

The Senior Voice

Ancianos: The Tapestry Of Our Culture, Families & Communities





**NON-METRO NEW MEXICO
AREA AGENCY ON AGING**

Assisting Seniors & Older
Adults in need. Throughout
New Mexico in 32 counties

644 Don Gaspar Avenue
Santa Fe, New Mexico 87505

Toll-Free:
(866) 699-4927

Local:
(505) 395-2668

WELCOME TO SANTA FE COUNTY SENIOR SERVICES :

Our senior centers are welcoming and lively spaces where adults aged 60 and above can connect, create, and thrive. We offer a wide range of programs to support health, wellness, creativity, and social connection. Enjoy fitness classes such as yoga, tai chi, strength training, and line dancing. Explore your artistic side with beading, weaving, tinwork, ceramics, and painting. Or join monthly day trips and learning experiences that bring the community together.

Every activity is designed to enhance strength, balance, mobility, and mental well-being while fostering friendship and fun. Contact your activities coordinator to see all that your local center has to offer—we can't wait to welcome you with open arms!

MEAL SERVICES

Santa Fe County Senior Services is proud to offer nutritious and delicious meals through two programs designed to support the health and well-being of older adults.

Congregate Meals (Senior Center Lunch Service)

Seniors aged 60 and older are warmly invited to enjoy lunch at any of our Senior Centers, served in a welcoming, social setting. Meals are offered Monday through Friday from 11:30 a.m. to 1:00 p.m. A suggested donation of \$1.50 per meal helps support the program, though it is not required. Guests under 60 are also welcome to join us for a cost of \$7.50 per meal.

Home-Delivered Meals

For qualifying homebound seniors, we provide meal delivery right to the doorstep. To be eligible, individuals must be 60 years or older, homebound, and without another reliable source of daily meals. A suggested donation of \$1.50 per meal is requested. For more information or to apply, please call our main office at **505-992-3069**.

Transportation Services

Santa Fe County Senior Services offers safe, reliable, and affordable door-to-door transportation for eligible seniors living outside Santa Fe City but within Santa Fe County. Friendly, qualified drivers provide rides to medical appointments, grocery stores, and pharmacies for prescription pickup. Transportation runs Monday through Friday, 8:30 a.m. to 3:00 p.m., with medical appointments given top priority. Reservations must be made by phone at least 48 hours in advance. Seniors complete a simple registration and provide their pickup location, destination, appointment time, and phone number. A suggested donation of \$1.00 per ride is requested. Punch cards are available for 12 rides (\$10) or 24 rides (\$20). All pickups and drop-offs must be scheduled in advance, as last-minute stops cannot be accommodated. Drivers assist with entering and exiting vehicles and help ensure a safe journey to destinations. However, they cannot remain with riders during appointments or communicate with healthcare providers on their behalf. Handicap-accessible vehicles are available upon request.



*A Day of Adventure for El Rancho
Seniors on a County Trip*

PROGRAM ELIGIBILITY & HOW TO REGISTER

To be registered and participate in services, individuals must meet the following criteria:

- Santa Fe County resident aged 60 or older or the legal spouse of an eligible, registered participant who resides at the same address.
- Participate in a simple registration process that includes a non-invasive standardized health assessment that helps to determine needs.
- Home-delivered meals are an option for participants unable to leave their homes or are otherwise without someone to prepare a meal and/or unable to purchase a meal either permanently or temporarily (surgical recovery, medical recovery, etc.)
- Transportation services are an option for participants unable to drive or purchase a ride to get to medical appointments.

Individuals 60 years of age or older or otherwise eligible for services are welcome to participate in Santa Fe County Senior Services congregate or home-delivered meal and transportation programs. For every eligible individual who registers with our program, we can secure funding that allows us to continue providing our 60+ community with these essential services. Registration is free and is conducted at each respective senior center or in the home if the Senior is homebound. A qualified staff member will assist in filling out a confidential form which includes basic personal information such as name, date of birth, last four digits of your social security number, address, phone number, emergency contact information, and a brief standardized health assessment to ensure that we are servicing you to the best of our abilities.

If you want to register, renew your registration, or update or change your status or information, please get in touch with the activities coordinator at your senior center or our main office at 505-992-3069.

SENIOR CENTER DIRECTORY

- **Abedon Lopez Senior Sr. Center (Santa Cruz)** – Open 9:00 a.m.–3:00 p.m., Mon-Fri
Activities Coordinator: Josie Atilano
155A Camino De Quintana, Santa Cruz, NM 87567 |
- **Bennie J. Chavez Senior Center (Chimayo)** – *Temporarily Closed for Renovations*
Activities Coordinator: Jonathan Pacheco
354 Juan Medina Rd, Chimayo, NM 87522 | 505-351-4686
- **Edgewood Senior Center** Open 9:00 a.m.–3:00 p.m., Mon-Fri
Activities Coordinator: Aaron Price
114 Quail Trail, Edgewood, NM 87015 | 505-281-2515
- **El Rancho Senior Center** – Open 9:00 a.m.–3:00 p.m., Mon-Fri
Activities Coordinator: Jonathan Pacheco
394 County Road 84, Santa Fe, NM 87506 | 505-455-2195
- **Ken & Patty Adam Senior Center (Eldorado)** – Open 9:00 a.m.–3:00 p.m., Mon-Fri
Activities Coordinator: Lula M. Yount
16 Avenida Torreon, Santa Fe, NM 87508 | 505-466-1039
- **Rufina Meal Site (Santa Fe)** – Lunch service 11:30 a.m.–1:00 p.m., Mon-Fri
Activities Coordinator: Christopher Lopez
2323 Casa Rufina Road, Santa Fe, NM 87507 | 505-471-9800

SANTA FE COUNTY SENIOR SERVICES STAFF DIRECTORY

Main Office: 4250 Airport Rd,
Santa Fe, NM 87507 Ph# 505-
992-3069

**Transportation Scheduling,
Home Delivered Meal
Cancellations & General
Information:**
Ph# 505-992-3069

Program Director:
Matilda (Mattie) Byers—
505-992-9840

Program Manager:
Gina Montoya-Saiz —505-992-9876

Program Administrator:
Rosemary Bailey—505-992-9876

Transportation Dispatcher:
Rosalie Vigil—505-992-3069

CONNECT Navigator:
Ian Donelley— 505-986-6239

Nutrition Coordinator:
James Martinez—505-995-2745

Transportation Coordinator:
Christopher Browning—
505-986-6236

Activities Coordinator
(Rufina Meal Site):
Christopher Lopez—
505-986-6214

Activities Coordinator (Chimayo):
Jonathan Pacheco— 505-986-6217

Activities Coordinator (Edgewood):
Aaron Price— 505-231-6319

Activities Coordinator (Eldorado):
Lula M. Yount— 505-995-9561

Activities Coordinator
(Santa Cruz): Josie Atilano—
505-753-8598

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DIRECTOR'S NOTE

Dear Friends,

November is upon us, bringing cooler weather, shorter days, and the beautiful colors of fall. As we move into the season of gratitude and reflection, don't forget that Daylight Saving Time ends **on Sunday, November 2nd** — remember to set your clocks back one hour before bed on Saturday night!

This month also gives us meaningful opportunities to honor and celebrate. **On November 11th**, we recognize Veterans Day and Remembrance Day, taking time to thank the brave men and women who have served our country. Later in the month, we gather with family and friends to celebrate Thanksgiving **on November 27th**, an excellent time to share food, fellowship, and appreciation for the many blessings in our lives.

As we enter this season of thankfulness, I want to extend my gratitude to each of you for being such a valued part of our community. Your warmth, stories,

and participation make our programs truly special. Stay safe, stay warm, and enjoy all that this beautiful month has to offer.



Matilda Byers
"Mattie"

Senior Services Administrative
Program Manager

Santa Fe County Closures:

Santa Fe County Administrative Offices and Senior Centers will be **closed** on the following dates:

- **Tuesday, November 11, 2025** – in observance of Veterans Day
- **Thursday, November 27, 2025** – in observance of Thanksgiving Day
- **Friday, November 28, 2025** – day after Thanksgiving

All Senior Centers will **reopen on Wednesday, November 12, 2025**, following the Veterans Day holiday.

All classes and lunch services will **resume on Monday, December 1, 2025**,

Daily Fun & Favorites

	Monday	Tuesday	Wednesday	Thursday	Friday
Abedon Lopez Center (Santa Cruz)	9 am Ceramics 10:30am BINGO	10 a.m. Fly Tying w/Gene Pacheco	9am Tin Work w/ Janet Lopez 10 am Art Class w/Alfred Baca	9am Weaving w/ Joyce Trainor 12:30pm Card Making with Charlotte Jaramillo	9:30am Beading w/Marsha Ronquillo 10am Balance for Life with Maria
Bennie J. Chavez Center	Closed	Closed	Closed	Closed	Closed
Edgewood Center	9-3pm Ceramics 9-10am High Intensity Exercise	9-3pm Ceramics 10-11am Chair Exercise 9-11 Wood Carving 1-2pm Bingo	9-10am High Intensity Exercise 11-12 Guitar Lessons	9-3pm Ceramics 10-11am Chair Exercise 1-3 Painting	9-10am High Intensity Exercise
El Rancho Center	9 am Ceramics 10 am Beading 10am Fly Tying	10 am Balance for Life w/Maria 12:30 Painting	10am Painting	10 am Walking Class & Open Weaving	10am open crafts.
Ken & Patty Adam Center (Eldorado)	9:30 -Weight Training 10:30 -Stretching & Movement 12:45 -Fiber Arts Group 1:00 Ceramics	9:10 -Dance Fitness 10:10 -Tai Chi - Swords 10:00 -Glass Fusion 1:00 -Crochet 1:00 -Ping Pong 1:00 - Leather Crafting	9:10 -Latin Dance 9:30 - Bridge Group 9:30 -Mah Jongg 101 (Must Sign Up) 10:00-Qi Gong 11:00 -Stretching & Movement 12:45-Bead Group 12:30pm - MahJongg regular group (open availability) 1:00 - Chess Group 1:00 -Pastel Group	9:10 -Dance Fitness 10:10 -Tai Chi -hands 11:00 - Ageless Grace Chair Aerobics 1:00 -Ping Pong 1:00 - Conversational Spanish Group (Beginner & Intermediate) 1:00 -Knitting Group	9:30 -Weight Training 9:30-Drawing Practice Group 10:00 -Sewing Group 10:30 -Walking Group 10:30 - Gentle Yoga 10:30 -Walking Group All Day -Open Studio
Casa Rufina Meal Site	12:45 pm Crafts/ Christopher	10am Yoga Fusion w/Judith		Birthday Celebrations every third Thursday of the month.	12:45pm Bingo every other Friday

November Adventure & Events

Get ready for a month full of fun, learning, and celebration! Join us **Nov. 4** for a *Goodwill Technology Class* in Edgewood and **Nov. 10** for an *Energy Smart Presentation* at Casa Rufina. On **Nov. 12**, enjoy *ICAN Nutrition with Renee* and *Tai Chi with Dee* at 12 p.m., followed by *APEX Med Solutions with Racheal* at 12:30 p.m. Take a trip with us to the *AAA Health Fair* on **Nov. 13** and *Fishing in Questa* on **Nov. 14**—both leaving at 8 a.m. On **Nov. 19**, have fun with *Karaoke with Rachelle* at the *El Rancho Senior Center* and *Homemade Salsa Tasting* at Casa Rufina! Also on **Nov. 19**, *Sandra Sosa* from *Non-Metro AAA* will be at *Abedon Lopez Sr. Center* at 11 a.m. to help with *Older Adult Grant Applications*. We'll finish the month with *Birthday Celebrations* and a *Thanksgiving Lunch* at all centers on **Nov. 20** from 11:30 a.m. to 1 p.m.

MEET OUR STAFF

If you've ever wondered who works behind the scenes to keep our program running, here's your opportunity to learn more about the dedicated and invaluable staff members whose hard work and commitment make all of our services and activities possible.

**From Tea Time to Tae Kwon Do: Spotlight on Lula Yount**

If you've been to the Ken & Patty Adam Senior Center in Eldorado, you've likely met Lula Yount, our amazing Activities Program Coordinator! Lula has been with Santa Fe County for an incredible 14 years, bringing fun, creativity, and heart to everything she does.

She says every day is an adventure — from planning activities to brightening the lives of our seniors. The most rewarding part of her job? *"Getting to know everyone and knowing you're making a positive impact in their day."*

Born and raised in Santa Fe, Lula loves drawing, coloring, cooking, and gardening in her free time. She's also a huge tea lover (so much that she started her own tea shop!) and enjoys relaxing with a good book or movie.

Fun fact: Lula is a black belt in Tae Kwon Do, used to play the piano and trumpet, and is a pretty good singer too! Her favorite comfort food? Anything with potatoes—or a warm bowl of pinto beans with cheese and a homemade tortilla.

Her favorite saying, *"Life is too short. Do the thing,"* perfectly sums her up! We're lucky to have Lula's positive energy and big heart making every day brighter at the Eldorado Senior Center.



**Honoring Our Veterans:
Thank you for your service.**



**Cookies for Teacher Appreciation courtesy
the Friends of the Adam Senior Center**



**Honoring Our Veterans:
Thank you for your service.**



Abedon Lopez Sr. Senior Center Ribbon Cutting



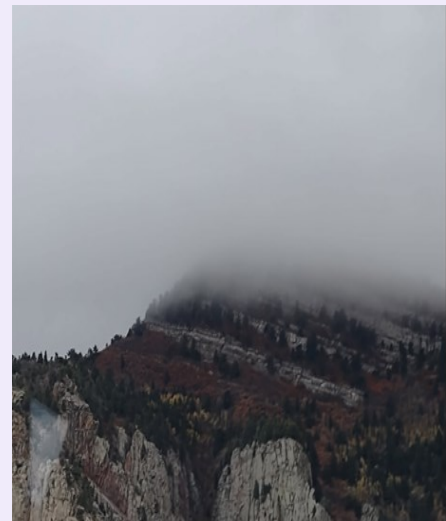
**from let to right) Joanna, Karen, Jim and Suan enjoying
lunch at Ten 3**



**Selene and Patti on the
Sandia Tramway**



Fall Prevention workshop at Eldorado



Clouds coming over the Sandias

FIT & FABULOUS: MIND BODY & BITE



Healthy Lungs for Everyone

Lung cancer, asthma, bronchitis, COPD, emphysema, pneumonia, flu, and many other lung problems can affect anyone. Here are some of the best ways to help keep your lungs healthy.

Stay away from tobacco.

- If you do smoke, make a plan to quit. Visit cancer.org/quittobacco for more information.
- If you're between ages 50 and 80 and smoke or smoked in the past, ask your doctor if lung cancer screening is right for you.

Avoid secondhand smoke.

- Don't let anyone smoke in your home or car.
- Ask your workplace to go tobacco free.

Test your home for radon.

- Radon is a gas found in soil, rocks, and water. You can't see or smell it. It's the No. 1 cause of lung cancer in people who have never smoked.
- Some states offer free or low-cost test kits for radon. You can also find them online or at most home improvement stores.
- Learn more about testing and lowering radon levels by calling the National Radon Hotline at **1-800-SOS-RADON (1-800-767-7236)**.

Protect yourself at work.

- Keep work areas clean; get rid of mold and pests.
- Ask your work to go fragrance free.
- Things like diesel exhaust, asbestos, arsenic, uranium, silica, tar, and soot can cause lung cancer and other lung problems. If you work with these, or are around them, make sure you wear the right gear to protect yourself.
- Ask your employee health team what they're doing to protect employees at work.

Protect yourself outside.

- Things like cars, trucks, construction sites, power plants, and wildfires pollute the air and can damage your lungs.
- Use the Air Quality Index on airnow.gov to check outdoor air quality in your area. Avoid going outside or doing intense outdoor activities when the air quality is bad.
- Don't burn trash, leaves, plastic, or rubber.

Improve indoor air quality.

- Keep indoor areas clean and ventilated to help prevent mold, dust, and other allergens.
- Use air filters to help clean the air inside your home. Most home improvement stores have them.
- Don't use aerosol sprays, such as air fresheners, deodorants, hairsprays, and cleaning products.
- If you burn wood in a fireplace, use dry, seasoned wood.

Prevent infections.

- Get your vaccines, including a yearly flu shot. Ask your doctor about the COVID-19 vaccine. If you're over 50 or have a weak immune system, ask about the pneumonia vaccine, too.
- If you are sick, stay home if you can. Cover your mouth when you cough. Wear a mask if you go out.

Get active, and eat healthy.

- Stay active, and practice deep breathing to give your lungs a workout.
- Eat healthy foods like whole grains, fruits, and vegetables.



To learn more about keeping your lungs healthy, visit the American Cancer Society website at cancer.org or call us at **1-800-227-2345**. We're here when you need us.



cancer.org | 1.800.227.2345

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FIT & FABULOUS: MIND BODY & BITE

Breathing Exercises

Check with your healthcare provider to see if you should follow any safety guidelines before starting any exercise. If you experience pain beyond light discomfort, stop doing the exercises and speak with healthcare provider.

Shoulder rolls

The shoulder roll is a good exercise to start with because it's a gentle stretch for your chest and shoulder muscles.

1. Sit comfortably or lean back in bed with your arms relaxed at your sides.
2. In a circular motion, bring your shoulders forward, up, backward, and down (see Figure 2).

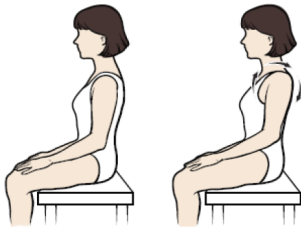


Figure 2. Shoulder rolls

3. Repeat 5 times.

Try to make the circles as big as you can and move both of your shoulders at the same time. If you have some tightness across your chest, start with smaller circles and make them bigger as your muscles get looser.

Shoulder blade squeezes

Shoulder blade squeezes are a good way to help expand your chest wall and move your ribs so you can take deeper breaths.

1. Sit in a supportive chair or lean back in bed.
2. With arms relaxed at your sides, turn your palms to face up. Gently squeeze your shoulder blades back and down (see Figure 4). This should make your chest puff out.

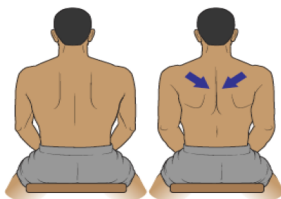


Figure 4. Shoulder blade squeezes

3. Breathe in through your nose and out through pursed lips (like blowing out candles).
4. Relax for a second or two, then repeat 5 times.

Deep breathing 4-8-8

This is an exercise that increases the amount of oxygen in your whole body.

1. Sit in a supportive chair or lean back in bed.
2. Breathe in through your nose for 4 seconds.
3. Hold your breath for 8 seconds, if you can (see Figure 7).

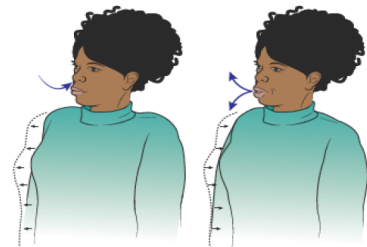


Figure 7. Deep breathing 4-8-8

4. Breathe out through pursed lips (like blowing out candles) for 8 seconds.
5. Relax for one to two seconds, then repeat 3 times.

Overhead chest stretch

The overhead chest stretch is a good way to loosen the muscles in your chest and help air move in and out of your lungs. This helps to increase the amount of oxygen in your whole body.

1. Sit in a supportive chair or lean back in bed.
2. Gently squeeze your shoulder blades back and down.
3. Hold your hands together and slowly raise your hands as high over your head as comfortable while taking a deep breath in (see Figure 5).

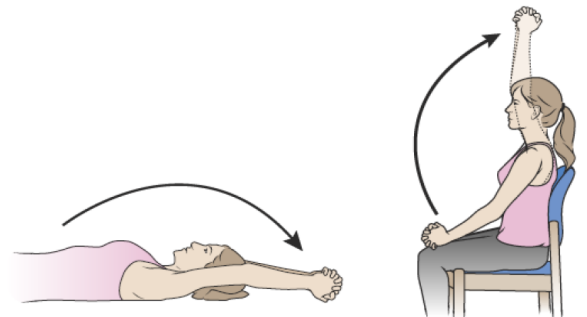


Figure 5. Overhead chest stretch

4. Slowly lower your hands back down while breathing out.
5. Relax for one to two seconds, then repeat 5 times.

FIT & FABULOUS: MIND BODY & BITE

CRANBERRY FLAX PUMPKI BREAD - [American Institute for Cancer Research](#)

This recipe was specially crafted to support cancer prevention and survival. It adheres to [AICR's Cancer Prevention Recommendations](#). Learn more about our [recipe guidelines](#).

This content was last updated on December 18, 2019

Two of the season's most-loved foods come together in this delicious homemade bread. Pumpkin's potent beta-carotene and cranberries' anthocyanin phytochemicals are blended together with flaxseed's protective omega-3 fats. Flax is also being studied for their lignans, plant estrogens which may play a role in protecting against breast cancer.

Ingredients



- Canola oil spray
- 1/2 cup whole-wheat pastry flour
- 1/2 cup unbleached all-purpose flour
- 1/2 cup ground flaxseed
- 2/3 cup packed light brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 large eggs
- 1 cup canned pumpkin
- 1/4 cup canola oil
- 1/2 cup unsweetened applesauce
- 1/4 cup 100 percent apple juice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1 cup dried cranberries

Nutrition Facts	
servings per container	
Serving size	(87g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 12g Added Sugars	24%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 85mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat oven to 350 degrees F. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.
2. In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.
3. Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.

Notes

This recipe is sponsored by **AmeriFlax**.

If you're interested in becoming a corporate sponsor please contact our Corporate and Foundations Relations department at sponsorship@aicr.org. All AICR Health-e-Recipes meet AICR recipe guidelines and are reviewed and analyzed by AICR Registered Dietitians.



Makes 12 servings (1 slice). Per serving: 200 calories, 7 g total fat (0.5 g saturated fat, 0 g trans fat), 30 mg cholesterol, 32 g carbohydrates, 3 g protein, 3 g dietary fiber, 220 mg sodium, 21 g sugar, 12 g added sugar.

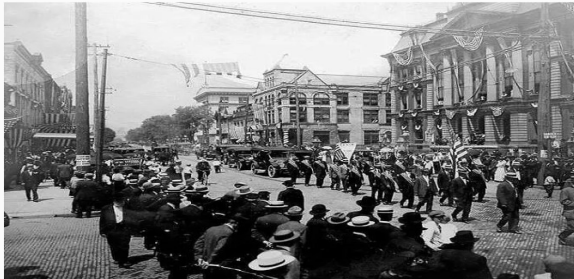


History of Veterans Day

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”



The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor Veterans of World War I,

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

In 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the Veterans service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American Veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the [first “Veterans Day Proclamation” \(PDF\)](#) which stated: “In order to insure proper and widespread observance of this anniversary, all Veterans, all Veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible.”

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

Spotlight on... Our Seniors

To Those Who Have Served: A Letter to Veterans

I am sorry that the storm has kept me from connecting directly with you—the courageous men and women of the Veterans of Foreign Wars. Each of you has placed this Nation's liberty and the freedom of others *before* your own lives. You are, indeed, a national treasure. So, I had wanted to salute you and to tell you about your Army.

As we approach another anniversary of September 11th, it is useful to reflect on why our Soldiers, Sailors, Airmen and Marines are deployed in harm's way. We are at war against a global extremist terrorist network that attacked us and is fixed on destroying our way of life. This foe will not fade away nor will it give up easily. We are engaged in a long war and the stakes for our country are high. At this hour, a new generation of American heroes has taken up the fight in defense of our values and ideals. They are deployed to defeat our enemies before they can attack us again at home. Your Army is a hugely resilient, professional and combat-seasoned force that has been stretched by the demands of the current conflict. We will do what it takes to win and to preserve this magnificent force.

And you, as Veterans, are doing your part. You are lending your critical voice. By coming together—from all Services and so many different backgrounds—you are part of the national dialogue on the state of the America's military and its role in 21st Century conflict. You do so with a level of credibility and wisdom that few can match.

For the last 35 years, the ranks of this Nation's Armed Forces have been filled entirely by volunteers. You know well the importance of sustaining an All-Volunteer Force—a force that has come to embody American resolve to defend freedom and protect liberty around the world. Your voice here will help secure this heritage and ensure that we maintain the same quality servicemen and women tomorrow that we have today.

You also know that today's troops are tomorrow's Veterans. The U.S. Army takes this responsibility to you and today's Soldiers seriously. To that end, we are working hand-in-hand with the right people, including health care specialists, Veterans Affairs, and others to provide the care, benefits and support you so deserve. Together, our mission is to get this right.

And so we move forward. We are in an era of persistent conflict where success is dependent upon our whole Nation working in concert. Your participation in this collaborative process counts immensely. And, by using your voice here and in your communities, you not only serve the living, but you honor the fallen and safeguard their proud legacy.

May God bless you.


George W. Casey, Jr.
General, United States Army



About New Mexico Aging Services

New Mexico Aging Services, part of the Aging and Long-Term Services Department, supports older adults and adults with disabilities in living active, healthy, and independent lives. The department promotes healthy aging, protects vulnerable adults, and connects communities through advocacy, education, and essential support.

What We Provide

Services include Adult Protective Services, the Aging Network of more than 250 senior centers, the Office of Indian Elder Affairs, and the Aging & Disabilities Resource Center. Additional programs offer caregiver support, long-term care options, and advocacy through the Ombudsman Program, helping ensure New Mexicans age with dignity and respect.

Location & Mailing Address:

2550 Cerrillos Road

Santa Fe, New Mexico 87505

ALTSD Phone Number:

800-432-2080

ALTSD Email:

Nm.ardc@altsd.nm.gov

EVENT INFO...




Edgewood Senior Center

Yoga for Energy

Join Meghan, Wednesdays at 1 pm
www.villagesofsantafe.org



Meghan at Edgewood
 Wednesday 1 pm

Judith at Rufina
 Tuesday 10 am

Maria at El Rancho
 Monday 1 pm
 Tuesday 10 am
 Friday 10 am




El Rancho Senior Center

Balance for Life

Join Maria
 Monday 1 pm
 Tuesday 10 am
 Friday 10 am
www.villagesofsantafe.org





Rufina Senior Center

Yoga Fusion

Join Judith, Tuesdays at 10 am
www.villagesofsantafe.org



Non-Metro New Mexico Area Agency on Aging

The Senior Difference

Santa Fe's largest Senior/Older adults health fair

A MUST ATTEND EVENT FOR OLDER ADULTS AND SENIORS


**FREE EVENT
OPEN TO THE PUBLIC**
**Thursday
November 13th, 2025**
8am-2pm
**at the Courtyard - Santa Fe, NM
3347 Cerrillos Rd.**

- FREE HEALTH SCREENINGS - FREE FLU SHOTS - LIVE ENTERTAINMENT
- SPEAKER SERIES - INFORMATION TO HELP THOSE IN NEED OF ASSISTANCE - PARTICIPATE IN LIVE EXERCISE SEMINARS
- FOOD DEMONSTRATIONS - MEDICAL PROVIDER AGENTS WILL BE ON HAND TO ANSWER YOUR QUESTIONS, HEALTH AND WELLNESS INFORMATION.

Just to name a few of the reasons you'll want to attend!

DOOR PRIZE GIVEAWAYS*

Come out and get to know how NON-METRO NEW MEXICO AREA AGENCY ON AGING assists New Mexico's Seniors and OLDER ADULTS in 32 counties throughout New Mexico!

...and when you drop by the NON-METRO NEW MEXICO Welcome Table - Get your **FREE** Goodie Bag while supplies last.

JOIN THE FUN FOR THIS NEW ANNUAL EVENT IN THE CITY DIFFERENT - SANTA FE, NM

SPONSORED BY:

PURE BENEFITS

THE PREMIER BROKERAGE


**United
Healthcare®**

**NM Hearing Aid
& Tinnitus Center**
nmHearingAid.com

FOR MORE EVENT INFORMATION OR BUSINESSES LOOKING TO RESERVE LIMITED
VENDOR SPACE, CONTACT:

JOE HERRERA at (505) 303-6247 joeh@ncnmedd.com

 Visit Our Website - www.nonmetroaaa.com



HOME REHABILITATION AND ENERGY EFFICIENCY (HREE) GRANT PROGRAM

Qualification Criteria

- Reside in the unincorporated areas of Santa Fe County (outside of the city limits of Santa Fe, Edgewood and Espanola);
- Be at or below 100% of the area median income (AMI) for their household size; and
- Own the home and real property for which they are applying for HREE Assistance.

Grants Up To
\$50,000.00

Documentation Required

1. Verification of Income (i.e. copies of paystubs and most recent tax return)
2. Verification of Ownership (i.e. warranty deed, property tax bill)
3. Verification of Primary Place of Residence (i.e. copies of utility bills)
4. Verification of Mortgage Loans, Home Equity Loan, and Proper Taxes (i.e. tax certification)
5. Statement of Need for HREE Project (i.e. reason for assistance request)



The Santa Fe County Community Development Department, together with its Housing Authority is excited to announce the opening of applications for the Home Rehabilitation and Energy Efficiency (HREE) Grant Program. This inaugural \$1MM program aims to provide one-time grants up to \$50,000 per qualified County residents to assist with repairs or modifications of their homes in the unincorporated areas of Santa Fe County.

Residential rehabilitation projects may include building envelope improvements such as roofs, stucco/siding, window replacements as well as hazard remediation and mitigation projects including water testing and filtration systems for private domestic wells. Later this year, the County will also welcome qualifying applications that will cover costs for connecting to public utility systems and energy efficiency upgrades such as solar, high-efficiency building fixtures, low-flow toilets, smart thermostats, and aerators.

To qualify, applicants must meet the following criteria:

- Reside in the unincorporated areas of Santa Fe County (outside of the city limits of Santa Fe, Edgewood and Espanola);
- Be at or below 100% of the area median income (AMI) for their household size; and
- Own the home and real property for which they are applying for HREE Assistance.

The HREE program aims to preserve affordable housing, aid in energy-efficient upgrades, and mitigate hazardous contaminants in homes.

Applicants must include the following documents for applications be to deemed complete:

1. Verification of Income (i.e. copies of paystubs and most recent tax return)
2. Verification of Ownership (i.e. warranty deed, property tax bill)
3. Verification of Primary Place of Residence (i.e. copies of utility bills)
4. Verification of Mortgage Loans, Home Equity Loan, and Proper Taxes (i.e. tax certification)
5. Statement of Need for HREE Project (i.e. reason for assistance request)

Applications for the HREE Grant Program are available on the County website. For more information or assistance in completing your application, please contact Donna Dean, Housing Specialist, at (505) 992-3040 or dbradley@santafecountynm.gov.

Interested parties can apply to the HREE Program online at the following link: <https://portal.neighborlysoftware.com/santafecountynm/Participant>

NOVEMBER CROSSWORD

Across

1. Choice of colors
8. Charlotte hoopsters
15. Extreme pains
16. Native New Yorkers
17. Fraternity parties
18. Ankle-to-waist wear
19. Harpist's progression
21. F.B.I. worker: Abbr.
22. Pancho and the Cisco Kid, e.g.
25. Prepare, in a way, as beans
27. Like some treated lawns
28. Launch of 2/20/86
29. Some deer
32. Sugar suffix
33. 1960s-'80s Red Sox great, informally
34. Locale of seven C. S. Lewis novels
36. With 38- and 40-Across, grocery purchase ... or what can be found in some other Across answers in this puzzle
38. See 36-Across
40. See 36-Across
41. Milk snakes
43. Moo
44. Global financial org.
45. Facts
46. No. before or after a colon
47. Yemen's capital
49. "You're ____ One, Mr. Grinch"
51. Coolest, in rap slang
52. Kwik-E-Mart owner on "The Simpsons"
55. 1957 Buddy Holly hit
57. Extreme poverty
59. "Eat your ____!" (mom's order)
63. Tropical woe
64. Fighting words

65. Move quickly (over)
66. Save

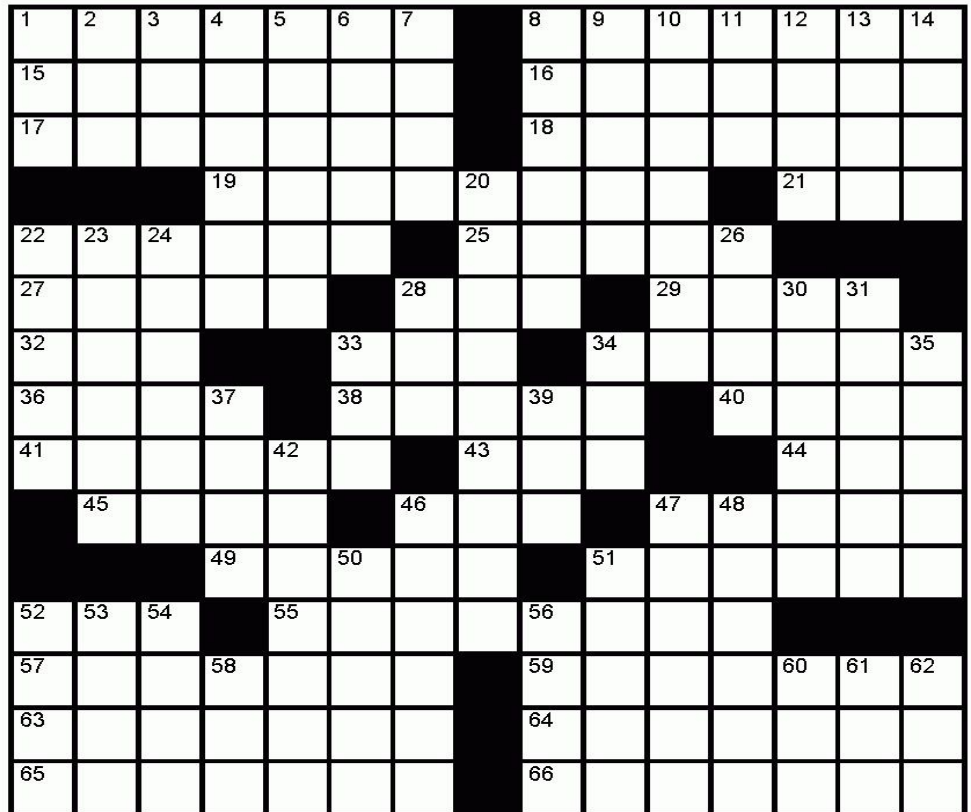
Down

1. Nuclear power since 1998: Abbr.
2. Turn gray, say
3. Captain's charge
4. Captivate
5. Steering system component
6. Univ. of Maryland athletes
7. Latin infinitive
8. "The Wizard of Oz" scarecrow portrayer
9. "____ by land ..."
10. Irish exclamation
11. It might be bummed, for short

12. "____, I do believe I failed you" (opening of a 1998 hit)

13. Aftertaste, e.g.
14. Army NCO
20. Turning gray
22. You might get it coming and going
23. Say $2 + 3 = 6$, e.g.
24. Marcos of the Philippines
26. Days of ____
28. Red leader
30. Driver
31. Summation signs
33. Gridiron stats: Abbr.
34. Point just past 11 on a clock: Abbr.
35. Comparable to a pig
37. Greek salad ingredient
39. Long time

42. Castle fortification
46. Hungarian
47. Nancy's pal, in the comics
48. Sour brew
50. Spooky
51. "____ a Letter to My Love" (Simone Signoret film)
52. Some mil. defenses
53. Like some airline travel periods
54. Wrinkly fruit
56. Actor Montand
58. Gangbanger's gun
60. Dander
61. Follower of "harvard."
62. Back-to-school mo.



WORD SEARCH—November



Thanksgiving
Pumpkin Pie
Veterans
Service
Family
Army

Armed Forces
Gratitude
Marines
Harvest
Honor
Navy

Patriotism
Sacrifice
Bravery
Heroes
Feast



Army
Family
Service
Veterans
Pumpkin Pie
Thanksgiving
Armed Forces
Gratitude
Marines
Bravery
Heroes
Feast
Navy



Need Food, Housing or Transportation?

CONNECT navigators can help you find services and resources in the community.



Are you a Santa Fe City or County resident in need of help with food, housing, utilities, or transportation? Whether for yourself or someone you're assisting, CONNECT can guide you to the proper support. The program connects residents to resources provided by city and county programs, nonprofits, and community organizations in Santa Fe and surrounding areas.

CONNECT is a network of navigators—community health workers, peer support specialists, and social workers—who connect people with the services they need. Using a shared technology platform, navigators securely send and receive referrals, address social needs, and improve individual and community well-being.

How to Get Connected

Self-Refer Online:

www.santafecountynm.gov/connect

Call 211: Complete an assistance request by phone

Senior Navigator Contact: Ian Donnelly, (505) 986-6239
idonnelly@santafecountynm.gov

FOOD ASSISTANCE & RESOURCES

ECHO INC CSFP PROGRAM



Free food for seniors 60 and older

300 Menaul Blvd. NW, Suite 226
 Albuquerque, NM 87107
 (505) 242-6777 | echoinc.org
info@echoinc.org

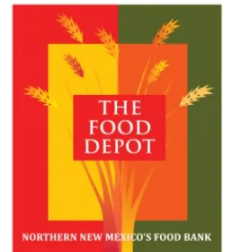
Nonperishable monthly food packages include: Vegetables, fruit, meat, pasta or rice, peanut butter or beans, cereal, juice, milk and cheese.

Eligibility is based on income requirements.
 Please call for possible new sites in your area.

THE FOOD DEPOT

No Cost Grocery Distribution & Navigation Services

122 A Siler Rd.
 Santa Fe, NM 87507
 505-471-1633
Info@thefooddepot.org



Fresh fruits and vegetables, healthy meals, nonperishable food items, bread, dairy, eggs and more.

We're committed to offering no-cost groceries, fresh fruits and vegetables, and healthy meals to all communities in Northern New Mexico. Contact us today to find your nearest food mobile, get information on our next food distribution, or ask about our navigation services for additional services.

BIENVENIDOS FOOD PANTRY

Free food box for eligible individuals twice per month

1511 Fifth Street
 Santa Fe, NM 87505
 505-986-0583

Clients may come in every two weeks to receive a box containing fresh vegetables and fruits, canned goods, meats, bread, pastry, and other essential staples to supplement their existing food supplies at home. These clients can also visit our clothing/household goods room and select a few items from our shelves.

Food distributions are also available at the Ken & Patty Adam senior center in Eldorado every other Thursday.

16 Avenida Torreon Santa Fe, NM 87508



MENU IS SUBJECT TO CHANGE

Senior Center & Home Delivery

WW = Whole Wheat | GC = Green Chile | RC = Red Chile | LS = Low Sodium
1% Milk Served | 100% Juice Served

MENU

 November 2025				
SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50 Individuals 59 years and under pay \$7.50 Lunch Served Mon-Fri 11:30am-1:00pm				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 Parmesan Crusted Chicken Penne Pasta W/ Sauce Italian Vegetables Green Salad Fruit Cocktail	 4 GC Cheeseburger Sun chips NAS French Fries Green Beans Fruit Compote	 5 Lemon Herb Tilapia Tartar Sauce Wild Rice W Mushrooms California Blend Vegetable Coleslaw Spiced Apples	 6 Ham and Bean Soup Vegetable Medley Flour Tortilla Oatmeal Cookie	 7 Marinated Chicken Breast Sweet Potatoes Mediterranean Blend Vegetable WW Roll Orange
10 Roasted Pulled Pork Mashed Potato Mushroom Gravy Green Salad WW Roll Jello W Banana	11 Santa Fe County Closed 	12 Red Chile Enchiladas Lettuce & Tomato Pinto Beans Spinach Diced Pears	13 Chicken Chow Mein Noodles Oriental Vegetables Mandarin Oranges Pineapple Chunks	14 Tuna Casserole Noodles Green Salad WW Roll Diced Peaches
17 Tilapia Vera Cruz Vera Cruz Sauce Scalloped Potatoes Sliced Carrots Diced Mango	18 Teriyaki Chicken Breast Brown Rice Oriental Vegetables Fresh Orange	19 Soft Beef Taco Lettuce Tomato Onion Pinto Beans Capri Vegetable Apricots	20 Roasted Turkey Mashed Potato w/ Gravy Green Bean Almondine Cornbread Stuffing Cranberry Sauce Pumpkin Pie W/ Whipped Cream	21 Beef Tips Mushroom Gravy Egg Noodles Normandy Blend Vegetables Mixed Fruit Cocktail
24 Waldorf Chicken Salad Over Mixed Greens Cucumber & Tomato salad WW Roll Carrot Cake	25 Beef Fajitas Salsa & Guacamole Pinto Beans Calabacitas Banana Pudding	26 Green Chile Chicken Posole Flour Tortilla Tossed Salad Warm Mixed Berry Compote Jello	27 Santa Fe County Closed 	28 Santa Fe County Closed



We serve lunch
Monday—Friday from 11:30 am to 1:00 pm
Come join us for lunch and engage in an activity

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50
Individuals 59 years and under pay \$7.50

Santa Fe County

Community Services Department

Commission Districts:

Legend

- District 1
- District 2
- District 3
- District 4
- District 5
- Precinct Boundaries 2024
- Incorporated Areas
- Roads
- Railroads
- Major Streams

**Senior Center
Currently
Closed**

**Senior Center
Currently
Open**

**Senior Center
Open, But Not
Serving Lunch**

LOCATIONS & MAIN OFFICE

- 16 Physical locations: 3 Administrative, 7 Senior Centers, 5 Libraries, 1 BH Facility

SFC Administrative Building
240 Grant Ave.
Santa Fe, NM 87501

First Judicial District Court
225 Montezuma Ave.
Santa Fe, NM 87501

Airport Rd. Facility
4250 Airport Rd.
Santa Fe, NM 87507

La Sala Center
2052 Galisteo St.
Santa Fe, NM 87505

La Cienega Library
136 Camino San Jose
Santa Fe, NM 87507

Vista Grande Library
14 Avenida Torreon
Santa Fe, nm 87508

Espanola Library
313 N. Paseo De Onate
Espanola, NM 87532

City of Santa Fe Southside Library
6599 Jaguar Dr.
Santa Fe, NM 87507

Town of Edgewood Library
171B NM-344
Edgewood, NM 87015

Abedon Lopez Senior Center
155A Camino de Quintana
Santa Cruz, NM 87567

Bennie J Chavez Senior Center
354 Juan Medina Rd.
Chimayo, NM 87522

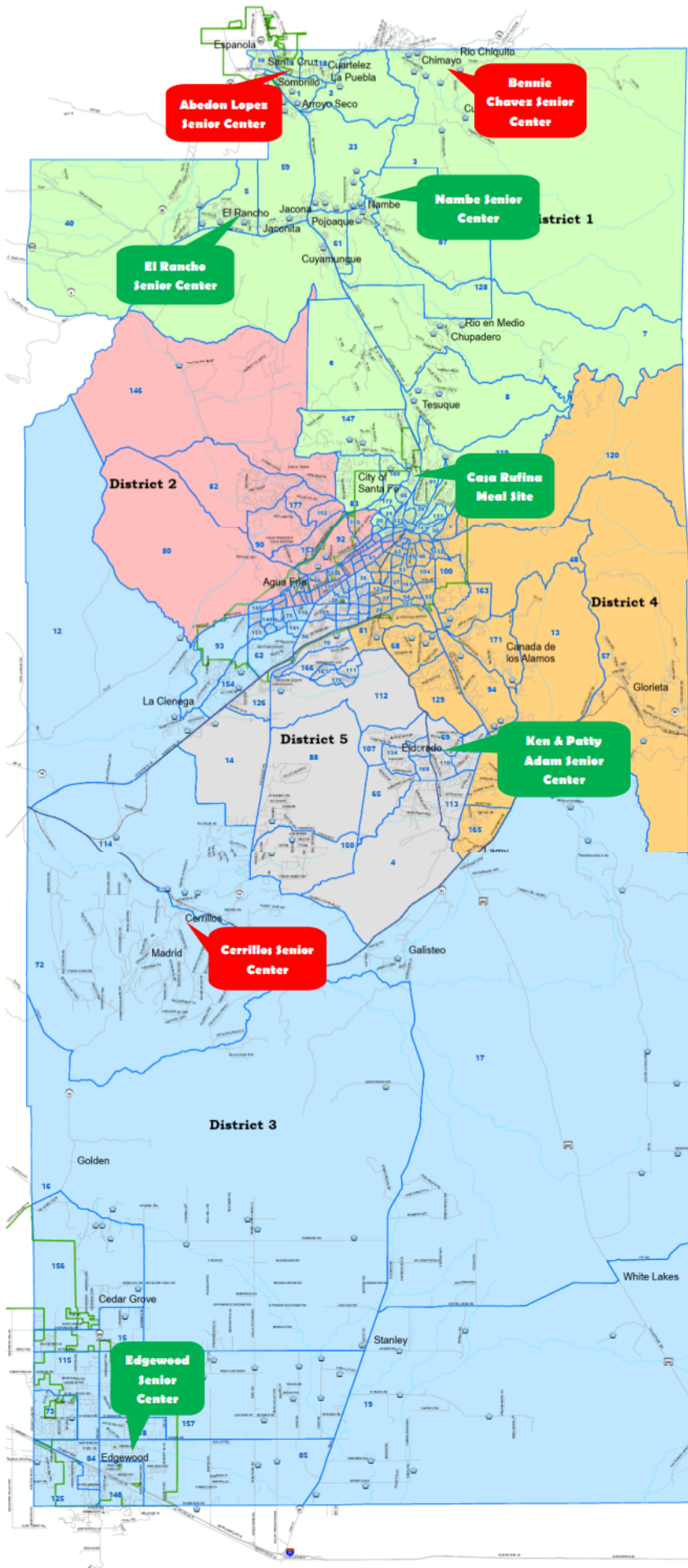
Cerrillos Senior Center
16 Main Street
Cerrillos, NM 87010

Edgewood Senior Center
114 Quail Trail
Edgewood, NM 87015

El Rancho Senior Center
394 County Road 84
Santa Fe, NM 87506

Ken & Patty Adam Senior Center
16 Avenida Torreon
Santa Fe, NM 87508

Rufina Meal Site
2323 Casa Rufina Rd
Santa Fe, NM 87507



January 1, 2024