

Here's what's happening in April...

April showers bring May flowers...or in our case, members and activities!

We welcome all of our new participants, and extend a friendly reminder to all that we are an all-inclusive, all-embracing senior center community and do not exclude any participant from any activity based on gender, race, identity, ideology, or even age! Yes, we're a *senior* center, but we love when folks of all ages join the fun!

Speaking of fun, we do have a lot of different happenings, well, happening, but it's important to remember that we are still a Santa Fe County owned and operated facility and we do have to follow County rules and regulations. This includes no drugs, alcohol, or weapons on property, and tobacco smoke or vapor should not come within 25 feet of entrances to the building.

Okay, enough business. On to the aforementioned fun!
-Lula

UPCOMING DAY TRIPS:

Wednesday, 4/18 Santa Fe Nursery "tour". – Spring is here and it's time to start thinking about getting our gardens ready to go! Join us this Wednesday to get started! We'll visit Newman's Nursery, Plants of the Southwest, Agua Fria Nursery, Paynes & Jackalope. Somewhere along the way we'll enjoy lunch at CHOMP! Food Hall where a little variety can be enjoyed by all! Bring your reusable bags or boxes to carry your goods home, and don't forget a comfy pair of walking shoes!

Monday, 4/27 Los Alamos History Museum & Fuller Lodge – You asked and we listened! We will be visiting Los Alamos again and hitting a couple of Los Alamos' best history stops. We'll stop in between for a delicious lunch at one of Los Alamos's local restaurants and enjoy our day in the spring sun! Don't forget to bring a comfortable pair of walking shoes and your preferred form of hydration for the day.

"April Is The Kindest Month. April Gets You Out Of Your Head And Into The Garden."

-Marty Rubin

UPCOMING GUEST SPEAKERS:

Monday, April 6 @ 10:00am Kady Wilson with Adult Protective Services – Please help us welcome Kady as she helps to teach us about Adult Protective Services, when to call, how they're available to help and how their services can be implemented in our community. This is a great opportunity to gain some information if you have a friend, neighbor or family member that you're concerned for but are unsure of where to start to get them the help they need.

Wednesday April 8 @ 11:30am Ashley Martinez with Legacy Santa Fe Lunch & Learn – Please help us welcome Ashley as she helps us navigate senior living and educate us on what The Legacy at Santa Fe has to offer. She will be conducting this as a "lunch and learn" so you can enjoy your lunch while she educates.

Friday April 17 @ 10:30 Sabita Baral and Mendy Gladden with Christus Health – Sabita and Mendy will be joining us with an educational program from Christus St. Vincent Regional Medical Center. The first half of the program will cover When to consider joint replacement surgery, and what to expect before and after surgery, and staying safe and independent at home. The second half will cover preventing strokes and recognizing early warning signs, and mobility tips and fall prevention strategies. This is a great program to join if you have any questions or concerns or are just looking for a little more information. Caregivers are welcome to join also.

Thursday April 23 @ 11:30am – Sandra Huerta with Rivera Funeral Home - Sandra is joining us from Rivera Funeral Home to help educate on future & estate planning. She will give a brief presentation and then conduct a Q&A for anyone that is looking for more information, or may be interested. Its never too early to start planning for the future.

Monday April 28 @ 1:00 – New Mexico Wildlife Center and Wildlife Ambassadors –Please join us in welcoming the wildlife ambassadors from the New Mexico Wildlife center. NMWC's educators will utilize Ambassador Animals and animal artifacts to discuss and educate on local wildlife, conservation, and how people can help wildlife. *The Friends of the Adam Senior Center kindly paid the requested donation to allow for NMWC to come to our center.*

SPECIAL PRESENTATION:

Tuesday, April 14 @ 9:30am Quilts of Valor Presentation – The Northern New Mexico Quilt Guild will be presenting Quilts of Valor to local veterans in thanks of their service. Please join us to honor some of our members as they are presented with their quilt. Those that are being honored are welcome to bring their friends and family to join them for the ceremony. Refreshments will be available.

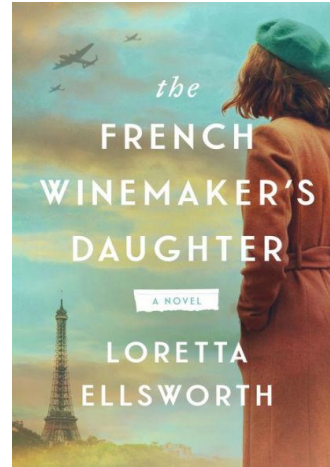
SPECIAL EVENT:

PLANT & SEED SWAP - Friday April 24 @ 1:00pm Our annual plant & seed swap is back! Bring your cuttings, your seedlings, your seeds or full- grown plants to swap or share with others!



KPASC BOOK CLUB PICK:

The French Winemaker's Daughter by Loretta Ellsworth



Feel free to join us on 4/28 @ 1:00pm for discussion, or read along at home!

GROCERY DISTRIBUTION:

Thursday April 9 – 11:30am – 1:00pm You **MUST** fill out an application with **Bienvenidos Outreach** before you can pick up your groceries – applications are available in the center.

Thursday April 23 – 11:30am – 1:00pm You **MUST** fill out an application with **Bienvenidos Outreach** before you can pick up your groceries – applications are available in the center.

Donations for Bienvenidos Outreach -

In light of our ongoing partnership with Bienvenidos Outreach, we are accepting donations of clothing to support their mission, and benefit the members of our community that Bienvenidos serves. We are currently accepting donations of any new or lightly used clothing as well as new, unopened packs of socks. And as always we are continuing to accept donations of clean and empty egg cartons to assist in their food distributions as well.

Clothing and food donations can be left at the front desk with a note so that they can be put aside, and egg cartons are being collected in the kitchenette near the stove.

Thank you all for your continued support of our greater Eldorado/285 and Santa Fe community.

For more information on Bienvenidos, please visit their website at

www.bienvenidosfoodpantry.org

***“When April Came With Sunshine
And Showers And Lilac Bloom, My Heart
With Sudden Gladness
Was Like A Fragrant Room”***

-Bliss Carman

FROM THE FRIENDS OF THE ADAM SENIOR CENTER...

NEXT MEETING: Tuesday April 14 @ 1:00pm (meetings will take place on the 2nd Tuesday of the month at 1pm for the foreseeable future.)

BOARD NEWS QUARTERLY

In an attempt to make information about the Friends of the Adam Senior Center more accessible to the people who attend the Center, the Board will include a quarterly column in the monthly newsletter outlining business conducted by the Board. This first issue covers January through March 2026.

The Board of the Friends of the Adam Senior Center is a group of volunteers. The elected positions are shown below:

Gloria Pendlay – President
Patti Harris – Vice President
Linda Gloria – Secretary

Nina Wells, Board Member
Yolanda Brewer, Board Member
Pat Berssen Treasurer

The Board meets 1 p.m. the second Tuesday of every month and welcomes anyone interested in seeing how we work and/or to apply for funds for services and/or equipment.

One of the main goals of the Board is to provide funds for equipment and/or services that the County does not provide. The Friend's funds are gathered from the Eldorado Flea Market sale of donated goods, donations from individuals and the EACA and sales of items sold from the display case. This last December a craft sale was held and \$1,000 in donated craft items were sold.

At this point in the budget year, the County no longer is available to process any requests for items/projects. The budget is used up and the new fiscal year starts on July 1st. As many know, the process of obtaining funding through the County can take time and there will be many requests starting the beginning of July.

In the interim, the Board is available to review requests for funds for equipment and/or services. The process is outlined below for proposed requests:

1. Research the items or services necessary and the cost;
2. Talk to the Activities Director for class approval or possible County purchase;
3. If the County is unable to purchase, come to the Board meeting and present a request for the funds and approval;
4. Purchase the items or services and then obtain reimbursement from the Board;
5. If the need is immediate, rather than waiting for a Board meeting, the request can be submitted to Lula (Activities Director) who will contact the Board members for a telephone or email vote on the request for reimbursement.

To avoid any confusion, it is necessary for the requests be made to the Board **before** the purchase.

The first quarter of the year, the funds have been made available for the following items:

Two issues of the New Mexican delivered to the Center Monday through Friday
Holiday decorations

A visit from the Raptor Center with B-Boy the Great Horned Owl and his companion, Mario

Purchase of a new ping pong table

Weights for the strength training class

Sewing items for the sunshine sewing group

SPECIAL THANKS TO...



A Big “Thank you!” to Joan Osborn for your support and volunteering during your time with us here. We greatly appreciate you facilitating the Thursday conversational spanish class, the delivery of the donated, hand-made baby blankets and quilts to Many Mothers and overseeing the group that was creating and donating favors for the home delivered meals recipients among many other contributions. Your helping heart has made our center and our participants shine. We thank you for your service to our center, and wish you good luck in your future endeavors and in your new home.

ANNOUNCEMENTS

Center Etiquette Reminder: SHARE AND SHARE ALIKE

Our activities and classes are quickly outgrowing our space, and that means that we will have to share. No classroom or area is specifically earmarked for any one group or class except during the specific scheduled time allotted for that group or class. For example, Ceramics class is scheduled on Monday. The Art studio/classroom is not off limits to everyone else all day Monday; only while it is in use by the ceramicists between the time of 1:00pm and 3:00pm. Anyone else is welcome to use the space before that time for painting, sewing, glass, drawing etc. This applies to all other spaces including the back exercise room, library, flex room, and lunchroom. That being said, if the ceramics class is cancelled for the day, or on an extended hiatus, the room is no longer reserved for the ceramicists at their designated time and anyone that would like to use the space for their needs, is welcome to. Eventually if the building is expanded we may have the privilege of reserving specific spaces for specific groups or people, but until then all rooms and areas are and will continue to be, multi purpose.

That being said...

Senior center equipment and supplies can not and should not be stored in the Max Coll center AKA the exercise room. This area is locked off from the rest of the senior center in the evenings and weekends and rented to the public for meetings, birthday parties, receptions, classes etc. and, with the exception of the equipment closet in which we store the exercise equipment, the rest of the Coll center is available to anyone that rents the center and any supplies or equipment therein can and will be used by those renting the Coll center. This opens our equipment to damage and theft that is best avoided by storing all items on the Senior Center side of the building.

PLEASE KEEP IN MIND...

Our senior center welcomes a vast and diverse population of our community's elders, and with such a varied group, comes a varied collection of ideals, principals, religious & political backgrounds and ethnical differences. Please, while you are visiting our center, keep these differences in mind, and help us to keep a friendly and welcoming environment for all. We kindly ask that any discussion of topics that may tend to become heated, spirited or uncomfortable in any way be left for conversations outside of the senior center. That being said, spreading information, or misinformation about our fellow attendees should also come to an end. If someone shares a thought, story or bit of personal information with you, it should not be shared with all. Whether it's explicitly said that it is to be kept to yourself or not, we want to keep all types of gossip out of our center if at all possible in order to continue our sense of security and keep our center a safe space for all. **We want all of our elders to feel welcome and comfortable, without anyone feeling a sense of oppression, segregation or discrimination for their differing views or ideals, or feel like they are unable to talk to anyone without their information or stories being spread around the community without their consent.**

Additionally, as our center houses a diverse population of new members and members that have been attending for quite some time, we ask that all of our participants, whether participating in a class, group, trip, discussion or meal, respect all other members of our center, as well as the belongings of other members, and that which belongs to the center itself. We have several volunteers that help our staff oversee several different aspects of the center, (as well as Santa Fe County employees) and have many projects or items that are housed within the center that belong, not only to the center, but to our volunteers, or participants as well. Please, do not move, alter or otherwise touch a project, display, planter etc. without the express permission of the person that owns it. (if it is County/Center item or equipment, please ask staff) This is to include all artwork hanging on the walls, works in progress in the classrooms, plants, aero-gardens, and supplies housed in the various storage closets as well as bulletin boards and posted signage. That being said, the senior center is not to be used as a storage area for personal items, equipment or supplies. Please take any and all personal equipment and supplies home with you to avoid anything inadvertently being damaged or going missing.

Incident Weather:

Don't let our recent bout of beautiful weather fool you, we are not quite out of the winter weather yet! In the case of inclement weather, *there is the possibility that the County & senior centers will be on a 2-hr delay or even be closed due to unsafe driving conditions.* If there is snow or ice outside, and you are unsure of whether the center will be open, please visit the Santa Fe County Website at www.santafecountynm.gov There will be a bright red banner at the top of the homepage that will state whether offices are closed or on a 2-hr delay. **If offices are closed, senior centers will be as well. If Offices are on a 2-hr delay, Senior centers will open at 10am, and all 9am classes will be cancelled.** There is occasionally the possibility that a delay can be upgraded to a closure depending on weather conditions, and the final determination is always posted to the website by 8:00am, so it's always worth a second look, just in case. Also please note that if you try to call the center, and we are on a delay, or closed, staff will not

be at the center to answer phones. The County website is the most reliable way to gain that information, and will reflect final updates by 8:00am. If you need to call, you can call our main office at 505-992-3069 or the County Manager's office at 505-986-6200

If you find yourself in any kind of emergency during winter or severe weather, please do not hesitate to call 911 – Power outages, no heat and no water can turn into very serious situations in a very short amount of time in any circumstance, but particularly during the winter. If you are in need of assistance of any kind in paying utilities, getting firewood, propane etc. please call our senior navigator at the CONNECT program. 505-986-6239. They have resources to help you in any way you may need.

Parking Lot Etiquette:

As many of you are aware, there is limited space in our parking lot, and with the growing popularity of our classes, there are days when finding a parking spot can be difficult. ***Please continue to observe all posted signage regarding parking.*** This is to ensure that a secure area is available for County vehicles, and that staff has easy access to vehicles in the event of an emergency. Please also do not utilize a marked handicap parking spot unless you have a visible handicap placard or designated license plate. Occasionally the Sheriff's office does visit our parking lot and will issue tickets for those that are not parked appropriately. Additionally, please do not park in the handicap loading zones (spots marked with diagonal lines next to handicap spots.) These are specifically designed so that those with handicap ramps on their vehicles can load and unload into their vehicles. If you park there, they do not have enough room for ramps, wheelchairs or walkers to be loaded in and out. And finally, **for your safety, please only park in designated parking spots.** On busy days, the upper parking lot in front of the Max Coll center can be utilized, as well as the library parking lot. **Please do not park in front of the dumpsters, beside curbs, along the retaining wall, or along the street.** These areas do not allow for the safe exit/entry from your vehicle, or prevent the safety of those walking to their vehicles, and in some cases open your vehicle up to damage from other vehicles, delivery trucks, or the doors to the dumpster area, which sometimes get caught by the wind and swing open.

Thank you for understanding and making our parking lot as safe as possible for everyone at the senior center.

Refrigerator Etiquette:

As many of you are aware, there is a refrigerator/freezer in the kitchenette for everyone to use as needed. Occasionally there will be items there that are for all to take, but also it is a space for participants and staff to store items that need to be refrigerated or frozen before taking them home. This could include lunches, groceries, snacks, drinks etc. Please remember that **communal snacks will always be designated as such with a note. Please, if an item is not designated as "free to take" do not take it unless it belongs to you, or you have clarified with staff.** We have recently had some items, and lunches "go missing" when our participants have stored them for the day. **This includes items in the freezer, as well.**

Classes:

Just a friendly reminder that **all of the classes offered at Santa Fe County senior centers, including the Ken & Patty Adam Senior Center are offered free of charge for all participants over the age of 60. At no time should an instructor or participant ask you for a fee for instruction or equipment use of any kind. All materials and equipment provided (including kilns, grinders, hand tools etc.) are, and should be provided by Santa Fe County.** Our wish is to provide a fun and friendly environment for all older adults to enjoy, socialize and learn something new without the stress of purchasing materials, or worrying about keeping up with fees. Of course, all participants are welcome to bring their own materials and supplies for classes as well, but if ever anything is needed for a class all you need to do is make a request to your activities coordinator to make it happen! (in due time, of course...) Please note also, that in the event that a community member under the age of 60 is interested in participating in a class, and does not qualify for membership to the center via spouse, they are welcome to utilize the instructional aspect of our classes, but must provide their own materials such as art supplies, workout equipment etc. and may not utilize County owned or provided equipment or supplies. (We do not wish to turn away family members etc. wanting to spend more time with our participants by attending the center with them, but our funding only allows for so much. This is how we are able to work around it.)

“Etiquette Means Behaving Yourself A Little Better Than Is Absolutely Essential.”

-Will Cuppy

ONGOING:

Sunshine Committee -

Our newly established Sunshine Committee is a group of individuals dedicated to just that: bringing sunshine to our senior center community in small, easy ways every day. Anyone can participate in brightening up our center. You can be an Ambassador for the Day, donning a nametag and welcoming new members of our center, showing them around and helping them get situated at lunch. You could also organize a “card shower” for one of our participants that is having a birthday, is ill or in the hospital, lost a loved one, or just because they need a little cheering up. The newly established “Sunshine Sewers” create placemats and rug mugs for our homebound community that need a little uplifting and are always looking for extra hands as well! There are many ways you can participate and be a Sunshine Bringer! For more information please see Lula.

Paper Bag Collection

We continue to collect donations of paper bags with handles for Kitchen Angels. Donations can be put in the designated box in the kitchenette, and our volunteers will collect and deliver them to Kitchen Angels, who will then use them to distribute meals to elderly and disabled homebound community members.

Baby Blankets

If you are feeling crafty, or have been making blankets without an outlet for distribution, we continue to collect handmade baby blankets for the participants of Many Mothers. Donations can be turned in at the front desk, and when we have enough, our volunteers will collect and deposit them with Many Mothers. These blankets go to new moms in our community that are participating in the Many Mothers program.

Thanks, and we hope to see you at the center soon!

Please see email attachments for the lunch menu, activities calendar, & nutrition tips for this month.

