

# SENIOR SCENE MAGAZINE



Photo by Julie Spiatt, read story on page 5



[www.senior.gov/senior\\_scene\\_magzine](http://www.senior.gov/senior_scene_magzine)

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

JANUARY 2022





# By Gino

A message from the Division Director



“When words are both true and kind, they can change the world” - *Gautam Buddha*

“Spread the love wherever you go. Let no one ever come to you without leaving happier” - *Mother Teresa*

“Kindness is an electrical spark of life that runs through all kingdoms and has a reciprocal action when shown to others” - *Joe Hayes*

Happy 2022! As you can see, the theme for the New Year is “Kindness”. I do not know about the rest of you but I am frustrated by the direction our state is heading with COVID-19. We continue to experience very high numbers and now cases of individuals who are fully vaccinated. This is the reason we still have not fully opened. Please understand it’s an issue of public safety and we will open when it’s is safe.

In the meantime, I hope you all are enjoying the cold, ha ha. I enjoy it sometimes, but not when the cold is compounded by the wind.

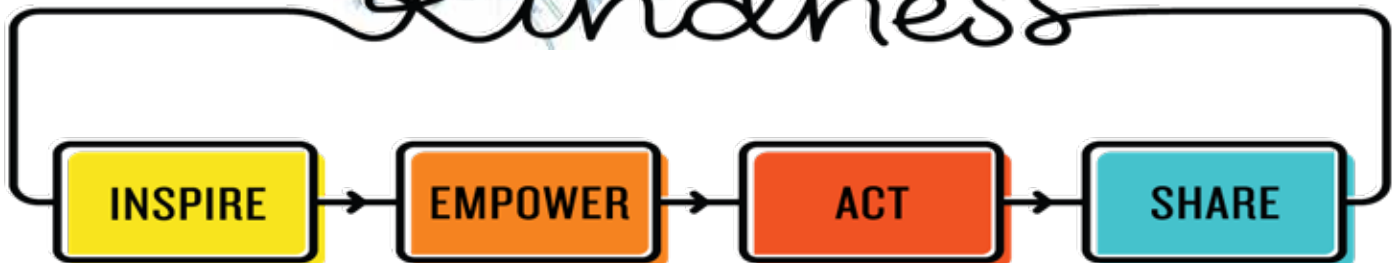
I would like to recognize all the volunteers who make life a bit easier during this time of the year and throughout. I often get thank you from our seniors for the extra things you all do for them.

I’d like to take a moment to thank two outgoing Santa Fe City Councilors whose support of our senior programs been very much appreciated: City Councilor for District 3, Roman “Tiger” Abeyta and City Councilor for District 4, JoAnne Vigil Coppler. We will miss them and we wish them well.

Stay warm!



# Kindness



... KINDNESS ...  
*is contagious*

# NEWS & VIEWS

JANUARY 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 January

Senior Services continues to operate with limited services, due to COVID. We offer lunch at the curbside of MEG Center weekdays 10:30 a.m. to 12:30 p.m. and we deliver weekday meals to homebound seniors who request them. Our Transportation staff takes seniors to doctor offices, pharmacies, and vaccine appointments, with a reservation made 5 days to 24 hours in advance. Call (505) 955-4700 for Transportation. Call (505) 955-4721 to register with Senior Services and request meals.

Senior Services will be closed on Monday, January 17 for Martin Luther King, Jr. Day.

## Thank You for the Sign



New Mexico artist Kathleen O'Neill volunteered to create a new sign for our curbside lunches. She brought her professional skill and whimsical artistry together to design and paint the new sandwich boards, inviting seniors to stop by and pick up a meal.

Michael Moran, president of Wood Design, Inc. at 1091 Siler Road donated the signboards and primed them for Kathleen to begin work.

We thank both of these generous professionals for their gifts to Senior Services!

## January Food Distributions



Drive-through grocery distributions at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, January 6 & 20

## Santa Fe County Treasurer Property Tax Outreach



Pay your property taxes for the first half of 2021 at the Mary Esther Gonzales Senior Center, 1121 Alto Street on:

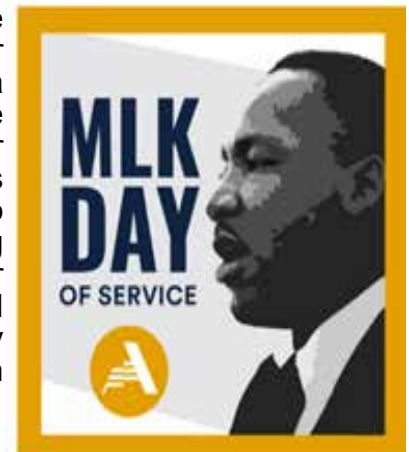
**Friday, January 7 10:00 a.m. - 2:00 p.m.**

The Treasurer's Office will only accept a check, money order, credit card or cashier's check. Due to security concerns, cash is not accepted. The Treasurer's Office does not contact taxpayers for payment over the phone. For additional information, contact the County Treasurer's Office at (505) 986-6245.

They will accept payment for the second half of 2021 at MEG Center April 8 & 22, 2022.

## "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 will be going door to door at Civic Housing apartments to deliver a bag of useful health and safety information and fun items.



Date: Martin Luther King, Jr Day of Service: Monday, January 17

Time: 10:00 a.m. – 1:00 p.m.

Locations: Pasatiempo, Luisa and Villa Consuelo

To join us, call Kristin at (505) 955-4760.

If you live at those apartments, listen for our knock at your door on the 17th. See you then!

# NEWS & VIEWS

JANUARY 2022



## Cover Photographer: Julie Sprott

It's good to be back in the sunshine and a drier climate, having just spent seven years in Florida.

Photography has been on my mind and in my life for some years. It started with needing to acquire some pictures of village life while doing an anthropological research study in the Arctic native village of Noorvik, Alaska [yes, I'm a UNM PhD grad]. After that, still a resident in Anchorage, I would head out to Denali National Park and to many other scenic spots to appreciate the wildness of the land and animals, while also on the lookout for folks with beautiful gardens to photograph. A number of those Alaska "shoots" have appeared in the Better Homes and Gardens Perennials magazine. Close to retirement then, I returned to New Mexico and would often drive up into Colorado, down to Bosque del Apache, and many other favorite spots for photography.

This craft slows down a person and offers a new way of seeing more deeply. An especially fun project when I was a docent with the Albuquerque Biopark Botanic Garden was taking photos of plants at the park that would become part of monthly articles for the Albuquerque Journal, featured by the volunteer staff coordinator who highlighted key points about each plant.

I've basically led a charmed life and appreciate all the opportunities I have had being a witness to the beauty of the earth. I'm happy to return the favor now by signing up with RSVP to do some service while also diving into the joys of living in Santa Fe.

## Happy Birthday



Transportation driver and (now) meal deliverer David Kennedy was celebrated in style by other staff on his birthday at the MEG Center in December.

*David is standing by a picture of Mary Esther Gonzales*

## Did you Know?

The Salvation Army had a huge impact in New Mexico in 2020:

- 140,238 People Assisted
- 972,981 Meals Served
- 35,746 PPE & Hygiene Kits Provided
- 16,630 Clothing Items Distributed
- 38,016 Nights of Shelter Provided
- 2,110 People Helped with Rent or Utilities



To learn more, or to donate to the Salvation Army, go to [salvationarmy.org](http://salvationarmy.org).

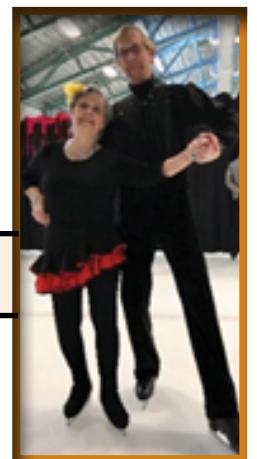
## She will be Missed...

Benita Rodriguez, born in la Puebla, N.M. passed away on November 7, 2021. She is survived by her sister Katie Ortiz and many other family members. Benita worked as a teacher's aide for 25 years. She was a member of the Catholic Daughters and a volunteer at the senior center. She was a kind, caring, gentle woman.



## December Cover:

On the December Senior Scene cover, we neglected to mention that the gentleman ice skating with Nancy Yankura was Rabbi Martin Levy. We apologize for the oversight.



## COVID Vaccine Boosters

If you need help with COVID vaccine issues, call Kristin at Senior Services at (505) 955-4760.

# NEWS & VIEWS

JANUARY 2022



## A View from the Inside

By Ann Williams

A funny thing happened when I opened my home delivered hot meal from Kitchen Angels today. Inside the brown paper bag is usually a pressed paper tray, coated with a waterproofing material, and separated into compartments for an entrée and a side vegetable. There's usually a cup of fresh sliced fruit and a protein shake, too. But today—and I'm still crying for the joy over it—some wonderful Santa Fean sent me fresh flowers!

No kidding! There were zinnias and celosia, everlastings and a purple basil in full bloom—a wonderful array of colors and texture and sizes and smells that transformed this 300 square foot room into a garden. Thank you. There was a card in there from Soul Friend Flowers, but the donor remained anonymous. Isn't that the way Christ taught us to give in Matthew 6: 1- 4?

The gesture made me realize how each opportunity to interact with a homebound person is a chance for compassionate people to share the love in their hearts with one another. Small things make such a big difference. I'm going to take the risk here of suggesting that if you are going to visit a homebound person, don't go empty-handed. What would brighten your day from a visitor? A small sachet pouch? A chocolate bar? A sample 4 pack tea assortment? A crossword puzzle book?

Perhaps you don't make visits to the homebound, but you want to support those who do. Some congregations sponsor programs especially targeted to bring spiritual comfort to the homebound. These clergy and volunteers need a steady supply of coloring books and markers, connect-the-dot, variety puzzles, jigsaw puzzles, prayer shawls, worship materials—and yes—toothpaste, mouthwash, hand lotion, Q-tip swabs, Chapstick, shampoo—all in small travel sizes. It's not just during the holiday season—it's year-round for persons making weekly home visits to those with a variety of needs.

Homemade brownies? What's your special craft item to share? A small scented lotion or massage oil? A calligraphy bookmark? A pop-up greeting card? Open your own drawers and see your creativity with new eyes. Your hands are still able to do what others' hands no longer can. Every stitch, every stroke of a brush or a pen can bring so much love into a boring routine of confinement. Share yourself in a new way, anonymously if you wish.

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?



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY 2022



AmeriCorps Seniors

**RSVP** *Santa Fe*

Give a little time.  
Get a lot back.

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 organizations like the one below. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. [www.rsvpsantafe.org](http://www.rsvpsantafe.org)

To learn more, contact Kristin at (505) 955-4760 or [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov).



The N.M. Library for the Blind and Physically Handicapped is responsible for meeting the reading and information needs of nearly 3,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled. Patrons are issued playback equipment that allows them to utilize books, magazines, and other material in alternate formats (digital cartridge, cassette, Braille, and electronic text). The collection focuses mainly on recreational reading, and contains more than 60,000 titles in a variety of genres. Volunteers are needed for:

**Cassette Repairs** – volunteers should have some electrical experience (preferably with cassette machine repair and maintenance), must understand diagrams, the use of Tenma testers, and have familiarity with soldering, torque test, frequency response, etc.

**Digital Repairs** – volunteers should be computer literate and have the ability to read/understand manuals containing tests that can be run on machines that no longer work properly, have insufficient battery charge, or have software errors due to player misuse or mechanical errors.

**Reviewers** – listen to book narrations for any mistakes and/or mispronunciations.

**Recording** – computer friendly people who help with the insertion of digital “markers” for the digital book format.

## Gratitude

Thank you to RSVP volunteer Tom Pedersen for playing piano at the RSVP volunteer gift give-away event on December 11th. And to Sue Cover, David Schell and Kim Miller for all their help that day.



Happy Birthday

## To all JANUARY Senior Volunteers!

Bryan Valentine	1/01
Grace Gutierrez	1/04
Audrey Martinez-Coburn	1/04
Reyes P. Garcia	1/06
Carol Ashcraft	1/09
Leonard Garcia	1/10
Genevieve Rodriguez	1/11
Dolores Vigil	1/14
Carol Montoya	1/16
Antonia Salazar	1/17
George Auchampaugh	1/19
Teresa Martinez	1/19
Susan M. Sheldon	1/21
Maria Carta	1/26
Virginia Lierz	1/26
Michael Mier	1/26
Pauline Orosco	1/26
Donna L. Herbst	1/28
Dottie Hill	1/28
Perfilia Martinez	1/28
Terry Meacham	1/28
Christine Sandoval	1/28
Caro Waterman	1/28
Frances Padilla	1/29
Deborah Chapman	1/30

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



# 2021 TAX INFORMATION

JANUARY 2022

*Note: Senior Services does not have any information about taxes beyond what is printed here.  
Please do not call Senior Services about taxes- call the numbers listed below.*

## NM REBATE LIMITS AND AMOUNTS HAVE BEEN INCREASED

Even if you did not qualify for a rebate last year, you might this year. Get tax help and find out!

Income Limit is now \$36,000 – it was \$22,000

Maximum rebate for singles is \$220 – it was \$135. On average, figure \$40 more than last year.

Property Tax or Rent Rebates continue as is.

## EARNED INCOME TAX CREDIT (EITC)

EITC has new age limits- now 19 and older

For senior citizens, there is no upper age limit- it was 64

EITC Income limits have also been increased.

NM Working Family Credit matches 20% of the US EITC.

ITIN holders now qualify for the NM WFC.

## STIMULUS PAYMENTS

All people should have received \$1,400 per person in April 2021. If you did not receive it, you can file for it now.

There are three free or very low-cost tax preparation services in Santa Fe:

## 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 just before I-25, left of the entry gate

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

**Make an appointment online at [www.taxhelpsantafe.com](http://www.taxhelpsantafe.com) or call 505-990-9431**

**Walk-ins available but please make an appointment**



# 2021 TAX INFORMATION

JANUARY 2022

## TAX HELP NEW MEXICO



FILE YOUR FEDERAL AND STATE INCOME TAXES FOR FREE

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.

DATES, DAYS and HOURS: February 1 through April 13, 2022

Tuesdays and Wednesdays, 10:00am-4:30pm

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**

The Tax-Aide Program in Santa Fe will once again operate at the Santa Fe Higher Education Center (HEC), 1950 Siringo Rd. Services will run Monday through Friday from Feb. 1 through April 14, 2022. Appointments are required. Beginning January 15, 2022, appointments may be made online at [www.sfcc.edu/taxaide](http://www.sfcc.edu/taxaide). Updates regarding service hours and methods will be provided on the website and the HEC-provided phone – 505-428-1780. At this time, they cannot respond to any voice mails left on this phone.

Due to AARP Foundation and Santa Fe Community College requirements, only individuals who are fully vaccinated and masked 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** for details.

**AT - A - GLANCE**  
JANUARY 2022



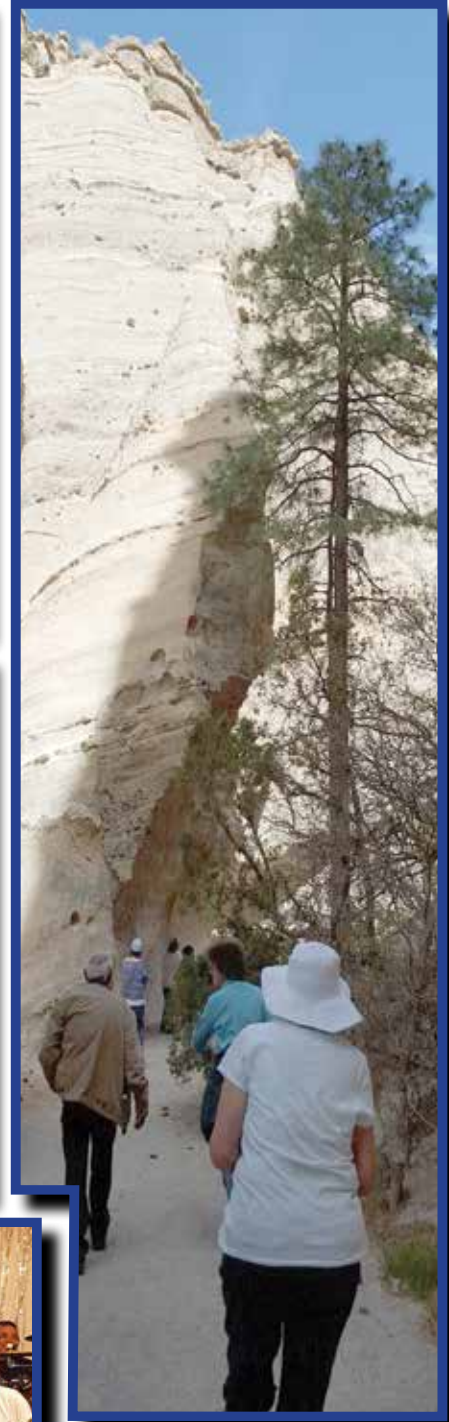
**Remember these events?**

Photos by Activities Coordinator Albert Chavez, who says he really misses the field trips, dances and barbecues and cannot wait for all of that to resume.



**Recuerdos Para Siempre**

*AT - A - GLANCE*  
JANUARY 2022



**Bonitos  
Recuerdos**

JANUARY 2022



CENTER FOR HEALTHY AGING  
ADULT DAY CENTER

Santa Fe's new Center for Healthy Aging  
Adult Day Center!

Our vision: to support healthy aging in the Santa Fe community.

Our mission: to raise the level of care and participation for elders, their families and caregivers through education, advocacy and empowerment.

Life Circle NM is passionate about serving seniors and providing excellent care and companionship.

Our Adult Day Care program is designed to provide a safe, supportive environment for older adults who need assistance with activities of daily living.

**Activities we will be offering:**

Reminiscing Sessions  
Games/ Puzzles/Cards  
Music/ Dance/ Kareoke  
Gardening  
Pet Therapy  
Exercise/ Yoga/ Stretching  
Arts and Crafts  
Cognitive Stimulation

We provide safe and reliable transportation to and from home, snacks and a healthy nutritious lunch.

505-418-1300 - 1800A Espinacitas Street SF. NM 87505- director@lifecirclenm.org

www.lifecirclenm.org

# CONSUMER & LEGAL

JANUARY 2022

## Medicare Part B Premium Increase in 2022 is Largest Ever

by Dena Bunis, AARP, November 15, 2021

Medicare's Part B monthly premium for 2022 will increase by \$21.60, the largest dollar increase in the health insurance program's history, the Centers for Medicare & Medicaid Services (CMS) announced on Nov. 12. Standard monthly premiums for Part B will cost \$170.10 in 2022, up from \$148.50 in 2021.

Medicare Part B covers doctor visits and other outpatient services, such as lab tests and diagnostic screenings. CMS officials gave three reasons for the historically high premium increase:

- Rising prices to deliver health care and increased use of the health care system partially due to COVID care.
- In 2021, because of the pandemic, Congress took action to significantly lower the expected Part B premium increase for that year, something AARP fought hard for. In 2021, the Part B premium increased only \$3 a month. Congress directed CMS to pay back that reduced premium over time and that payback is starting in 2022.
- CMS is setting aside money in its reserves in the event it decides that Medicare will cover, Aduhelm, a new Alzheimer's drug that was approved by the U.S. Food and Drug Administration (FDA) earlier this year and whose price has been estimated at \$56,000 a year.

CMS officials stressed that while the 14.5 percent Part B premium increase is a stiff one, the Social Security cost-of-living adjustment (COLA) — at 5.9 percent, the largest in 30 years - is estimated to average \$92 per recipient. So even after the increase in the Medicare Part B premium, most Social Security recipients, whose Part B premiums are typically deducted from their Social Security benefits, will still see a net increase in their monthly check. The COLA goes into effect in January.

"Once again, American seniors and taxpayers will pay the price for the outrageous pricing

behavior of big drug companies," said Bill Sweeney, AARP senior vice president for government affairs. "When Big Pharma sets a high drug price, everyone pays for it — not just those who need the medications. That's why Congress must act swiftly to pass prescription drug reforms in the Build Back Better Act, which would bring meaningful, much-needed relief to seniors and all Americans."

## Are You Eligible for These Benefits?



HUMAN  
SERVICES  
DEPARTMENT

Many people are not aware that they qualify for these support services from the federal government, administered by the State of New Mexico.

### **Supplemental Nutrition Assistance Program (SNAP):** SNAP, formerly known as the Food Stamp

Program, provides financial assistance to eligible New Mexicans with low income and limited resources to purchase food products. SNAP benefits are simple to use to purchase qualifying food products at participating grocery stores. Financial information, such as income and what you own, are considered when determining if you can receive benefits.

For information, on SNAP, go to [https://www.hsd.state.nm.us/lookingforassistance/supplemental\\_nutrition\\_assistance\\_program\\_snap/](https://www.hsd.state.nm.us/lookingforassistance/supplemental_nutrition_assistance_program_snap/) or call (800) 432-6217.

### **Low Income Home Energy Assistance Program (LIHEAP)**

LIHEAP assists eligible persons and families with their heating and cooling costs. Crisis LIHEAP is available quickly to qualified households that have received a disconnect utility notice, whose utilities have already been disconnected, or who are almost out of wood, propane or other bulk fuels.

For information on LIHEAP, go to [https://www.hsd.state.nm.us/lookingforassistance/low\\_income\\_home\\_energy\\_assistance\\_program/](https://www.hsd.state.nm.us/lookingforassistance/low_income_home_energy_assistance_program/) or call (800) 283-4465.

# TRIANGULAIRS™

In this fun new word puzzle, you must face two challenges:

- 1) Spell 4-letter words that use **one letter from each row**. You may use the letters in any order. Score 1 point for each 4-letter word you form.
- 2) Spell one 10-letter word that begins with **the top letter** in the triangle and uses every letter in the triangle. Score 5 points for this word.

In this example, you can form these 4-letter words, for 7 points:  
gait, gnat, lint, rant, tail, tang, tarn

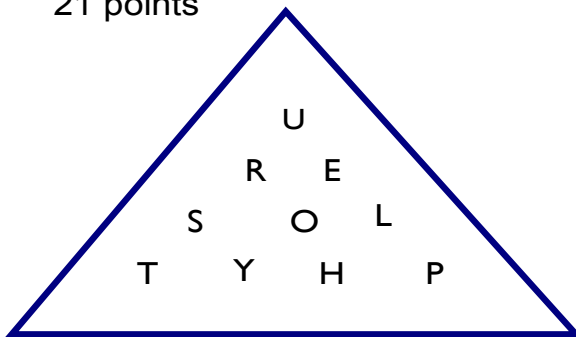
The 10-letter word beginning with T is TRIANGULAR, for 5 points.

Total score: 12 points

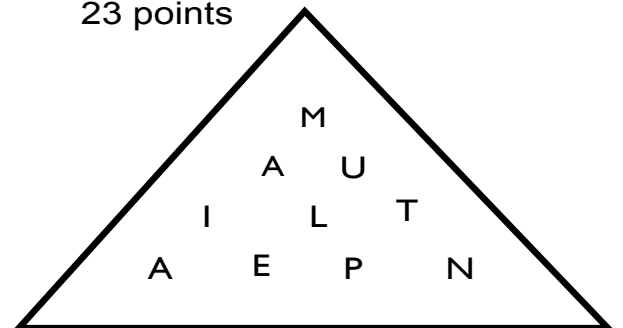


Now try these! Our totals are shown.

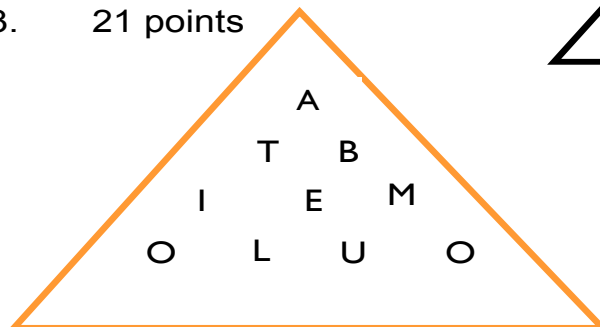
1. 21 points



2. 23 points



3. 21 points



# United States

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.

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

ALABAMA  
ALASKA  
ARIZONA  
ARKANSAS  
COLORADO  
DELAWARE  
FLORIDA  
GEORGIA  
HAWAII  
ILLINOIS  
INDIANA  
KANSAS  
LOUISIANA  
MAINE  
MARYLAND  
MICHIGAN  
MONTANA  
NEVADA  
NEW JERSEY  
NEW MEXICO  
NEW YORK  
OKLAHOMA  
OREGON  
RHODE ISLAND  
VERMONT  
VIRGINIA  
WISCONSIN  
WYOMING

# HEALTH & SAFETY

JANUARY 2022

## 4 HEALTHY NEW YEAR'S RESOLUTIONS FOR OLDER ADULTS

(Excerpted from nwpc.com)

As we get older, prioritizing our health becomes increasingly important. This leads many of us to consider ways we can improve our well-being through adopting healthy New Year's resolutions. If you don't know where to begin, start by considering the following lifestyle choices that focus on making 2022 the year of self-improvement.

### 1. START A PHYSICAL THERAPY ROUTINE

Staying active is key to reducing aches and pains and increasing mobility. As we age, we can lose bone density, run the risk of fractures, and experience balance issues that may result in falling or injury. Beginning a physical therapy regimen can help mitigate these problems as we move into our golden years. Before you start any exercise program, you will want to have your physician perform a balance assessment and bone-density exam to ensure they're safe.



### 2. PRIORITIZE REGULAR EXAMS

Stay on top of your health by maintaining regular check-ups, even if you feel healthy. Annual exams are crucial for preventative care and useful for catching potential health risks early. That is useful for protecting your overall well-being and discovering serious health concerns.

### 3. TAKE CONTROL OF HYPERTENSION

Hypertension, or high blood pressure, can appear at various stages in your life and may not present any symptoms until it's become a serious health concern. Left undetected, hypertension can lead to heart attack, stroke, and kidney disease. If you've been diagnosed with hypertension, several lifestyle changes can

help reduce and reverse the disease:

- **Maintain a Healthy Diet:** Cut-out high-sodium foods and eat a balanced diet that incorporates more legumes, fruits, whole grains, and lean proteins.
- **Give Up Nicotine:** Nicotine is known to elevate blood pressure and raise heart rates. While the increase itself is temporary, heart damage caused by tobacco can have a severe impact on blood pressure down the line. Smoking narrows and hardens your arteries, which has long-lasting effects on your heart. Quitting smoking has immediate health benefits, dropping your blood pressure within only 20 minutes. The longer you stay off nicotine, the lower your risk for developing hypertension.
- **Stay Active:** Low-impact, moderate exercise has been proven to reduce hypertension in older adults. A leisurely walk, swimming, and using a stationary bike are all great ways to get some exercise and increase heart-health. Only 30 minutes, five days a week is enough exercise to impact your blood pressure significantly.



### 4. ADD SOME TECHNOLOGY TO YOUR HEALTH CARE



Keeping up with exercise schedules, staying on top of medication, and going to your doctor's office can be a lot to juggle. Luckily, there are ways technology can help you take

control of your health. Fitness apps can help you track your exercise routine, provide easy to follow workouts, and alert you to your activity schedule. Some smartwatch apps can remind you to fill prescriptions, monitor heart rates, and help count calories. If you need to speak with your healthcare provider about any health concerns, telehealth appointments can give you high-quality care from the comfort of your own home.



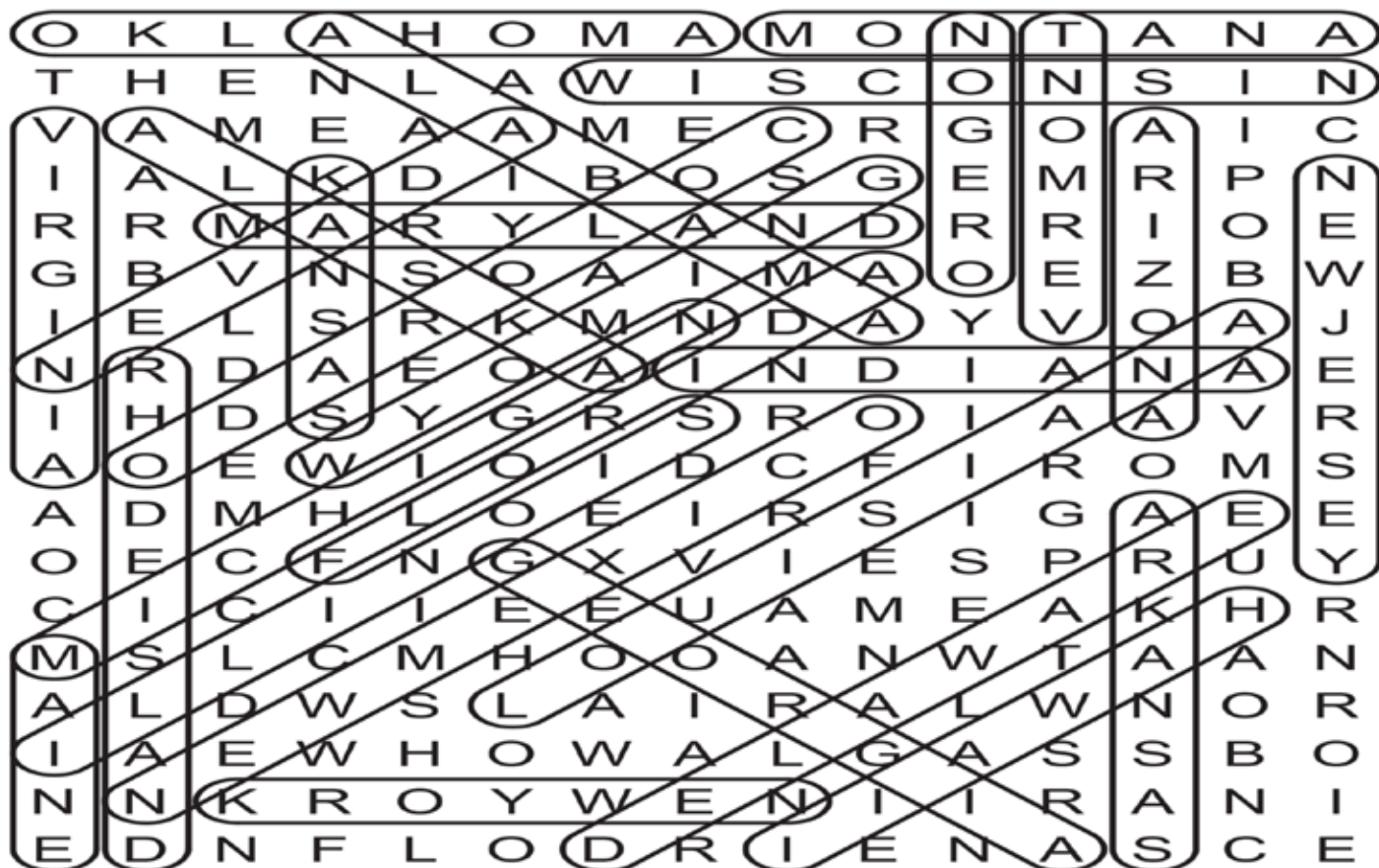
## Triagngualrs Answers

*Note that sometimes there are additional, more obscure answers)*

1. hour, hues, hurl, lute, pour, purl, rout, rush, rust, ruts, spue, spur, suet, tour, your, yule; **UPHOLSTERY**

2. alum, lama, lame, lamp, lump, main, male, mate, maul, meat, mina, mule, mute, palm, plum, tame, tamp, team; **MANIPULATE**

3. able, ambo, atom, bail, bale, balm, beau, iota, lamb, late, malt, moat, tail, tael, tale, teal; **AUTOMOBILE**



# SENIOR SERVICES LUNCH MENU

## JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Swedish Meatballs</b> over Egg Noodles Vegetable Medley Breadstick Pineapple	4 <b>Chicken &amp; Rice Casserole</b> French Style Green Beans Tossed Salad Roll Berries in Cobbler	5 <b>Beef Roast</b> Baked Potato Cucumber & Tomato Salad California Veggies Roll Tapioca Pudding	6 <b>Meaty Marinara Sauce</b> over Penne Pasta Italian Veggies Tossed Salad Roll Ice Cream	7 <b>Soft Chicken Taco</b> with Garnish Chuck Wagon Veggies Refried Beans Chocolate Pudding
10 <b>Chicken Alfredo</b> Fettuccini Noodles Broccoli & Cauliflower Garlic Bread Peaches in Cottage Cheese	11 <b>Green Chile Cheeseburger</b> with Garnish Ranch Beans Onion Rings Bananas in Pudding	12 <b>Teriyaki Chicken</b> Fried Rice Asian Veggies Roll Fortune Cookie Mandarin Oranges	13 <b>Pork Red Chile Tamale</b> with Meaty Red Chile Sauce Pinto Beans Squash & Corn Sliced Pears	14 <b>Ham &amp; Cheese Sandwich</b> Garnish Carrot Sticks Potato Chips Fresh Orange
17 <b>ALL KITCHENS CLOSED IN HONOR OF MARTIN LUTHER KING, JR. DAY</b>	18 <b>Sloppy Joe</b> French Fries Steamed Spinach Chilled Peaches	19 <b>Baked Chicken Chicken Gravy</b> Wild Rice Asparagus & Onions Biscuit Tropical Fruit	20 <b>Meatloaf</b> with Veggie Topping Potatoes Au Gratin California Veggies Roll Applesauce	21 <b>Beef Fajita</b> with Peppers & Onions Spanish Rice Black Bean & Corn Salad Brownie
24 <b>Salisbury Steak</b> Mushroom Gravy Mashed Potatoes Mixed Veggies Roll Chilled Apricots	25 <b>Country Style Ribs</b> Pork & Beans Sliced Carrots Spinach Salad Cornbread Fresh Apple	26 <b>Cobb Salad</b> with Chicken, Bacon & Boiled Egg Salad Dressing Breadstick Chocolate Cake with Cherry Topping	27 <b>Chicken &amp; Potato Burrito</b> with Chile Sauce Calabacitas Fruit Cocktail in Jell-O	28 <b>Beef Brisket</b> Roasted Potatoes Brussel Spouts Roll Vanilla Pudding with Cinnamon
31 <b>Baked Cod</b> Tater Tots Green Beans Roll Cherries in Strudel	FEB 1	FEB 2	FEB 3	FEB 4

Senior Meal Suggested Donation \$1.50

Curbside lunch is served at the MEG Senior Center at 1121 Alto St.  
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  
Meals on Wheels Program

## RE-HEATING DELIVERED MEALS

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

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



### HOT OR COLD MEALS

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

### FROZEN MEALS

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



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

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# SENIOR SCENE MAGAZINE

## City of Santa Fe Senior Center Locations

