

CITY OF SANTA FE SENIOR SERVICES

# SENIOR SCENE

April 2025

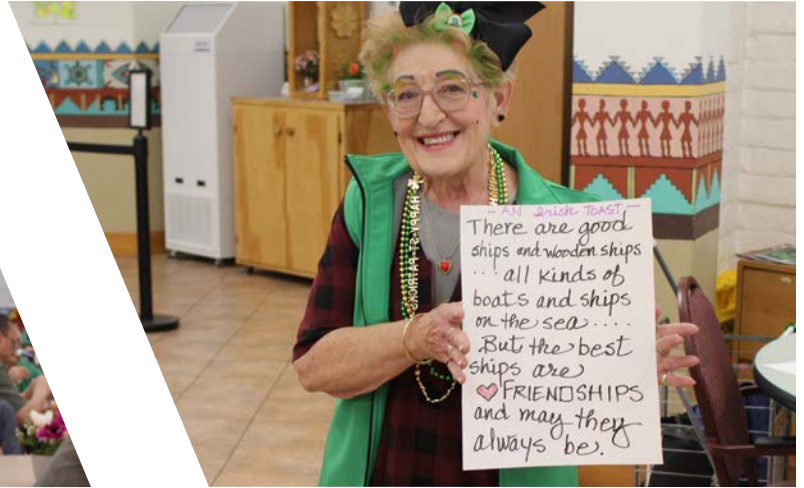


CITY OF SANTA FE  
SENIOR SERVICES

# MARCH HIGHLIGHTS



RJ-our very own Leprechaun!



Patty Merrill - St. Paddy's Day spirit!



Thank you, Christine!



Thank you, Colleen & Sally!



Thank you, Chuck!



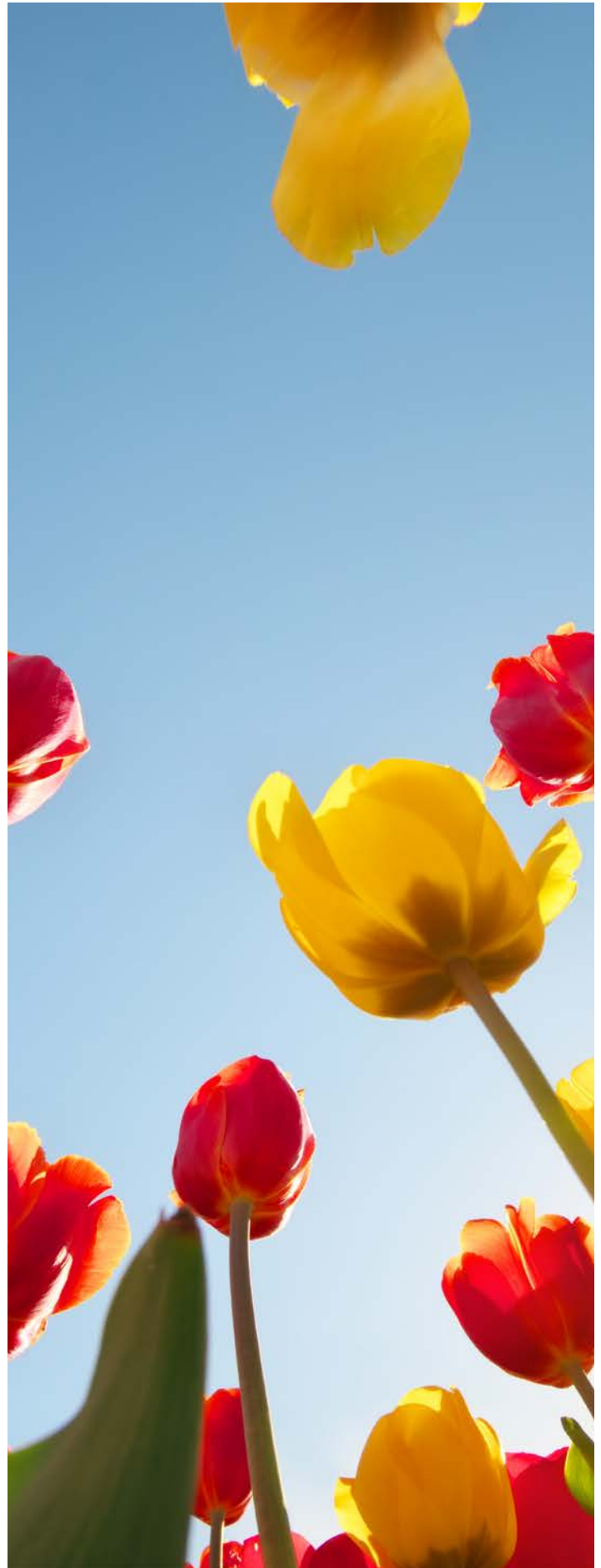
Chizuko in her kimono!

# SENIOR SCENE

April 2025

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# ACTIVITY CALENDAR

## — WEEKLY ACTIVITIES

10:30 am to 12:30 pm  
**Monday to Friday**

- Computer Lab open
- Fitness Room open
- Lunch

**LUISA Senior Center**  
**1500 Luisa St (The entrance is on Columbia St)**

**PASATIEMPO Senior Center**  
**664 Alta Vista St**

|                   |   |             |  |
|-------------------|---|-------------|--|
| <b>Mon to Fri</b> | 8 am to 1 pm:<br><b>Fitness Room Open</b> | <b>Tues</b> | 10 am to 11 am:<br><b>Line Dancing (Beginner)</b><br>11:30 am to 12:30 pm:<br><b>Line Dancing (Intermediate)</b> |
|-------------------|---|-------------|--|

10:30 am to 12:30 pm  
**Monday to Friday**

- Lunch


|             |   |              |  |
|-------------|---|--------------|--|
| <b>Weds</b> | 11:45 am to 2:00 pm:<br><b>Live Music:<br/>Grupo Cielo Azul</b> | <b>Thurs</b> | 9:30 to 10:30 am:<br><b>Japanese Dance W Chizuko</b> |
|-------------|---|--------------|--|

**Mary Esther Gonzales (MEG) Senior Center**  
**1121 Alto St**

| Monday                                       | Tuesday                                     | Wednesday                                    | Thursday                                 | Friday                                       |
|--|---|--|--|--|
| 8:30 to 9:30 am:<br><b>Tai Chi</b>           | 8:30 to 9:30 am:<br><b>Tai Chi</b>          | 9:30 to 10:30 am:<br><b>Enhanced Fitness</b> | 9:30 to 11:00 am:<br><b>Wood Carving</b> | 9:30 to 10:30 am:<br><b>Enhanced Fitness</b> |
| 9:30 to 10:30 am:<br><b>Enhanced Fitness</b> | 10:00 am-12:00 pm:<br><b>Guitar Class</b>   | 1:30 to 3:00 pm:<br><b>Bingo</b>             | 1:00 to 2:00 pm:<br><b>Meditation</b>    | 1:00 to 3:00 pm:<br><b>Knitting Class</b>    |
| 1:00 to 3:00 pm:<br><b>Improv</b>            | 3:30 to 4:30 pm:<br><b>Enhanced Fitness</b> | 3:30 to 4:30 pm:<br><b>Enhanced Fitness</b>  | 3:30 to 4:30 pm:<br><b>Qi Gong</b>       |  |
| 3:30 to 4:30 pm:<br><b>Enhanced Fitness</b>  |   |  |  |  |

For additional information on the activities scheduled in any of our centers, please call

**505-955-4715** 

 Date: \_\_\_\_\_  
 Activity: \_\_\_\_\_  
 Name: \_\_\_\_\_

Please **SIGN IN** to every activity, program, or service you participate in. Keeping an accurate record of the number of participants is **CRUCIAL** to secure the funds we need to continue serving you.

# APRIL AT A GLANCE

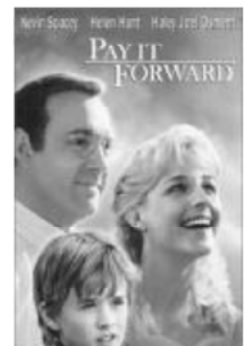
| April 2025  |   |  |  |   |
|---|---|--|--|---|
| Monday  | 1 Tuesday   | 2 Wednesday  | 3 Thursday   | 4 Friday  |
|   | MEG 1:00 – 5:00 AARP<br>"Smart Driver" Course<br>(see pg 7 for details) |  |  | MEG<br>11:00 to 12:30<br>Birthday Celeb   |
| <b>7</b><br>MEG<br>1:00 - 3:00<br>Cribbage w Keena  | <b>8</b>  | <b>9</b><br>PASATIEMPO<br>11:00 to 12:30:<br>Birthday Celeb      | <b>10</b><br>MEG - Meet & Go<br>9:00 - 3:00<br>Day Trip - El Santuario   | <b>11</b><br>LUISA<br>11:00 to 12:30:<br>Birthday Celeb<br><br>MEG<br>1:00 - 2:00<br>Book Club<br><i>The Red Tent</i> by<br>Anita Diamant |
| <b>14</b><br>MEG<br>1:00 - 3:00<br>MOVIE            | <b>15</b><br>MEG<br>11:30 - 12:30<br>ICAN Nutrition Class               | <b>16</b><br>PASATIEMPO<br>11:30 - 12:30<br>ICAN Nutrition Class | <b>17</b>  | <b>18</b>   |
| <b>21</b><br>MEG<br>1:00 - 3:00<br>Cribbage w Keena | <b>22</b>   | <b>23</b>  | <b>24</b><br>LUISA<br>11:30 - 12:30<br>ICAN Nutrition Class<br><br>833 Early St (FOE)<br>1:00 - 3:00 pm:<br>Spring Dance | <b>25</b>   |
| <b>28</b><br>MEG<br>1:00 - 3:00<br>MOVIE            | <b>29</b>   | <b>30</b>  |  |   |

## This Month Movies

In celebration of *Earth Day*, we are presenting **The Secret Garden (1993)**, a stunning film about the healing power of nature. Come and watch it with us on **April 14 at 1 p.m. at MEG Center.**



April is *National Volunteer Month* and to celebrate we are presenting **Pay it Forward (2000)**, a moving film about kindness and generosity. Join us on **April 28 at 1 p.m. at MEG Center.**



# CONTACT INFORMATION

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## **505-955-4721**

50+ Senior Olympics Program  
Administrative/Information  
Activities Programs  
Benefits Counseling  
Health Promotion  
Home-delivered Meals  
Nutrition/Congregate Dining  
Outreach  
Senior Services Registration  
Recreation/Fitness  
Respite Care Program and  
Home Management

## **505-955-4760**

Public Relations  
Retired Senior Volunteer Program

## **505-955-4745**

Foster Grandparent Program  
Senior Companion Program  
Grandparents Raising Grandchildren

## **505-955-4700**

Transportation



# DIRECTOR'S NOTE

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## **Dear Senior Services Community,**

Spring in New Mexico is here; Winter is over, and now we need to prepare for the warmer weather. This month is Volunteer Appreciation Month. I would like to thank all our volunteers that give your time at our Senior Centers and other volunteer stations that you volunteer at throughout the Santa Fe area. We appreciate the time each one of you contribute to our centers by helping us with our Welcome Desk, assisting in our nutrition area, taking names, assisting other seniors by taking their food to the table for them, preparing silverware, serving, assisting with dishes for our meal service, arts and crafts volunteers in ceramics, woodworking, jewelry making, technology assistance, meditation, fitness, line dancing, Tai Chi, guitar class, oil painting, quilting, knitting, the musicians that fill the dining area with live music (piano, guitar, music ensembles), and giving haircuts.

We also have those volunteers that take part in our external Volunteer programs: Retired Senior Volunteer Program (RSVP), Grandparents Raising Grandchildren, Senior Companions, Foster Grandparents, Senior Olympics volunteers, enrolling new volunteers, administrative support for our volunteer programs. None of these programs and services could happen without you.

I would like to encourage anyone that has a talent and would like to share it with our seniors by leading a class or helping around our Senior Center for an hour, a few hours, one- day-a- week or multiple days a week. I invite you to please consider volunteering with the City of Santa Fe Senior Services Division. Please reach out to us for more information if you are interested.

The County of Santa Fe is conducting a comprehensive survey to help determine how to best apply resources for seniors in the future. I would encourage everyone that lives in Santa Fe County to participate in the survey so that we can plan for Senior programs in the future.

Once again, thank you for all you volunteers do for our seniors,

**Manuel Sanchez**

**Senior Services Director**

# EMPLOYEE SPOTLIGHT

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## GERSON PEREZ



### **What's your job title?**

Senior Services Program Coordinator (Activities)

### **How many years have you worked for the City?**

I just joined the City in March of 2025, I am a brand-new team member!

### **What's the most exciting part of your job?**

Having the chance to serve the senior citizens of our city. They all have wisdom to share and endless amazing stories. I also enjoy working with my team, they are all fantastic people.

### **Do you have any hidden talents or hobbies?**

I recently started learning to play the piano and I am doing surprisingly well. I have many hobbies but lately I have been trying to draw and paint more. You won't see my art in the local galleries though.

### **Are you a sports fan?**

Unfortunately, I am not. If I go every now and then to a Sports Bar, does that count?

### **Who are your favorite teams?**

Sorry to disappoint you on this one, but I really don't follow any sports. The good thing about it is that I'll never have an argument with anyone about which team is the best in any sport. All of them are good as long as they do the best they can, play by the rules, and accept the results.

### **What's something your proud of?**

I'm pretty good at adapting to new situations and reinventing myself. I've lived in three different countries and have always found a way to make a living by serving other people. Love is the answer, regardless of what the question is.

## KIM RIVERA



### **What's your job title?**

Senior Services Program Coordinator (Activities)

### **How many years have you worked for the City?**

18 years.

### **What's the most exciting part of your job?**

Meeting and visiting Seniors and helping meet their needs.

### **Do you have any hidden talents or hobbies?**

I enjoy cooking & baking, as well as many other craft projects.

### **Are you a sports fan?**

Yes, Basketball and Baseball.

### **Who are your favorite teams?**

Indiana Fever

### **What's something your proud of?**

My amazing family.



# NEWS & VIEWS

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## MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30AM-4:15PM. Reservations must be called in, please do not email requests. Please note: The THIRD THURSDAY of the month we will close at 2:30PM for mandatory staff meetings/trainings. Thank you.

Customers need to schedule their reservation at least 5 days in advance.

Thank you for your patience. If you have any questions, please feel free to contact Linda Salazar at 955-4700.

## APRIL GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

**Food Depot**  
**1222 Siler Road.**  
**Thurs, April 3rd and 17th**  
**7:00AM-9:00AM**

### San Martin de Porres Distribution

April 8th & 22nd: 4:00PM -5:00PM

Free, no application required! Dixon House (2148 San Ysidro Crossing)

### St. John's Methodist Bag 'n Pantry

Tues: 11:00AM-12:30PM, 5:00PM-6:30PM

1200 Old Pecos Trail Santa Fe, NM

Contact: 505-982-5397



Open to all low-income seniors 50+. Fourth Sat. of the month.  
Zia United Methodist Church  
3368 Governor Miles Rd.  
3:00PM-4:00PM

## HIKES FOR ACTIVE SENIORS

**Moderate Hike: Monday, April 21, 2025**

### Lower Tesuque Creek Trail

This hike starts across Hyde Park Road from the Big Tesuque Creek Campground (9,700 feet). The good news is that it goes downhill from there, but the not so good news is that the return hike is uphill, but not steep. The total distance is about 2.6 miles on a well-defined trail through a beautiful forest. There WILL be snow on the trail.

### General items

- Arrive: MEG between 8:15AM and 8:30AM.
- Departure: 8:45AM sharp.
- Return: approximately 1:00PM.

### What to Bring

BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket and sunscreen. Also, hiking poles if you have them. Spikes are required. You will be discouraged from participating in the hike if you do not have proper spikes or yak tracks for your boots. Happy Trails!

## AARP "SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers fifty years and older, changes in vehicle technology, road, and street safety, and may be eligible for an auto insurance discount on your policy.

To participate, you must be fifty years or older and have a valid driver's license. Class fee is \$20 for current AARP members and \$25 for non-members. Classes will be held on the first Tuesday of each month from 1:00-5:00p.m. The next class is scheduled for **Tue, April 1, 2025**. For further information to attend any class, contact:

**Edna Sandoval at 505-690-4350, visit [aarp.org](http://aarp.org)**



## TAX HELP NEW MEXICO - SANTA FE

Get help from IRS-qualified tax preparers. Tax Help New Mexico is a free tax-filing service for NM residents whose income is \$65,000 or less, or those who are 65 years or older.

**Location:** Santa Fe Main Library  
145 Washington Ave, Santa Fe

**Dates:** February 3 - April 9, 2025

**Days:** Open Monday - Wednesday

**Appointments are required.** Please call 505-819-3702 and speak to our staff or leave a message and we will call back.

## AARP Foundation<sup>®</sup> Tax-Aide

The AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. The services are provided by volunteers from the community.

**Location:** Santa Fe Community College  
6401 Richards Ave., Main Building,  
Rooms 408 and 410, next to the Cafeteria

**Start Date:** Thurs, February 3, 2025

**End Date:** Tues, April 15, 2025

**Cost:** Free

**Days of operation:** Monday through Saturday

**Hours of operation:**

Mon - Fri: 8:30am – 3:00pm

Sat: 8:15am – 11:30am

**Phone:** (505) 428-1780

For information Voice Mails only, volunteers will return calls when possible.

**Holiday or other closures:** SFCC observed holiday closures, SFCC Spring Break (Mar. 24 through Mar. 29), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

### **APPOINTMENTS ARE REQUIRED**

To make an appointment online:

**[sfcc.edu/taxaide](http://sfcc.edu/taxaide)**

To make an Appointment by Phone:

**505-428-1780**

(Note: this phone is staffed by volunteers during days of operation – Voice Mails will be answered when volunteers are available.)

# NEWS & VIEWS

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## SPRING DANCE

**Thursday, April 24, from 1:00pm-4:00pm**

**Fraternal Order of the Eagles (833 Early St.)**

Put on your dancing shoes for the City of Santa Fe Spring Dance this April! Enjoy an afternoon of great music, with Peter Vigil and the All Stars. Whether you love to waltz or just sway to the beat, this event is for you. Don't miss the fun! - Entrance is free!

## SANTA FE 50+ SENIOR OLYMPICS

Cheer on the champions at the Santa Fe Senior Olympics this April! Watch athletes 50+ compete in 10+ thrilling sports, including swimming, archery, basketball, and more. Join the excitement, celebrate active living, and support our incredible senior competitors. Don't miss the action—come and be inspired! Calendars of the events are available at any of our Senior Centers.

## DAY TRIP TO EL SANTUARIO DE CHIMAYÓ

A historic pilgrimage site, renowned for its sacred healing dirt. Built in the early 19th century, the adobe church features beautiful folk art and attracts thousands of visitors each year, and it will be our destination of our April Day Trip. You are invited to reserve your seat calling Kim at 505-955-4715 (space is limited to 50 seats).

### **Things to remember for participants:**

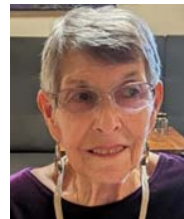
The trip fee is \$5. We will have lunch at Rancho de Chimayó. They will kindly offer our group a special menu for \$20 (tips and tax included), for a combination plate, sodas, teas and sopapillas. Please bring exactly \$25 in cash to pay for the fee and lunch. We will gather on Thursday, April 10 at

8:30 am at MEG Center. You will be required to sign a waiver before boarding the bus.

We will leave at 9:00 am, and will return around 3:00 pm (we cannot guarantee the return time).

We are unable to provide transportation from your home to the MEG center that day, all participants need to find a way to come to the center on time.

## IN REMEMBRANCE



### **In Loving Memory Lucy Brown**

Lucy (Luz) Brown was called home at the age of 84.

Her long career started in 1959 working as an accountant for an engineering firm. She then went to work in the medical field for 24 years. She was active in her parish church, Cathedral Basilica of St. Francis and as a volunteer at St. John's Soup Kitchen and the City of Santa Fe Senior Citizens Centers. These were the years she enjoyed the most, with her parish friends and serving her community.



### **In Loving Memory Joe Pat Segura**

Born April 28, 1937-February 24, 2025 (age 87)

Joe Pat, lifelong SF resident, 87, passed away peacefully at home surrounded by his loving family. Joe lived a life filled with love, hard work, dedication, and profound faith. We will miss you!

## FLORA'S CORNER



Only one life twill soon be past,  
Only what's done for our Creator,  
shall last. -Anonymous.

# Family Caregivers

## Women's Support/Action Group

**1st and 3rd Tuesdays**  
**1:30pm–2:30pm**

**In-person**  
**Memory Care Alliance Office**  
1541 S. Francis Dr. Santa Fe

This group meets twice a month and is for women supporting a loved one with a dementia diagnosis or any chronic illness.

It is an opportunity to share and learn in a confidential setting with others who may be going through some similar challenges. It's about taking care of yourself even as you care for others.

You can learn and practice:

- Communicating more clearly
- Organizing your calendar, home, and car
- Having a plan and being flexible
- Advocating for yourself and your loved one

**The group is sponsored by The Memory Care Alliance and is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist with 25 years of experience with individuals and groups.**

**Please contact Eileen by calling 505.428.0670 or emailing [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place.**





# 90<sup>TH</sup> ANNIVERSARY

## 85<sup>th</sup> BAILE DE CASCARONES

Have you heard? The annual Baile de Cascarones (the eggshell dance) will be held April 25, 2025. Spread the word!

Come and dance the night away, to the music of Los Reflections. They will be playing Northern New Mexico music: including la cuna, el chotise, la cadena, la escoba and many more. A brief explanation of the dances is demonstrated to those that don't know the steps.

Some of the dances originated in Europe and came through the Camino Real (from Mexico to Northern New Mexico. They remain favorites to this day. The Bastonero (dance leader) will introduce and direct the special dances.

In one of the writings of La Sociedad Folklorica history, it was noted that in 1940 (during the celebration of Coronado's Cuarto Centenario), the Sociedad decided to hold the first Baile de Cascarones as a contribution to the event.

This dance brings two old traditions together. First, the Baile de Cascarones. Eggshells are filled with confetti. They are used to invite a lady to dance by gently crumbling the egg above her head. Second, it is an opportunity to listen and dance to the most beautiful music brought over from Spain. What a pleasant sight to see parents or grandparents, dancing with their children or grandchildren. Teaching them the dance steps and keeping the tradition alive.

Members of the Sociedad make hundreds of confetti filled eggshells. Some of them are decorated very elaborately and are bought for gifts or to add to collections. Others that are not as fancy are used for breaking.

**Tickets will be sold at the door. A silent auction will be held. Vintage or Fiesta apparel is encouraged. See you at the Baile!**

**FRIDAY, APRIL 25, 2025  
SANTA FE CONVENTION CENTER**

**7:00 PM – 11:00 PM**

**ADMISSION**

**\$25 per couple**

**\$15 per single**

**\$2 per child, ages 6-17**

**For more information, call Gloria at  
505-983-7839**



# VOLUNTEER PROGRAMS

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**AmeriCorps Seniors**  
**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](http://www.rsvpsantafe.org)

If you are interested in volunteering, please contact **Mona Baca at 505-955-4760 or [mabaca@santafenm.gov](mailto:mabaca@santafenm.gov)**

## APRIL IS VOLUNTEER APPRECIATION MONTH!

### What is Volunteerism?

Volunteering is the practice of time and skills to support people, communities, and causes without any financial benefit.

### Community Service:

It's an essential aspect of community service that involves dedicating time, effort, and skills to support causes that benefit others.

### Purpose and Fulfillment:

The act of volunteering creates a sense of purpose and fulfillment in people's lives.

### Positive Change:

Volunteering provides an opportunity to bring positive change in the lives of many **people**.

### Why is Volunteerism Important?

- Strengthens Communities
- Personal Growth
- Sense of Purpose

- Improved Health
- Civic Responsibility
- Social Connections
- Skill Development

**We are so grateful for your hard work and dedication! Your contributions have made a real impact! Thank you to all of our active volunteers!**

Retired Senior Volunteer Program (RSVP)

- 211 active volunteers

Foster Grandparent Program (FGP)

- 8 active volunteers

Senior Companion Volunteer Program (SCP)

- 16 active volunteers

## HAPPY BIRTHDAY, APRIL VOLUNTEERS!

Peter Sinclair 4/2

Keena Unruh 4/3

John Block III 4/5

Connie Sena 4/6

Thomas Vitro 4/7

Edye Dorman 4/7

Linda Jordan 4/7

Jerry Martinez 4/9

Pamela Grieco 4/10

Elizabeth (Liz) Rivera 4/14

Karen Beall 4/15

Joanna Ipiotis-Romero 4/16

Kathy Martinez 4/16

Robert Romero 4/21

Diedre Africa 4/23

David Taylor 4/25

Ignacio Ortega 4/28

Corrine Sanchez 4/28

Mela Delgado 4/29

Sally A. Rodriguez 4/29

Laurie Seton 4/29

Linda J. Miller 4/30



# FGP – SCP – CCP



## FOSTER GRANDPARENT PROGRAM - SENIOR COMPANION PROGRAM - CARE COMPANION PROGRAM

**Foster Grandparent Program (FGP)** offers opportunities to limited income 55+ seniors to mentor and guide students to higher academic achievement. The FGP Program connects role models like you with students with exceptional needs. If you're interested in mentoring and tutoring children, look no further. Enrich your life while enriching the lives of others. Volunteers who serve in the FGP program provide the kind of comfort and love that sets a child on a path to a successful future. Foster Grandparents provide 5-40 hours of service weekly at schools and Head-starts.

**Senior Companion Program (SCP)** offers opportunities to limited income 55+ seniors to serve as a friend and companion by providing assistance and friendship to seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide respite to family caregivers. Use your skills and talents to make older adults' independence a reality. Enrich your life while enriching the lives of others. Senior volunteers report better health and longevity having served their community. Senior Companions provide 5-40 hours of companionship weekly to two or more seniors with disabilities or those who are lonely.

### **Program Benefits for FGP and SCP: Income-eligible volunteers can receive**

- Modest tax-free stipends
- Transportation reimbursement
- Reimbursement for meals during service

**Care Companion Program (CCP)** volunteers will provide regular visits to long-term care community residents and develop "authentic" relationships that support socialization and engagement.

**Benefits to long-term care facility residents:** Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental and physical health. Care Companion Program volunteers can help provide ongoing companionship and emotional support. Compassionate and attentive companions can provide social interaction, engage in conversation, and help dispel feelings of loneliness.

### **Program Benefits for CCP:**

- modest stipend and meal
- mileage reimbursements.

Care Companion Program volunteers **will not be restricted by age and income requirements.**

For more information please call:

Theresa Trujillo, Program Manager 505-955-4745 [ttrujillo@santafenm.gov](mailto:ttrujillo@santafenm.gov)  
Roberta Armijo, Project Administrator 505-955-4744 [rparmijo@santafenm.gov](mailto:rparmijo@santafenm.gov)

## LEGAL & CONSUMER

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For 30 years Legal Resources Program for the Elderly (LREP) has been helping seniors throughout New Mexico with free legal help over the telephone. Natalie Meyers, managing staff attorney, said LREP's mission is to provide quality legal services to New Mexicans 55 and older. The program assists around 4,000 persons a year.

Housed within the New Mexico State Bar Foundation and assisted by the New Mexico Aging and Long Term Services Department, each caller speaks with a trained intake staff member who collects contact and demographic information and turns the information over to one of LREPS's five attorneys. LREP lawyers provide legal advice and brief services in most areas of civil law. It does so in both English and Spanish. LREP attorneys do not represent clients in court. LREP does not provide legal help in criminal matters.

After evaluating cases, if a client requires representation in a matter, LREP attorneys may refer cases to other private attorneys for representation. These can be pro-bono, reduced fee or full fee services.

The top three areas in which clients seek advice are:

- Probate, wills and estate planning
- Landlord/tenant and property issues
- Consumer and finance issues

### LANDLORD TENANT CASE

An example of attorneys providing brief services is a landlord/tenant issue. Meyers said, "If a landlord refuses to make repairs that affect the health and safety of a tenant - say providing adequate heating in the home - LREP attorneys can send the client a Seven-Day Notice form that the client can give to their landlord formally requesting the repairs. In this

form, a client can elect to reduce, or abate rent, if the repairs are not made in within seven days of the landlord's receipt of the notice, or a client can elect to terminate their lease early and move out if the repairs are not made in within seven days of the landlord's receipt of the notice - both remedies allowable under New Mexico law. This notice often compels landlords to finally make the necessary repairs."

LREP also refers clients to a host of state and nonprofit organizations such as the New Mexico Aging and Disability Resource Center, Adult Protective Services, Senior Citizens Law Office, New Mexico Legal Aid, Disability Rights New Mexico and the South Broadway Corporation.

LREP can be reached Monday through Friday from 8 a.m. to 2 p.m. Mountain Standard Time. If you live in Albuquerque, call 505 798-6005. For those outside of Albuquerque, call 1-800-876-6657.

Stan Cooper is a long-time volunteer benefits counselor for the New Mexico Aging and Disability Resource Center and the Santa Fe Senior Services Division. Prior to retiring, Cooper was AARP State Director for New Mexico.



**Other LREP Services**

**Workshops**

LREP attorneys present legal workshops throughout New Mexico. Call for a schedule.

**Educational Material**

LREP publishes information on many legal topics. All publications are available on LREP's website at [www.sbnm.org/LREP](http://www.sbnm.org/LREP).

**Referrals to Attorneys**

In some cases, LREP may refer a caller to a private attorney for additional services.

**Call us!**

State Bar of New Mexico  
New Mexico State Bar Foundation  
Legal Resources for the Elderly Program

P.O. Box 92860  
Albuquerque, NM 87199-2860  
(505) 797-6005  
Toll-Free 1-800-876-6657

[www.sbnm.org/LREP](http://www.sbnm.org/LREP)

**FREE Legal Helpline**  
for Seniors

**Legal Resources for the Elderly Program**

A *statewide, free legal helpline* for New Mexico residents 55 and older.

**LREP is a joint project of:**

New Mexico Aging & Long Term Services and State Bar of New Mexico

Albuquerque 505-797-6005  
Statewide 1-800-876-6657

[www.sbnm.org/LREP](http://www.sbnm.org/LREP)

Monday-Friday • 8 a.m.-5 p.m.



New Mexico State Bar Foundation  
Legal Resources for the Elderly Program

State Bar of New Mexico © 2017

**LREP staff attorneys often answer the following questions:**

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?

**LREP Services:**

- Legal Advice
- Brief Legal Services
- Legal workshops

**Who Is Eligible?**

All New Mexico residents 55 and older, regardless of income.

**What Will It Cost?**

There is no charge to speak with an LREP staff attorney.

**About Our Attorneys**

LREP staff attorneys specialize in legal issues affecting seniors. Services available in both English and 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 does not provide legal help for criminal matters)

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## 14 POINT CHECKLIST FOR SPRING SAFETY TIPS

### General Safety Tips

- Removing any old paint cans and paint thinners, in addition to old newspapers and magazines.
- Consider your smoke alarms. Change the batteries each spring to be sure you are properly prepared for an emergency.
- Clean the dust covers of carbon monoxide detectors.
- Review your emergency escape plan with each member of the family in the event of a fire.
- Clean or replace your furnace filter.
- Grease can accumulate on your stove hood. Properly cleaning this is one way to keep flames from spreading should a fire break out.
- Check all fire extinguisher needle indicators and dates to be sure they are working.
- Clean around your dryer.
- Check all chords to prevent an electrical fire. Make sure they are not frayed and wires are not visible.

### Outdoor Safety Tips

- Practice ladder safety.
- Check outdoor cords for frays and damage.
- Check any gas-operated equipment to be sure all fuel lines are safe.
- Do not store gasoline in an open space.
- Keep all dangerous options liquids or chemicals from children, especially those that can become flammable.

## VEGETARIAN NIÇOISE SALAD

### Ingredients

- 3 cups spring mix salad greens
- 2 tablespoons lemon vinaigrette, divided (see Tip)
- ¼ cup steamed green beans
- ¼ cup diced cooked baby potatoes
- ¼ cup grape tomatoes, halved
- 1 large hard-boiled egg, sliced
- ½ ounce pitted Kalamata olives
- 2 tablespoons crumbled reduced-fat feta cheese (1/2 oz.)

### Directions

- Toss salad greens with 1 Tbsp. plus 1 tsp. vinaigrette and place on a 9-inch plate.
- Gently toss green beans and potatoes with the remaining 2 tsp. vinaigrette; arrange on top of the salad greens. Top with tomatoes, egg, olives, and feta and serve.

Tip: To make a quick homemade lemon vinaigrette, whisk 2 Tbsp. lemon juice with 1/2 tsp. minced garlic, 1/4 tsp. dried thyme, and 1/8 tsp. each salt and pepper. Slowly whisk in 1/4 cup extra-virgin olive oil until blended. Extra dressing will keep, covered, in the refrigerator, for up to 5 days. Bring to room temperature before using.



# CROSS WORD PUZZLE

## Crossword #1

### Across

1. Peter I, for one
5. Border plant
10. Call to a mate
14. Altar locale
15. Gibson garnish
16. Ice cream treat
17. Quarterback's option
18. Girder material
19. Comedienne Imogene
20. "Halt!"
21. Verse of four measures
23. Show fear
25. Dead letters?
26. Kind of cord
28. Chill out
33. Unrefined
34. Energize (with "up")

35. Block
36. Hourly charge
37. Stake
38. Look after
39. Chowed down
40. Neglected boy
41. Abstain
42. From the age of chivalry
44. Plow's trail
45. "Gosh!"
46. Heart line
47. Smelly pranks
52. Desire
55. Fashion designer Chanel
56. Circa
57. Showy flower

58. Unpleasant emanation
  59. Hangman's knot
  60. Air show stunt
  61. Strengthen, with "up"
  62. Dissuade
  63. Kitty starter
- Down**
1. Last call?
  2. Cross words
  3. Kind of press
  4. Answer
  5. Inexpensive lodging
  6. Script direction
  7. South Beach, for one
  8. Suffix with theater

9. Darkroom apparatus
10. Click the OK button
11. Knee-slapper
12. Enough, for some
13. Academic period
22. Personal air
24. Is no longer
26. "Beat it!"
27. Go on and on
28. Watch
29. Square
30. Mental lapse
31. Ballroom dance
32. Fund
34. Buddhist leader
37. Range of frequencies
38. Tex-Mex staple
40. Nerdy one
41. PETA peeve
43. Slight, in a way
44. Encourage
46. Bullying, e.g.
47. Kilt wearer
48. Type of list
49. Desktop feature
50. Double-reed instrument
51. Kind of court
53. Congeal
54. Hoopla

|    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|--|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7  | 8  | 9  |  | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    | 15 |    |    |    |    |  | 16 |    |    |    |
| 17 |    |    |    |    | 18 |    |    |    |    |  | 19 |    |    |    |
| 20 |    |    |    |    | 21 |    |    |    |    |  | 22 |    |    |    |
|    |    | 23 |    | 24 |    |    |    |    | 25 |  |    |    |    |    |
| 26 | 27 |    |    |    |    |    | 28 | 29 |    |  |    | 30 | 31 | 32 |
| 33 |    |    |    |    |    | 34 |    |    |    |  |    | 35 |    |    |
| 36 |    |    |    |    | 37 |    |    |    |    |  | 38 |    |    |    |
| 39 |    |    |    | 40 |    |    |    |    |    |  | 41 |    |    |    |
| 42 |    |    | 43 |    |    |    |    |    | 44 |  |    |    |    |    |
|    |    |    | 45 |    |    |    |    | 46 |    |  |    |    |    |    |
| 47 | 48 | 49 |    |    |    | 50 | 51 |    |    |  | 52 |    | 53 | 54 |
| 55 |    |    |    |    |    | 56 |    |    |    |  | 57 |    |    |    |
| 58 |    |    |    |    |    | 59 |    |    |    |  | 60 |    |    |    |
| 61 |    |    |    |    |    | 62 |    |    |    |  | 63 |    |    |    |

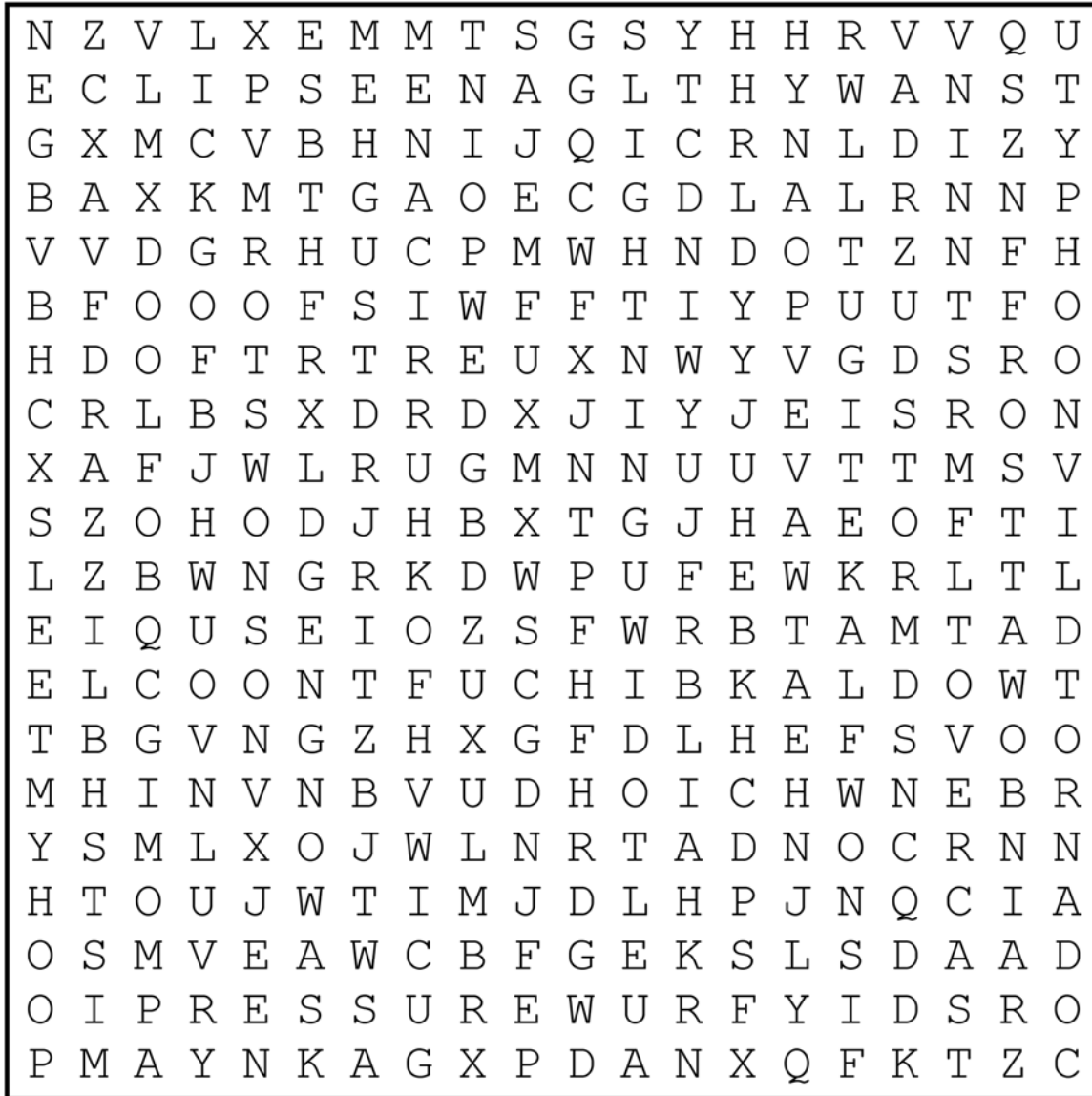
## Solution for Crossword #1

|    |   |    |    |    |   |    |   |    |    |    |    |   |   |    |    |    |    |    |    |    |   |    |   |    |   |    |   |
|----|---|----|----|----|---|----|---|----|----|----|----|---|---|----|----|----|----|----|----|----|---|----|---|----|---|----|---|
| 1  | T | 2  | S  | 3  | A | 4  | R |    | 5  | H  | 6  | E | 7 | D  | 8  | G  | 9  | E  |    | 10 | A | 11 | H | 12 | O | 13 | Y |
| 14 | A | P  | S  | E  |   |    |   |    | 15 | O  | N  | I | O | N  |    |    |    |    |    | 16 | C | O  | N | E  |   |    |   |
| 17 | P | A  | S  | S  |   |    |   |    | 18 | S  | T  | E | E | L  |    |    |    |    | 19 | C  | O | C  | A |    |   |    |   |
| 20 | S | T  | O  | P  |   |    |   |    | 21 | T  | E  | T | R | A  | 22 | M  | E  | T  | E  | R  |   |    |   |    |   |    |   |
|    |   |    | 23 | C  | O | 24 | W | E  | R  |    |    |   |   | 25 | R  | I  | P  |    |    |    |   |    |   |    |   |    |   |
| 26 | S | 27 | P  | I  | N | A  | L |    |    | 28 | V  | E | G | E  | T  | 30 | A  | 31 | T  | E  |   |    |   |    |   |    |   |
| 33 | C | R  | A  | S  | S |    |   |    | 34 | L  | I  | V | E | N  |    |    | 35 | B  | A  | N  |   |    |   |    |   |    |   |
| 36 | R | A  | T  | E  |   |    |   |    | 37 | W  | A  | G | E | R  |    |    | 38 | T  | E  | N  | D |    |   |    |   |    |   |
| 39 | A | T  | E  |    |   |    |   | 40 | G  | A  | M  | I | N |    |    | 41 | F  | O  | R  | G  | O |    |   |    |   |    |   |
| 42 | M | E  | D  | 43 | I | E  | V | A  | L  |    |    |   |   | 44 | F  | U  | R  | R  | O  | W  |   |    |   |    |   |    |   |
|    |   |    |    | 45 | G | E  | E |    |    |    |    |   |   | 46 | A  | O  | R  | T  | A  |    |   |    |   |    |   |    |   |
| 47 | S | 48 | T  | 49 | I | N  | K | B  | 50 | O  | 51 | M | B | S  |    |    | 52 | I  | T  | 53 | C | 54 | H |    |   |    |   |
| 55 | C | O  | C  | O  |   |    |   |    | 56 | A  | B  | O | U | T  |    |    | 57 | L  | I  | L  | Y |    |   |    |   |    |   |
| 58 | O | D  | O  | R  |   |    |   |    | 59 | N  | O  | O | S | E  |    |    | 60 | L  | O  | O  | P |    |   |    |   |    |   |
| 61 | T | O  | N  | E  |   |    |   |    | 62 | D  | E  | T | E | R  |    |    | 63 | A  | N  | T  | E |    |   |    |   |    |   |





# Weather Phenomena



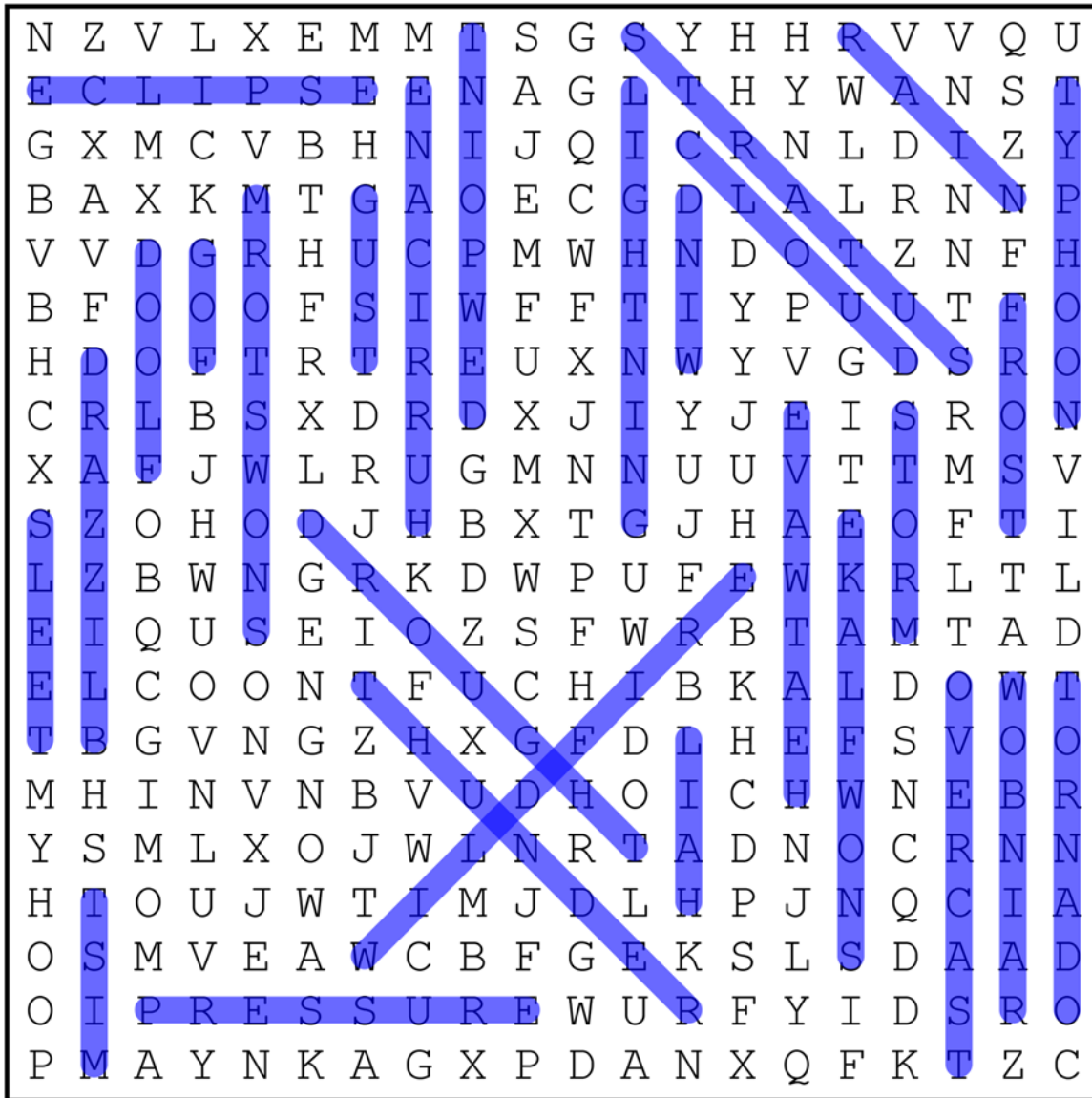
Word list:

- |          |           |           |          |
|----------|-----------|-----------|----------|
| BLIZZARD | FROST     | OVERCAST  | STORM    |
| CLOUD    | GUST      | PRESSURE  | STRATUS  |
| DEWPOINT | HAIL      | RAIN      | THUNDER  |
| DROUGHT  | HEATWAVE  | RAINBOW   | TORNADO  |
| ECLIPSE  | HURRICANE | SLEET     | TYPHOON  |
| FLOOD    | LIGHTNING | SNOWFLAKE | WILDFIRE |
| FOG      | MIST      | SNOWSTORM | WIND     |





# Weather Phenomena



Word list:

- |          |           |           |          |
|----------|-----------|-----------|----------|
| BLIZZARD | FROST     | OVERCAST  | STORM    |
| CLOUD    | GUST      | PRESSURE  | STRATUS  |
| DEWPOINT | HAIL      | RAIN      | THUNDER  |
| DROUGHT  | HEATWAVE  | RAINBOW   | TORNADO  |
| ECLIPSE  | HURRICANE | SLEET     | TYPHOON  |
| FLOOD    | LIGHTNING | SNOWFLAKE | WILDFIRE |
| FOG      | MIST      | SNOWSTORM | WIND     |



# SENIOR CENTER LUNCH MENU

## SENIOR CENTER LUNCH MENU APRIL 2025

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|   | <b>1</b><br><b>Chicken Cordon Bleu</b><br>Broccoli & Cauliflower<br>Rice Pilaf<br>Tossed Salad<br>Peaches                   | <b>2</b><br><b>Sweet &amp; Sour Pork</b><br>Brown Rice<br>Emperor Veggie Blend<br>Egg Roll<br>Tapioca Pudding | <b>3</b><br><b>Beef Soft Taco</b><br>Garnish<br>Chili Beans<br>Calabacitas<br>Tropical Fruit                                | <b>4</b><br><b>Egg Salad Sandwich</b><br>Garnish<br>Cucumber Salad<br>Sun Chips<br>Yogurt          |
| <b>7</b><br><b>Polish Sausage</b><br>Sauerkraut<br>Steamed Carrots<br>Parsley Potatoes<br>Banana                                | <b>8</b><br><b>Swedish Meatballs over Egg Noodles</b><br>Brussel Sprouts<br>Tossed Salad Roll<br>Fresh Apple                | <b>9</b><br><b>Chicken Fajita with Peppers &amp; Onions</b><br>Fajita Veggies<br>Black Beans<br>Mixed Fruit   | <b>10</b><br><b>Turkey &amp; Swiss Wrap</b><br>Garnish<br>Carrot & Celery Sticks<br>Pasta Salad<br>Chocolate Chip Cookie    | <b>11</b><br><b>Battered Fish</b><br>French Fries<br>Peas & Carrots<br>Coleslaw<br>Pineapple       |
| <b>14</b><br><b>Baked Chicken</b><br>Mushroom Sauce<br>Potatoes O'Brien<br>French Style<br>Green Beans<br>Roll<br>Lemon Pudding | <b>15</b><br><b>Spaghetti with Meaty Marinara Sauce</b><br>Italian Veggies<br>Garlic Bread<br>Tossed Salad<br>Ice Cream     | <b>16</b><br><b>Red Chili Pork Tamale</b><br>Pinto Beans<br>Chuckwagon<br>Veggies<br>Tortilla<br>Jello        | <b>17</b><br><b>Beef Roast Mushroom Gravy</b><br>Scalloped Potatoes<br>Asparagus & Onions<br>Garden Salad<br>Roll, Apricots | <b>18</b><br><b>GOOD FRIDAY Tuna Salad</b><br>Potato Salad<br>Cold Peas<br>Crackers<br>Dried Fruit |
| <b>21</b><br><b>Green Chili Cheeseburger</b><br>Garnish<br>Baked Beans<br>5 Way Veggies<br>Plums                                | <b>22</b><br><b>Open Face Turkey Sandwich</b><br>Turkey Gravy<br>Stuffing<br>Chateau Veggies<br>Diced Pears                 | <b>23</b><br><b>Frito Pie Pinto Beans</b><br>Garnish<br>Roasted Corn<br>Blend<br>Applesauce                   | <b>24</b><br><b>Cobb Salad with Ham &amp; Boiled Egg</b><br>Potato Chips<br>Brownie   | <b>25</b><br><b>BBQ Chicken</b><br>California Veggies<br>Pasta Salad<br>Cornbread<br>Fresh Orange  |
| <b>28</b><br><b>Hot Dog</b><br>Tater Tots<br>3 Bean Salad<br>Tossed Salad<br>Strawberries                                       | <b>29</b><br><b>Beef &amp; Bean Burrito</b><br>Green Chili Sauce<br>Mixed Veggies<br>Spanish Slaw<br>Cinnamon Spiced Apples | <b>30</b><br><b>Buffalo Chicken Tenders</b><br>Sweet Potato Fries<br>Green Beans<br>Biscuit<br>Sherbet        |   |  |

Senior Meal Suggested Donation: Lunch \$1.50  
10:30 am – 12:30 pm Monday through Friday

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

# Take the Senior Survey! Your Voice Matters!

## Responda la Encuesta Para Personas Mayores! Tu Voz Importa!

*Ancianos: The  
tapestry of our  
culture, families &  
communities*



### **DID YOU KNOW**

New Mexico's population is aging faster than the national average and in Santa Fe that's especially true. As our community grows older, the need for senior health care, personal assistance, food access, and transportation are on the rise.

### **TO HELP PREPARE FOR THE FUTURE AND TO WELL-SERVE SENIORS**

Santa Fe County is partnering with the University of New Mexico's Center for Applied Research and Analysis to conduct a comprehensive survey that will help to determine how to best apply and leverage resources now and in the future to come.

### **WHO CAN PARTICIPATE IN THE SURVEY**

Residents aged 50 and older or those aged 18 and older who are caregivers to someone 50 and older. Your voice matters so please take the time to weigh-in!

### **HOW TO PARTICIPATE IN THE SURVEY**

The survey will be open **April 8 - 25** and available in English and in Spanish online through the County's website or in paper form at any City or County Senior Center, in addition to other opportunities throughout the community.



*To learn more, please visit [santafecountynm.gov/community-services/seniors](http://santafecountynm.gov/community-services/seniors)  
or phone the County's Senior Services Division at 505-992-3069*







# CITY OF SANTA FE SENIOR SERVICES



## MARY ESTHER GONZALES (MEG)

1121 Alto St.  
Santa Fe, NM 87501



## PASATIEMPO

664 Alta Vista St.  
Santa Fe, NM 87505



## LUISA CENTER

1500 Luisa St. (enter on Columbia St.)  
Santa Fe, NM 87505



Siler Rd.

Cerrillos Rd.

Siringo Rd.

W Zia Rd

Rodeo Rd.



= Center open for meals!



505-955-4721 | [santafenm.gov/division\\_of\\_senior\\_services](http://santafenm.gov/division_of_senior_services)

*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 3 for the appropriate contact.*