

THE SENIOR SCENE



Photo:
Penny
Martin

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

Offered by: Division of Senior Services

http://www.santafenm.gov/senior_scene_newsletter

**JANUARY
2016**



City of Santa Fe
**Community
Services**
Senior Services



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. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

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" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at www.rsvpsantafe.org.

Front Desk Reception

Toll-Free Administration Line

Ron Vialpando, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

Transportation Ride Reservations (page 4)

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4722

955-4700

955-4702

955-4703

955-4756

Nutrition

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

M.E.G. Center, Ventana de Vida Center

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator

955-4725

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

Triston Lovato, Editor/Distribution

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Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

DIRECTOR'S REPORT

JAN-2016

Dear Patrons – Happy New Year!

Shortly after the holidays, we dive into the 2016 New Mexico Legislative Session and follow the progress of various requests we submitted for consideration. The session convenes on Tuesday, January 19, 2016 at noon and will be in session for 30 days. The legislative process is imperative for Santa Fe senior services as well as for other senior programs statewide.

During the 2016 session the Division of Senior Services submitted a capital outlay request that includes various capital improvement projects and equipment/vehicles totaling \$1,388,457. With a thorough evaluation of our program needs and specifically identified capital improvement projects, this request will allow us to enhance services, which will benefit the seniors who utilize our City of Santa Fe programs.

During the session we will continue to advocate on your behalf in securing funds for our City programs. We will meet with Santa Fe's state and local delegation and ask for their support with our submitted request, and as always we would like to thank our local delegation for their continued support now, in the past, and in the future. We truly appreciate you.

Another important process during this year's session is the "2016 Alliance Senior Day" at the New Mexico Legislature. This event is scheduled for Wednesday, January 20, 2016, at 10 a.m. in the Roundhouse Rotunda. Mayor Javier M. Gonzales will be present and will read a proclamation in honor of Senior Day.

Your presence and voice are greatly appreciated and make a difference in the decisions our legislators make related to senior programs statewide. So, if you are interested in attending this very important event and need a ride to the State Capitol, please contact our transportation section at (505) 955-4700 at least 24 hours in advance to secure your ride.

On another note, please be advised that our senior centers and administrative offices will be closed on Monday, January 18, 2016 in observance of the Dr. Martin Luther King Jr. Day Holiday. This day celebrates the life and accomplishments of Dr. Martin Luther King Jr. who promoted civil rights through nonviolent civil disobedience and community action. Please turn to page six to learn about this year's MLK Day service project sponsored by our Senior Volunteer Programs. I hope you and your families have a wonderful New Year and we look forward to seeing you at our various meal sites and upcoming events.

Sincerely,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

JAN-2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers, uses the Division Transportation, or other services is asked to register with our program. We can secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Per the Older Americans Act participants must be at least 60 years of age; or be the legal spouse of a member 60 or over, residing at the same address; or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

For more information, contact Brenda Ortiz at 955-4722.

Email bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. When scheduling a ride, please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time. Closed January 1st and January 18th.**

SF County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: For weekend and evening transportation, call 473-4444.

NEWS & VIEWS

JAN-2016

She Will Be Missed



Dora Gonzales, 87, a longtime resident of Santa Fe, passed away on November 26, 2015, with her loving family by her side. Dora is survived by her daughter Sara Montoya (Arturo), son Peter Gonzales and many family members with whom she loved spending time. Dora retired from St. Vincent hospital after 20 years, and spent several years after that volunteering as a Foster Grandparent at La Comunidad Head

Start where they loved how she was able to calm the children down and work with them one-on-one. She will be greatly missed.

Senior Center Closures

Friday, January 1, 2016 – All senior centers are closed for New Year's Day; they will reopen on Monday, January 4.

Monday, January 18, 2016 – All senior centers will be closed in honor of Dr. Martin Luther King Jr. Day. Centers reopen on Tuesday, January 19.

Senior Day at the Roundhouse

The New Mexico State Legislature will gather for the 2016 30-day session which begins on Tuesday, January 19 at noon. Drop by the Roundhouse on Wednesday, January 20, 2016 for "Alliance Senior Day." Beginning at 10 a.m. there will be many informational booths regarding aging and senior services offered throughout the state. The City of Santa Fe Division of Senior Services will be on site, so stop by our booth!

Flora's Corner

"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment."

–William Penn

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change. Please check updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

January 2016 Dates, Times, & Locations:

1st	Van not out – New Year's Day	
2nd	Southside Library	10 am – 3 pm
3rd	Santa Fe Recovery	9 am – 3 pm
4th	Van not out	
5th	Van not out	
6th	Van not out	
7th	Van not out	
8th	Van not out	
9th	Southside Library	10 am – 3 pm
10th	Santa Fe Recovery	9 am – 3 pm
11th	Fort Marcy	10 am – 2 pm
12th	Eldorado Senior Center	10 am – noon
13th	Luisa Senior Center	noon – 2 pm
14th	Edgewood Senior Center	10 am – 2 pm
15th	Mary Esther Gonzales Senior Center	10 am – 2 pm
16th	Southside Library	10 am – 3 pm
17th	Santa Fe Recovery	9 am – 3 pm
18th	Van not out – MLK Day	
19th	Chimayo Senior Center	10 am – 2 pm
20th	Genoveva Chavez Center	10 am – 2 pm
21st	Santa Cruz Senior Center	10 am – 2 pm
22nd	Pasatiempo Senior Center	10 am – 2 pm
23rd	Southside Library	10 am – 3 pm
24th	Santa Fe Recovery	9 am – 3 pm
25th	Casa Rufina Apartments	10 am – 2 pm
26th	Ventana de Vida Senior Center	10 am – 2 pm
27th	El Rancho Senior Center	10 am – 2 pm
28th	Santa Fe Community College	10 am – 2 pm
29th	Villa Consuelo Senior Center	10 am – 2 pm
30th	Southside Library	10 am – 3 pm

NEWS & VIEWS

JAN-2016

The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of January!

Tillie Kitchens	1/6
Seferino Chavez	1/7
Antonia Salazar	1/17
Maria Carta	1/26
Perfilia Martinez	1/28



MLK Day Project



The Santa Fe Senior Volunteer Programs are collecting warm and personal care items to support the Santa Fe Interfaith Community Shelter. The Interfaith Shelter works to support homeless individuals in Santa Fe by providing shelter, meals, showers, clothing, and personal care items. They also provide referrals and offer employment assistance. Please help to support those in the community who need it. Collections will be accepted now – Friday, January 22, 2016 at the following locations:

- MEG Senior Center (1121 Alto St.)
- City Hall (200 Lincoln Ave)
- Senior Services booth at the Roundhouse on January 20, 2016.

Items needed:

*Travel size is best for personal care items, but any size is accepted.

- Hats & gloves
- Socks & underwear (New)
- Toothbrushes & toothpaste
- Deodorant
- Hand cream
- Band aids & anti-bacterial ointment
- Combs/brushes
- Tissue (packs)
- Packs of disposable razors
- Feminine products

The service project is meant as a way to honor the legacy of Dr. Martin Luther King Jr. through community action and support as well as volunteer service, to address social issues and local needs. If you have questions, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov.

Free Arthritis Self-Management Class

Get the knowledge, confidence and skills needed to take a more active part in managing your life with arthritis or fibromyalgia. Topics include: problem solving and self-management principles; pain, relaxation and stress management; exercise and body mechanics; healthy eating; energy conservation; working with health care providers; and evaluating medications and treatments. All participants will receive a copy of the Arthritis Handbook. Class is given by New Vistas Disability Support & Advocacy on Wednesday, January 6 and 13 from 1:30 – 3:30 p.m. The meeting is at Kingston Residence of Santa Fe, located at 2400 Legacy Court. For more information or to register please contact Marilyn Bennett at (505) 471-1001 x120 or email her at mbennett@newvistas.org.

Thank you to Home Instead

The Division of Senior Services extends a huge thank you to Chico Marquez, Ken Hendricks, and the Home Instead Senior Care staff for another successful year of “Be a Santa to a Senior.” Because of their efforts 478 seniors in the Santa Fe community,



many of whom are homebound, received a Christmas gift – the only gift that many of them received during this holiday season. Thank you to Christus St. Vincent Hospital, the Santa Fe Wal-Mart Stores, the Santa Fe Place Mall, Non-Metro Area Agency on Aging, and Pacifica Senior Living for either serving as host sites for the giving trees or sponsoring seniors. Thank you to all who generously purchased gifts and those who participated in gift wrapping and/or delivering gifts to our seniors. Great teams can accomplish great work. Thank you for making a difference in the lives of our senior community!

AT - A - GLANCE

JAN-2016



Thank you to the “Be a Santa to a Senior” gift-wrapping crew!



Many enjoyed the delicious food and music at the MEG Christmas lunch.



JAN-2016

FREE TAX HELP

Friday, January 29 – Friday, April 15, 2016

**We will prepare your income taxes for FREE!
No income limits. First come first served.**

Santa Fe Community College Fitness Center

(6401 Richards Ave) *Closed for Spring Break at SFCC from March 13-19

Monday – Friday 8:30 am – 5 pm

Saturday 9 am – 1 pm

Boys & Girls Club of Santa Fe

(730 Alto Street – between St. Francis and Guadalupe)

Monday – Friday 9 am – 1 pm

Please bring the following information:

Photo ID

Social Security Cards for parents and children

Health Insurance: proof that you have it or not

W-2 year end wage forms from each job & for each person

If you work for yourself: bring all the income & expenses from your work & any 1099's you receive

Interest, dividends, and stock or CD sales: bring the 1099 forms from the bank

Social Security: bring the year end statement from Social Security

Unemployment: bring the W2-G form from Work Force Solutions

Gambling: bring the 1099 tickets and win/loss report from the casinos

Pensions: bring the 1099-R form you received from the pension payer

Child care, college or vocational training: bring the list of expenses you paid

Medical expenses & Charity donations: bring a list of everything including mileage to doctors

Mortgage interest and property taxes

FREE Direct Deposit of Refund

Bring a blank check to get direct deposit of your refund in 8-10 days with no fees!

Anyone in Santa Fe with income less than \$24,000 should file for NM Low Income and Santa Fe property tax state rebates.



CONTACT: Peter Doniger, District Coordinator
AARP Tax-Aide in Santa Fe
Cell: 670-6835 or SFCC: 428-1780
Email: taxhelpsantafe@gmail.com

JAN-2016

Ayuda para su Declaración de Impuestos del año 2015

Del 29 de enero al 15 de abril

¡Le podemos ayudar a preparar su declaración de impuestos **GRATIS!**

En la Universidad de la Comunidad de Santa Fe Fitness Center

(6401 Richards Ave) *Estandremos cerrados debido a las vacaciones de primavera en el SFCC del 16 al 20 de marzo

Lunes a Viernes 8:30 am – 5 pm

Sabado 9 am – 1 pm

Boys & Girls Club of Santa Fe

(730 Alto Street – entre St. Francis y Guadalupe)

Lunes a Viernes 9 am – 1 pm

Depósito de su Reembolso GRATIS

Por favor traiga una copia en blanco de un cheque de la cuenta bancaria a donde quiere que llegue su reembolso.

Necesitara traer los siguientes documentos:

Foto ID: Cartilla de identidad con foto

Las tarjetas del Seguro Social o ITIN de los padres y de los niños

W-2 formas: un document que muestre los salaríes de todo el año para cada persona que haya trabajado

Si usted trabaja por su cuenta: traiga todos los ingresos y costos de su trabajo. No se olvide: puede reclamar las millas y otros costos del vehículo que haya usado para el trabajo. Gastos que verifiquen el uso parcial de su hogar como oficina o taller Herramientas, uniformes, publicidad, un teléfono (de casa o celular), etc.

Interés o dividendos recibidos. Traiga las formas 1099 del banco.

Seguro Social: Traiga la declaración del año de sus ingresos del Seguro Social como jubilado o discapacidad.

Desempleo: traiga la forma W2-G del Departamento de Trabajo o desempleo.

Juego: traiga las formas 1099 si ganó en juegos de apuestas como en los casinos, Lotería, y una lista de todas las otras apuestas que ha hecho aunque haya perdido dinero. Si puede, consiga su tarjeta de jugador del Casino.

Pensiones: traiga la forma 1099-R si recibió pago por medio de una pensión.

Seguros Médicos: traiga la información que verifique los seguros médicos de su familia.

Traiga una lista de sus: gastos de guardería o cuidado de sus niños, colegiatura o costos de la Universidad, gastos profesionales. Costos médicos que haya pagado por su cuenta.

Interés de la hipoteca e impuestos sobre su propiedad.

Donativos a obras de beneficencia.



AARP
Real Possibilities

Peter Doniger, Director, Ayuda de Impuestos

AARP Tax Aide en Santa Fe

Lo sentimos, pero solo se habla inglés en este teléfono celular.

Célular 670-6835 o SFCC 428-1780 o email

taxhelpsantafe@gmail.com

Community Resources for Elder Abuse Prevention

As elders, we have the right to safety, security and dignity.

Are you or is someone you know...

- Isolated?
- Not eating?
- Not paying bills?
- Not getting needed medical care?
- Neglecting personal hygiene or appearance?
- Bruised, burned or physically hurt?
- Afraid or confused?



Trusting Our Instincts

If something doesn't feel right, it may not be right. Trust your gut. Abusers are often very skilled. They can be charming. They may make unsolicited promises. They often ignore the word "no."

What are Possible Signs of Abuse?

- Having unexplained or frequent physical injuries;
- Talking about "walking on eggshells;"
- Saying things like "My daughter has a temper;"
- Being unable to meet one-on-one;
- Living in unsafe or unsanitary conditions;
- Making sudden or unexplained lifestyle choices;
- Making unusual financial transactions.

Elder abuse can affect any elder in any community.

AN ELDER'S STORY

"It got to the point where I felt like I was about 2 inches tall. Anything I wanted to do, I had to ask my son's permission—even with my own money. I knew something was wrong. But a mother's a mother. You don't want to think that way. As soon as he was out of the house, a door opened up for me. I was no longer afraid to do things or to ask for help from people."

What is Elder Abuse?

- Emotional or psychological abuse
- Physical abuse
- Neglect or abandonment
- Sexual abuse
- Financial exploitation (including taking money or property)

Too often, we're harmed by people we love or care about. It may be difficult to ask for help, but you're not alone. Help is available in our community.

In an Emergency: Call 911

24-hour Crisis Hotlines

- **Crisis Center of Northern New Mexico** 1-800-206-1656
- **Esperanza Shelter for Battered Families** 1-800-473-5220
- **Solace Crisis Treatment Center** 1-800-721-7273

Non-Emergency Services

- **Adult Protective Services** 1-866-654-3219
- **AARP** 1-866-389-5636
- **Legal Resources for the Elderly Program** 1-800-876-6657
- **Long-Term Care Ombudsman Program** 1-866-451-2901
- **New Mexico Aging and Disability Resource Center** 1-800-432-2080
- **NM Peer to Peer Warm line** 1-855-466-7100
- **TEWA Women United: Our Voices Program** 1-505-747-3259



New Mexico Coalition of Sexual Assault Programs
1-888-883-8020 | www.nmcsap.org

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RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

JAN-2016

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are current volunteer opportunities. If you are interested, want to learn

more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov.

Volunteers Needed for AARP Tax Aide Program

Work as little as one or as many as all 11 half day shifts each week.

1. Tax Preparer Work with clients to prepare on the computer their 2015 state and federal tax returns. We e-file all returns and provide clients with a copy. Average time is 22 minutes per client. You are not liable if you make a mistake!

Two to four days of training provided in January either at the AARP office 535 Cerrillos Road or at SFCC for credit by taking Accounting 140.

2. Greeter Sign-in the clients and make sure they have all the necessary papers with them. A half-day training is given at AARP office in January.

3. Back Room Administration Verify that all returns get processed to IRS; maintain volunteer schedules to make sure there are enough workers. Training given as needed.

Volunteers Needed at Bienvenidos Outreach

Bienvenidos is looking for volunteers who would consider giving a couple of hours of your time to help out. Volunteer hours are flexible and are needed for the following tasks: Food box preparation, lunch bag preparation, drivers to pick up food donation at the Food Depot and local stores (weekend shifts available, too), clothing room attendants and front desk help.

RSVP Advisory Council Needs More Members

The Council currently meets once every other month at the MEG senior center. The Council acts in an advisory capacity to the RSVP staff to assess community needs, advise on volunteer recruitment strategies, helps to link the program with other community service resources, assess program accomplishments and impact, assist in developing non-federal resources, help plan RSVP events, suggest ways the program can gain increased visibility in New Mexico, and/or advise on how trends in the community are affecting seniors. Call Triston to join today!

Turn in your Hours

If you have not yet done so, please turn in your volunteer hours for October – December. Every hour that you served counts! Call the RSVP office with any questions you have.

RSVP volunteers born in JANUARY!

Jhana Noble	1/01
Al Hill	1/03
Lucy E. Romero	1/03
Grace E. Gutierrez	1/04
Emily Marquez	1/04
Reyes P. Garcia	1/06
Margaret Christensen	1/08
Alan Karp	1/11
Dolores Vigil	1/14
Nancy Ann Paraskevas	1/15
Mary Erlin Medina	1/16
Caroline J. Montoya	1/16



Diane Wahl	1/16
Maria Salazar	1/17
George Auchampaugh	1/19
Susan M. Sheldon	1/21
Virginia Lierz	1/26
Michael Mier	1/26
Pauline Orosco	1/26
Donna L. Herbst	1/28
Dottie Hill	1/28
Ray Jimenez	1/28
Caro Waterman	1/28
Deluvine R. Baca	1/29

Please note that the above birthdays are people who are enrolled in the RSVP volunteer program and turn in their hours quarterly.

ONGOING ACTIVITIES

JAN-2016

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along	9 am: Guitar lessons		1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center Activities – Albert Chavez (505) 955-4715				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi (beginner) 9 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi (beginner) 9 am: Jewelry class 9:30 am: Zumba Gold (low-impact) 1:30 pm: Oil painting (2 nd & 4 th Tuesday) 3 pm: Nia Technique (1 st & 3 rd Tuesdays)	8:15 am: Tai Chi (beginner) 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi (beginner) 9:30 am: Wood-Straw Applique	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer (open use)				

Pasatiempo Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (full) 12:30 pm: Bridge	8:30 am: Zumba 1 pm: Line Dance (Advanced)	8:30 am: Yoga (full) 9 am: Wood/straw Applique Noon: Sing along	9 am: Tai Chi 10 am: Zumba	
8 am – 1:30 pm: Fitness room 9 am: Ceramics				

Ventana de Vida Senior Center Activities – Albert Chavez (505) 955-4715				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am: Exercise class	1 pm: Art class	9 am: Exercise class		9 am: Exercise class

Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am: Bingo	9:30 am: Ceramics 12:30 pm: Wood/straw applique	11 am: Bingo	

***NOTE: Please print your name on our activity sheets anytime you participate.**

UPCOMING ACTIVITIES

JAN-2016

AARP Smart Driver Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121

Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Classes will be taught by Don Blossom and/or Bob Guillen. Upcoming dates are:

- Tuesday, January 12, 2016
- Tuesday, February 9, 2016

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- January 5, 2016 3 p.m.
- January 19, 2016 3 p.m.

Monthly Senior Services Committee Meetings

(Posted pursuant to the Open Meetings Act)
All meetings held at the MEG Senior Center:

- Senior Olympics: 1/13/16 at 9:30 a.m.
- Transportation/Nutrition: 1/12/16 at 9 a.m.
- Advisory Board: 1/20/16 at 9:30 a.m.
- Travel Committee: 1/21/16 at 8:45 a.m.
- SAC Board: 1/21/16 at 10 a.m.

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis - 20 haircuts per day). The haircut days in January are as follows at 10 a.m.:

- January 6 MEG
- January 13 MEG
- January 27 Pasatiempo

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in January:

Luisa	Thursday, 1/7	11 a.m. – noon
MEG	Friday, 1/22	11 a.m. – noon
Pasatiempo	Friday, 1/8	11 a.m. – noon
Ventana de Vida	Thursday, 1/14	11 a.m. – noon
Villa Consuelo	Tuesday, 1/19	10–11 a.m.

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St. – entrance on Columbia) will host a Bingo on Sunday, January 10, 2016 from 1 to 4 p.m. The cost is \$12 for a package and four specials at \$1 each. The blackout game is \$2. The jackpot winner goes home with \$100! Please bring small bills.

UPCOMING ACTIVITIES

JAN-2016

Legal Workshop / Legal Clinics

The Legal Resources for the Elderly Program (LREP) will hold a legal workshop on Thursday, January 14, 2016 at the Mary Esther Gonzales Senior Center. The group presentation will take place from 10 – 11:15 a.m. The legal clinics (individual appointments) will be held from noon to 2 p.m. For an individual appointment, please call LREP at 1-800-876-6657.

New Year's Dance

Join us for our New Year's dance on Thursday, January 7, 2016 from 1 – 4 p.m. at the Fraternal Order of Eagles (833 Early St). There will be live music by Bandalegre. The dance is sponsored by the Villa Consuelo Senior Center. Admission will be \$2 and please bring your senior membership card. Refreshments will be served. Let's celebrate the New Year with a BANG!



Movie Day at Luisa Senior Center Wednesday, January 20, 2016 at 1 p.m. "San Andreas" (2015 • PG-13 • 1h 54m)

After the infamous San Andreas Fault gives, triggering a magnitude 9-plus earthquake in California, a search and rescue helicopter pilot and his estranged wife make their way together from Los Angeles to San Francisco to save their only daughter. But their treacherous journey north is only the beginning. And when they think the worst may be over it is just getting started.



Movie Day at Ventana de Vida Senior Center Wednesday, January 20, 2016 at 1 p.m. "A Walk in the Woods" (2015 • R • 1h 44m)

Celebrated travel writer Bill Bryson, instead of retiring to enjoy his loving wife and happy family, challenges himself to hike the Appalachian Trail - 2,200 miles of America's most unspoiled, spectacular and rugged countryside from Georgia to Maine. The peace and tranquility he hopes to find, though, is anything but when he is joined by his long lost and former friend Katz, a down-on-his-luck serial philanderer who, after a lifetime of relying on his charm and wits to keep one step ahead of the law, sees the trip as a way to sneak out of paying some debts and into one last adventure before it's too late. The trouble is the two have a completely different definition of the word "adventure." Now they're about to find out that when you push yourself to the edge, the real fun begins.



Ken from Home Instead Sings at MEG

Stop by during lunch at the MEG Center on Monday, January 25 and enjoy songs performed by Ken Hendricks from Home Instead Senior Care. Sing along or just enjoy listening to some old time favorites! Home instead Senior Care provides professional caregivers to help aging loved ones remain in their homes.

Happy New Year from the Coordinators

Cristina and Albert would like to wish you all a Happy New Year! Let's all try to stay positive and be healthy this year.

UPCOMING ACTIVITIES

JAN-2016

Movie Day at the MEG Senior Center Tuesday, January 26, 2016 at 1 p.m.

"Paper Towns"

(2015 • PG-13 • 1h 49m)



17-year-old high school senior Quentin "Q" Jacobson believes that everyone gets a miracle in life, and his came when he was nine, when Margo Roth Spiegelman moved in next door. Margo was always an adventurer, Q, not so much. Over the years Margo became more daring and mysterious and is now one of the ultra-cool kids in school, so the two drifted apart. One night, Margo shows up at Q's window and leads him on an all-night adventure that Q is certain signals a friendship - and maybe more. But the next morning, Margo is gone, disappeared without leaving word with anyone. Or has she? Q starts to find clues seemingly left just for him - signs of where she went and why she left. By solving those clues, another adventure begins. Q, along with friends, embark on a journey to track down Margo and, along the way, discover the true meaning of friendship and the complexities of the enigma that is Margo.

Senior Olympic Spotlight

Kick-Off Registration for Local Games will be at the Mary Esther Gonzales Senior Center on Monday, January 11, 2016 from 9 a.m. – noon. We welcome new faces and hope to see you there. Please join us!

Local games Registration will be Monday, January 11 – Friday, February 26, 2016. Registration fee is \$20.

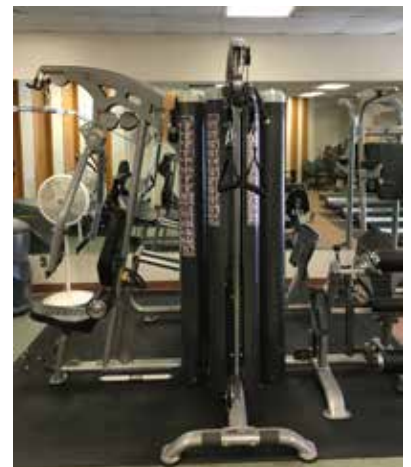
Late Registration will be Monday, February 29 – Friday, March 4, 2016. The late registration fee is \$30.

No credit/debit cards accepted.
Checks are preferred.

We welcome new faces!
Happy Holidays!
Until next month,
Cristina Villa

Check out the new fitness equipment at MEG, Luisa, & Pasatiempo

The new fitness equipment is here and ready for you to use, so stop by and get active! New machines include: treadmills, cycle trainers and elliptical cross trainers; also a four-station multi gym system for a full workout at MEG! Look on page 12 for fitness room hours.



LEGAL & CONSUMER

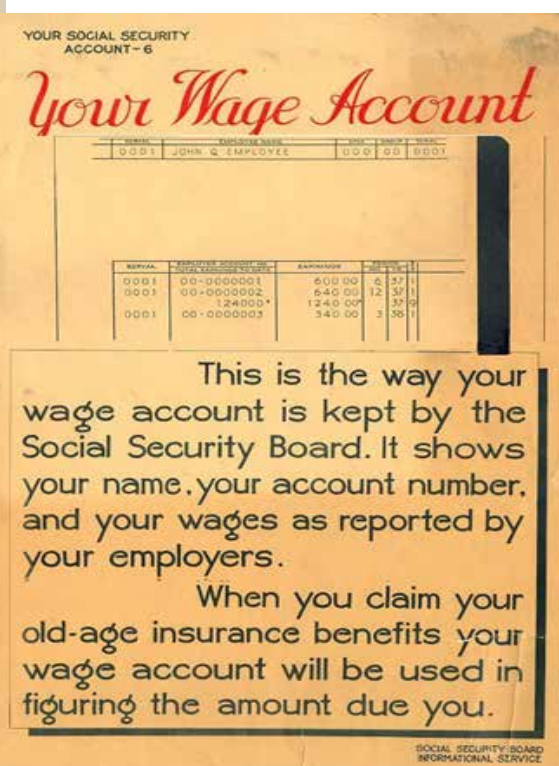
JAN-2016

SOCIAL SECURITY EVOLVES TO SERVE CUSTOMERS

By Rhonda Romero, Social Security Public Affairs Specialist

Social Security is at the forefront of adapting and meeting the ever-changing needs of our customers. Technology plays an important role in helping us provide the world-class customer service America expects and deserves. And we're changing to keep current with new laws and judicial rulings as well.

One way we've evolved is by developing the my Social Security account. Once you enroll for a free account at www.socialsecurity.gov/myaccount, Social Security can help you estimate your future retirement or disability benefits, or manage them if you are already receiving benefits. You can do all of this easily and securely from the comfort of your home or office.



Social Security listens to your needs as we improve the technologies that enhance the customer experience. We continue to look for new services to add to my Social Security to make it an even more powerful resource for you and your family.

Another way we're evolving is by adapting to legal and social changes. In 1935, when Social Security was created, the definition of "family" was different than it is today. On June 26, 2015, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments.

Not only have we adapted to provide benefits for same-sex spouses, but transgender people can now change the gender marker on their Social Security records based on identity, with no requirement for reassignment surgery.

Our mission at Social Security is to deliver services that meet the changing needs of the public. By keeping the public informed of their benefit estimates with my Social Security and adapting to our changing society, we will continue to achieve our goals and help you achieve yours. No matter who you are, you deserve the benefits of Social Security. Find out more at www.socialsecurity.gov.

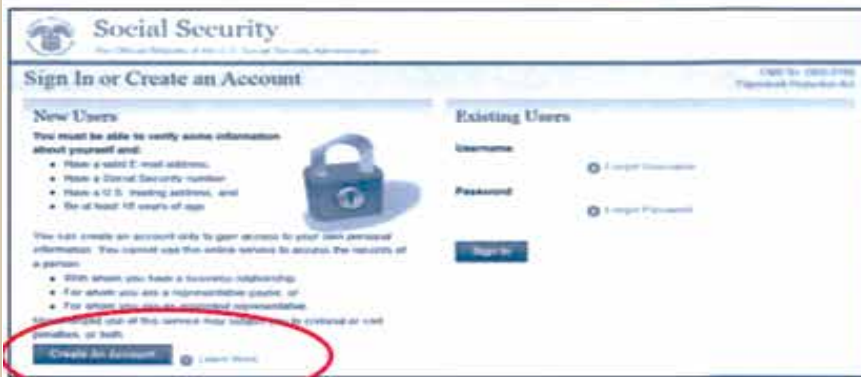
This poster from the period 1937-1939 explains how wage records are kept for Social Security purposes, as this was an area of public concern in the early days of Social Security. Note also that the forms show the geographical breakdown of the 9-digit account number. This breakdown was done to facilitate bookkeeping procedures as can be seen from the facsimile forms reproduced on the poster. Photo from the SSA History Archives.

LEGAL & CONSUMER

JAN-2016

Step 1

Visit www.socialsecurity.gov/myaccount and select:



Step 2

Select "Create An Account."

To create a **my Social Security** account, you must be at least 18 years old and have:

- A valid E-mail address;
- A Social Security number; and
- A U.S. mailing address.

Step 3

Provide some personal information to verify your identity.



Step 4

Choose a username and password to create your account.

After you create a **my Social Security** account, you can access your *Social Security Statement* to check your earnings and get your benefit estimates.

If you receive benefits, you also can:

- Change your address and phone number;
- Start or change your direct deposit; and
- Get your benefit verification letter.

[over]

HEALTH & SAFETY

JAN-2016

These exercises are designed to help you **build strength**, **improve balance**, and **increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Stand Up and Sit Down



- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times

2 Leg Lifts



- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg

*For additional challenge, use 1-pound ankle weights

3 Two-Arm Row



- Sit or stand, bending forward slightly at the waist
- Make fist with hands and extend both arms forward
- Pull arms back, bending elbows into a 90-degree angle
- Slowly straighten arms, extending them forward
- Repeat 10 times

4 Arm Raises



- Sit or stand
- Begin with arms straight down at sides, palms inward
- Raise both arms to side, shoulder height
- Hold position for 1 second
- Slowly lower arms
- Repeat 10 times

*For additional challenge, use 1-pound hand weights

PUZZLE

JAN-2016

PUZZLE 35

ACROSS

- 1. British letter
- 4. Information
- 9. Raced
- 13. "Trinity" author Leon _____
- 15. Ski resort
- 16. Charlatan
- 17. Largest portion
- 19. Taj Mahal locale
- 20. Eradicate
- 21. Fitting together, as boxes
- 23. Bread spreads
- 26. Twice five
- 27. Sustains
- 30. Egyptian president
- 32. Greek vowel

- 33. Indian shelter
- 35. Chum
- 37. Gratuity
- 38. Pedro's uncle
- 40. Buddhism or Catholicism: abbr.
- 41. Bullfight cheer
- 42. French island
- 43. _____ la vista
- 45. Ind.'s neighbor
- 46. "The Stu _____ Show"
- 48. Bank payment
- 52. Can material
- 53. Emulate Dick Button
- 54. Small ornament
- 58. Soils

- 62. Fury
- 63. Speak frankly
- 66. At any time
- 67. Bandleader Shaw
- 68. Connery of "The Russia House"
- 69. Spooky
- 70. Alan and Cheryl
- 71. Sault _____ Marie

- 6. Auditor: abbr.
- 7. Gull's kin
- 8. Cut
- 9. Placed on a schedule
- 10. Unseen bargain
- 11. Attain
- 12. Haul
- 14. Pry
- 18. Song for one
- 22. Author Madame de _____

DOWN

- 1. Bantu language
- 2. Ireland, in literature
- 3. Designer Christian _____
- 4. Quicker
- 5. Silvery-gray color

- 24. Kruger and Preminger
- 25. Opposite of NNW
- 27. Bristle: pref.
- 28. Useful
- 29. Blusterer
- 30. Observe
- 31. Stories
- 34. Trick
- 36. Loaned
- 38. Believe
- 39. Actor Buchanan
- 44. "_____ the season . . ."
- 47. Claret producer
- 49. Flavors
- 50. "_____, Brute"
- 51. Nurtures
- 54. Willow, e.g.
- 55. Rant
- 56. Latin abbreviation
- 57. Scarlett's home
- 59. Boone and Turner
- 60. Meticulous
- 61. Auld lang _____
- 64. Incorporated, in England: abbr.
- 65. Young goat

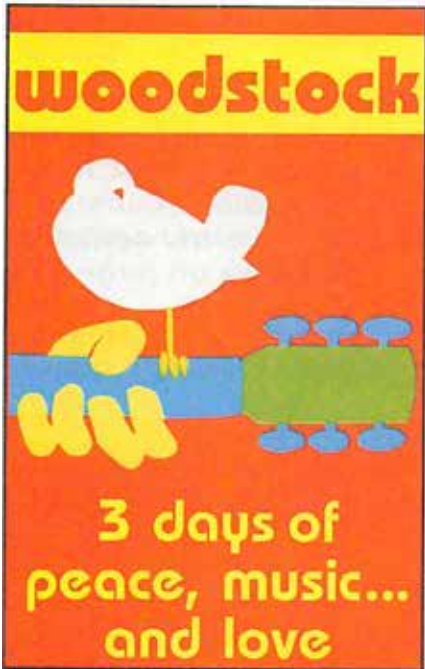
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13			14	15						18			
17				18						19			
20							21		22				
			23			24	25			26			
27	28	29						30				31	
32					33		34				35		36
37				38	39			40			41		
42				43			44				45		
	46		47				48		49	50	51		
		52					53						
54	55				56	57		58			59	60	61
62					63		64	65					
66					67					68			
69					70						71		

PUZZLE

JAN-2016

23

Woodstock Players



In 1969 thousands gathered in a farm pasture in upstate New York for the Woodstock Music and Arts Festival. The three-day event featured some of the most famous rock and folk-music performers of the time. Among those mentioned in the list below is Jimi Hendrix, whose now-legendary interpretation of the national anthem was a defining moment of the '60s.

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

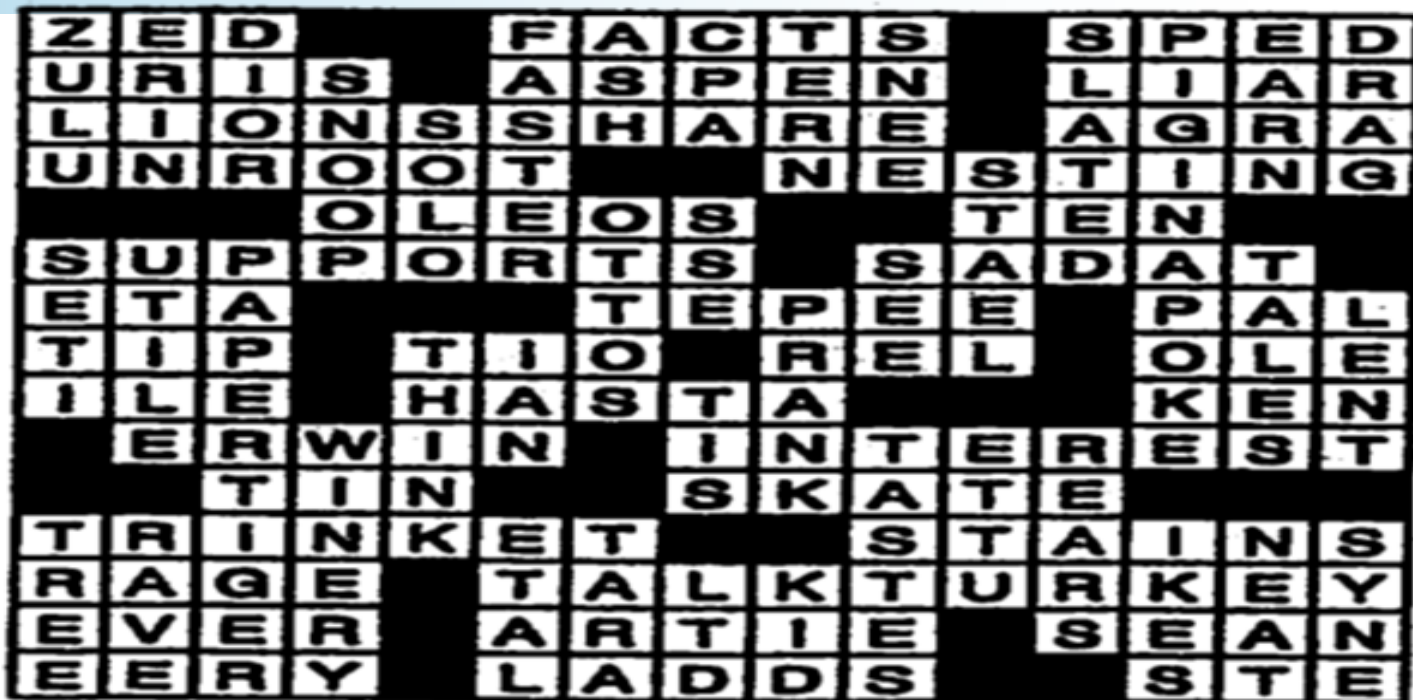
- BAEZ, Joan
- BAND, The
- CANNED Heat
- COCKER, Joe
- COUNTRY Joe McDonald
- CROSBY, Stills, Nash & Young
- GRATEFUL Dead
- GREASE Band, The
- GUTHRIE, Arlo
- HARDIN, Tim
- HAVENS, Richie
- HENDRIX, Jimi
- INCREDIBLE String Band
- JEFFERSON Airplane
- JOPLIN, Janis
- KEEF Hartley Band
- MELANIE
- MOUNTAIN

- PAUL BUTTERFIELD Blues Band
- QUILL
- SANTANA
- SEBASTIAN, John
- SHA-NA-NA
- SHANKAR, Ravi
- SLY & the Family Stone
- SOMMER, Bert
- SWEETWATER
- TEN YEARS After
- WHO, The
- WINTER, Johnny

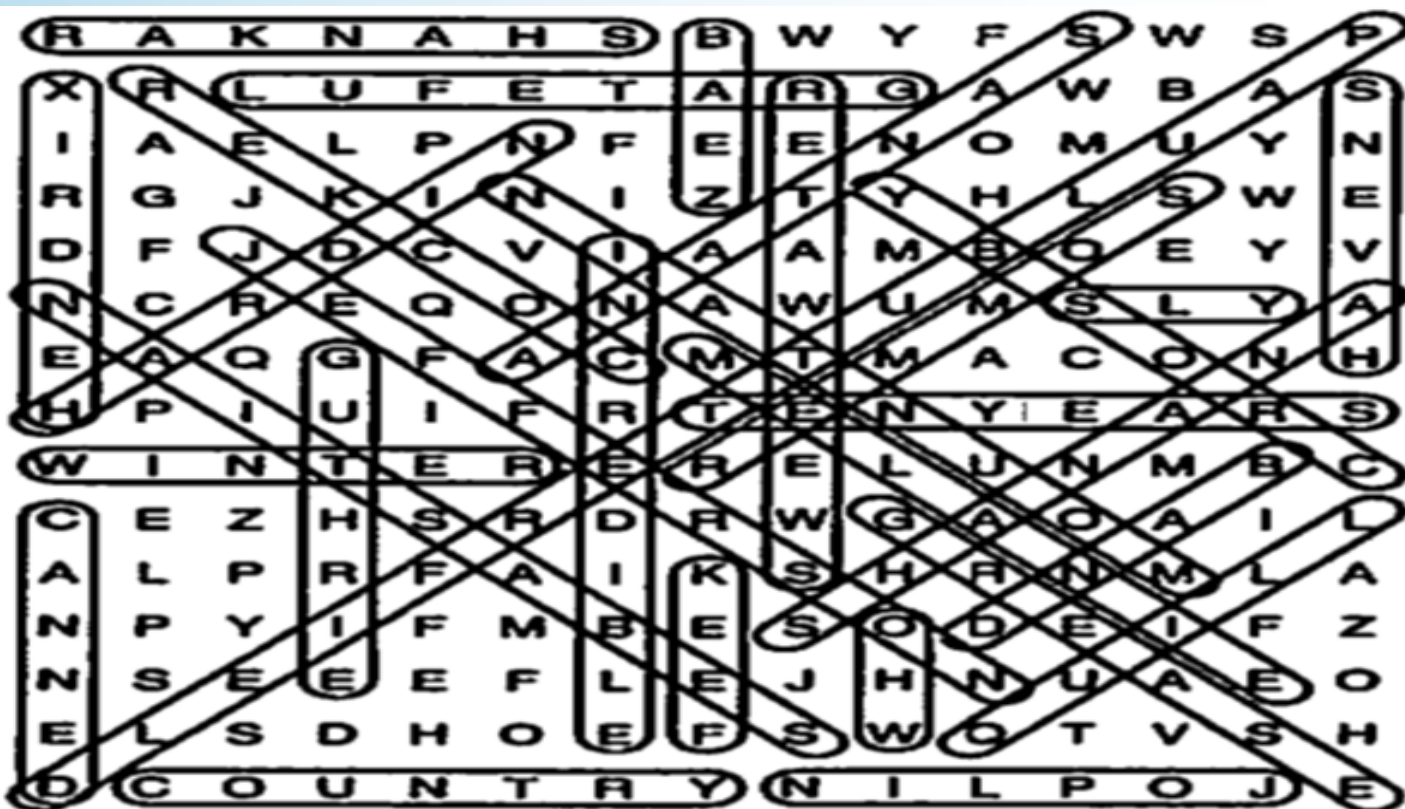
PUZZLE ANSWERS

JAN-2016

PUZZLE 35



23



BREAKFAST MENU

JAN-2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at Luisa, MEG, Pasatiempo, and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over and a \$5.42 fee for non-seniors (59 and younger). Please print your name on our meal sheets when eating at any of the centers. *NOTE: Milk is served with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 All Centers Closed for New Year's Day Holiday
4 Boiled egg Hot oatmeal Tomato juice Margarine	5 Breakfast burrito w/ Sausage, cheese Green chile Margarine	6 Small roll Peanut butter & jelly Tomato juice	7 Grilled ham & cheese Peppers & onions Small roll Margarine	8 French toast w/maple syrup Scrambled egg Tomato juice
11 Pancakes w/maple syrup Sausage patty Tomato juice	12 Scrambled egg Cheese, bacon Grilled peppers Hash browns	13 Small roll Peanut butter & jelly Tomato juice	14 Grilled ham Potatoes Salsa, margarine	15 Breakfast burrito w/scrambled egg, cheese, salsa, bacon
18 All Centers Closed in observance of Martin Luther King Jr. Day	19 Cold cereal Cottage cheese Jelly, Tomato juice	20 Grilled ham Peppers Tortilla, margarine	21 Waffles w/maple syrup, tomato juice Scrambled egg	22 Breakfast biscuit w/ sausage, cheese, salsa, margarine
25 Diced ham w/cheese Potatoes, salsa Margarine	26 Breakfast burrito w/ scrambled egg Cheese, bacon Red chile	27 Sausage patty Hash browns Green chile Small roll w/margarine	28 French toast w/maple syrup Scrambled egg Tomato juice	29 Hot oatmeal Boiled eggs Margarine Tomato juice

Nutrition Education – Eat Smart, Live Strong Part 3

(Source: USDA SNAP-Ed Connection)


Tips to Help You Eat at Least 3½ Cups of Fruits and Vegetables Every Day

- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor;
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand;
- Dried fruits make a great snack. They are easy to carry and store well;
- For dessert, have baked apples, pears, or a fruit salad;
- Try a fruit smoothie – mix bananas, peaches, strawberries, or other berries with low-fat or fat-free yogurt;
- Stock up on frozen vegetables for quick and easy cooking in the microwave;
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples;
- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad for lunch.



SENIOR CENTER LUNCH MENU

JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Menu is Subject To Change!!</p> <p>*All meals are served with milk.*</p>		<p>1</p> <p>ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</p>
4	5	6	7	8
<p>Baked chicken Wild rice Carrot raisin salad Biscuit w/butter Chilled mandarin Oranges</p>	<p>Meatloaf w/gravy Scalloped potatoes Steamed green beans Whole wheat roll w/butter Strawberry shortcake</p>	<p>Pork stir fry Stir fry vegetables Tossed salad w/dressing Whole wheat roll w/butter Apple cobbler</p>	<p>Beef steak w/veggie topping Steamed spinach Parmesan potato rounds Whole wheat roll w/butter Lemon bar</p>	<p>Chicken fajitas Chile beans topped w/cheese Jell-O w/orange slices Tortilla (1)</p>
11	12	13	14	15
<p>Chicken fried steak Mashed potatoes w/gravy Steamed green beans Whole wheat roll w/butter Apple cobbler</p>	<p>Chicken provencal (w/veggies & sauce) Steamed rice Buttered spinach Whole wheat roll w/butter Chilled tropical fruit</p>	<p>Roasted pork roast Mashed potatoes w/brown gravy Asparagus tips Whole wheat roll w/butter Chilled applesauce</p>	<p>Chicken Fettuccini w/Alfredo sauce Buttered carrots and peppers Garlic bread Chilled pears</p>	<p>Roast beef Mashed potatoes w/brown gravy Steamed green beans Whole wheat roll White cake</p>
18	19	20	21	22
<p>ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</p>	<p>Spaghetti w/meat sauce Steamed broccoli Topped w/cheese sauce Garlic bread Chilled peaches</p>	<p>Red chile tamale (1) Pinto beans Vegetable salad Tortilla (1) Chilled mandarin Oranges</p>	<p>Beef stroganoff w/egg noodles Steamed spinach Cauliflower w/cheese Cottage cheese w/pears</p>	<p>Red chile Carne adovada Spanish rice Country blend veggies Tortilla (1) Jell-O w/mixed fruit</p>
25	26	27	28	29
<p>Hot turkey sandwich w/turkey gravy Baked sweet potatoes Broccoli w/cheese Cranberry sauce Jell-O</p>	<p>Red chile Beef enchiladas Salsa corn Tossed salad w/dressing Cherry cobbler</p>	<p>Stuffed chicken breast Steamed spinach California vegetables Baked biscuit Peach crisp</p>	<p>Beef tips w/steamed rice Steamed broccoli Green salad Whole wheat roll w/butter Chilled Pears</p>	<p>BBQ chicken thighs Creamy coleslaw Green beans Whole wheat roll w/margarine Chocolate pudding</p>

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$5.42 --- Lunch \$5.42
Lunch is served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers
11:00 am - 12:30 pm Monday through Friday




Please print your name on our meal sheets when eating at any of the centers.



City of Santa Fe

Senior Center Locations

Legend

-  City Senior Center Location
-  Down Town
-  City Limits

Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

