

# 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!

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### 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**.

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### 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**.

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## 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: Vacant*

•**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: Jonathan Pacheco*

•**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) Byers—  
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/El Rancho):  
Jonathan Pacheco—  
505-351-4686

**Activity Coordinator:**

(Edgewood):  
Aaron Price—  
505-281-2515

**Activity Coordinator:**

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

**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,

Happy New Year! We hope everyone had a joyful holiday season and is ready for an exciting year ahead. As we step into 2026, we want to thank you for your participation and support throughout 2025. Your engagement makes our senior centers vibrant, welcoming, and full of life.

We are excited to announce that Santa Fe County Senior Services is a winner of the Blossom Award in the 2025 New Mexico Grown Golden Chile Awards Celebration! This annual recognition program celebrates the incredible dedication of leaders who have championed New Mexico Grown efforts across the state, helping strengthen our local food system and support local farmers. We are proud to be recognized for our commitment to connecting seniors with fresh, locally grown food.

Looking ahead, we have an important opportunity to make our voices heard. On January 23rd, seniors are invited to visit the Roundhouse to speak directly with their representatives about the needs and priorities of our senior centers. Your input is invaluable and helps ensure our programs continue to meet your needs.

Additionally, the Senior Services Division will be distributing surveys to gather feedback on our programs. We encourage everyone to participate — the more responses we receive, the stronger our services will be.

Thank you for being an essential part of our senior center community. Let's make 2026 a year of connection, wellness, advocacy, and celebration!

Warmest Regards,



Matilda Byers  
"Mattie"

## SANTA FE COUNTY ANNOUNCEMENTS

- **New Years Day :** All Santa Fe County offices will be closed on Thursday, January 1, 2026. Offices will reopen on Monday, January 2, 2026, during regular operating hours.
- **Martin Luther King Jr. Day :** All Santa Fe County offices will be closed on Monday, January 19, 2026. Offices will reopen on Monday, January 20, 2026, during regular operating hours.
- **Annual Senior Day at the Roundhouse 2026:** Please join us on Friday, January 23, 2026 at the Roundhouse to advocate for the needs of your center. Please contact your Activity Coordinator- Transportation provided.

**Please note: Office and Senior Center hours may change due to weather or other holiday schedules. For the most up-to-date information, please visit our website at [www.santafecountynm.gov](http://www.santafecountynm.gov)**



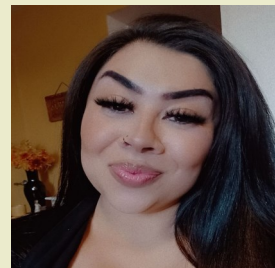
## Daily Fun & Favorites

	Monday	Tuesday	Wednesday	Thursday	Friday
Abedon Lopez Center (Santa Cruz)	9 am Ceramics  10:30am BINGO	10 a.m. Fly Tying w/Gene Pacheco	9am Tin Work w/Janet Lopez  10 am Art Class w/Alfred Baca	9am Weaving w/Joyce Trainor  12:30pm Card Making with Charlotte Jaramillo	9:30am Beading w/Marsha Ronquillo  10am Balance for Life with Maria
Bennie J. Chavez Center	Closed	Closed	Closed	Closed	Closed
Edgewood Center	9am Ceramics  9am High Intensity Exercise	9am Ceramics  10am Chair Exercise  9am Wood Carving  1-2pm 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	9:30am-Beading w/Marcia 10 am Beading  10am Fly Tying	10 am Balance Matters w/ Maria Francis	10am Painting	10 am Walking Class & Open Weaving	10am open crafts.
Ken & Patty Adam 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  9:30-Sunshine Sewers  10:10 -Tai Chi -Swords  10:00 -Glass Fusion  1:00 -Crochet  1:00 -Ping Pong  1:00 -Leather Crafting	9:10 -Latin Dance  9:30 -Bridge Group  9:30 -Mah Jongg 101 (Must Sign Up)  10:00-Qi Gong  11:00 -Stretching & Movement  12:45-Bead Group  12:30pm -MahJongg regular group (open availability)  1:00 -Chess Group  1:00 -Pastel Group	9:10 -Dance Fitness  10:10 -Tai Chi -hands  11:00 -Ageless Grace Chair Aerobics  1:00 -Ping Pong  1:00-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	12:45 pm Crafts	10am Yoga Fusion w/Judith		Birthday Celebrations every third Thursday of the month.	12:45pm Bingo every other Friday

**Please note: All scheduled activities are subject to change. For the most up-to-date information, please contact your senior center directly about any schedule changes.**

## 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.



### Sonia Otero, Bringing Smiles to Senior Services

This month, we're excited to introduce Sonia Otero, the heart of the YDP kitchen! For two years, Sonia has cooked delicious meals for seniors at our centers and for those receiving meals at home. She's always ready to lend a hand in other kitchens when needed, making sure no senior goes without a meal.

Sonia's favorite part of her job is seeing the joy on seniors' faces, especially during special events when everyone comes together to eat, dance, and enjoy each other's company. Raised in both Santa Fe and Mexico, Sonia brings warmth and care to her cooking and her work with seniors.

Outside the kitchen, Sonia loves exploring nature with her kids, unwinding with Disney movies like *The Aristocats*, and sipping on Abuelita hot chocolate or lemonade. Her comfort food is cucumbers with vinegar, a simple treat from her childhood. Inspired by her kids, her mom, and caring colleagues, Sonia's dedication, joyful spirit, and shy love of singing and dancing make her a truly cherished member of our team!

# Photo Gallery



**Promoting wellness through movement at Eldorado Senior Center"**



**Building holiday memories: Gingerbread houses from Rufina**



**Spreading Christmas cheer, Alfred and Roberta proudly show off their wreaths in El Rancho.**



**Patty Merrill displays her holiday wreath at Rufina**



**Deck the Halls with Leonard and Belle Garcia**



**Handmade with Heart: Craft Show at Eldorado Senior Center**



**Supporting Local Farmers, Strengthening Community: Blossom Award Winner**



## Eye exercises to practice at home

These exercises are easy enough to practice from the comfort of your own home, but if you run into any difficulties, be sure to contact your eye doctor for advice.

### 1. Improve focusing

#### Changing focus

The following two exercises will help you to maintain clarity of vision while switching between near and distant objects.

- Sit in a comfortable chair with your feet flat on the floor.
- Hold your index finger a few inches from your eye.
- Stare at your finger.
- Slowly begin to move your finger away from your face, while maintaining your focus.
- Break your focus and look into the distance for a few seconds.
- Bring your focus back to your finger while you slowly move it back toward your eye.
- Break your focus again and stare at a distant object.
- Repeat this exercise 3 times.

### 2. Reduce eye strain

#### Figure eight

- Sit in a comfortable chair with your feet flat on the floor.
- Focus on a spot on the floor around 10 feet in front of you.
- Draw a figure eight with your eyes around this spot.
- Continue tracing the figure eight for 30 seconds, then switch directions.

#### The rule of 20-20-20

- Every 20 minutes, look at an object that's 20 feet away for 20 seconds.

#### Eye movements

- Close your eyes.
- With gradual movements, raise your eyes upward and then lower them downward.
- Repeat this 3 times.
- Then, gradually move the eyes to the left and then to the right.
- Repeat 3 times.

### 3. Improve eye coordination

#### Brock string

- Secure the end of a long string to a door knob or another stationary object.
- Hold the other end of the string underneath your nose.
- Place a small bead on the string.
- While keeping both eyes open, focus on the bead.
- You should see 2 strings in the shape of an X with the bead in the middle.

### 4. Enhance convergence

#### Pencil pushups

- Hold a pencil at arm's length, in between the eyes.
- Slowly move it toward your nose, while trying to maintain a single image of it.
- Continue to bring the pencil toward the nose until the pencil is no longer a single image.
- Move the pencil back to the point where it appeared as a single image.
- Repeat 20 times.

#### Near and far focus

- Sit in a comfortable chair with your feet flat on the floor.
- Position your thumb around 10 inches away from your face.
- Stare at your thumb for 15 seconds.
- Break your focus and look at something around 10 to 20 feet away for 15 seconds.
- Bring your focus back to your thumb.
- Repeat this exercise 5 times.

### 5. For eye turns (strabismus)

#### Barrel cards

- Using a red marker, draw 3 barrels (small, medium and large) on one side of an index card.
- On the other side of the card, draw the same barrels in green.
- Hold the card against your nose, with the largest barrel farthest away from your face.
- Focus on the largest barrel until it appears as a single image with both colors, and the other 2 barrels have doubled.
- Maintain your focus for around 5 seconds.
- Repeat this exercise with the other 2 images.

If you see 2 beads and 2 strings, your eyes are not converging at the bead. If you see only one string, make sure both eyes are open.

Each set of exercises focuses on strengthening a different visual skill:

## FIT & FABULOUS: MIND BODY & BITE

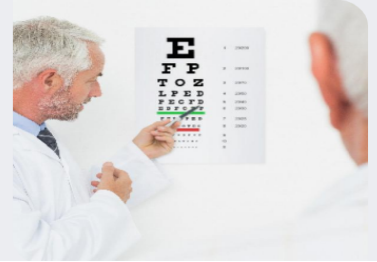
### At a glance: Glaucoma

**Early Symptoms:** Often none

**Later Symptoms:** Loss of side (peripheral) vision, blind spots, blindness

**Diagnosis:** Dilated eye exam with visual field testing

**Treatment:** Medicine (usually eye drops), laser treatment, surgery



### What is glaucoma?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

### What causes glaucoma?

Scientists aren't sure what causes the most common types of glaucoma, but many people with glaucoma have high eye pressure — and treatments that lower eye pressure help to slow the disease.

There's no way to prevent glaucoma. That's why eye exams are so important — so you and your doctor can find it before it affects your vision.

### What's the treatment for glaucoma?

Doctors use different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery.

If you have glaucoma, it's important to start treatment right away. Treatment won't undo any damage to your vision, but it can stop it from getting worse.



**Medicines.** Prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve.

[Learn more about glaucoma medicines](#) ➤



**Laser treatment.** To lower your eye pressure, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure that your doctor can do in the office.

[Learn more about laser treatment for glaucoma](#) ➤



**Surgery.** If medicines and laser treatment don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye.

[Learn more about glaucoma surgery](#) ➤

Talk over your options with your doctor. While glaucoma is a serious disease, treatment works well. Remember these tips:

- If your doctor prescribes medicine, be sure to take it every day
- Tell your doctor if your treatment causes side effects
- See your doctor for regular check-ups
- If you're having trouble with everyday activities because of your vision loss, ask your doctor about vision rehabilitation services or devices that could help
- Encourage family members to get checked for glaucoma, since it can run in families

### Am I at risk for glaucoma?

Anyone can get glaucoma, but some people are at higher risk. You're at higher risk if you:

- Are over age 60, especially if you're Hispanic/Latino
- Are African American and over age 40
- Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked. If you're at higher risk, you need to get a comprehensive dilated eye exam every 1 to 2 years.

### How will my eye doctor check for glaucoma?

Eye doctors can check for glaucoma as part of a comprehensive dilated eye exam. The exam is simple and painless — your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for glaucoma and other eye problems. The exam includes a visual field test to check your side vision.

### What are the types of glaucoma?

There are many different types of glaucoma, but the most common type in the United States is called **open-angle glaucoma** — that's what most people mean when they talk about glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.



#### Did you know?

- ✓ Glaucoma can happen in 1 eye or both eyes
- ✓ Some people with high eye pressure don't get glaucoma — and there's a type of glaucoma that happens in people with normal eye pressure
- ✓ Normal eye pressure varies by person — what's normal for 1 person could be high for another





## Chicken, kale and ginger stir fry

When time is tight and the family is hungry, make this quick and easy, eye-healthy and protein-rich recipe for smiles all round!

Prep: 10 mins

Cook: 10 mins

Serves: 4

### Method:

1. Steam the kale for 5 minutes.
2. Meanwhile, heat the oil in a large frying pan or wok and fry the chicken for 5 minutes.
3. Add the ginger, carrot and pepper and fry for 3 minutes.
4. Add the kale, hoisin and soy with 2 tbsp water and stir fry for 2-3 minutes or until the chicken is thoroughly cooked.
5. Serve with freshly cooked noodles.

If you'd prefer to make this stir fry vegetarian, just swap out the chicken for vegetable protein such as tofu, instead.

### Ingredients:

- 200g bag prepared kale
- 1 tbsp oil
- 500g chicken breast, sliced
- 2cm root ginger, grated
- 1 carrot, cut into matchsticks (120g)
- 1 red pepper, sliced (180g)
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce

### Why diet is important

Diet is important because certain nutrients protect the body from damaging substances called oxidants.

Oxidants are thought to be partly responsible for the ageing process. In the eye they may contribute to the development of age-related macular degeneration (AMD) by speeding up cell degeneration.

Antioxidants reduce this harmful effect. Vitamins A, C and E are antioxidants. Carotenoids are also effective against oxidants. Lutein and zeaxanthin are important carotenoids. Many of these substances can only be obtained from food.

Lutein and zeaxanthin are yellow plant pigments which give certain foods their colour. Lutein and zeaxanthin are found in high concentrations in the macula. Another carotenoid, meso-zeaxanthin, is formed in the body from lutein.

These three carotenoids are known as macular pigment. They are thought to play an important role in absorbing damaging blue wavelengths of light. They act as a natural sunblock for the macula and can counteract the effects of free radicals, unstable atoms that can damage cells, causing illness and aging. Some studies have suggested that people with low levels of macular pigment may be more likely to develop AMD. Some people may have naturally low levels of macular pigment, but weight and diet may also be factors.

The human body cannot make lutein or zeaxanthin. They have to be consumed in food. Several studies suggest that eating at least 10mg of lutein a day has the most beneficial effect on macular pigment levels. The average western diet is thought to contain no more than 3mg of lutein and zeaxanthin a day.

While it is important to eat a wide range of foods, the vegetables that have the highest amount of lutein are:

#### Lutein in vegetables milligrams (mg)/100g (fresh)

Kale 11.4 mg  
Red pepper 8.5 mg  
Spinach 7.9 mg  
Lettuce 4.7 mg  
Leek 3.6 mg  
Broccoli 3.3 mg  
Peas 1.7 mg

Some studies suggest very light cooking may increase the bioavailability of lutein; that is the ease with which the body can absorb the lutein.

It is thought too much cooking may destroy it. Cooking with oil or fat may help with absorption into the body. However, research is ongoing.

Kale is the best source of lutein and has good bioavailability, even when raw. Eggs contain lutein and zeaxanthin, and these carotenoids may be more easily absorbed by the body because they are eaten with the fat contained in the egg. Zeaxanthin is also found in orange and yellow fruits and vegetables such as sweetcorn and orange peppers. Many of these foods also contain vitamins C and E.





# Spotlight on... Our Seniors

Dear Friends,

As the new year dawns—a time of reflection and renewal—I find myself looking back not only on my own life, but on the long arc of history that connects us as Americans. The turning of the calendar offers an opportunity to honor where we have been and to ponder where we are headed, both as individuals and as a community shaped by the unique spirit of northern New Mexico.

As the high desert sun sets behind the rugged Sangre de Cristo mountains, painting the sky with wild streaks of orange and rose, I am reminded of how deeply our stories are etched into this beautiful land. As a senior born and raised in northern New Mexico, I feel a profound sense of gratitude for the culture and history that have shaped not only my life, but the lives of generations before us.

We are a tapestry of traditions woven from Native American, Spanish, Mexican, and Anglo threads. Our adobe villages, ancient pueblos, and small-town plazas hold echoes of laughter, song, and struggle. I remember dances in the plaza of Taos, the aroma of roasting chiles in Chimayó, and the solemn procession to Santuario on Good Friday—each a living thread connecting us to our ancestors.

Our culture is one of resilience. It is in the way acequias still bring water to our fields, just as they did centuries ago. It is in the whispered stories of our elders, speaking of times when life was simple, but never easy. We have endured drought, change, and the passing of time, but our communities remain strong—rooted like the piñon and juniper that dot our hills.

I urge you, my fellow seniors, to see the beauty in our shared history. Remember the hands that built our churches, the artists who shaped our pottery, and the poets who gave voice to our dreams. Let us share our memories with the youth, so they may know where they come from and find the strength to create their own paths.

Northern New Mexico teaches us that history is not just found in books or museums—it is alive in our daily lives. It is in every tortilla pressed by hand, every story spoken in Spanish or Tewa, every fiesta, and every quiet morning when we look out over the land that has shaped us.

## 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](mailto:seniorservices@santafecountynm.gov) Titled: **Senior Spotlight or speak to your Activity Program Coordinator**



## 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**

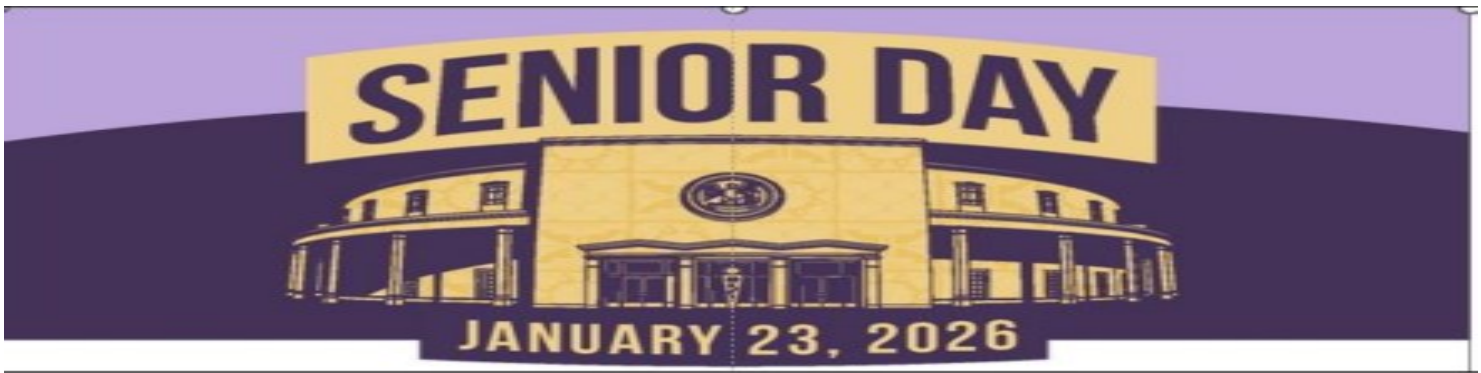
**Santa Fe, New Mexico 87505**

## ALTSD Phone Number:

**800-432-2080**

## ALTSD Email:

**Nm.ardc@altsd.nm.gov**



## **NEW MEXICO AGING AND LONG-TERM SERVICES DEPARTMENT**

### **Annual Senior Day at The Roundhouse 2026**

**Date: January 23, 2026**

**The countdown to Senior Day 2026 is on!**

**Join us on Friday, January 23, 2026, at the Roundhouse as we come together to celebrate and advocate for older adults across New Mexico.**

**Here's what the morning will look like:**

**8:00 AM – 9:00 AM**

**Visit resource tables and connect with organizations serving older adults, adults with disabilities, and caregivers in New Mexico.**

**9:00 AM - 11:00 AM**

**Participate in a guided tour and visit with legislators representing your community to discuss the importance of fully funding services for seniors and caregivers.**

**11:00 AM – 12:00 PM**


**Formal presentation featuring remarks from state leadership and updates from legislators and executive branch partners.**

**Don't miss this chance to get connected, learn, and make your voice heard!**

**We look forward to seeing you at Senior Day 2026!**



EVENT INFO...



**Edgewood Senior Center**

# Yoga for Energy\*\*

Join Meghan, Wednesdays at 1 pm  
[www.villagesofsantafe.org](http://www.villagesofsantafe.org)



*Meghan at Edgewood*  
 Wednesday 1 pm

*Judith at Rufina*  
 Tuesday 10 am

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




**El Rancho Senior Center**

# Balance for Life\*\*

Join Maria  
 Monday 1 pm  
 Tuesday 10 am  
 Friday 10 am  
[www.villagesofsantafe.org](http://www.villagesofsantafe.org)







**Rufina Senior Center**

# Yoga Fusion\*\*

Join Judith, Tuesdays at 10 am  
[www.villagesofsantafe.org](http://www.villagesofsantafe.org)

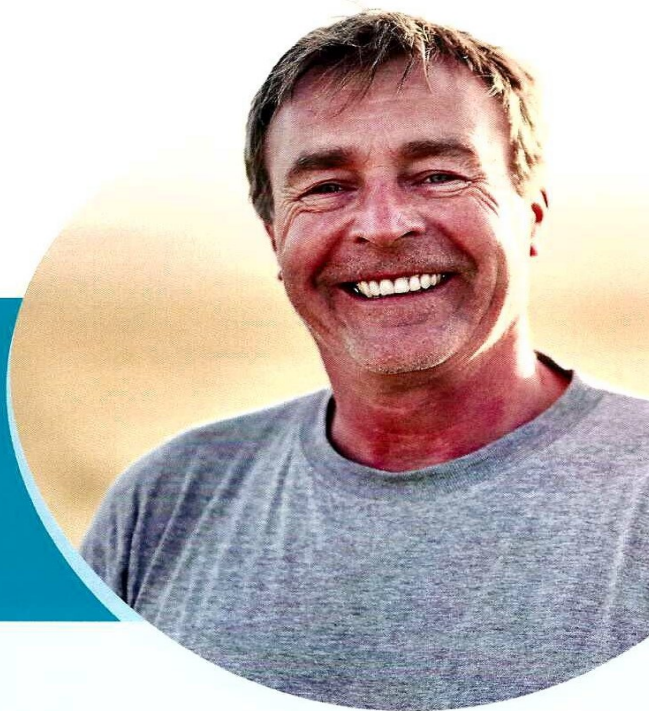





INFO....



## Learn How You Can Qualify for DOL or RECA Benefits and In-Home Care



### Did You Work at Sandia/Los Alamos National Laboratory or Another DOE Site?

You may qualify for benefits through the Department of Labor's EEOICPA or the Radiation Exposure Compensation Act (RECA) programs, including:

- ▶ Up to \$400,000 in financial compensation
- ▶ No-cost in-home health care services

With your **DOL White Card**, you can access full coverage for your approved condition:

- ▶ Doctor visits and prescriptions
- ▶ Lab work, X-rays and diagnostic testing
- ▶ Hospital stays and outpatient care
- ▶ Travel reimbursement for medical appointments
- ▶ Medical equipment and supplies

Don't miss out on the care and support you've earned.

### Why New Mexico Energy Workers Trust CNS Cares

Founded by nurses, CNS Cares delivers highest-quality, compassionate home care for former energy workers.

**Compassionate Caregivers** who provide the respect and kindness you deserve.

**Dedicated Care Managers** to help you access all eligible care hours.

**Personalized Care Plans** tailored to your specific needs.

**Benefit Guidance and Support** to help you maximize your White Card benefits.

**Reliable, Local Care Teams** of experienced nurses and caregivers you can count on.

**Support for Family Caregivers** — we employ them directly for better pay and benefits.

**Ready to Learn More?**  
**Talk To The Team Who Cares.**

*We Put Care First.*

Andrew Hogue  
Regional Business Development Manager

O 801-938-9063 | M 435-361-8120  
cnscares.com | andrew.hogue@cnscares.com  
125 West 200 South #142 | Moab, UT 84532



## Getting Started with CNS Cares

### I DO NOT Have My White Card.

Let us help you receive the benefits you have earned.

- ▶ You may be eligible for up to \$400,000 in financial compensation and no-cost medical benefits.
- ▶ We are EEOICPA and RECA experts and can help guide you through the process of applying for and receiving your benefits.
- ▶ We can help you compile all the supporting documents you will need to file your claim.
- ▶ We can even assist you through the process for resubmitting a previously denied claim.

### I DO Have My White Card.

Let us help maximize your benefits and care.

- ▶ You are eligible for no-cost home health care as well as reimbursement for many other expenses related to your condition.
- ▶ We provide the highest quality, compassionate care from an experienced, local team.
- ▶ Your dedicated Care Manager will help ensure that you receive all the benefits you have earned.
- ▶ We can help family members obtain compensation for the care they provide.

**Your Health. Your Home.  
Your Choice.**





**Listening Sessions are available at all Santa Fe County Senior Centers and Lunch Sites.**

**Please work with your Activity Program Coordinator to register and reserve your seat.**

## **Your Voice Matters: Join Region One's Behavioral Health Community Listening Sessions**

[Santa Fe, NM] — December 16, 2025 — New Mexico community members are invited to participate in upcoming **Regional Behavioral Health Community Listening Sessions**, designed to ensure that the voices and lived experiences of New Mexicans shape the future of behavioral and mental health care across the state.

These virtual sessions are part of a statewide initiative under **Senate Bill 3 (SB3) – The Behavioral Health Reform and Investment Act**, which calls for a more integrated, community-driven behavioral health system. Each region will identify its top priorities and develop a four-year plan to strengthen behavioral health services in partnership with local organizations, healthcare agencies, and all three branches of government.

**The State has defined Behavioral Health Region One** as the Jicarilla Apache Nation, the Pueblos of Nambe, Ohkay Owingeh, Pojoaque, Santa Clara, San Ildefonso and Tesuque, the Counties of Los Alamos, Rio Arriba and Santa Fe, the Cities of Espanola and Santa Fe, the Town of Edgewood, and the Village of Chama.

The sessions will explore the **intersection of behavioral health with housing, justice, education, and social wellbeing**, creating a space for dialogue that drives **actionable and systemic improvements** to New Mexico's behavioral health system.

"Every community voice adds power to the state's vision for an equitable, accessible and effective behavioral health care system," said Valeria Alarcón, Executive Director of the New Mexico Alliance of Health Councils. "This is your opportunity to shape meaningful, community-informed, and long-lasting change."



## **How to Participate in Upcoming Virtual Listening Sessions:**

Join from the comfort of your home or office, phone or computer. Sessions are open to all community members — including individuals with lived experience, family members, service providers, educators, advocates, medical providers, school-district, local leaders, and youth.

## **Choose From the following virtual dates:**

- Monday, January 12th, 2026, 12pm - 1pm
- Wednesday, January 14th, 2026, 12pm - 1pm
- Thursday, January 15th, 2026, 12pm - 1pm
- Registration Link: [bit.ly/R1-JanListeningSessions](https://bit.ly/R1-JanListeningSessions)

Please note that there will be youth-specific breakout rooms facilitated by youth-specific professionals. Please additionally note that the region is working to open County senior centers for adults requesting access and/or assistance. Everyone's voice matters, and your perspective will help inform and identify priorities to strengthen behavioral health services for those in Region One.

## **Stay Informed:**

To stay informed, please visit Santa Fe County's Region One Webpage

Here, which offers informative resources as well as additional ways to engage.



## **Hosted in partnership by: The New Mexico Alliance of Health Councils**

Access Behavioral Health Regional Community Calendar:  
<https://www.nmhealthcouncils.org/publichealthevents>

Access SB3 Behavioral Health Reform & Investment Act:  
[mcourts.gov/the-behavioral-health-reform-and-investment-act-sb3](https://mcourts.gov/the-behavioral-health-reform-and-investment-act-sb3)

# Start

# Today

## Edgewood Senior Center

### **Yoga for Overall Health**

Wednesday, 1 pm

### **Fall Prevention Workshop**

Friday, February 20th, 1 pm

## El Rancho Senior Center

### **Balance & Beyond**

Tuesday, 10 am

### **Move Strong**

Thursday, 10 am

### **Calm & Strong Qi Gong**

Thursday, January 8th, 1 pm

### **Fall Prevention Workshop**

Monday, February 23rd,  
1pm

## Santa Cruz Senior Center

### **Move Strong**

Friday, 10 am

### **Calm & Strong Qi Gong**

Wednesday, January 7th, 1 pm

### **Fall Prevention Workshop**

Friday, February 13th, 1 pm

## Rufina Center

### **Yoga Fusion**

Tuesday, 10 am





## **~ SANTA FE ~**

### **FILE YOUR FEDERAL AND STATE INCOME TAXES FOR FREE**

Tax Help New Mexico is a free tax-filing service for people whose household income is \$67,000 or less, regardless of age.

Get help from IRS-qualified tax preparers.

### **DATES, DAYS and LOCATION of SERVICE**

February 2, 2026 – April 14, 2026

Mondays & Tuesdays – 10:00am-2:30pm (last appointment 2:00pm)

Wednesdays – 12:00pm-4:30pm (last appointment 4:00pm)

Main Library, 145 Washington Ave, Santa Fe (downtown)

### **BY APPOINTMENT ONLY**

- Call **505-819-3702** to schedule an appointment. Speak with our staff or leave a message. We will return your call.
- Drop by our site at the Main Santa Fe Library on Mon/Tue/Wed to make a same day or future appointment.
- Use our online scheduler to make an appointment.

<http://taxhelpnm.org> (select Santa Fe site)



# Crossword

## ACROSS

1. Limb
4. Type of jazz
8. Observation
11. Minor oath
13. First class (1-3)
14. Gardening tool
15. Knob
16. Writer of idylls
18. Chews on a bone
20. Ages
21. Excrement
23. Change colour of
24. Negating word
25. Enough
27. A bloke
31. Blow-pipe missile
33. Prefix, over
34. Nimbus
35. Eye inflammation
36. Dispatch
38. A fool
39. Witness
41. Agent
43. Embers
46. Desolate
47. Ceremonial suicide
49. Jump
52. Exclamation of surprise
53. Paradise
54. Bargain event
55. Chafe
56. Phoned
57. Female bird

## DOWN

1. Pet form of Leonard
2. The self
3. Gadgets

## CROSSWORD Puzzle : 2

1	2	3		4	5	6	7		8	9	10
11			12		13				14		
15					16				17		
		18		19				20			
21	22						23				
24				25		26			27	28	29
31			32		33				34		
35					36			37		38	
			39	40			41		42		
43	44	45				46					
47					48				49	50	51
52				53					54		
55				56					57		

4. Pertaining to Taiwan
5. Staffs
6. Some
7. Hold up
8. U.S. State
9. Boatswain
10. Hardens
12. Lairs
17. Blood sucker
19. Dined
21. Finishes
22. Capricorn symbol
23. Wasting

26. Open away
28. Jewish festival
29. Got down from mount
30. Small horse
32. Unit of magnetic induction
37. Scottish river
40. Gravel ridge
42. Succeed in

- examination
43. Scorch
44. Island of Hawaii
45. Semite
46. Machine-gun
48. Highest mountain in Crete
50. Island (France)
51. Female swan

# WORD SEARCH

*January  
national  
days  
word  
search*



*Printable  
from  
Always  
the  
Holidays*

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

MARTIN LUTHER KING JR DAY  
PUZZLE DAY  
ORGANIZE YOUR HOME DAY  
DAY OF PEACE  
KOREAN AMERICAN DAY  
POPCORN DAY  
CURRIED CHICKEN DAY  
SPOUSES DAY  
HOT BUTTERED RUM DAY  
PEANUT BUTTER DAY  
HOT TEA DAY

HOT CHOCOLATE DAY  
STICKER DAY  
MILK DAY  
DAISY DAY  
SEEING EYE DOG DAY  
NEW YEARS DAY  
BIRD DAY  
HYPNOTISM DAY  
PIE DAY  
HAT DAY  
CARNATION DAY

IRISH COFFEE DAY  
SNOWMAN DAY  
VISION BOARD DAY  
SHORTBREAD DAY  
BIRD DAY  
BLOODY MARY DAY  
SPAGHETTI DAY  
KETO DAY  
WORK HARDER DAY  
BEAN DAY  
BACKWARDS DAY  
FIG NEWTON DAY



## 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](http://www.santafecountynm.gov/connect)

**Call 211:** Complete an assistance request by phone

#### Senior Navigator Contact:

Ian Donnelly, (505) 986-6239

[idonnelly@santafecountynm.gov](mailto:idonnelly@santafecountynm.gov)

## Food Assistance & resources

### Echo Inc. csfp program



#### Free food for seniors 60 and older

300 Menaul Blvd. NW, Suite 226  
Albuquerque, NM 87107  
(505) 242-6777 | [echoinc.org](http://echoinc.org)  
[info@echoinc.org](mailto:info@echoinc.org)

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

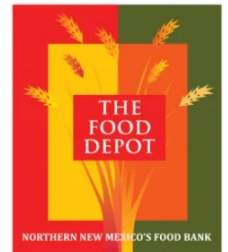
Eligibility is based on income requirements.  
Please call for possible new sites in your area.

### THE FOOD DEPOT

#### No Cost Grocery Distribution & Navigation Services

122 A Siler Rd.  
Santa Fe, NM 87507

505-471-1633  
[Info@thefooddepot.org](mailto:Info@thefooddepot.org)



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

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

### BIENVENIDOS FOOD PANTRY



#### Free food box for eligible individuals twice per month

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

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

**Food distributions are also available at the Ken & Patty Adam senior center in Eldorado every other Thursday.  
16 Avenida Torreon Santa Fe, NM 87508**

MENU IS SUBJECT TO CHANGE

Senior Center & Home Delivery

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

# MENU



## January 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
				* New Mexico Grown Produce				Tilapia Vera Cruz Wild Rice Blend Carrots & Green Beans Tropical Fruit Salad Oatmeal Cookie	
5		6		7		8		9	
Sloppy Joe Herb Roasted Potatoes California Blend Vegetables Apricots Pudding		Chicken Cordon Bleu Brown Rice Pilaf Roasted Brussel Sprouts Marinated Beets Cinnamon Apples		BBQ Pulled Pork Sandwich Black Eyed Peas Warm Broccoli Salad Fruit Cocktail Potato Chips		Chicken Florentine <i>Cream Sauce With *Spinach</i> Italian Blend Vegetable WW Roll Peaches		Baked Salmon W/ Tartar Sauce Herb Orzo Roasted *Zucchini Caesar Salad Mixed Berries W Cream	
12		13		14		15		16	
Spaghetti & Meatballs Roasted Cauliflower & Carrots *Green Salad Fruit Salad		Ahi Tuna Steaks W/ Pineapple Pico De Gallo Wild Rice Green Beans W/ Almonds WW Roll Plums		Teriyaki Beef W/ *Mushrooms Brown Rice Oriental Vegetables Brown Rice Egg Rolls Pineapple Tidbits		Fish Tacos Spanish Slaw/ Pico de Gallo Pinto Beans Capri Vegetables Mango Chunks		Green Chile Posole *Calabacitas *Green Salad Flour Tortilla Pear	
19		20		21		22		23	
Closed - MLK Jr Day 		Beef Tacos W Salsa & Sour Cream Pinto Beans Capri Vegetables Tropical Fruit		Chicken Fettuccini Alfredo Italian Blend Vegetables Garlic Knot Applesauce Caesar Salad		Open Face Turkey Sandwich Brown Gravy Sweet Potatoes Yogurt Pears		Chicos & Beans W Pork *Calabacitas Spinach Flour Tortilla Yogurt Orange	
26		27		28		29		30	
Chicken Greek Salad Diced Chicken, Feta Cheese Cucumber, Tomato, Carrots Cabbage, Greek Vinaigrette Garlic Knot Strawberries		Peperoni Pizza California Blend Vegetables *Tossed Salad Hard Boiled Egg Non Fat Yogurt		Chicken Noodle Soup *Green Salad WW Crackers Angel Food Cake W/ Berries & Whipped Topping.		Garlic Butter Cod Lemon Herb Orzo Roasted Asparagus W/ Tomato & Onions Medium Apple Peanut Butter Cookie		Chicken Parmesan Spaghetti & Marinara Sauce Vegetable Medley Garlic Knot Grapes	



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

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



# Santa Fe County

## Community Services Department

Commission Districts:

### Legend

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

**Senior Center  
Currently  
Closed**

**Senior Center  
Currently  
Open**

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

## LOCATIONS & MAIN OFFICE

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

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

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

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

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

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

**Vista Grande Library**  
14 Avenida Torreon  
Santa Fe, nm 87508

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

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

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

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

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

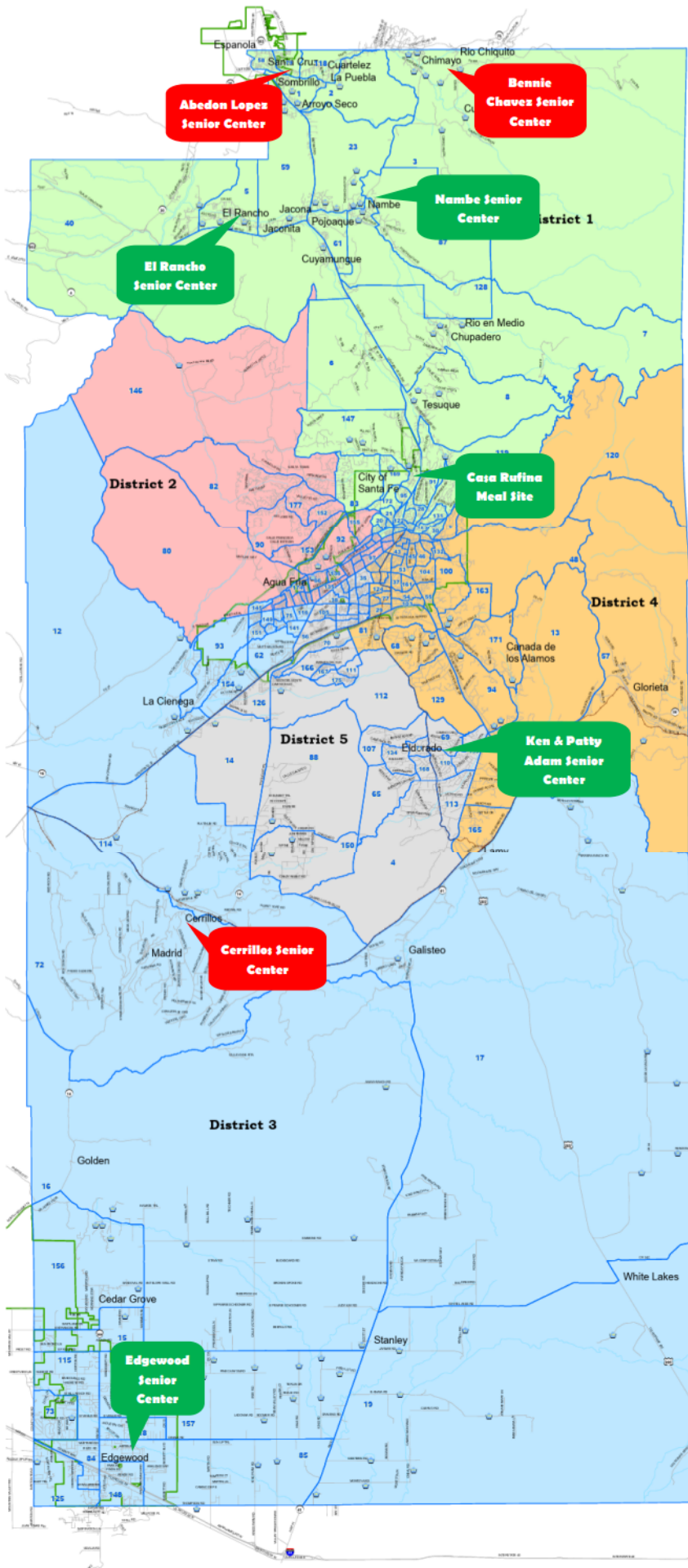
**Cerrillos Senior Center**  
16 Main Street  
Cerrillos, NM 87010

**Edgewood Senior Center**  
114 Quail Trail  
Edgewood, NM 87015

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

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

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



January 1, 2024