cristina Villa (505) 955-4725
cavilla@santafenm.gov



Senior Olympics Events for Seniors Aged 50+

Cristina Villa (505) 955-4725
cavilla@santafenm.gov

- Hours M-F 8:00am - 5:00pm
- Registration Fee Required



In-Home Supportive Services Program Supervisor

Vacant (505) 955- ----

In Home Supportive Services Program Coordinator

Delilah CdeVaca (505) 955- ----
dcdevaca@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Senior Volunteer Programs

Anya Alarid, Program Manager (505) 955-4744
aalarid@santafenm.gov

Senior Companion/Foster Grandparent

Theresa Trujillo, Project Administrator (505) 955-4745
ptrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Requires an In-Home client Assessment
- Stipends Available for Volunteer if Qualified
- Must Income-Qualify
- Required a Background Check



Grandparents Raising Grandchildren Fund

Theresa Trujillo (505) 955-4745
ptrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program RSVP

Kristin Slater-Huff, RSVP Admin. / Public & Community Relations Officer (505) 955-4760
kwslater-huff@santafenm.gov

RSVP Volunteer Program Coordinator

Vacant (505) 955-4743

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Required a Background Check

Pasatiempo Senior Center
664 Alta Vista St.

Ventana de Vida Senior Center
1500 Pacheco St.

Villa Conseulo Senior Center
1200 Camino Consuelo

Luisa Senior Center
1500 Luisa Street

Please note: Senior Centers are temporarily closed due to COVID-19

NEWSLETTER PRODUCTION

Kristin Slater-Huff, Editor/Distribution - (505) 955-4760 - kwslater-huff@santafenm.gov

Gil Martinez, Graphic Artist - Linda Miller, Proofreader

FEBRUARY 2022

By Gino

A message from the Division Director



Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.

- Richard M. DeVos

I certainly didn't think the COVID-19 virus could get worse, but it has. This time around we in the City of Santa Fe are taking a beating. We already had high staff vacancy rates, and now we are experiencing a number of staff members impacted by the virus. Many are required to quarantine because they have tested positive for COVID, or they have been exposed to someone who tested positive. The result is that the delivery of services has become a real challenge.

You know me, I give full credit to our staff for hanging in there and making it work. If you get a chance please thank staff and be patient if things are not happening quite the way you are used to.

I keep trying to be optimistic about re-opening our senior centers soon, but after the number of positive cases in January all I can do is push our planned re-opening back a few months. I hope the CDC is correct about the upcoming decrease in cases. Please continue to be careful with masks, social distancing and refraining from gathering when possible as we ride this current wave.

The Legislature is considering an increase in funding for statewide senior programs and we are excited. As is the case almost every year, our costs are rising and increased State funds are needed to continue to provide our services. We thank our Legislators for their continued support of senior programs.

Stay warm and keep hoping for snow or rain, because we sure need it.



NEWS & VIEWS

FEBRUARY 2022

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 Services Schedule for February

Due to the continued threat of COVID 19, Senior Services is operating with limited services. For those age 60 or over, we provide:

- Lunch at the curbside of MEG Center, 1121 Alto St. weekdays 10:30 a.m. to 12:30 p.m. All seniors are welcome.
- Weekday meals delivered to homebound seniors who are unable to drive to get curbside meals.
- Transportation to doctor offices, pharmacies, and vaccine appointments, with a reservation made 5 days to 24 hours in advance.

Please call (505) 955-4700 for Transportation. You may call (505) 955-4721 to register with Senior Services and request meals.

Reminder: Masks must be worn to pick up curbside meals, for everyone's safety.

Feliz dia de San Valentin!



Happy St. Valentines Day!

Flora's Corner

"Let nothing dim the light
That shines within."

-Maya Angelou



Free Sewing Machines

A person has two older but working sewing machines to donate to anyone who would like them. If you are interested, call (505) 470-8390.

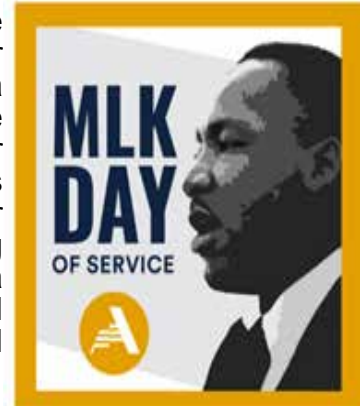
A Flicker!

The bird in the photo on the January newsletter cover by Julie Sprott was a flicker. We apologize for not identifying it.



"A Day On, Not a Day Off"

Every MLK Day, the Senior Volunteer programs conduct a service project for the community. This year staff and volunteers went door to door at Civic Housing apartments to deliver a bag of useful health and safety information and fun items.



We are grateful to our donors (which included AARP New Mexico and many City of Santa Fe Departments) and our volunteers Abdi Iyow, Carla Padilla, and Rosario Torres. Staff and volunteers had a great time, spreading the joy.



alzheimer's association®

Free, Virtual Classes in February

- Ten Warning Signs of Alzheimer's - 2/1, 2/15
- Healthy Living for Brain & Body - 2/3, 2/22
- Understanding Alzheimer's & Dementia - 2/8
- Dementia Conversations - 2/10, 2/24
- Effective Communication Strategies - 2/28
- Caregivers & Early Stage Alzheimer's - 2/10
- Caregivers & Middle stage Alzheimer's - 2/16
- Caregivers & Late-Stage Alzheimer's - 2/2, 2/15

To register, email nmprograms@alz.org, or call 1 (800) 272-3900

NEWS & VIEWS

FEBRUARY 2022

BuRRT Free Days (Save this page)

The Buckman Road Recycling and Transfer Station (BuRRT) at 2600 Buckman Road offers the following days for you to dispose of certain items free of charge.



Recycling | Trash | Sustainability
Keep Santa Fe Beautiful

Free Tire Days

Free tire recycling is the first full weekend of every month (Sat & Sun) Limit: 8 passenger tires per day.

Free Green Waste Days

Bring un-bagged green waste (branches, leaves, grass, etc.) on the first weekend of March, April, May and June.

Free Trash Days

Trash, unwanted materials, rubbish, appliances, furniture, mattresses, building materials, carpet, tiles, cushions, concrete, brick, metals are Saturdays, April 23 and September 10. Trailers can ONLY be taken to Caja del Rio landfill, not BuRRT.

Free Electronics Waste Day

Computers, monitors, printers, televisions, household electronics and small appliances (no household hazardous waste) can be taken on Saturday, October 1 only, 9:00 a.m. to 1:00 p.m.

Free Hazardous Waste Day

Household cleaners, automotive products, paints, solvents, poisons, fertilizers, batteries, pool chemicals and hobby products can be taken on Saturday, November 5 only, 9:00 a.m. – 1:00 p.m.

Go to the Environmental Services Division website for the latest information and updates, or for recycling information at www.santafenm.gov/ESD

Vault At-Home Free COVID Tests

(Sent from the NM ALTSD)

The State of New Mexico is proud to offer fast and accurate COVID-19 saliva testing, at no cost, to anyone who feels they need a test. Go to [No-Cost Covid Testing For All New Mexican Residents \(vaulthealth.com\)](http://No-Cost Covid Testing For All New Mexican Residents (vaulthealth.com))

1. You order your test from Vault. Your test kit will arrive at your home via expedited shipping.
2. Log on for a virtual visit with a Vault test supervisor; they will show you how to collect you saliva sample. You must not eat, drink, smoke or chew anything for 30 minutes before your testing session.
3. Ship your sample to the lab using a prepaid UPS package.
4. Get your result 24 to 28 hours after your sample arrives at the lab.

You will not be charged, but you will need an email address to order through the website, and you will need to show a photo ID.

Or call them at (212) 880-5494.

February Food Distributions



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, February 3 & 17.

Lunar New Year Celebration Museum of International Folk Art

Feb 6th 1:00 – 4:00 p.m.: The Lion Dance performance is by the Quang Minh Buddhist Temple Youth Group of Albuquerque, a non-profit lion dance troupe. Join them for one of their energy filled performances, and experience the history and tradition! They perform year around, bringing good luck and fortune to any event. Call (505) 982-6366 or go to www.museumfoundation.org



2021 TAX INFORMATION

NM REBATE LIMITS AND AMOUNTS HAVE BEEN INCREASED - Even if you did not qualify for a rebate last year, you might this year. Income Limit is now \$36,000. The maximum rebate for singles is now \$220. Property Tax or Rent Rebates continue as is.

EARNED INCOME TAX CREDIT (EITC) - EITC has increased income limits and has new age limits- now 19 and older. For senior citizens, there is no upper age limit. NM Working Family Credit matches 20% of the US EITC. ITIN holders qualify for NM WFC.

STIMULUS PAYMENTS –If you did not receive \$1,400, you can file for it now.

TAX HELP SANTA FE

Tax Help Santa Fe is an LLC and charges a nominal fee for some services. Costs for Standard Return tax preparation range from free (for incomes under \$1,000) to \$92 (for incomes \$50,000 or over)

NEW LOCATION: Santa Fe Outlet Mall 8380 Cerrillos Road, left of the entry gate

Open Monday – Saturday 9:30 a.m.- 5:00 p.m. starting January 27th

Make an appointment online at www.taxhelpsantafe.com or call 505-990-7431

Walk-ins available but please make an appointment

TAX HELP NEW MEXICO

Tax Help New Mexico is a FREE Income Tax assistance service for people whose household income is \$57,000 or less, or those whose age is 65 or older.

OPEN: February 1 - April 13, Tuesdays and Wednesdays, 10:00 a.m. - 4:30 p.m.

Clients must provide proof of full COVID vaccination and MASKS are REQUIRED.

BY APPOINTMENT ONLY: Call 505-465-9776 for appointment and location.

AARP Foundation Tax-Aide Program Santa Fe

AARP Tax-Aide is at the Santa Fe Higher Education Center (HEC), 1950 Siringo Rd. Services are Monday through Friday from Feb. 1 - April 14, 2022.

Appointments are required and it is only a drop off arrangement, due to COVID.

Due to AARP Foundation and Santa Fe Community College requirements, nobody will be allowed in the building. Intake forms and other documents will be made available outside the building when services are started.

Call (505) 428-1780 or go to www.sfcc.edu/taxaide for details.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

FEBRUARY 2022



AmeriCorps Seniors

RSVP *Santa Fe*

Give a little time.
Get a lot back.

You are invited to join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org



Love Your Neighbors? Help Them!

Every week, we get calls at Senior Services, asking for individual assistance. Mostly, callers need help with errands - either to have someone drive them to run their errands, or to have someone go pick up their groceries or other necessary items for them.

Will you help your neighbors? The RSVP volunteer program will support you. We will have to conduct a background check for everyone's safety, but then, we will offer you mileage reimbursement, free supplemental insurance, volunteer recognition and more.

Call Kristin at (505) 955-4760 to learn more.

"Don't underestimate your power to bring joy to others. That love you possess that drives you to make the world a better place can make Santa Fe a better place, too. Your neighbors need you. What can you give?" –Ann Williams

Volunteers- Reporting Tips

RSVP Volunteers:

When you report volunteer time served, whether you request mileage reimbursement or not, please include your travel time (the time it takes from leaving your home, to volunteering, to returning home again). So for instance, a two-hour shift at a volunteer station across town would be reported as 2.5 hours. Thank you.

Make giving back your second act. Get involved and make a positive difference in the community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others.

"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others."

-Audrey Hepburn



To all FEBRUARY Senior Volunteers!

Ellie Blossom	2/2
Patricia Moeller	2/4
Juanita Quintana	2/11
Jane Schwartz	2/2
Yolanda Garcia	2/9
Edward Mose	2/14
Irene Moyes	2/14
Grace DeAgüero	2/15
Sheila Epstein	2/15
Catherine Roybal	2/15
Susan Cover	2/16
Shirley Knarr	2/16
Theodore Pomeroy	2/17
Jim Dorris	2/19
Danny Earp	2/19
Steve Rogers	2/20
Connie Kinsey	2/23
Louis Baca	2/22
Valerie Alarid	2/26
Kate Allen	2/27
Ann Lindsay	2/26
Margie Gurule	2/28
Benita Rodriguez	2/29

Please note: These are birthdays of actively enrolled volunteers who report service hours to the AmeriCorps Seniors Volunteer Programs



Newsletter:

Ask Stan Medicare Questions



Volume 2, Issue 1 February 2022

Dear Stan,

I have been enrolled in the same Happy Go Lucky Medicare Advantage Plan for two years. The same plan worked for me last year, and now it doesn't. In mid-January, I went to see my primary care doctor and my cardiologist, and I was told neither accepts my plan anymore. Also, I went to my local pharmacy to fill an expensive blood thinner prescription and I was told that it is no longer covered by my plan. My pharmacist informed me that I would have to pay over \$500 out of pocket for my medically necessary medication. Is there anything I can do now to get my medical and prescription needs covered by Medicare?

Mark
Los Lunas, NM

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

1-800-432-2080

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

Dear Mark,

Thanks for your question. Since you are enrolled in a Medicare Advantage plan, you have the option to change coverage during the Medicare Advantage Open Enrollment Period (MAOEP) that starts January 1 through March 31. Unfortunately, people who have Original Medicare with a standalone Part D plan will not be able

to use the MAOEP to switch coverage. During the MAOEP you can enroll in another Medicare Advantage Plan or switch back to Original Medicare and pick up a standard Part D plan. The changes you make during the MAOEP will be effective the first of the following month following the enrollment.

(Continued on page 2)

ASK STAN
FEBRUARY 2022

If you need assistance reviewing your options, call the **Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and request to speak with a **State Health Insurance Assistance Program (SHIP)** counselor. **SHIP** counselors can help you navigate the MAOEP.

If you are income eligible, you can apply for the **Medicare Savings Program (MSP)**. If you are single and earn \$1469 a month or less or a couple earning \$1980 a month or less, you may qualify for one of three **MSP** programs that can help with the Part B monthly premium costs. Call the **ADRC** at **1-800-432-2080** and request to be screened for an **MSP**.

Stan,
Volunteer Counselor, SHIP and SMP

Important Reminders about Medicare private plan Marketing Rules

Insurance Agents & plans **MAY NOT**:

- ♦ “Cold” Call, use door-to-door marketing, or market plans using any other unsolicited contact
- ♦ Enroll people in plans without their permission
- ♦ Lie to get a beneficiary to enroll in a plan
- ♦ Sign someone up for a plan over the phone unless that person called them

If you experience a Medicare private plan marketing violation, call the **SMP** at **1-800-432-2080** to report the issue.

General Enrollment Period Alert
People who missed their opportunity to enroll in Part B can use the **General Enrollment Period (GEP)** that starts **January 1 through March 31**. Your coverage will start **July 1**.
Call the **ADRC** at **1-800-432-2080** and request the help of a **SHIP** counselor.

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, and can work with your schedule. We can serve more people together!



Basics at a Glance

Recipe Abbreviations

approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
c	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

SENIOR OLYMPICS

FEBRUARY 2022

“Getting Back in the Game”

One day clinics Sponsored by New Mexico Senior Olympics, Inc

Date: Saturday, February 26
Time: 8:00 am to 1:00 pm – Swimming
8:00 am to 3:00 pm – Pickleball (2 sessions)
Location: Genoveva Chavez Community Center,
3221 Rodeo Road, Santa Fe, NM

* Each clinic will be limited to the first 50 registrants *



Swim Clinic

Brush up on stroke development, starts and turns, ideal for swimmers interested in refining their technique, learning new skills and to learn how to execute a proper swimming starts and turns.

A Senior Fitness Coaches Clinic will be held prior to the start of the Swim Clinic.

All abilities of swimmers are welcome. Must be able to swim 200 yards comfortably; bring your own fins, kickboards, and hand paddles.



Pickleball Clinic

*Sessions to help Improve your dink, soft game and strategy, serve and strategy, ground strokes and strategy, refresher on rules with one hour of open play
All skill levels welcome. Sports equipment will be available for use.*



FOR MORE EVENT PROGRAM DETAILS, CONTACT TERRY, 575-910-2284



CLINIC FEATURES

- FREE
- Certified Instructors
- Deadline to register is February 18, 2022
- Clinics will adhere to local public health safety guidelines - COVID Safe
- Social distancing will be practiced
- Limited space available
- No spectators
- Healthy snacks will be offered
- 2022 Summer Games info available onsite

FREE

Target Audience is 60+
but open to all

HOW TO REGISTER

- Print and complete registration form at website at www.nmseniorolympics.org
- Email to nmso@nmseniorolympics.org
- Fax to 575-622-9244 or
- Call 1-888-623-6676 to register by phone

NEW MEXICO SENIOR OLYMPICS, INC. * PO Box 2690 * Roswell, NM 88202-2690 * 1-888-623-NMSO (6676)
(575) 623-5777 * Fax (575) 622-9244 * e-mail: nmso@nmseniorolympics.org * www.nmseniorolympics.org

PUZZLE

FEBRUARY 2022

ACROSS

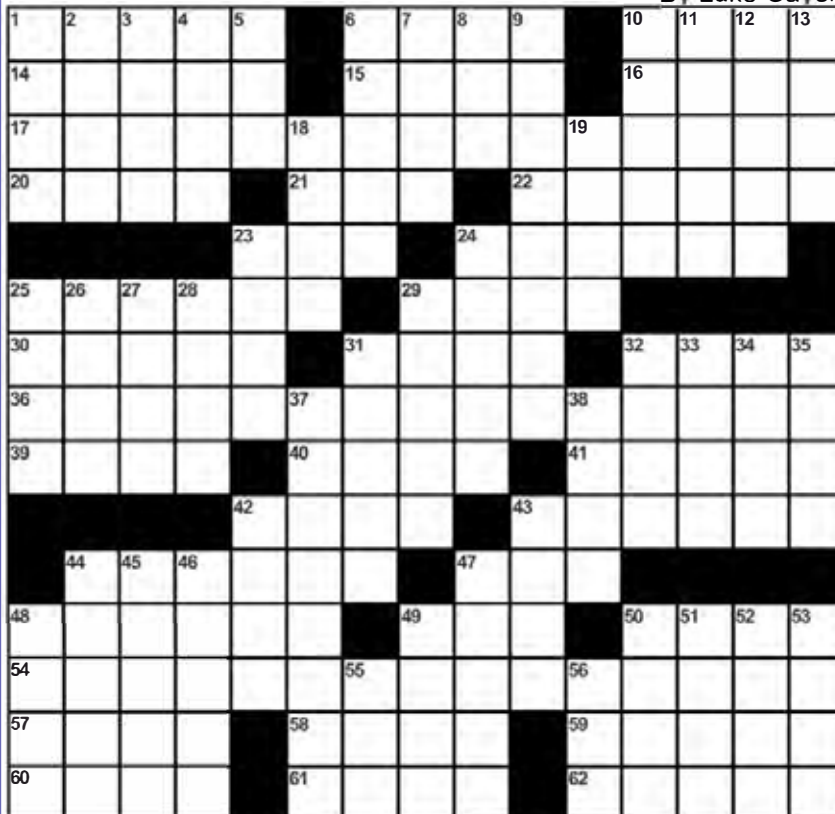
- 1) Biggest round trip in the world?
- 6) Blossom holder
- 10) Crave
- 14) Animal followed by a tickbird
- 15) "Les Miserables" novelist Victor ___
- 16) Miscellaneous mix
- 17) Balance point
- 20) Palm tree variety
- 21) Bran source
- 22) Coughs up
- 23) Where grapplers grapple
- 24) Outlaw hunter's reward
- 25) Carnivorous freshwater fish
- 29) Except for
- 30) They divide Europe and Asia
- 31) Dublin's isle
- 32) Pond coating
- 36) One way to attract attention
- 39) Quite a few
- 40) Possessive adjective
- 41) Unit of magnetic flux density
- 42) Moments, for short
- 43) Dinner-table accessory
- 44) Islamic spiritual leader
- 47) Check
- 48) Former Nicaraguan president Daniel
- 49) Yonder damsel
- 50) "It ___ what you think!"
- 54) Place for younger criminals
- 57) Beloved person
- 58) Apple-seed holder
- 59) Previously, previously
- 60) Quick-footed
- 61) Proceed with a game plan?
- 62) Behaving like a ruffian

DOWN

- 1) Mythical monsters
- 2) Actress Perlman
- 3) Perry on "Friends"
- 4) Obsessed with
- 5) Little piggie
- 6) Little hog
- 7) Cockatoo's crest
- 8) Bacon go-with
- 9) Additionally
- 10) Interlaced
- 11) Choice invitees
- 12) Gritty lead-in
- 13) Kiddie litter?
- 18) Kind of horse or leather
- 19) Chills, fever and sweating, together
- 23) "Other" category (Abbr.)
- 24) Less leafy, like a tree
- 25) "No ifs, ands, or ___"
- 26) Kind of communication
- 27) Become conscious
- 28) Went Southwest?
- 29) Original positions
- 31) Eldest son of Cain
- 32) Resign, with "down"
- 33) Winery container
- 34) "Unattractive" Jamaican fruit
- 35) Intend
- 37) Item for a pirate, stereotypically
- 38) Brief try
- 42) Make a contract official
- 43) Drug cop
- 44) Willies giver
- 45) Floral perfume
- 46) Uneasy
- 47) Believe it, coming or going
- 48) At ___ (disagreeing)
- 49) Feature of 14-Across
- 50) Insider dirt
- 51) Cram into the overhead
- 52) Role in many teen flicks
- 53) Deuce beater, barely
- 55) Bad bettor's letters
- 56) Word before drop or drum

MIDDLE GROUND?

By Luke Cayon



PUZZLE

FEBRUARY 2022

Astronomy

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

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

ANDROMEDA
APOLLO
BIG BANG
CENTAUR
COMET
EARTH
GALILEO
GRAVITY
HAWKING
HELIOCENTRISM
HUBBLE
HYPERION
JUPITER
MARS
MERCURY
METEOR
MILKY WAY
NASA
NEBULAE
NEPTUNE
OBSERVATORY
OXYGEN
PHOTON
PLUTO
POLARIS
ROCKET
SATURN
SPACE TRAVEL
TELESCOPE
UNIVERSE
URANUS
VENUS
ZODIAC

HEALTH & SAFETY

FEBRUARY 2022

Feeling SAD? How to Fight Back Against Seasonal Depression

Winter's shorter days can lead to a serious slump, but there are helpful tips

by Kim Painter, Excerpted from AARP, October 26, 2021



One recent afternoon, Kelly Rohan, a professor at the University of Vermont, looked out her office window and spotted a tree half full of brilliant orange-colored leaves. To Rohan, the tree was lovely, but she knew some people might see it differently — as a harbinger of “gloom and doom.”

SAD = Seasonal Affective Disorder

Rohan, a psychologist, treats and studies people with seasonal affective disorder, or SAD, a form of depression that returns year after year at the same time. The most common type peaks in winter, but it often starts in the fall as days get noticeably darker and shorter. People who are full of energy and high spirits during the summer start to feel sleepy and sluggish. Many crave sweets and starches. They gain weight. Some become deeply sad and withdrawn and don't recover until spring.

“As the days get shorter, and all you want to do is to pull the covers over your head, don't,” says Norman Rosenthal, M.D., a clinical professor of psychiatry at Georgetown University School of Medicine. He speaks from experience: Rosenthal suffers from winter blues himself.

Staying engaged in the world, even when it means putting on snow boots, can help ward off winter sadness, Rosenthal, Rohan

and other experts agree. Treatment also can include medication, talk therapy and the very thing in decline right now — bright light.

Left untreated, SAD can be as serious as any other form of depression, Rosenthal says: “People can feel suicidal, people can lose jobs, and they can lose relationships.”

Understanding SAD

“Overall rates of SAD in the United States range from about 1 to 5 percent, depending on study methods”, Rohan says. “It's possible,” says Dan Oren, M.D., an associate professor of psychiatry at Yale University, “that fewer older adults report SAD symptoms because the most vulnerable have learned to cope — sometimes by moving to sunnier locales during winter or year-round.”

“A lack of light exposure is the biggest risk factor,” Rohan says. “A leading theory is that on darker mornings, some people's brains don't get the signal that day has begun which throws their biological clocks out of sync. These people wake up groggy and stay that way, partly because their bodies are still producing the sleep hormone melatonin,” Rohan says. Weak daytime sunlight and early sunsets just make things worse. Lethargy and, eventually, depression, can deepen as the dark days persist.

“SAD may partly result from a mismatch between our natural tendency to slow down in winter — just like other animals — and the modern expectation that we stay productive year-round,” Oren says. “Both biological and psychological factors are clearly at work,” he adds.



HEALTH & SAFETY

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Treatments

Rosenthal, who grew up closer to the equator, in South Africa, says he first experienced winter gloom when he moved to New York in the mid-1970s. Now 71, he says he's used what he's learned since then to keep his symptoms in check. For him, that includes plenty of exercise and light — indoors and outdoors — and to stay as engaged in the world as possible. He also meditates to relieve stress.

Treatments for SAD can include:

- **Light therapy.** Rosenthal led a team of researchers who first identified SAD in the 1980s. One early discovery was that the out-of-sync body clocks could be reset by daily exposure to bright, artificial light. Light therapy remains a mainstay of treatment today.

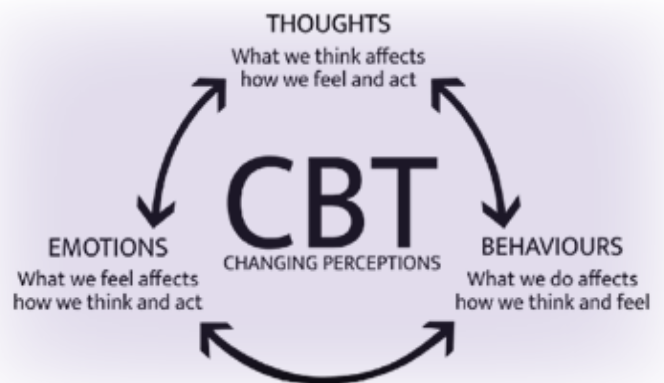
"Patients with SAD typically are asked to sit in front of a light-emitting box for at least 30 minutes first thing in the morning. Some people also benefit from a session around sunset," Rohan says. "There's no 'one-size-fits-all' regimen," she says.



- **Medication.** "SAD also can be treated with antidepressant medications. In some studies, they work better than placebos to combat symptoms. Some people work with their doctors to taper on and off the pills, rather than take them year-round," Rohan says.
- **Talk therapy.** Rohan is studying a different approach, a form of talk therapy called cognitive behavioral therapy, or CBT, that

addresses unproductive thoughts and behaviors. Rohan has compared light therapy and CBT, and she found that each treatment works in about half of sufferers — but that CBT seems better at preventing relapses from year to year.

- **In CBT sessions,** patients talk about winter "in very bleak terms," Rohan says. Therapists urge patients to question those views and to stay social and active during the season. "Usually, these folks will admit that they disengage and stop answering the phone," she adds.



Lifestyle changes

Rae, the California woman with seasonal blues, says she bought a light box last year but hasn't tried it yet. She says she does plan to get out more this winter for early-morning walks in the sun and for evening swing dancing classes with her husband. If pandemic restrictions ease, she may take a trip to Uruguay, where it will be summer.

Rosenthal says sunny travel can be a great mood booster. "People can come back from the sunny spot feeling exuberant," he says. But that boost may not last. Once you put away your swimsuit, he says, "you really have to get back to your regimen and do everything that you do to keep well."



CONSUMER & LEGAL

FEBRUARY 2022

FEMA COVID-19 Funeral Assistance

From FEMA.gov

The COVID-19 pandemic has brought overwhelming grief to many people. At FEMA, their mission is to help people before, during and after disasters. They are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred on or after January 20, 2020.

COVID-19 FUNERAL ASSISTANCE HELPLINE



Apply Today by calling:
844-684-6333 | TTY: 800-462-7585
Monday - Friday from 6 a.m. to 6 p.m. PST

Call this dedicated, toll-free phone number to complete your COVID-19 Funeral Assistance application with a FEMA representative. Multilingual services are available. You should be aware phone calls from FEMA may come from an unidentified number.

Who can apply for COVID-19 Funeral Assistance?

You may qualify if:

- You are a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses on or after Jan. 20, 2020, and
- The funeral expenses were for an individual whose death in the United States, including the U.S. territories or the District of Columbia, may have been caused by, or was likely the result of, COVID-19.

What Documents Do I Need?

- Official death certificate that shows the death occurred in the United States, including the U.S. territories and District of Columbia.
- If the death certificate was issued between Jan. 20 and May 16, 2020, it must either 1) attribute the death directly or indirectly to COVID-19 or 2) be accompanied by a signed statement from the original certifier of the death certificate or the local medical examiner or coroner from the jurisdiction in which the death occurred listing COVID-19 as a cause or contributing cause of death. This signed statement must provide an additional explanation, or causal pathway, linking the cause of death listed on the death certificate to COVID-19.
- If the death certificate occurred on or after May 17, 2020, the death certificate must attribute the death directly or indirectly to COVID-19.

If you are eligible for funeral assistance, it will be as a reimbursement and funds will be sent direct deposit or as a check by mail, depending on what you request.

The main website is: <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>



FEMA

PUZZLE ANSWERS

FEBRUARY 2022

MIDDLE GROUND?

By Luke Cayon

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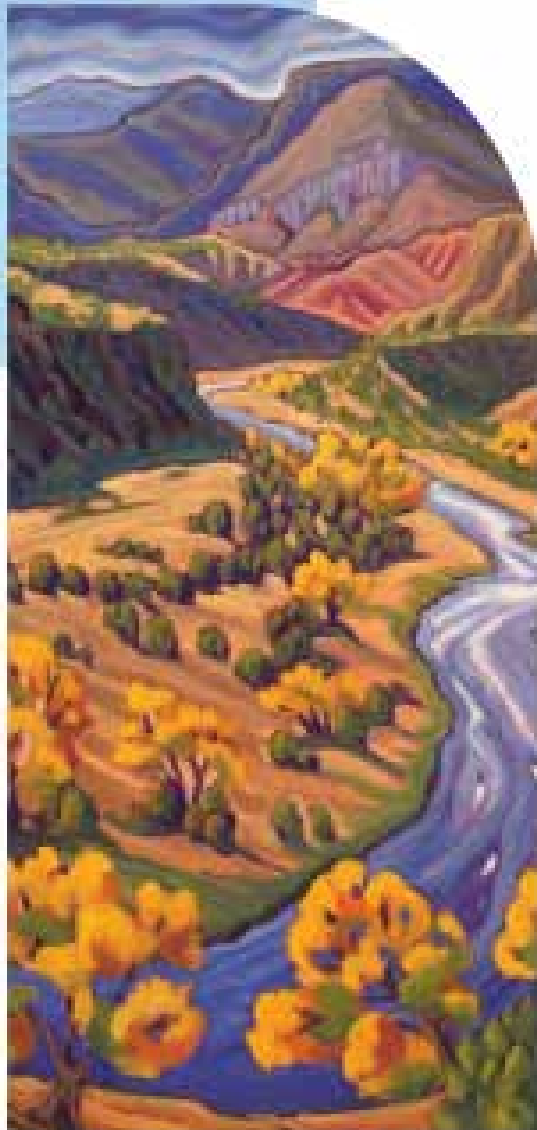
SENIOR CENTER LUNCH MENU

FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chop Scalloped Potatoes Broccoli Florets Roll Fresh Apple	2 Chicken Provencal Tomato Topping White Rice Spinach & Onions Roll Mixed Fruit in Jello	3 Beef & Potato Stew with Tomato, Celery & Carrots Mexican Rice Peanut Butter Cookie Fresh Pear	4 Spaghetti with Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Toast Applesauce
7 Creamy Chicken over Spinach & Tomato Linguini Buttered Carrots Breadstick Brownie	8 Pork Stir Fry Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Roll Mandarin Oranges	9 Chicken Fried Chicken Mashed Potatoes Chicken Gravy Asparagus Roll Tropical Fruit	10 Chili Cheese Dog with Meaty Red Chili Mixed Veggies Onion Rings Fresh Orange	11 Baked Ham with Pineapple Yams Vegetable Medley Roll Pineapple Tidbits
14 Sweet & Sour Chicken Brown Rice Asian Veggies Egg Roll Strawberries in Shortcake	15 Cabbage Roll Potatoes O'Brien Mixed Veggies Tossed Salad Roll Tapioca Pudding	16 Baked Cheese Ziti Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Toast Bananas in Pudding	17 Open Face Turkey Sandwich Turkey Gravy Bread Stuffing Vegetable Medley Spinach Salad Oatmeal Cookie	18 Pepper Steak Mushroom Gravy Potatoes Au Gratin Steamed Spinach Roll Pears in Jello
21 Baked Chicken Breast Mushroom Sauce Baked Potato California Veggies Roll Lemon Bar	22 Frito Pie with Meaty Red Chili Pinto Beans Mexicorn Crackers Rainbow Sherbet	23 Chicken Tenders Cream Gravy French Fries Coleslaw Biscuit Vanilla Ice Cream	24 Pork Roast Mashed Potatoes Pork Gravy 5 Way Veggies Roll Chocolate Pudding	25 Green Chili Cheeseburger with Garnish Pork & Beans Potato Chips Chocolate Chip Cookie
28 Chicken Cordon Bleu Broccoli & Cauliflower Scalloped Potatoes Garlic Toast Yogurt	March 1 Chicken Tempura Orange Sauce White Rice Asian Veggies Fortune Cookie Mandarin Oranges	March 2 ASH WEDNESDAY Baked Tilapia Seasoned Rice French Style Green Beans & Corn Roll Chilled Pears	March 3 Meatloaf Potatoes Au Gratin Green Peas Carrot Raisin Salad Roll Yogurt	March 4 Meatloaf Potatoes Au Gratin Green Peas Carrot Raisin Salad Roll Yogurt

Senior Meal Suggested Donation: Lunch \$1.50
Lunch is served curbside at MEG Center
10:30 am – 12:30 pm Monday through Friday

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



Porter, Elisabeth (Betty), Chaco River

*Contact us by phone,
text, or email.*

Let's Thrive!



CASE MANAGEMENT: Information & Referrals

**We offer information
& assistance, such as:**

- Referrals to community resources and state programs
- Referrals to your local senior center for meals, transportation, and other services
- Helping you set personal goals and build a plan for healthy living
- Following up with wellness calls to support you on your journey

CONTACT US

Local: (505)395-2668

Toll Free: (866)699-4927

CASE MANAGEMENT

Phone: (505)391-9231

Email: seniorhelp@ncnmedd.com

www.nonmetroaaa.com

City of Santa Fe Senior Center Locations

MARY ESTHER GONZALES MENDI
7121 ALTA VISTA STREET
(505) 955-4779



Santa Fe
Community
Cooperation
Center

City Hall

State Capitol


PIÑATEMPO
184 ALTA VISTA STREET



VILLA CONSUELO
1238 CAMINO CONSUELO



VENTANA DE VIDA
1008 PINOCHÉ STREET



LUISA
1084 LUISA STREET
(Terrace on Columbia St.)



All
Senior Centers
Temporarily Closed

Genoveva
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Center



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