



Sandoval County Senior Program Corrales Senior Center

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CENTER LOCATION

SEPT. 2011

Corrales Senior Center
4324-A Corrales Rd
Corrales NM 87048

Sponsorship

PO Box 40
Bernalillo, NM 87004
www.corrales-NM.org/senior_center.htm
Phone: 897- 3818
Fax: 897- 7679

Hours of Operation:
8:00am-5:00pm

Funding for this newsletter is provided by
Sandoval County Commission and
Non Metro New Mexico
Economic Development District
Area Agency on Aging

STAFF & VOLUNTEERS

Center Supervisor Dolores Heuer	Program Assistant Angela Gonzales
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Custodian/Driver Eileen Beltran	SEP Dolores Granados
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Commission on Senior Affairs Representative
Rae Lee Siporin and Mel Apler

Advisory Board Members
Ted Modica, Chairman
Renee La Bauve, Secretary
Rae Lee Siporin, Member
Eva Gomez, Member
Linda Fahey, Member
Mel Apler, Member

Volunteers

Ted Modica
Rae Lee Siporin
Dolores Biehl
David Gallegos
Jill Levy
Marge Gerber
Eve Gomez
Sophie Gonzales
Judy Hooks

Health & Wellness

Deep down most senior citizens love the feeling of helping someone or something grow into their full potential. Raising a child or pet is no simple task physically or mentally as we grow older. However plants, either flowering or food producing, can be a much simpler and enjoyable way of helping a living thing grow. This article gives tips on how seniors can make gardening less stressful on their bones and joints.

Even though it's not that common, having a garden indoors is an option for making the enjoyable hobby of gardening possible despite mobility issues. I suggest using a relatively small rectangular area (or small room) for your indoor garden. A wise first step is to lay down a plastic tarp of some kind on the floor directly under and around your gardening table. This will catch the excess soil and foliage that spills over and prevent it from getting into your carpet. Having linoleum or tile would be the ideal floor covering for this as it would make for easy clean up.

Now, for your garden I would suggest using an old, undesirable table. If you already have one, perfect! Otherwise, going to garage sales or thrift stores is a good place to look for low cost, non-desirable tables. Depending on the size of garden you're making, you could use an end table, coffee table, kitchen table, or even a dining room table. Something also to consider is the height of the table. Will you need to fit a wheelchair or stool underneath? Or if you are able to stand for the duration of gardening activities, make sure the table is high enough that you don't have to bend over far straining your back.

Make sure your table is placed close to a window where your plants are sure to get lots of sun. Opening the nearest window is also wise; it allows plants to do what they were meant to do. Photosynthesis: when plants take sunlight and carbon dioxide and turn it into fresh oxygen. Giving your plants fresh air 3-4 days a week will resemble normal growing conditions, despite being indoors.

For individual flowers you can use pill containers, both big and small, as pots. For another idea you would need to put down a 9×13" pan (or whatever size you need/ have) to put underneath in case of water spilling. Placing two or three shoe boxes that are relatively the same size inside of one another, this is a bigger planting option for vegetables and other plants for atop the 9×13" pan. These suggestions are for the majority of individuals (like myself), who cannot craft a wooden flowerbed to simply place atop the table. However, if you are skilled in the wood craft area, making an actual, sturdy flowerbed would help as I make no guarantees as to how long shoe boxes will maintain their

Health and Wellness continued

form after being watered multiple times. Although having more than one shoe box will help with durability.

Being a part of something that matters is a task that every one of us should be involved in. Not only are we helping that person or thing, it also gives us an increased sense of worth and desire to keep on helping. Everyone's garden is going to be unique, so don't feel bad if your first attempts aren't a complete success. Keep trying... Perfection comes only after practice.

www.seniorcitizens.org

Nutrition

Meatless Mondays: The Newest Food Movement Give up meat (and saturated fat) one day a week

Meatless Mondays is a grass roots food movement picking up steam. What started as a public health initiative in 2003 to reduce meat consumption in America has now been embraced by schools, colleges and hospitals, as well as by prominent, meat-loving chefs such as Mario Batali and Wolfgang Puck. Even Oprah Winfrey is joining the movement, establishing Meatless Mondays at Harpo Studios.

The nonprofit Monday Campaigns developed the Meatless Monday campaign in partnership with the Johns Hopkins Bloomberg School of Public Health and the Johns Hopkins Center for a Livable Future. The initiative was based on the Healthy People 2010 report's recommendation that Americans reduce their saturated fat intake by 15 percent.

Dr. Robert S. Lawrence, director of the Johns Hopkins Center for a Livable Future, credits meat and high-fat dairy as the source of nearly all saturated fat in the American diet. "Cutting meat out one day a week can help Americans reach the reduction goal with little effort," Lawrence said in a statement.

An ever-growing body of research indicates that for those who battle high cholesterol levels, high blood pressure, heart disease, diabetes and cancer, a diet rich in whole grains, vegetables, fruits and nuts can aid in reversing the symptoms. Since seniors often deal with these health issues, it is good news that Sodexo, a national and institutional food service provider, is rolling out a Meatless Monday option for its senior living community clients in 2011.

Nutrition continued

For those who are considering a vegetarian diet for one day a week or more, the Vegetarian Resource Group provides information on the nutritional considerations of a vegan or vegetarian diet. Going meatless for one day a week is unlikely to create iron or B12 deficiencies, but it is always a good idea to check with a doctor before making any major changes to your diet.

The Meatless Monday campaign was designed around that day of the week because studies indicate you are more likely to maintain behaviors begun on a Monday throughout the week. So if you want to claim this healthy call to action for your calendar week, here is a meatless recipe to get you started:

Focaccia Sandwich with Tomatoes and Peppers

This makes 4 sandwiches

- 2 orange or yellow bell peppers, or 1 of each
- 1 large focaccia, preferably with garlic and rosemary
- 4 tbsp sun-dried tomato paste
- 8 ripe tomatoes, halved
- 2 tbsp extra virgin olive oil
- Salt and freshly ground black pepper
- 8 oz (225g) fresh mozzarella, thinly sliced

1. Preheat the broiler. Line the broiler pan with aluminum foil. Grill the peppers, turning occasionally, until their skins are blackened and blistered. Leave the broiler on.

2. Wrap the foil around the peppers, folding over the edges to make a tightly sealed parcel. Let cool.

3. Slice the focaccia in half vertically with a long serrated knife. Cut the focaccia into quarters. Toast in the broiler on both sides. Spread the cut sides with the sun-dried tomato paste.

4. Line the broiler pan again with foil. Place the tomatoes on the pan, cut sides up, and drizzle with the olive oil. Season with the salt and pepper. Broil for about 5 minutes, or until the tomatoes have softened but are not falling apart.

5. Meanwhile, peel and seed the peppers, and cut the flesh into thick strips. Arrange the tomato halves and pepper slices on the focaccia bottoms. Top with the mozzarella and a few basil leaves, whole or torn, and drizzle over any oil and juices from the broiler pan. Place the remaining focaccia halves on top and serve immediately.

www.aarp.org

Frail & Elderly

Hello, my name is Carrie Grinstead. It is a pleasure to introduce myself as the new Frail and Elderly Program Manager for Sandoval County Senior Program. I hold a Bachelors degree in Human Services and Management from the University of Phoenix. I have 10 years experience working with the geriatric population and enjoy helping seniors in the community. I am excited to get to know the seniors who receive Frail and Elderly Program Services and those who are interested in joining our program. I am proud to introduce my team of Case Managers along with my Program Assistant.

Elizabeth Pacheco-Quinn and Stacey Welty are the two case managers that serve Sandoval County. Elizabeth serves homebound clients that need case management and referral assistance. Stacey serves clients that are caregivers for a loved one and assists with respite care. Both Stacey and Elizabeth always have a smile on their face and are pleased to hear from the seniors they serve.

Vanessa Lewis is the program assistant who is a great asset to the program. She is the main voice people hear when calling about the services we provide. Vanessa is quick and attentive to our senior's needs as well as staff she works closely with. If you have any questions about the Frail and Elderly Program please feel free to contact any of the staff.

For more information contact the Sandoval County Senior Frail and Elderly Program
(505) 404-5816 or (505) 404-5815

Volunteer

Become a Senior Volunteer Today!

To be an RSVP volunteer, you must be 55 years old or over. You will receive pre-service orientation, followed by appropriate on the job training from the agency or organization where you will be volunteering.

The Senior Volunteer Program also offers the Foster Grandparent Program where you could mentor children at the Elementary School level and the Senior Companion Program assisting frail and elderly seniors with daily living activities.

For more information please contact Nikki Holm or Kimberly Hayes with the Sandoval County Senior Volunteer Program at 404-5822.

Staying Active

Regular Exercise Increases Muscle Stem Cells to Renew Aging Muscles, Study Says

In most of the analysis seeking answers to the magical longevity of centenarians there are references to their physical activity and strength but there have been few answers as to how this happens, how their muscles overcome natural aging. Now, researchers from Tel Aviv University think they can explain why senior citizens who have exercised throughout their lives age more gracefully.

Prof. Dafna Benayahu and her team at TAU's Sackler School of Medicine say "endurance exercises," like a central Park jog or a spinning class, can make us look younger, because exercise unlocks the stem cells of our muscles.

They have discovered how endurance exercise increases the number of muscle stem cells and enhances their ability to rejuvenate old muscles. The researchers hope their finding can lead to a new drug to help the elderly and immobilized heal their muscles faster.

The real rat race

The muscles and skeleton in our bodies work together, explains Prof. Benayahu. "When we age, we experience saropenia, a decline in mass and function of muscles, and osteopenia refers to bone loss," she says. As a result, our musculoskeletal system is more susceptible to daily wear and tear, which also explains the increased risk of falling in the elderly.

Investigating a rat population, Dr Gabi Shefer from the research team says that the finding shows that exercise increased the number of satellite cells (muscle stem cells) a number which normally declines with aging. The researchers believe that a decline in the number of these cells and their functionality may prevent proper maintenance of muscle mass and its ability to repair itself, leading to muscle deterioration.

Comparing the performance of rats of different ages and sexes, they found that the number of satellite cells increased after rats ran on a treadmill for 20 minutes a day for a 13-week period. The younger rats showed a 20% to 35% increase in the average number of stem cells per muscle fiber retained and older rats benefited even more significantly, exhibiting a 33% to 47% increase in stem cells.

Staying Active Continued

A good reason to get up and dance

Endurance exercise also improved the levels of “spontaneous locomotion” of old rats. The feeling that tells our bodies to just get up and dance. Aging is typically associated with a reduced level of spontaneous locomotion.

The combination of aging and a sedentary lifestyle significantly contributes to the development of diseases such as osteoporosis, obesity, diabetes and cardiovascular diseases, as well as a decline in cognitive abilities. If researchers can discover a method to “boost” satellite cells in our muscles, that could simulate the performance of young and healthy muscles and hold our aging bones in place.

“We hope to understand the mechanisms for the activation codes of muscle stem cells at the molecular level,” says Prof. Benayahu. “With this advance, we can let ourselves dream about creating a new drug for humans. Once that could increase muscle mass and ameliorate the negative effects of aging. www.seniorjournal.com

Medicare Tips

Will Medicare pay for outpatient Physical, occupational or speech therapy?

Yes. Medicare will help pay for outpatient physical and occupational therapy and speech pathology services if: They are medically necessary; Your doctor or therapist sets up the plan of treatment; and your doctor periodically reviews the plan to see how long you will get therapy.

Generally, Medicare will only cover therapy if your condition can improve or if your condition will deteriorate without therapy. You can get these services as an outpatient of a participating hospital or skilled nursing facility (you must qualify for the skilled nursing facility benefit), or from a participating home health agency (you must qualify for the home health benefit), rehabilitation agency, Comprehensive Outpatient Rehabilitation Facility or public health agency. Also, you may be able to get services from a privately practicing, Medicare-approved physical, speech or occupational therapist in his or her office or in your home.

In 2011, Medicare will cover up to \$1,810 for Physical and Speech therapy combined, and another \$1,870 for occupational therapy. If you are approaching the limit and need more therapy, your doctor can tell Medicare that it's medically necessary for you to continue. Medicare is most likely to cover additional therapy if your case is medically complicated. If Medicare denies the claim, you can appeal through the regular Original Medicare appeals process. www.medicareinteractive.org

KNEE REPLACEMENT

A Renewed stance in life

The conservative treatments you've used to manage your knee just aren't working. The next step is to replace the joint.

More than half a million U.S. adults have knee joint replacements every year. The procedure, also known as knee arthroplasty (ARTH-ro-plas-tee), can significantly help relieve pain and improve function in severely diseased knee joints.

Making the decision with your surgeon to have your knee replaced involves consideration of risks and benefits. It also means preparing for a dedicated rehabilitation effort in the weeks and months after surgery.

A knee apart

The knee is a complex hinge joint. It not only allows you to bend and extend your lower leg, but it also has built-in-roll-and glide features.

Normally, joint surfaces in your knee are covered with cartilage, a smooth, cushiony substance that enables the underside of your kneecap (patella) and the ends of your thigh-bone (femur) and lower leg bone (tibia) to move against each other with ease.

A thin tissue lining (synovium) covers the remaining bone surfaces and releases fluid that lubricates the knee. Ligaments attached to bones in the upper and lower leg provide stability. Long muscles in the thigh provide strength and further stability.

Total knee replacement surgery is most commonly done to improve pain and function resulting from joint damage caused by conditions such as osteoarthritis or rheumatoid arthritis.

Osteoarthritis is a more common disease that usually occurs as people get older. It's marked by loss of cartilage and sometimes bone on the surfaces of the knee

joint. Rheumatoid arthritis is an inflammatory condition that affects the synovium, causing painful swelling. Eventually, rheumatoid arthritis destroys cartilage and bone around the joint.

Time to act

Total knee replacement is considered when knee pain significantly impairs day-to-day activities- such as walking, climbing stairs, and getting in and out of chairs. Moderate to severe pain may be present even when you're at rest. It's usually performed only when other treatments- such as modified activity, loss of excess weight, use of a walking aid, and pain relievers or anti-inflammatory medications haven't helped.

Knee joint replacement can be done for adults of all ages, but it's most common for older adults. General health is factored in surgery and recovery may be complicated by diabetes, infections or conditions that restrict blood flow. For younger or more active adults, the life span of the new knee is a consideration, since it may wear out. However, abuse of a replaced knee joint is a concern at any age.

The benefits of a knee replacement also are weighed against risks related to surgery. These may include infection, knee stiffness, and blood clotting in the leg vein or lungs, and potential for heart attack, stroke and nerve damage. There's also a small chance that pain won't be improved and function won't return to the level of a healthy knee.

Installation and action plan

Before surgery is scheduled, an orthopedic surgeon assesses your knee's range of motion, stability and strength. X-rays are done to view the extent of damage in the joint. Various approaches to anesthesia are considered. These may include having general anesthesia or having spinal or epidural anesthesia with sedation so that there's no pain from the waist down.

The surgery generally takes less than two hours. The surgeon removes damaged cartilage and bone to prepare the joint surfaces for the new knee joint.

components. The specialized metal and plastic components are positioned, aligned and installed to restore near frictionless joint surfaces. Before closing the incision, the surgeon checks to see how the new knee moves testing and balancing it to see that it works properly.

Typically, you can expect to spend a couple of nights in the hospital after surgery. While you're there, pain relief may be managed by injecting a local anesthetic (peripheral nerve block) to numb the set of nerves that give sensation to your leg. Intravenous antibiotics are given to prevent infection. Special support stocking or specialized compression boots typically are used to help promote circulation and reduce risk of blood clot development. Blood thinners also may be needed.

Prepare ahead for your return home

Simple modifications done before knee replacement surgery can make getting around your home easier. Consider:

- Creating a living space on one floor-Walking up or down stairs can be difficult when you're recovering. Create a sitting area with a stable chair that has a firm seat cushion and back. Include a footstool to elevate your leg. Leave extra space around your bed so you can get in and out while using a walker, cane or crutches.
- Making your bathroom user-friendly- If you have a low toilet seat, arrange for a toilet-seat riser with arms. Install safety bars or a secure handrail in your shower or bath. You might find a stable bench or chair of help in the shower.
- Removing tripping hazards- Remove any loose cords or wires, or safely tuck them behind furniture. Also, remove loose carpet, throw rugs and clutter.
- Securing handrails in stairways- Make sure that railings are sturdy, stable and ready when you're able to climb stairs.

Postoperative rehabilitation typically begins the day after surgery. You'll be taught simple exercises that promote circulation. A physical therapist can teach you range-of-motion and strengthening exercises that you'll continue once you leave the hospital. Your therapist also can help you decide which assistive device- such as a walker, can or crutches will be of help. If you have damaged joints in your arm- such as shoulders or wrists- your therapist can suggest modifications to avoid aggravating them. If you normally use an assistive device to walk, your therapist can be sure it meets your needs after surgery.

Therapy includes walking, first indoors, then outdoors. Let your knee be your guide to how quickly you resume household activities.

Back at it

During the first few weeks after surgery, pain management may include prescribed oral pain medications, which can gradually be reduced. It's important that activity and exercise become part of your daily routine. Sticking with your rehabilitation plan typically allows for a return to most nonstrenuous activities- light housework, shopping – within three to six weeks. Most are able to walk without a cane or crutches after two months. However, your activity level before surgery may influence how quickly you return to activities.

For most people, knee replacement means significant pain relief and improved quality of life. Once you've recovered, you can resume a variety of low-impact activities, such as swimming, gardening, playing golf or biking. High-impact activities- jogging, tennis, and sports involving contact or jumping may not be suited to your new knee. Talk with your doctor about the best activity for you.

Infection is rare, but can occur even years after surgery. Contact your doctor immediately if you have a fever higher than 100 F, shaking chills, or increased knee pain with both activity and rest. For about two years after surgery, antibiotics generally are recommended before dental or surgical procedures to reduce infection risk. That's because bacteria that enter your bloodstream might otherwise lodge around your replacement joint.

Here's an identity saving hint.

If you pay for your gas with a credit or debit card at the pumps, be sure and hit the “cancel” button after you are done pumping and have hung up the hose. The “cancel” button will be on the bottom left of the key pad. This will clear your card information and prevent anyone inside the building from accessing your information after you drive away. Develop a new habit of pressing “cancel”.

IMPORTANT SEPTEMBER EVENTS

- First Labor Day celebrated as a legal public holiday, September 3, 1894
- U.S. Department of the Treasury established, September 2, 1789.
- Japan's surrender in World War II first celebrated as Victory over Japan (V-J) Day, September 2, 1945.
- Jesse James, American desperado, Born September 5, 1774.
- President McKinley shot by an assassin, September 6, 1901.
- American financier J.P. Morgan, Jr. born September 7, 1867.
- Queen Elizabeth I of England born September 7, 1533.
- California became the 31st state, September 9, 1850.
- Henry Hudson entered the river named for him, September 12, 1609.
- Russians launched first rocket to moon, September 12, 1959.
- Walter Reed, American surgeon, born September 13, 1851.
- Congress passed the Selective Service Act, proving the first peacetime draft in U.S. history, September 14, 1940.
- Sister Elizabeth Kenny, Australian nurse who developed a method of treating poliomyelitis, born September 20, 1886.

Fiber

Not just for constipation anymore

Dietary fiber is the stuff that puts the crunch in carrots, the bulk in salads, the chewiness in whole-meal bread, and the thickness in stewed prunes and pea soup. It is also considered helpful in controlling the “irritable bowel syndrome, “preventing hemorrhoids and diverticular diseases. Other medical researchers and nutritionists believe high fiber foods may help protect against adult-onset diabetes, cardiovascular disease, and colon cancer. Fiber may also help to lower blood cholesterol levels, reducing the risk of heart attack and stroke.

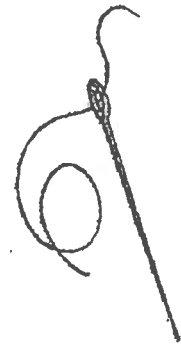
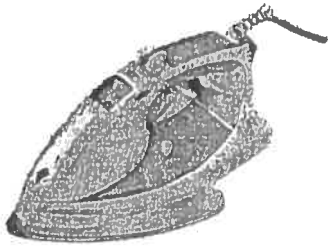
WHAT IS DIETARY FIBER?—Dietary fiber is that part of fruit, nuts, vegetables, grains and other plant foods that’s not digested or only partially digested by humans. Fiber is a diverse group of chemical compounds—cellulose, hemicelluloses, mucilage’s, microscopic polysaccharides, pectin’s, gums, and lignin. All are complex carbohydrates except lignin, a very tough substance found in all plants. Cellulose, hemicelluloses, and lignin are components of wood as well as edible plants. They are tough, fibrous, and insoluble in water. Pectin’s (a substance used in jellies) and gums are water-soluble and form gel like, or viscous, textures. All of the dietary fibers are found in varying combinations and amounts in plant leaves, stems, tubers, roots, flowers and seeds.

HOW FIBER WORKS—Fiber’s effects on the digestive system begins in the mouth. The considerable chewing that may be required for foods such as salad greens and whole-grain products stimulates saliva flow. Soluble forms of fiber such as pectin’s, and gums increase the viscosity, or thickness, of the stomach contents. These effects contribute to a feeling of fullness and also slow down the emptying of the stomach. Cellulose and other insoluble fibers are essentially unchanged as they pass through the intestines, but the pectin’s and gums are fermented by bacteria in the large intestine, producing gases and some fatty acids. Cellulose and lignin provide stool bulk and water-soluble fibers help relieve constipation by adding softness to stools. To ensure thorough digestion be sure to drink plenty of liquids when you eat fiber.

Nutrition experts also advise against using dietary fiber supplements as they contend natural sources of fiber also contain many other nutrients. However, to minimize constipation while traveling it may be advisable to add packaged fiber to the diet—not as a substitute for eating high fiber foods, but in addition.

HOW TO GET FIBER—Most authorities agree that you should get about 20 to 30 grams of dietary fiber a day. They also recommend that you not go overboard in consuming fiber as fiber can bind some minerals (calcium, zinc), preventing absorption and use by the body, and leading to deficiencies in these trace minerals.

Dietary Fiber Source (For crude fiber multiply by 2.4)	Grams Of fiber	Dietary Fiber Source (For crude fiber multiply by 2.4)	Grams Of fiber
Acorn squash, 1/2 cup	1.7	Figs, 5	8.6
All-Bran, regular, 1/2 cup	12.7	Grape-Nuts, 1/2 cup	4.0
All-Bran, extra fiber, 1/2 cup	13.0	Lentil soup, 1 cup	3.5
Apple, 1 medium with skin	2.6	Lettuce, 10 leaves	2.0
Avacado, 1 medium	4.6	Lima Beans, 1/2 cup	6.5
Bagel, oat bran, 1	3.0	Mushrooms, raw, 1/2 cup	0.6
Baked beans, 3/4 cup	8.2	Onions, raw, 1/2 cup	0.9
Banana, 1 medium	1.4	Peach, 1 medium	2.8
Beans, green, 1/2 cup	1.1	Pear, 1 medium	5.2
Blueberries, 1/2 cup	1.8	Pizza, 1 slice	1.2
Bran-Flakes, 3/4 cup	3.0	Potato, baked, 1 medium	3.9
Bread, wheatberry, 1 slice	2.4	Prunes, dried, 3	1.9
Broccoli, 1/2 cup	2.3	Quaker Oakts, uncooked, 1/2 cup	4.5
Broccoli spear, 1	4.2	Raisins, 1/4 cup	2.0
Brussels sprouts, 1/2 cup	3.4	Raspberries, 1/2 cup	3.0
Cabbage, red & white, 1/2 cup	0.7	Rice, brown, 1/2 cup	1.6
Cauliflower, raw, 1/2 cup	1.4	Rice, white, 1/2 cup	0.8
Carrot, 1 medium	2.3	Spaghetti, whole wheat, 2 oz. dry	7.2
Celery stalk, 1 medium	0.7	Spinach, raw, 1/2 cup	0.6
Coleslaw, 1/2 cup	0.9	Sweet potato, 1 medium	3.9
Corn, 1/2 cup	3.0	Triscut cracker, 4	2.0
Cracklin' Oat Bran, 1/2 cup	4.0	Wheat germ, 3tbs.	3.0
Fiber-One, 1/2 cup	12.0	100% Bran, 1/2 cup	8.4



Corrales Senior Center

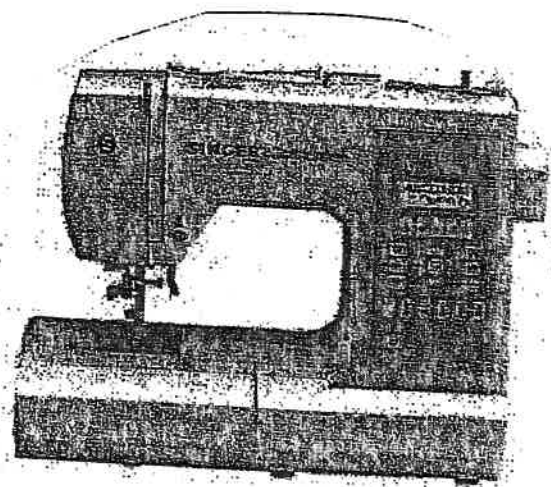
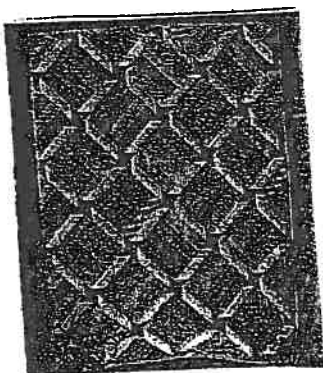
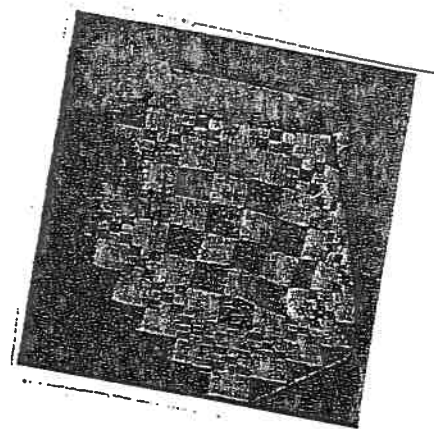
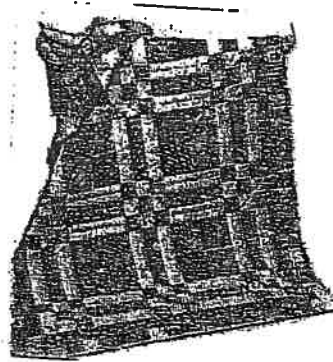
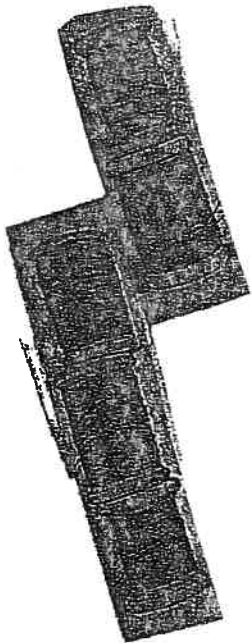
Open House

For our new Quilting Room

Thursday September 15, 2011

1:30am to 3:00pm

Lots of food and fun



Revisiting the Scene: a Process for Writing Memoir

Looking for a priceless gift for family, friends and maybe even the world? *Revisiting the Scene*, helps put the story of your life into words. Exploring and conveying memories from the past can lead to profound self discovery. As a personal creation, your memoir offers a cherished legacy for present and future generations. Your class creation may stand on its own as a mini-memoir or eventually become a chapter in a lengthier life story.

Each week, instructors Amy Gardner and Kelly Cozart will guide participants through exercises designed to awaken memory and surface meaningful details. The duo will help writers enlarge those past events through holistic remembering. Shifting forward in time, participants will look back with the benefit of hindsight to explore the life-long-impact of key events. Writers will come to see how significant events inform each person's unique life perspective.

While plenty of written work will surface through this class, the instructors will give participants useful tools to help further a life practice of putting memory into form. It is the ongoing writing practice that can help us honor our past, love the present, and reveal the unique yet timeless human experience.

Tuesdays 2 pm - 3:30 pm
Limited to 15 participants

October 4 through November 15, 2011
\$10 per session suggested donation


Amy Gardner

Born in Kansas City and raised in Minneapolis, Amy is a 20 year resident of Corrales. She wrote her dissertation on personal mythology and earned her doctorate in Mythological Studies with emphasis in Depth Psychology. A former business writer, Amy currently writes essays about life in New Mexico. When she's not writing, Amy enjoys sculpting, cooking, improvising and permaculture-style gardening.

Kelly Cozart

Born and raised in Texas, Kelly spent 20 years in Santa Fe and now lives in Corrales. She has a BFA in sculpture from Texas Tech University. Kelly is currently writing, illustrating, and self-publishing books for her adult children and grandchild. She also gardens, paints and practices yoga.

September 2011

<p>Milk Served w/Each Meal Can Fruit in Light Syrup WW=Whole Wheat GC=Green Chili RC=Red Chili</p>	<p>Meals Subject to Change</p>		<p>THURSDAY 1 Vegetable Lasagna Italian Vegetables Caesar Salad w/Dressing Garlic Toast Fruit with Jello</p>	<p>FRIDAY 2 Ham & Cheese sandwich Lettuce Leaf Tomato slice Carrot & Raisin Coleslaw Tropical Fruit Cookie</p>
<p>MONDAY 5  CLOSED FOR HOLIDAY Labor Day</p>	<p>TUESDAY 6 Pork Chop Mashed Potatoes w/Gravy Island Vegetables Tossed Salad w/Dressing WW Roll w/Dressing Pineapple Chunks</p>	<p>WEDNESDAY 7 Spaghetti w/Meat Sauce Italian Vegetable Caesar Salad W/Dressing Garlic Toast Fresh Peach</p>	<p>THURSDAY 8 Chicken Pot Pie Vegetables in pie Garden Salad w/Dressing Orange Cookie</p>	<p>FRIDAY 9 Red Chili Beef Enchilada Pinto Beans Summer Squash Shredded Lettuce Diced Tomatoes Cantaloupe</p>
<p>MONDAY 12 Turkey Tetrazzini Winter Vegetables Garden Salad w/Dressing WW Roll w/Margarine Honeydew</p>	<p>TUESDAY 13 Meat Loaf w/gravy Scalloped Potatoes Capri Vegetables Spinach Salad w/Dressing WW Roll w/Margarine Baked Apple Slices</p>	<p>WEDNESDAY 14 Orange Chicken Salad Coleslaw Lettuce Leaf Tomato wedges Crackers Fruit Salad</p>	<p>THURSDAY 15 Cheese Pizza Monte Carlo Vegetables Tossed salad w/dressing cookie Diced Peaches</p>	<p>FRIDAY 16 Hard Shell Taco w/salsa Spanish Rice Country Vegetables Shredded Lettuce Diced Tomatoes Strawberries & Bananas</p>
<p>MONDAY 19 Smothered Bean & Cheese Burrito Refried Beans Zucchini & Onions Spinach Salad w/Dressing Banana</p>	<p>TUESDAY 20 Baked Ham Sweet Potatoes Broccoli Garden Salad w/Dressing WW Roll w/Margarine Mandarin Oranges</p>	<p>WEDNESDAY 21 Baked Chicken Breast Mashed Potatoes w/Gravy winter blend vegetables Tossed Salad w/Dressing WW Roll w/Margarine Diced Pear</p>	<p>THURSDAY 22 Frito Pie Pinto Beans Monte Carlo Vegetables Shredded Lettuce Diced Tomatoes Applesauce</p>	<p>FRIDAY 23 Chicken Strips w/Honey Mustard Potato wedges w/Catsup Scandinavian Vegetables Garden Salad w/Dressing Biscuit w/Margarine Cantaloupe</p>
<p>MONDAY 26 Chili Con Carne w/beans Monte Carlo vegetables tossed salad w/dressing corn bread W/Margarine Strawberries</p>	<p>TUESDAY 27 Parmesan Chicken Spaghetti Noodles Green Beans Caesar Salad w/Dressing WW Roll w/Margarine Mandarin Oranges</p>	<p>WEDNESDAY 28 BBQ Pork Sandwich Capri Vegetables Cole slaw Pickles&Onion Grapes cookie</p>	<p>THURSDAY 29 Beef Tips w/noodles Monte Carlo Vegetables Tossed salad w/dressing WW Roll w/Margarine Apricots</p>	<p>FRIDAY 30 Baked Fish Steak Fries w/Catsup Carrot Coins Coleslaw WW Roll w/Margarine Fresh Pear</p>
<p>Final</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Exercise Class 7:45-8:45am Spanish Class 9:00am-10:00am Linus Project (Quilting) 10:00am-2:00pm	2 Line Dance 8:30am-9:30am Bingo 12:30am-1:30pm Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm
5 CLOSED FOR THE HOLIDAY LABOR DAY	6 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Pool Table 8:30am-4:30pm Quilting-10:00-3:30pm	7 YOGA 8:15am-9:15am Computer Class 10:00-11:30am Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm My Chronic Disease Class 1:30pm-4:00pm	8 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Linus Project (Quilting) 10:00am-2:00pm	9 Line Dance 8:30am-9:30am Bingo 12:30am-1:30pm Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm
12 Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm Quilting-10:00am-3:30pm	13 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm	14 YOGA 8:15am-9:15am State Fair 9:00am-2:00pm Computer Class 10:00-11:30am Bingo 12:30-1:30pm Pool Table 8:30-4:30pm My Chronic Disease Class 1:30pm - 4:00pm	15 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Linus Project (Quilting) 10:00am-2:00pm OPEN HOUSE-Quilting Room 1:30pm to 3:00pm	16 Line Dance 8:30am-9:30am Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm
19 Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm Quilting-10:00am-3:30pm	20 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm	21 YOGA 8:15am-9:15am Computer Class 10:00-11:30am Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm My Chronic Disease Class 1:30pm-4:00pm	22 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Linus Project (Quilting) 10:00am-2:00pm	23 Line Dance 8:30am-9:30am Bingo 12:30-1:30pm Staying Safe in your Home Presentation 12:00 noon Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm
26 Bingo 12:30- 1:30pm Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm	27 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm	28 YOGA 8:15 am-9:15am Computer Class 10:00-11:30am Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm	29 Exercise Class 7:45am-8:45am Spanish Class 9:00am-10:00am Linus Project (Quilting) 10:00am-2:00pm	30 Line Dance 8:30am-9:30am Bingo 12:30-1:30pm Pool Table 8:30am-4:30pm Quilting 10:00am-3:30pm

STOKE UP!

PUZZLE #52

1. ASHES
2. BLAZE
3. BRAZIER
4. BURN
5. CANDLE
6. CHAR
7. CINDER
8. COAL
9. EMBER
10. FIRE
11. FLAME
12. FLARE
13. FLINT
14. FORGE
15. FUEL
16. FURNACE
17. GASOLINE
18. GRATE
19. GRILL
20. HEAT
21. HIBACHI
22. INCINER-
ATOR
23. INFERNO
24. IRON
25. KEROSENE
26. KILN
27. KINDLING
28. LIGHT
29. MATCH

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

30. METHANE
31. NATURAL
GAS
32. OVEN
33. PEAT
34. RANGE
35. SCORCH

36. SMOKE
37. SPARK
38. STEAMER
39. STOVE
40. TINDER
41. TORCH
42. WARMTH