

THE SENIOR SCENE



Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores
Offered by: Division of Senior Services



http://www.santafenm.gov/senior_scene_newsletter

**OCTOBER
2017**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

OCTOBER - 2017

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

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

Front Desk Reception	(505) 955-4721	In Home Support Services: Respite Care,	
Toll-Free Administration Line	(866) 824-8714	Homemaker	
Gino Rinaldi, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Katie Ortiz, Clerk Typist	955-4746
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Sadie Marquez, Receptionist	955-4741	Melanie Montoya, Volunteer Prog. Admin.	955-4761
FAX Machine - Administration	955-4797	Romella Glorioso-Moss, Special Projects Admin.	955-4744
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Brenda Ortiz, Database Specialist	955-4722	Triston Lovato-Armstrong, RSVP Administrator	955-4760
Transportation Ride Reservations (page 3)	955-4700	Marisa Romero, Program Coordinator	955-4743
Fran Rodriguez, Project Manager/ Dispatch	955-4702	50+ Senior Olympics	
Vacant, Project/Fleet Manager	955-4702	Cristina Villa, Program Coordinator	795-3817
Linda Quesada-Ortiz, Administrative Assistant	955-4756	Miscellaneous	
Nutrition		Craft Room	955-4736
Yvette Sweeney, Program Administrator	955-4739	Pool (Billiard) Room	955-4737
Enrique DeLora, Inventory Supervisor	955-4750	Other Important Numbers	
Tebrina Roibal, Administrative Assistant	955-4749	Santa Fe Civic Housing Authority	988-2859
FAX Machine - Nutrition	955-4794	Santa Fe County Information	992-3069
Meals On Wheels (for homebound individuals)		Santa Fe County Mobile Health Van	231-2382
Carlos Sandoval, Program Supervisor	955-4748	Newsletter Production	
Robert Duran, MOW Assessments	955-4747	Triston Lovato-Armstrong, Editor/Distribution	955-4760
Senior Center Programming (Activities)		trlovato@santafenm.gov	
Lugi Gonzales, Center Program Manager	955-4711	Gil Martinez, Graphic Artist	
Albert Chavez, Program Coordinator	955-4715	Mela Sanchez, Mailing Distribution	
Mary Esther Gonzales (M.E.G.), Ventana de Vida		Christella Vigil, Mailing Distribution	
Cristina Villa, Program Coordinator	955-4725		
Luisa, Pasatiempo, Villa Consuelo			



SENIOR SERVICES PROGRAM INFORMATION

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SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

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

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Demand has increased and so has the wait time. We appreciate your patience. No rides on Monday, October, 9th - closed for holiday.**
*** Temporary Notice: Rides for medical appointments must be requested at least five business days in advance of service, due to high-demand. Thank you for your patience.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

By Gino

A message from the Division Director



As I pulled into the parking lot here at the MEG Senior Center this morning, I was greeted by a falling leaf, a reminder that summer is over. As Hazelmarie Mattie Elliott said, "I see the turning of a leaf dancing in an autumn sun, and brilliant shades of crimson glowing when a day is done." The seasonal change brings a need to reflect on preparation. It has been a wonderful summer and we have had several activities for many to participate in and enjoy. We have seen loss as well.

I mentioned preparation. During the recent Senior Resource Fair, Albertsons provided flu shots. I can't stress enough the need for each and every one of you who are able, to please get a flu shot, whether it is through your doctor or the many convenient locations throughout the city. Look in the Health & Safety section on page 16 for more information on protecting yourself from the flu and a list of free flu shot clinics in Santa Fe. Keep in mind that as you age, your immune system doesn't work as well as it once did. You're more likely to have trouble fighting off a pneumonia infection, so while it is recommended that all adults over age 65 get the vaccine, please consult your doctor to see if it is right for you.

Protect yourself from falls as well. Did you know that one in four Americans age 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially. Keep active and join in one of our many fitness programs.

Remember, October is the start of Medicare Open Enrollment; see the schedule below for enrollment dates in Santa Fe:

Walk-in Basis		
Date	Time	Location
Oct 15 – Dec 7, 2017	8 am – 5 pm (Mon – Fri)	Resource Center (2550 Cerrillos Rd.)
Wednesday, November 8	9 am – 3 pm	Encino Villa (1501 Montano St.)
Thursday, November 9	9 am – 3 pm	Luisa Senior Center (1500 Luisa St.)
Monday, November 13	9 am – 3 pm	Pasatiempo Senior Center (664 Alta Vista St.)

By Appointment Only – Mary Esther Gonzales Senior (1121 Alto Street)		
Call (505) 955-4721 to schedule an appointment.		
Wednesday, October 18	Wednesday, November 1	Wednesday, November 15
Wednesday, October 25	Wednesday, November 8	Wednesday, November 22

In addition to our health, we have to get ready for winter. Actually, here in Santa Fe, you never know when it will get cold and snow. So winter is a moving target, so the sooner you winterize the better! "I love autumn, the one season of the year that the creator seemed to have put there just for the beauty of it." - Lee Maynard

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure/glucose, heart rate, general health information and immunizations. Schedule is subject to change so please check for the updates online at www.santafecountynm.gov or call (505) 231-2382. All services are free.

Dates for October:

- 01 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)
- 02 – Fort Marcy 9 am – 1 pm
- 03 – Eldorado Senior Center 10 am – 2 pm
- 04 – Santa Fe Community College 10 am – 2 pm
- 05 – Encino Villa 9 am – 1 pm
- 06 – Van not out**
- 07 – Van not out**
- 08 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)
- 09 – Van not out (Holiday)
- 10 – Solana Shopping Center 10 am – 2 pm
- 11 – El Rancho Senior Center 9 am – 1 pm
- 12 – Chimayo Senior Center 10 am – 2 pm
- 13 – Ventana de Vida Senior Center
10 am – 2 pm
- 14 – Van not out**
- 15 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)
- 16 – Casa Rufina Apartments 9 am – 1 pm
- 17 – St. John's United Methodist 9 am – 1 pm
- 18 – Van not out**
- 19 – Santa Cruz Senior Center 10 am – 2 pm
- 20 – Mary Esther Gonzales Senior Center
10 am – 2 pm
- 21 – Van not out**
- 22 – St. Elizabeth Shelter 9 am – 1 pm
(Nurse inside – no van onsite)
- 23 – Pasatiempo Senior Center 9 am – 1 pm
- 24 – Luisa Senior Center 9 am – 1 pm
- 25 – Edgewood Senior Center 10 am – 2 pm
- 26 – Casa Villita 10 am – 2 pm
- 27 – Genoveva Chavez Center 10 am – 2 pm
- 28 – Van not out**
- 29 – Santa Fe Recovery Center 9 am – 1 pm
(Nurse inside – no van onsite)
- 30 – Villa Consuelo Senior Center 9 am – 1 pm
- 31 – Van not out – Happy Halloween**

REMINDER: City of Santa Fe Division of Senior Services Meal Take Out Policy

No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.

Senior Center Closures

Monday, October 9 – All City of Santa Fe Senior Centers will be closed for Columbus Day; there will be no transportation or meal services this day. Centers will reopen on Tuesday, October 10.

Luisa Senior Center Open during Construction

The Luisa Senior Center (1500 Luisa Street) remains open during the housing unit construction. The main entrance on Columbia Street is open. Look at the Activities section for the latest event news and stop by!

Are you 60 plus? Hike with us!



Are you interested in exploring the Santa Fe area through a group hike? Sign up for this month's hike to the Aspen Vista Trail. This hike has excellent views and is exceptionally beautiful in the fall when the aspen leaves have turned golden. It is an easy to strenuous hike (depending on distance) but we will only go as far as the group chooses to; the trail is a gradual climb on a dirt road.

The hike will be led by a volunteer on Thursday, October 19. Check-in will be at 8:30 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street); the van will depart at 9 a.m. There is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sunglasses and sun block. The maximum number of participants for this date is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot. For cancellations, please call at least 24 hours in advance.

NEWS & VIEWS

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In Memory of Doug Schocke



Thomas Douglas Albertus Shocke, PH. D. was born February 21, 1940 in Englewood, New Jersey; his parents preceded him and he has no siblings. He is survived by his extended family, colleagues and many friends. He was in the US Army, 1959 to 1961 active duty; including US Military

Academy Preparatory School, 1960 to 1961 and US Army Reserves 1961 to 1965; life member of Special Forces Association. He was proud of his active life-long involvement in education and training and believed that everyone could achieve the education they wanted. He received a Bachelor of Arts from Greensboro College in North Carolina, June 1965; Master of Science, Florida State University, 1965; and a Doctor of Philosophy, Ph.D., Union Institute, Maryland, 1994. He had been a Realtor in the Washington DC area for over nine years from 1981 to 1990; was a member of the Million dollar Sales Club with the Edward Flynn Co., Washington DC. He

was an Associate Professor of Sociology at Northern Virginia Community College from 1968 to 1990; when he retired and moved to Santa Fe, NM. He was very active in the beginning of computer technology and analysis and was able to assist various organizations in a variety of technology. Upon his retirement, he continued to teach and learn at Santa Fe Community College and various senior organizations. He founded a non-profit organization to refurbish, salvage, and offer for use to the underserved community their first computers. Doug was active in 12-step recovery programs and was a valued member of the Friendship Club, including serving on the Board of Directors. He passed away sober with over 31 years of recovery. He was an active member of the Unitarian Universalist Church of Santa Fe where he led a variety of recovery meetings including Early Morning and the "60 Minutes" evening meetings. Doug was also an active member of the City of Santa Fe Senior Advisory Board and Retired Senior Volunteer Program. He was crucial to the set-up and maintenance of the Mary Esther Gonzales Senior Center computer lab in Santa Fe. Doug will be missed by all that knew him.

In Gratitude

The Division of Senior Services Transportation Manager for more than a decade, Robert Chavez, retired in August after serving 28 years with the City of Santa Fe. Warm-hearted, helpful, courteous and oftentimes funny, he will be missed by many at the MEG Senior Center.

Robert started working for the City in 1989, at age 18 for the Parks and Recreation Department until moving to the Senior Services in 2005. His desire to help others and yearn for fairness led him to political activism particularly with the labor union movement. At a young age, he helped city employees and other public employees unionize, such as the prison workers at the State Penitentiary. As President of AFSCME Local 3999 and President of AFSCME's statewide central committee, he won the respect of many of his peers when he supported the fight for Santa Fe's living wage in 2003. Even though it didn't directly affect public employees, he believed that union members have a moral obligation to raise the income standard for every

worker in America. He also believed that the passing of the law would give the local bargaining unit leverage during its own contract talks. This came true when in 2006, 273 union city employees including lifeguards, custodians and parking attendants who were making less than \$8.50 an hour saw their wages jump to the new minimum.

Although he worked in many places, he always stated that the best job he ever had was with Senior Services. "Every day I come to work I know I have helped someone; I know I have made someone's life a little bit better." His words are reminiscent of Ralph Waldo Emerson's meaning of success, "to know even one life has breathed easier because you have lived; this is the meaning of success." Kudos to Robert!



NEWS & VIEWS

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November Caregiver Support Group Meeting

November is National Family Caregiver's Month and National Alzheimer's disease Awareness Month. Please join the Division of Senior Services for a Caregiver Support Group meeting about "Communications and Behaviors" & "Caregiver Self Care." Presented by David Davis, Alzheimer's Association Northeast Regional Manager on Wednesday, November 15 from 1:30 to 4 p.m. at Luisa Senior Center (1500 Luisa Street, entrance on Columbia).

Other Alzheimer's Association Group Sessions:

Living with Alzheimer's: "Legal & Financial Planning"

This FREE educational presentation will take place on Friday, October 6 from 10-11 a.m. at Kingston Residence (2400 Legacy Court) in Santa Fe.

SAAVY Caregiver Program

This FREE seven-week course is meant to improve daily life as a dementia caregiver and will discuss best practices for behaviors and communication. Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. Class schedules are as follows:

Tuesdays: October 17 – November 21 from 1-3 p.m. at Brookdale Santa Fe Assisted Living (640 Alta Vista)

Thursdays: October 19 – November 23 from 5-7 p.m. at Pacifica Senior Living (2961 Galisteo Rd)

For more information or to register for a class please contact David Davis at (505) 473-1297 or email ddavis@alz.org.

FREE legal fair at MEG Senior Center on Saturday, October 21, 10 a.m. - 1 p.m. Questions? Call 505-814-5033

NM Parkinson's Coalition Annual Conference

The "Knowledge is Power" Conference will take place on Saturday, October 21, from 9 a.m. to 4 p.m. at Sandia Resort & Casino in Albuquerque. Hosted by the NM Parkinson's Coalition, it is an opportunity to learn from leading healthcare authorities how to help improve the lives of those living with Parkinson's. The cost is \$35 per person, includes lunch and free parking. Please visit www.NMParkinson.org to register or call (505) 219-5065 or (505) 780-5864.

Happy Autumn!

Our school year is in full swing, and so is the work on our new Milagro Middle School. This state-of-the-art campus will serve over 700 seventh and eighth graders and will have space for a full range of academic, art, athletic, and enrichment programs. It will be located at the old DeVargas Middle School location next to the Llano Street Library. The old building has been demolished and is being removed from the site. Much of what is being removed will be reused! Doors, cabinets, and lockers are now being used at other schools. Science labs have been relocated to Mandela International Magnet School. Scrap metal will be sent for recycling and concrete will be ground down and used for road base. Principal Marc Ducharme and his team are already planning for their groundbreaking ceremony at the new campus once the project is complete. Santa Fe Public Schools continues to build and grow, and we could not do it without the support of our community!

Veronica G. Amata

AT - A - GLANCE

OCTOBER - 2017



Seniors celebrated the Santa Fe Fiestas at the Mary Esther Gonzales Senior Center (above) & Pasatiempo Senior Center (below).



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

OCTOBER - 2017

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.**

Senior Olympics Basketball Tournament Needs Volunteers



Are you looking for something to do? Join RSVP Santa Fe and assist the New Mexico Senior Olympics during its basketball tournament at the Genoveva Chavez Community Center from November 3-5 (Friday – Sunday). Volunteers are needed to assist with filling

bags, check-in and souvenir sales. Please call Triston at 955-4760 if you'd like to help.

9/11 to 11/11 Hurricane Relief Donation Drive



The City of Santa Fe Senior Corps Volunteer Programs (FGP, RSVP, SCP) are collecting personal care items for individuals affected by Hurricane Harvey and Irma. It kicked off on September 11th in honor of the 9/11 National

Day of Service and Remembrance and will run until November 11th in honor of Veteran's Day. All donations will go to help families affected by the recent hurricane devastation; donations will go through the Food Depot to be delivered to its sister food banks in the appropriate state. If you are interested in contributing please donate NEW items only, including: packaged toothbrushes, toothpaste, deodorant and feminine products. You can drop donations off at the Mary Esther Gonzales Senior Center (1121 Alto St). For more information or if you have questions please contact Triston Lovato-Armstrong at (505) 955-4760 or email trlovato@santafenm.gov.

HAPPY BIRTHDAY

feliz Cumpleaños Voluntarios

Que Nacieron en Octubre

RSVP Voluntarios

Gene Melady	10/01
Mela Sanchez	10/01
Peyton W. George	10/02
Helen Maestas	10/02
Roberta Armstrong	10/03
Patricia Walker	10/03
Don Blossom	10/06
Daniel Koenig	10/06
Mercedes Moreno	10/09
Annabelle Brazeal	10/11
Thomas W. Blum	10/13
Jimmy J. Griego	10/15
Carol Lachman	10/16
Alex Vargas	10/16
Reynaldo L. Chavez	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Larry Edigar	10/22
Anna Marie McQuarie	10/24
Jeanne Doris Luna	10/26
Mary Lee Ortiz	10/27
Tony Rivera	10/27
Carmen M. Rodriguez	10/27
Christella M. Vigil	10/27
Janet Reffert	10/28
Jessie Visarraga	10/28
Elizabeth Slota	10/30
Charles Niggemann	10/31

FGP/SCP Voluntarios

Frances Gallegos	10/12
Anna Chacon	10/24

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



www.facebook.com/rsvpsantafe

RSVP Santa Fe is now on Facebook! Give us a like to keep up with current program news, events and the latest opportunities with our community partners.



Tinwork by Jimmy Romero

Santa Fe Public Library

Community Services Department, City of Santa Fe, New Mexico

FREQUENTLY ASKED QUESTIONS

How can I get a Library Card? To register for a library card you must live, work, or go to school in the City of Santa Fe or Santa Fe County. Fill out an application at the Circulation desk and show a photo ID and proof of address. Children under the age of 13 need a parent's signature to get a card. A person with a library card issued by any other public library in New Mexico is eligible to receive a Santa Fe Public Library card.

How long can I check things out? New books may be checked out for fourteen days. All other books are checked out for 28 days. DVDs, CDs, and other library materials have varying loan periods.

Does the Library charge fines? There are NO OVERDUE FINES, but borrowing privileges are suspended when library materials are not returned on time.

How do I renew? Items that are not overdue or on hold for someone else may be renewed online at <https://catalog.santafelibrary.org/>, by touch tone phone at 955-6987, or by bringing them to any of the branches.

Where can I return books? Library materials may be returned to any library branch. There are book drops at each library for returns after hours.

Do you have computers I can use? Computers with Internet access, word processing, and other applications are available at all branches. Computers can be reserved up to 2 hours per day. Reservations may be made up to three days in advance with a library card, first come first served. All computer services are free of charge and available to all library visitors on a first come, first served basis. **WiFi is available at all three Santa Fe Public Library Branch locations.**

Can I print? Black and white copies and prints (10 cents per page) are available at all branches.

Does the Library have Videos and Audiobooks? Videos on DVD, music CDs, and audio books on MP3 and CD are available for checkout at all branches. Downloadable audiobooks, e-books, music, magazines, and movies are also available. Loan periods vary according to material type.

What if I need help finding information? Librarians are available at all locations to help people find the materials and information that they need. A wide range of reference material is available, including general and subject specific encyclopedias and research databases, dictionaries, indexes, and directories. Reference librarians can also be reached by calling 955-6781 (Main), 955-4862 (La Farge), or 955-2820 (Southside).

What if the book or video I want isn't on the shelf? If the Library owns the title, but it isn't on the shelf, you can ask to place a reserve/hold on it, or place a reserve yourself through the library's online catalog at <https://catalog.santafelibrary.org/>. When the book is available you will be notified by phone or email as specified on your library card account.

What if the Library doesn't own the book I want? The Library accepts suggestions for new purchases. Fill out a blue purchase request card at the Reference desk or online. Titles that were published more than a year ago may be requested through Interlibrary Loan. This service augments the local collection by borrowing books from academic, public, and special libraries around the country. Most requests are filled within thirty days. Loans are usually free of charge. Request forms must be submitted online or in person at any reference desk. Only three Interlibrary Loan requests per month can be accepted for an individual. This service is offered only to residents of Santa Fe County with library cards.

How do I find out about events at the Library?

A monthly Library calendar of events is available on our website santafelibrary.org/calendar-3
For the latest news see the Icarus Library Blog. santafelibrary.blogspot.com

Do you have activities for children and teens?

There are story times for preschool age children and babies. Summer reading programs include craft programs, storytelling, and performers. Teens have opportunities to attend special programs.

Does the Library offer tours?

Teachers may arrange to bring in classes for tours and research by calling the Children's Desk 955-6837 (Main), 955-4863 (La Farge), or 955-2828 (Southside) at least two weeks in advance to schedule.

Can I book a meeting room?

Reservations for free public meeting rooms can be made by calling 955- 6781 (Main), 955-4862 (La Farge), or 955-2820 (Southside).

Do you have art displays?

For inquiries about the Main Library gallery, as well as other art spaces and display cases, please call the numbers listed above.

Does the Library accept donated books?

The Library is grateful for gifts of used or new books and media. The Library reserves the right to decide which gifts will be added to the library collection, and which are sold in the Friends of the Library book stores or book sales. Call any branch for a list of types of books that can be accepted. All funds raised from book sales are used to purchase new books. Receipts for gifts can only indicate the type and number of items donated. The donor is responsible for deciding the value of donated items. Gifts may be dropped off at any location during regular business hours.

How can I volunteer?

To volunteer, or for more information, contact the staff member in charge of volunteers at 955-6781 (Main), 955-4868 (La Farge), or 955-2820 (Southside). In addition, The Friends of the Santa Fe Public Library is a non-profit volunteer organization that assists the Library with special projects. To volunteer or join, call 955-6781 or go to santafelibraryfriends.org.

Do you offer any special services for people with disabilities?

All libraries are wheelchair accessible and have accessible parking. For people with low vision there is a CCTV available

for use at the Main Library. A book or paper can be placed under the camera and the material is electronically magnified onto the screen. All locations have a selection of Large Print titles available. Large print is available on all computer workstations. The staff is happy to assist anyone with special needs.

Home page

www.santafelibrary.org

The Library's Catalog

<https://catalog.santafelibrary.org/>

Icarus – the Library Blog

www.santafelibrary.blogspot.com



Main Library

145 Washington Ave
(505) 955-6780
Fax: (505) 955-6676
Mon – Thur 10 a.m. to 9 p.m.
Fri & Sat 10 a.m. to 6 p. m.
Sunday 1 p.m. to 5 p.m.
Children's Room closes at 8 p.m.
Media Services is closed on Sundays



Oliver La Farge Branch Library

1730 Llano Street
(505) 955 4862
Fax: (505) 955-4861
Mon – Wed 10 a.m. to 9 p.m.
Thur -Sat 10 a.m. to 6 p. m.
Closed on Sundays



Southside Branch Library

6599 Jaguar Drive
(505) 955-2810
Fax: (505) 955-2811
Mon, Tue, Weds, Thur 10 a.m. to 8 p.m.
Wed, Fri, Sat 10 a.m. to 6 p.m.
Closed on Sundays

ONGOING ACTIVITIES

OCTOBER - 2017

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9:30 am: Yoga 1:30 pm: Oil painting 10/10 and 10/24 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 10:30 am: DanceAbility 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer room hours (open use)				

Pasatiempo Senior Center – 664 Alta Vista Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge	8:30 am: Zumba 9:30-11:30 am: Guitar class 1 pm: Line dance (Advanced)	8:30 am: Yoga (one spot available) Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics		

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

UPCOMING ACTIVITIES

OCTOBER - 2017

AARP "Smart Driver" Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- October 10
- November 14

Monthly Senior Services Committee Meetings

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

Transportation/Nutrition: Tues., Oct. 10 at 9 a.m.
Senior Olympics: Wed., Oct. 11 at 1:30 p.m.
Advisory Board: Wed., Oct. 18 at 9:30 a.m.
Travel Committee: Thurs., Oct. 19, 8:45 a.m.
SAC Board: Thurs., Oct. 19 at 10 a.m.

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are on the back cover of the newsletter.

- Luisa Center: Tuesday, October 3 at 9 a.m.
- Pasatiempo: Monday, October 2 at 1 p.m.
- Ventana De Vida: Tues, Oct. 10 at 9:30 a.m.
- Villa Consuelo: Monday, October 2 at 10 a.m.

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, every third Wednesday at Ventana de Vida, every first Friday at Luisa and every first Tuesday at Villa Consuelo. Join us!

Free Hair Cuts at MEG & Pasatiempo

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

- October 11 MEG
- October 18 Pasatiempo
- October 25 Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9 a.m.

Blood Pressure, Blood Sugar & Oxygen Level Test Dates

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

Pasatiempo: Wed., Oct. 4 10:30 am – noon
Luisa: Thursday, October 5 11 am – noon
MEG: Wednesday, October 18 10:30 am – noon
Ventana De Vida: Wed., Oct. 11 11 am – noon
Villa Consuelo: Tues., October 24 10-11 a.m.

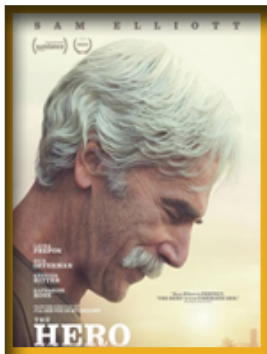
UPCOMING ACTIVITIES

OCTOBER - 2017

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa Street, enter on Columbia) will host a Bingo on Sunday, October 8 from 1–4 p.m. The cost is \$12 for a package and four specials at \$1 each. The blackout game is \$2 and the jackpot winner goes home with \$100! Please bring small bills. We will not be serving food, only candy, chips and soda. Everyone is welcome – please join us!

Movie Day at Luisa Senior Center Thursday, October 19, 2017 at 1 p.m. “The Hero” (2017 • R • 1h 33m)



In this captivating drama, an over-the-hill movie star deals with a cancer diagnosis and a lifetime of regrets while trying to mend fences with his ex-wife and daughter. At the same time, he pursues a new romantic interest.

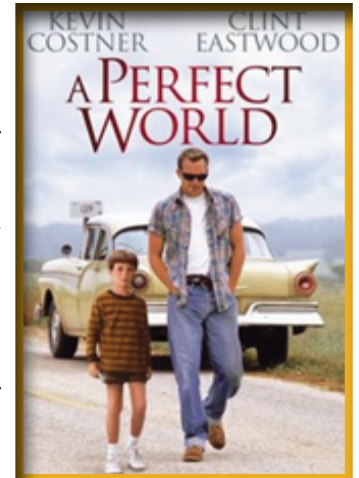
Movie Day at MEG Senior Center Tuesday, October 24, 2017 at 1 p.m. “The Shack” (2017 • PG-13 • 2h 13m)



After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

Movie Day at Ventana De Vida Senior Center Wednesday, October 25, 2017 at 1 p.m. “A Perfect World” (1993 • PG-13 • 2h 18m)

On Halloween in Huntsville, Texas, two convicts escape from prison and break into the house of a mother and her three children. Needing a hostage to aid their escape, they take the mother's eight-year-old son and head out for New Mexico. Hot on their trail is a Texas Ranger in an Air glide trailer that serves as a mobile command headquarters.



Hailed by America's top film critics as Clint Eastwood's highest point as a film director and Kevin Costner's finest acting role, this unforgettable move is about the true nature of violence and how the child is father to the man. Starring Kevin Costner, Clint Eastwood, and Laura Dern.

ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

Attend an ICAN class at the Mary Esther Gonzales (MEG) Senior Center on Wednesday, October 4 at 11:30 a.m. For more information please contact Renee at (505) 471-4711.

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Join Sister Jo's class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center.



UPCOMING ACTIVITIES

OCTOBER - 2017

National Breast Cancer Awareness month – Go Pink in October

Let's show our support and go pink for the month of October. It's our way of showing support for breast cancer awareness. You can also join the Making Strides against Breast Cancer Walk at Villa Linda Park in Santa Fe on Saturday, October 7. Registration will begin at 8 a.m. and the walk at 9 a.m.

Veterans Oral History Project Expanded

The Veterans Oral History Project has been expanded to include non-Veteran Senior Citizens to those who might be interested. For Senior Oral Histories, a copy of the film/DVD will be sent to the state of NM Archives and one copy to the individual. The distribution for Veteran film/DVD will still be the Library of Congress, the University of Texas, one to the NM Military Museum and one for you or your family. To set up an appointment for an interview please call Albert at (505) 955-4715 and leave your name and contact information.

MEG Exercise Room

Volunteer trainer Gitte Mainland is available to assist seniors in the MEG exercise room on Thursdays October 19th and 26th from 10 a.m. to noon. If you would like assistance please join her!

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:

- October 3
- October 17

Chi Gung (Gentle Exercise)

Join Rezi in the MEG dining area from 10-11 a.m. on Thursdays.

Sonido Nortenio

Enjoy Northern New Mexico Music performed by Sonido Nortenio on Thursday, October 5 at the MEG Senior Center from 11 a.m. to 2 p.m. One of our Seniors Paul Montano will be performing in this band.

Introduction to Exercises for Bladder Control

Sheryl Ziggler from Santa Fe Medical Fitness will lead an introduction to bladder control methods and will demonstrate exercises using chairs and also standing. Please wear comfortable clothing if you attend. It will be held on October 25, 26, and 27 from 10 a.m. to noon in the boardroom at MEG.

Halloween Dance and Costume Contest

Join us at the annual Halloween Dance on Tuesday, October 31 at the Fraternal Order of Eagles (833 Early Street) from 1-4 p.m. The costume contest will begin at 2:30 and prizes will be given. Admission is \$2 and music will be by Peter Vigil y los hermanos. This dance is sponsored by the Villa Consuelo Senior Center.

I Scream, You Scream...

Enjoy a delicious banana royale treat at the Luisa Senior Center on Friday, October 20 from 11 a.m. to 12:15 p.m. The cost is \$1.50 per person.

Trip to McCall's Pumpkin Patch

Take a hayride to the pumpkin patch, pick your own pumpkin from the field, try to find your way through the 16-acre corn maze, feed the farm animals, race a pedal kart, launch a pumpkin, glide down the giant slide, mine for gemstones, shop, eat & much more! This trip will be on Tuesday, October 24; the bus will be departing at 9 a.m. from the MEG Senior Center. The suggested donation for the bus is \$5, which must be paid when you sign up (in advance of the trip). The entrance fee is \$7; please bring water, walking shoes and spending money for lunch. Contact Cristina at 955-4725 to reserve your spot. This will be a fun way to be a kid again!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, October 30 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

HEALTH & SAFETY

OCTOBER - 2017



FREE FLU SHOT CLINICS

Influenza (Flu) Preventive Steps

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible.
- CDC recommends use of injectable influenza vaccines (including inactivated influenza vaccines and recombinant influenza vaccines) during 2017-2018. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can be used to treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high-risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay. Follow your doctor's instructions for taking this drug.

October 7 | 8AM – 1PM

CHRISTUS St. Vincent
Regional Medical Center
Medical Dental Building
Parking Lot
465 St. Michaels Drive
Santa Fe, NM 87505

October 7 | 8AM – 1PM

Arroyo Chamiso Pediatrics
2025 S. Galisteo Street
Santa Fe, NM 87505

October 21 | 9AM – 1PM

Family Medicine Center
435 St. Michaels Drive
Suite B-104
Santa Fe, NM 87505

October 21 | 9AM – 1PM

DeVargas Health Center
510 N. Guadalupe Street
Suite C
Santa Fe, NM 87501

October 21 | 9AM – 1PM

Entrada Contenta
Health Center
5501 Herrera Drive
Santa Fe, NM 87507

October 21 | 9AM – 1PM

Pojoaque Primary Care
5 Petroglyph Circle, Suite A
Pojoaque, NM 87506



HEALTH & SAFETY

OCTOBER - 2017

Health Action New Mexico Launches Health Coverage Project

Health Action New Mexico is a non-profit organization that for 22 years has provided advocacy for greater access to healthcare coverage for residents of New Mexico. We are pleased to announce the opening of a local presence to serve residents of the Santa Fe city area as well as countywide. It is with the support of the Santa Fe County Community Services Department, the City of Santa Fe Community Services Department and its Division of Senior Services that Health Action New Mexico is able to launch this local effort to increase healthcare coverage access for the most vulnerable in the community. Our key person who is offering bilingual services, community briefings, and assistance with enrollment into healthcare coverage programs is Brenda Suarez. Health Action New Mexico will also support this local effort with other bilingual staff personnel to assist with trainings, partnership building, and health policy updates.

The project is currently operating out of the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe and will be providing community briefings and information sharing events throughout the Santa Fe County area.

The main activities of the Health Action New Mexico project include:

- To conduct outreach and help enroll hard-to-reach populations such as seniors and low-income residents who have had difficulties being eligible for programs.
- Create and distribute outreach and education materials on enrollment into health coverage insurance for special populations.
- Work directly with Santa Fe County residents who are eligible for Medicaid and the Health Insurance Exchange – especially special populations such as immigrants with humanitarian status and other eligible monolingual Spanish speakers to resolve barriers to enrollment.
- Be a local resource for the latest health coverage policies and program updates at the federal and state levels.
- Build capacities among other county and city staff to connect people to healthcare.
- Participate with the Santa Fe County Community Services in establishing an accountable health community.
- Participate with the City of Santa Fe Community Services in building stronger partnerships with other organizations to better meet the needs of vulnerable populations.

Health Action New Mexico expresses its appreciation to the City of Santa Fe Community Services Department and the Division of Senior Services, and to the Santa Fe County Community Services Department for the welcome and support they are providing to facilitate the launching and implementation of the outreach and healthcare coverage assistance being made available to local residents. Everyone deserves access to health and healthcare!

For more information please join Health Action NM and the Social Security Administration on the second Tuesday each month from 11 am to 1 pm at the MEG Senior Center. You can also visit www.HealthActionNM.org.

SENIOR OLYMPICS SPOTLIGHT

OCTOBER - 2017

Senior Olympic Spotlight

Congratulations to all the athletes who participated at the State Games in Albuquerque from July 19-22. We had a total of 95 athletes represent Santa Fe and these amazing athletes brought home a total of **249** medals!

Gold: 101 Silver: 75 Bronze: 30 4th: 17 5th: 11 6th – 11th: 16

Elaine Abhold	Wendell Egelhoff	Ruben Jaramillo	Innette Mirabal	Bernadette Quintana	Jack Scott
Ann Aceves	Gerald Elliott	Judith Jenkins	Margaret Murray	David Raymer	Kerri Segell
Elizabeth Armijo	Albert Esparsen	Robert Jenkins Jr.	Jerry Nabb	Jon Redman	Brian Shields
Charles Beach	Ellen Fuller	G.T.S. Khalsa	Robert Napier	Margaret Rigatti	Thomas Simek
Eva Borins	Robert Funkhouser	James Koch	Randy Neumann	Richard Rivera	Sylvia Smithberger
Michael Budnik	Dale Goering	Tom Kulesa	Marta Nystrom	Carolyn Robinson	Craig Stamm
Ernest Buenafe	Frieda Gonzales	Flora Leyba	Cristella Ortiz	James Rogers	Monica Steidele
Larry Burke	Barbara Gullingsrud	Wayne Lloyd	Josina Ortiz	Karen Rogers	Robert Thornburg
Joseph Calabaza	Vivian Gundzik	Brenda Mallary	Julie Ortiz	Royann Romero	Byron Treaster
Karl Cardenas	Marianna Hatten	Adelaido Martinez	Alfred Padilla	Dorothy Roybal	Ethel Trimmer
Randall Chitto	Linda Hedrick	Isabel Martinez	Barbara Padilla	Emma Roybal	Maureen Trujillo
Anita Cisneros	Stephen Hill	Paul Martinez	Deborah Pearson	Joe Roybal	Samuel Tuma
Melissa Clayton	Michelle Holland	Melanie Martino	Fred Pearson	Johnny Roybal	James Voigt
Beth Davenport	Michael Hurlocker	John Miles	Shirley Pearson	Ricardo Roybal	Irene Vold
Sarah Degive	Barbara Hutchison	John Miller	Henry Pick	Lydia Sanchez	Andrea Weiss
Richard Dew	Maggie Jaramillo	Linda Miller	Gayle Price	Earl Santillanes	

The 2017 New Mexico Senior Olympics (NMSO) Volleyball Tournament was held at the Santa Ana Star Center in Rio Rancho from August 18-20. Santa Fe had a total of four teams compete in the tournament, one women's team "SF Gal Pals," one men's team "SF Hit Men," and two co-ed teams "SF Slam" and "SF Granite." Opening ceremonies was at 5 p.m. on Friday, followed by the women's and men's team pool play and the bracket play which concluded around noon Saturday. Co-ed pool play was Saturday afternoon with the bracket play ending late Sunday. Teams from Los Alamos, Espanola, Las Cruces, Albuquerque, Santa Fe and other New Mexico cities were present and ready to hit the courts. The tournament ran smoothly with only minor delays thanks to the NM Senior Olympic staff that did a great job of coordinating and running the tournament, and the Santa Ana Center's overall environment which provided a perfect place to have the tournament. I would like to thank all the players who participated in the tournament, especially the managers and captains who put the teams together and ensured all went well at the tournament. All four Santa Fe teams played a great tournament and special congratulations to the "SF Granite" co-ed team for walking away with the Silver Medal after advancing through the seven team bracket play to place 2nd in the 50-54 age categories. The Santa Fe Senior Olympic Volleyball season begins practicing in May and will continue until the tournament date which is usually in mid-August. Santa Fe Senior Olympics Volleyball is open to individuals age 50 and older. If you are interested in participating in this sport or would like more information call Mary R. Page at (505) 690-8431 or email mary.page@prodigy.net and she will place you on the contact list and notify you when the practices begin.

Senior Olympic Committee seeking Committee Members

The Senior Olympic Committee is seeking additional members. We meet once a month to discuss the upcoming year, ways to improve local games and provide a quality program. If you are interested in joining, please contact Cristina Villa at (505) 795-3817.

Upcoming events:

State Basketball 3-on-3 Tournament
Genoveva Chavez Community Center
November 3 – 5 (Friday – Sunday)

All of you athletes are such an inspiration to me – so much talent!

Until next month! Cristina Villa

PUZZLE

OCTOBER - 2017

PUZZLE 37

ACROSS

1. Thumbtack
4. Prop for Chagall
9. Charlotte had one
12. October birthstone
14. Thwart
15. Inform
16. Be born with a silver spoon in one's mouth: 5 wds.
19. Indian, for one
20. Niche
21. Aggravated
22. Chill
24. Belief
25. Daydreams: 4 wds.

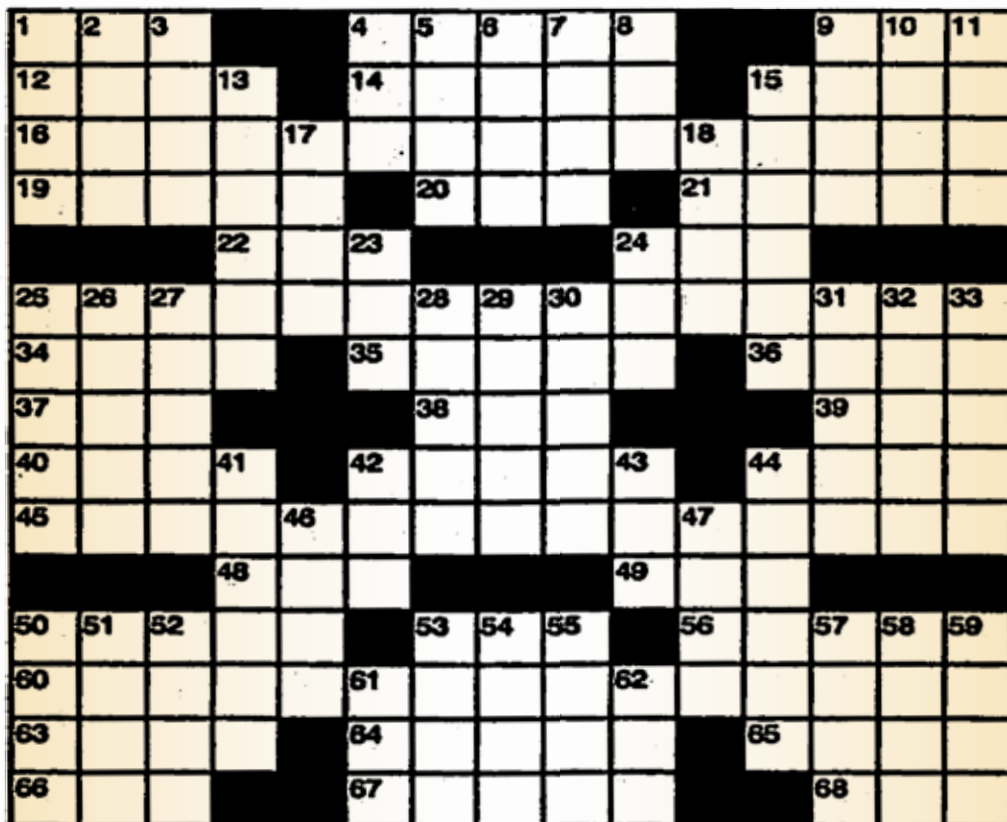
34. Palo ____
35. Land measurement
36. Caper
37. Rita or Grande
38. Crude
39. Aunt, in Madrid
40. Hautboy
42. Peter, to a pumpkin
44. Symbol
45. "A ____ Dream": 2 wds.
48. College between Pittsburgh and Allentown: abbr.

49. Family member
50. Hawkins or Thompson
53. Haggard novel
56. Duke, dame, or lord
60. Not well: 3 wds.
63. Hit the ____
64. Sculled
65. Ages and ages
66. One
67. Fragrances
68. Amer. Indian

7. First garden
8. Carrillo or Durocher
9. Unstressed
10. "...leave all ____ to the gods"
11. Became diffuse
13. Shed: hyph.
15. Designated
17. Indigo dye plant
18. Abe Vigoda role
23. Sweet veggie
24. ____ a boy!
25. Ricochet
26. Excuse
27. Got up
28. Vamoose
29. Piqued
30. More fresh
31. After gee
32. Oaf
33. Equines
41. Observed
42. Ostrichlike bird
43. Medical workers: abbr.
44. Light
46. Consumer
47. Whit
50. Koran chapter
51. By and by
52. 6/6/1944: hyph.
53. Herring
54. Star
55. Pitcher
57. "____ shalt not ..."
58. Pre-Easter time
59. Gaelic
61. Also
62. Sullivan and Begley

DOWN

1. Marco or water
2. Majestic
3. Bestowed
4. Slippery one
5. Ardent
6. Unharmed



Take a roller-coaster ride through childhood adventure in the 1985 film "The Goonies." A pirate's treasure could be the key to saving a housing development, but only if the band of misfit and nerdy kids, such as Chunk and Data, who live there can find it before the local thieves do!

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> ADVENTURE | <input type="checkbox"/> MAMA Fratelli | <input type="checkbox"/> PLIMPTON, Martha |
| <input type="checkbox"/> ANDY | <input type="checkbox"/> MAP | <input type="checkbox"/> QUAN, Ke Huy |
| <input type="checkbox"/> ASTIN, Sean | <input type="checkbox"/> MATUSZAK, John | <input type="checkbox"/> RAMSEY, Anne |
| <input type="checkbox"/> BRAND | <input type="checkbox"/> MIKEY | <input type="checkbox"/> SLOTH |
| <input type="checkbox"/> BROLIN, Josh | <input type="checkbox"/> MOUTH | <input type="checkbox"/> STEF |
| <input type="checkbox"/> CAVES | <input type="checkbox"/> ONE-EYED Willie | <input type="checkbox"/> THRILLER |
| <input type="checkbox"/> CHUNK | <input type="checkbox"/> PANTOLIANO, Joe | <input type="checkbox"/> TRAPS |

- COHEN, Jeff
- COMEDY
- CROOKS
- DATA
- DAVI, Robert
- FAMILY film
- FELDMAN, Corey
- FRANCIS Fratelli
- GREEN, Kerri
- HIDDEN treasure
- JAKE Fratelli
- KIDS
- LIGHTHOUSE

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

PUZZLE ANSWERS
OCTOBER - 2017

PUZZLE 37

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

108

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

BREAKFAST MENU

OCTOBER - 2017

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 for non-seniors (59 and younger). **Milk is served with each meal. Menu is subject to change.**

Please print your name clearly on our meal sheets when eating at senior centers.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Scrambled egg Grilled peppers Hash browns, toast Cheese, bacon	3 Boiled eggs Small roll, salsa Potatoes, toast Margarine	4 Sausage Cheese, red chile Small roll Jelly	5 Ham & cheese biscuit Salsa, jelly	6 French toast w/maple syrup Sausage Tomato juice
9 All Senior Centers CLOSED for Columbus Day	10 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	11 Pancakes w/maple syrup Sausage Tomato juice	12 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	13 Scrambled egg Cheese, red chile Potatoes Margarine
16 Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	17 Boiled eggs Small roll, salsa Potatoes, toast Margarine	18 Sausage Cheese, red chile Small roll Jelly	19 Ham & cheese biscuit Salsa, jelly	20 French toast w/maple syrup Sausage Tomato juice
23 Grilled ham Cheese, red chile Small roll Jelly	24 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	25 Pancakes w/maple syrup Sausage Tomato juice	26 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	27 Scrambled egg Cheese, red chile Potatoes Margarine
30 Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	31 Boiled eggs Small roll, salsa Potatoes, toast Margarine	City of Santa Fe Division of Senior Services Meal Take Out Policy No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.		

Cooking for One or Two

(Source: NDSU Extension Service, August 2016)

Reduce Your Favorite Recipes

Choose recipes that fit with your tastes and time requirements. Whether you're a 20-something single person or an "empty nester couple" with grown children, you don't need to throw out your favorite family recipes. You can adapt many of them to fit your current household size. Try these tips to help reduce your recipes:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2-4 tablespoons of liquid (if present) from the recipe.
- If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works — and what doesn't!

Table 1: Reducing Recipes.

Making Half a Recipe

When the recipe calls for:	Use:
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons and 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Making One-third of a Recipe

1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

SENIOR CENTER LUNCH MENU

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Stroganoff with Egg Noodles Italian Veggies Cottage Cheese with Pears	Chile Relleno Green Chile Sauce Tossed Salad Refried Beans Crackers Chocolate Chip Cookie	Beef Fajitas w/ Garnish & Salsa Chile Beans Tortilla Jell-O with Fruit	Pork Roast Mashed Potatoes Brown Gravy Asparagus Whole Wheat Roll w/ Butter Vanilla Pudding	Baked Chicken Breast Sandwich Coleslaw Tater Tots Cottage Cheese with Peaches
9	10	11	12	13
ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY!	Baked Chicken Pasta & Cream Sauce Buttered Carrots Whole Wheat Roll w/ Butter Fresh Orange	Pork Carne Adovada with Red Chile Spanish Rice Country Blend Veggie Tortilla Jell-O with Fruit	Classic Lasagna with Meat Sauce Tossed Salad Mixed Veggies Garlic Toast Fruit Cobbler	Green Chile Cheeseburger Ranch Beans Onion Rings Applesauce
16	17	18	19	20
Green Chile Beef Stew Tossed Salad Cornbread w/ Butter Peanut Butter Cookie	Chicken Parmesan Marinara Sauce Noodles California Veggies Whole Wheat Roll w/ Butter Tropical Fruit	Beef Brisket Pork n Beans Coleslaw Cornbread Apple Crisp	Turkey Roast w/Gravy Bread Stuffing Green Beans Whole Wheat Roll w/ Butter Cranberry Salad Pumpkin Pie	Beef Chalupa w/ Garnish & Salsa Green Chile Calabacitas Fruit Cocktail
23	24	25	26	27
Beef Chile Dog with Red Chile Potato Wedges Mixed Veggies Pineapple Bits	Chicken Strip Basket Mashed Potatoes White Gravy Asparagus Biscuit Cherry Crisp	Open Face Hot Roast Beef Sandwich Mashed Potatoes Brown Gravy Carrots & Peppers Apricots	Pork Posole with Red Chile Spinach Salad Pinto Beans Tortilla Strawberry & Banana	Meatloaf with Topping Scalloped Potatoes Green Beans Whole Wheat Roll w/ Butter White Cake
30	31	REMINDER: <u>City of Santa Fe Division of Senior Services</u> Meal Take Out Policy No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.		
Baked Fish Tartar Sauce Rice Pilaf Corn / Coleslaw Whole Wheat Roll Chocolate Pudding	Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato Whole Wheat Roll w/ Margarine Peach Cobbler			

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34
Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
11 am - 12:30 pm Monday through Friday

Please print your name clearly on our meal sheets when eating at any of the centers.
Menu is subject to change.

City of Santa Fe
Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

