

SENIOR

SCENE MAGAZINE



Photo taken by Ted Yamada, read about Ted on page 6



www.santafenm.gov/senior_scene_newsletter

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

NOVEMBER 2021



Newsletter Production

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

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Activities- Luisa, Pasatiempo, Villa Consuelo	Cristina Villa	(505) 955-4725	cavilla@santafem.gov
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RSPV Volunteer Program Coordinator	Marisa Romero	(505) 955-4743	mymromero@santafem.gov
Luisa Center, 1500 Luisa St.	Currently Closed		
Pasatiempo Senior Center, 664 Alta Vista St.	Currently Closed		
Ventana de Vida Senior Center, 1500 Pacheco St.	Currently Closed		
Villa Consuelo Senior Center, 1200 Camino Consuelo	Currently Closed		

By Gino

A message from the Division Director



“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”

Henry Van Dyke

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John F. Kennedy

“The roots of all goodness lie in the soil of appreciation for goodness.”

Dalai Lama

Boy October, my birth month, sure flew by quickly. I do not understand how some months take forever and others fly by like a falcon. Oh well, we are now in November the month of Thanksgiving. I sure have lots to be grateful for and know there were many challenges.

We moved the curbside food distribution back to the front of the Mary Esther Gonzales Center, mainly because the flow is better and we built the little shelter in front, which really helps when that wind from the north blows. We have seen a good increase in the number of folks using the curbside to get their meals. I also want to thank our staff for all that they do; it can get fairly busy at points. I know they would love to visit more but they have to keep the flow going. I also want to thank you all for your contributions because they really help.

On the 12th, we are having the flu and COVID vaccination event. Please check it out if you cannot go to your pharmacy, doctor, or whoever and get you vaccination. Please take care of yourselves and have an enjoyable Thanksgiving.

P.S. For the next several months there will be construction at the Bicentennial Pool. Please be careful when you are driving through the parking lot.

NEWS & VIEWS

NOVEMBER 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.

DSS Closures in November

The City of Santa Fe's Senior Services staff are all still working full-time for elders in the community. Although our five senior centers remain closed, due to COVID, staff provide curbside meals, home-delivered meals, transportation to doctors and pharmacies, volunteer program activities and many administrative supports.

Please note, we will be **closed November 11th** for Veterans Day and **November 25th and 26th** for the Thanksgiving holiday. There will be no meals or transportation on those days.

To register with our programs or learn more, please call (505) 955-4721.



Santa Fe County Treasurer Property Tax Outreach Program

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

Fridays, December 17, 2021 and January 7, 2022 between 10:00 a.m. and 2:00 p.m.

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

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

Crossing Guards Needed

Protect children as they walk to and from school every day, and earn money. This is a very part-time job and requires no nights, weekends or holidays. Just work a brief shift every morning and afternoon. Contact Jackylen McKenzie at (505) 313-6500.



We Honor Our Veterans

Veterans Day (previously Armistice Day) is always observed on November 11th with speeches, parades, and church services across the United States. In many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11:00 a.m.



VETERANS DAY

Veteran's Day Discounts (from www.military.com)

The following chain restaurants are offering special deals to veterans and active-duty service members on November 11 (only) this year:

Applebee's – A free meal from a special menu, for dine-in only.

Buffalo Wild Wings - A free order of 10 boneless wings and fries, for dine-in or takeout.

Chili's – A free meal from a select menu, for dine-in only.

Denny's – A free Build Your Own Grand Slam, from 5:00 a.m. to noon, for dine-in only.

Olive Garden - A free entrée from a special menu, for dine-in only.

Outback Steakhouse – A free Bloomin' Onion and Coca Cola product for dine-in or to-go (call-in orders only, not available online).

Red Lobster – A free appetizer or dessert from a select menu. Dine-in only.

Starbucks – Veterans, military service members and military spouses get a free Tall (12 oz.) hot brewed coffee at participating stores.

Wendy's – A free small breakfast combo from 6:30 a.m. to 10:30 a.m. at participating locations. Not valid for mobile orders or kiosk.

NEWS & VIEWS

NOVEMBER 2021

Free Flu Shot and COVID Shot Clinic

See page 9 for details on the upcoming drive-through shot clinic. Influenza vaccine and all three COVID vaccines will be available. Please call (505) 955-4760 to register for a free shot.



MANA del Norte, a chapter of MANA, a National Latina Organization that works to create a better life for Latinas, was founded in northern New Mexico in 1989. MDN provides scholarships for Latinas, and brings together women from all walks of life to empower one another. Their goal is to empower Latinas through education, community service, leadership and advocacy.

To learn more, go to manadelnortennm.org or contact Carmen Rodriguez, Vice President, at cmrhola@yahoo.com or (505) 992-1416.

Riding the Blue Bus for Free



The Mountain Trail "Blue Bus" is a favorite way for locals and visitors alike to access Ten Thousand Waves, fall colors, the Winsor Trail, Ski Santa Fe, and the Santa Fe National Forest.

Previously \$5 each way, the fare was waived at the start of the COVID-19 pandemic. Now the North Central Regional Transit District board is poised to vote to eliminate the fare permanently.

If you have any comments to share with the NCRTD prior to the vote, you may submit them at www.ncrtd.org/services/feedback/. You can also attend a virtual board meeting November 5.

"I love the me I've come to be"

- Robert Francis Johnson



Alzheimer's Association New Mexico Caregiver Conference – Virtual Event

Their theme this year is "Breaking Down Barriers: Exploring Challenges in Caregiving."

Dementia caregiving comes with many challenges; barriers to support, access and health equity should not be among them. This conference is the preeminent event covering the broad spectrum of issues surrounding dementia caregiving for both professional and family caregivers. Throughout the conference, you will be introduced to a wealth of helpful, practical information designed to improve the caregiving experience, and help you navigate past the barriers you may be facing.

Please note that this year the conference will be a virtual event, due to the pandemic.

Saturday, November 6th, 9am – 3pm. Free.

Separate tracks are provided for Professional Caregivers and Family Caregivers. Online registration and information are at <https://alzcaregiverconference.vfairs.com> or call (505) 266-4473.

November Food Distributions



Drive-through grocery distributions at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursday Nov. 11 & Wednesday Nov. 24 distribution, day changed due to Thanksgiving.

DON'T FORGET TO VOTE ON NOVEMBER 2!

NEWS & VIEWS

NOVEMBER 2021

Get to Know the Cover Photographer: Ted Yamada



Ted Yamada studied photography at the Santa Fe Community College and is a member of the Photographic Society of Santa Fe.

A retired Los Alamos scientist, Ted joined the Retired Senior Volunteer Program in 2008. In addition to volunteering at the Boys and Girls Club and with

Senior Olympics, he has served as Chairman and member of the Senior Volunteer Programs Advisory Council for many years. His keen insights, gentle sense of humor and modesty have contributed greatly to the volunteer programs.

He is the creator of hundreds of expertly-crafted masks made of beautiful Japanese fabric which have been distributed to seniors in the past year to protect against the spread of COVID-19.

Ted also serves as a volunteer photographer for RSVP, capturing volunteers and staff in action, improving the community.

She is Missed...

Carol (Coco) Blankenship passed away on October 20, 2021, which was her 75th birthday. Coco had been a Senior Services Aide in the Nutrition section for the past three years. Shy and quiet, she was a private person. But she was always ready to fill in wherever she was needed. Coco's favorite part of the job was delivering meals because she enjoyed connecting individually with clients. She had arranged to donate her body to science. We will miss her gentle spirit and willingness to help others.



Flora's Corner Picture

"Wise sayings often fall on barren ground, but a kind word is never thrown away."

-Sir Arthur Helps (1813-1875),
British writer



Are you Feeling a little bit Isolated?

Would you like to receive a call from a caring companion a couple times a week? If so, the Senior Companion Program is here for you! Our volunteers reach out to other seniors in the community with caring phone calls.

Make a new friend, share your life story, feel confident that you will receive a safety check-in regularly, or just chat about daily events. Let our volunteers connect with you so you don't feel so alone.

All our volunteers have passed extensive background checks. We have men and women, English and Spanish speakers. This service is free and for anyone 55+.

Please call Theresa at (505) 955-4745

From Santa Fe Public Schools

Dear Santa Fe Seniors,

Things are different this year because so much has changed in our community and our world, but the one thing that hasn't changed is our grateful hearts. We give thanks to our community for its continued support of Santa Fe Public Schools. I am amazed at how our community works to support us whether its education, sustainability, technology, safety, athletics or early childhood learning.



We are most grateful to our senior community who volunteer in our schools. Whether you are reading to a group of first graders or supporting a middle school science project, we know that your invaluable time and knowledge make a difference in the lives of our students. Today's world presents many more challenges for our teachers and your support of them in and out of the classroom makes a difference.

As the holidays approach, we give thanks for so much in our lives. It does take a community, one like ours, to make a difference. We are stronger together. Thank you, and Happy Thanksgiving!

Superintendent Hilario "Larry" Chavez

Highlighting Meals on Wheels

Senior Mona S. wrote, "I would like to see my Meals on Wheels carrier [Sophia Barefoot] and Program Manager, Carlos Sandoval, highlighted in the "Senior Scene." I am sure other recipients would agree. Carlos serves in this capacity with ever-present and supportive spirit that encourages a return to good health and well-being." Mona, this is for you:



Carlos Sandoval has been with the City since 2003, first as Inventory Supervisor, and now as Meals on Wheels Supervisor. When asked to talk about his job, he immediately said "The

praise should go to our whole Meals on Wheels team. They are the ones who make the program a success. We have become one big family and at the end of the day, we truly feel good about what we do."

Carlos also gives credit and praise to his wife Heather and their children. Their 20-year-old daughter, Marisa is thriving as a student at Grand Canyon University. They have two terrific sons - Charles (15) is at St. Michael's Academy and Mateo (8) is at Santo Niño. They lost their beloved daughter Olivia at birth on February 2, 2012. Carlos is grateful for his family every day.



Sophia Barefoot joined the City almost six years ago, when her husband Davin Barefoot was retiring from a 28-year career in the Public Works Department. She had been a private duty caregiver before

she came here, and then was a homemaker with our In-Home Support program. When COVID closed the senior centers, Sophia was transferred to preparing and delivering meals.

She says, "I really enjoy my job! I love to deliver the food – it is very rewarding. I wish I could see more full faces, but I am glad we are all being safe. I love the seniors and like to help them. I am very grateful to be here."

NUTRITION EDUCATION

Roasted Vegetable & Black Bean Tacos (From www.eatingwell.com)



These hearty vegan tacos are quick and easy to make and so tasty that no one will miss the meat or dairy.

Ingredients:

- 1 cup roasted root vegetables
- ½ cup cooked or canned black beans, rinsed
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon ground coriander
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 4 corn tortillas, lightly toasted or warmed
- ½ avocado, cut into 8 slices
- 1 lime, cut into wedges
- Chopped fresh cilantro & salsa for garnish

Directions:

• Step 1

Roast the root vegetables and combine them with the beans, oil, cumin, chili powder, coriander, salt and pepper in a saucepan. Cover and cook over medium-low heat until heated through, 6 to 8 minutes.

• Step 2

Divide the mixture among the tortillas. Top with avocado. Serve with lime wedges. Garnish with cilantro and/or salsa, if desired.

NEWS & VIEWS

NOVEMBER 2021

A View From the Inside



A View from the Inside

This is a new occasional article submitted by a rotating cast of homebound senior writers.

We invite you to submit an article to share your "view from the inside." Mail submissions to Senior Scene Magazine, City of Santa Fe, P.O. Box 909 Santa Fe, NM 87504 or send an email to kwslater-huff@santafenm.gov.

By Ann Williams

DOWNSIZING is one of those polite euphemisms and politically correct phrases for "smashing your whole life and possessions into a 300 square foot room!" But circumstances and health issues force many people to confront what is truly essential for their quality of life as a homebound person. What do you need to SUSTAIN YOUR sense of self when you're cut off from the freedoms of the larger world?

About 1970, George Carlin had a funny routine about travelling and getting further and further from his comfort zone of supply on demand. For me, becoming homebound is sort of like camping all the time. I'm in survival mode with absolutely no privacy. I have to think ahead and plan on contingencies, assuming everything will go wrong, which it usually does. I don't have a big garage, a basement, an attic, a pantry, or an extra bathroom as back up. If I forget to put dental floss on the grocery list, it's a week without it till someone will go shopping for me again.

It's especially hard for me, as a somewhat modest woman, to have male caregivers involved in my personal care. Whether it is shopping for "lady products" or getting "unmentionables" in the

laundry basket clean, each interaction with a male caregiver is an exercise in humility. That's the way I try to view it: a spiritual trial producing fruit of perseverance and compassion for others similarly challenged.

Because my interactions out in the world are so limited, EACH interaction seems now to be magnified in importance. When Kitchen Angels volunteers show up at 3:30 p.m. each weekday with a meal, I'm so grateful for the funny little personalized knock the "Friday lady" uses to identify herself, or the extra effort the "Monday man" puts into his queries about how I'm doing after a long weekend alone. The hot meals are surely welcome, but the MERCY and COMPASSION these people bring is far more important. I put a thank you sign on my door for them in case I have to be on the phone with a doctor's office when they stop by. If I miss them, it's a week until I get to say "hello" to that one again.

Sustaining a RICH INNER LIFE is a challenge when your dirty laundry sits exposed in your living room 365 days a year. I'm learning. I'm growing. I'm facing each day as a new challenge – an adventure in chaos, dependent for the first time on other people and their schedules. There's a unique skill set to being homebound, and I'm a rookie on Day 1 of Spring Training Camp.

Part-Time Job for Income-Qualifying Senior

The Division of Senior Services, Nutrition Section, is looking for two part time senior Service Aides to join our team.

General Job Functions: Cook Aide, clerical work, Meals on Wheels delivery and other duties.

Qualifications: Must be 55 years of age or older, a resident of Santa Fe, meet income-challenged eligibility criteria, have a valid NM drivers' license, and have some experience with food handling and/or office work.

To Apply: Call Tebrina Roibal at (505) 955-4749 for an interview.



NOVEMBER 2021

FREE VACCINATION CLINIC

**FLU VACCINES &
COVID VACCINES** ALL SHOTS

**FRIDAY, NOVEMBER 12, 2021
10:00 A.M. TO 2:00 P.M.**

**MEG Senior Center
1121 Alto St. in Santa Fe
Back Parking Lot**

**To sign up for all shots:
(505) 955-4760
Reserve by November 8**



**65+ AND 18+ WITH
DISABILITIES
EVENT**

**MUST HAVE YOUR
VACCINATION CARD
TO GET A 2ND OR
3RD COVID SHOT**

**MUST BRING YOUR
INSURANCE CARD**

**PFIZER,
MODERNA AND
J&J WILL BE
AVAILABLE**

**EVENT CODE:
ZOPKXNC**

SPONSORS
Aging & Long-Term
Services Department
Rx Innovations



**Free virtual event
for New Mexicans!**

Registration

Registration is now available!

Attend The Aging Network TIPS (Training for Innovative Possibilities to Serve Seniors) on 11/16/21—for those serving seniors—and

The Conference on Aging on 11/17/21–11/18/21—for everyone.

Please use the link below to register:

<https://www.engagez.net/node/1139498>

Conference Update

Due to the pandemic, we face the challenge of protecting our elders and our families.

Therefore, the theme of this year's conference is: "Adapt, Overcome, Thrive."

- **To Adapt**, for the first time in 43 years, the New Mexico Conference on Aging (COA) will be held as a totally virtual event, complete with virtual swag bags.
- **To Overcome**, the NM-COA will present a series of workshops designed to encourage and support lifelong independence and healthy aging, especially as we seek to address the challenges of social isolation and loneliness our elders face.
- **To Thrive**, we invite our elders and service providers to fill their symbolic Virtual Swag Bags with hope and promise for the future.

This year, the New Mexico Conference on Aging (COA) will be held as a totally virtual event.

Plenary and workshop presentations will include a range of topics from Advancing Independence, Alzheimer's Disease—Dementia, Caregiver Support, Elder Abuse, Public Benefits (Examples: Medicare, Medicaid), Nutrition & Healthy Eating, Financial Stability, Mental Health, Social Isolation and Loneliness, and other topics to assist elders to manage their health and wellness, their finances, and dealing with pandemic recovery issues.

We invite you to creatively assist seniors to view the conference in the safety and comfort of their own homes, or in small, socially distanced, masked gatherings.

Traditionally, the Aging & Long-Term Services Department has provided a Swag Bag to our Seniors. This year, a *Virtual Swag Bag* has been created. Senior centers can compile personalized *Virtual Swag Bags* for elders by downloading the creative handouts that include:

- "Cute Pet Photo" Competition
- "Poetry" Competition
- Educational Brochures
- A "Sally Bartos Painting" will be auctioned
- "Recipe Book," created by New Mexicans

More treasures will be added to the Virtual COA Swag Bag, and prizes will be sent by mail to winners of the competitions!

CONSUMER & LEGAL

NOVEMBER 2021

Safer Choice Products

From the US Environmental Protection Agency



Same program, new label.

Finding cleaning and other products that are safer for you, your family,

and the environment should be easy – that's why the US EPA developed the new Safer Choice label. Products with the Safer Choice label help consumers and commercial buyers identify products with safer chemical ingredients, without sacrificing quality or performance.

More than 2,000 products currently qualify to carry the Safer Choice label. Amazon features more than 75,000 products that have earned the logo.

What does the Safer Choice label mean?

Participation in the Safer Choice program is voluntary. Companies who make products carrying the Safer Choice label have invested heavily in research and reformulation to ensure that their products meet the Safer Choice Standard. These companies are leaders in safer products and sustainability.

Products have to pass stringent criteria in order to earn the Safer Choice label. The Safer Choice program reviews more than just product ingredients. They also look at product performance, pH, packaging and more to ensure that products with the label are safer for you and your family. Once a product meets the Safer Choice Standard, EPA conducts annual audits to ensure our standards continue to be met.

Every ingredient is reviewed: Before a product can carry the Safer Choice label, EPA reviews all chemical ingredients, regardless of their percentage in the product. Every

ingredient must meet strict safety criteria for both human health and the environment, including carcinogenicity, reproductive/developmental toxicity, toxicity to aquatic life, and persistence in the environment. This means that Safer Choice-labeled products are safer for you, your family, and pets; workers' health; and fish and the environment.

Product performance: Products that qualify to carry the Safer Choice label must pass category-specific performance standards as defined in the Safer Choice Standard. All products must perform comparably to conventional products. **Packaging: Safer Choice** reviews all product packaging against criteria defined in the Safer Choice Standard. Partners are required to implement sustainable packaging measures and to improve the packaging profile for their recognized products during the partnership. **pH:** Labeled products must meet pH standards that minimize the potential for skin and eye irritation or injury. **Volatile Organic Compounds (VOCs):** Safer Choice restricts VOC content to minimize indoor air pollution and associated respiratory concerns.

Free Benefits Counseling Available

Do you have questions about government benefits like healthcare (Medicare, Medicaid and private insurance), Social Security, Supplemental Security Income (SSI), or Medicare Savings Programs? Or do you need unbiased advice and referrals for housing, utilities, hearing aids, eyeglasses, dental assistance, senior legal aid programs or food assistance?

RSVP volunteer Stan Cooper is a benefits counselor trained by the New Mexico Aging and Long-Term Services Department. He is available to assist seniors with these and similar questions, over the phone.

To schedule a telephone appointment with Stan, call the MEG Senior Center at (505) 955-4721.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

NOVEMBER 2021



AmeriCorps Seniors

RSVP *Santa Fe*

Give a little time.
Get a lot back.

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

To learn more about any of the opportunities below, contact Kristin at (505) 955-4760 or kwslater-huff@santafenm.gov.

Life Circle New Mexico Seeks Handy-People

Are you handy around the house? Did you know that falls at home are a leading cause of injury for adults over 55? Would you like to help make homes a safer place? With the generous support of the Frost Foundation, Life Circle New Mexico (www.LifeCirclemn.org) is assisting local seniors with simple home modifications that will improve their safety.



They are seeking volunteers to help provide homes with a few simple items and/or modifications. All materials will be provided at no cost by Life Circle NM and volunteers can set their own schedule. Volunteers must be vaccinated against COVID-19 and practice COVID-safety.

Spanish Colonial Museum Cataloguer



The Museum of Spanish Colonial Arts is looking for help in cataloguing their wide assortment of books, articles and other publications. Do you have a library science background, or are you an organized, detail-oriented person who might be interested in helping organize their books?

Drive Seniors on Errands

The Catholic Charities "Partnering for Seniors" program needs more volunteers who will use their own vehicles to take others to doctor appointments and on errands. You will make a huge improvement in the lives of your riders, and you set your own schedule and mileage is reimbursed through RSVP.



Please call Kristin at (505) 955-4760 to enroll.



To all NOVEMBER Senior Volunteers!

Alvino Castillo	11/02
Elmer N. Leslie	11/02
Victor Teng	11/02
Kay Jenkins	11/04
Barrett Markland	11/04
Richard J. Fox	11/05
Connie C. Duran	11/06
David R. Schell	11/06
Sandra Catanach	11/07
Karon Hanrahan	11/07
Lucy R. Padilla	11/08
Cecilia Lopez	11/09
Randy Murray	11/09
Carmen L. Ortiz	11/09
Elvira Apodaca	11/11
Mary A. Sandoval	11/15
David Hill	11/16
Bernadette Sandoval	11/16
Johnny R. Roybal	11/18
Anna Mae Gallegos	11/19
Joyce A. Roberts	11/19
Robert Shelley	11/20
Jacqueline S. Abell	11/26
Rudy F. Gonzales	11/29
David McCaffrey	11/29

Please note: This may not be a complete list of RSVP volunteers born in November. Our computer database has crashed and we are piecing together the information. We are so sorry if we inadvertently left out your name!

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

NOVEMBER 2021

AmeriCorps Senior Volunteer Recognition Event

On October 27, staff invited all volunteers in the Retired Senior Volunteer Program (RSVP), Foster Grandparent Program (FGP) and Senior Companion Program (SCP) to a fall festival. We wanted to show them our appreciation with this drive-through recognition event. We had music, individual pizzas and drinks, a Halloween costume contest and a gift give-away of long-sleeve T-shirts with our new AmeriCorps logo. We gave contest prizes and "door" prizes.

We would like to thank the following generous local businesses for their prize contributions:



DANIEL MONTOYA, CRAFTSMAN

And we thank our costume contest judges: Richard Rodriguez, with the Aging and Long-Term Services Department, Becky Roehning, Client Care Manager at Comfort Keepers, and Ken Hendricks, Community Service Representative at Home Instead.

Funniest Costume:
Bella Lucero as
an alien with a
hysterical voice



Scariest Costume:
Christine Mendoza as
a witch



Most Original
Costume: Joanna
Ipiotis Romero as
a hippie



To join the RSVP program and be included in upcoming events, please contact Kristin at (505) 955-4760 or kwslater-huff@santafenm.gov

PUZZLE

NOVEMBER 2021

ACROSS

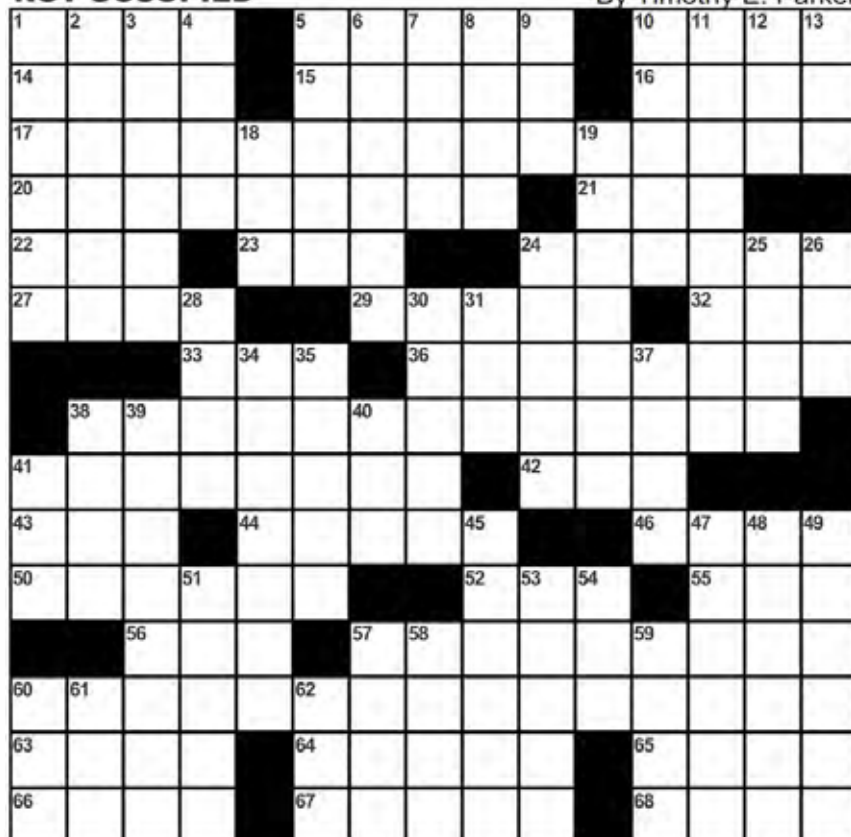
- | | |
|------------------------------|--------------------------------------|
| 1) Advertising award | 41) How to get news |
| 5) States frankly | 42) Capitol Hill pol |
| 10) Cookbook command | 43) Food scrap |
| 14) Rear end | 44) Beauty's unlikely love |
| 15) Plains dwelling of old | 46) Course taken after trig, often |
| 16) Prefix with "postale" | 50) It features a convenient sink |
| 17) Become a broke bloke | 52) Call, as a game, briefly |
| 20) Kind of park | 55) Comic strip cry |
| 21) It buzzes around flowers | 56) First word of a threat |
| 22) Heavy drinker | 57) Weed out |
| 23) Chicago-to-Orlando dir. | 60) Perform a certain DIY auto chore |
| 24) Small restaurant | 63) Glasgow miss |
| 27) Couple no more | 64) Egg-shaped |
| 29) "Bolero" composer | 65) Dispatched |
| 32) Used to own | 66) Little ones |
| 33) Chip you can't eat | 67) Ballyhooed |
| 36) Eastern or Mountain | 68) Industrious insects |
| 38) One job for a plumber | |

DOWN

- 1) Pants fold
- 2) Awkward goof
- 3) Attribute to a cause
- 4) Makes a choice
- 5) Molecule components
- 6) Surface layer
- 7) Instruction from a dentist
- 8) Toward the setting sun
- 9) Emulate a seamstress
- 10) Corporate department
- 11) Event seeking donations
- 12) Anger
- 13) What untreated wood will do, over time
- 18) "Aye, aye!"
- 19) Central Texas city
- 24) Church altar platforms
- 25) "You ___?" (butler's question)
- 26) Keats offering
- 28) Fraudulent operation
- 30) It's page after page of places
- 31) Compete
- 34) Spotted, as a horse
- 35) Beneath
- 37) It's often a coating for steel
- 38) Desperate or calamitous
- 39) In most need of cleaning and repair
- 40) Org. of many spies
- 41) Make a promise
- 45) Sad in France?
- 47) Come to
- 48) Hidden, as fingerprints
- 49) Upon which medals are pinned
- 51) God-America link
- 53) Firmly fix, as in cement
- 54) Douglas ___ tree
- 57) "Green" emotion
- 58) "... one giant ___ for mankind"
- 59) Org. with high-flying missions
- 60) Common deli order
- 61) Asian language
- 62) "Aah!" accompaniment

NOT OCCUPIED

By Timothy E. Parker



PUZZLE

NOVEMBER 2021

Magic

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

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

CIRCUS
CLIMAX
COFFIN
COINS
DEXTEROUS
DOVES
EXCITING
FIRE
HOUDINI
HYPNOSIS
LEVITATE
PODIUM
RABBIT
RINGS
ROPE
SECRET
SHOW
SPECTATORS
SPEED
STAGE
STREET
UNDERWATER ACT
VANISH

SANDWICH

What three-letter word belongs between the word on the left and the word on the right, so that the first and second word, and the second and third word, each form a common compound word or phrase?

FALL _ _ _ CROP

HEALTH & SAFETY

NOVEMBER 2021

Check for Safety: A Home Fall Prevention Checklist for Older Adults



(From the Centers for Disease Control and Prevention and the MetLife Foundation)

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2011, nearly 23,000 people over age 65 died and 2.4 million were treated in emergency departments because of falls. Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

FLOORS: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

☐ Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, or other objects on the floor?

☐ Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.



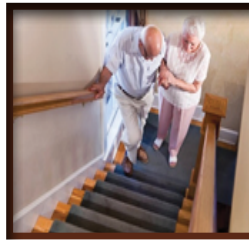
KITCHEN: Look at your kitchen and eating area.

Q: Are the things you use often on high shelves?

☐ Move items on your shelves and have frequently-needed items at about waist level.

Q: Is your step stool unsteady?

If you must use a step stool, get one with a bar to hold onto. Never climb on a chair.



STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books or other objects on the stairs?

☐ Pick up the objects. Always

keep stairs clear.

Q: Are some steps broken or uneven?

☐ Have someone fix loose or uneven steps.

Q: Is it dark in the stairwell?

☐ Have an electrician put in an overhead light with switches at the top of bottom of the stairwell.

Q: Has the stairway lightbulb burned out?

☐ Have someone change it for you.

Q: Is the carpet on the steps loose or worn?

☐ Firmly attach the carpet to every step, or remove it and attach non-slip rubber strips.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

☐ Fix or replace loose handrails and make sure you have rails on both sides of the stairs.

BATHROOMS: Look at all of your bathrooms.

Q: Is the tub or shower slippery?

☐ Put a non-slip rubber mat or self-stick strips on the floor of showers and tubs.

Q: Do you need some support getting out of the tub or shower or standing from the toilet?

☐ Have grab bars installed for extra support.

BEDROOMS: Check all your bedrooms

Q: Is the light near the bed difficult to reach?

☐ Place a lamp close to the bed and preferably one on each side of the bed.

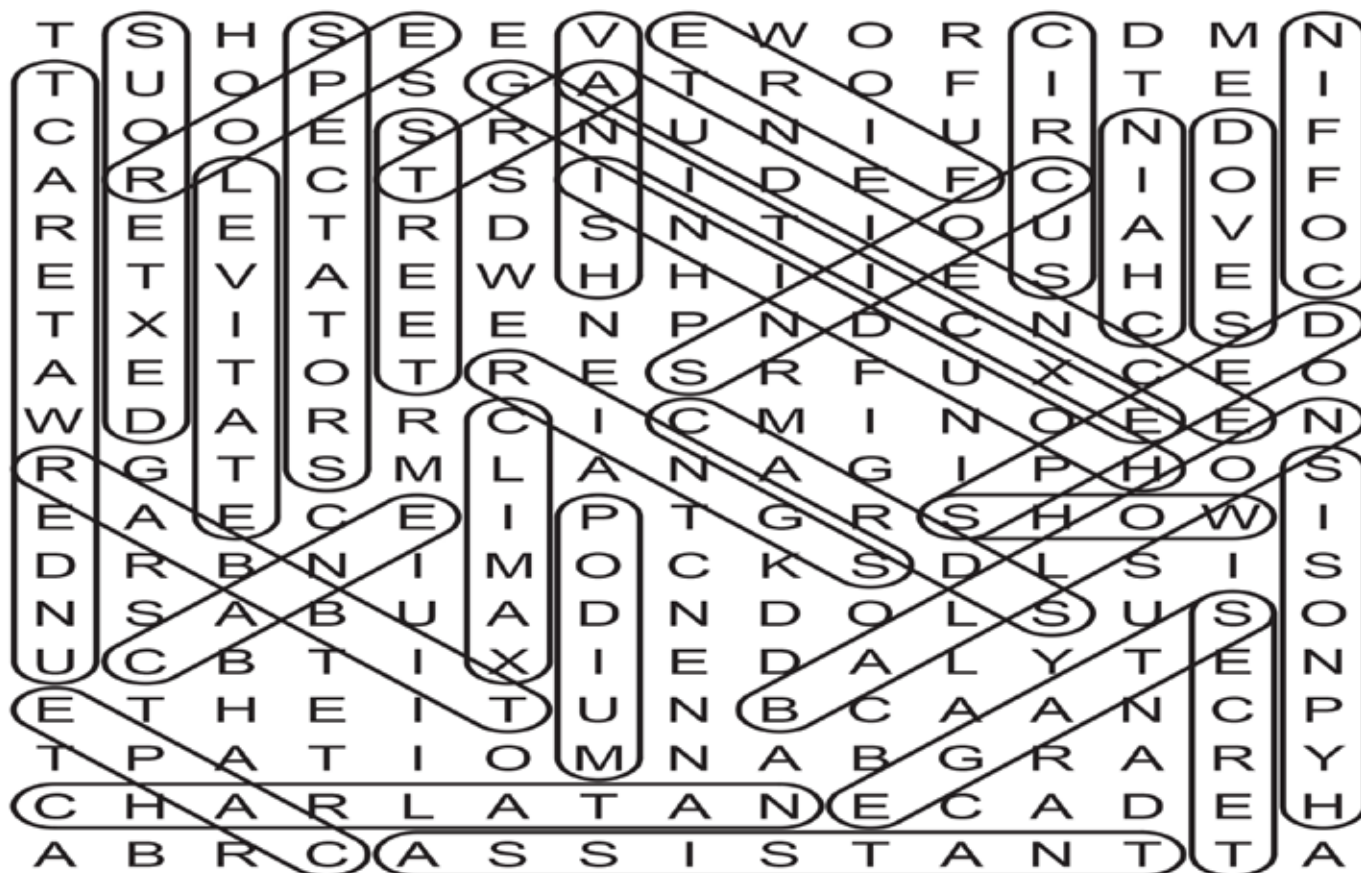
Q: Is the path from your bed to the bathroom dark?

☐ Put in a night light so you can see where you are walking.



PUZZLE ANSWERS

NOVEMBER 2021



SENIOR LUNCH MENU

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatball Sub California Veggies Potato Chips Fresh Orange	2 Baked Pork Chop Pork Gravy Rice Pilaf Peas & Carrots Roll Applesauce	3 Meatloaf With Tomato Topping Scalloped Potatoes Mixed Veggies Roll Pineapple in Jello	4 Soft Fish Taco Pico De Gallo Mexican Slaw Black Beans Tapioca Pudding	5 Chicken Salad with Croissant 3-Bean Salad Carrot Sticks Yogurt
8 Chile Relleno with Meaty Green Chili Sauce Refried Beans Calabacitas Tortilla Tropical Fruit Salad	9 Buffalo Chicken Tenders French Fries Green Beans Celery Sticks Garlic Toast Fresh Pear	10 Beef & Bean Burrito with Red Chili Sauce Spanish Rice Chuckwagon Veggies Vanilla Pudding with Cinnamon	11 SENIOR CENTERS CLOSED FOR VETERANS DAY	12 Orange Chicken White Rice Asian Veggies Egg Roll Sherbet
15 Salisbury Steak Mushroom Gravy Mashed Potatoes Sliced Carrots Roll Fruit Cocktail	16 Cob Salad with Bacon & Chicken Boiled Egg Breadstick Brownie	17 THANKSGIVING DINNER Turkey Roast Turkey Gravy Bread Stuffing Cranberry Salad Hawaiian Sweet Roll Pumpkin Pie	18 Red Chili Beef Enchiladas Pinto Beans Steamed Spinach Tossed Salad Fresh Apple	19 Grilled Chicken Sandwich with Garnish Carrot & Celery Sticks Potato Salad Plums
22 Baked Chicken Yams French Style Green Beans Roll Strawberry Ice Cream	23 Fish Sandwich Tartar Sauce Vegetable Medley Hushpuppy Lemon Bar	24 Chicken Alfredo Broccoli & Cauliflower Tossed Salad Roll Cherries in Cobbler	25 SENIOR CENTERS CLOSED FOR THANKSGIVING DAY	26 SENIOR CENTERS CLOSED
29 Cheese Tortellini with Meaty Marinara Italian Veggies Garlic Bread Cinnamon Spiced Apples	30 Green Chili Cheeseburger with Garnish Ranch Beans Tater Tots Peaches with Cottage Cheese	December 1 Spaghetti with Meat Sauce Italian Veggies Tossed Salad Garlic Toast Apple Cobbler	December 2 BBQ Chicken Breast Pork & Beans Peas & Carrots Carrot Raisin Salad Cornbread Oatmeal Cookie	December 3 Pepper Steak Mushroom Gravy Potatoes Au Gratin Broccoli & Carrots Roll Mixed Fruit in Jello

Due to Covid-19, all Senior Centers are temporarily closed.

Meals are served curbside at MEG Center 1121 Alto St. 10:30 – 12:30.

Senior Meal Suggested Donation \$1.50. Milk is served with each meal.



Did you know that falls at home are a leading cause of injury for adults over 55? We would like to make your home a safer place by providing you with a few simple items and/or modifications. All work and materials will be provided at no cost by Life Circle NM, with the help of a generous grant from the Frost Foundation.

If you are a Senior and would like to see if you are qualified for an in-home safety assessment, please call Anna Blea, Director, at 505- 418-1300 or email her at director@lifecirclemn.org.

In coordination with you, we will assess for potential home safety needs, such as:



**Dedicated to providing
Adult Day Care &
Home Safety
Modification Services.**

- Wheelchair ramp
- Raised toilet seat
- Shower chair
- Handheld showerhead
- Nonslip bathmat
- Handrails
- Motion sensor Light
- Smoke/carbon monoxide detectors
- Nonslip strips for floors
- Reach sticks
- Nightlights

Life Circle NM 1800A Espinacitas St. Santa Fe, NM 87505 (505) 418-1300

SENIOR SCENE MAGAZINE

City of Santa Fe Senior Center Locations

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



PASATIEMPO
664 ALTA VISTA STREET



VILLA CONSUELO
1200 CAMINO CONSUELO



VENTANA DE VIDA
1500 PACHECO STREET



LUISA
1500 LUISA STREET
(entrance on Columbia St.)



**All
Senior Centers
Temporarily Closed**

Genoveva
Chavez
Community
Center



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