



February 2026

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:

The Santa Fe County Senior Services Program is proud to redefine the 60+ community with vibrant, welcoming senior centers full of life and connection. In alignment with the Older Americans Act of 2025, our programs promote healthy aging, independence, social engagement, and overall well-being for adults 60 and older. We offer a variety of enriching opportunities in arts, creativity, learning, socialization, and wellness—designed to improve strength, balance, mobility, and mental health. Classes include yoga, stretch & movement, tai chi, strength training, beading, ceramics, painting, line dancing, monthly day trips, and more. Contact your Activities Program Coordinator to learn what your local senior center offers. We look forward to welcoming 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 provides home-delivered meals to qualifying homebound seniors. To be eligible, individuals must be 60 years of age or older, homebound, and without an alternate source of nutrition or meal preparation. A suggested donation of \$1.50 per meal is requested.

If you meet these qualifications and are interested in receiving home-delivered meals, please get in touch with our main office at **505-992-3069**.

Transportation Services

Santa Fe County Senior Services provides safe, reliable, and affordable door-to-door transportation for eligible seniors living outside Santa Fe City limits but within Santa Fe County. Our courteous, trained drivers provide transportation to medical appointments, grocery stores, and pharmacies for prescription pickup.

Medical appointments are given priority.

Transportation is available **Monday–Friday from 8:30 a.m. to 3:00 p.m.**

Reservations must be made by phone **at least 3 days in advance**. Riders will need to complete a simple registration and be ready to provide their address, destination, appointment or pickup time, and current phone number when scheduling.

A **suggested donation of \$1.00 per ride** is appreciated. Punch cards are available for **12 rides (\$10)** or **24 rides (\$20)**. To maintain timely service, all stops must be scheduled in advance—unscheduled or last-minute stops cannot be accommodated.

Our drivers are happy to assist riders in and out of the vehicle and ensure a comfortable, safe trip; however, they are not able to accompany individuals to appointments or communicate with healthcare providers. Handicap-accessible vehicles are available upon request for anyone who needs them.



Program Eligibility & how to register

To participate in any program, individuals must be **60 years of age or older**, or the legal spouse of an eligible participant living at the same address.

Registration is **free** and can be completed at any senior center or in the home for homebound participants.

During registration, a qualified staff member will assist in completing a confidential form, which includes:

- Name and date of birth
- Address and phone number
- Medical coverage information
- Emergency contact information
- Activities of Daily Living (ADLs) and Instrumental Activities of daily Living (IADLs)
- Nutritional health assessment

This process helps us understand participant needs and provide services effectively. To register, renew, or update your information, contact your local **Activities Coordinator** or call our main office at **505-992-3069**.

Santa Fe County Senior Centers Directory

•**Abedon Lopez Sr. Senior Center (Santa Cruz):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

*155 A Camino De Quintana, Santa Cruz, NM 87567 (505)995-2749
Activity Coordinator: Josie Atilano*

•**Bennie J. Chavez Senior Center (Chimayo):** *Temporarily Closed due to Renovations*

*354 Juan Medina Road, Chimayo, NM 87522 (505)351-4686
Activity Coordinator: Jonathan Pacheco*

•**Casa Rufina Lunch Site (Santa Fe):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

*2323 Casa Rufina Road, Santa Fe, NM 87507 (505)471-9800
Activity Coordinator: Christopher Lopez*

•**Edgewood Senior Center:** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

*114 Quail Trail, Edgewood, NM 87015 (505) 281-2515
Activity Coordinator: Aaron Price*

•**El Rancho Senior Center:** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

*394 County Road 84, Santa Fe, NM 87506 (505)455-2195
Activity Coordinator: Ivonne Velazco*

•**Ken & Patty Adam Senior Center (Eldorado):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

*16 Avenida Torreon, Santa Fe, NM 87508 (505)466-1039
Activity Coordinator: Lula Yount*

•**Senior Services Administrative Office:** *Monday-Friday 8:00 a.m. to 5:00 p.m.*

4250 Airport Road, Santa Fe, NM 87508 (505) 992-3069

Santa Fe County Senior Services Staff Directory

To schedule transportation,
cancel your meal, or for
information call
505-992-3069

Program Director:

Matilda (Mattie) Valdez—
505-992-9840

Program Manager:

Gina Montoya-Saiz —
505-992-9876

Program Administrator:

Rosemary Bailey—
505-992-9876

Dispatcher:

Rosalie Vigil—505-992-3069

Nutrition Coordinator:

James Martinez—
505-995-2745

Transportation Coordinator:

Christopher Browning—
505-992-3040

Activity Coordinator:

(Cerrillos/Rufina Meal Site):
Vacant —
505-986-6214

Activity Coordinator:

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

Activity Coordinator:

(Edgewood):
Aaron Price—
505-281-2515

Activity Coordinator:

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

Activity Coordinator :

(Santa Cruz):
Josie Atilano—
505-995-2749

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DIRECTOR'S NOTE

Santa Fe County Senior Services Administrative Program Manager

Dear Friends,

Welcome to the month of February—a time to celebrate connection, kindness, and community. I am so grateful for each of you and the energy, wisdom, and joy you bring to our senior centers every day.

This month is especially meaningful as we come together for moments of fun and for opportunities to make our voices heard. We are excited to celebrate love and friendship at our upcoming Valentine's Dance, and we look forward to seeing you enjoy music, laughter, and time with one another.

February also brings an important opportunity as we take our seniors to the Roundhouse to share your needs, experiences, and hopes for your programs and centers. Your voices matter, and your participation helps shape the future of the services and spaces that support you.

Thank you for being such an important part of our community. I look forward to sharing a wonderful

February with all of you.

With appreciation and warm wishes,

Matilda Byers
"Mattie"

Senior Services Administrative
Program Manager



SANTA FE COUNTY ANNOUNCEMENTS

Senior Day at the Roundhouse – Your Voice Matters!

Join us on **Friday, February 13, 2026**, for **Senior Day at the Roundhouse!** This is a wonderful opportunity for seniors to speak directly with their state representatives and share how our **Senior Programs and Centers have made a positive difference** in your life and community. Your stories, experiences, and voices help shape the future of senior services—so we encourage you to participate and be heard!

Santa Fe County Senior Valentine's Dance Love is in the air! Santa Fe County invites all seniors to celebrate friendship, fun, and community at our **Senior Valentine's Dance on Thursday, February 12, 2026**

Transportation will be provided on a first come, first served basis. **Sign-up is required**, so be sure to reserve your spot early! (See Activity Program Coordinator)

Daily Fun & Favorites

	Monday	Tuesday	Wednesday	Thursday	Friday
Abedon Lopez Center (Santa Cruz)	9 am Ceramics 10 am Low Impact Body, Stretch & Muscle Strengthening w/Fernando Hernandez	10 am Art Class w/Alfred Baca 12:30 BINGO	9am Tin Work w/Janet Lopez	9am Weaving w/ Joyce Trainor 12:30pm Card Making with Charlotte Jaramillo	10am Balance & Mobility w/ Maria 1 pm Beading Class w/Marsha Ronquillo
Bennie J. Chavez Center	Closed	Closed	Closed	Closed	Closed
Edgewood Center	9am Ceramics 9am High Intensity Exercise	9am Ceramics 10am Chair Exercise 9am Wood Carving 1pm BINGO	9am High Intensity Exercise 11-12 Guitar Lessons 1pm Yoga for Energy	9am Ceramics 10am Chair Exercise 1pm Painting	9am High Intensity Exercise
El Rancho Center	10 am- Beading w/Marcia 10 am Beading 10am Fly Tying	10 am Balance Matters w/ Maria Francis	10am Painting w/Alfred 12:30pm Birthday Celebration every 3rd Wednesday of the month	10 am Walking & Balance w/Maria	
Ken & Patty Ad-am Center (Eldorado)	9:30 -Weight Training 9:30-Sunshine Sewers 10:30 -Stretching & Movement 12:45 -Fiber Arts Group 1:00 Ceramics	9:10 -Dance Fitness 10:00 am-Glass Fusion 10:00am-Sunshine Sewers 10:10 -Tai Chi - Swords 1:00 -Crochet 1:00 -Ping Pong 1:00 -Leather Crafting 1:30 pm Spanish Lessons	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 -Pastel Group	9:10 -Dance Fitness 10:10 -Tai Chi - hands 11:00 -Ageless Grace Chair Aerobics 1:00 -Ping Pong 1:00-Caregiver Support Group (Memory Care Alliance) 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			10 am- Mindful Balance w/ Maureen 1 pm Open Crafts	Birthday Celebrations every third Thursday of the month.	1pm Bingo Friday

Community, Connection & Celebration – February Events

Abedon Lopez:

Smart 911 (10am); Qi Gong Wed 2/18 (9am); Fall Prevention Fri 2/27 (1pm); Feb Birthdays Thu 2/19 (12:30pm)

Edgewood:

Intro to Meditation – Fri 2/6 (11am)

El Rancho:

Heart Making Mon 2/2; Valentine Ice Cream Social Wed 2/11 (12:30pm); Bingo Mon 2/23 (12:30pm); Nutrition & Tai Chi Wed 2/25 (12:30pm)

Eldorado:

Valentine Dessert Potluck Thu 2/12 (12:30pm); Raptor Center Wed 2/18 (1pm); Animal Shelter Mon 2/23 (1pm); Day Trip Fri 2/27 (11am, Olive Garden)

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.



Heart on the Road: Meet Mona Gonzales

Mona Gonzales is a Driver/ Cook Assistant with Santa Fe County Senior Services and has been caring for seniors since March 2021. Whether she's delivering a meal, giving a ride, or stopping to chat, Mona loves making seniors smile—and they've truly become like family to her. She finds the most joy in knowing she makes a difference in their day, whether through a kind word, a shared laugh, or dependable support.

A proud Chupadero, NM native, Mona enjoys sharing hometown stories that often spark memories and laughter with seniors. When she's not working, she loves cooking and baking for family and friends, crocheting, reading to her granddaughter, and enjoying time with loved ones. Her comfort food is green Chile enchiladas, she starts her day with coffee, dreams of visiting Paris, and lives by the quote, *"Age is no barrier—it's a limitation you put on your mind."*

Photo Gallery



Mary Anne Fishing at Tingley Beach, ABQ



Bingo, Hams & Smiles at Santa Cruz



Ken & Patty Adams Celebrating 98th Birthdays



Plate Perfection with Patty, Deborah, Emily & Frances!



Alfreds fresh catch at Tingley Beach, ABQ

What is a Heart Attack?



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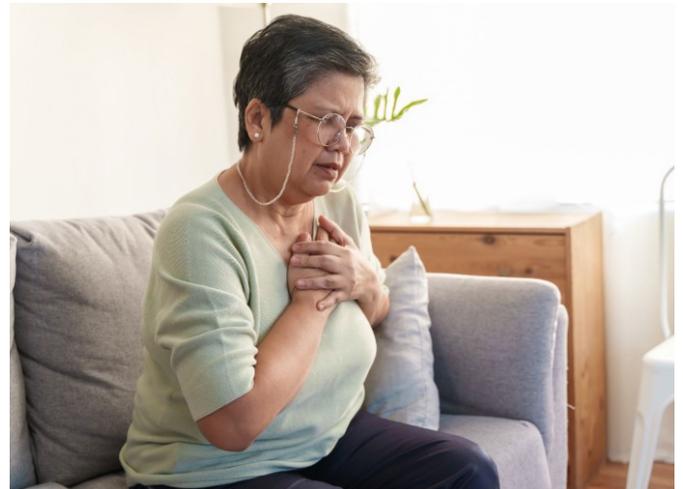
A heart attack happens when something blocks the blood from getting to the heart. When this happens, the heart doesn't get the oxygen it needs to work.

Types of heart attacks:

- **STEMI (ST-Elevation Myocardial Infarction)** – A complete blockage *requiring immediate attention.*
- **NSTEMI (Non-ST-Elevation Myocardial Infarction)** – A partial blockage that still requires urgent care.

Learning to Spot the Warning Signs

- ✓ **Severe Chest Pain** – a tightness, pressure, or squeezing sensation.
- ✓ **Pain or Discomfort in Other Parts of the Upper Body** – arms, back, neck, jaw, or stomach.
- ✓ **Shortness of Breath** – even without chest pain.
- ✓ **Cold Sweats**
- ✓ **Other Signs:** nausea, dizziness, or extreme fatigue – sometimes the only symptoms, *especially in women.*



Heart Attacks Can Be Preventable!

Taking care of your health is one of the best ways to prevent a heart attack, which happens when blood can't get to your brain.

Things That Put You At Risk

Risk Factors of a Heart Attack

Non-Modifiable Risk Factors (things you can't change):

- Age, family history, gender, ethnicity.

Modifiable Risk Factors (things you can control):

- High blood pressure, high cholesterol, smoking, diabetes, lack of exercise, poor diet, obesity, stress, and excessive alcohol use.

By focusing on healthy choices, we can make a positive impact on our well-being!

FIT & FABULOUS: MIND BODY & BITE



Sweet Potato Shepherd's Pie

★★★★☆ 4.0 out of 5 stars | 52 ratings

Sweet Potato Shepherd's Pie

 Calories

352 Per Serving

 Protein

31g Per Serving

 Fiber

9g Per Serving

Ingredients

 Servings 4

- 1 lb. sweet potatoes
- 45 oz. canned, unsweetened **yams or sweet potatoes** in water, rinsed
- 1/2 cup skim milk
- 1/2 tsp. ground **cinnamon or nutmeg**
- non-stick Cooking spray
- 1 medium **onion** (any color), chopped
- 1 **bell pepper** (any color), seeded, chopped
- 1 lb. extra-lean, fat-free, **ground turkey** (95%-99% lean)
- 1/2 tsp. dried **thyme or basil**
- 16 oz. frozen **vegetable medley** (like green beans, corn, and peas) or whatever is on sale, thawed
- 1 cup low-sodium beef broth
- 2 tsp. cornstarch

Directions

 Tip: Click on step to mark as complete.

- 1 Preheat the oven to 400° F.
- 2 Wash and peel sweet potatoes. Chop into 1-inch pieces.
- 3 Add to a large pot and cover with water. Bring to a boil over high heat. Cook until potatoes are very tender, about 12 to 15 minutes. Drain in a colander.
- 4 Return sweet potatoes to pot. Add milk, cinnamon, or nutmeg. Mash with a fork or potato masher until smooth.
- 5 Spray large pan with cooking spray. Add chopped onion and bell pepper and cook over medium-high heat until softened, about 5 minutes. Add meat and thyme, cooking until done, about 5 more minutes.
- 6 Add vegetables, beef broth, and cornstarch, stirring to combine. Cook a few minutes until sauce has thickened. Remove from heat.
- 7 Add beef mixture into an 8- or 9-inch baking dish. Spread the sweet potatoes evenly on top of the beef and vegetables. Cook in oven until entirely heated, about 15 minutes.

This Simple Cooking with Heart recipe is a tasty twist on a classic American casserole dish. This is a great dish to cook on those colder nights when you want a warm and hearty meal.



American
Heart
Association.

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



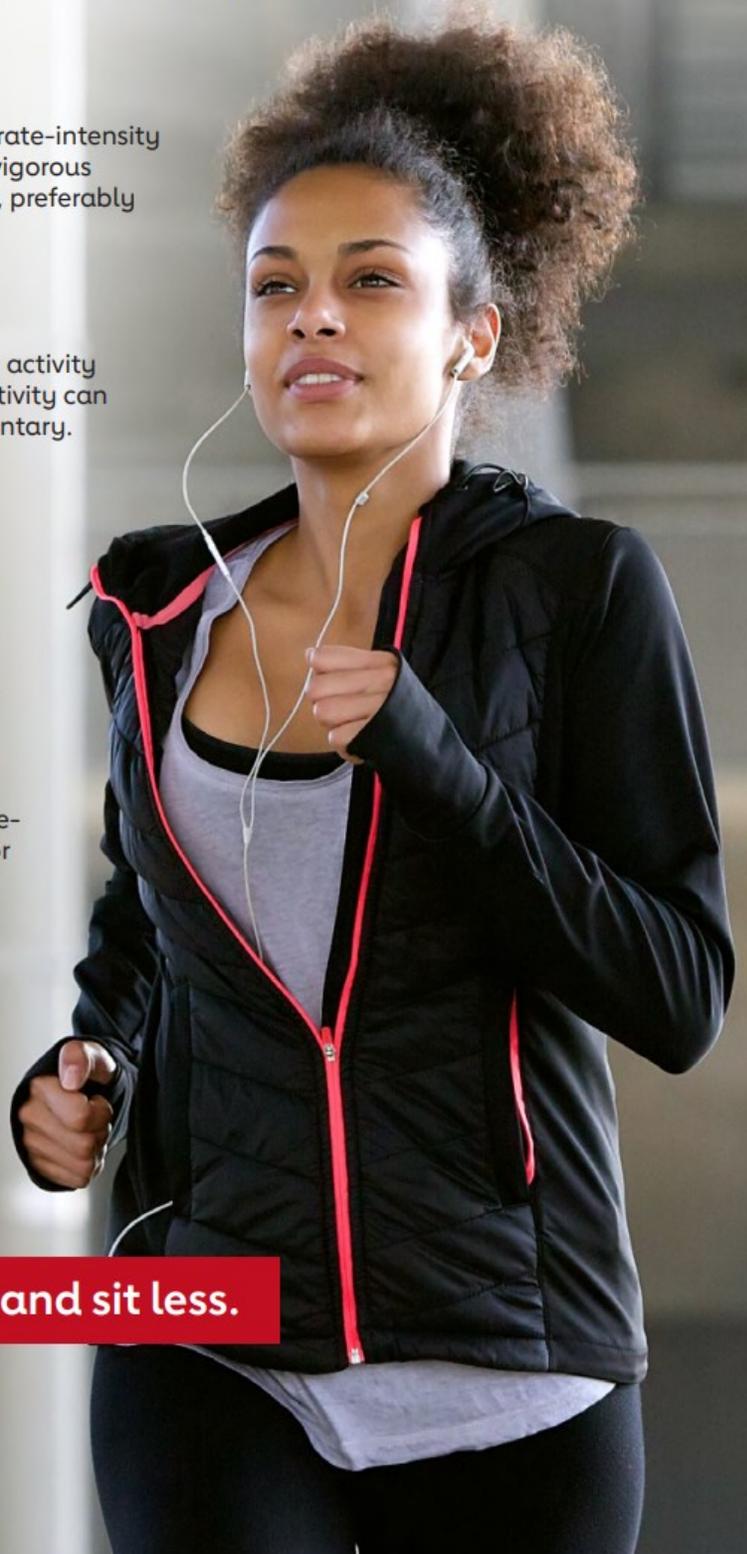
Add Muscle

Include moderate- to high-intensity muscle-strengthening activity, such as resistance or weight training, at least twice a week.



Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



Move more, with more intensity, and sit less.

Find out how at heart.org/MoveMore.



Spotlight on... Our Seniors

February in New Mexico: A Story of Strength and Community

February in New Mexico has always been a month of resilience, reflection, and togetherness. After becoming the 47th state on January 6, 1912, that first February as an official state was filled with pride and hope. Communities gathered in plazas and town halls, celebrating a new chapter while honoring deep-rooted traditions that had shaped the land for generations.

Long before statehood, February was a hardworking month. Farmers and ranchers rose early in freezing temperatures to tend animals and protect crops. Families relied on stored harvests, dried chicos, beans, and Chile ristras hanging from adobe homes. Winter evenings were often spent around warm stoves, where stories were shared in Spanish, English, and Native languages—passing down history from one generation to the next.

In villages across northern New Mexico, faith and tradition were especially important during the winter season. February gatherings brought neighbors together not just for warmth, but for connection. Music, guitar playing, and traditional foods filled homes with comfort. Even during the hardest winters, laughter and storytelling kept spirits high.

By the 1940s and 50s, as Route 66 travelers made their way across the state, February still carried that same welcoming spirit. Visitors stopped at small diners and trading posts, often surprised by the friendliness of local communities. New Mexico's blend of Native American, Hispanic, and Anglo cultures created a hospitality unlike anywhere else.

What makes February special here isn't just the history—it's the people. Through snowstorms, economic changes, and the growth of cities, New Mexicans have always leaned on one another. That sense of caring for neighbors, checking in on elders, and gathering around a shared meal continues today.

February reminds us that even in the quietest season, New Mexico's heart beats strong—with culture, courage, and community that stand the test of time.



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

Senior Spotlight – Share Your Voice!

Do you have a poem, story, memory, or heartfelt message you'd love to share with fellow seniors? We want to feature YOU in our **Senior Spotlight** section of the Santa Fe County Senior Voice Newsletter!

Whether it's a personal story, a piece of history, a creative poem, or simply a friendly letter to brighten someone's day, your contribution can inspire and connect our senior community.

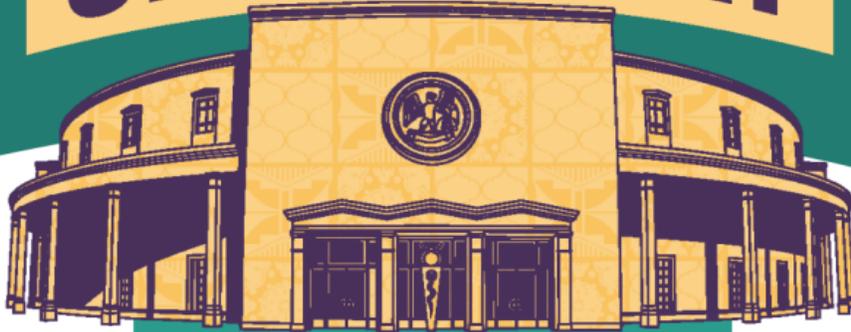
If you're interested in being featured, please submit your entry to:
seniorservices@santafecountynm.gov Titled: **Senior Spotlight**

Or call 505-992-9876

We can't wait to highlight your wisdom, creativity, and experiences!
Your story matters. Your voice inspires.

SENIOR DAY

NEW
DATE



FEBRUARY 13, 2026

Join us at the Roundhouse

Join us on February 13th for Senior Day at the Legislature where you can participate in our free resource fair, learn more about New Mexico Aging Services' initiatives, budget requests, and advocate for funding that makes positive impacts in the lives of New Mexicans every day.



RSVP TO ATTEND SENIOR DAY:

www.surveymonkey.com/r/SeniorDayFeb132026

EVENT DETAILS

- 8:30 AM** Check-In and Light Refreshments
- 8:30 AM** Resource Fair
- 9:00 AM** Legislative Tours Around the Roundhouse
- 11:00 AM** Speakers
- 12:00 PM** Closing

Complimentary T-shirt sponsored by LANL Foundation and tote bag sponsored by AARP New Mexico for the first 300 attendees. Breakfast burritos sponsored by Non Metro New Mexico Area Agency on Aging.

Join a Legislative Tour and connect with your legislator.



FOR GROUP REGISTRATION OR MORE INFORMATION PLEASE VISIT:
WWW.AGING.NM.GOV/SENIORDAY



NEW MEXICO SENIOR OLYMPICS

Winter Games in Santa Fe, NM
FEBRUARY 23-26, 2026

- **13 SPORTS OFFERED**

Registration deadline is January 23rd

- **ATHLETE CHECK-IN**

February 22-26, Santa Fe Convention Center

- **HEALTH FAIR** *Door Prizes, Exhibitors*

Wed., Feb. 25, 2026,

Santa Fe Convention Center

- **SPORTS TABLES**

Check the sports tables prior to competition
at check in

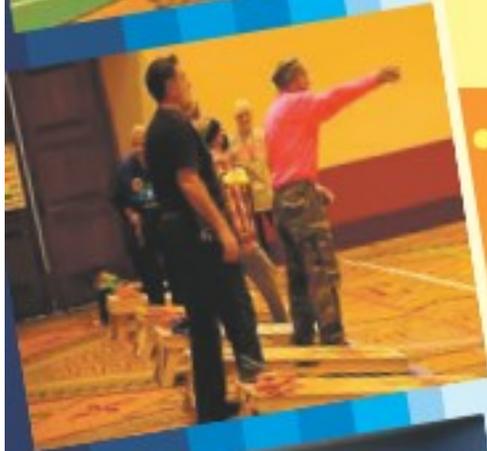
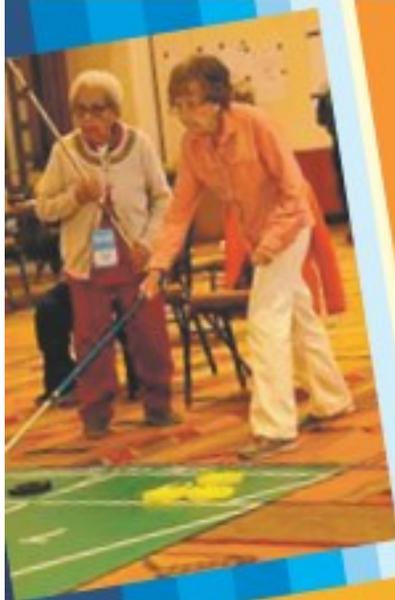
**Calling ALL 50+
Senior Athletes**

Qualify For National Senior Games July 2027

Visit our website for the
most up to date information

1-888-623-6676

www.nmseniorolympics.org



Health 2026 Fair

NEW MEXICO SENIOR OLYMPICS STATE GAMES-NORTH

WEDNESDAY, FEBRUARY 25, 2026
9AM-3PM

SANTA FE CONVENTION CENTER
(Close to Athlete Check-in)
201 W. Marcy St.
Santa Fe, NM 87501



FREE!!! FREE Health Screening, FREE giveaways, door prizes, refreshments and much, much more! **FREE!!!**
COME JOIN US!

Vendors Wanted

Exhibitors To include:

- City of Santa Fe
- Non-Metro AAA Department
- New Mexico Aging Services
- UnitedHealthcare
- DOH Health Promotion
- New Mexico Grown Program
- New Mexico Senior Olympics



NEW MEXICO GROWN
FOOD FROM THE LAND, NOURISHMENT FOR THE PEOPLE

Contact:
Terry Delgado (575)910-2284 or
(575)623-5777
email: nmso@nmseniorolympics.org
to inquire



BlueCross BlueShield
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Blue Cross and Blue Shield Association



New Mexico Senior Olympics * PO Box 2690 * Roswell, NM 88202-2690 * (575) 623-5777 * Fax: (575) 622-9244 *
E-mail: nmso@nmseniorolympics.org * www.nmseniorolympics.org

Santa Fe County Senior Services

PRESENTS

Valentines Party!!

Thursday, February 12th



LUNCH - 11:30 - 1:00PM

DANCE - 1:00 - 4:00PM

Music By Lluvia Negra

Featuring

Uvaldo Olonia

Santa Fe County Fairgrounds

3229 Rodeo Rd

Santa Fe, NM 87507





FREE!

Fall Prevention

**Falls are
Preventable**



- *Falling – a Vicious Cycle*
- *Myths about Falls*
- *Fall Statistics*
- *Habits that Increase Your Chance of Falling*
- *What Causes Falls?*
- *What is Your Risk?*
- *What to Do If You Fall*

Zoom Online **AARP**
New Mexico
Tuesday, February 17th noon

In-person
Friday, February 20th, 1 pm
Edgewood Senior Center
114 Quail Trail
Edgewood, NM 87015

Monday, February 23rd, 1pm
El Rancho Senior Center
394 County Road 84
Santa Fe, NM 87506

Friday, February 27th, 1 pm
Santa Cruz Senior Center
155-A Camino De Quintana
Santa Cruz, NM 87567

Need info? Call 505-670-9718
www.villagesofsantafe.org

Fresh, local produce with the Senior Farmers' Market Nutrition Program (SFMNP)

Eligible New Mexico seniors can receive benefits to buy locally grown produce at farmers' markets, farm stands, and road stands statewide.

Who Qualifies

You must:

- be 60 years of age or older (non-Native American) or
- be 55 years of age or older (Native American) and
- Live in New Mexico.
- Meet income guidelines:
185%-Federal funds
200%-State Funds



Scan to view income
eligibility guidelines.

What You Receive:

- If you're eligible for benefits, you'll receive a Shopper card or access to a mobile app.
- The Shopper card/mobile app will be pre-loaded with your benefits to use from July 01, 2026-Nov. 15, 2026 to buy locally grown fruits, vegetables, herbs, and honey (eggs available through state funds only) at local farmers' markets and farm stands.
 - Federal benefits of up to \$50 per eligible senior.
 - State benefits of up to \$100 per farmers' market season (upon availability).

The application period reopens February 15, 2026, for new and renewal applications.

How to Apply:



Online at nmwic.org/fmnp.



In person at

- New Mexico Public Health WIC Clinics
- New Mexico Senior Centers
- The Farmers' Market Nutrition Program State Office at 2040 South Pacheco St. in Santa Fe, NM 87505





Senior Supplement

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

August 2013

Landlord-Tenant Law

For more information call the LREP toll-free Legal Helpline at 1-800-876-6657 or 505-797-6005 (Albuquerque) www.nmbar.org/public/LREP

Can my landlord raise the rent or charge late fees?

Your landlord cannot raise the rent during the term of the lease. He or she can raise the rent at the end of a lease or when the lease is month-to-month only after giving you a 30-day notice in writing. Late fees, up to 10% of the rent can be charged for late payment only if the written lease agreement specifies late fees.

When can my landlord evict me?

With certain limited exceptions (e.g., destruction of the building by fire), a landlord cannot evict without having first given in writing a 3-day notice of non-payment, one or two 7-day notices of non-compliance, a 3-day notice of substantial violation, or a 30-day notice during a month-to-month lease. See below for the meanings of each of these notices.

What is a 3-day notice of nonpayment?

When a tenant is late in paying the rent, the landlord can give him or her a notice stating the amount due and giving the tenant 3 days to pay or leave the property.

What if I have a dispute about the rent?

You can let the landlord sue you in court and then, with appropriate documentation and witnesses, if necessary, explain to the judge why you do not owe any rent. For example, if you have given your landlord a 7-day notice of abatement for not having done repairs

and maintenance that have to do with health and safety, you may have the right to have withheld up to one-third of your rent.

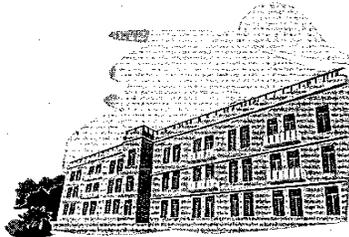
If my tenant doesn't pay the rent within 3 days of receiving a 3-day notice, can I change the locks, shut off the utilities, or move out the tenant's belongings?

No, that would be an illegal lock-out and could subject you to a two-month rent penalty. If the tenant does not move out after 3 days, you can file a Petition for Writ of Restitution (eviction) in Metropolitan or Magistrate Court. A hearing should be scheduled within 7 to 10 days of serving the Petition on the tenant.

What is a 7-day notice of noncompliance?

This is a notice from a landlord stating that the tenant, at a specific time and in a specific manner, has violated the lease agreement, the apartment complex rules, or the law. The notice must state that the tenant has 7 days to fix the violation or move out, and it must state that a second notice within six months could simply require the tenant to move out after 7 days. However, as always, the landlord can only evict the tenant by getting a court order. The landlord must convince a judge that the violations occurred and that they are significant (not minor) violations.

What is a 3-day notice of substantial violation?



LANDLORD-TENANT LAW, continued

This is a notice from a landlord claiming that the tenant, at a specific time and in a specific manner, violated a law such that, if the tenant were convicted of violating the law, the violation would constitute a felony. (E.g. drug trafficking, felony assault.) To evict, the landlord only needs to prove in court that it is more likely than not that the violation occurred.

When can a landlord give a 30-day notice?

Any time during a month-to-month tenancy or when the lease is about to expire, except the 30 days (or more) must include an entire rental period (typically a calendar month). No reason need be given, unless the tenant is renting a space in a mobile home park for the tenant's own mobile home, or if the rental is public or federally subsidized housing (but not housing rented with a Section 8 voucher).

What can I do if my landlord is not doing repairs or maintenance related to health or safety?

You should call your local Code Enforcement Agency, if there is one. In addition, you should give the landlord or manager a "Resident's Seven-Day Notice of Abatement or Termination of Rental Agreement", which can be obtained at the Self-Help Desk of your local court (Metro, Magistrate, or District). If the landlord fails to complete the repairs within 7 days, you can abate (withhold) one-third of your rent on a pro-rated daily basis. If reasonable steps are not taken to make the repairs within 7 days, you can terminate the rental agreement. This type of notice does not apply to cosmetic repairs, only repairs

having to do with health or safety.

When do I get my damage deposit back?

Within 30 days of move-out, the landlord must return your entire damage deposit or send you an itemized list of claimed damages and include a check for the balance, if any. The landlord cannot deduct for ordinary wear and tear. Any disputes about the claimed damages can be handled in court.

If my tenants move out and do not retrieve their belongings, what can I do?

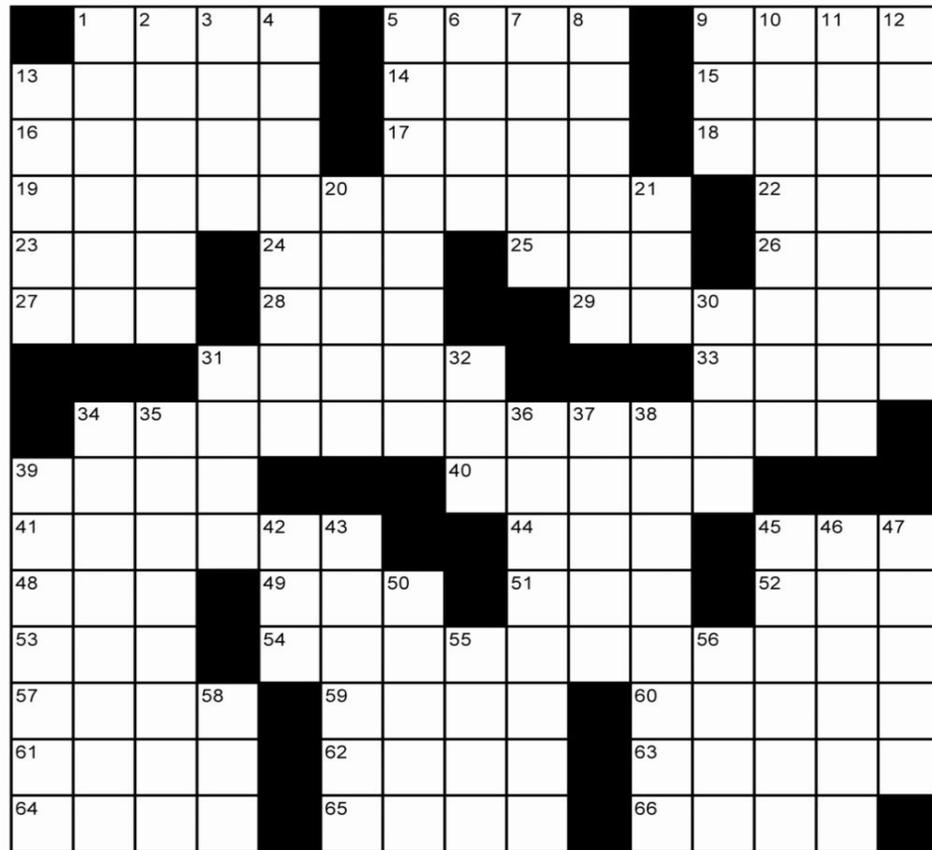
If the tenants moved out without a court order, you must give them reasonable access to their belongings for 14 days, although you can charge them reasonable storage fees. If they moved out after being evicted in court, they have 3 days to retrieve their belongings. After the 14 days or the 3 days have passed, you can dispose of their belongings in any manner, but if you sell them, you must reimburse them for the sale amount and, if you keep them, you must reimburse them for the fair market value of the belongings you keep.

This program is joint project of the New Mexico Aging & Long-Term Services Department and the State Bar of New Mexico

Academy Award Loser Jonah Kagan

ACROSS

- 1. Kickass
- 5. PBS science show
- 9. Acct. summary
- 13. Kitchen drawer?
- 14. Actress Olin
- 15. Deposed Iranian
- 16. Hang flaccidly
- 17. Bit of work
- 18. Prefix with wolf or rabbit
- 19. Recent Best Supporting Actor nominee
- 22. ___ Bud
- 23. Suffix with urban
- 24. Terre Haute sch.
- 25. Whitehouse or Reed, for RI
- 26. Eastern "way"
- 27. Sub-feathers coat
- 28. "___ Diego, which of course in German means a whale's vagina" ("Anchorman" quote)
- 29. Seattle's ___ Field
- 31. Effs up
- 33. Mayor-elect of Chicago
- 34. Disney Channel movie about a surfer who moves to Vermont
- 39. Seethe
- 40. Harold of "Ghostbusters"
- 41. Vice president Spiro et al.
- 44. OS of choice for Brown students
- 45. "So the ___ won't let me be or let me be me, so let me see" (Eminem lyric)
- 48. "Mine!"
- 49. "___ right?"
- 51. Suffix with morph
- 52. Glass or Gershwin
- 53. Hasty escape
- 54. Noted yellow saxophonist



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- 57. It's parallel to the radius
- 59. Eastern princess
- 60. Greeting from lolcats or the main character of 12-Down
- 61. Type of beer served at the Ratty
- 62. Famous mother of eight
- 63. VapoRub maker
- 64. Maternal "Twilight" character
- 65. Bio. and geo., e.g.
- 66. Those, in Toledo

DOWN

- 1. Eff ups
- 2. Not as good
- 3. "Don't worry about me"
- 4. Drink in a pouch
- 5. "Nobody's laughing."

- 6. Count ___ (2004 Jim Carrey role)
- 7. Travel papers
- 8. They might get broken by a good juke
- 9. Direction from Bos. to Prov.
- 10. Recent remake of an 80's TV show
- 11. One who might sing "La Bamba"
- 12. Hilariously bad movie whose main characters can be found at the start of 19-, 34-, and 54-Across
- 13. Come clean
- 20. Bolt on a track?
- 21. Hot dog ___ stick
- 30. Monastery titles
- 31. Korean leader Syngman ___
- 32. Orch. section

- 34. Cult following of Insane Clown Posse
- 35. "I want to eat that!"
- 36. "I share your feeling!"
- 37. Savoriness
- 38. "Well done with that tricky action!"
- 39. "That did not work!"
- 42. ___-Mart
- 43. Smug looks
- 45. Recently closed Wednesday night spot
- 46. Kicks the bucket
- 47. Latin dog
- 50. Newton or Asimov
- 55. Not into
- 56. Frat letters
- 58. Gobbled

WORD SEARCH—February

February Word Search

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

WARM HEARTED
SMOOTH
SELF CARE
GRACIOUS
GIFT
LIAISON
SWEETHEART
POEM
FIANCE
CHOCOLATE

VALENTINE
PARCEL
ONE AND ONLY
DEAR
FLAME
DARLING
SUITOR
KISS
FEBRUARY
CHERISH

ROSE
HEART
HANDSOME
UNITY
COURTSHIP
BALLOON
RESPECT
JOY
HEARTTHROB
APPLAUSE

ROMEO
ENDEARMENT
EMOTIONS
LOVE
COUPLE
TENDER
RENDEZVOUS
INFATUATION
ENGAGEMENT
ALWAYS

CARD
CELEBRATION
CARE
GIRLFRIEND
TIE THE KNOT
TEDDY
RELATIONSHIP
HONOR
CUPID
ALTRUISTIC

BEAU
VOWS
MARRIAGE
DATE
ROMANCE
TEAM
RAPTURE
FOREVER
APPRECIATE
AFFECTION

Food Assistance & resources

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

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



February 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Baked Salmon Wild Rice Capri Vegetables Green Salad Grapes		Sweet & Sour Chicken Peppers & Onion's & Pineapple Chow Mein Noodles Oriental Vegetables Pork Eggroll		Frito Pie W Garnish Spinach SF Angel food cake Strawberries Whipped Topping		Chicken Tortilla Soup Tortilla Strips Tossed Salad Wheat Tortilla Tapioca Pudding		Pasta Primavera Garden Salad W HB EGG Ranch Dressing Yogurt Apricots	
9		10		11		12		13	
Chicken Drumsticks Au Gratin Potatoes Vegetable Medley WW Roll Cherry Cobbler		Beef Tips W/ Mushrooms Penne Pasta Roasted Brussel Sprouts Tossed Salad Italian Dressing Tropical Fruit		Hot Turkey Sandwich Mashed Potato W/ Gravy Green Beans Cranberry sauce Sliced Peaches		Lasagna Green Beans Tossed Salad Peanut butter cookie Banana Pudding		GCC Chicken Sandwich 3 bean salad Bahama Blend Vegetable Fruit Cocktail	
16		17		18		19		20	
Tortilla Crusted Tilapia Green Chile Tartar sauce Brown Rice California Vegetable Mango Chunks		Navajo Taco Pinto Beans Beet & Red Onion Salad Melon		Chile Relleno Ranchero Beans Calaacitas Spinach Yogurt Pineapple		Pollo Adovada Refried Beans Capri Vegetables Strawberries & Banana		Green Chile Stew Tossed Salad GC Com Bread Grapes pudding	
23		24		25		26		27	
NM Chile Beans Corn Bread Zucchini & NAS Diced Tomatoes Sliced Pears		Shrimp Alfredo Pasta Asparagus Tossed Salad Jello with fruit		Beef Stew Broccoli & Cauliflower Green Salad Fruit Salad		GC Chicken Enchiladas Refried Beans Chateau Vegetable Orange		BBQ Pulled Pork Parsley New Potatoes Vegetable Medley WW Roll Peach Cobbler	
						Menu is subject to change. GCC- Green Chile Cheese LS- Low Sodium 1% Milk served 100% Juice Served NAS- NO ADDED SALT			



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

