

THE SENIOR SCENE



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

**MARCH
2021**

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

MARCH 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	Theresa Trujillo, Program Supervisor	955-4745
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Cara Alunno, Receptionist	955-4741	Vacant, Volunteer Prog.Manager	955-4761
FAX Machine - Administration	955-4797	Anya Alarid, Project Administrator	955-4744
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Vacant, Database Specialist	955-4722	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	Newsletter Production	
Senior Center Programming (Activities)		Kristin Slater-Huff, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	<u>kwslater-huff@santafenm.gov</u>	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (MEG), Ventana de Vida		Linda Miller, Proofreader	
Cristina Villa, Program Coordinator	955-4725		
Luisa, Pasatiempo, Villa Consuelo			

MARCH 2021

By Gino

A message from the Division Director



“The family is one of nature’s masterpieces.” - George Santayana

“And one has to understand that braveness is not the absence of fear but rather the strength to keep on going forward despite the fear.” – Paulo Coelho

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.” – Mahatma Gandhi

Happy March. Spring is just around the corner, although you might have thought differently a couple of weeks ago, when it was freezing and snowed a foot. I appreciate the patience of the curbside meals recipients for being understanding when we had to cancel for two days, due to safety concerns. I hope everyone was okay and you were able to just enjoy the beauty of winter snowfalls, because there were several in a row. It took us a little longer to get the home delivered meals to you, but the new four-wheel drive trucks sure helped. Again, thanks for your patience.

In some weird kind of way, it is hard to imagine we have been closed for one year due to the pandemic. Everything has been upside down for so long that it is starting to look like normal, and that is not good. It seems like as humans we reach for consistency and predictability in the definition of our normal. I want to thank everyone for working with us and doing their best to stay safe and also I want to apologize for what you are having to go through. It is hard to predict anything at this point, particularly as it relates to coming back to some semblance of normal.

I hope folks are doing everything to register for the vaccination. Our Health & Safety pages give you a phone number to call to register for the vaccine, if you do not have internet access. Please ask for help from family, friends, neighbors, etc. if you need it.

Most of you know the Santa Fe County COVID-19 status is Yellow, which means we are doing better as a community to reduce the number of positive COVID-19 cases. But it is still excessively high and not consistent enough for us to change the way we are doing things in Seniors. So, we are not opening the centers yet. We will continue to transport seniors to doctor appointments and pharmacies. We are also able to transport folks to COVID-19 vaccinations, but only if you have received a scheduled appointment from the Department of Health.

Many have heard that I have taken on the additional role of acting Director for the City of Santa Fe Recreation Department. I am still the Director of Senior Services as well.

Take care.

NEWS & VIEWS

MARCH 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 Services Schedule

There are no federal holidays in March. Senior Services will deliver meals and serve curbside meals every Monday-Friday, weather permitting. We look forward to seeing you.

If you are 60+ and would like to sign up to receive meals, transportation to doctors or pharmacies, wellness checks, or to get on a list for food boxes, please call us at (505) 955-4721.



Free Online Exercise Classes

Free online exercise classes are presented by Villages of Santa Fe and sponsored by AARP. You do not have to be an AARP member to take the classes – they are open to everyone.

Balance & Beyond with Maria Francis

Tuesdays & Thursdays at 2:00 p.m.
Classes specially designed for seniors to increase strength, flexibility, balance, and endurance.

Gentle Yoga with Judith Rhodes

Wednesdays & Fridays at 10:00 a.m.
Classes specially guided by Judith for seniors to increase flexibility, balance, and harmony to improve your life and your joy of living.

Stretch & Strength

Mondays with Judith Rhodes at 10:30 a.m.
Thursdays with Sharon Tolleson at 10:30 a.m.
45-minute program with standing/sitting (or both) exercises. No equipment required, short and simple to follow, suitable for beginners.

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



New Mexico
GAS COMPANY[®]
AN EMERA COMPANY

Help with Outstanding Utility Bills

Many Santa Fe residents are facing the consequences of unemployment and a slowed economy, including housing and food insecurities and the stress of mounting debt and unpaid bills. To help ease the financial strains caused by the pandemic, Vital Spaces is partnering with PNM and New Mexico Gas Company to help pay off the balances of outstanding utility bills for Santa Fe residents in need, as identified by the City of Santa Fe's CONNECT platform.

Vital Spaces' utility fund has already raised over \$86,000 through private donations ranging from \$11 to \$20,000. Anyone who wishes to help their neighbors get through this winter can go to www.vitalspaces.org to donate to the fund. Currently, over 600 residents have requested help through CONNECT.

Any resident of Santa Fe who is experiencing financial hardship and is behind on their utility bills can seek help through the City of Santa Fe's CONNECT program at (505) 955-9525 or www.santafenm.gov/connect.



Museum of International Folk Art

The Museum has reopened with strict COVID-safe practices. It is now open Tuesday-Sunday 10:00 a.m. – 4:00 p.m. Wednesdays are free to New Mexico seniors 60+ with ID.

Time to grab a mask and get out of the house!

NEWS & VIEWS

MARCH 2021



**Happy
St. Patrick's Day
on Wednesday,
March 17th!**

Family Caregiver Alliance

The Family Caregiver Alliance's National Center on Caregiving is there for you. Building some time into your caregiving routine to focus on yourself is one of the best ways to combat isolation and loneliness. For strategies on staying well, go to www.caregiver.org/caregiver-isolation-and-loneliness or call 1 (800) 445-8106.

Flora's Corner

"We find the joy in living is not in keeping, but in giving." -Anon



Did you know...

Senior Services cooks and delivers or hands out about 1,000 lunches every weekday?

Prior to Coronavirus, we were serving about 750-800 meals a day, including at MEG Center, Luisa, Pasatiempo, Ventana de Vida and in the Meals on Wheels program. So, despite our centers and dining rooms being closed to the public, we are reaching out to more Santa Fe seniors than ever before. A silver lining in this challenging time!

Newsletter Mail Out

If you do not have access to this newsletter through meal delivery, a senior center, a library, a retirement community or the internet, we can mail it to you. Request it by calling (505) 955-4760.

Search the City of Santa Fe



You Can Read this Newsletter Online

If you have internet access, you can access current and past issues of this newsletter any time. Just go to the City of Santa Fe's website www.santafenm.gov and type the words "Senior Scene Newsletter" into the search box at the top (with the magnifying glass). The latest edition will pop up for you – in color, no less.

2021 Caregiver Guide



The free 2021 Santa Fe Caregiver Guide is here!

Pick up a copy and discover all the valuable resources available to you, particularly those offered by members the Santa Fe Healthcare Network.

The Santa Fe Healthcare Network is

a community of both business and nonprofit professionals who provide services to elders and their family members here in Santa Fe and the surrounding areas.

In the guide, take note that each Healthcare Network member is identified with an "N" logo beside their name. The network is a team and every member understands that by working together, so much more can be provided.

Now available at CVS Pharmacies, Albertson's Groceries and the Home Instead office at 404 Kiva Court, Suite C. Please call 505-471-2777 before dropping by to pick up your copy.

NEWS & VIEWS

MARCH 2021

What are Dichos?

(From The Press Enterprise)

“Dichos” are a cultural treasure of the Mexican people, both rich and poor. In “Mexican Sayings: The Treasure of a People,” Octavio A. Ballesteros posits that dichos are a concise, popular statement that expresses what most individuals believe to be true. Dichos can be philosophical, humorous, and/or cautionary.

“Nunca es tarde si la dicha es buena.”

Literal translation: It is never late if the joy is good.

Meaning: Better late than never! If you have had to wait for something, but it turned out really well, it was worth the wait.

“A palabras necias, oídos sordos.”

Literal translation: To foolish words, deaf ears.

Meaning: Harsh words fall on deaf ears. Basically, do not listen to the nasty things that people may say about you.

“El que mucho abarca poco aprieta”.

Literal translation: The one that embraces a lot, can't keep it together.

Meaning: Don't bite off more than you can chew.

“Dime con quién andas y te diré quién eres.”

Tell me who you're with, and I'll tell you who you are.

Similar to “a man is known by the company he keeps” in English.

AARP Friendly Voice Program

The Friendly Voice Program was created to support those feeling alone, lonely or anxious during these difficult times.

A trained, compassionate group of volunteers are ready to talk, listen, or just say hello. You don't need to be an AARP member to get a call.

To request a call, dial:

1 (888) 281-0145
for English

1 (888) 497-4108
for Spanish



Grandparents Raising Grandchildren Fund

Are you a grandparent age 55 or over, raising or providing financial support to your grandchild or grandchildren? Senior Services administers a fund to provide modest reimbursement (up to \$200 a year, per child) for receipts showing payments of medical expenses, lunch meal tickets, school supplies, clothing and similar expenses for grandchildren.

For information, please contact Theresa Trujillo at (505) 955-4745 or tptrujillo@santafenm.gov



In Santa Fe, our ability to experience natural lands and open spaces adds immeasurably to our quality of life. The Santa Fe Conservation Trust (SFCT), a nationally accredited, non-profit land trust has placed conservation easements on more than 46,000 acres protecting open space, wildlife habitat, water and trails for everyone, forever.

SFCT organizes and oversees the ‘Vámonos: Santa Fe Walks’ program on ADA accessible city trails and regional natural trails. See the April “Senior Scene” for walk dates and details. SFCT works to ignite a passion for nature and create the next generation of conservationists.

Find out more at www.sfct.org or call (505) 989-7019. See the RSVP pages to learn how you can volunteer.

New Mexico Crisis and Access Line

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line.

Call toll free anytime 24/7/365:

1-855-NMCRISIS (662-7474)

If you are having a life threatening emergency:
call 911 immediately

NEWS & VIEWS

MARCH 2021



Promise Five to Save Lives

(From City of Santa Fe and Santa Fe County)

The Santa Fe Promise Initiative has a goal to keep our communities healthy, informed and supported during the coronavirus pandemic, and to fully reopen our city as soon and as safely as possible. The City of Santa Fe and the World Health Organization urge us all to take these basic but important five steps to support the Promise:

1. Take precautions and support the Santa Fe Promise. Continue to wear a mask, socially distance, minimize personal contacts, circulate shared air, and wash your hands. Remember to stay home if possible and only send one person to the grocery store.
2. Connect with Santa Fe CONNECT—a network of more than 50 community organizations and programs – to provide assistance to all Santa Feans who need a connection to community services, such as housing, food, mental health, transportation, and more. You may call them at (505) 955-9525 or go to www.santafenm.gov/connect.
3. If you have a smartphone, download the free, anonymous NOVID app which gives you up-to-date information to make choices for

yourself and your family, based on your risk of infection.

4. Find additional resources at www.alltogethersantafe.org...from eviction information to food pantry locations to free fitness resources, virtual events, and more.
5. Influence others and be a Truth-Teller! Spread accurate, current scientific information to your community and help dispel myths like “It’s just a hoax” “You can tell if someone has COVID” “We just need herd immunity” “I’ll just use a ‘remedy’ I heard about” or “Don’t trust the vaccine.” Don’t believe those statements.

Find the latest information on public health orders and coronavirus spread in New Mexico at www.CV.NMHealth.org

Get your health-related questions answered at the N.M. COVID hotline at (855) 600-3453.

Find a local COVID testing location at www.cvprovider.nmhealth.org/directory.html



Daylight Savings Time

Daylight Savings Time begins on Sunday, March 14th.

Remember to set your clock ahead an hour before bed on Saturday, the 13th.



NEWS & VIEWS

MARCH 2021

Income Tax Preparation Information

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

Tax Help Santa Fe (505) 990-7431

They are open in Santa Fe Place Mall, across from the Food Court. Hours are Monday-Saturday, 9:00 a.m. – 5:00 p.m. You must schedule an appointment at ahead of time.

Schedule an appointment ahead to 1) go in person, or 2) drop off your papers for them to prepare, or 3) schedule a phone session (for an extra \$10). If you go in person, you alone may actually go inside to meet with the tax preparer.

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

Go to www.taxhelpsantafe.com or call them.

Tax Help New Mexico (505) 465-9776

Due to COVID, they are NOT doing in-person taxes at Guadalupe Parish (or anywhere) in 2021. They are offering only remote services, and only by appointment.

Please leave a message at the number above or go to www.cnm.edu/taxhelp

AARP Tax Aide Restrictions (505) 428-1780

Santa Fe's AARP Tax-Aide program is open for business. However because of the coronavirus there are restrictions for the volunteer-run program.

You must visit www.sfcc.edu/taxaide/ or call 428-1780 to make an appointment in Spanish or English. Appointments for clients to drop off their materials will be on Mondays and Tuesdays only.

Tax-Aide volunteers will be working out of the Santa Fe Higher Education Center (HEC) at 1950 Siringo Road. The building is closed to the public.

Taxpayers need to bring their papers to the appointment, and have a cell phone with them. There is a phone number on the door of the building and the client will need to call it to

announce their arrival. A volunteer will come pick up the materials, take them inside and scan the papers and then bring them back to the taxpayer. The taxpayer will go home, and the preparer will complete the tax return. Taxpayers will be contacted when the return is complete to schedule when to come get their completed return. A volunteer preparer will come outside and get the taxpayer to sign the return.

Go to www.sfcc.edu/taxaide or call them.

Taxpayers need to bring the following information with them to the first appointment:

- Amounts of stimulus checks received in 2020 or 2021, if you have received any
- Copy of prior year tax return, if available
- Driver's license or state identification number of the primary filers
- Social Security card (or Social Security year-end statement) or ITIN letters for taxpayers and dependents
- Bank information – routing and account numbers for direct deposit or direct debit
- Income documents (W-2s, 1099 for retirement income or self-employment, dividends and capital gains, unemployment form 1099, gambling form W2-G and related loss documentation)
- Individuals eligible for state/county rebates or credits – bring 2020 property tax bills or rent information, out of pocket medical expenses (no over-the-counter or medical cannabis expenses) and other household income
- List of supporting documents for itemized deductions or credits, childcare, college or vocational training information (1099-T), medical expenses not covered by insurance—including mileage, charity donations, property tax bills or receipts and mortgage interest paid.



NEWS & VIEWS

MARCH 2021



Stay Connected While Staying Home: A Guide to AARP's Free Virtual Events

Every month, AARP hosts a variety of lectures, movie screenings, activities and events online. Go to www.aarp.org and click on "Interactive Online Classes and Events, All for Free" to learn more and to register. You do not need to be an AARP member to participate.

AARP Virtual Events in March

- 1st: Protecting Your Personal Info Online
- 2nd: Healthy Body Virtual Series
- 3rd: Virtual Tour: Hudson River School Artists
- 4th: The Girlfriend Virtual Happy Hour!
- 8th: In Search of the Himalayan Snow Leopard
- 10th: Virtual U Lecture: Northern Lights
- 10th: Work at Age 50+: Strategies for a Successful Job Search Workshop
- 15th: Online Health Resources
- 16th: Downsizing and Decluttering
- 17th: Getting Up when You're Knocked Down
- 18th: Fraudcast: Impostor Scams
- 24th: Virtual Tour Series: European Artists
- 29th: Streaming & Smart TVs

Durable Medical Equipment Loan Bank



Did you know that Senior Services has a free loan bank at the MEG Center where you can borrow equipment you might need? We have wheelchairs, walkers, canes, shower/tub chairs, and adult disposable underwear, available on a limited basis.

If you are in need of any equipment (or you have equipment in good condition that you would like to donate), please let us know. If you are not registered with Senior Services, we will ask you to do that before borrowing, but it only takes a few minutes and it is free to register.

Call Theresa Trujillo at (505) 955-4745 or ttrujillo@santafenm.gov.



On Aging

(By Maya Angelou)

When you see me sitting quietly,
Like a sack left on the shelf,
Don't think I need your chattering.
I'm listening to myself.
Hold! Stop! Don't pity me!
Hold! Stop your sympathy!
Understanding if you got it,
Otherwise I'll do without it!
When my bones are stiff and aching,
And my feet won't climb the stair,
I will only ask one favor:
Don't bring me no rocking chair.
When you see me walking, stumbling,
Don't study and get it wrong.
'Cause tired don't mean lazy
And every goodbye ain't gone.
I'm the same person I was back then,
A little less hair, a little less chin,
A lot less lungs and much less wind.
But ain't I lucky I can still breathe in.

"Speak to all people as though they are the wisest, gentlest, most beautiful beings on earth; for what they believe, they become."

—Heather O'Hara

NEWS & VIEWS

MARCH 2021



Gil Martinez is the City of Santa Fe's Graphic Designer

What My Style Represents

Lo Que Representa Mi Estilo

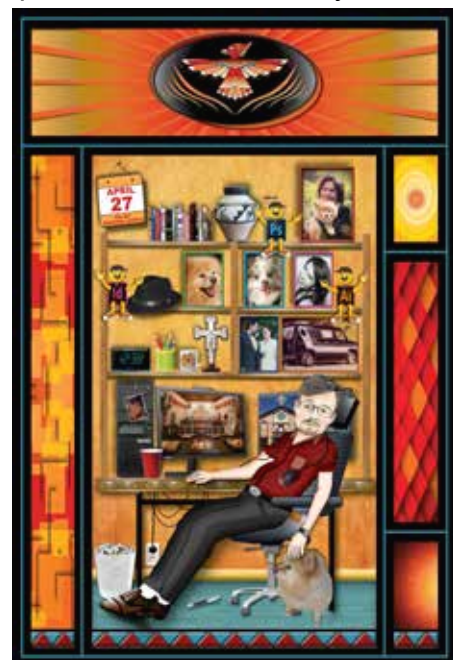
Gil Martinez, the graphic designer of this newsletter, has a wide range of professional experience. Within the City of Santa Fe, he has held the position of Operations Manager at the Sweeney Convention Center then the Director of Tourism for Santa Fe and now Graphic Designer. In the private sector he was the General Manager for several hotels in Santa Fe and a regional manager for hotels throughout the state. He also owned Terra Bella Artful Interiors where he was a custom furniture designer and fabricator. Gil says that no matter what position he has held, He has always been able to utilize and apply his design skill without compromising his strong traditional beliefs.

He says that he is very fortunate and thankful that where he lives, art is a representation of emotion and passion that comes from our rich tri-cultural inheritance of yesteryear. He follows and respects the artistic flair, style and unique brand that traditional local artists have held on to so dearly for so many years. The traditional styles and flairs he talks about are gifts that come from and can only be found in Northern New Mexico and its cultural history. These gifts come from our vivid multi-colored sky, from our lavish and fertile earth, from the symbols that characterize the faith, honor and principals of our ancestors, as well as the gift of spiritual energy that radiates from the brilliant colors used in our local art. "Gracias a Dios" he says, to our ancestors for their extraordinary artistic style, culture, tradition and flair. Our ancestral artists found a way to express their feelings with color and shapes that they couldn't express any other way – meaningful blessings that they had no words for.

Gil always interweaves his art & design with literature, history, the environment, real life significance and much more. Art should be recognized and fashioned for both its expressive power and its possible social meaning. Art is a language of thought which must be accessible to the entire public, not just the elite or well-connected

few but for everyone. Respecting Native American, Spanish, Anglo and Contemporary art is important because, in some way, it is part of everyone's story and survival. One story is needed to balance the other.

"I've been designing for most of my life in one form or another. Each designer has their beliefs, standards and inspiration's. Mine are very true to Santa Fe and Northern New Mexico. My style is not plain and simple - there is nothing plain and simple about Santa Fe or our traditions and culture. Clean and simple does not produce quality, I truly believe that "less is not more – less is lazy." Everything I design has a story behind it." Says Gil



Living with Alzheimer's for Caregivers



alzheimer's association

A free series of online education programs addressing unique challenges that arise in the different stages of the disease.

Middle Stage (Two-day webinar)
March 2nd – March 3rd 4:00 – 5:30 p.m.

Late Stage (Two-day webinar)
March 4th – March 5th 2:00 – 3:00 p.m.

Early Stage
March 4th 2:00 – 5:00 p.m.

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

Viviendo con alzheimer para los cuidadores
consejos para cuidadores de personas en la
etapa avanzada

Jueves, 18 de marzo 2:00 – 4:00 p.m.

Para registrar un correo electronico:
nmprograms@alz.org llamar 1 (800) 272-3900.

NEWS & VIEWS

MARCH 2021

Movies that Older Adults Can Enjoy

By Carrie Robertson, Chicago Senior Living 2010

Sometimes, nothing is more entertaining than a good movie. Who doesn't love getting lost in a thick twisted plot of a great drama or laughing until they cry over a hysterical comedy? But the movie industry gears the majority of movies towards an audience under 40 years old. Therefore, it becomes harder as an older adult to find characters and stories you can identify with.

Here is a list of movies with fascinating older characters and themes we can get lost in. So, pull up a chair, pop that popcorn and get ready to be entertained!

Letters to Juliet (2010-Comedy/Romance/Drama) with Vanessa Redgrave

An American girl on vacation in Italy finds an unanswered "letter to Juliet" — one of thousands left at the fictional lover's courtyard in Verona. She goes on a quest to find the lovers referenced in the letter.

Gran Torino (2009-Drama) with Clint Eastwood
Disgruntled Korean War vet Walt Kowalski sets out to reform his neighbor, a young Hmong teenager. This boy tried to steal Kowalski's prized possession: his 1972 Gran Torino automobile.

Little Miss Sunshine (2006-Adventure/Comedy) with Alan Arkin & Abigail Breslin

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus. The film explores the relationship between the girl and her grandfather.

Get Low (2010-Comedy/Drama/Mystery) with Robert Duvall & Sissy Spacek

A movie spun out of equal parts folk tale and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

The Bucket List (2008-Adventure/Comedy) with Morgan Freeman & Jack Nicholson

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they "Kick the bucket".

Gotta Dance (2008-Documentary/Adventure)

See the first-ever, senior citizen hip-hop dance team for the New Jersey Nets Basketball team. The film follows these 12 dance team newbies from auditions to center court stardom.

The Savages (2008-Comedy) with Laura Linney & Phillip Seymour Hoffman

A sister and brother face the realities of a family responsibility as they begin to care for their ailing father.

Love in the Time of Cholera (2007-Drama) with Javier Bardem & Giovanna Mezzogiorno

The protagonist, Florentino, is rejected by the beautiful Fermina at a young age and devotes much of his adult life to carnal affairs as a desperate attempt to heal his broken heart.

Harry Brown (2009-Crime/Drama/Thriller) with Michael Caine

Harry is an elderly ex-serviceman and widower who seeks to avenge his best friend's murder by doling out his own form of justice.

Million Dollar Baby (2005-Drama) with Clint Eastwood, Hillary Swank & Morgan Freeman

A hardened trainer/manager works with a determined woman in her attempt to establish herself as a boxer.

Regardless of the type of movie you might be in the mood for, you can search for various genres, themes, actors or that movie you can't remember the name of on www.imdb.com – The Internet Movie Database.

Look for more of Ms. Robertson's movie suggestions in the May "Senior Scene".



NUTRITION EDUCATION

MARCH 2021

A nutrition Fact Sheet



Cooking for One or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or 'just the two of us' can seem like a big effort for a small reward. Instead of saying, "Why bother?" use some of these ideas to prepare healthy meals that taste great, are quick to fix, and do not produce too many leftovers.

Shopping Ideas

- Buy only what you can use and store safely. Sometimes this will mean the smaller, more expensive container. It's not a deal if you have to throw it away.
- Buy frozen vegetables so you can thaw out only what you will eat.
- Larger amounts of meat can be divided into smaller serving sizes and frozen for later use.
- Use nonfat dry milk for cooking or baking.
- Buy fresh fruit at different stages of ripeness and eat as it ripens.

Cooking Ideas

- Cook a pot of stew, soup, or chili and freeze in small portions.
- Prepare a family-sized recipe and save half for another meal.
- Try a new recipe sized for one or two. Or look for and use cookbooks designed for one or two.
- Use "Planned Overs" for foods such as ham. Eat the ham for dinner, in an omelet for breakfast, and in a sandwich for lunch. Ham still leftover? Make scalloped potatoes and ham later in the week.
- Share the cooking with your child or spouse - a child can set the table and wash, peel, or cut fruits, vegetables, or bread. One person can prepare the main dish and the other the sides - salads, fruits, or bread.

Create Your Own Salad

Yield: 1 servings • Serving Size: 4 cups

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas or corn (thawed), red onion, tomato, mango, avocado, carrots, or salsa
- 3 ounces chopped cooked chicken, beef, pork, or tuna or ¼ cup cooked beans or 1 hard-boiled egg, chopped
- 1 Tablespoon chopped dried fruit, shredded cheese, or chopped nuts
- 2 Tablespoons lowfat dressing

Arrange greens on large plate or bowl. Add vegetables and/or fruits plus meat, beans, or egg. Add dried fruit, cheese, or nuts. Add dressing.

Nutrition Facts show information for romaine, cucumber, peas, tomato, carrots, raisins, chicken, and lowfat Italian dressing.

Nutrition Facts

1 servings per container	
Serving size	4 cups (362g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 628mg	15%

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



Are you confused about Medicare, Medicare Advantage Plans, and Medicare Prescription Drug Plans (MADP)? You are not alone. So let's start with some basics.

Medicare is a federally-run health insurance program for people age 65 and over. Medicare Part A (hospital care) and Part B (doctor visits and tests) together cover about 80% of your medical costs. You are entitled to Medicare Part A, at zero cost, if you have worked at least 10 years. Anyone 65+ is eligible for Medicare Part B, but must pay the Medicare premium of \$148.50 per month. Together, Parts A and B are called Original Medicare.

How does Medicare coverage work? If your medical bill is \$1,000, your cost is around 20% or \$200, which may be manageable. However, what happens if your bill is \$100,000 and the 20% is \$20,000? If you have Original Medicare, you can buy Supplemental policies to cover the 20% gap. Or, if you are very economically challenged, you can purchase a Medicare Advantage and Prescription Drug (MAPD) Plan which is known as Part C and covers Part A, Part B, and Part D (prescription drugs).

Most Medicare Advantage plans include Medicare Part A, Part B and Part D and some provide extras such as dental, hearing, vision, over-the-counter medicines, a nurse line, gym membership or transportation. Most MAPD plans have no monthly cost, no medical deductible, free primary care visits, and a maximum out-of-pocket expense. All Medicare Advantage plans limit the cost you will pay per calendar year and provide preventative benefits such as annual flu shots, cancer screening and bone density tests. MAPD plans provide drug coverage and many will charge you less for medication if you set it up for mail order.

Medicare has an Open Enrollment Period from January 1 through March 31. During this period, beneficiaries can change their current MAPD plan to a different MADP plan or back into Original Medicare with a drug plan.

A great resource for more detailed information is www.Medicare.gov

Brent Jung, a benefits consultant with the Christus Health Plan, provided this article, with input from the Aging and Long Term Services Dept. Brent can be reached at heechul.jung@christushealth.org or by calling (505) 412-049.



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MARCH 2021



Below, find some of the many current volunteering opportunities available through RSVP:



Please Join RSVP

Join the Retired Senior Volunteer Program (RSVP) and give a few hours a week to a cause close to your heart.

RSVP members receive a variety of free benefits, including mileage reimbursement for driving to, from and during volunteer work. While serving, volunteers are covered by excess auto liability and personal accident insurance. Volunteer service is celebrated through recognition events and gifts as well as free educational opportunities. You can meet people who care about the same things you do. There are some opportunities available to serve, even during the pandemic.

Additionally, many studies have proven that volunteerism improves health and longevity!

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

Volunteers, Report Your Hours

If you are an RSVP volunteer and you have been doing **any** volunteer work during the pandemic, such as serving at a volunteer station, or supporting a senior with grocery help, transportation or home visits, **please report** those hours now. Don't be modest about taking credit for your work- we actually need those hours so that we can strengthen our reports and demonstrate the importance of RSVP.

Marisa is collecting the hours served and miles driven from all RSVP volunteers for January through March. Information is due by March 27th, so that she can process it and get you your mileage reimbursements. You may leave a message for Marisa at (505) 955-4743.

The Santa Fe Conservation Trust (SFCT) is a nationally accredited, non-profit land trust that protects open space, scenic views, wildlife habitat and working lands for everyone, forever. They strive to make nature accessible to all members of our community through their Community Conservation programs, many of which had to be cancelled in 2020, but will restart later this year.

One of the most popular programs is 'Vámonos: Santa Fe Walks' and they are looking for volunteers to assist with this program. The free, hour-long walks are scheduled several times per month from May through October, and the number of participants will be adjusted according to health department regulations. Many are held on weekdays, after work hours, with one Saturday morning walk each month that usually lasts about 2 hours. The walks primarily take place on paved urban trails all around Santa Fe, but the Saturday walks explore the dirt trails in the surrounding area. Participants go at their own pace, and though they often come with family and friends, they also meet new friends as they walk, enjoying the fresh air and exercise.

Along with the SFCT staff person assigned to the walk, volunteers are needed to assist with:

- Ensuring that walkers sign in at the start
- Tracking the group to make sure everyone stays in sight and on the correct trail
- Watching and warning walkers of approaching bicyclists on the trail
- Taking photos if possible
- Distributing evaluations at the end of the walk.

Volunteers can sign up for one or many walks and will receive a Vámonos T-shirt that should be worn for the walks, along with a lightweight string backpack to carry water, etc.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MARCH 2021



Partnering For Seniors: Volunteer Drivers

Catholic Charities in Santa Fe is seeking more volunteers to serve in their "Partnering for Seniors" transportation program. They are looking for caring people like you who are willing to drive ambulatory, income-challenged seniors to appointments and errands. Secondly, this endeavor combats the growing problem of social isolation in our senior community.

This opportunity allows you to set your own schedule with 2-4 hour shifts at any point throughout the week.

Volunteers receive orientation and support and are required to follow all safety protocols during the time of the COVID-19 crisis. This includes both the volunteer and the senior rider completing a symptom-screening questionnaire before each ride and wearing face masks during transportation. The volunteer will disinfect his or her vehicle between rides. Catholic Charities will provide masks and gloves. Driver and passenger must maintain as much social distancing within the vehicle as possible and open the windows in warm weather.

Drivers will use their own vehicle and must provide valid license and proof of insurance. **Mileage reimbursement** and additional liability insurance are provided through RSVP.



YARDMASTERS

Volunteer with the Railyard Park Yardmasters

The Yardmasters are the volunteers who help maintain the Railyard Park gardens. Yardmasters tend to the plants and help keep the park beautiful. It is a great opportunity to learn about

native plants, acquire gardening techniques, and contribute to the beauty of Santa Fe's premier, free, public, green-space. No experience is necessary and they have tools and gloves you can borrow. Dress for the weather.

Contact Kristin at (505) 955-4760 for details on any of these or other volunteer opportunities

The Volunteer Programs
wish a very

Happy Birthday

to all volunteers born in MARCH

RSVP *Voluntarios*

Stella Gonzales	3/01
Harriet Levine	3/01
Carol Schwendimann	3/04
Howard Turner	3/04
Preston B. Ellsworth	3/06
Gloria P. Holladay	3/06
Jenny Mier	3/08
William A. Morrison	3/08
Andres V. Romero	3/08
Frankie C. Valencia	3/09
Suzanne A. Shaw	3/12
Terri C. Gonzales	3/14
Carole Van Valkenburgh	3/14
Patricia A. Chavez	3/17
Luggie Romero	3/18
Carson Fenmore-Hecker	3/20
Meri Frauwrth	3/20
Pamela Valdez	3/20
Anke Mihalas	3/22
Joseph Montoya	3/23
Carolyn K. Robinson	3/27
Linda Williams	3/28
Waldo Anton	3/30

FGP/SCP *Voluntarios*

Michele Charbot	3/2
Nola Spencer	3/5
Maria Montano	3/8
JoAnn Sena	3/13
Mary Lou Martinez	3/14
Jane Sandoval	3/21
Bernadette Ramirez	3/29

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.

CONSUMER & LEGAL

MARCH 2021



Free Credit Reports (From the Federal Trade Commission)

The Fair Credit Reporting Act (FCRA) requires each of the nationwide credit reporting companies — Equifax, Experian, and

TransUnion — to provide you with a free copy of your credit report, at your request, once every 12 months.

A credit report includes information on where you live, how you pay your bills, and whether you've been sued or have filed for bankruptcy. Nationwide credit reporting companies sell the information in your report to creditors, insurers, employers, and other businesses that use it to evaluate your applications for credit, insurance, employment, or renting a home.

The three nationwide credit reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report.

To order, visit www.annualcreditreport.com, call toll-free 1-877-322-8228, or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. Do not contact the three nationwide credit reporting companies individually.

If you request it online, you should get the result immediately. If you call them, they will mail your report in 15 days, and if you mail a request, they mail it back within 15 days of receipt.

Note: The only website authorized to fill orders for the free annual credit report you are entitled to under law is www.annualcreditreport.com

What information do I need to provide?

You need to provide your name, address, Social Security number, and date of birth. If you have moved in the last two years, you may have to provide your previous address. To maintain the security of your file, each nationwide credit reporting company may ask you for some information that only you would know, like the amount of your monthly mortgage payment. Each

company may ask you for different information.

Why do I want a copy of my credit report?

Your credit report has information that affects whether you can get a loan — and how much you will have to pay to borrow money. Furthermore, you might want a copy of your credit report to:

- Make sure the information is accurate, complete, and up-to-date before you apply for a loan for a major purchase like a house or car, buy insurance, or apply for a job.
- Help guard against identity theft. Identity thieves may use your information to open a new credit card account in your name. When they don't pay the bills, the delinquent account is reported on your credit report. Inaccurate information like that could affect your ability to get credit, insurance, or even a job.



Can anyone else get a copy of my report?

Creditors, insurers, employers, and other businesses that use the information in your report to evaluate your applications for credit, insurance, employment, or renting a home are among those that have a legal right to access your report. Your employer can get a copy of your credit report only if you give your consent in writing.

What if I find errors — either inaccuracies or incomplete information — in my credit report?

Tell the credit reporting company, in writing what information you think is inaccurate. They are required to investigate within 30 days unless they consider your dispute frivolous. Tell the creditor or other information provider in writing that you dispute the item. If you are correct, they may not report it again.

For more information

Go to ftc.gov/complaint or call (877) FTC-HELP (877) 382-4357 to file a complaint.

PUZZLE

MARCH 2021

PUZZLE 145

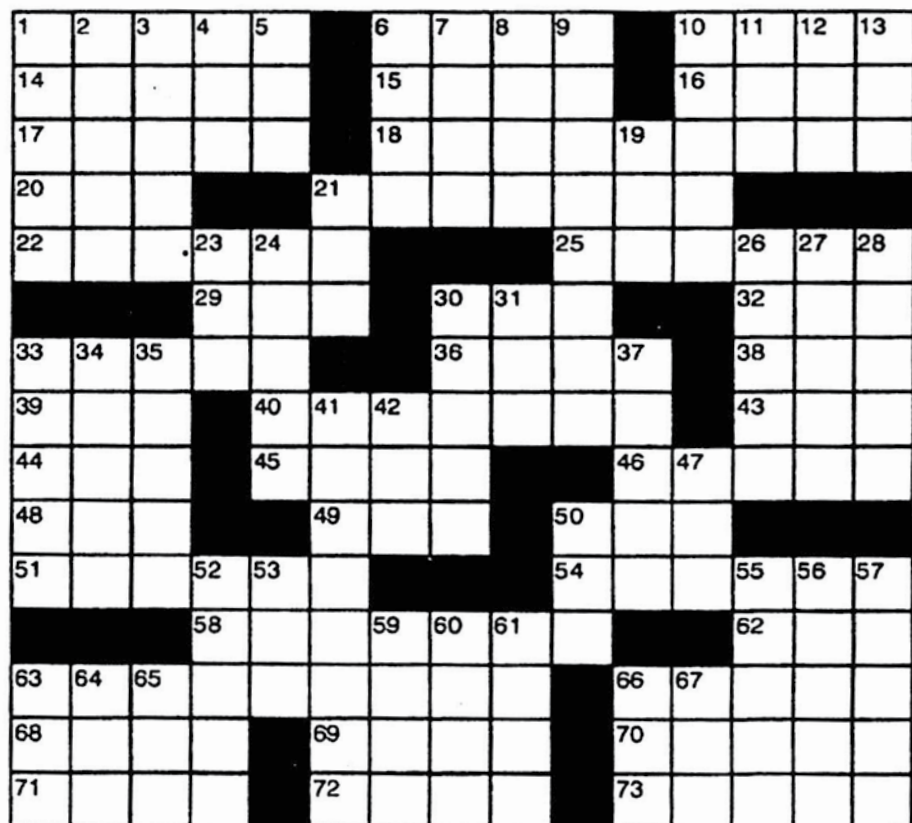
ACROSS

1. Flicker
6. Shower
10. Distant
14. Strange
15. Farm unit
16. Storage bin
17. Opponent
18. True to life
20. Piping god
21. Stimulate
22. Ski race
25. Pitter- _____
29. High mountain
30. The Lion
32. Flurry
33. Throng
36. Slips
38. Baby seal
39. Ewe's mate
40. Raise
43. Frost a cake
44. Hail
45. Storm
46. Goods
48. Beseech
49. And not
50. "Of Mice and _____"
51. Scheduled
54. Passionate
58. Pet rodent
62. No in Glasgow
63. Interior designer
66. Shiny fabric
68. River in England
69. Sprints
70. Pitchers
71. Loud noise
72. Leg joint

73. Concise

DOWN

1. Oozes
2. _____ code
3. Amphitheater
4. Border
5. Solution
6. Farm building
7. Experts
8. Ambush
9. Chopper pad
10. Advantage
11. _____ as a fiddle
12. Muhammad _____
13. Legendary bird
19. Gershwin or Levin
21. Sprite
23. Ordinance
24. More mature
26. Tropical animal
27. Bring out
28. Cowboy cords
30. Pryer
31. Epoch
33. Soft-shell varieties
34. Fray
35. "The _____ Man"
37. Stitcher
41. Significant event
42. Self-esteem
47. Also
50. Spoil
52. Sandal strap
53. Play by _____
55. Enroll
56. Indian otters
57. Jittery
59. Daze
60. Musical sound
61. Gaelic
63. Apply lightly
64. Little _____
65. Deceive
66. Adjust
67. Fascinate



PUZZLE

MARCH 2021

Time Machine: 1955 40

All of the events described below happened in the year 1955.

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

DISNEYLAND,

A FANTASY

THEMED

AMUSEMENT

PARK,

OPENS

TO THE

PUBLIC in

ANAHEIM,

CALIFORNIA.

EDDIE

ARCARO

RIDES

NASHUA

TO VICTORY



IN BOTH THE

PREAKNESS

AND THE

BELMONT

STAKES.

SINGER

MARIAN

ANDERSON

MAKES

HER DEBUT

AT THE

METROPOLITAN

OPERA in

NEW YORK

CITY.

HEALTH & SAFETY

MARCH 2021

COVID-19 Vaccine Registration

(From N.M. Aging and Long Term Services Dept.)

The supply of vaccine is currently extremely limited so, the N.M. Department of Health (DOH) is rolling out the vaccine in a phased approach. Currently groups 1A and 1B are eligible. That includes all people 75 or older, and people 16 or older who have high-risk medical conditions. However, everyone who wishes to get a vaccine is encouraged to register now.

To register if you don't have internet access:

1. Call the Aging and Disability Resource Center at 1-800-432-2080
2. You will be asked to provide your name, date of birth (DOB), address, and information about high risk medical conditions
3. An options counselor will complete your registration on your behalf
4. Later, a representative of DOH will contact you to provide your event code and information about how to schedule an appointment when vaccine is available in your area
5. You will be provided a medical questionnaire to complete on the day of your appointment

To register online:

1. Go to www.vaccinenm.org
2. Click on "I want to create a new profile"
3. Put in basic information (your registration is NOT complete at this point)
4. Check text or email for a confirmation code
5. Go to www.vaccinenm.org, select "I want to access my registration"
6. Use your confirmation code and DOB to access your registration
7. Complete the registration (personal information, chronic medical conditions, demographic information, employer, and insurance information will all have green check marks when complete)
8. You will get a confirmation when your registration is complete
9. Check text and email regularly for event code

The New Mexico Department of Health will notify a pool of eligible members within your community that vaccine is available with a special event code. This opportunity to schedule an online appointment is offered on a first come, first served basis. If you are not able to schedule an online appointment by selecting a specific location, date, and time, please do not show up at the event. But don't worry. This will not be your only opportunity to schedule an appointment. DOH will reach out and notify you of additional opportunities in the future. Event codes are linked to a specific registration and can't be shared.

When you receive your event code:

1. Go to www.vaccinenm.org, select "I want to access my registration"
2. Use confirmation code and DOB to access your registration
3. Select "Make Appointment"
4. Enter event code to schedule appointment
5. On the day of your appointment, go to www.vaccinenm.org and use your confirmation code to access your registration, and complete the medical questionnaire.

Although the vaccine itself is free, the administration of it is not, so you will be asked if you have Medicaid, Medicare, or other insurance, and to provide your card at your appointment. **Regardless of whether or not you have insurance there will be no cost to you for the shot.**

You will NOT be asked to provide your Medicare number while registering, and there is no charge to register. If you are asked for your Medicare number or told you must pay to be put on a list, you may be the target of a scam and should disengage and call the Aging and Disability Resource Center at 1-800-432-2080 to complete your registration.

For information or assistance, call the N.M. Dept. of Health at 855-600-3453 or the Aging and Disability Resource Center at 800-432-2080.

HEALTH & SAFETY

MARCH 2021



Aspirin and Heart Disease

(From the American Heart Association- AHA- and the American Stroke Association, 2011)

Preventing Heart Attack

Most heart attacks and strokes occur when the blood supply to a certain part of your heart muscle or brain is blocked. This usually starts with atherosclerosis, a process in which deposits of fatty substances, cholesterol, cellular waste products, calcium and other substances build up in the inner lining of an artery. This buildup is called plaque.

Plaque usually affects large and medium-sized arteries. Plaques can grow large enough to significantly reduce the blood's flow through an artery. But most of the damage occurs when a plaque becomes fragile and ruptures. Plaques that rupture cause blood clots to form that can block blood flow or break off and travel to another part of the body. This is called an embolism.

- If a blood clot blocks a blood vessel that feeds the heart, it causes a heart attack.
- If a blood clot blocks a blood vessel that feeds the brain, it causes a stroke.

Aspirin "thins" the blood and helps prevent clots from forming. So it helps prevent heart attacks and strokes.

During a Heart Attack

Taking aspirin also helps during a heart attack. In fact, people having a heart attack are often given aspirin by emergency medical services. This may take place in the ambulance or in a hospital emergency room. Taking an aspirin as soon as symptoms start greatly improves the chance of survival.

The most important thing to do if any heart attack signs occur is to call 9-1-1 immediately. Don't take an aspirin, and then wait for it to relieve your pain. Aspirin won't treat your heart attack by itself.

Preventing a Second Heart Attack

By making it harder for blood clots to form, aspirin helps prevent a second heart attack. The dose of aspirin prescribed may be larger than that used to prevent the first heart attack. Your healthcare provider will decide the right dose for you.

During a Stroke, Do Not Take Aspirin

Taking aspirin isn't advised during a stroke, because not all strokes are caused by blood clots. Some strokes are caused by ruptured blood vessels. Taking aspirin could potentially make these bleeding strokes more severe.

AHA Recommendation

People at high risk of heart attack should take a daily low-dose aspirin (if told to by their healthcare provider) and heart-attack survivors should regularly take low-dose aspirin. You should not start aspirin therapy without first consulting your physician. The risks and benefits of aspirin therapy vary for each person.



Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

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PUZZLE ANSWERS

MARCH 2021

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

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

City of Santa Fe, Division of Senior Services
Meals on Wheels Program

RE-HEATING DELIVERED MEALS

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

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



HOT OR COLD MEALS

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

FROZEN MEALS

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

SENIOR LUNCH MENU

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Tempura Orange Sauce White Rice Asian Veggies Fortune Cookie Mandarin Oranges	2 Meatloaf Potatoes Au Gratin Green Peas Carrot Raisin Salad Roll with Margarine Strawberries in Yogurt	3 Baked Cheesy Ziti with Meaty Marinara Sauce Italian Veggies Tossed salad Garlic Bread Bananas in Pudding	4 BBQ Beef Brisket Pork & Beans Buttered Carrots Coleslaw Cornbread Oatmeal Cookie	5 Fish Sandwich with Tartar Sauce Cucumber & Tomato Salad Mixed Veggies Hushpuppy Fresh Apple
8 Ham & Cheese Sandwich with Garnish Tater Tots Green Beans Pineapple	9 Carne Adovada Burrito with Garnish Refried Beans Chuck Wagon Veggies Chilled Peaches	10 Turkey Roast Turkey Gravy Bread Stuffing Asparagus Tossed Salad Roll with Margarine Tapioca Pudding	11 Chicken Alfredo Over Fettuccini Noodles Broccoli & Cauliflower Garlic Bread Chilled Apricots	12 Green Chili Salmon Enchiladas Spanish Rice Pinto Beans Tortilla Mixed Fruit
15 Beef Tips over Egg Noodles Vegetable Medley Roll with Margarine Vanilla Ice Cream	16 BBQ Pork Patty Baked Beans Steamed Spinach Cucumber & Tomato Salad Cornbread Fresh Grapes	17 St. Patrick's Day Corned Beef Steamed Cabbage Buttered Carrots Parsley Potatoes Roll with Margarine Lime Jello	18 Pork Posole with Red Chili Calabacitas Tortilla Cherries in Cobbler	19 Tuna Casserole with Egg Noodles Pease & Carrots Spinach Salad Crackers Tropical Fruit Salad
22 Breaded Chicken Sandwich with Garnish Coleslaw Celery & Carrot Sticks Potato Chips Fresh Pear	23 Pork Chop Rice Pilaf California Veggies Roll with Margarine Peaches in Cottage Cheese	24 Red Chile Beef Enchiladas Black Beans Green Beans Tossed Salad Tortilla Fresh Orange	25 Chicken Fajita Refried Beans Squash & Corn Apple Turnover	26 Egg Salad Sandwich Three Bean Salad Pickle Croissant Strawberry on Shortcake
29 Salisbury Steak Mashed Potatoes Mushroom Brown Gravy Spinach & Onions Roll with Margarine Chilled Pears	30 Grilled Chicken Breast over Garlic Noodles French Style Green Beans Tossed Salad Biscuit Fresh Banana	31 Beef Ravioli with Marinara Sauce California Veggies Spinach Salad Garlic Toast Strawberries in Vanilla Pudding	APRIL 1 Ham & Cheese Sandwich with Garnish Carrot & Celery Sticks Macaroni Salad Pineapple	APRIL 2 Good Friday Tuna Salad Three Bean Salad Cold Peas Potato Chips/ Crackers Chocolate Chip Cookie

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

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)

Genoveva Chavez Community Center

