



APRIL 2025

SANTA FE COUNTY

Senior Services Division

The Senior Voice



Hello
April

ADDITIONAL SERVICES VIA CONNECT

If you are in need of food, housing, transportation, in-home assistance, chore services, or related assistance, please fill out the CONNECT assistance inquiry form found online at www.santafecountynm.gov/community-services/hhsd/ahc to be connected to a Navigator who can help you find services and resources within the community. You can also apply for assistance by contacting our Senior Navigator directly:

Ian Donnelley, CONNECT Navigator

Santa Fe County
Community Services
Department

itdonnelly@santafecountynm.gov
505-986-6239

WELCOME TO SANTA FE COUNTY SENIOR SERVICES :

The Santa Fe County senior services program is proud to redefine the 60+ community and the senior center experience. Our senior centers are fun, inviting and full of life. We are honored to provide many exciting opportunities for individuals aged 60 or older. We offer classes and experiences in arts & creativity, learning, socialization and many health and wellness classes to help improve strength, balance, mobility and mental health. Some classes include yoga, stretch & movement, strength training, tai chi & chi gong, beading, weaving, tinwork, line dancing, ceramics, painting, monthly day trips and more! Please get in touch with our activities program coordinators for more information on what your local senior center can offer you. We are eager to welcome you with open arms, and look forward to serving you!

Meal Services

Congregate Meals (Lunch Service at the Senior Centers)

Individuals aged 60 years or older are welcome to join us at any of our Senior Centers for lunch. Lunch is served in a congregate setting between 11:30 am and 1:00 pm, Monday through Friday. There is a suggested – but not required -- donation of \$1.50 for eligible Seniors. Those under the age of 60 are welcome to join us at the cost of \$7.50 per meal.

Home Delivered Meals (Lunch Service Delivered to the Home)

Santa Fe County Senior Services proudly delivers meals to qualifying homebound Seniors. Individuals must be 60+ years of age, homebound, and without an alternate source of nutrition or meal preparation. There is a suggested donation of \$1.50 per meal. Individuals who meet these qualifications and are interested in receiving home-delivered meals should call our main office at 505-992-3069

Transportation Services

Santa Fe County Senior Services provides a safe, reliable, and affordable door-to-door transportation option to all eligible Seniors who reside outside Santa Fe City limits but within Santa Fe County boundaries. Our friendly and qualified drivers provide transportation for medical appointments, grocery shopping, and pharmacies for prescription pickup. Transportation hours are Monday through Friday from 8:30 am-3:00 pm. Please note that medical appointments take priority over all other appointments.

Transportation reservations must be made by phone *at least* 3-5 days in advance. Those needing transportation must participate in a simple registration process and be prepared to provide the dispatcher with their location, destination, designated time of appointment/pickup, and current phone number.

There is a suggested donation of \$1.00 per ride. Punch cards are available in increments of 12 (\$10) or 24 (\$20) rides. *All pickups and drop-offs must be scheduled* to ensure we make all appointments on time. We are unable to offer last-minute stops on the way to your destination.

Our skilled drivers are happy to help riders get in and out of the vehicle and assist them in getting to their destination safely and comfortably. Please note, however, that our drivers are not able to stay with riders during their appointments or speak with healthcare providers on their behalf. Handicap-accessible transportation vehicles are available upon request, regardless of mobility restrictions.



Above: Seniors from the El Rancho center on a County sponsored Day 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 Center (Santa Cruz): CLOSED

Activities Coordinator: Josie Atilano
155A Camino De Quintana
Santa Cruz, NM, 87567
505-753-8598

Bennie J Chavez Senior Center (Chimayo): 9am-3pm, Monday thru Friday

Activities Coordinator: Jonathan Pacheco
354 Juan Medina Rd
Chimayo, NM, 87522
505-351-4686

Edgewood Senior Center: 9am-3pm, Monday thru Friday

Activities Coordinator: Aaron Price
114 Quail Trail
Edgewood, NM, 87015
505-281-2515

El Rancho Senior Center: 9am-3pm Monday thru Friday

Activities Coordinator: Josie Atilano
394 County Road 84
Santa Fe, NM, 87506
505-455-2195

Ken & Patty Adam Senior Center (Eldorado): 9am -3pm, Monday thru Friday

Activities Coordinator: Lula M. Yount
16 Avenida Torreon
Santa Fe, NM, 87508
505-466-1039

Rufina Meal Site (Santa Fe): 11:30am-1pm, Monday thru Friday

Activities Coordinator: Amy Sandoval
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: Gina Montoya-Saiz—505-992-9876

Transportation Dispatchers: Rosalie Vigil—505-992-3069

CONNECT Navigator: Ian Donelley— 505-986-6239

Nutrition Coordinator: James Martinez—505-995-2745

Transportation Coordinator: Christopher Browning—505-992-3040

Activities Program Coordinator (Chimayo): Jonathan Pacheco—505-351-4686

Activities Program Coordinator (Edgewood): Aaron Price—505-281-2515

Activities Program Coordinator (Eldorado): Lula M. Yount—505-466-1039

Activities Program Coordinator (El Rancho & Rufina Meal Site): Amy Sandoval—505-455-2195

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

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DIRECTOR'S NOTE

FROM MATTIE BYERS—SANTA FE COUNTY SENIOR SERVICES DIRECTOR

Dear Senior Services Consumers,

We have many activities planned for April within Senior Services. As spring arrives, we are excited to announce the Senior Survey, which will be conducted from April 8, 2025, through April 25, 2025. Participation in this survey is important for Santa Fe County Senior Services as it helps us understand the needs of our community and plan for the future. The survey will be available in both English and Spanish, and is open to individuals aged 50 and older, as well as family members and caregivers aged 18 and older.

The survey can be accessed on the County's website, and paper copies will also be available. A QR code will be provided for easy access using a mo-

bile device. Your input is valuable, so please take the time to share your thoughts by participating in the survey.

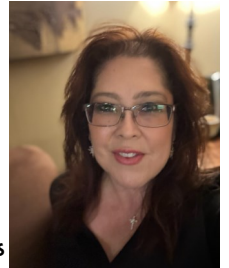
Additionally, I'd like to wish everyone that celebrates, and their families a blessed and happy Passover on April 12, and Easter on April 20th.

Thank you for being an active participant in the Santa Fe County Senior Services Program. We are dedicated to serving you with integrity and respect.

Sincerely,

Matilda Byers
"Mattie"

Director, Senior Services



SENIOR SERVICES ANNOUNCEMENTS

The Bennie J Chavez Senior Center in Chimayo will be closed on Friday April 18 2025 for Good Friday. Please plan your day and travel accordingly.

Additionally, Santa Fe County Senior Services would like to remind everyone that there will be increased traffic, as well as people walking on the highways and roads, particularly in the 599 corridor, state road 285, Pojoaque, Nambe, Espanola, Santa Cruz and Chimayo areas as they participate in the pilgrimage to El Santuario de Chimayo for the holiday. Please remember that pedestrians have the right-of-way and drivers must yield to walkers on *all* New Mexico roads. Please stay vigilant while traveling though these areas, decrease speed when necessary, and give walkers plenty of space. This way we can ensure everyone has a safe holiday weekend.



Left: Bennie J. Chavez Senior center in Chimayo, NM



Right: El Santuario de Chimayo

Upcoming Special Events & Workshops

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABEDON LOPEZ CENTER (Santa Cruz)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BENNIE J CHAVEZ CENTER (Chimayo)					
EDGEWOOD CENTER	•		•		
EL RANCHO CENTER		<ul style="list-style-type: none"> 4/9 DAY TRIP – El Santuario de Chimayo 9:00am 4/23 – DAY TRIP – SFC Health Fair 9:30am 	<ul style="list-style-type: none"> 4/10 – Birthday Celebration 12:30pm 4/17 – Card Making Class 12:30pm 4/24 – DAY TRIP – SFC Spring Fling Dance 10:00am 		
KEN & PATTY ADAM CENTER (Eldorado)	<ul style="list-style-type: none"> 4/14 – DAY TRIP – Albuquerque Telephone Museum 9:00am 			<ul style="list-style-type: none"> 4/24 – Treasurer’s Office tax outreach 10:30am 4/25 – DAY TRIP – Albuquerque thrift & Antique stores 9:00am 	<ul style="list-style-type: none"> Ageless Grace – every Friday @ 1pm

Ongoing Senior Center Activities:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABEDON LOPEZ CENTER (Santa Cruz)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BENNIE J CHAVEZ CENTER (Chimayo)	10:00 - Beading	10:00 – Matter of Balance @ Nambé community center (transportation provided)	10:00 - Painting	1:00 – Dance Class	
EDGEWOOD CENTER					
EL RANCHO CENTER	9:00am – Ceramics Class 10:00am – Walking @ Pojoaque Wellness Field (transportation provided)	10:00 – Matter Of Balance @ Nambé Community Center (transportation provided)	9:00am – Tin Working	9:00am – Weaving Class W/Joyce Trainer 12:00 – Card Making Class (2 nd & 4 th Thursdays)	All Day – Open Studio
KEN & PATTY ADAM CENTER (Eldorado)	9:10am – Weight Training 10:10am – Stretch & Movement 12:45 – Weaving & Fiber Arts 1:00pm – Ceramics	9:10am – Dance Fitness 10:10 – Tai Chi (Swords) 10:00am – Glass Fusion 12:30pm – Art Explorations/Crochet (alternating Tuesdays) 1:00pm – Ping Pong	9:00am – Latin Dance Class 9:30am – Bridge Group 9:30am – Mahjongg 10:00 – Qi Gong 11:00am – Stretch & Movement 12:45pm – Beading Group 1:00pm – Open Paint/pastels 1:00 – Mahjongg	9:10am – Dance Fitness 10:10am – Tai Chi (hands) 1:00pm – Ping Pong 1:00pm – Beginner’s Knitting group	9:10am – Weight Training 10:10 – Gentle Yoga 12:30 – Watercolor workshop (first Friday of the month only) All Day – Open Studio

MEET OUR STAFF

If you’ve ever wondered about who works behind the scenes of our program, here’s your chance to learn a little bit about our invaluable staff members that make our program possible.

Name: Christopher S. Lopez



Position: Activities Program Coordinator

Site: Cerrillos

How Long They’ve Worked With The County: 2 Months.

Favorite Hobby Or Activity Outside Of Work: Arts & crafts of all sorts. Mainly papercrafts & scrapbooking. I also love to travel. My favorite destination is Disneyland!

Why Senior Services? Over the last few years I’ve worked with a primarily senior crowd, which I find very rewarding. I want to help enrich the lives of our senior constituents, and the last few weeks with Senior Services has proven to be the best place to do that. I am excited for my Cerrillos center to open!

Recommended Book/Movie/ TV show: Any Disney movie.

They keep you young & show no matter where you come from, your race, or your flaws, you can wish upon a star and your dreams will come true!

Favorite Quote: “All your dreams can come true, if you have the courage to pursue them” –Walt Disney



Some Of Eldorado's 2025 Nonagenarians: Jack, Sue & Betty



John shows off the catch of the day!



El Rancho Senior Center at Senior Day at the Round-house!



Left: Janet and her completed weaving; Center: Chimayo Seniors on their fishing trip; Right: Leonard shows off his first tin cross!

CENTER HIGHLIGHTS FEATURED PROGRAM—AGELESS GRACE IN ELDORADO

It's never too late to begin. It's never too early to start.

ageless Grace®



Timeless Fitness™
for the Body & Brain™

Ageless Grace® Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace®, the ability to respond, react and recover.

For more information, please visit: www.agelessgrace.com



Eldorado's Ageless Grace Class Kicks Up The Fun!

The Ageless Grace® Program is ideal for:

Anyone who wants to stay cognitively fit and vibrant through stimulation of neuroplasticity

All health and fitness professionals desiring brain health skills on their resume

Special populations, including those with physical or mental limitations

Caregivers working with special populations

NEW MEXICO AGING & LONG TERM SERVICES

Location

2550 Cerrillos Road
Santa Fe, NM 87505

Mailing Address

2550 Cerrillos Road
Santa Fe, NM 87505

ALTSD Phone Number

1-800-432-2080

ALTSD Email

nm.adrc@altsd.nm.gov

ADRC (Aging and Disability Resource Center)

1-800-432-2080

Adult Protective Services Intake

1-866-654-3219 Toll-Free

Long-Term Care

Ombudsman Program

1-866-451-2901 Toll-Free;
Statewide

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
or phone the County's Senior Services Division at 505-992-3069*

Ancianos: The Tapestry Of Our Culture, Families & Communities

Take the Senior Survey!

¡Responda la Encuesta Para Personas Mayores!



Santa Fe County is partnering with UNM’s Center for Social Research to conduct a comprehensive survey that will help to determine how to best apply and leverage resources now, and in the future to come. Residents aged 50+ are welcome to participate in the survey, as well as anyone 18+ that is a caregiver, or is participating on behalf of someone 50+.

The survey will be open April 8-25, available in either English or Spanish online through the county’s website (www.santafecountynm.gov/senior-survey) or in person at any of the City of Santa Fe or Santa Fe County senior centers. You can also participate at any of the upcoming events, there will be surveys available for anyone that needs one:

DATE/TIME	EVENT	LOCATION
April 8 9am-3pm	Edgewood Survey event	Edgewood Senior Center.
April 9 9am-3pm	Chimayo Survey event	Chimayo Senior Center.
April 10 9am-3pm	El Rancho Survey event	El Rancho Senior Center.
April 11 9am-3pm	Rufina Survey Event	Casa Rufina Meal Site
April 15 9am-3pm	Eldorado Survey Event	Eldorado Senior Center
April 21 10am-3pm	Santa Fe County Health Fair	Santa Fe County Fairgrounds
April 22	Rancho Viejo Survey Event	TBD
April 23	Community Outreach	TBD
April 24	Santa Fe County Spring Fling Dance	Santa Fe County Fairgrounds
April 25	Community Outreach (Last Day to take the survey)	TBD



SANTA FE COUNTY SENIOR SERVICES

Health & Wellness Fair 2025

Join us and over 30 vendors for health and aging assistance and information plus take the Santa Fe County Senior Needs survey to help shape the future of Senior Services.

APRIL 21, 2025 • 10 A.M. - 2 P.M.
SANTA FE COUNTY FAIRGROUNDS

Take charge of your aging journey. Learn about available services, gain information from local health agencies, and prepare for the future with friendly people and fun giveaways!





You are invited to

SANTA FE COUNTY SENIOR SERVICES'

SPRING FLING

24 April, 2025

Lunch - 11:30-1:00

Dance - 1:00 - 4:00

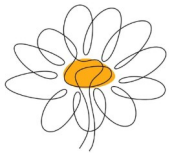
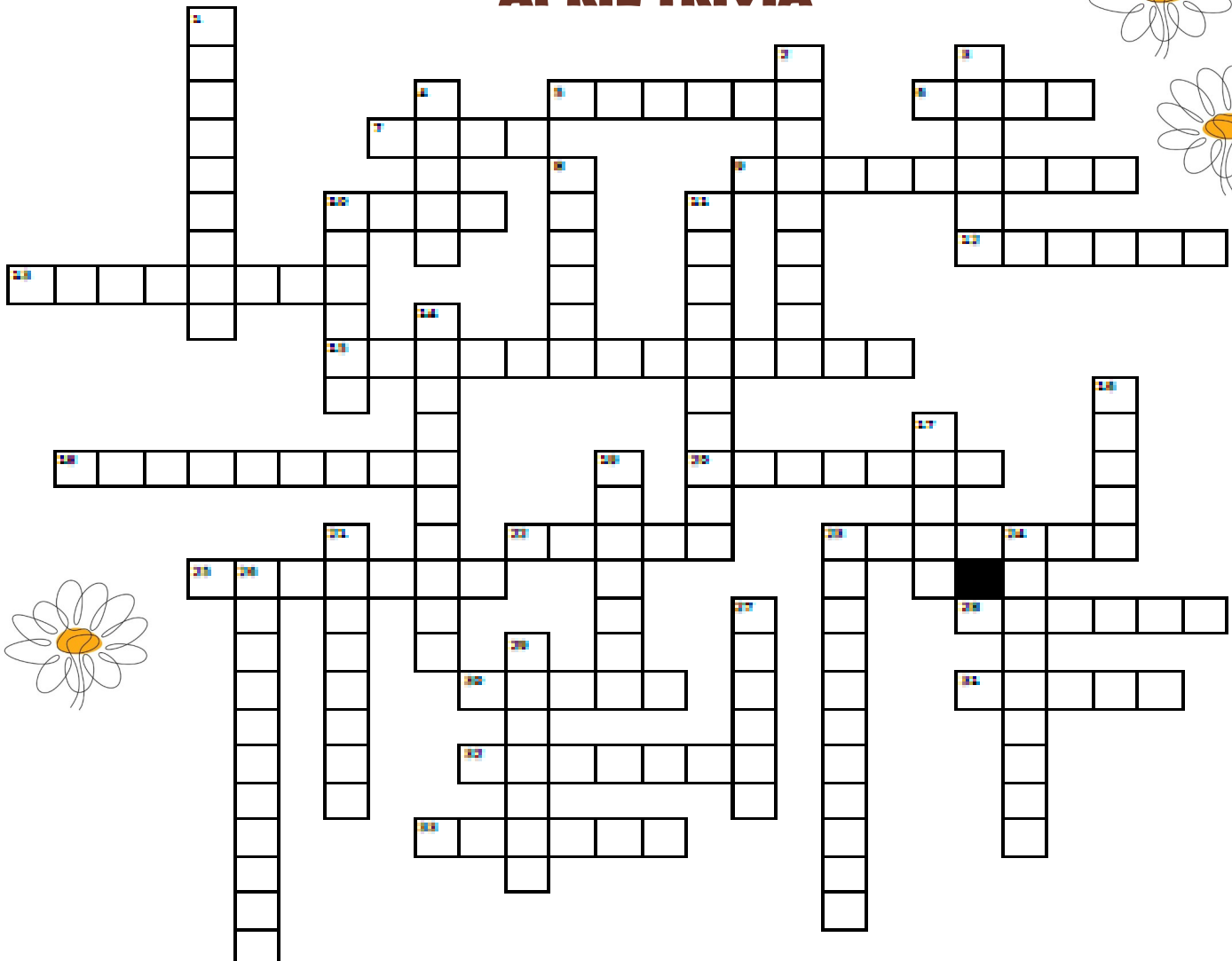
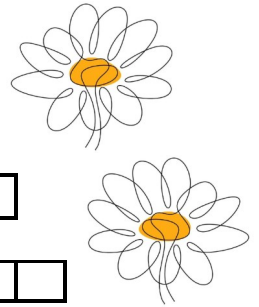
**Santa Fe County
Fairgrounds**

**3229 Rodeo Rd
Santa Fe, NM 87507**

**Music by Lluvia Negra
Feat. Uvaldo Olonia**



APRIL TRIVIA



Down:

1. HRM Queen ____ II was born on April 21, 1926
2. These pollinators begin to swarm in April after a winter in the hive.
3. The bull zodiac of the month of April
4. April was the ____ month of the European calendar until the 16th century.
8. ____ days hath November, April, June and November...
10. April Fool's day is believed to have started in ____ when the first month of the year switched from April to January.
11. America's first ____ were announced by NASA on April 9, 1959.
14. The first shots of the American ____ were fired on April 19, 1775.

Across:

5. ____ famously launched from Cape Kennedy on April 11, 1970.
6. New Orleans's ____ Festival famously takes place this month.
7. April's Full ____ moon will rise on April 12, and is named after phlox flowers of the same color.
9. Founding Father, Thomas ____ was born April 13, 1743
10. The French are no fools! on April 1st they celebrate April ____ day (Poisson d'Avril)
12. April is the first full month of ____
13. The ____ is the second birth flower of April symbolizing blissful pleasure.
15. The ____ festival famously takes place in Washington D.C. during the month

APRIL FOOLS!

- Embarrassed
- Ridiculous
- Befuddle
- Dumbfound
- Comedian
- Bamboozle
- Gullible
- Malarkey
- Funny
- Dupe
- Wacky
- Shenanigans
- Tomfoolery
- Humorous
- Laughter
- Amusing
- Snicker
- Caper
- Prank
- Comic

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

- Hysterical
- Frivolity
- Mischief
- Surprise
- Mockery
- Guffaw
- Giggle
- Levity
- Stunt
- Bemuse
- Scam
- First
- Joke
- Fool
- April
- Silly
- Trick
- Jest
- Gag

SUDOKU

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

ANSWER KEY

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

BE SUGAR SMART



DISCOVER THE DIFFERENCE BETWEEN NATURAL AND ADDED SUGAR

Americans consume on average 22 teaspoons or about 350 calories of added sugar each day. Dietary guidelines recommend that added sugars contribute no more than 10 percent of your daily calories. For a 2,000 calorie diet, that means no more than 200 calories (or about 12 teaspoons) should come from added sugar each day.

How can you figure out how much added sugar you're eating?

Not all sugars are created equal. Learning how to identify the different types can get complicated.

ADDED SUGAR vs. NATURAL SUGAR:

What's the Difference?

ADDED SUGARS vs. NATURAL SUGARS

...are sugars and syrups added to foods during processing. They add calories without adding nutrients. Top sources of added sugars include candy, soft drinks, and desserts.

...are found in fruits, vegetables, and dairy products. These foods also contain vitamins, minerals, and other nutrients like protein and fiber that help fill you up.

Be a sugar sleuth

LOOK TO THE LABEL.

The Nutrition Facts label has been updated to list both total sugars and added sugars. "Sugars" include both the natural sugars found in fruit or milk and added sugars, so check the "Added Sugars" line to determine the amount of extra sugar that has been added to the food.

CHECK OUT THE SUPERTRACKER.

Visit supertracker.usda.gov to explore the amounts of added sugar in foods. You can also get a personalized nutrition and activity plan with an added sugar budget.

GET TO KNOW SUGAR SYNONYMS.

Sugar goes by many different names. Common sugar names include:

- High-fructose corn syrup
- Fruit juice concentrate
- Honey
- Malt syrup
- Cane juice or cane syrup
- Agave nectar
- Molasses
- Sucrose
- Glucose

INVESTIGATE THE INGREDIENTS.

Ingredients are listed by weight, from highest to lowest. If you see sugar or another sweetener among the first few ingredients, it is likely that the food is high in added sugar.

Why Should I Limit Added sugar?

Foods that are high in added sugar tend also to be high in calories and low in valuable nutrients. **A high-sugar diet is linked to an increased risk of obesity and can lead to tooth decay and dental cavities.** Make an effort to enjoy healthy food choices and consider sugar-sweetened foods like soda, cookies, cake, and candy occasional treats, not everyday foods.

How Much is a Gram?

Nutrition Facts labels list amounts of nutrients in grams (g) and milligrams (mg). To put this into a more common measurement, remember...

4 GRAMS SUGAR = 1 TEASPOON SUGAR

Why is Sugar Added to Foods?

- Makes foods appetizing and taste good
- Helps preserve foods like jams or jelly
- Gives baked goods texture and color
- Fuels fermentation to make bread rise
- Adds bulk to baked goods and ice cream
- Balances acidity in recipes with tomatoes or vinegar

Senior Center &
Home Delivered Meal
MENU

MENU IS SUBJECT TO CHANGE

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

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

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Salisbury Steak Mushroom Gravy Scalloped Potatoes Capri Blend Vegetable Chocolate Chip Cookie	Chicken Adovada Flour Tortilla Corn Spanish Rice Vanilla Pudding	Chef Salad (Ham, Chicken, Egg Cucumber, Tomatoes, Broccoli) Garlic Bread W/Dressing Banana	Lemon Pepper Cod Wild Rice Tartar Sauce Brussel Sprouts Gelatin W/Fruit
7	8	9	10	11
Caesar Salad W/Chicken Croutons, Parmesan Cheese W/W Roll Peaches W/Cottage Cheese	Red Chile Pork Tamales Pinto Beans Garden Salad W/Dressing Zucchini W/Tomato Vanilla Pudding	Frito Pie Garden Salad W/Dressing (Corn Chips, Red Chili W/ Beef, Lettuce, Tomato, Onion) Fresh Orange	Salmon Filet W/Tartar Sauce Wild Rice Asparagus W/Peppers W/W Roll Angel Food Cake W/Fruit	Ravioli Marinara Sauce Italian Blend Vegetables Garlic Knot Plums
14	15	16	17	18
Green Chili Pork Stew Cornbread Tossed Salad W/Dressing Cantaloupe	Meatloaf, W/W Roll Au Gratin Potatoes 5 Way Mixed Vegetable Brown Gravy Pineapple Chunks	Pizza W/Sausage Garden Salad W/Dressing Garlic Knot Diced Peaches	Chicken Salad W/Crackers Broccoli Salad Potato Chip Peach Cobbler	Fish Tacos Coleslaw Refried Beans Flour Tortilla Oatmeal Cookie
21	22	23	24	25
Tuna Filet Over Brown Rice Brussel Sprouts Tartar Sauce Honeydew	Ham & Cheese on a Croissant Broccoli Salad Sun Chip Mixed Berries W/Cream	Chicken Fried Chicken Mashed Potatoes Country Gravy Green Beans Peanut Butter Cookie	Beef Lasagna Tuscan Blend Garlic Knot Salad Tossed W/Dressing Flavored Yogurt	Green Chile Chicken Enchiladas, Pinto Beans Roasted Corn & Peppers Butterscotch Pudding
28	29	30		
Green Chile Cheese Burger Baked Beans Garden Salad Cinnamon Applesauce	Sweet and Sour Pork Rice Stir Fry Veggies Pork Eggroll Watermelon	Chicken Parmesan Linguini, Marinara Sauce Italian Blend Vegetables Apple Cobbler		

4 EASY EXERCISES TO DO AT HOME

Aging gracefully isn't only about looking good, it's also about feeling good, and improving confidence!

One of the best ways to maintain a healthy lifestyle and be your best as you age is by creating and following an exercise routine that focuses on improving balance, mobility and strength. As the old saying goes: A body in motion stays in motion and it's so true! By maintaining an exercise routine, on your own or in a class, you keep your body limber, your balance steady and your mind sharp too!

Here are 4 simple and easy exercises you can do at home on your own, with a partner, or caregiver to start your routine, and keep your body fit!

1. STANDING FROM A CHAIR



Standing From Chairs

Difficulty: Medium

Standing from chairs is a critical activity for all ages, but it becomes especially challenging as you age due to decreased balance and strength. The best way to strengthen your body is by frequently practicing the sit-to-stand movement.

Here's how you can do this exercise safely at home:

1. Sit up tall in a chair with your feet flat on the floor and shoulder-width apart.
2. Shuffle forward in your chair.
3. Bring your feet behind your knees for momentum.
4. Hinge at your hips and push yourself up.

If you're struggling with this exercise, you can start by using a taller chair. As you get better at the sit-to-stand movement, try sitting in deeper couches or lower chairs.

3. SINGLE LEG STANCE



Single-Leg Stance

Difficulty: Easy

Like the tandem stance, the single-leg stance is a great exercise that helps improve balance and strengthen your lower body.

Follow these instructions and learn how you can add the single-leg stance to your exercise regime successfully:

1. Stand with the left side of your body facing the back of a chair.
2. With your left hand, grab the chair for support.
3. With your feet shoulder-width apart, lift your left leg off the ground.
4. Hold that position for 10 seconds.
5. Lower your leg and do the same movement with the opposite leg.

If this exercise is too easy, try to remove your hand from the back of the chair.

2. TANDEM STANCE



Tandem Stance

Difficulty: Easy

The tandem stance is a movement that will help you improve balance and stability, which can reduce the risk of injuries and falls. This senior exercise is a simpler version of walking heel to toe and can help you increase strength in your hips, knees, and ankles, which will help you maintain balance.

Follow these instructions and learn how to do the tandem stance correctly:

1. Stand with the right side of your body facing the back of a chair.
2. With your right arm, grab the back of the chair for support.
3. Place your left foot in front of your right foot so you are heel to toe.
4. Balance in this position for one minute, then switch sides.

4. WALL PUSH-UPS



Wall Push-Ups

Difficulty: Medium

Using your body weight to complete exercises is a great way to build muscle strength without pushing yourself too hard. A safe and effective bodyweight exercise is a wall push-up, which can strengthen your wrists, arms, chest, and abdominal muscles.

Here's how to do a wall push-up:

1. Place your hands on a wall directly in front of you.
2. Bend your elbows and slowly lean forward.
3. Straighten your arms and push yourself away from the wall.

ADDITIONAL SERVICES VIA CONNECT

Are you a Santa Fe County or City resident? Do you need assistance with food, housing, utilities or transportation?

Whether you are looking for yourself, or are assisting someone else, CONNECT can help you find and “connect” to the support you are seeking by providing a listing of city, county, non-profits, and other providers within the County and City of Santa Fe (and nearby areas).

CONNECT is a network of navigators at clinics, community organizations, and city and county programs. Navigators are community health workers, peer support workers, or social workers who link people to services and resources in our community. Agencies in the network are connected through a shared technology platform enabling navigators to send and receive secure electronic referrals, address residents’ social needs, and improve individual and community health.

To self-refer to CONNECT, please visit:
www.santafecountynm.gov/connect
 OR call 211 and complete an assistance request.

For more information about CONNECT call:

Santa Fe County Community Services
 (505) 995-9526

Or contact our Senior Navigator directly:

Ian Donnelly
 (505) 986-6239
 or
itdonnelly@santafecountynm.gov

FOOD ASSISTANCE & RESOURCES

ECHO INC CSFP PROGRAM

Free food for seniors 60 and older



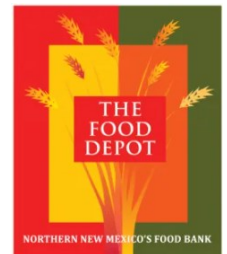
300 Menaul Blvd. NW, Suite 226
 Albuquerque, NM 87107
 (505) 242-6777 | echoinc.org
info@echoinc.org

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**



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

Senior Supplement

An Educational Service of the Legal Resources for the Elderly Program (LREP)

August 2013

For more information call the LREP toll-free Legal Helpline
at 800-876-6657 or 505-797-6005 (Albuquerque area)
www.sbnm.org/lrep

Living Trusts

What is a living trust?

A living trust is an estate planning tool that will allow you to transfer your assets directly to your beneficiaries without requiring the property to go through probate. Probate is a legal process used to pass title to property that has not already been transferred by some other method, such as a living trust or joint tenancy with right of survivorship.

There are some basic terms to know if you are considering a living trust. As the owner of the assets to be transferred, you would be the one creating the trust and would be referred to as the "trustor", "grantor", or "settlor" of the trust. You would appoint a "trustee," who is responsible for managing and distributing your assets. The "beneficiaries" of the trust are those persons to whom the assets will be distributed. You should choose the trustee carefully since this person will have a duty to manage and distribute the assets of the trust strictly for the benefit of the beneficiaries.

What is the difference between a living trust and a will?

Although a living trust and a will are both estate planning tools, they differ greatly in relation to probate. A living trust becomes effective as soon as it is properly executed and funded. It is usually effective in avoiding probate. A will does not become effective until your death and may require a probate proceeding. Any assets which you neglect to place in the trust may still have to be probated in order to either place them in your trust or transfer them to your heirs.



Is there a "down-side" to having a living trust?

Two things that should be considered are:

- 1) A living trust is generally a very expensive estate planning document, and
- 2) Most living trusts are lengthy documents written in language that may not be understandable to someone who is not a trust attorney.

That means if you have questions about your trust and/or the property it owns, you will likely have to go back to the trust attorney and pay an hourly rate to get answers to your questions.

Are there other ways to transfer property?

Even without a living trust, there are ways to avoid having your estate probated. Other methods of transferring property include "joint tenancy with right of survivorship", payable-on-death accounts, transfer-on-death accounts and transfer-on-death deeds. As of June 15, 2001, the transfer on death deed became available as an option in New Mexico. However, the New Mexico transfer-on-death deed can only be used to transfer real estate located in New Mexico.

(Continued)

Do I need a living trust?

The following list represents several circumstances in which a living trust may be beneficial:

1. Large Estates:

For 2013, the federal estate tax exemption is \$5.25 million (\$10.5 million for a married couple) and the estate tax rate for estates valued over this amount is 40%, effective through December 31, 2013. The estate tax exemption amount varies depending on legislative action and law changes affecting the rules governing federal estate taxes. An attorney who is experienced in drafting trusts can advise you as to ways in which to minimize estate taxes for large estates.

2. Real property in more than one state:

If your estate includes real property in more than one state, the estate may have to be probated in more than one state. Since this would mean extra time and expense for your heirs or beneficiaries, it may be more cost-effective for them if there is a living trust set up.

3. A family member with disabilities:

If you have a child or other family member with disabilities for whom you wish to provide financially, but who is not capable of handling his/her own finances, a living trust may be helpful. The trustee would be responsible for using trust assets to provide for the welfare of the person with disabilities.

4. Children of different marriages:

If you and/or your spouse have children from previous marriages, a living trust may help each of you to provide for your respective children and alleviate conflicts between them after you die.

5. Convenience:

Since probate may take several months, many people create living trusts as a convenience to their beneficiaries. You should keep in mind that the cost of setting up a living trust is often at least the same as a probate proceeding. (Either a living trust or a simple probate may cost from \$500 to \$2000.) If you have a limited income, you may choose to allow the estate to be probated with the cost being taken from the proceeds of the estate.

Living trusts should not be set up without the assistance of a licensed New Mexico attorney, and forms should not be purchased by mail or from door-to-door sellers. If you are considering setting up a living trust or have questions about your current estate plan, you should consult with an attorney.



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January 2020

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www.sbnm.org/lrep

Probate and Estate Planning

Your estate is everything of value that you leave to others after your death. Probate takes place after your death. In probate, a personal representative is named to be sure your debts are paid and your estate is distributed to your heirs or beneficiaries according to your will or through the laws of inheritance that govern the distribution of your property when you don't have a will (intestate succession). Probate is the legal process that makes this happen.

How can I tell if my estate will require probate? If your heirs or beneficiaries can obtain ownership of your property through a **non-probate transfer**, your estate will not have to go through probate. There will usually be no need for probate if you have arranged for title to your property to be transferred by other means, as described below. If you own property to which there is a "title", such as automobiles, real estate, bank accounts or stocks and bonds, these assets may not require a probate proceeding. The way title to your property is held determines whether the property will need to go through probate. Also, if the only property you own when you die consists of personal items such as furniture, appliances, and clothing, your estate may not require probate.

Non-Probate Transfers

Property you own which is held in the following ways passes to your beneficiaries without a will and is not transferred through probate:

Real estate or other assets held in **Joint Tenancy with Right of Survivorship** passes directly to the other joint owner.

A **Transfer on Death Deed** transfers title to a house or land directly upon your death. This is a special deed that you can revoke or change at any time without the consent or knowledge of the beneficiary.

Assets like bank accounts may be held in Payable on Death (POD) accounts. On the death of the owner,



this type of account is paid to the beneficiary when that named beneficiary presents a copy of the death certificate to the bank or credit union.

Securities like stocks and bonds may be held in **Transfer on Death (TOD)** accounts. The transfer is carried out when the named beneficiary presents a copy of the death certificate to the company issuing the stock. The company will provide any other forms needed to make the transfer to the beneficiary.

Life insurance policies and annuities pay money directly to the named beneficiary without a will or probate.

Other Ways to Transfer Assets without Probate:

Affidavit of Successor in Interest (estates under \$50,000): If the total amount of your estate is less than \$50,000, and at least 30 days have passed since your death, if no one has applied to be appointed Personal Representative of the estate, a person entitled to your property can collect it by presenting a sworn statement ("affidavit") to the person holding the property. This process can be used to transfer title to motor vehicles with a form from the Motor Vehicle Department.

Transfer of title to homestead to surviving spouse by affidavit: If a home is titled only in the deceased spouse's name, the surviving spouse may be able to transfer title to the community property home to himself/herself. This is done through the use of an affidavit which would be filed six months after the spouse's death.

Frequently Asked Questions

Q. I'm worried that if I don't make a will, the State of New Mexico will take my property when I die. Is that true?

A. No, if you die without leaving a will and you have property which needs to be transferred to your heirs, the property will be distributed to your heirs under the New Mexico laws of inheritance. Generally, that means that your closest relatives will receive your property, not the State. Probate is the process used whether there is a will or not.

Q. I have money in a bank account which I want my three children to have when I'm gone. I think I'll put one of my children on that account. When I die, she can give her sister and brother their share of the money. Is this a good idea?

A. We do not advise people to do their estate planning this way. Sometimes the child who is supposed to share the money with his/her siblings does not do so. The better way to achieve the same result would be for the account to be held "payable on death" (POD) to the children. Then each child would automatically receive his/her share. (Note: putting a child's name on your account makes that child a joint owner of the money while you are alive and could make the money in the account available to your child's creditors.)

Q. I want my son to have my house when I'm gone. Would it be a good idea to transfer title to him now? Or maybe I should make him a joint-tenant with me?

A. Although both methods allow your house to pass to your son without probate, there are other possible problems which you should consider before you change title to your home. Once the title to the house is in your child's name (either as sole owner or joint tenant), the house becomes an asset which may be available to your child's creditors. If you transfer title to someone else, you lose control over what will happen to the property while you are alive. This can also affect your ability to qualify for Medicaid for nursing home care. The better solution would be for you to execute and record a Transfer on Death Deed. An owner of real estate located in New Mexico may execute a deed that designates a beneficiary who will become the

owner of the property at the owner's death. This deed can be revoked any time before the owner's death and does not give the beneficiary any rights of ownership until the owner has died. When the owner dies, the beneficiary files a copy of the death certificate with the county clerk in the county where the real estate is located and title passes to the beneficiary without going through probate.

Another advantage to this type of deed is that the beneficiary gets a stepped-up tax basis in the property to the value of the property at the date of death. This means the beneficiary won't have to pay capital gains taxes on the amount the property increased in value while the original owner owned it.

Q. How long does it take to probate an estate? Is it really expensive?

A. If no one contests the Will and there are no property or other issues to resolve, probate can often be completed in four to six months. There is no specific cost for probate, other than filing fees. Depending on how complicated the probate proceeding may be, the cost could range from a few hundred dollars to several thousand dollars if you hire a lawyer to help.

Q. Will my estate have to pay an estate tax?

A. If in 2020 your estate will not be over \$11.58 million, you probably don't have to worry about your estate paying "estate taxes". Persons who own substantial amounts of property (money/real estate) should consult with a tax advisor about this matter. Legal Resources for the Elderly Program does not provide advice in regard to taxes.

Q. If I owe money to people when I die, will they and other creditors be paid?

A. An important part of the probate process is paying valid debts owed to creditors. Your Personal Representative will be responsible for notifying your creditors about your death and asking those creditors to submit their bills. If your estate does not have enough money to pay the debts, these debts may be charged off by the creditors. Your Personal Representative does not use his/her own funds to pay your bills.

Stay informed in Santa Fe County. From weather alerts, to road closures.

Scan the QR Code above to Sign up for Alert Santa Fe
or Visit <https://www.smart911.com/smart911/ref/reg.action?pa=AlertSantaFe>



FLOODING



WILDFIRE



TORNADO



HAZARDOUS
MATERIAL



TERRORISM

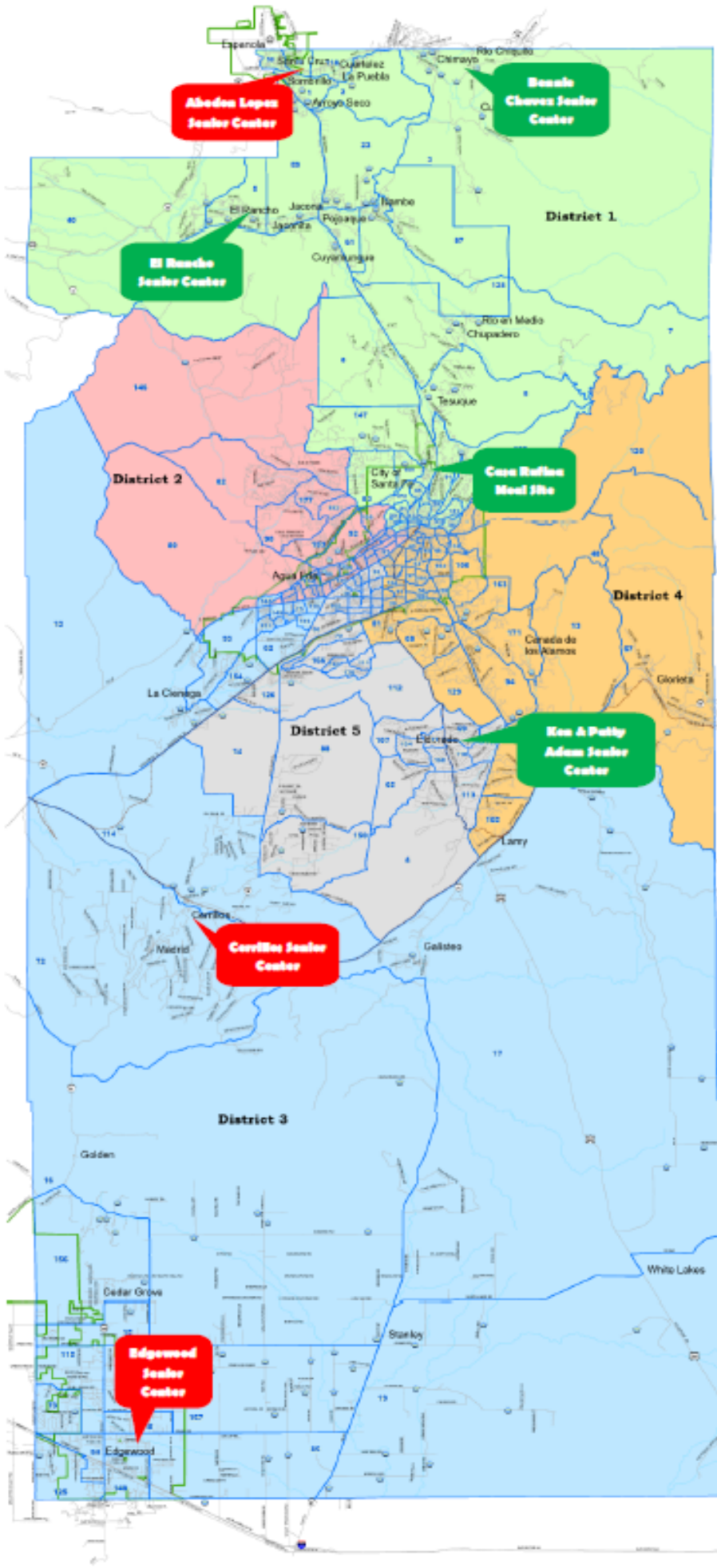


ROAD
CLOSURES

In partnership with:



Santa Fe County Community Services Department



Commission Districts:

Legend

- District 1
- District 2
- District 3
- District 4
- District 5
- Precinct Boundaries 2021
- 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 Oñate
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



SANTA FE COUNTY

January 1, 2024