

THE SENIOR SCENE



Santa Fe Hollyhocks



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

**JULY
2021**

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

JULY 2021

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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

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

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

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Vacant, Program Supervisor	
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog. Manager	955-4744
FAX Machine - Administration	955-4797	Theresa Trujillo, Project Administrator	955-4745
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Kim Crowder, Administrative Assistant	955-4754	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Transportation Ride Reservations	955-4700	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	50+ Senior Olympics	
Erika Cuellar, Administrative Assistant	955-4702	Cristina Villa, Program Coordinator	795-3817
Nutrition		Miscellaneous	
Yvette Sweeney, Program Manager	955-4739	Craft Room	Not in service
Enrique DeLora, Inventory Supervisor	955-4750	Pool (Billiard) Room	955-4730
Tebrina Roibal, Administrative Assistant	955-4749	Other Important Numbers	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
Meals On Wheels (for homebound individuals)		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Ride	473.4444
Senior Center Programming (Activities)		Newsletter Production	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	kwslater-huff@santafenm.gov	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

JULY 2021

By Gino

A message from the Division Director



“It is back to normal, but it’s a different normal. It is not the same as it was before, but people are getting back to work. Life goes on” - Eric Young

“Normality wasn’t normal. It couldn’t be. If normality were normal, everybody could leave it alone. They could sit back and let normality manifest itself. “- Jeffrey Eugenides

“Kindness is the language which the deaf can hear and the blind can see”- Mark Twain

Happy 4th of July America and happy birthday Grandma! Celebrate, but just don’t set off fireworks - it’s way too dry to shoot those things off. I hope everyone is doing fine and enjoying the summer, safely. We have been keeping busy with meals, transportation, and wellness checks, and trying to assist as many folks as we can to receive the COVID-19 vaccination. I want to thank all of you, who have received your vaccination; it has taken New Mexico to the 60% mark. This whole world event is still hard to digest and has changed me personally.

I know Governor Lujan-Grisham has lifted the public health order, but please understand it took us a year and 4 months to get to where we are and it’s not that easy to reverse course. We are planning our reopening for mid to late August. As the quote said, normal will be different. In the newsletter there is more information. Please understand there are a lot of moving parts in this process. The largest is how to we go from feeding home-delivered and curbside meals to more than 1000 folks a day, to reopening our dining rooms. We will figure it out, folks will adjust, and I assure you we will get back to services in line with what more resembles Senior Services.

I do want to mention something that I feel I should about our staff. Throughout the whole COVID-19 ordeal we have all had to sacrifice. It has not been easy, several of us contracted the virus, we lost loved ones, and suffered economically, all while never missing a beat in delivering services. The City of Santa Fe is so fortunate to have such dedicated people willing to put it on the line for our seniors, their family, and friends. They did it selflessly and without fully understanding the real dangers of the virus. We all understood what was at stake and with real anxiety in our gut, pressed on. We are all as relieved as the rest of New Mexico, but we still have a lot to do to get fully back.

Having said this, I ask everyone to please understand we are doing the best we can. Many of you have been so kind and have given such praise to our staff, but some have chosen to be cruel and unkind. There is no excuse for this and to be frank, it hurts and needs to stop.

Thank you.

NEWS & VIEWS

JULY 2021

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.

Senior Centers Remain Closed due to COVID

The Division of Senior Services continues to provide limited services to seniors age 60+ within City limits, but our senior centers are not yet open.

Curbside meals are offered at the back of the MEG Senior Center at 1121 Alto St., weekdays from 10:30 a.m. to 12:30 p.m.

There will **be no meals by delivery or curbside on Monday, July 5th**, in honor of the July 4th holiday.

Senior Services continues to take seniors to doctor appointments and pharmacies, preferably with 2-3 day notice and maximum of a week notice. There is a suggested donation of .50¢ per one-way trip. To schedule your ride, please call (505) 955-4700.



Get Current Events & News via Email

If you have an email address, we invite you to share it with Senior Services so we can send you news about exciting events, important activities, reopening updates and more.

We often receive senior-oriented emails from state agencies or non-profit organizations about events that are happening in a day or a week. But if our newsletter has already been printed, we can't share them with you. If we have your email address, we can alert you to these happenings, so you don't miss out. We will not email you more than three times a month.

Email kwslater-huff@santafenm.gov to get on our contact list. We will not share your information.

Blue Boxes for Senior Scene



If you live by the Villa Conseulo, Ventana de Vida, Pasatiempo or Luisa senior centers, you may have noticed new bright blue stands, like newspaper boxes, outside the center. We purchased those for this newsletter, so you can always easily access "The Senior Scene" from the same location.

Non-Senior Meal Prices

During COVID, the Division of Senior Services was able to serve non-seniors (those under age 60) and even grandchildren, for just the suggested donation of \$1.50. Since Santa Fe is no longer in a State of Emergency, we have reverted to our standard policy:

We cannot provide home-delivered meals to anyone under 60, and we must charge the fee of \$7.00 per meal for any non-senior who comes to curbside for a meal pick-up.

We are grateful that the standard policy could be waived for over a year, and we apologize for any inconvenience this now causes.

July Food Depot Distributions



Thursdays,
July 8th and 22nd
7:00 – 9:00 a.m. at
Food Depot 1222 Siler Rd

Happy 4th of July!



Please have a great and safe holiday.

NEWS & VIEWS

JULY 2021

International Folk Art Market July 7-18



The Mission of the International Folk Art Market is to create economic opportunities for and with folk artists worldwide who celebrate and preserve folk art traditions.

Since 2004, the International Folk Art Market has hosted more than 1000 master folk artists from 100 countries in the world's largest exhibition and sale of works by master folk artists. Artist earnings have exceeded \$34 million and impacted more than one million lives in the communities they represent. The Market offers folk artists a respected spot in the global marketplace to gather together and share their handmade traditions and to create economic, social, and individual empowerment.

Tickets for IFAM on Museum Hill, July 7-11 & 14-18, 2021 are on sale now. Each ticket will be for an allotted shopping time of two hours. IFAM Staff will clear the venue between each session to allow for implementation of COVID-Safe Practices. A different group of artists will participate each week. Mask wearing will be mandated.

Go to www.folkartmarket.org.

Santa Fe Botanical Garden



Also, tickets to the Santa Fe Garden at Museum Hill are only \$5, if you show your ticket from the Folk Art Market. It is a beautiful place to unwind after the hectic scene at the Market.

Traditional Spanish Market and Contemporary Hispanic Market, both July 24-25



Held on the Santa Fe Plaza, Traditional Spanish Market brings woodcarving, tin work, hide painting, and more to downtown Santa Fe. The market also features artist demonstrations, interactive exhibitions, and other activities.

Go to www.spanishcolonial.org for details.



The mission of Contemporary Hispanic Market is to provide artists statewide an opportunity to show their work. Their purpose is to display contemporary Hispanic Art to a broad audience and expose the Hispanic Artist in a face-to-face encounter with persons interested in learning and collecting such artwork. They are committed to showcasing original work and individual expression in the mediums of painting, printmaking, sculpture, photography, furniture, jewelry, ceramics, weaving and much more.

The Contemporary Hispanic Market is held on Lincoln Avenue adjacent to the Santa Fe Plaza.

Go to www.contemporaryhispanicmarketinc.com

Santa Fe Chamber Music Festival

The Santa Fe Chamber Music Festival is selling tickets to its 2021 season, which runs July 18–August 23. All concerts will be in St. Francis Auditorium, at the New Mexico Museum of Art. Go to www.santafechambermusicfestival.com for much more information.

NEWS & VIEWS

JULY 2021

Free Online Classes and Workshops

Classes and workshops offered by the non-profit Villages of Santa Fe and Sponsored by AARP NM

Strength & Stretch Online Great for beginners.

Monday with Sharon Tolleson 10:00 - 10:45 a.m.
Saturday with Judith Rhodes 10:00 - 10:45 a.m.

It is important to stretch and strengthen tight or weak muscles to increase your flexibility, balance, and coordination. By improving your flexibility, not only will you be improving the range of motion in each of your joints, but you're going to find yourself moving around with greater ease. Daily movements are easier. You will improve your posture, balance, and decrease your chances of a future injury.

FREE Boomer Tech series

The online monthly programs explain how to get the most out of your devices and give you practical advice on how to determine whether you should replace older technology.

Wednesday, July 21, 1pm MT photos - getting the most from your smart phone camera and how to share those with your friends and family

Wednesday, August 18, 1pm MT – your phone is not just for phone calls. Other forms of one on one and group communication. Using Zoom, WhatsApp, Slack, Messages, Teams, FaceTime, and other apps for staying in touch.

Register at <https://villages.punchpass.com>

Flora's Corner

Part 1

The top "secrets" of people who live to 100+

- Work hard throughout your life, and never functionally retire.
- Exercise for fun and pleasure; keep playing.
- Make and maintain social connections.
- Be a contributing member of one or more close-knit social systems.
- Stay curious, explore, learn- and keep laughing.

-From the Canyon Ranch Guide to Living Younger Longer



Senior Olympics Update

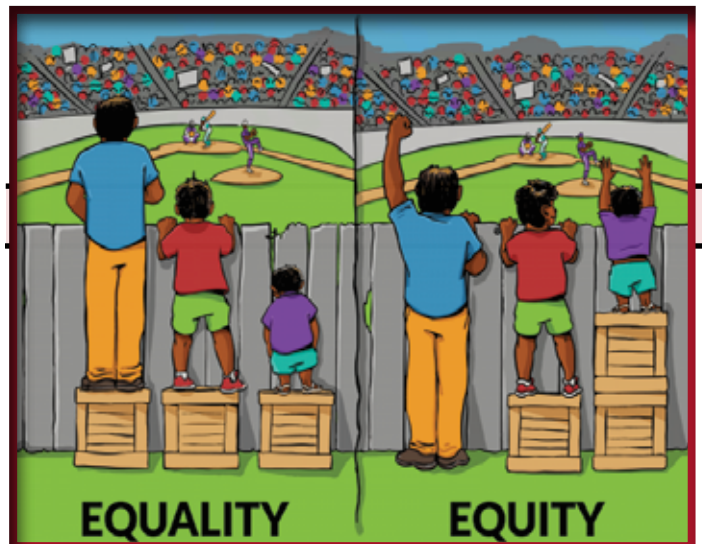
Although there will be no in-person Senior Olympics events again this summer, there is a lot of online activity. See page 16 of this newsletter.

Do Not Laminate Your Vaccine Card

If you received a COVID-19 vaccination, you were given a card with your name and information about your shot (or shots).

You want to keep it safe in case you are ever asked for proof of your vaccination status, for instance if you are traveling internationally. The CDC has indicated that it is possible that a booster shot, months or even years later, will be required to protect you from variants of the disease. If you receive that booster, it will need to be noted on the card as well. So, keep the card in a clear plastic report cover, but do not laminate it.

Diversity, Equality and Equity



Diversity: The existence of individual and social attributes that contribute to a person's identity such as age, sex, disability, ethnicity, gender identity, faith orientation, political ideology, etc..

Equality: Treating everyone the same regardless of their individual attributes.

Equity: Grounded in the principles of fairness, equity levels the playing field by providing each person with what they need to succeed.

NEWS & VIEWS

JULY 2021

Getting Your Affairs in Order

(From National Institute on Aging at the US Dept. of Health & Human Services)

Ben's Story

Ben has been married for 47 years. He always managed the family's money. But since his stroke, Ben is not able to walk or talk. His wife, Shirley, feels overwhelmed. Of course, she's worried about Ben's health. But, on top of that, she has no idea what bills should be paid or when they are due.

Louise's Story

Across town, 80-year-old Louise lives alone. One night, she fell in the kitchen and broke her hip. She spent a week in the hospital and 2 months in a rehabilitation nursing home. Even though her son lives across the country, he was able to pay her bills and handle her Medicare questions right away. That's because, several years ago, Louise and her son made a plan about what he should do in case Louise had a medical emergency.



Long before she fell, Louise put all her important papers in one place and told her son where to find them. She gave him the name of her lawyer, as well as a list of people he could contact at her bank, doctor's office, insurance company, and investment firm. She made sure he had copies of her Medicare and other health insurance cards. She made sure her son could access her checking account and safe deposit box at the bank. Louise made sure Medicare and her doctor had written permission to talk with her son about her health and insurance claims.

On the other hand, Ben always took care of family money matters, and he never talked about the details with Shirley. No one but Ben knew that his life insurance policy was in a box in the closet or that the car title and deed to the house were filed in his desk drawer. Ben never expected that his wife would have to take over. His lack of planning has made a tough job even tougher for Shirley.



kind of planning can make all the difference in an emergency. There are many different types of legal documents that can help you plan how your affairs will be handled in the future.

Wills and trusts let you name the person you want your money and property to go to after you die.

Advance directives let you make arrangements for your care if you become sick. Two common types of advance directives are:

- **A living will** gives you a say in your health care if you become too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. This can make it easier for family members to make tough healthcare decisions for you.
- **A durable power of attorney for health care** lets you name the person you want to make medical decisions for you if you can't make them yourself. Make sure the person you name is willing to make those decisions for you.

For legal matters, there are ways to give someone you trust the power to act in your place.

- **A general power of attorney** lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.
- **A durable power of attorney** allows you to name someone to act on your behalf for any legal task, but it stays in place if you become unable to make your own decisions.

Call Senior Citizens Law Office at (505) 265-2300 for free legal planning assistance.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JULY 2021



Please Join RSVP

We invite you to join the Retired Senior Volunteer Program (RSVP) and support an organization you admire. RSVP members receive a variety of free benefits, including mileage reimbursement, excess auto liability and personal accident insurance coverage, recognition events and gifts, as well as educational opportunities. Meet people who care about the same things you do.

To learn about all our volunteer locations and enroll in RSVP, go to www.rsvpsantafe.org. Or, contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760.

What Would You Like to Volunteer to Do?

If you're ready to give a little of your time to a worthy cause, meet great people, and receive all the RSVP program benefits, read on!



Friends of the Library

At 145 Washington Ave or 6599 Jaguar Drive

The Santa Fe Public Libraries are partially supported by sales of donated books. This work is done by the Friends of the Library. Now that the libraries are re-opening, they are seeking additional volunteers to serve as sorters and cashiers. If you are able to lift a 40-lb box, you are especially needed. Books are sold in the small shops at the Main and Southside Libraries, and at periodic sidewalk sales. This is a great opportunity for book lovers!

Contact Kristin from information above.



CHRISTUS St. Vincent Pet Therapy

At 455 St Michael's Dr.

They are seeking volunteers to bring their canine and be pet therapy volunteers.

- The dog must pass the Canine Good Citizen test.
- The dog must have a recent vet check.
- The person needs to join the auxiliary, have a TB test and have the COVID-19 vaccine.
- Volunteers must commit 2 hours a week, but the schedule is very flexible.

How wonderful to be able to bring comfort and joy to stressed hospital patients and their families, as well as to the hard-working staff!



To volunteer here, contact Kristin at 955-4760 or email kwslater-huff@santafenm.gov.

Help RSVP Recruit New Members

If you serve alongside other volunteers ages 55+ and help us enroll them in RSVP, you will be entered in a quarterly drawing for fun prizes.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JULY 2021

Presbyterian Medical Services

At 454 St. Michael's Dr (PMG) or
At 4801 Beckner Rd (SFMC)

Presbyterian Volunteer Services is recruiting for both of their spacious, sunny, facilities. Volunteers make lasting friendships, contribute to the community and gain valuable healthcare experience.



At PMG— As greeters & at the front desk

At SFMC - At the front desk, in the gift shop, in the pet outreach program, in the Family Birthing Center, in Physical Therapy/Rehab, in Cardiopulmonary Rehab, in the Emergency Department, at Radiology, in the Progressive Care Unit (PCU) and in Intensive Care Unit (ICU), or the Vaccine Pod, and doing sewing and knitting projects for patients.

GFNY Bike Race is Coming in Back!



GFNY Santa Fe bike race will be held September 19th. GFNY has held several COVID-safe races around the world during the pandemic.

They are looking for volunteers interested in helping before the event

(packet stuffing, registration, info desk, gift shop) and during (roadblock, flaggers, ham radio operators, aid station, photographer on a motorcycle, bag drop off) and after the event (awards ceremony helpers). Volunteer perks include a t-shirt, lunch, and the fun of being part of this exciting event.

For more information on any of these volunteer opportunities, contact Kristin at 955-4760 or kwslater-huff@santafenm.gov

Spanish Colonial Arts — Society —

The Spanish Colonial Arts Society is a gem in the crown jewels of New Mexico with the Traditional Spanish Market and the Museum of Spanish Colonial Art. They were formed in 1925 in order to preserve and promote the Hispanic traditional arts. Their site on Camino Lejo (Museum Hill) includes the fabulous John Gaw Meem historic residential building from 1930.

They provide public programming around 5 pillars: Museum Campus; Spanish Markets; Permanent Collections; Reference Library; and Educational Programs. See their website www.spanishcolonial.org for more information about the Society. They have a very small staff and a very limited budget, so volunteers are extremely important to their success.

Volunteer opportunities include:

- Museum admissions and greeters Thursdays through Saturdays, 1:00 – 4:00 p.m.;
- Spanish Market on the Plaza;
- Grant writing;
- Artifact collections inventory, photography, and reorganization;
- Reference library reorganization;
- Gardening, research regarding their Artists' Garden plantings with a related exhibit opening in November 2022, and grounds upkeep;
- Exhibit preparation, painting, and installation (periodically through the year, starting in August);
- Other tasks that may be created to better fit an individual's interests with their needs



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JULY 2021



FGP Volunteers
Juanita Quintana and Bella Lucero

The Volunteer Programs
wish a very

Happy Birthday

to all volunteers born in **JULY**

Retired Senior Volunteer Program

Marsha Gonzales	7/01
Alice Vargas	7/02
Thomas Pedersen	7/03
Roberta Carter	7/04
David Reffert	7/05
Marvin Lachman	7/06
Donna Sellers	7/06
Sue Ann Spoonhoward	7/07
Michaela Gallagher-Gonzales	7/08
Roger Greer	7/09
Rod Hasson	7/10
Nancy R. Nofield	7/10
Yvonne Prior	7/10
Sherry Garcia	7/11
Tessie Horne	7/14
Patti Blair	7/16
Geniva Lopez	7/17
Frank Sena	7/18
Vivian Heye	7/20
Willie J Horne	7/20
Barbara Mellers	7/22
Abdi Iyow	7/24
Ann Aceves	7/25
Doris Patton	7/25
Marjorie Berkowitz	7/26
Patricia Collins	7/26
Pauline Candee	7/27
David L. Raab	7/28
Medardo Roybal	7/28
Michaela Shelley Valencia	7/29
Consuelo Garcia	7/30

We Invite you to Join the FGP or SCP
Volunteer Programs:

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students to higher academic achievement.

The **Senior Companion Program (SCP)** places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement and other benefits.

Volunteers must pass criminal background checks, orientation/training and commit to a minimum of five hours of service per week.

To learn more about either program, please contact Anya Alarid at 955-4744 or aaalarid@santafenm.gov.

Foster Grandparent Volunteers

Jeannene Basham	7/1
Celia Roman	7/2
Isidra Pacheco	7/21

Senior Companion Volunteers

Sue Ann Spoonhoward	7/7
Carmen Montoya	7/16
Geniva Lopez	7/17
Catalina Ortiz	7/24
Rosina Tapia	7/24

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

SENIOR CENTER RE-OPENING PLANS

JULY 2021

Mary Esther Gonzales Senior Center Re-Opening Plans are in the Works

Life as we once knew it is slowly returning and we too are eager to open our senior center doors. With that being said, we face many challenges before the doors will open.

One of those challenges is **how we transition folks who are receiving COVID Home Delivered meals back to eating at the meal site.** COVID Home Delivered Meals are lunches that have been delivered to people at home because COVID closed our senior centers. As we make plans to reopen, we are asking all 750 of our COVID Home Delivered clients to inform us if they plan to return and have lunch at the senior center.

For those clients who are not ready to eat in a congregate setting, we have a curbside “grab-n-go” service available for you. Just drive to the back (between the building and the baseball field) of the Mary Esther Gonzales Senior Center at 1121 Alto Street. We serve lunches Monday through Friday (except holidays) from 10:30 a.m. to 12:30 p.m. and pick up a meal.

Furthermore, **if a client is homebound and unable to come to our senior center for meals,** we can conduct an assessment over the phone to see if they meet the guidelines/qualifications for our regular home delivered Meals on Wheels program. You may call us at 955-4711.

Next on our checklist is how do we ensure we keep you safe?

We plan on following all state and local guidelines

- We plan on taking phone reservations for lunch (calls to be made on prior day)
- A daily log may be kept of all clients entering the senior center
- Capacity limits may be enforced
- Facial coverings are required by both the public and employees (subject to change). As changes occur, clients will be informed with hand-out flyers
- Temperatures may be taken for anyone entering the building
- Meals will be served on paper products and tables will be distanced 6 feet apart
- Clients will be asked to leave after lunch since we do not plan on providing any activities for some time (subject to change)
- Staff will be sanitizing dining rooms daily to include tables, chairs and commonly touched surfaces

Transportation Services

Transportation is moving in the direction of increasing ridership. We are planning to begin to take seniors to the grocery stores in the near future. We ask that you be patient with us as it will take months before transportation is back to normal. Keep in mind that staff need time to sanitize their vehicles.

Finally, we do not yet have a **definite date** on when we will reopen. When we know for sure, we will give out flyers with our COVID Home Delivered and Curbside meals.

In the meantime, we encourage all seniors to get vaccinated. It's available, it's effective, it works, and it's free. Furthermore, by getting vaccinated, you can also register to win prizes and money.

Internet Safety Awareness

What are Deceptive Design Patterns [Online]?

From Mozilla Explains blog.mozilla.org, 5/5/21
Written by M.J. Kelly, Sent by Ted Pomeroy

Deceptive design patterns are tricks used by websites and apps to get you to do things you might not otherwise do, like buy things, sign up for services or switch your settings. Another phrase used to describe deceptive design patterns is dark patterns*, which was originally coined in 2010 by user experience specialist Harry Brignall.

Deceptive design patterns show up as tricky color schemes, frustrating mazes, sneaky designs and confusing language. Websites use these techniques to influence your behavior into a direction that benefits them more than it benefits you. Here are examples of deceptive or manipulative designs you might run into.

Confusing design and language



You won't find deceptive designs on every website, but we've all experienced confusing situations like:

- A "No thanks" button that is pale grey but the "Sign me up" button is

enticingly bright blue.

- A box that is pre-checked, making it unclear if you are opting in or opting out if you uncheck it.
- A graphic that has an X-out box as part of the design rather than being functional. When you click the X, you are redirected to a webpage.
- A site that's swimming with so many buttons, you're almost bound to click one of them.
- They may also appear in text taking the form of:
- Double negatives like Do not uncheck this box if you want to keep receiving emails from us.
- Buried opt-out explanations in the terms and

conditions fine print.

- Hurdles for closing an account, like listing reasons you shouldn't instead of simply respecting your wishes.
- Word choices that make it unclear what you're choosing.

Sales pressure

Visiting an ecommerce site means you're going to be sold items, which everyone expects. There's a fine line, however, between straightforward product recommendations and slimy sales techniques. Deceptive design patterns abound on shopping sites to manipulate you into buying or signing up for things. Tactics that might include:

- Cart sneaking: Just like kids try to slip cookies into a grocery cart, some sites also sneak items to your shopping cart. It might be a warranty or protection policy that is easy to miss during check out.
- Fake customers: Some sites try to boost sales by creating fake customers to give the appearance that people are actively shopping there. Personally, I am deeply embarrassed about buying what looked like a stylish flowing duster jacket that Tara from Nashville received and gave five stars one week ago. The jacket had also been relentlessly promoted to me on social media, and I finally gave in only to receive an ill-fitting poncho that was neither flowy, nor a jacket, nor stylish in any way.



- Confirm shaming: This is when a site tries to guilt or shame you into opting in. When you decline, they show you messages like: You must be part of the "I'll pay more club" or "No thanks, I already know everything there is to know."

CONSUMER & LEGAL

JULY 2021

Software installation obstacle course

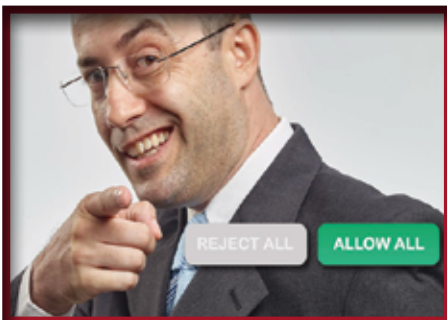
During a software installation process, sometimes you need to click through a series of windows that don't do anything in terms of installing the software. They give you the feeling of progress, but they're actually designed to get you to install extra "toolbars" or trials of other software, but they're really disguised ads. The prompts are confusing, making the bonus software sound essential, but in general these design patterns lure people into adding (and even buying) services they don't want. Once they're installed they look like they're part of the system and are hard to remove.

Forced continuity

Some subscription services offer a limited trial basis, which can be ideal for trying something new. But when they force you to hand over your credit card information to start the trial, their goal is to get you to pay automatically when the trial ends. That's a deceptive design pattern called forced continuity. A better customer experience would be to remind you and invite you to enroll after the trial period ends.

Opting in...forever

The "roach motel" is another opt-in tactic dubbed as such because it opts you in and makes it nearly impossible to leave. If you've ever gone round and round trying to downgrade from a premium-level account or found it took a lot of effort to close or cancel an account because the options were buried and/or you had to chat, verify and verify yet again, you've clearly visited a roach motel.



Most people expect that clicking a box opts them into a service or subscription. Some sites use that box as an opt-out, taking the approach that if a person should be opted in automatically. This trick is annoying, but mostly benign when it comes to an email newsletter; one can usually unsubscribe from newsletters fairly quickly.

But opt-in tactics have also been used for election

campaign fundraising at the cost of millions of dollars from the bank accounts of people who can't afford it. Princeton [University] research project looked at thousands of emails sent by political campaigns of both major parties and found that "manipulative tactics are the norm, not the exception." Asking donors to make regular gifts is reasonable; making that the default is not.

Are deceptive design patterns illegal?

If manipulative and deceptive designs are so bad, why do we keep seeing them? The short answer is that they often work. Web and app designers who use these tricks knowingly capitalize on the fact that people have a tendency to skim webpages, click on appealing colors and not read the fine print. Their focus is on their bottom line, not yours.



But, there is hope. Designers are learning and sharing more about spotting and combatting deceptive design. State governments are also beginning to enact legislation to protect consumers.

More policy work to address deception in design is happening on the U.S. federal level, with the Federal Trade Commission signaling that it's a priority for the agency.

At the end of the day, the use of manipulation in web design erodes consumer trust and confidence in the internet ecosystem and is patently bad for people and the web. It needs to go.

*A note on words: You may notice we use "deceptive design patterns" rather than "dark patterns" throughout this article. While the latter is commonly used and has been for years. The phrase also reinforces the idea that being "dark" is bad which is directly tied to white supremacy. We are instead choosing more factual terminology.

PUZZLE

JULY 2021

ACROSS

- | | |
|--|--|
| 1) Go into | 41) Frozen waffle brand |
| 6) Tubular pasta | 42) Bird on a Canadian dollar |
| 10) Brit's elevator | 43) Helping hands |
| 14) Code name? | 44) Hand-wringer's word |
| 15) 2015 nuke deal country | 45) Grows, as a romance |
| 16) Woody's son | 47) Active sort |
| 17) Bummed-out vampire? | 48) ___ up (enlivened) |
| 20) Aliens, for short | 52) "Aja" band ___ Dan |
| 21) Rustic stopover | 55) Intimate apparel |
| 22) Already programmed | 57) Gardner of "On the Beach" |
| 23) Step down | 58) Cowardly partier in a stadium parking lot? |
| 26) Skedaddles | 62) Canaveral org. |
| 27) Game-winning shots, e.g. | 63) Belt-makers' tools |
| 30) Kiltie's cap | 64) Sharpener's creation |
| 33) De-grease, say | 65) Modeler's medium |
| 36) Brooding spot | 66) Farm team's harness |
| 37) Make do, somehow | 67) Symbol of laziness |
| 38) Communist in charge of a private school? | |

DOWN

- 1) Feature of a fading flame
- 2) Nick of "A Walk in the Wood"
- 3) Supporting frame
- 4) Legal conclusion?
- 5) Ole Miss athlete, familiarly
- 6) Jerusalem's Mount ___
- 7) Press a suit, say?
- 8) Smidgen
- 9) Sporadically
- 10) Alternative to Velcro, on shoes
- 11) Is vexing to
- 12) Skedaddle
- 13) Basis for pressing a suit, ma
- 18) Town Car, for short
- 19) Pottery class projects
- 24) Kind of potato
- 25) Simmons of KISS
- 26) Frankincense and amber, for
- 28) Not alfresco
- 29) Deliveries to record execs
- 30) Open-___ shoes
- 31) Recess at St. Paul's
- 32) Sloppy state
- 33) Shell team
- 34) K'NEX alternative
- 35) Slight lead
- 37) Like new dollar bills
- 39) Passage between buildings
- 40) Not at all ferocious
- 45) Tie for a Texan
- 46) Gemstone of silica
- 47) Airport annoyance
- 49) Spot for a grill
- 50) Decathlon part
- 51) ___ Vader of "Star Wars"
- 52) Match up
- 53) Eurasian duck
- 54) "Frozen" character
- 55) Pitcher's flub
- 56) Climb the corporate ladder
- 59) Tango necessity
- 60) Navigation aid, for short
- 61) Net giant, briefly

PRIMARY ELECTIONS													By Victor Fleming	
	2	3	4	5	6	7	8	9	10	11	12	13		
4						15				16				
7					18					19				
10					21				22					
13			24	25				26						
			27			28	29				30	31	32	
13	34	35				36				37				
8					39					40				
11					42					43				
14				45						46				
			47						48			49	50	51
12	53	54					55	56				57		
8						59				60	61			
12					63					64				
5					66					67				

PUZZLE

JULY 2021

31

Plates

What better to complement your avocado green kitchen appliances than the colorful patterns on Corelle dinnerware? Introduced by Corning Glass Works in 1970, this delicate yet durable product was lightweight and affordable. Pattern colors are mentioned in this list about Corelle. **Solution on page 138**

- "APRIL"
- "BATIK"
- "BLUE Heather"
- BUTTER DISH
- "BUTTERFLY Gold"
- CENTURA CUP
- "CITRUS"
- DEEP bowl
- DESSERT bowl
- DINNER PLATE
- DINNERWARE
- FLAT RIM soup plate
- FOOTED bowl
- GRAVY server
- "INDIAN Summer"
- LUNCHEON plate
- "MEADOW"
- "OLD TOWN Blue"
- OPEN HANDLE cup
- OVAL platter
- PATTERNS
- PIECES
- SAUCER
- SIDE PLATE
- "SNOWFLAKE Blue"
- "SPRING Blossom Green"
- SUGAR bowl
- "WILD-FLOWER"
- "WINTER Frost White"
- "WOODLAND Brown"

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

SENIOR OLYMPICS
JULY 2021

Stay at Home Challenge

FREE!

Season 2

New Mexico Senior Olympics, Inc.

FREE!



Virtual events to play from home

NMSO invites you to participate in
Season 2 of the Stay At Home Challenge!

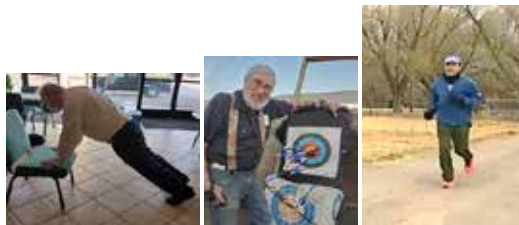
Play from home in any of the 14 sports/activities.
Challenges will run May through July - Up your Game each month.

“How to” for each Challenge, to include registration link is listed at
www.nmseniorolympics.org.

If you are already registered, your registration will work for Season 2!
Challenge results are based on the honor system. Submit your results
monthly to be entered into drawing to WIN a \$100 gift card!

Your good health is your greatest wealth. Be safe in everything you do!

- | | |
|---|--|
|  Air Gun |  Gardening/Yardwork |
|  Archery |  Horseshoes |
| BINGO Fitness - fill a card! |  Running |
|  Cycling |  Soccer Accuracy Kick |
|  Dance – shake it up | Swimming – lap swim |
|  Fitness Workout |  Triathlon – Swim, Bike, Run |
|  Frisbee Accuracy Throw | Walking  |



New Mexico Senior Olympics, Inc. * PO Box 2690 * Roswell, NM 88202-2690
1-888-623-6676 * nmso@nmseniorolympics.org * email: nmso@nmseniorolympics.org

NUTRITION EDUCATION

JULY 2021



Action Steps For a Healthy Diet



Fruits

- Consume at least half of your daily fruit choices as whole fruits (such as fresh, frozen, cooked, dried, or canned in 100% fruit juice).
- Choose 100% fruit juice instead of sugar-sweetened beverages (such as energy drinks, flavored waters, fruit drinks, soft drinks, and sports drinks).
- Try fruit as snacks, salads, side dishes, and desserts.

Vegetables

- Eat more colorful vegetables (such as fresh, frozen, canned, and dried) and 100% vegetable juices.
- Buy frozen (without butter or sauce) or low sodium or no-salt-added canned vegetables.
- Try vegetables as snacks, salads, and side dishes and incorporate vegetables into main dishes.

Grains

- Consume at least half of your total grain choices as whole grains (such as whole wheat, whole oats, and brown rice). Whole grains are a source of important vitamins and minerals and are typically high in fiber, too.
- Switch from refined to whole grain versions of commonly consumed foods (such as breads, cereals, pasta, and rice).
- Limit refined grains and products made with refined grains, especially those high in calories, saturated fat, added sugars, and/or sodium (such as cakes, chips, cookies, and crackers).

Dairy

- Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt), or fortified soy beverages for regular/full-fat (whole) dairy products.
- Limit dairy desserts, especially those high in calories, saturated fat, and added sugars (such as ice cream, other frozen desserts, and puddings).

Protein

- Eat a variety of protein foods, such as beans and peas, eggs, fat-free (skim) or low-fat (1%) dairy products, lean meats and poultry, seafood (fish and shellfish), soy products, and unsalted nuts and seeds.
- Choose seafood and plant sources of protein (such as beans and peas, soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- Add beans or peas to salads, soups, and side dishes, or serve them as a main dish.
- Snack on a small handful of unsalted nuts or seeds rather than chips or salty snack foods.

Saturated Fat, Sodium, and Sugars

- Choose fresh meats, poultry, and seafood, rather than processed varieties.
- Switch from stick margarine to soft margarine (liquid, tub, or spray).
- Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods, snacks, and condiments, when available.
- Limit desserts, savory snacks, and sweets (such as cakes, chips, candies, cookies, crackers, ice cream, and microwave popcorn).
- Consume smaller portions of foods and beverages that are higher in saturated fat, sodium, and sugars, or consume them less often.

Helpful Meal Preparation Tips

- Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.
- Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- Prepare your own food when you can and limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles, and ready-made pasta).
- Limit the amount of salt and sugar you add when cooking, baking, or eating.
- Flavor foods with herbs and spices and no-salt seasoning blends instead of salt.
- Rinse sodium-containing canned foods, such as tuna, vegetables, and beans before eating.
- When eating out, ask how your food is being prepared. You can also request to see nutrition information, which is available in many chain restaurants.



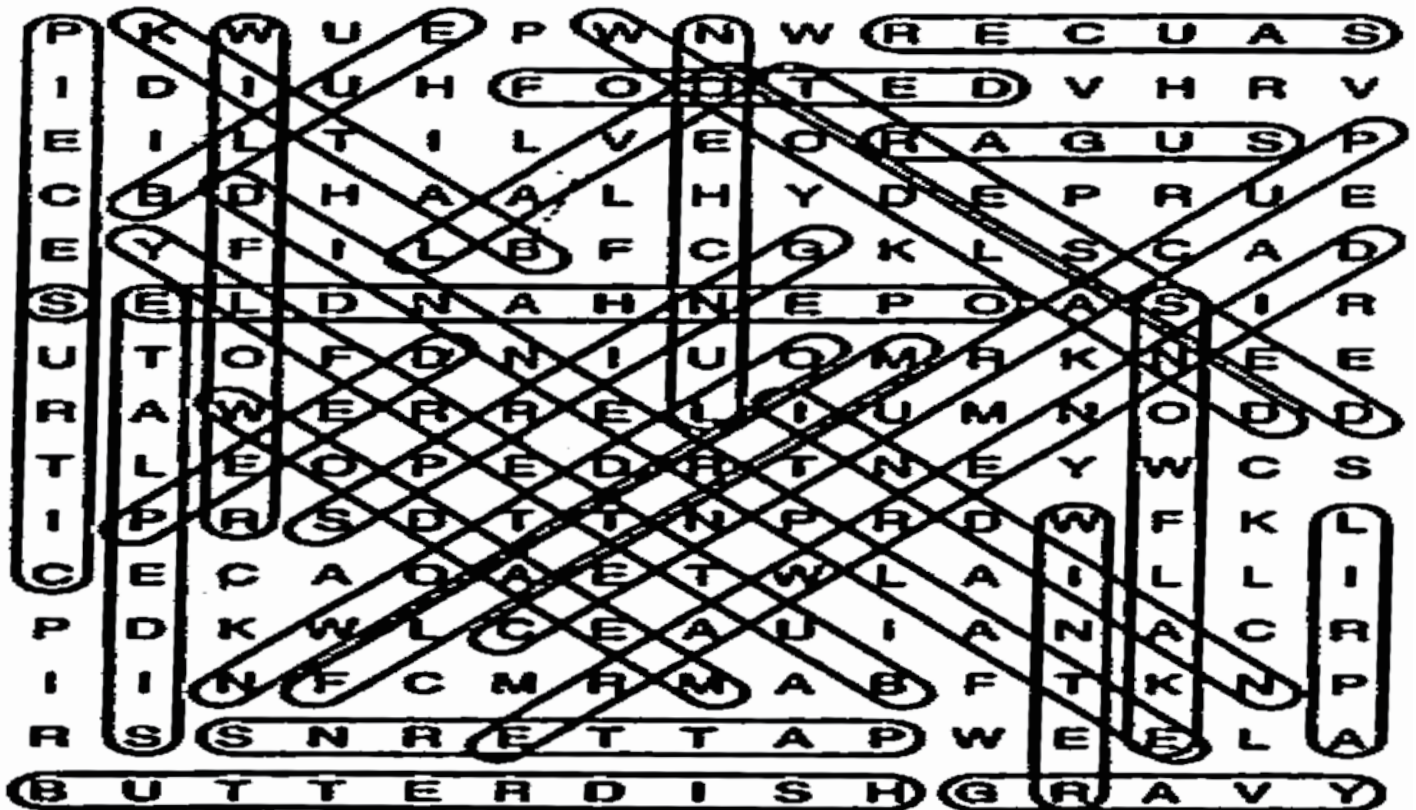
FDA

<http://www.fda.gov/nutritioneducation>

PUZZLE ANSWERS

JULY 2021

1	E	N	T	E	R		6	Z	I	T	I		10	L	I	F	T			
14	M	O	R	S	E		15	I	R	A	N		16	A	R	L	O			
17	B	L	U	E	B		18	L	O	O	D	S	19	U	C	K	E	R		
20	E	T	S				21	I	N	N			22	P	R	E	S	E	T	
23	R	E	S				24	I	G	N			26	R	U	N	S			
							27	D	E	C	I	D	E	R	S		30	T	A	M
33	C	L	E	A	N			36	N	E	S	T		37	C	O	P	E		
38	R	E	D	H	E		39	A	D	M	I	S	40	T	R	E	S	S		
41	E	G	G	O			42	L	O	O	N		43	A	I	D	E	S		
44	W	O	E				45	B	L	O	S	S	46	S	O	M	S			
							47	D	O	E	R		48	P	E	P	P	E	D	
52	S	T	E	E	L	Y			55	B	R	A			57	A	V	A		
58	Y	E	L	L	O	W		59	T	A	I	L	60	G	A	T	E	R		
62	N	A	S	A			63	A	W	L	S		64	P	O	I	N	T		
65	C	L	A	Y			66	Y	O	K	E		67	S	L	O	T	H		



SENIOR CENTER LUNCH MENU

JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to changes due to ingredient availability.	NOTE: Non-Senior Meal Price is \$7.00	Curbside Meals now served from the back of MEG Center	1 Red Chile Chicken Enchiladas Mexi Corn Refried Beans Spinach Salad Fresh Orange	2 BLT with Garnish Bow Tie Pasta Salad Baby Carrots Sugar Cookie
5 ALL KITCHENS AND SERVICES CLOSED IN HONOR OF INDEPENDENCE DAY	6 Meatball Sub with Mozzarella Cheese Mixed Veggies Potato Chips Warm Sliced Apple	7 Orange Chicken White Rice Asian Veggies Egg Roll Fortune Cookie Sherbet	8 Green Chile Cheeseburger with Garnish Ranch Beans Onion Rings Watermelon	9 Buffalo Chicken Strips Buffalo Sauce French Fries Coleslaw Roll Banana
12 Beef Ravioli with Marinara Sauce California Veggies Plums Garlic Toast	13 Beef Brisket Roasted Potatoes Buttered Carrots Tossed Salad Sweet Roll Fresh Apple	14 Green Chile Chicken Tamale with Green Chile Sauce Pinto Beans Spanish Rice Coleslaw Fresh Pear	15 Meatloaf Scalloped Potatoes Vegetable Medley Roll Apples in Strudel	16 Ham & Cheese Sandwich Garnish Potato Salad Cold Peas Cantaloupe
19 Carne Adovada Black Beans Chuck Wagon Veggies Flour Tortilla Apricots	20 Breaded Chicken Sandwich Garnish Green Beans Tater Tots Carrot Sticks Chilled Peaches	21 Turkey Roast Turkey Gravy Mashed Potatoes Asparagus Cranberry Salad Roll Oatmeal Raisin Cookie	22 Baked Tilapia Potatoes Au Gratin French Style Green Beans Roll Lemon Bar	23 Soft Beef Taco Garnish Peas & Carrots Spanish Rice Salsa Ice Cream
26 Pork Chop Pork Gravy Mashed Potatoes Mixed Veggies Roll Bananas in Pudding	27 BBQ Chicken Vegetable Medley Pork & Beans Cornbread Honeydew Melon	28 Roast Beef Mushroom Gravy ½ Baked Potato California Veggies Cucumber Tomato Salad Roll Applesauce	29 Spaghetti with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Jello Cup	30 Chef Salad with Ham, Turkey & Egg Breadstick Low Fat Dressing Brownie

Senior Meal Suggested Donation: \$1.50
Non-Senior (under age 60) Required Price: \$7.00

Curbside Meals Served at MEG Center 10:30 a.m. – 12:30 p.m. Monday through Friday

Milk is served with each meal.

ALL SENIOR CENTERS TEMPORARILY CLOSED

Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 955-4721)

PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO
(closed for renovation)

Gonzales
Chavez
Community
Center

