

SENIOR

SCENE MAGAZINE



Photo taken by Michael Brown, read about Michael on page 5
The IAIA Museum of Contemporary Native Arts Portal



www.santafenm.gov/senior_scene_newsletter

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

OCTOBER 2021



OCTOBER 2021

By Gino

A message from the Division Director



“Autumn leaves don’t fall, they fly. They take their time and wander on their only chance to soar.” Della Owens

“And all at once summer collapsed into fall.” Oscar Wilde

“I am glad I live in a world where there are Octobers.” L.M. Montgomery

Soon all the leaves will be dropping and the chill will turn to frost. Remember to check your heating and prepare for winter. As you know, it can freeze at any given time. I enjoy those seasonal changes, but prefer the warmer part more. As you may know, we are continuing the curbside meals and will be moving the location of the distribution back to the front of MEG Center. We built a small shelter last year and it came in handy, so we will use that again.



I want to thank all of you who have given donations, especially for the meals. It really helps, now more than ever. The donations go directly back into the program and for services to all.

I also want to remind folks that, for all the services we provide, there are staff behind the scenes making it happen. Please remember to thank them for all that they do and always try to be respectful to them.

I do want to remind everyone to do all you can to get your flu vaccination. We have scheduled a vaccination clinic at the Mary Esther Gonzales Center on November 12 (see page 8 for more information). I hope by that time, we know the direction from New Mexico Department of Health for the 3rd shot/booster. This has been confusing at best for all of us. We will respond as needed based on the guidance we get from New Mexico Department of Health.

NEWS & VIEWS

OCTOBER 2021

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

Senior Center Updates

The City of Santa Fe Senior Centers remain closed, due to the Delta Variant of COVID-19.

However, transportation for seniors age 60+ to doctors and pharmacies will continue to be available by appointment by calling (505) 955-4700. We will also continue to deliver meals to homebound seniors and provide drive-up curbside meals to seniors. For information on meals, please call (505) 955-4721.

Note: Curbside meals will return to the FRONT parking lot of the MEG Senior Center at 1121 Alto St. starting Monday, October 4. Service is Monday - Friday 10:30 a.m. – 12:30 p.m.

Senior Services will be closed on October 11, in honor of Indigenous Peoples' Day.

Clothes Helping Kids

Submitted by Danna Metzger

Clothes **H**elping **K**ids, Inc. Clothes Helping Kids (CHK) is a non-profit in Albuquerque whose mission is to provide financial support to community programs for children in New Mexico. If you purge your closets and have a large load to donate, you can call them at (505) 266-2002 to schedule a pick up from your home in Santa Fe. Visit www.clotheshelpingkids.org for a list of items they accept or to schedule a pick up.

Nutrition is a Human Right

National Malnutrition Awareness Week October 4-8. Early diagnosis and intervention are key to preventing malnutrition's adverse health outcomes and are particularly important for older adults, because one out of two are at risk for or are malnourished. The American Society for Parenteral and Enteral Nutrition (ASPEN) has designated October 4–8 as Malnutrition Awareness Week™. This year's theme is Nutrition is a Human Right. Please see pages 15 & 16 for more information.



2021 Virtual (Online) N.M. Conference on Aging

"Adapt, Overcome, Thrive"

The 2021 43rd Annual Conference on Aging will be a virtual event held for free online November 17 & 18, 8:30 a.m. – 2:00 p.m.

This year's theme is "Adapt, Overcome, Thrive". The schedule will include daily plenary sessions, two workshop periods a day, entertainment, lunch presentations and training opportunities.

Get involved. You are invited to submit your favorite recipes for a recipe book in the virtual "swag bag". Nominate someone for an award recognizing an individual, an organization or a business that has made significant contributions to benefit our state, local communities, and older New Mexicans. Award winners will be recognized during the conference. The deadline to submit the application is October 8, 2021.

To complete a nomination, or for more conference information, go to <https://nmaging.state.nm.us/news-events/conference-on-aging>

Senior Balance & Mobility by Villages of Santa Fe & AARP

Improving your balance and mobility makes you steadier on your feet and helps prevent falls. This 45-minute class includes warm up with aerobic; Kegel, balance, joint mobility exercises, and cool down with stretches. No equipment is required.



1st and 3rd Monday of each month at 9:00 a.m. through December; taught by Maria Francis

A free class, online through Zoom

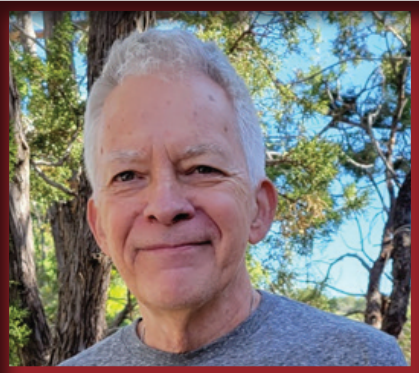
You must register for classes individually at:

<https://states.aarp.org/new-mexico/events-nm>

NEWS & VIEWS

OCTOBER 2021

Get to Know the Cover Art Photographer: Michael Brown



I was born in Baltimore. As a child I was pretty good at drawing and eventually studied art in Pimlico with (the then 80-year old) Marjorie D. Martinet who in turn had studied with the American

Impressionist William Merritt Chase.

When I graduated, I left for Los Angeles. Like many people that moved there then, I had a rude awakening as far as the job scene and the social scene were concerned. I bounced around for a number of years in Hollywood and Guerneville California, Chicago, and Puerto Rico. While in Puerto Rico, I had several art exhibitions and did fairly well, but I couldn't have lived off of my art.

I returned to Chicago and began working as a Theatrical Wardrobe Attendant in theater and an Ager-Dyer in film. I worked there about 40 years. That is where I sold most of my art...to actors and backstage crew. Many big shows played there with huge casts. A revolving, captive, audience. I also had an exhibit of pastel drawings at the Upstart Gallery in the Old Town neighborhood.

The quarantine times of the last year and a half have re-introduced me to digital art. That is what I'm doing now. I never wanted to get into that, but here I am, and find it interesting. Santa Fe offers such beautiful, amazing, skies. There's always something in them to inspire art making.

St. Vincent Hospital Flu Shot Clinics

CHRISTUS St Vincent Hospital at 455 St. Michaels Drive is hosting drive-through flu shot clinics on October 9 & 16, 9:00 a.m. – 2:00 p.m.



Annual Wine Tasting Fundraiser

You are cordially invited to the annual Keep Santa Fe Beautiful wine tasting fundraiser! Enjoy a fun evening, including a selection of fine wine from Southern Glazer's Wine & Spirits, filling hors d'oeuvres courtesy of La Posada de Santa Fe, a silent auction with a selection of items from local artisans and businesses, music by High Altitude Band and more.

October 9, 2021, 5:00 – 8:00 p.m.

Santa Fe Community Convention Center
201 W. Marcy St. in Santa Fe

For tickets and more info, go to

<https://keepsantafebeautiful.org/>

Funds will go to the following KSFB projects:

- Landscaping by Santa Fe's first entryway sign
- Installation of pollinator gardens
- Tree giveaway pilot program
- Youth Education and Outreach
- Adopt a Median program
- Anti-graffiti program
- Beautification, litter control, recycling projects

This event will be held OUTDOORS on the patio of the Santa Fe Convention Center, weather permitting. The event will be moved indoors in the event of a storm. They will be abiding by federal, state and local public health guidelines.



NEWS & VIEWS

OCTOBER 2021

Santa Fe Habitat ReStore Volunteer Info Session



Santa Fe Habitat for Humanity is searching for new volunteers to assist in the

ReStore! If you want to support Santa Fe Habitat for Humanity without wielding a hammer, if you enjoy fixing things, or if you simply want to help recycle used goods and materials while supporting affordable housing, the ReStore needs you.

Join an information session for prospective volunteers in their ReStore at 2520 Camino Entrada on Tuesday, October 5 at 8:30a.m. Coffee and pastries will be provided to attendees. If you have any questions or wish to learn more about Santa Fe Habitat volunteer opportunities, please contact Director of Volunteer & Family Services, Kaleb McCain, at (505) 986-5880 ext. 102, or at kaleb@santafehabitat.org.

Pop-Up Playground!

Where kids of all ages are encouraged to build the ultimate fort city using recycled materials such as logs, fabric, pallets, boxes, rope and fabric. This event will be on Sunday, October 17, 11:00 a.m. – 3:00 p.m. at the Railyard Park.

Want to get involved? You can help collect materials ahead of time, oversee the child-directed play for a couple of hours, or bring some kids to create. Check out railyardpark.org for details.

October Food Distributions



The following are upcoming dates for drive-through distributions at The Food Depot at 1222 Siler Road on Thursdays, 7:00 – 9:00 a.m. October 14 & 28.

You Must Dial (505) to call Within Santa Fe

Starting on October 24, the Federal Communications Commission (FCC) will require that you dial the full ten-digit phone number for all local calls.

The reason for the change is that the FCC has established 988 as a three-digit National Suicide Prevention Hotline.

So if you have local numbers programmed into your cell phone or home phone, make sure they have the (505) in there, or the calls will not go through.

From Santa Fe Public Schools



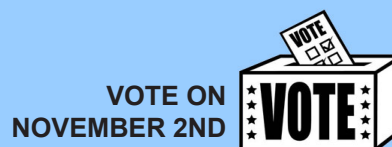
Dear Santa Fe Seniors -

It's hard to believe we are already into our third month of school. As Superintendent, I admit our first "normal" back-to-school since 2019 felt weighted with importance. But it was wonderful to feel our families, teachers and staff are confident we opened our schools safely and effectively.

We feel grateful to the voters who approved the last Mill Levy (the share of property taxes for school maintenance). These dollars paid for ventilation upgrades, sanitizing stations, plastic shields, deep cleaning and more.

When you go to the polls on November 2, you'll see renewal of two issues on the ballot-the Mill Levy and the General Obligation (GO) Bond used for school construction. If approved, funds from the GO Bond will improve our high schools, add energy-saving features and develop outdoor classrooms. Now more than ever, we know nature and sunlight are so good for our children's bodies and their spirits.

Thank you and be well.
Superintendent Hilario "Larry" Chavez



NEWS & VIEWS

OCTOBER 2021

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".

By Ann Williams



I don't take ANYTHING for granted anymore. A paperclip? A Band-Aid? A postage stamp? Where to store recyclables and how to get them to the recycling center? The morning New Mexican that can't be delivered to my doorstep anymore...a last minute appointment at the hairdresser's...sorting clothes into whites and darks and cotton versus stretchy elastics that shrink or distort...when other people become your legs, arms, eyes and ears, the world suddenly is a very difficult place to navigate.

A Bundt pan, vs a soufflé dish? Right now I'm doing "can opener and microwave". That's why Kitchen Angels' meal delivery is so important to homebound people and why the smile (or masked "thumb's up" sign) of the driver is crucial. There is no place to store a big week's worth of groceries bought all at one time, and no way to store leftovers safely. Economies of scale don't work in 300 square feet. A 36 oz. bottle of Listerine or Tom's of Maine won't even fit in the small size cabinet!

One of the things I miss most is CIVIC participation. Yeah, I know, Zoom and email and all that. But so much civic responsibility is personal-it is one-on-one voter registration or witnessing and contributing as a juror. When we SEE and Hear our neighbors, we are better able to own their plight and intervene. There's a certain kind of helplessness I feel now. The Kitchen Angels people serve me now, instead of the other way around.

I had expected that a few weeks of COVID making the whole nation homebound would sort of be a kind of sensitivity training for the experience a homebound person has in perpetuity. Somehow it just didn't work out that way.

When I call a store trying to get the specifics of a product and a price and the location in the store so the friend that shops for me can locate it quickly with confidence, I'm often confronted with a void of understanding and an avalanche of impatience. "Why don't you shop online? Why don't you just come in and look for yourself?" This, after I've carefully explained my situation and asked for help. It's especially hateful when a doctor's office or medical facility treats me with disdain or impatience because I need "extra time" or a wheelchair. I may leave this small space [where I am living] as little as 3 hours in an entire month. Every interaction takes on a new meaning and seems magnified or out of proportion.

In a perfect world a store or medical office would have someone on staff trained as a liaison for homebound people. This is not a perfect world, but I've met so many people full of love for their neighbor in Santa Fe it is actually a shock to be treated otherwise. I may reside in just 300 square feet of it, but Santa Fe is still MY CITY and I long to remain a productive, functioning part of it.

FREE VACCINATION CLINIC

AVAILABLE VACCINES:
FLU,
COVID 1st & 2nd Shots
& 3rd Shots, As Approved by
The N.M. Dept. of Health

NOVEMBER 12, 2021
10:00 A.M. - 1:00 P.M.

MEG Senior Center
1121 Alto St Santa Fe
Back Parking Lot



**60+ AND 18+ WITH
DISABILITIES**
MUST BE
REGISTERED IN THE
DOH
DATABASE

**MUST HAVE YOUR
VACCINATION CARD
TO GET A
BOOSTER SHOT**

**PFIZER, J & J
MODERNA**

SPONSORS

**Aging Long-Term Services
Department**

Rx Innovations

Santa Fe Senior Services

FOR QUESTIONS
(505) 955-4760

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

OCTOBER 2021



AmeriCorps Seniors

RSVP *Santa Fe*

Give a little time.
Get a lot back.

Would you like to become a volunteer? If so, we invite you to 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. Below are a few current volunteer opportunities:

Lead AA Meetings or NA Meetings

St. Elizabeth Shelter is looking for volunteers willing to run AA or NA meetings for their guests. This weekly commitment may help you as much as it helps those in the group.

Support Immigrant Families Processing Grief

Gerard's House, a non-profit that provides free grief support for children, adolescents, and adults, will train you to support grieving immigrant youth. Volunteers from their Nuestra Jornada program go into Santa Fe Public Schools. Through art, play and connection they support youth who are grieving the loss of a loved one due to death, deportation, incarceration, abandonment, kidnapping or separation by borders. Training and background checks are provided.

Greet Visitors at the S.F. Botanical Garden

Volunteers at the Garden usually serve as docents, greeters, youth education program participants, gardeners, office assistance, outreach or special event helpers, or in the Visitor Service Center welcoming visitors. Volunteers receive training, continuing education and library borrowing privileges as well as class discounts, free event tickets, and other benefits awarded based on service hours.

Go to www.rsvpsantafe.org or call Kristin at (505) 955-4760 to learn more about these and more.

Current RSVP Volunteers:

If you have not already turned in your volunteer hours served in July, August and September, please do so today. Call Marisa at (505) 955-4743 if you need assistance.

Also, keep an eye out for your invitation to our next drive-through volunteer recognition event with food, gifts and a Halloween costume contest!



To all OCTOBER Senior Volunteers!

Mela Sanchez	10/01
W. Peyton George	10/02
Helen Maestas	10/02
Craig Stamm	10/02
Roberta Armstrong	10/03
Don Blossom	10/06
Daniel Koenig	10/06
Mercedes Moreno	10/09
Annabelle Brazeal	10/11
Jerry Delgado	10/12
Frances Gallegos	10/12
Thomas W. Blum	10/13
Richard Lueck	10/15
Carol Lachman	10/16
Alex Vargas	10/16
Susan Hill	10/16
Reynaldo Chavez	10/19
Judy Montaño	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Chia Yih	10/20
Nancy Brace	10/22
Anna Chacon	10/24
Amy Lafferty	10/26
Mary Lee Ortiz	10/27
Carmen Rodriguez	10/27
Christella M. Vigil	10/27
Janet Reffert	10/28
Jessie Visarraga	10/28
Elizabeth Slota	10/30
Charles Niggemann	10/31

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



Newsletter:

Ask Stan Medicare Questions



Volume 1, Issue 7 October 2021

Dear Stan,

I have a Medicare Advantage plan, and I received a notice called “Annual Notice of Change” (ANOC) informing me that one of my medically necessary medications will not be covered by the plan next year. When can I make changes to my Medicare coverage?

What tips do you have when considering new coverage? Where can I receive free help with understanding my options?

Frank

Santa Fe, NM

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Frank,

Thank you for your questions. Each fall Medicare Advantage and Part D plans will send a document called the “Evidence of Coverage” (EOC) about the costs and benefits for the coming year. In addition, plans will send the “Annual Notice of Change” (ANOC) informing members of any changes in coverage, costs or service area that will be effective January 1, 2022.

Members who do not receive the EOC and the ANOC should contact their plans right away. Read more about these documents here: <https://www.medicare.gov/forms-help-resources/mail-you-get-about-medicare>

Medicare Open Enrollment begins October 15 and ends December 7. If your current Medicare Advantage plan does not meet your needs for the coming new year, then you can change to better coverage. Here is what you can do during Medicare Open Enrollment:

- You can switch to a different Medicare Advantage Plan with or without drug coverage. If you are taking prescription drugs, you should consider enrolling in a plan with drug coverage.
- You can switch back to Original Medicare and enroll in a stand-alone Part D prescription drug plan (PDP).

Continue on page 11

It is important to remember that any changes you make during Open Enrollment will take effect January 1, 2022. Please note, if you choose to go without a drug plan next year, Medicare will assess a Part D late enrollment penalty. Read more here about the Part D late enrollment penalty here: <https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/part-d-late-enrollment-penalty>.

During Open Enrollment you can compare your plan's new deductibles, premiums, and drug costs with other plans to determine the best option for you in 2022. Before you make a change, consider the following questions:

- Will my doctors still be in my plan's network?
- Will my plan increase my copays?
- How much will my medical and prescription drug premiums cost next year?
- Will my prescription medications still be covered in the plan's list of covered drugs also known as formulary?
- Will the plan impose restrictions (e.g., prior authorization) before I can access my medications?

- Will the plan offer additional benefits such as dental, vision or access to gyms (e.g., Silver Sneakers)?

For assistance during Open Enrollment, call the **Aging & Disability Resource Center (ADRC)** and request to schedule an appointment with a **State Health Insurance Assistance Program (SHIP)** Counselor at **1-800-432-2080**. SHIP Counselors are trained to provide objective Medicare information, assist with plan comparisons, and assist with benefits that can help save you money.

Stan,

SHIP SMP Volunteer Counselor

**Get Ready for Medicare Open Enrollment this fall:
Call to speak with a SHIP Counselor to schedule your appointment & review your options at
1-800-432-2080**



SHIP

State Health Insurance
Assistance Program

NEW MEXICO
ADRC
AGING & DISABILITY
RESOURCE CENTER

New Mexico
SMP
Empowering Seniors To
Prevent Healthcare Fraud
Senior Medicare Patrol

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This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

HEALTH & SAFETY

OCTOBER 2021



Ken Hendricks, Community Service Representative

Ken Hendricks has been with Home Instead in Santa Fe, NM for over a decade. As Home Instead's Community Service Representative, Ken's passion is found in serving our communities older adults and care providers.

4 Tips Every Family Caregiver Needs

Submitted by Ken Hendricks of Home Instead

Whether you're new to caregiving or a seasoned caregiver, these four tips can help you feel supported, organized and keep your own health top of mind.

Get Support

Family caregiving can take its toll on caregivers – mentally, physically and emotionally. You do not have to do it alone. Don't be afraid to ask for help or accept someone's offer to help. Keep a running list on your phone or close to you so you can pass along a task to helping hands.

Take care of your own health

In order to care for others, you should first care for yourself. Many family caregivers tend to put their own health on hold. Staying healthy can actually help relieve stress that caregiving could cause. Exercising 30 minutes per day is recommended, but if that's not possible, any physical movement is better than none. Eat healthy to maintain your energy and fuel your body. Keep fruits and veggies on hand for snacks, drink plenty of water and don't skip meals.

Organize Important Documents

Caring for a loved one requires caregivers to understand and likely manage another person's financial, legal and medical affairs. Having all these important documents in one place can help alleviate any unnecessary stress when the documents are needed.

Practice Positive Self Talk and Gratitude

Inspiring self-care starts with you. Keeping a positive attitude about the caregiving situation you're in can help you be more optimistic and look for the good that surrounds you. Sometimes a little perspective reminds caregivers there is a lot to be grateful for.

Medicare Enrollment Period

By Brent Jung

If you're enrolled in Medicare, the Annual Enrollment Period or AEP, runs through December 7, you can review and change plans.



To us, it's personal



BUT WHY DO I NEED TO REVIEW MY PLAN?

Medicare plans, like our individual health needs, change from time to time. An annual review of your Medicare plan gives you an opportunity to explore some of the new products and services available to you, such as increased dental, vision, new chiropractic and acupuncture benefits. The AEP allows you to change networks or find new doctors that might better meet your changing needs.

I'm sure you've been bombarded by the endless number of mailers and Medicare commercials, happily reminding you of AEP. But be careful, because if you start calling these 800 numbers on the ads, your plan might be switched, unbeknownst to you.

If you're new to Medicare or just turning 65, understanding Medicare can be a mind-numbing experience. It is overwhelming trying to learn all the nuances of HMO, PPO, Copays, Cost Shares, and Medicare premiums. Most insurance carriers offer Medicare Advantage plans or Medicare Supplement Plans (aka Medigap Plans). Some plans are geared towards Veterans, and many plans offer prescription drug coverage. Medicare Advantage plans may have "sweet spots," or certain demographics or quirks geared to address the needs of specific groups.

For more information regarding Medicare, the Christus Health Plan hosts "Medicare 101" presentations at the Santa Fe Courtyard by Marriott (3347 Cerrillos Rd), every Thursday (10am & 1pm) in October. Walk-ins are welcome.

Brent Jung is a benefits consultant with the Christus Health Plan and he can be reached at heechul.jung@christushealth.org or by calling (505) 412-0491.

PUZZLE

OCTOBER 2021

A to Z Streets of Santa Fe

Created and submitted by A. Leon

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

ACEQUIA MADRE

DE VARGAS

RELIEF ROUTE

AGUA FRIA

EL GANCHO WAY

RODEO

ARTIST

FEDERAL

ROSE

AVENIDA DEL SUR

GALISTEO

RUFINA

BACA

HICKOX

ST FRANCIS

BISBEE

MARCY

SAINT MICHAELS

CAJA DEL RIO

OLD SANTA FE TRAIL

VISTA DEL MONTE

CALLE LORCA

OPERA

YUCCA

CANYON

OSAGE

ZIA

CATRON

PALACE

CERRILLOS

PASEO DE PERALTA

CORDOVA

RANCHO VIEJO BLVD

PUZZLE

OCTOBER 2021

ACROSS

- | | |
|---------------------------------------|----------------------------|
| 1) "X" may mark it | 40) Some submerged leaves |
| 5) Food quality | 41) Train lines? |
| 10) Half a fl. oz. | 42) Chanel of fashion |
| 14) Three Bears patriarch | 43) Far from bored |
| 15) Ninth rock from the sun,
once | 44) Adolph Coors, famously |
| 16) Like word-of-mouth | 46) Not on the level |
| 17) Significant periods of
history | 49) Infant's abdominal woe |
| 18) Spritely tunes | 51) Nonmoving picture |
| 19) Long skirt | 57) The Hawkeye State |
| 20) Easygoing attribute | 58) Major blood line |
| 23) Female family nickname | 59) Mark's replacement |
| 24) Silly goose | 60) "That's an order!" |
| 25) 15-Across, once | 61) Piece for nine |
| 28) Like a shepherd's staff | 62) Bone-dry |
| 30) Indian dress | 63) "What ___ can I say?" |
| 31) Immature egg | 64) San Antonio hoopsters |
| 33) Barnyard bellow | 65) Fancy wheels |
| 36) Longtime beau | |

DOWN

- 1) On ___ (with an eye toward selling)
- 2) "Legal" prefix
- 3) Gemstone for many Libras
- 4) Island off Australia
- 5) Fracture immobilizer
- 6) Choice invitees
- 7) Like dime novels and some orange juice
- 8) "Beetle Bailey" dog
- 9) One of the "Friends"
- 10) Small songbird
- 11) You can't join Mensa without one
- 12) Anglo-___
- 13) The Elder or Younger of Roman history
- 21) Expected in
- 22) Word with "strength" or "city"
- 25) Quiet "Check this out!"
- 26) Fit for night owls
- 27) Length x width, for a rectangle
- 28) Accepts as true
- 29) Legolas of Middle Earth, e.g.
- 31) Final notice?
- 32) Remote control abbr.
- 33) Siamese-speak
- 34) More than never
- 35) Nose wrinkler
- 37) Trait of a Southerner's speech
- 38) Big, fat mouth
- 39) Common dessert
- 43) Empathize
- 44) Swells out of proportion
- 45) Convoy member
- 46) "All kidding ___ ..."
- 47) Bar fixture
- 48) Fuzzy fruits
- 49) Horn-shaped thing
- 50) Freshwater carnivorous mammal
- 52) Some kitchen utensils
- 53) Target for Carmelo
- 54) Psychic's read, supposedly
- 55) Bluenose
- 56) Mortar troughs

THERE, THERE

By Timothy E. Parker

1	2	3	4		5	6	7	8	9		10	11	12	13
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63					64						65			

NUTRITION EDUCATION

OCTOBER 2021









A Consumer Guide for Older Adults

Caring For Your Nutrition: Get the Facts

When your body does not get the right balance of energy and nutrients that it needs, you may become malnourished. Malnutrition is in this case considered undernutrition. Malnutrition threatens your health and your ability to fight sickness and injuries.

KNOW THE WARNING SIGNS







Malnutrition is not always easy to see, so it is important to keep an eye out for possible signs that you may be malnourished. The major signs of malnutrition include:

 <p>Sudden unexpected weight loss</p>	 <p>Loss of appetite</p>	 <p>Muscle weakness</p>	 <p>Frequent nausea, vomiting, or diarrhea</p>
 <p>Slow-healing wounds</p>	 <p>Feeling tired or fatigued</p>	 <p>Swelling in your ankles, legs, or belly</p>	 <p>Getting sick often</p>

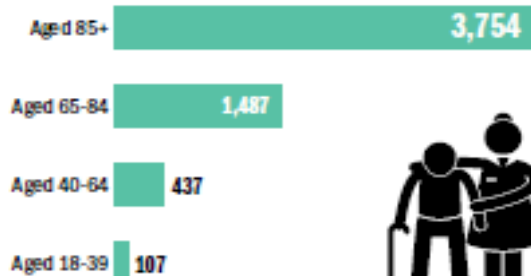
You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.

WHY IT MATTERS

Malnutrition is a serious issue that can have dangerous consequences on your well-being. The effects of malnutrition in older adults include:

 <p>Higher risk of falls and broken bones</p>	 <p>Less independence</p>
 <p>Higher stress levels</p>	 <p>Higher risk of infections</p>
 <p>Longer and more frequent hospital stays</p>	 <p>Higher death risk</p>

Protein-Calorie Malnutrition Related Hospital Stays Per 100,000 Population



Rate of malnutrition is highest in older adults

Barre H.M., Galley MK, Owers PL. Non-maternal and Non-neonatal Inpatient Stays in the United States Involving Malnutrition, 2015. U.S. Agency for Healthcare Research and Quality. www.hcupsoas.aspc.gov/eports.jsp

Continued...

NUTRITION EDUCATION

OCTOBER 2021

A Consumer Guide for Older Adults

Caring For Your Nutrition: Get the Facts

WHAT CAN YOU DO? TIPS FOR GOOD NUTRITION

The good news is that malnutrition can be prevented and treated through a healthy diet and lifestyle. Below are some tips to help you stay healthy and meet your nutritional needs.

- i** Buy foods that are tasty, easy to prepare, and rich in calories and protein. Examples of high-protein foods include milk, beans, meat, and eggs. Try adding herbs and spices into your meals to make them more interesting.



- i** Find an oral nutrition supplement that you like. Oral nutrition supplements are an easy way to get in the calories, protein, and essential nutrients that your body needs. Look for oral nutrition supplements that provide at least 150 calories and 15-30 grams of protein per 8 ounces. Oral nutrition supplements can be purchased at the grocery store, pharmacy, or ordered online from various manufacturers.

You can also prepare your own shake or smoothie. The following is an example of such a recipe that is high in calories and protein.



- i** Make your meals social! Ask family or friends to eat with you. Go out to restaurants that offer senior discounts.



- i** Eat 5-6 small meals a day instead of 3 large meals.
- i** Build muscles and strength by lifting weights, using resistance bands, or taking walks.

Creamy Peach Smoothie

1 Cup vanilla ice cream

½ Cup whole milk

1 Peach

Calories: 435

Protein: 11 g

Carbohydrates: 51 g



Recipe from http://www.aspen-nutrition.com/100%_Nutrition/High-Calorie-Shake-and-Smoothie-Recipe.pdf

If you think you might be malnourished, speak with your healthcare provider. They can perform a nutrition screening and provide suggestions to help you as needed.

FOR MORE INFORMATION

Learn more about malnutrition and what you can do to fight it by visiting the ASPEN Malnutrition Solution Center at nutritioncare.org/malnutrition.



SENIOR CENTER LUNCH MENU

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Currently all Senior Centers are closed, due to Covid-19.	Meals are for curbside pick-up or home delivery only.	Curbside meal pick-up is available Mon-Fri 10:30 – 12:30 At MEG Center		1 Chicken & Rice Casserole Peas & Carrots Vegetable Medley Cucumber & Tomato Salad Roll Cherries in Cobbler
4 Breaded Fish Scalloped Potatoes Malibu Blend Veggies Roll Cinnamon Spiced Apples	5 Swedish Meatballs over Noodles Italian Veggies Garlic Bread Bananas in Pudding	6 Chicken Cordon Bleu Broccoli & Cauliflower with Cheese Sauce Rice Pilaf Strawberries on Shortcake	7 Soft Beef Taco with Garnish Salsa Chile Beans Calabacitas Pineapple Tidbits	8 BBQ Chicken Baked Beans Steamed Corn Coleslaw Cornbread Fresh Pear
11 ALL KITCHENS CLOSED FOR INDIGENOUS PEOPLES' DAY	12 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll Fresh Apple	13 Chicken Provencal with Veggie Topping White Rice Spinach & Onions Roll Sherbet	14 Pork Tamale with Red Chili Sauce Refried Beans Mixed Veggies Plums	15 Teriyaki Chicken Fried Rice Asian Veggies Roll Fortune Cookie Fresh Orange
18 Pork Chop Pork Gravy Wild Rice California Veggies Roll Yogurt	19 Pepper Steak Mashed Potatoes Mushroom Gravy 5 Way Veggies Roll Diced Peaches	20 Spaghetti w/ Meat Sauce Italian Veggies Tossed Salad Garlic Bread Applesauce	21 Baked Tilapia Diced Potatoes Brussels Sprouts Roll Lemon Bar	22 Meatloaf Tomato Topping Potatoes Au Gratin French Style Green Beans Roll Tropical Fruit Salad
25 Baked Chicken Chicken Gravy Buttered Noodles Asparagus & Onions Biscuit Apricots	26 Pork Stir Fry Stir Fry Veggies Seasoned Rice Spinach Salad Roll Oatmeal Cookie	27 Green Chile Chicken Posole Chuckwagon Veggies Pinto Beans Tortilla Vanilla Pudding with Cinnamon	28 Ham & Cheese Sandwich with Garnish Three Bean Salad Macaroni Salad Brownie with Cherry Topping	29 Chicken Fried Chicken Mashed Potatoes Pepper Gravy Vegetable Medley Roll Diced Pears

Senior Meal Suggested Donation: Lunch \$1.50

Curbside Meals are available only at the MEG Center 1121 Alto Street,
 In the front of the building Mon-Fri 10:30 a.m. – 12:30 p.m.

Milk is served with each meal. Menu is subject to change.

RECYCLE RIGHT, SANTA FE!

YES

CANS



Aluminum & Steel Cans
(Empty)

CARTONS



Food & Beverage Cartons
(Empty & Replace Cap)

PAPER



Mixed Paper, Newspaper,
Magazines, & Flattened
Cardboard

PLASTIC



Bottles & Containers
(Empty & Replace Cap)

REMEMBER, GLASS SHOULD BE TAKEN TO A DROPOFF CENTER

Not sure if it belongs in your cart? Don't be a "wishful recycler" - Improperly recycled items can contaminate everything else in the cart. When in doubt, throw it out (in your trash cart)!



www.santafenm.gov/ESD



NO BOTTLES

NO



No Plastic Bags
(return to retail)



No Tangles
(no hoses, wires, chains,
or electronics)



No Food or Liquid
(empty all containers)



No Clothing or Liners
(use donation programs)



Do Not Bag Recyclables

SENIOR SCENE MAGAZINE

City of Santa Fe Senior Center Locations



**All
Senior Centers
Temporarily Closed**

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