

# 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 2 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: Sonia Otero*

•**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:**  
Vacant—  
505-992-3040

**Activity Coordinator:**  
(Cerrillos/Rufina Meal Site):  
Sonia Otero —  
505-986-6214 or 505-490-5259

**Activity Coordinator:**  
(Chimayo):  
Jonathan Pacheco—  
505-986-6217 or 505-570-7284

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

**Activity Coordinator:**  
(Eldorado):  
Lula Yount—  
505-995-9561 or 505-469-4723

**Activity Coordinator:**  
(El Rancho):  
Ivonne Velazco—  
505-570-7281

## DIRECTOR'S NOTE

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### Dear Friends,

As we welcome the month of March, I would like to take a moment to reflect on the sense of excitement and progress within our senior program. March brings with it the promise of new beginnings, longer days, and the reminder that we “spring forward” as daylight saving time begins. It’s a wonderful time of year to look ahead and embrace the opportunities that come with a new season.

This month is especially exciting for our community as we celebrate the ribbon cutting of the Bennie J. Chavez Senior Center. This new center represents much more than just a building — it is a place where seniors can gather, connect, learn, and support one another. It will be a welcoming space filled with opportunities for friendship, activities, wellness programs, and community engagement.

We are incredibly grateful to everyone who played a role in bringing this project to life, from our staff and partners to the community members who have supported this vision along the way. Your dedication, patience, and commitment to serving our seniors have helped make this moment possible.

As we move into this new chapter, we look forward to welcoming seniors into this beautiful new space and continuing to expand programs that promote health, connection, and lifelong learning.

Thank you to our seniors, staff, volunteers, and community partners who make our centers such special places each day. We hope you will join us in celebrating this exciting milestone and look forward to seeing you soon at the Bennie J. Chavez Senior Center.

With appreciation and warm wishes,

**Matilda Valdez**  
“Mattie”

Senior Services Administrative Program  
Manager



## Maryanne’s Advisory Board Update

We are excited to announce that the Bennie J. Chavez Senior Center will reopen on Tuesday, March 17, 2026, with a ribbon cutting. The renovated center will allow us to serve more seniors and provide space for additional health and wellness classes.

New classes include Art with Alfred Baca (Mondays at 1:00 p.m.) and Jewelry & Beading with Marcia Ronquillo (Mondays at 10:00 a.m.). Maria Francis will also offer a wellness class, with the schedule to be announced.

In February, Santa Fe County served 3,289 congregate meals, 7,779 home-delivered meals, and provided 353 transportation rides to seniors.

Bennie J. Chavez Advisory Board: Maryann Trejo (President), Alfred Baca (Vice President), Roberta Salazar (Secretary), Johnny Alarid (Treasurer). Meetings are typically the second Tuesday of the month after lunch.

El Rancho Advisory Board: Raymond Gomez (President), Leonard Garcia (Vice President), Doreen Nevarez (Secretary), Albert Gomez (Treasurer).

## Daily Fun & Favorites

	Monday	Tuesday	Wednesday	Thursday	Friday
Abedon Lopez Center (Santa Cruz)	9 am Ceramics	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	10am Beading w/Marsha Ronquillo 1pm Art w/ Alfred Baca	10:30am Ribbon Cutting 3/17			C
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 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 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

## Happening This Month at Our Senior Centers

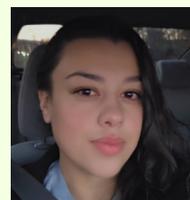
**Abedon Lopez**, seniors will participate in ICAN Nutrition Training with Renee on March 5, Fall Prevention with Maria Frances on March 13, and celebrate March birthdays on March 19. A Smart 911 presentation with Kyle will also take place this month.

**Casa Rufina**, seniors will celebrate March birthdays on March 19.

**Ken & Patty Adam Senior Center (Eldorado)**, events include guest speaker Dale Lipp with Stellar Senior Housing Experts on March 11, a leather crafting workshop with Renee Thomas and Tandy Leather on March 17, guest speaker Ann Nichols with Neighbors Helping Neighbors on March 18, a day trip to tour Santa Fe Brewing Company on March 20, and a

## 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.



### Bianca Bailon – Feeding Our Seniors and Strengthening Our Community

This month we're excited to introduce Bianca Bailon, the talented cook at the Bennie J. Chavez Senior Center who has been serving up delicious meals—and smiles—for a little over two years. Seniors love Bianca and the care she puts into every meal she prepares.

Bianca enjoys feeding seniors and hearing their stories about family recipes and favorite foods. She says the most rewarding part of her job is being part of the seniors' community and knowing she helps brighten their day.

Born and raised in Santa Fe, Bianca enjoys thrifting and trying new restaurants. Her favorite comfort food is mashed potatoes with red chile, and her favorite movie is *The Hundred-Foot Journey*. A fun fact—Bianca and her husband powerlift, and she likes to unwind at the gym after work.

Bianca says the person who inspires her most is her grandfather, whose influence continues to guide her today.

# Photo Gallery



Jerry & Lorraine Archuleta sitting pretty with the most stylish “cow-stands” in town – bows, top hats, and all!



Our seniors showed up proud, engaged, and representing with heart!



Our seniors lit up the floor to “Lluvia Negra” — proving that rhythm, romance, and a little sparkle never fade!



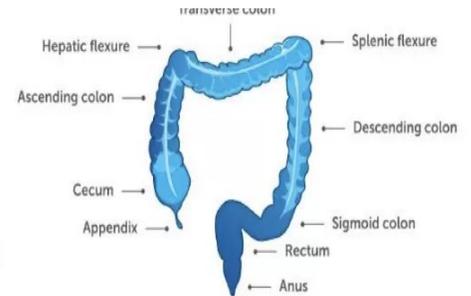
Lollipops and Candy Cups made with Love at Rufina



Love from Patty Merrill at the Valentine's Dance

# What is colorectal cancer?

Colorectal cancer is a cancer that starts in the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.



## Common symptoms of colorectal cancer

Colorectal cancer may not cause any symptoms, especially in its early stages. Some symptoms might be due to other causes like hemorrhoids, diarrhea, infection, or irritable bowel syndrome. Symptoms may include the following:

### Rectal bleeding

Blood in or on your stool is a symptom of rectal cancer and colon cancer. The blood can be bright red, or the stool may be black and tarry or brick red.

### Changing bowel habits

Changing bowel habits may include intermittent or constant diarrhea and/or constipation, a change in the consistency of your stool, or stools that are more narrow than usual.

### Persistent abdominal discomfort

Abdominal discomfort may present as cramps, gas, or pain. You may also feel full, bloated, or like your bowel is not completely empty. Nausea and vomiting can also be symptoms.

### Unexplained weight loss

A loss of weight for no known reason should always be investigated.



## How is colorectal cancer staged?

Doctors use several diagnostic tests to determine the stage of colorectal cancer, so your staging may not be complete until all of your tests have been performed.

Some of the tests your doctor may order include:

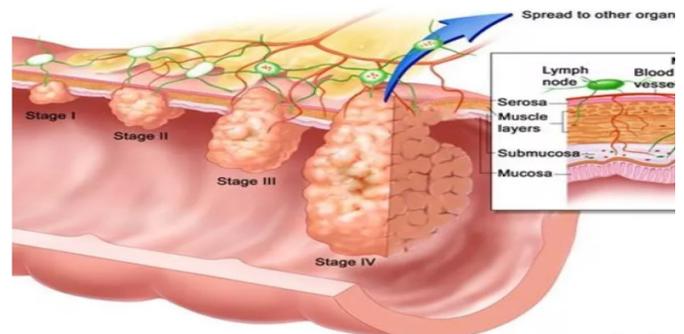
- Biopsy with pathology for tumor and lymph nodes
- Blood work
- Biomarker testing
- Chest X-ray
- CT scan
- MRI
- PET scan

## Understanding the stages

Each stage of colorectal cancer has certain characteristics that indicate how far the cancer has spread.

Learn what each stage means:

- [Stage 0](#)
- [Stage I](#)
- [Stage II](#)
- [Stage III](#)
- [Stage IV](#)



# Arugula Salad with Artichokes, Olives & Feta

## Your overall rating



4.1 out of 5 stars (based on 27 reviews)

15 min prep

2 servings

6 ingredients

Canned artichokes are such a great pantry staple. Not the glamorous jars of pickled artichoke, but more the ordinary-looking cans of artichoke hearts. They can be used in so many different ways, like in risottos, pastas, in side dishes or in a salad, like this salad. Letting the artichoke hearts macerate in the dressing with olives and tomatoes makes them sweetly delicious and a perfect complement to the crisp arugula and salty feta.

## Directions

1. In the bottom of a large bowl, mix the vinaigrette with the artichokes, olives, and tomatoes. Pile the arugula and feta cheese on top and set aside until you are ready to eat.
2. Just before serving, toss everything together to combine.

## Nutrition Facts

Calories	111 cal
Fat	6 g
Saturated Fat	3 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Carbohydrates	11 g
Sugar	4 g
Fiber	5 g
Protein	6 g
Sodium	348 mg

\*per serving



### Chef Tips

When you make the Basic Vinaigrette dressing for this salad, don't add any salt, even though the recipe asks for it. The olives will add their saltiness to the dressing as the salad sits, and once all the ingredients are tossed together just before eating, the feta will add a little more.



### Registered Dietitian Approved

Our recipes, articles, and videos are reviewed by our oncology-trained dietitians to ensure that each is backed with scientific evidence and follows the guidelines set by the *Oncology Nutrition for Clinical Practice, 2nd Ed.*, published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the *Academy of Nutrition and Dietetics*, and the *American Institute for Cancer Research* and the *American Cancer Society*



## Ingredients

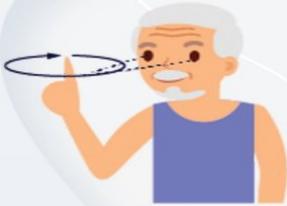
- 1 recipe [Easy Vinaigrette Dressing](#), without salt (see Chef Tips)
- ½ cup sliced canned artichokes, drained and rinsed
- ¼ cup quartered pitted green or Kalamata olives
- ½ cup quartered cherry or grape tomatoes
- 4 cups arugula
- ¼ cup crumbled feta cheese



**SENIORS MOBILITY**

SeniorsMobility.Org

## BALANCE EXERCISES FOR SENIORS



### Eye Tracking

1. Sit up straight in a chair.
2. Hold your thumb up directly in front of your face with your elbow bent.
3. Move the thumb from left to right and follow it with your eyes only. Keep your head still.
4. Move the thumb up and down.
5. Move it in circles.
6. Repeat these with your arm fully extended.



### Balancing Wand

1. Sit straight in an armless chair.
2. Stand your "wand" straight up in your dominant hand, palm up.
3. Let go and balance the object as long as you can. Move your hand around as much as you need.
4. If you don't want to get up when you drop it, have a grandchild handy to pick it up.



### Rock the Boat

1. Stand straight with both hands in front of you on the back of a chair. Your feet are shoulder width apart.
2. Lift one leg out to the side, as far as you can without moving your hips. Hold it for up to 10 seconds.
3. Do 5-10 reps on each side.
4. As a variation, hold the chair with just one hand. As you gain balance and strength, try it without any hands. You may not lift as far, but you'll get as much work or more.



# Spotlight on... Our Seniors

March is a special time in New Mexico. As the days grow longer and the first signs of spring begin to appear, it is a wonderful opportunity to celebrate both the history of our beautiful state and the seniors who help keep our communities strong. Our seniors carry stories, traditions, and memories that are an important part of New Mexico's living history.

One of the most important historical events connected to March in New Mexico is the **Battle of Glorieta Pass**, fought from March 26–28, 1862, during the American Civil War. This battle took place in the Sangre de Cristo Mountains near Pecos, just east of Santa Fe. At the time, Confederate forces were attempting to take control of the New Mexico Territory and move west toward valuable mines, railroads, and ports.

Union soldiers—including volunteers from Colorado and troops from New Mexico—met the Confederate army in the narrow mountain pass. Although Confederate forces initially pushed Union troops back, Union soldiers carried out a bold strategy by locating and destroying the Confederate supply wagons. Without food, ammunition, and supplies, the Confederate army had no choice but to retreat.

Because this battle stopped the Confederate advance into the western United States, historians often call it the “**Gettysburg of the West.**” It was a turning point that helped keep New Mexico and the western territories under Union control. Today, the battlefield is preserved at Pecos National Historical Park, where visitors can still walk the land where this important piece of history took place.

But perhaps the most meaningful history in New Mexico isn't just found in books or historic battlefields—it lives in the stories of our seniors. Many of you have spent decades living, working, raising families, and contributing to the communities of Santa Fe County and beyond. You have witnessed how neighborhoods have changed, how traditions have been passed down, and how communities have grown stronger over time.

At our senior centers, these stories come to life every day. Conversations over lunch often turn into memories about growing up in northern New Mexico, family traditions, favorite recipes, and the ways life has changed through the years. These moments are more than just conversations—they are part of the living history of our state.



## 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](mailto: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.



**SANTA FE COUNTY**

RE-OPENING OF THE

# BENNIE J. CHAVEZ

## *Senior Center*

March 17, 2026  
10:30 AM – 1:00 PM

354 Juan Medina Rd, Chimayo, NM 87522

Join us for a day of celebration,  
*community, and connection*

EVENT HIGHLIGHTS

- Special Speakers
- Tour of Renovations
- Lunch & Fellowship

*We can't wait to celebrate with you!*



**SANTA FE COUNTY**



**Reopening of the  
Bennie J. Chavez Senior Center**  
March 17, 2026

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**Program Agenda**

**Master of Ceremonies**

- Commissioner Justin Greene
- 

**Opening Remarks – 10:30 AM**

- Commissioner Justin Greene

**Potential Speakers:**

- Emily Kaltenbach/Denise King ALTSD
  - Mary Ann Trejo, Advisory Board President (BJCSC)
  - Jonathan Pacheco – Senior Activity Program Coordinator
  - Bennie J. Chavez Family member Charleen/Patsy Chavez
- 

**Tour of Renovations & Expansion – 11:00 AM**

- Walkthrough of new improvements and facility upgrades
- 

**Lunch – 11:30 AM – 1:00 PM**

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**Event Logistics**

**Additional Parking Coordination**

- Ortiz Weaving (Crosswalk Assistance Requested)





# When Is the Right Time to Downsize Into an Independent or Assisted Living Community?

Karen Lievense, Owner + downsizing made simple –

*The decision to leave one's cherished family home and move into a smaller apartment at an Independent or Assisted Living community is one of the most important and impactful decisions we or our loved ones will ever make. This new home may be our last, and it's essential that it be a good fit for our needs now and, hopefully, moving forward for many years. The considerations of space, amenities, quality of care, cost, and location all have their implications.*

**But the timing of this move is also very important.**

We all want to remain in our homes as long as possible. Sometimes called “aging in place”, I prefer to call it *living* in place. [Santa Fe is blessed to have many caring and professional services to support this goal.](#) For example, in-home caregivers provide reliable and personal support that takes the “aloneness”, and some risk, out of living alone. But what happens when a greater level of security and care is needed, and relocating to a senior living community becomes a necessity? How do we know when the time is right? Really, the right time is whatever time you or your family member makes this decision. There is no right or wrong time, but there are better scenarios than others, that ensure a smoother transition and a much less stressful experience for the person being relocated. My clients usually fall into one of the following three categories.

**The first and most ideal, are those older adults who make the decision to move completely of their own accord, who embrace downsizing into an Independent or Assisted Living community as an exciting lifestyle choice.** They see the advantages of doing this sooner rather than later and engage robustly with the timing and decision-making process. These clients really feel empowered by their conscious participation, and their grown children and other family members also benefit....no need to pressure mom and dad about making this decision, no need to worry about having to deal with a huge houseful of furnishings and possessions down the line, because their parents have chosen to handle this now. This is truly a great gift to everyone involved!

**The second group of seniors I've worked with are those that make this decision out of necessity; a spouse or partner's health is declining, and living at home is simply no longer an option.** This is usually not a pleasant process, as in addition to leaving a beloved family home, one partner is also dealing with the physical or cognitive issues of the other. I relocated a couple who had been in their home for 50 years. The husband could find many excuses not to move, until there were just too many reasons that made staying at home unsafe for his wife. And he was also in desperate need of support as a long-time caregiver for her.

○ **The third, and most challenging scenario, is when clients need to be moved immediately because their health status changes quickly.** Taking on an already stressful and upsetting process is complicated by the absence of stable physical or cognitive abilities, making it even more difficult for the elder to cope with understanding the process. I received a phone call one Christmas Eve, asking for my help in moving someone in 2 weeks. She had a wonderful “beehive” of loving friends that had created a caring support group enabling her to remain at home. Their efforts were so successful that they didn't really notice her declining condition....until it was impossible to ignore. Then the situation was suddenly dire. I feel it's crucial to make sure that our seniors are in complete choice about this transition, as much as their situation allows. There are dozens of decisions that go into relocating and giving them the time to “be” with each one, and having their voice heard. This empowering process is diminished when the clock is ticking, and a sense of urgency dictates the timeline. Many things color the timing of when to move, and every person's reasons are valid and often complex. Of course, the most important factor here is getting our seniors care and stability when they need it. But as a designer who coordinates and “produces” the relocation process, I strive to create a timeline that is not only methodical and realistic but also builds in enough time for my clients to make on-going, minute adjustments to their changing reality, or to give them the frequent “time-outs” they sometimes need. No one likes being pressured when they're already overwhelmed. If the conversation of relocating comes up for you, or between you and/or family members, I suggest that you work with a two-month time-line at the minimum. You'll need time to research the many stellar senior living communities available in Santa Fe, to select a new apartment that's just right (and make any desired changes or upgrades), to begin adjusting to your new reality and sense of self, to make peace with leaving your home, securing help and support with the moving process, arranging your finances, parting with meaningful is essential to our well-being and longevity. Creating a new living space in our 70's, 80's, or beyond, can be challenging, but also an opportunity for self-discovery and a new lease on life! I am grateful to partner with so many wise elders in this very personal transition.

Are you a senior receiving care?  
Are you the family caregiver?

# New MexiCare

is providing service and support for people like you.

Receive up to **\$1,400**  
per month in benefits\*

## Participant requirements are:

Applicant must be age 60+

Must live in the coverage area

Must have cognitive or physical limitations requiring assistance with two or more activities of daily living: bathing, feeding, dressing, toileting, and transferring

Is not eligible for Medicaid

## Maximum Gross Income Level:

**Up to \$3,387/Mo** for Individuals

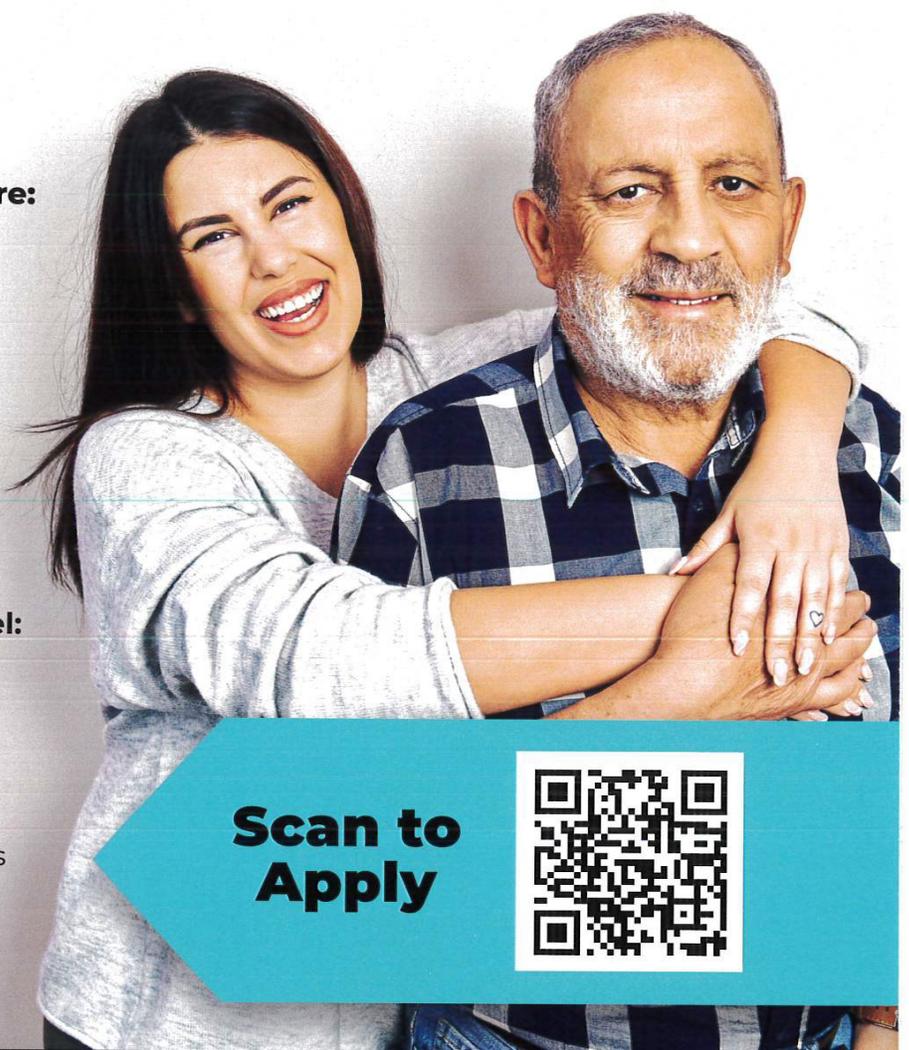
**Up to \$6,774/Mo** for Couples

**Resource Level (savings, checking accounts):**

**Up to \$20,322/Mo** for Individuals

**Up to \$40,644/Mo** for Couples

*\*Must meet eligibility requirements.*



**Scan to  
Apply**



Learn more and register:

NEW MEXICO  
AGING &  
LONG-TERM  
SERVICES  
DEPARTMENT

**866-654-3219, opt. 4**  
**NewMexiCare.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](https://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



Crossword Puzzle

**ACROSS**

- 1. Slips up
- 5. Goya subjects
- 10. Organ control
- 14. Bound
- 15. Bring to bear
- 16. Sushi staple
- 17. Start of a quip by Robin Williams
- 20. Old Olds
- 21. Sault \_\_\_ Marie
- 22. Loud reports
- 23. Damascus native
- 25. Magna \_\_\_
- 26. Baseball exec Epstein
- 28. Their time is limited
- 30. Showman Ziegfeld
- 33. Small rivers
- 35. Brief lunch?
- 36. Debtor's letters
- 37. Middle of the quip
- 38. Gehrig or Brock
- 39. Fruitcake ... or fruitcake component

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
30	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						58				59				
60					61						62			
63					64						65			

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- 40. Spanish dances
- 42. Termination
- 43. Expels from the practice of law
- 45. Annoys
- 47. Warehouse supply
- 48. Parishioners' contributions
- 52. Liberace's instrument
- 53. U.K. award
- 56. Intended
- 57. End of the quip
- 60. Work without \_\_\_ (take risks)
- 61. Type of quartz
- 62. Songwriter Jerome
- 63. "Presto!"
- 64. Type of paint
- 65. Barrie baddie

**DOWN**

- 1. Lanchester and Maxwell
- 2. Answer
- 3. More unusual
- 4. Seance attendee, perhaps
- 5. March girl
- 6. Allies' adversary
- 7. Emulate Robin Williams
- 8. "Judith" composer Thomas \_\_\_
- 9. Platform site, briefly
- 10. "\_\_\_ Little" (1999 movie)
- 11. Phonograph
- 12. Four quarts
- 13. Hail Mary, e.g.

- 18. \_\_\_ Ark
- 19. Ski tows
- 24. Communications system
- 25. Solace
- 27. Face-to-face exams
- 28. Native New Zealander
- 29. Macho man
- 30. Discover
- 31. The Pelican State
- 32. Showed greater endurance than
- 34. Good looker?
- 40. Actor with six degrees
- 41. Cut corners
- 44. "La Isla \_\_\_" (Madonna hit)
- 46. T-bones, e.g.

- 49. \_\_\_ girls ("Aladdin" threesome)
- 50. \_\_\_ nous (confidentially)
- 51. Songwriter Jule
- 52. High sch. exam
- 53. Gymnast Korbut
- 54. Cadence
- 55. Suffix with kitchen
- 58. Guy's square-dance partner
- 59. Kinsey topic

# WORD SEARCH—

## March Madness

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

basketball	Referee	Court	Heat
Pistons	Knicks	Clippers	Mavericks
Spurs	Bulls	Lakers	Magic
Shack	Michael Jordan	Net	Celtics
Center	Walk	Dunk	Players
Team	Good Luck	Guard	Hangtime
Rebound	Turnover	Traveling	Steal
three pointer	Pass	Free throw	Foulshot
Bankshot	Drills	Hoop	Dribble

## 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](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)

### 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

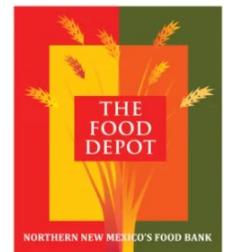
#### No Cost Grocery Distribution & Navigation Services

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

## March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Tater Tot Casserole</b> Tossed Salad california vegetables Garlic Knot Fruit cocktail	3 <b>Arroz Con Pollo</b> Sauteed Spinach Spring mix salad Tropical Fruit Salad	4 <b>Swedish Meatball W/</b> mushrooms Egg Noodle Garden Salad Mixed Berries	5 <b>Glazed Ham W/Pineapple</b> Sweet potato asparagus WW Roll yogurt w/peaches	6 <b>Shrimp Stir Fry</b> Onion,peppers Brown rice Emperor Blend Mandarin Oranges
9 <b>Cashew Chicken</b> Oriental Vegetables Brown rice Fortune cookie Fresh Orange	10 <b>Green Chile Cheese Burger</b> Onion,Lettuce,Tomato Potato Wedges Green Beans Strawberry and Bananas	11 <b>GC Chicken Enchiladas</b> Pinto Beans Capri Vegetables Pears	12 <b>Salisbury Steak</b> Mashed Potatos and Gravy Tuscan Vegetables WW Roll Apricots	13 <b>Pesto Pasta W/Peas and Tomato</b> Penne Pasta Garden Salad W/Egg Yogurt w/Plums
16 <b>Carnitas Soft Taco</b> Calabacitas Pinto Beans Mango	17 <b>Corned Beef n Cabbage</b> Roasted potatoes Carrots WW Roll Yogurt and Cookie <i>St. Patricks Day!!!</i>	18 <b>Honey Mustard Chicken</b> Asparagus Three Bean Salad WW Roll Peaches	19 <b>Andouille Sausage</b> Peppers Wild rice California Vegetables Banana	20 <b>Breaded Tilapia</b> French Fries Brussel Sprouts WW Roll Fruit Cocktail
23 <b>Teriyaki Salmon</b> Rice Pilaf Vegetable Medley Pineapple and Oranges	24 <b>Beef Stew</b> Cornbread garden salad Mixed Fruit	25 <b>Pork chop in Gravy</b> Scalloped Potato Winter vegetables ww roll Applesauce	26 <b>Chicken Fajitas</b> Tortilla Pinto Beans Spinach Tropical Fruit	27 <b>Tuna Sandwich</b> lettuce, tomato Carrot Salad Cucumber salad Grapes Chips
30 <b>Chicken Sandwich</b> California Blend Potato Wedge Orange	31 <b>Classic Chili</b> Cornbread Chateau Apricots			



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

**Ken & Patty Adam Senior Center**

**Casa Rufina Meal Site**

**Abedon Lopez Senior Center**

**Bennie Chavez Senior Center**

**El Rancho Senior Center**

**Nambe Senior Center**

**Cerrillos Senior Center**

**Edgewood Senior Center**

