



SENIOR VOICE

SANTA FE COUNTY SENIOR SERVICES— FEBRUARY 2017

“Love the life you live, live the life you love”
~Bob Marley



Santa Fe County Community Services Department

ANNOUNCEMENTS & INFORMATION

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Friday, February 10th

10-:30am– 1 :30pm

Eldorado Senior Center

Brought to you by



Santa Fe County Mobile Health Van

El Dorado Senior Center
February 10— 9:30am-2pm

Santa Cruz (Abedon Lopez) Senior Center
February 2— 10am-2pm

Edgewood Senior Center
February 14— 10am-2pm

Casa Rufina
February 6 — 10am-2pm

Chimayo (Bennie Chavez) Senior Center
February 7— 10am-2pm

El Rancho Senior Center
February 15— 10am-2pm



COMMUNITY SERVICES DEPARTMENT DIRECTOR'S REPORT

Good Day All!

Just returned from the 2017 Senior Day at the Legislature Festivities. For those that braved the wintry weather to participate – we are grateful. For those unable to attend, the Legislative Session does not end until March 18th and we, in Santa Fe County, could sure use your advocacy. There are budget hearings to attend (On January 30th and February 7th) and calls and visits to make to your Senators and Representatives (You can be transferred directly to their offices by calling 505-986-4300).

It is through our energetic engagement that we can positively impact the Legislative process. Having already faced a 5% budget cut in the current fiscal year, we are likely facing an additional budget cut for the budget that the Legislature is currently considering for the fiscal year (FY18) that begins on July 1st. If these series of cuts gets deep enough, our capacity to provide food to the many seniors in need of food, will be jeopardized.

We have a big challenge before us in attempting to lessen the negative impact of the ongoing depletion of our resources. However, we also have a rare opportunity to effectively advocate given that two of Santa Fe County's Legislators have been elected to high-ranking leadership positions – Representative Brian Egolf as Speaker of the House of Representatives and Senator Peter Wirth as the Senate Majority Leader. All of our Santa Fe County Legislative Contingent stand ready to fend off any further reductions in services to seniors.

Let's do our part to make sure that our voices are heard in support of our Seniors.

Michael Spanier
Senior Services Division Director

Special Events



**Free Tax Help for
the 2016 Tax Year**



**We will prepare your Income Taxes
FOR FREE! No Income Limits!
First Come First Served**



Friday January 27 to Monday April 17

**Anyone in Santa Fe with income less than \$24,000
should file for NM Low Income and Santa Fe Property tax State rebates.**

NEW Limited Hours Site:

Eldorado Senior Center, 16 Avenida Torreon

Tuesdays only, 8:30-3:00pm

By appointment only, call 505-466-1039 to schedule

Limited Hours Site:

Edgewood Senior Center, 114 Quail Trail

Fridays only, 9:00-3:00pm

By appointment only, please visit center to schedule.

Please contact your Activity Coordinator if you would like to schedule a trip to participate at the Eldorado or Edgewood Senior Centers

FUN STUFF—SUDOKU



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



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

love is
love is
light and energy, oxygen and levity,
a tribute to grace
in an otherwise chaotic place
love is
love is

COMMUNITY RESOURCES

EMERGENCY

Police/Fire Department.....	911
NM Poison Center.....	1-800-222-1222
Crisis Response Hotline.....	820-6333 or 1-888-920-6333
Christus St. Vincent Hospital.....	505-983-3361
Esperanza Shelter for Battered Families INC.....	1-800-473-5220 or 505-473-5200
Adult Protective Services.....	1-866-654-3219
Child Protective Services.....	1-855-333-7233
Solace Crisis Treatment Center.....	505-988-1951 or 1-800-721-7273

RESOURCES

Social Security Administration.....	505-473-3707 or 1-800-772-1213
NM Aging and Disability Resource Center.....	1-800-432-2080

FOOD

The Food Depot Santa Fe.....	505-471-1633
Bienvenidos Food Pantry.....	505-986-0583

INCOME AND UTILITIES HELP

Income Support Division.....	505-476-9200 or 1-800-231-8081
Salvation Army.....	505-988-5715

HOUSING

The Life Link (Rent & deposit help + mental health treatment).....	505-438-0010
Santa Fe Civic Housing Authority.....	505-988-2859
Santa Fe County Housing Authority.....	505-992-3060

MEDICAL/DENTAL

Northside Dental (low-cost dental).....	505-820-3551
La Familia Medical Center (low cost medical/dental).....	505-982-4425
PMS Ortiz Mountain Healthcare (Low cost medical for Cerrillos residents).....	505-471-6266
Southwest Care Center.....	505-954-1921

RECIPES

A Romantic Valentine's Dinner for Two: Bistro Steak and Roasted Potatoes**Ingredients:**

5 teaspoons olive oil, divided
 4 teaspoons chopped fresh thyme, divided
 1/2 teaspoon kosher salt, divided
 1/2 teaspoon freshly ground black pepper, divided
 3/4 pound medium red potatoes, quartered
 8oz. Sirloin steak, trimmed of any fat
 3 tablespoons minced shallots
 1/4 cup dry red wine (such as merlot)
 1 cup unsalted beef stock
 1 tablespoon unsalted butter

1. Preheat oven to 400°.

Recipe via CookingLight.com

2. Combine 2 teaspoons oil, 2 teaspoons thyme, 1/4 teaspoon salt, 1/4 teaspoon pepper, and potatoes in a bowl. Spread potato mixture in an even layer on a baking sheet; bake at 400° for 30 minutes or until browned, stirring every 10 minutes.

3. Heat a medium ovenproof skillet over medium heat. Add remaining 1 tablespoon oil; swirl. Sprinkle steak with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Add steak to pan; cook 10 minutes, turning to brown all sides. Place pan in oven; bake at 400° for 12 minutes for medium-rare or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes.

4. Wipe out pan with paper towels. Heat pan over medium-high heat. Add remaining 2 teaspoons thyme and shallots to pan; sauté 30 seconds. Add wine; cook until liquid almost evaporates, scraping pan to loosen browned bits. Add stock; cook 4 minutes or until liquid is reduced to 1/3 cup. Remove pan from heat; stir in butter. Cut steak across the grain into thin slices. Divide steak between 2 plates; drizzle with red wine sauce. Serve with potatoes

ACTIVITIES CALENDAR

All activities are open to all Santa Fe County Seniors

Santa Cruz (Abedon Lopez)				
Monday	Tuesday	Wednesday	Thursday	Friday
8:30-Walking 9:00-Paper Beading 1:00-Ceramics	9:00-Weaving 12:30-Jewelry	Monthly Meeting-1st Wednesday @ 12:30 12:30-Tin Class	9:00-Painting 10:30-Computers 1:00-Quilting 1:00-Straw Applique	
Chimayo (Bennie J Chavez)				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30-Jewelry	Monthly Meeting-1st Tuesday @ 12:30 10:00-Sewing 1:00-Weaving	1:00-Ceramics		
Eldorado				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30-Yoga 10:30-Chi-Gong & Mediation 12:45-Weaving 1:00-Bead Weaving 1:00-Garden Club (1st, 3rd, 5th Monday)	9:00-Zumba 10:15-Chair Aerobics 12:30-Guest Speaker (2nd Tuesday of the month) 1:00-Painting	Monthly Meeting-1st Wednesday @ 12:30 9:00-High Intensity Interval Training 10:00-Tai Chi 12:45-Bead Weaving 1:00-Strength Training	8:30-Tai Chi 9:00-Zumba 9:15-Technology 10:15-Chair Aerobics 12:30-Guest Speaker (2nd Thursday of the month) 1:30-Clay Class	9:00-Bridge 9:30-Yoga 12:45-Fusing Friday (sign up required)
El Rancho				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00-Line Dancing		Monthly Meeting-1st Wednesday @ 12:30 9:00-Weaving 10:00-Line Dancing 1:00-Floral Arrangement 1:00-Wood Carving	1:00-Walking	
Edgewood				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00-Ceramics 10:15-Exercise 12:15-Bingo 1:00-Line Dancing	9:00-Ceramics 9:00-Wood Carving 10:00-Creative Writing	10:15-Exercise 12:15-Bingo 12:30-Leather Working 1:00-Line Dancing 2/15—Day Trip ABQ Telephone Museum & Lunch @ Golden Corral	Monthly Meeting-1st Thursday @ 12:30 12:30-Jewelry 12:30-Painting 12:30-Birthday Celebra- tion (4th Thursday of the month)	9:00-Card Making 12:30-Movies

FUN STUFF—WORD SEARCH

Happy Valentine's Day!

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



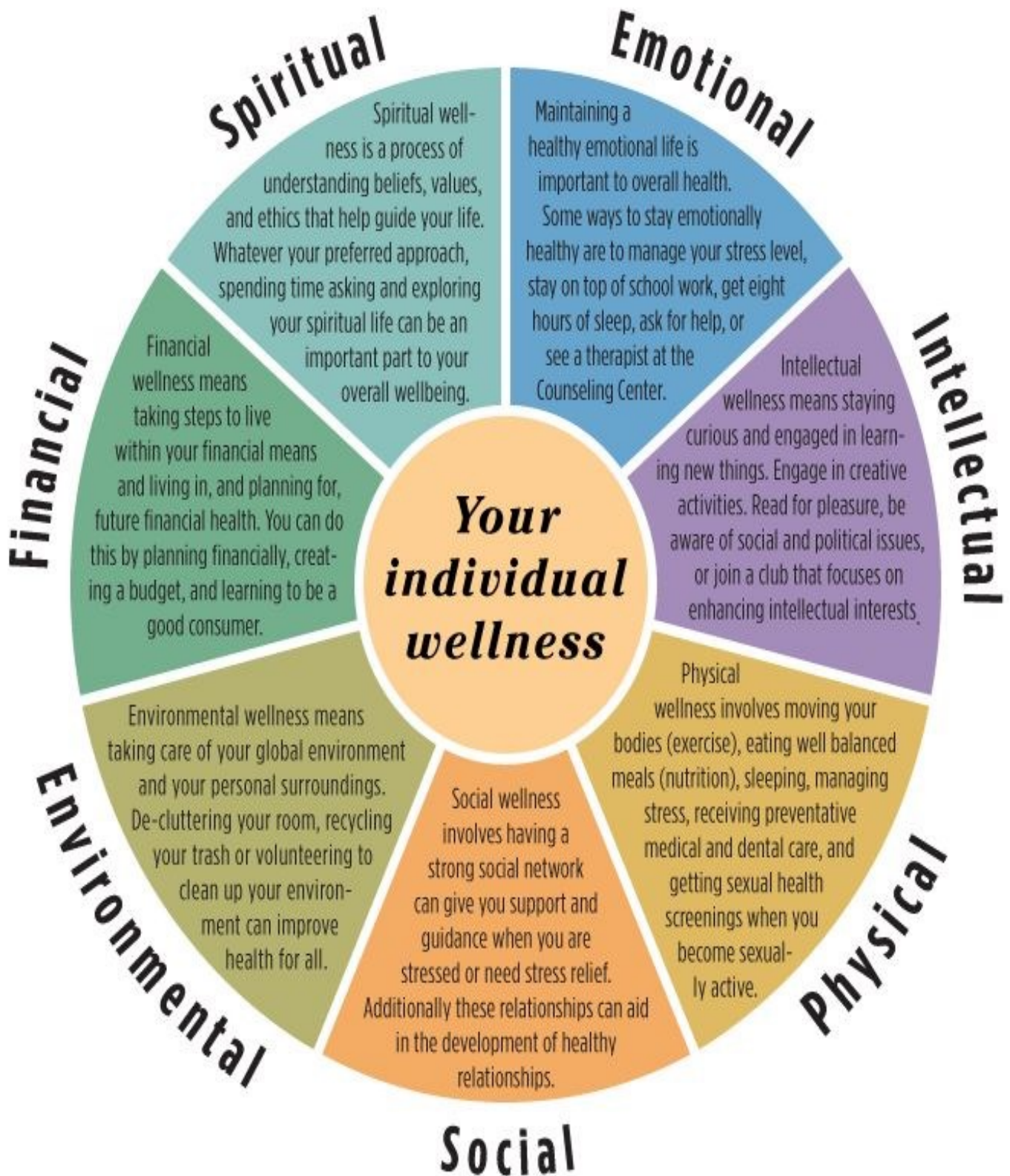
B Q Q J D F I R S T K I S S N T I U K O
 O C Q E Z Y D P K K G E Y O D H J Q K A
 X Z T S H E J F P I U I W C U G R J T U
 I A C R L H V W L V B U G K E I O C C Q
 D V V J U P O R D V L V C I I L M N D F
 Q I L H G E A Q B A P O V I Z E A M V Z
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 O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

Wicken Scratch NY



Cupid's short-lived career as a nurse

HEALTH EDUCATION



Santa Fe County Commissioners

District I	Henry P. Roybal hproybal@santafecountynm.gov 505-986-6200 Liaison: Orlando Romero -986-6328
District II	Anna Hansen 505-986-6200 Liaison: 986-6329
District III	Robert Anaya ranaya@santafecountynm.gov 505-986-6200 Liaison: Chris Barela - 986-6377
District IV	Anna Hamilton 505-986-6205 Liaison: Tina Salazar - 986-6319
District V	Ed Moreno 505-986-6210 Liaison: Julia Valdez - 986-6202

Senior Services

Interim Director	Michael Spanier 505-992-9830
Nutrition Services	Lisa Garcia—505-995-9527

**Transportation & Home Delivered Meals
505-992-3069****Congregate Meal Sites****Abedon Lopez Senior Center (Santa Cruz)**

155A Camino de Roberto
Santa Cruz, NM 87567
505-753-8598
Supervisor: Liz Lujan—505-992-9896
Activity Coordinator: Josie Atilano
Gerald Jimenez (cook)

Bennie J. Chavez Senior Center (Chimayo)

354 Juan Medina Road
Chimayo, NM 87522
505-351-4686
Supervisor: Liz Lujan—505-992-9896
Activity Coordinator: David Fresquez
Kevin Sanchez (cook)

El Rancho Senior Center

394 County Road 84
El Rancho, NM 87506
505-455-2195
Supervisor: Liz Lujan—505-992-9896
Activity Coordinator: David Fresquez
Isaac Modivah (cook)

Rio en Medio Senior Center

1 El Alto
Rio en Medio, NM 87505
505-988-3053
Supervisor: Liz Lujan—505-992-9896
Activity Coordinator: David Fresquez
Isaac Modivah (cook)

Casa Rufina Senior Meal site

2323 Casa Rufina Road
Santa Fe, NM 87505
505-471-9800
Supervisor: Liz Lujan—505-992-9896
Activity Coordinator: David Fresquez
Nancy Smith (cook)

Ken & Patty Adam Senior Center (Eldorado)

16 Avenida Torreon
Santa Fe, NM 87508
505-466-1039
Supervisor: Leroy Kahn—505-992-3052
Activity Coordinator: Kathleen Roybal
Nancy Smith (cook)
Matthew Narvaiz (cook)

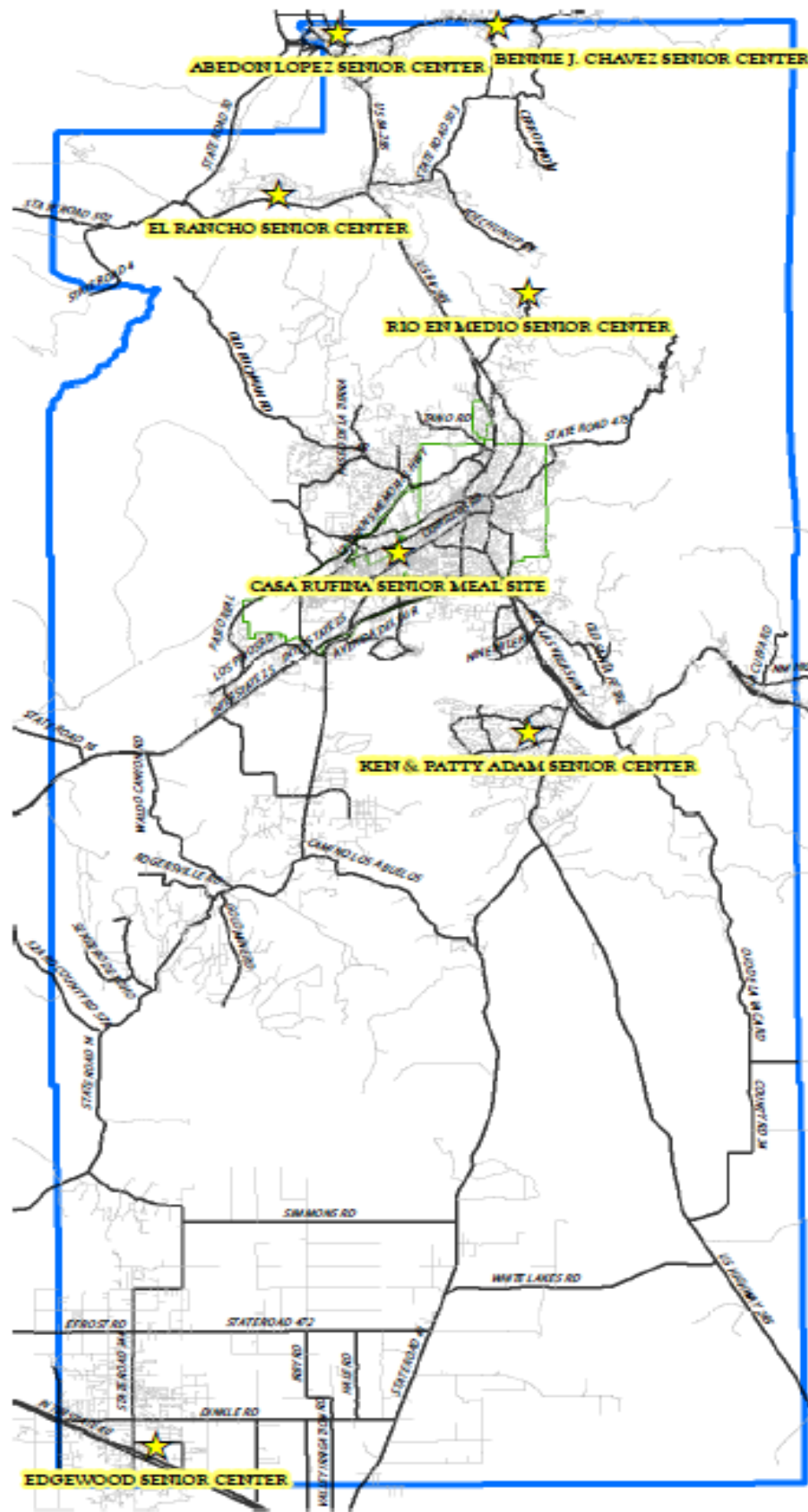
Edgewood Senior Center

114 Quail Trail
Edgewood, NM 87015
505-281-2515
Supervisor: Leroy Kahn—505-992-3052
Activity Coordinator: Lula M. Yount
Ida Lucero (cook)
Damian Berry (cook)

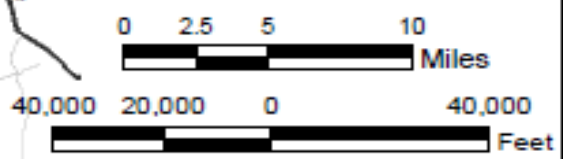
**Congregate Meals served Monday through Friday
from 11:30 a.m.- 12:30 p.m.**

Meals are \$1.50 suggested donation for eligible individuals. Guests under the age of 60 are also welcome to join us—guest lunch cost \$7.50

Santa Fe County Senior Centers



- ★ Senior Centers
- Major Road
- Minor Road
- City of Santa Fe



This information is for reference only. Santa Fe County assumes no liability for errors associated with the use of these data. Users are solely responsible for confirming data accuracy.

PROGRAM INFORMATION

Catch a Ride With Us!

Have a doctor's appointment but don't have a ride? **Call (505) 992-3069** to schedule transportation. Santa Fe County provides transportation to eligible seniors (60 years and older) to and from medical and health care services. Let one of our fantastic and friendly drivers take you where you need to go. **We prefer that you call one week in advance but no later than 24 hours prior to your appointment.**

PLEASE BE ADVISED: Rides are available from 8:45am to 3:00pm Monday through Friday. Drivers may arrive up to 15 minutes before or after your scheduled pick up time.

**Delicious meals directly to your door!**

One in seven seniors are threatened by hunger, and according to the American Academy of Family Physicians, there are an estimated 3.7 million malnourished seniors in the U.S. today. Santa Fe County's Home Delivered Meal Program strives to minimize those numbers. Fresh, home delivered meals are delivered five days a week to individuals who are homebound, or otherwise unable to provide themselves a meal. In addition to serving a warm, nutritious meal, our staff briefly visits the homebound seniors offering vital social contact as well as emergency assistance when necessary. Our program vows to do its part in ending senior hunger, promoting senior health and helping our seniors stay in their homes while living a healthful and fulfilled lifestyle. Seniors must be 60+ to qualify. Income is not a factor in determining eligibility. A home visit is necessary for enrollment before meals are delivered. **To request home delivery service, contact us at (505) 992-3069.**

**Join our senior centers for lunch and activities!**

Isolation is one of the major triggers of depression. Engaging in an activity provides both mental and physical stimulation, decreasing depression. So bring a smile and join us for a delicious lunch while spending time with old friends and making new ones.

The Senior Nutrition Program provides hot lunch time meals to seniors 60 years of age and older. There is no charge for the meal, but a suggested donation of \$1.50 per meal is greatly appreciated. Meal punch tickets are also available via donation for your meal. Simply call your center to add your name to the reservation list. Your Activity Coordinator can provide the necessary paperwork to sign you up.

Donations:

All of Santa Fe County's services are provided free of charge but we do rely on donations, from our participants to maintain our quality of services for you. Your generous donation assists us in purchasing the materials necessary to provide these services. Your donation is placed in a locked box to ensure the security of your donation.





SANTA FE COUNTY FEBRUARY 2017

8 oz. 2% Milk Served with All Meals	Menus are subject to change	WEDNESDAY 1, 2017 Spicy Baked Fish w/Tartar Sauce Garden Salad w/Lowfat Dressing Peas and Carrots Brown Rice Fruit Cup	THURSDAY 2, 2017 Green Chile Chicken Enchiladas Zucchini Pinto Beans Pound Cake with Strawberries	FRIDAY 3, 2017 Sloppy Joes Three Bean Salad Oven Baked French Fries Ketchup Pears
MONDAY 6, 2017 Bean/Beef Taco Bowl Lettuce & Tomato Salsa/Sour Cream Spanish Rice Honeydew	TUESDAY 7, 2017 Chicken BBQ Sandwich Onion Rings w/Ketchup Cucumber Onion Salad Brownie	WEDNESDAY 8, 2017 Baked Meatballs w/Marinara Sauce Spinach Salad w/Lowfat Dressing Cauliflower Breadstick Cherry Cobbler	THURSDAY 9, 2017 Shephard's Pie Green Beans w/ Mushrooms WW Roll Sliced Oranges	FRIDAY 10, 2017 Grilled Ham and Cheese Mixed Vegetable Soup Glazed Carrots Diced Peaches
MONDAY 13, 2017 Low-Sodium Ham & Beans w/Peppers Spinach Cornbread Chocolate Pudding	TUESDAY 14, 2017 Tuna Salad Sandwich Beet and Onion Salad Potato Salad Pineapple	WEDNESDAY 15, 2017 Chile Cheese Dog California Vegetables Chuck Wagon Corn Chilled Pears	THURSDAY 16, 2017 Country Fried Steak Mashed Potatoes w/Gravy Steamed Broccoli Biscuit Peaches	FRIDAY 17, 2017 Sweet and Sour Pork Lite Soy Sauce Stir Fry Vegetables Steamed Rice Applesauce Cake
MONDAY 20, 2017 Beef Fajitas Salsa/Sour Cream Pinto Beans Chuck Wagon Corn Mandarin Oranges	TUESDAY 21, 2017 Tuna and Shells Peas and Carrots Spinach Salad w/Lowfat Dressing Granola Bar	WEDNESDAY 22, 2017 Chicken Wrap Cucumber Salad Apricots Oatmeal Cookie	THURSDAY 23, 2017 Meatloaf Mashed Potatoes w/ Brown Gravy Asparagus WW Roll Peach Cobbler	FRIDAY 24, 2017 Braised Pork Chop Ranch Beans Brussel Sprouts Stuffing Sliced Apples
MONDAY 27, 2017 Pizza w/Turkey Sausage, Cheese, Mushrooms, Sauce Garden Salad w/Lowfat Dressing Steamed Broccoli Apple Crisp	TUESDAY 28, 2017 Vegetarian Lasagna Caesar Salad w/Lowfat Dressing Garlic Bread Pineapple Upside Down Cake			

ECHO COMMODITIES SUPPLEMENTAL FOOD DISTRIBUTION

Commodities, free supplemental foods including cheese, cereal and canned foods, are provided to eligible seniors (age 60+) at the Santa Fe County Extension building, 3229 Rodeo Road. The distribution takes place between 9:30am and 12:30pm on the third Tuesday of every month. The next distribution is on Tuesday, February 14th

To find out if you qualify, call the ECHO office in Albuquerque at (505) 242-6777 or bring your identification, proof of income and a current utility bill to the next distribution.

Income Requirements:

- \$12,011—1 Person**
- \$16,040—2 People**
- \$20,069—3 People**
- \$24,098—4 People**
- \$29,027—5 People**
- \$33,056—6 People**