

SENIOR SCENE MAGAZINE



Photos taken by Gene Gerber. Please see more information on page 8

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



SEPTEMBER 2021

www.santafenm.gov/senior_scene_newsletter

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation).

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

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

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

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Vacant, Program Supervisor	955-
Administration & Registration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog. Manager	955-4744
FAX Machine - Administration	955-4797	Theresa Trujillo, Project Administrator	955-4745
Transportation Ride Reservations	955-4700	Retired Senior Volunteer Program (RSVP)	
Linda Quesada-Ortiz, Transportation Specialist / Supervisor	955-4700	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Nutrition		Marisa Romero, Program Coordinator	955-4743
Yvette Sweeney, Program Manager	955-4739	50+ Senior Olympics	
Enrique DeLora, Inventory Supervisor	955-4750	Cristina Villa, Program Coordinator	795-3817
Tebrina Roibal, Administrative Assistant	955-4749	Other Important Numbers	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
Meals On Wheels (for homebound individuals)		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Ride	473-4444
Senior Center Programming (Activities)		Newsletter Production	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	kwslater-huff@santafenm.gov	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

By Gino

A message from the Division Director



“It’s on the strength of observation and reflection that one finds a way. So we must dig and delve unceasingly.” -Claude Monet

“Looking back so that the view looking forward is ever clear” -Unknown

Sometimes all you can do is just hang on, and here we go again. We continue to see a surge in the COVID-19 Delta strain. We are also seeing more restrictions as a result and feel we are not going to re-open the senior centers yet. I know it is not what some of you wish to hear, but until the majority of people are vaccinated and we get the booster we have to remain vigilant. We will continue to look at ways we can continue to serve all.

As you can imagine, all of this can be very taxing on our staff as well. Please understand we have been doing this for the last year and a half and it does take a toll on us. Therefore, I’m asking that anytime you can, please thank them.

As soon as we know more about the booster and our role in helping, we will pass it on to you. I do highly recommend you pay attention to the news for guidance, I know I will.



NEWS & VIEWS

SEPTEMBER 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.*

Santa Fe Senior Centers

The Division of Senior Services continues to provide limited services, but our senior centers have not yet reopened, as of the publication of this newsletter.

Seniors 60+ are welcome to pick up a “curbside” lunch by driving to the back of the MEG Senior Center at 1121 Alto St., weekdays from 10:30 a.m. to 12:30 p.m. No need to reserve - just check the menu on page 18 and come whenever you’d like. There is a suggested donation of \$1.50 per meal, payable either daily (with exact change), or at the end of the month, or by punch card which you may purchase at curbside. Don’t forget to wear a mask!

Note: There will be no transportation and meals by delivery or curbside on Monday, September 6th in honor of the Labor Day holiday. We will close early on Friday, September 10th for Fiestas. Home delivered meals will be delivered as usual on September 10, but curbside meals will only be served 10:00 – 11:30 a.m. that day and Transportation will run 8:30 – 11:00 a.m.

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

In Praise of Crazy, of a Certain Kind

On cold evenings
my grandmother,
with ownership of half her mind-
the other half having flown back to Bohemia-

Spread newspapers over the porch floor
so, she said, the garden ants could crawl beneath,
as under a blanket, and keep warm,

and what shall I wish for, for myself,
but, being so struck by the lightning of years,
to be like her with what is left, that loving.

-Mary Oliver



Toss No Más

Keep Santa Fe Beautiful will host its next neighborhood clean-up on Saturday, September 18th. You are invited to participate.

They will supply T-shirts, gloves and trash bags to people who register ahead. You may pick up supplies the previous Saturday, Thursday or Friday at 1142 Siler Road, Building C anytime, between 10:00 a.m. – 2:00 p.m.

Pick up litter on the 18th 9:00 a.m. – 12:00 noon. Join the community and keep Santa Fe beautiful!



Free Benefits Counseling Available to Seniors

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

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

To schedule a telephone appointment with Stan, call (505) 955-4721.

NEWS & VIEWS

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Live, In-Person Classes at SFCC

Realistic Drawing Workshop for Beginners

Learn techniques of drawing realistically in a one-day workshop. Working in charcoal, you will learn how to use “chiaroscuro” (drawing light and dark shapes) techniques and achieve realistic images. No previous experience is required. Beginners will be able to draw portraits in less than a day.

Saturday, September 18 9:00 a.m.–3:00 p.m.
Class #: 1383 Fee: \$89 Held at the HEC Center

Gardening Good Enough To Eat

These days, everyone is trying to figure out how to stretch the family budget a little further. Planting your own “eat-ables” has never been more important. Bob Pennington from Agua Fria Nursery shares his experience about how to raise a successful vegetable garden. Bring your questions. You can grow your own food.

Tuesday, October 19 7:00 – 9:00 p.m.
Class #: 1380 Fee: \$49 At SFCC Main Campus

Modern Embroidery

Join Elizabeth Harris to learn some basic hand stitching. Simple, low cost and portable, embroidery is versatile and easy to learn.

Saturdays, October 23 & 30 9:30 a.m. – 12:30
Class #: 1553 Fee: \$89 At SFCC Main Campus

You can enroll online at www.sfcc.edu/ce or by phone at (505) 428-1676. Note: These are continuing education classes so the senior tuition for credit classes we mentioned in a previous newsletter does not apply.

Free Food Distributions



Available for everyone. No proof of income or citizenship required.

Thursdays,
September 2, 16 & 30
7:00 – 9:00 a.m., at
The Food Depot, 1222
Siler Road, Santa Fe.

Paint Party & Free Lunch

Meet great people and have fun while you help improve Bienvenidos Outreach Food Pantry!

On Saturday, September 11, we will paint the floor and walls of this normally busy non-profit. We will work from 10:00 a.m. to about 2:00 p.m. to give it a fresh look. Then, we will be treated to an enchilada lunch from Sunrise Restaurant.

This community-improving project is sponsored by the Senior Volunteer Programs' September 11th Day of Remembrance. Participants will also get a turquoise polo shirt. Let's pitch in!

The space can accommodate about 6-10 people. Volunteers must be vaccinated and masked for this indoor event. Please add your name to the list of helpers by Thursday, September 9. Sign up with Kristin at kwslater-huff@santafenm.gov or 955-4760.

Summer & Fall Flamenco



See the Summer & Fall Flamenco Series, featuring La Emi, in the Benitez Cabaret at the Lodge at Santa Fe, 705 N. St Francis Dr. Shows will feature many guest appearances.

Now through October 10. Tickets \$20-\$50. Performances Wed-Sat 8:00 p.m., Sun 2:00 p.m.

For more information or to purchase tickets, visit <https://www.hhandr.com/entertainment/>

Phone: 505-992-5800.

NEWS & VIEWS

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Are You Helping Raise Your Grandchildren?



Are you a grandparent age 55 or over, raising or providing financial support to your grandchild or grandchildren? Senior Services administers a “Grandparents Raising Grandchildren” fund to help offset your expenses.

We provide modest reimbursement (up to \$200 a year, per child, and up to \$400 total) for receipts showing payments of medical expenses, lunch meal tickets, school supplies, groceries, clothing and similar expenses for grandchildren.

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

“Out & About” Memory Care Event

“Out & About” events are monthly social outings sponsored by the Memory Care Alliance designed to promote unity among those living with dementia to raise awareness in our community. The September event will be at El Rancho de las Golondrinas, at 334 Los Pinos Road, Santa Fe 87507 on Wednesday, September 15th 11:00 a.m. - 1:00 p.m. Bring your picnic lunch and then join them for a private tour of Santa Fe’s authentic living history museum. Admission is free.

Please rsvp to David Davis at (505) 310-9752 or director.memorycarealliance@gmail.com.

Medicare Open Enrollment

Medicare Open Enrollment runs from October 15 through December 7, every year. That is your opportunity to re-evaluate your coverage and change (or keep) your Medicare plan, depending on what coverage you currently need and which plan best fits your needs.

Get informed about your Medicare options by calling the New Mexico SHIP to receive free and objective counseling this fall.

Call: 1-800-432-2080.

COVID Vaccines for the Homebound



If you or someone you know is homebound and has not gotten the COVID-19 vaccine, but would like it, Senior Services can help.

We can register you with the Department of Health and schedule a Santa Fe Fire Department EMT to come to your home and give you the first dose, and return for the second dose.

Call Kristin Slater-Huff at (505) 955-4760.

A Note from the Public Schools



Dear Santa Fe Seniors -

Let me introduce myself. I am Larry Chavez, the new superintendent of the Santa Fe Public Schools. Last month I was thrilled to welcome students and staff back to our school buildings for a new year of in-person teaching and learning.

Safety of our students and staff is our highest priority, and with vaccinations, COVID testing, masks and protocols in place, I am confident of a healthy and successful year ahead.

Our seniors have always been key to the success of our SFPS community. Whether as devoted grandparents or dedicated volunteers, Santa Fe’s seniors have helped our teachers and staff immeasurably. As we start school, our teachers and staff will lead with their heads and hearts. This distinguishing feature of our district draws students and parents back each year. Though we have yet to connect in person due to the ongoing pandemic, we know you are still there, quietly supporting our work and bringing wisdom and grace to our Santa Fe community.

Thank you and be well.

Superintendent Hilario “Larry” Chavez

NEWS & VIEWS

SEPTEMBER 2021

Disability Etiquette: Person-First Language



(santafenm.gov/etiquette)

Today, we use a concept known as “person-first language”. The thinking behind person-first language is that a disability is merely a single characteristic of the individual’s personhood. We all have characteristics: race, gender, ethnicity, etc. A person with a disability has a characteristic of disability. It is inappropriate to label them by that characteristic, thus calling undue attention to the disability. It is more appropriate to see the person first, thus the language talks about “a person with a disability.”

There are terms which are outdated and might be considered offensive but which can be replaced by preferable terms. For instance, it is appropriate to say “person with a disability” rather than labeling someone “handicapped, disabled, challenged, victim of, suffering from or special”. A “person with an intellectual disability” is more appropriate than “mentally retarded”. “A person with a seizure disorder” is preferable to “an epileptic”.

Sometimes, it helps to think for a moment before we speak.

He will be missed...



In Loving Memory

Lifelong resident of Santa Fe, David Segura Sr. passed away on August 12, 2021. He is preceded in death by his wife Charlotte, daughter Angela and son Gavino. David is survived by his children Rosario (Kathleen), David Jr. (Julie), Clyde (Elsa), and Michelle (William), 8 grandchildren, 17 great grandchildren and many nieces, nephews and other relatives.

Mr. Segura was a daily presence at the MEG Senior Center, always with a smile on his face and gratitude in his heart. His many friends and acquaintances at the senior centers will miss him.

Flora’s Corner



“The words of kindness are more healing to a drooping heart than balm or honey.”

-Sarah Fielding (1710 - 1768)

Feasting with Friends Fundraiser

Feasting with Friends is a community-wide event benefitting Kitchen Angels on any date in the month of September. Anyone can host a meal in their home and 100% of the proceeds benefit Kitchen Angels. Kitchen Angels prepares and delivers free, nutritious meals to Northern New Mexicans who are homebound and facing life challenging illnesses and conditions.



They invite you to host an event that suits your style – have an “appetizers & cocktails,” “dessert & champagne,” or “tacos & margaritas” party. Have fun and make it your own! While there is not a ticket fee, donations to Kitchen Angels are expected from each event.

For information, call (505) 471-7780 or go to www.kitchenangels.org

Neighbor to Neighbor Fund Drive



The Food Depot is Northern New Mexico’s food pantry. Their vision is simple: Healthy, hunger-free communities in Northern New Mexico. They ask you to support their “Neighbor to Neighbor Fund Drive”:

For information call (505) 4711633, go to www.thefooddepot.org, or mail a check to Food Depot 1222-A Siler Road, Santa Fe 87507.

Legal Resources for the Elderly Program (LREP)



A statewide, free legal helpline for New Mexico residents 55 and older (regardless of income), from the New Mexico Bar Foundation.

Statewide Toll-Free:
1-800-876-6657

Monday–Friday, 8:00 a.m. – 5:00 p.m.
www.sbnm.org/LREP

LREP Services:

Free Legal Advice, Free Legal Workshops
Free Brief Legal Services

Services are available in English and in Spanish. Legal advice is available for most civil legal issues, such as:

- Financial Problems
- Bankruptcy
- Landlord/Tenant Disputes
- Long-Term Care
- Medicare/Medicaid
- Estate Planning
- Employment
- Grandparent Caregivers
- Social Security Disability
- Probate

LREP staff attorneys often answer:

- Can I do anything about the harassing calls I'm receiving from my creditors?
- Will I have to give up my home to get Medicaid assistance for my spouse's nursing home care?
- My child wants me to co-sign on a loan. Should I do it?
- How can I tell whether my estate will require probate?

- Should I mortgage my house to pay my creditors?
- Social Security says I have been overpaid. What can I do?
- I have heard about living trusts. What are they and should I have one?
- Do I need a financial power of attorney or a living will?

Note: LREP does not provide legal help for criminal matters.

Cover Photographer: Gene Gerber



When I was a kid I took a class in photography and really liked it. We were told to build a camera using a box with a pinhole, put a piece of film in the back of the box and take a picture. My

camera was the only one where a picture came out, and it was surprisingly clear. After that though, I got interested in other things, and occasionally picked up a camera but didn't do much with it.

When I was in Florida I bought a cheap camera and started taking pictures at the beach and on the pier and other things. Most of those pictures were on an old computer and that computer was lost when I came to Santa Fe. Then, an agency in Florida got in touch with me about the possibility of using stock photo agencies to make money. I got caught up in it, and although it takes a lot of time before one can make any real money at it, some do better than others, and I have found it kind of fun.

I have taken so many pictures though, and most of them not that great, that I wonder daily, what more can I take pictures of? Every once in a while though, I luck out and get a picture of a rainbow, or special cloud formations, and can include those skies in other pictures. I have fun at it, but am a jack of all trades and have a hard time trying to find time for everything. I have learned a lot of things by accident, but have been able to get about 1700 pictures out to stock agencies, and keep learning. I am not a professional, but have been very fortunate to get some really great pictures.

RE-CREATE “THE SENIOR SCENE”

with us! Let’s turn this newsletter into a magazine.

We need YOU to step up. Volunteer to take over one of the following topics:

- Research and write practical, relevant, problem-solving and coping articles for **senior caregivers** and seniors of two generations - the recently retired and their aged parents who may rely on them for primary care and daily assistance.
- Create, collect and edit an **expanded puzzle** section to include visual, logic and math puzzles for multiple skill and literacy levels.
- Write a periodic column about **gadgets sold for seniors** designed to help adapt and cope with both temporary and permanent changes in vision, mobility, hearing, cognition, pain levels and memory. Which gadgets work and which do not? We have some sample products to start you off.
- **Interview** fascinating seniors and write an occasional feature story.
- Test **recipes** and write articles about the special **nutrition needs** of all seniors, including those on restricted salt or low-fat medical diets and vegetarians or vegans, or seniors with dry mouth or needing liquid diets. What tricks in meal planning can you suggest to maximize protein intake with limited calories, or on a tight budget?
- Write an occasional article **breaking down complicated senior-related problems** into step-by-step, practical instructions in everyday language.
- Prepare a column focusing on **consumer protection** and changes in the marketplace, such as the disappearance of fee-free checking accounts for seniors.
- Write a periodic article in **Spanish** or translate an especially useful article.
- Submit **culture reviews** of book, movies, music or local museum exhibits.
- Make suggestions on the **layout of text and images** to make the publication more accessible to visually impaired seniors and those reading at Grade 4 reading level.
- Help **expand the distribution** of the publication to reach the most vulnerable and isolated seniors. Help us identify target locations and get permission for access.
- **Distribute** the publication to locations throughout Santa Fe once a month.
- Offer concrete **suggestions** to make this a more accessible, useful and interesting publication for all seniors in Santa Fe.

If you would like to share your expertise to improve this publication, please send a brief résumé summary and your ideas. You may also send a sample article you wrote, if applicable. Indicate which need listed above interests you.

Submit to Kristin Slater-Huff at kwslater-huff@santafenm.gov

Senior Services, City of Santa Fe, PO Box 909 Santa Fe, NM 87504-0909

This page and many other publication improvements were suggested to us by Santa Fe senior Ann. We are grateful for her bountiful input.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER 2021



AmeriCorps Seniors
RSVP *Santa Fe*
Give a little time.
Get a lot back.

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



Volunteer for St. Elizabeth

St Elizabeth Shelter needs volunteers to prepare evening meals for their 20 - 25 guests. You can cook anything from vegan to a meat-lovers special. Volunteers call the shelter early in the month to sign up for an available day to commit to. You may cook the meal at home and deliver it to the shelter. Vaccinated individuals can bring what they would like to prepare and use the St. E kitchen. What a gentle, heart-felt way to give!

Or, you can teach or lead a group. They are seeking volunteers to commit to once or twice a month, to lead a group in any of these:

- Meditation
- Book Club
- Spiritual Awareness
- How to Handle Your Finances
- Job Interview Prep
- Arts & Crafts

To sign up, contact Kristin at (505) 955-4760 or kwslater-huff@santafenm.gov

How Do You Want to Volunteer?

- Play with kids at the Children's Museum?
- Immerse yourself in books?
- Advocate for nursing home residents as a trained Ombudsman?
- Tend a beautiful garden in the sun?

- Snuggle a baby for Many Mothers?
- Groom and love a therapeutic riding horse?
- Learn to build a Habitat house?
- Provide rides to life-changing medical services?
- Learn and share NM military history?
- Visit with a patient on hospice and bring light to their last days?

However you want to give of your soul and time, the RSVP volunteer program can find you an outlet to fit your lifestyle. To volunteer through RSVP or learn more, contact Kristin at (505) 955-4760 or kwslater-huff@santafenm.gov.



To all volunteers born in SEPTEMBER

Happy Birthday to all Senior Volunteers!

Ginger Blackmar	9/01
Amelia Garcia	9/6
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Karen Winter	9/09
Roy Trujillo	9/10
Mary Lou Van Ness	9/12
Elizabeth Hinds	9/13
Bruce H. Kidman	9/14
Stan Cooper	9/15
Lydia Anicito	9/16
Sophia M. Gallegos	9/16
Barbara Anderson-Acosta	9/17
Belle Garcia	9/18
Celina "Sally" Roybal	9/18
Socorro Arroyo	9/19
Phyllis Qualls	9/22
Frances Gomez	9/24
Lucy R. Brown	9/25
Patricia Szopinski	9/27
Kathleen Wise	9/27
Kim Martinez	9/28

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

Dear Stan –

I am a homebound person living with Multiple Sclerosis and I am enrolled in Original Medicare. I need skilled nursing care and physical therapy services. I also need assistance with grocery shopping and light housekeeping.

-Consuela, Las Cruces, NM



Dear Consuela –

Thank you for your question about Medicare home health care services. **Medicare's requirements for home health care are as follows:**

- You must be homebound;
- You must need skilled nursing services on an intermittent basis (recurring needs fewer than seven days a week or fewer than eight hours a day, for up to 21 days) and/or skilled therapy care (care offered by recognized professionals);
- You need to meet face-to-face with your doctor within 90 days before you start home health care, or the 30 days after you receive care;
- Your doctor must sign a home health certification saying you are homebound and need intermittent care; and
- You receive care from a Medicare-certified home health agency. If you need help finding a Medicare certified home health agency, call Medicare at 1-800-633-4273. To receive local assistance, call the **New Mexico State Health Insurance Assistance (SHIP) Program** by calling the **Ageing & Disability Resource Center (ADRC) at 1-800-432-2080.**

In general, Medicare typically does not cover grocery shopping and housekeeping services. However, in conjunction with skilled care such as nursing care or physical therapy services received in the home, Medicare may cover a home health aide as part of the home health care benefit. Your provider will have to determine if you have a medical need for home health aide services. Home aide services may include grocery shopping assistance and light housekeeping services. Read more about the Medicare Home Health Care benefit by going to this Medicare.gov link: <https://www.medicare.gov/coverage/home-health-services>.

If you are on a Medicare Advantage Program, call your insurer (at the number on the back of your Medicare Advantage card) to find out what home health care benefits you qualify for.

If you are a **veteran** or a surviving spouse of a veteran who meets VA eligibility requirements, you may be eligible for VA home health care services. The VA "Aid and Attendance Benefit" is a monetary benefit to help eligible veterans and their spouses with services provided at home or in assisted living facilities. For more information, call 1-866-684-7191, or go online to <https://www.veteranaid.org/aid-and-attendance-eligibility.php>.

Medicaid, a state-based program that provides health care services for persons with limited income and resources, is another resource that may assist with coverage for home health care. Medicaid has various categories depending on numerous factors including a person's age and disability status. The ADRC manages the registry for the Medicaid Home and Community Based Waiver—be aware this program has a waiting period. To find out if you are eligible for a Medicaid program in New Mexico, contact the ADRC at **1-800-432-2080**.

-Stan,

New Mexico SHIP SMP Volunteer



SUDOKU PUZZLE

SEPTEMBER 2021

6					9			4
	8	9	5				1	6
5				6		3		9
8	3	1				7		5
	2						6	
9		7				8	4	2
2		6		1				8
3	7				6	9	2	
1			3					7

Sudoku Rules

(From Reader's Digest)

Sudoku puzzles are solved with logic and don't require you to have any math skills (besides being able to count to 9).

All sudoku puzzles are 9 × 9 grids. To solve them you have to fill in the empty cells.

Each column, row, and region must contain the numbers 1 to 9 exactly once.

Answer

1	9	4	3	8	2	6	5	7
3	7	8	4	5	6	9	2	1
2	5	6	9	1	7	4	3	8
9	6	7	1	3	5	8	4	2
4	2	5	7	9	8	1	6	3
8	3	1	6	2	4	7	9	5
5	4	2	8	6	1	3	7	9
7	8	9	5	4	3	2	1	6
6	1	3	2	7	9	5	8	4

HEALTH & SAFETY

SEPTEMBER 2021

Stretch your Food Dollars with Double Up Food Bucks!

(From www.doubleUpNM.org)

Get more fruits and vegetables when you spend your SNAP EBT Card dollars at participating farmers' markets, farm stands, mobile markets, and grocery stores with Double Up Food Bucks!

For example, if you spend \$10 from your SNAP EBT Card at a participating outlet, they give you another \$10 to buy fresh fruits and veggies grown in New Mexico. It's that easy!

At a Grocery Store - Includes Food King, La Montanita Co-Op, Mo-Gro Mobile Grocery, Reunity Farm:

1



Go to your local Double Up Food Bucks participating grocery store and shop for New Mexico-grown fresh fruits and vegetables.

2

Tell the cashier that you'll be using your SNAP/EBT card.



3



A 50% discount will be applied at the register for your New Mexico-grown fresh fruits and vegetables!

* Some smaller grocery stores may use tokens instead of instant discounts.

At a Farmers' Market - Includes the Santa Fe Farmers' Market at the Railyard:

1



Bring your SNAP EBT card to the farmers' market office or info booth before you shop. Market staff are there to help.

2



Buy any SNAP-eligible foods at the market with your SNAP EBT card dollars.

3



They'll match what you spend with FREE Double Up Food Bucks - every market day. Use them right away or later on to buy New Mexico-grown fruits and vegetables.

SNAP is the Supplemental Nutrition Assistance Program (formerly known as "Food Stamps"). If you do not currently receive SNAP benefits, but would like to find out whether you qualify, you can apply online at www.yes.state.nm.us or call the New Mexico Human Services Department at (800) 283-4465.



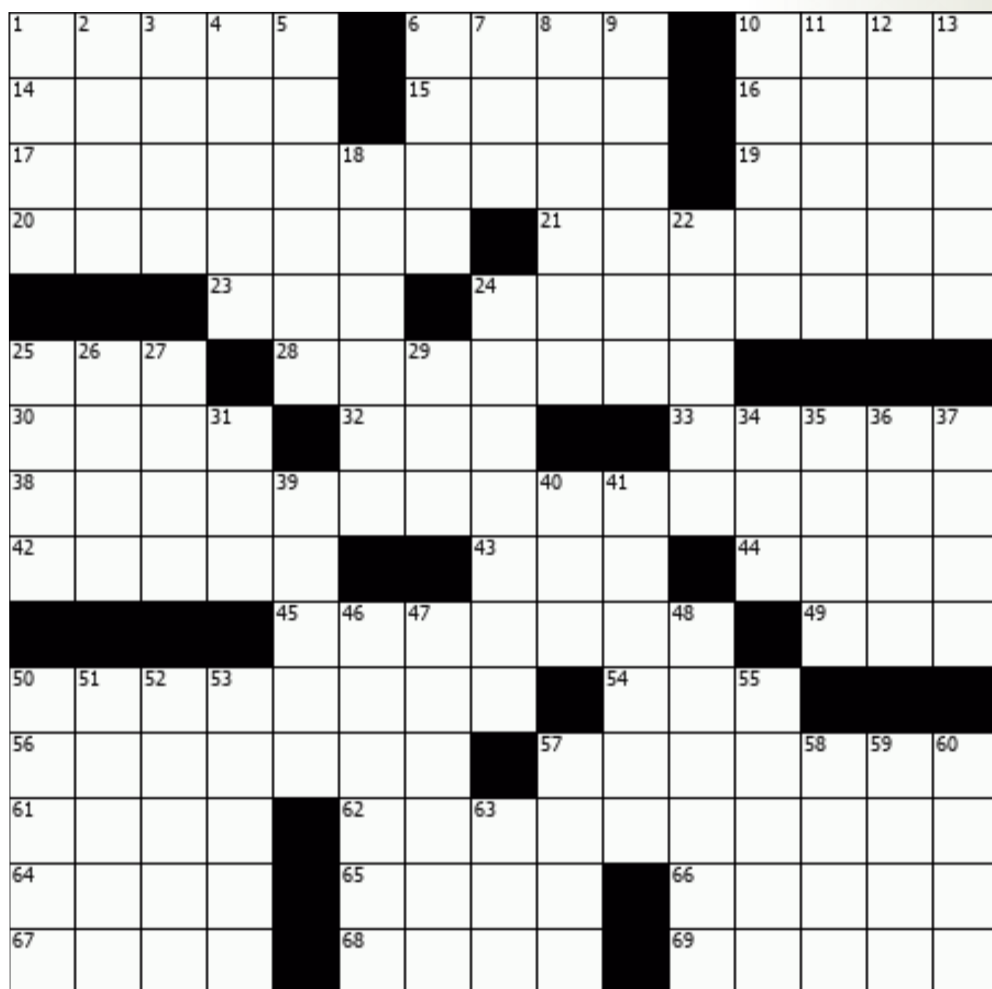
**DOUBLE UP
FOOD BUCKS™**

PUZZLE

SEPTEMBER 2021

Across

1. Savage being
6. Itsy bitsy bit
10. On ___ (without commitment)
14. He surpassed Ruth
15. Proposal killers
16. Worker's list heading
17. Station break plea
19. Julia of "The Addams Family"
20. Italian seaport, WWII battle site
21. Crop with a powerful Washington lobby
23. Morse code bit
24. With 50-Across, station break plea
25. Ring punch
28. Inventor's protections
30. Sunscreen ingredient
32. Far from stringent
33. Becomes less jammed, as traffic
38. Station break plea
42. Clean fish
43. Doves do it
44. Open to breezes
45. Some are narrow
49. Library stamp word
50. With 24-Across, station break plea
54. Midori of skating
56. Supervise
57. Emulated a pig
61. Staff note
62. Station break plea
64. Slender fastener
65. River in Germany
66. Michael Jackson trademark
67. Year's last word, often
68. Coal or skirt line
69. Mississippi's four



Down

1. Big mouth, of a sort
2. Pro ___ (proportionately)
3. Continental dividing range
4. Played (with)
5. Surround or envelop
6. Obsessed with
7. Aah's partner
8. Early German
9. Classify
10. Camel back's undoer
11. Hunt illegally
12. Draw forth
13. Bit of punctuation
18. Lung function
22. Attack
24. Spicy cuisine, often
25. Shark's assets
26. Mr. Guinness
27. Gaucho weapon
29. Feathers' stickum
31. Pipe shape
34. Camel hair garment
35. Mentioned before
36. Natural shade
37. Largest of the Inner Hebrides
39. Root crop
40. Bush's group
41. Doing some gardening
46. Soft-napped
47. Another spic
48. Criminal's pu
50. Developmen
51. All-inclusive
52. Hire new sta
53. Slowly lose g
55. Paperless ex
57. Rose holder
58. "___ compan
59. Gutter's supj
60. Easter dips
63. Miami Heat a

WORD SEARCH

SEPTEMBER 2021

Mammals

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

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

GNU
GORILLA
HARP SEAL
HORNBILL
HORSE
HYENA
INDRI
KANGAROO
KUDU
LION
MOUNTAIN HARE
MUSKRAT
OKAPI
PIG
PLATYPUS
POLAR BEAR
PORPOISE
RED DEER
RINGED SEAL
SABLE
TARPAN

AARDVARK
ALPINE SHREW
BINTURONG

BISON
DOLPHIN
ELK

FERRET
FIELD VOLE
GIRAFFE

NUTRITION EDUCATION

SEPTEMBER 2021

Healthy, simple recipes from “A Place for Mom”



Tasty Tomato Tart

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health. It's similar enough to pizza that even picky eaters will try it — but it's a total showstopper with fresh, colorful ingredients.

Ingredients:

1 sheet frozen puff pastry, thawed
1 teaspoon olive oil
1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano
1 onion, thinly sliced
2-3 large tomatoes (preferably colorful)

Instructions

Preheat the oven to 425° F and line a baking sheet with parchment paper or non-stick aluminum foil. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.

Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.

Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.

Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

Garlicky Roasted Eggplant with Creamy Yogurt Sauce

Eggplant is a great source of nutrition that boasts phytonutrients — a memory-booster — and fiber for digestive health. It's also easy on dentures without being mushy.

Ingredients:

1 eggplant, cut into ½-inch slices
¼ cup olive oil
1 teaspoon Mediterranean spice blend, or your favorite blend
2 cloves of garlic, finely chopped (or pre-chopped from the jar)

Instructions:

Place eggplant slices on a baking sheet and sprinkle with salt. Let them sit for a couple minutes while your oven preheats to 400° F (this softens them and reduces bitterness).

Mix garlic, olive oil, and spice blend in a small bowl. Brush both sides of eggplant with the olive oil mixture for a dose of heart-healthy fats. Roast eggplant for about 30 minutes, until caramelized, flipping once about halfway through.

For the sauce:

1 cup Greek yogurt (great for digestive health)
1 tablespoon lemon juice
1 teaspoon honey
1 clove garlic, finely chopped
1 tablespoon basil or mint (optional)
Mix in a small bowl; add salt and pepper to taste. Serve your roasted eggplant with the yogurt sauce for a fresh, Mediterranean dish. Consider brown rice, whole-grain pasta, or chopped cucumbers and tomatoes as a side dish.



PUZZLE & WORD SEARCH ANSWERS

SEPTEMBER 2021

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

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

SENIOR SERVICES LUNCH MENU SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Milk is served with each meal.</i></p> <p><i>Menu subject to change.</i></p>	<p>1</p> <p>Meatloaf Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll Fresh Orange</p>	<p>2</p> <p>Chicken Soft Taco with Garnish Chile Beans Calabacitas Oatmeal Cookie</p>	<p>3</p> <p>Ham & Cheese Sandwich with Garnish Baby Carrots Potato Salad Diced Peaches</p>
<p>6</p> <p style="text-align: center;">ALL KITCHENS CLOSED FOR LABOR DAY</p>	<p>7</p> <p>Carne Adovada Burrito Refried Beans Flour Tortilla Chuckwagon Corn Sherbert</p>	<p>8</p> <p>Hot Roast Beef Sandwich Au Jus Sauce Green Beans French Fries Tossed Salad Fresh Apple</p>	<p>9</p> <p>Frito Pie with Garnish Mexicorn Spanish Slaw Cherries in Cobbler</p>	<p>10 Curbside 10:00 – 11:30 Chicken Salad Sandwich 3 Bean Salad Carrot Sticks Croissant Yogurt</p>
<p>13</p> <p>Cheesy Baked Ziti with Meaty Marinara Italian Veggies Garlic Bread Baked Cinnamon Apples</p>	<p>14</p> <p>Turkey Sandwich with Garnish Macaroni Salad Carrot Raisin Salad Mixed Fruit in Jello</p>	<p>15</p> <p>Green Chile Chicken Enchiladas Pinto Beans Vegetable Medley Tossed Salad Applesauce</p>	<p>16</p> <p>Sloppy Joe Tater Tots California Veggies Coleslaw Peanut Butter Cookie Fresh Orange</p>	<p>17</p> <p>Baked Fish Onion Rings Mixed Veggies Cucumber & Tomato Salad Roll Chocolate Pudding</p>
<p>20</p> <p>Chicken Tenders Country Gravy Seasoned Fries Green Beans Biscuit Pineapple Tidbits</p>	<p>21</p> <p>Hawaiian Chicken Steamed Rice Peas & Carrots Hawaiian Roll Tropical Fruit</p>	<p>22</p> <p>Country Style Ribs Baked Beans Steamed Broccoli Spinach Salad Cornbread Cinnamon Roll</p>	<p>23</p> <p>Salmon Patty Tomato Macaroni Asparagus Roll Lemon Bar Fresh Apple</p>	<p>24</p> <p>Pork Posole Spanish Rice Mixed Veggies Tortilla Ice Cream</p>
<p>27</p> <p>Beef Ravioli with Marinara Sauce Italian Veggies Garlic Toast Plums</p>	<p>28</p> <p>Soft Fish Taco Salsa Spanish Slaw Black Beans Tapioca Pudding</p>	<p>29</p> <p>Pork Roast Pork Gravy Mashed Potatoes Buttered Carrots Green Salad Roll Fresh Pear</p>	<p>30</p> <p>Green Chile Cheeseburger with Garnish Pork & Beans Potato Chips Watermelon</p>	<p>Oct 1</p> <p>Chicken & Rice Casserole Peas & Carrots Vegetable Medley Cucumber & Tomato Salad Roll Cherry Cobbler</p>

Senior Meal (60+) Suggested Donation \$1.50

Non-Senior Price \$7.00

**Lunch is Available M-F at Curbside pickup at
MEG Senior Center, 1121 Alto St. 10:30 a.m. – 12:30 p.m.**

iVámonos!

SANTA FE WALKS

EXPLORE SANTA FE'S TRAILS! GET SOME FRESH AIR! MEET YOUR COMMUNITY!

2021 WALKS & EXPLORATIONS on SANTA FE TRAILS

Join us on free, hour-long walks and weekend hikes

May through October 2021

#VamonosSantaFe

sfct.org/vamonos

Photo by Don Usher

For more information and maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019
#VamonosSantaFe

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

SEPT

14 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
(Meet at 6599 Jaguar Dr)

15 - Wednesday @ 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to the
Acequia Trail to Ashbaugh Park and back

18 - Saturday @ 10 AM

Vámonos Hike, "Scavenger Hunt!"
Arroyo Hondo Open Space
(Meet at Old Agua Fria Rd E)
(Easy hike on dirt trail)

24 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park
(Meet at 1121 Alto St)

30 - Thursday 5:30 PM

Walk along the River
Frenchy's Field at the intersection of Osage
Ave and Agua Fria, to the River Trail to John
Griego Vietnam Memorial Park

OCT

5 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
(Meet at 6599 Jaguar Dr)

9 - Saturday @ 3 PM

"Walktoberfest" with AARP
Walk from Tumbleroot Brewery on River Trail
to Frenchy's Field and back
2791 Agua Fria St Santa Fe

13 - Wednesday 5:30 PM

Wellness Walk
Larragoite Park on Cristobal Colon to the
Acequia Trail to Ashbaugh Park and back

22 - Friday 10 AM

Walk with our Elders
Bicentennial/Alto Park
(Meet at 1121 Alto St)

23 - Saturday 10 AM

Vámonos Hike in Pecos National Historical
Park (3.8 mile dirt trail hike on S. Pasture
Loop trail) RSVP required to info@sfct.org
for bus transportation to trailhead

City of Santa Fe Senior Center Locations

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

PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO

All Senior Centers Temporarily Closed

Genovev Chavez Community Center

