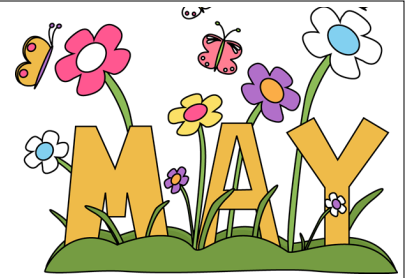


# Los Alamos Retired and Senior News



## The Newsletter of the Los Alamos Retired and Senior Organization

Pauline Schneider, Executive Director

Web Site: [losalamosseniorcenter.com](http://losalamosseniorcenter.com)

### Los Alamos Retired & Senior Organization

1101 Bathtub Row, Los Alamos, NM 87544  
(505) 662-8920 | [director@losalamosseniorcenter.com](mailto:director@losalamosseniorcenter.com)

Dear Members of Los Alamos Retired & Senior Organization (LARSO)

Our non-profit organization is writing to its members because we are optimistic that you can help us as much as we hope we have helped you. Maybe you have found our free monthly newsletter to be a great resource. Perhaps you have had some great meals at our centers or used our transportation to get you to the doctor or to go on an out-of-town trip. Some seniors appreciate that they can get their toenails clipped at our centers while others love that they can come and play games, dance, use the fitness equipment or the computers. All these services and activities help to keep you independent and raise the quality of life in our community. They also have costs - some obvious and others not so much. County dollars, State and Federal funding and individual donations help to keep us afloat.

Last year our State and Federal funding was cut which left us with a large deficit. With member contributions we were able to continue providing all the services. This coming year, County dollars, State and Federal funding will stay the same as last year so once again we are asking our members who can manage it to donate to help us continue to provide all of the services. We have a lot of members, and if everyone helps, it would mean that our hours and services can remain at the current levels.

Thank you for your consideration of this request. Checks or cash may be dropped off at either senior center. If mailing a check, please use the address above.

Gratefully,

#### The LARSO Board

Ann Shafer, President  
Shelby Redondo, Secretary  
Tom Feiertag, Treasurer

Bob Swift, Vice President  
Lewis Muir  
Juanita Jebbanema

Dick Foster  
Jan Basinger  
Jack Gehre

\_\_\_\_\_

I am contributing the following amount:

\$25.00 \_\_\_\_\_ \$50.00 \_\_\_\_\_ \$75.00 \_\_\_\_\_ Other \_\_\_\_\_

Donor Name : \_\_\_\_\_

### Heading to Canada

This summer my husband and I will be leaving the mountains of New Mexico as we move to Ottawa, Canada to live and work. I have so enjoyed the last 17 years as LARSO's Executive Director and have found much to love about living in northern New Mexico. As a Canadian, it will be good to go home and see my family more often and to once again take part in all the wonderful aspects of living in the "Great White North". I take with me a rich bank of memories of the many, many outstanding people I have met here and the experiences we have shared together. I am grateful to work daily with such a dedicated, creative and caring staff and our senior center volunteers are second to none. So, I'm brushing up on my Francais, dusting off my "'eh's" and rehearsing "O Canada" so I'll be ready come mid-July for my next adventure. Thank you for putting up with this foreigner for so many years! Please know that friends from here will be more than welcomed should you find yourselves in the Ottawa area. I will soon have a Canadian email address to share.

**Pauline Powell Schneider**

### Holidays 2018

Memorial Day	Mon May 28
Independence Day	Wed Jul 4
Labor Day	Mon Sep 3
Columbus Day	Mon Oct 8
Veterans Day	Mon Nov 12
Thanksgiving	Thu-Fri Nov 22-23
Christmas	Mon-Tue Dec 24-25

### Someone Stole our 2 Rain Barrels!

We had two rain barrels at BE that used to collect rain. Someone has removed them without our consent! Our wonderful garden volunteers used the water to sustain our flower gardens. If anyone has a spare barrel or two that we could use, please call Pauline at 662-8920 and we will arrange a pick-up.

### Lunches at BE and WR

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8924 (BE) or 672-2034 (WR) by 10:00am on the day you wish to eat. You can make them up to a month in advance by phone or on the Senior Center sign-in station. Please cancel your reservations if you are unable to come. Without a reservation we may not be able to feed you, so we ask that you wait until we have served those who made reservations. Only bread/pastries can be taken home. Fruit can be substituted for any dessert. **There are low-sugar fruit options available for Diabetics instead of desserts.**

Suggested donation for lunch is \$5.00 for members. For non-members and guests under 60, the charge is \$10.00. Please do not request change for bills greater than \$20.00. Menus for both centers on page 3.

### Home Delivered Meals

For information on home delivered meals in Los Alamos or White Rock, call Cindy at 662-7957. To cancel an existing delivery, White Rock residents call Mike at 672-9544 and Los Alamos residents call Fred at 662-8924.

**A Spring Piano Recital** will be given by the students of Frances Meier on Fri May 11 11:30am, BE. Please come to enjoy good food and delightful music!

### Be Prepared for a Fire Emergency

Beverly Simpson, Los Alamos County Emergency Manager will speak at lunch about being prepared in our community for fire emergencies on May 16, WR and on May 17, BE. Come for the information and be in the know!

**Madagascar Lunch** on Thu May 17 11:30am, WR. Special presentation follows at 12:30pm. See page 10 for details.

**LRG Lunch** on Fri May 18, BE.

Please mail your contribution check to:

**Los Alamos Retired & Senior Organization  
1101 Bathtub Row  
Los Alamos, NM 87544**



# Let's Eat Lunch



Lunch served weekdays 11:30am-12:30pm at BE and WR. Call [662-8924 \(BE\)](tel:662-8924) or [672-2034 \(WR\)](tel:672-2034) for reservations. Hashtag (#) indicates special menu/lunchtime talks. See details on page 2.

**Salad Bar Days** Asterisk (\*) before the days when the salad bar is available.

## BE May Meals

- 5/1 Tue. Chef salad with ham, chicken, vegetables, bacon, egg, fruit salad
- 5/2 Wed. Beef tips over pasta, whole wheat roll, pasta salad, molasses sugar cookies
- 5/3 Thu. Breaded eggplant over pasta, Italian vegetables, bread stick, mandarin oranges
- 5/4 Fri. Cod w/ cucumber dill sauce, fried potatoes, w/w roll, California blend vegetables, peaches
- 5/7 Mon. Meatloaf, mashed potatoes, brown gravy, Brussels sprouts, whole wheat roll, mixed fruit
- 5/8 Tue. Chicken fried steak, mashed potatoes, California blend vegetables, gravy, ice cream
- \*5/9 Wed. Chicken salad, crackers, potato salad, broccoli salad, chocolate pudding with topping
- 5/10 Thu. Glazed ham, sweet mashed potatoes, Brussels sprouts, roll, apple or cherry turnover
- #\*5/11 Fri. Tuna steaks, mango salsa, wild rice, winter blend vegetables, whole wheat roll, pineapple
- 5/14 Mon. Egg salad on w/w bread, carrot raisin salad, potato chips, peaches w/ cottage cheese
- \*5/15 Tue. Dill cod tail, fried potatoes, broccoli salad, tartar sauce, oatmeal cookie and pears
- 5/16 Wed. Salisbury steak, au gratin potatoes, mushroom gravy, 5-way mixed vegetables, orange
- #\*5/17 Thu. BBQ pork chops, baked beans, broccoli, roll, cherry crisp
- #\*5/18 Fri. Chicken tacos, beans, corn, let/tom/cheese, salsa, sour cream, brownies **LRG Lunch**
- 5/21 Mon. Tilapia, roasted potatoes, tartar sauce, green beans, pineapples, chocolate chip cookies
- 5/22 Tue. Tater tot casserole, roll, broccoli Normandy blend, tropical fruit cocktail
- \*5/23 Wed. Green chile chicken enchiladas, refried beans, salsa, corn, vanilla pudding
- 5/24 Thu. Sweet-n-sour pork, rice, stir fry vegetables, egg roll, Jell-O with fruit
- \*5/25 Fri. Frito pie, pinto bean, let/tom/onion, red or green chile, cheese, ice cream
- 5/28 Mon. **CLOSED FOR MEMORIAL DAY**
- \*5/29 Tue. Tuna salad on rye, potato salad, cinnamon applesauce
- 5/30 Wed. Chicken-fried chicken, mashed potatoes, country gravy, green beans, banana
- 5/31 Thu. Roast pork, green chile tomato sauce, black-eyed peas, cornbread, apricots

## WRSC May Meals

- \*5/1 Tue. Cod w/ cucumber dill sauce, fried potatoes, w/w roll, California blend vegetables, peaches
- \*5/2 Wed. Beef tips over pasta, whole wheat roll, pasta salad, molasses sugar cookies
- \*5/3 Thu. Breaded eggplant over pasta, Italian vegetables, bread stick, mandarin oranges
- 5/4 Fri. Potluck Lunch ([see page 10 for details](#))
- \*5/7 Mon. Chicken salad w/ crackers, potato salad, broccoli salad, chocolate pudding w/ topping
- \*5/8 Tue. Meatloaf, mashed potatoes, brown gravy, Brussels sprouts, whole wheat roll, mixed fruit
- \*5/9 Wed. Glazed ham, sweet mashed potatoes, Brussels sprouts, roll, apple or cherry turnover
- \*5/10 Thu. Tuna steaks, mango salsa, wild rice, winter blend vegetables, w/w roll, pineapple
- \*5/11 Fri. Chicken-fried steak, mashed potatoes, California blend vegetables, gravy, ice cream
- \*5/14 Mon. BBQ pork chops, baked beans, broccoli, roll, cherry crisp
- \*5/15 Tue. Egg salad on w/w bread, carrot raisin salad, potato chips, peaches w/ cottage cheese
- #\*5/16 Wed. Dill cod tail, fried potatoes, broccoli salad, tartar sauce, oatmeal cookie and pears
- #\*5/17 Thu. Special Madagascar Lunch ([see details on page 10](#))
- \*5/18 Fri. Salisbury steak, au gratin potatoes, mushroom gravy, 5-way mixed vegetables, orange
- \*5/21 Mon. Green chile chicken enchiladas, refried beans, salsa, corn, vanilla pudding
- \*5/22 Tue. Tater tot casserole, roll, broccoli Normandy blend, tropical fruit cocktail
- \*5/23 Wed. Tilapia, roasted potatoes, tartar sauce, green beans, pineapples, chocolate chip cookies
- \*5/24 Thu. Sweet-n-sour pork, rice, stir fry vegetables, egg roll, Jell-O with fruit
- \*5/25 Fri. Frito pie, pinto bean, let/tom/onion, red or green chile, cheese, ice cream
- \*5/28 Mon. **CLOSED FOR MEMORIAL DAY**
- \*5/29 Tue. Chicken fried chicken, mashed potatoes, country gravy, green beans, banana
- \*5/30 Wed. Soft tacos, refried beans, let/tom/onion, vanilla pudding
- \*5/31 Thu. Tuna salad on rye, potato salad, cinnamon applesauce

## Regularly Scheduled Activities

### AARP Smart Driver Course

Tue May 15 12:15-4:30pm, BE Day Out. Janet Basinger teaches the Smart Driver Course. Call 662-8920 for a reservation. This course may qualify you for an automobile insurance discount. The 4-hour course is **\$15** for AARP members, **\$20** for others. **Checks made out to AARP are required.** The course is open to those who are 50 or older as verified by their driver's license. Seating space limits the class to 30 participants. Bring pencil, ballpoint pen, driver's license, and AARP member card.

### Adult Day Services

#### The Day Out

7:30am-5:00pm Daily, BE

### Cards and Games

#### Bingo

1:00pm Third Tue May 15, BE

#### Bridge

10:00am Mon, Bridge Lite, WR

1:00pm Mon, Duplicate Bridge, WR

1:00pm Tue, Party Bridge, BE

New players: call Joyce Kephart, 662-7907, to be sure sufficient players are on hand.

1:00pm Wed, WR

1:30pm Wed, Duplicate Bridge, BE

7:00pm Thu, BE

#### Cards

Any time, any day BE is open, BE

#### Chat Room-WR

10:00am every day, Close 4:00pm M, W, F.

Close 7:00pm Tue, 9:00pm Thu

#### Cribbage

4:00-7:00pm Tue, WR

#### Dominos

10:00am Sat, WR

#### Movie

12:30pm Fri, BE. Details page 6.

#### Pinochle

1:00pm Mon, Tue and Fri, WR

#### Pool & Billiards

BE & WR - Every day but Sun

### Committees and Boards

#### Friends of the Senior Center Board

1:30pm Tue May 22, BE ?

See FOSC news on page 11.

#### LARSO Advisory Council

10:00am Mon May 21, BE

#### LARSO Board of Directors

Lunchtime, Thu May 10, BE and WR

All senior center members are encouraged to come to lunch to cast your ballot for three new Board Members for LARSO. See details and candidate bios on page 11.

### Computers

#### Computer Users Group (CUG)

All users or potential users are welcome. Meetings are at 10:00am on the third Tue at BE and on the first Tue at WR. Various subjects are discussed at each meeting depending on the immediate interests of those present. A particular effort is made to deal with questions and problems from beginners, who are always welcome.

#### Mac Users Group (MUG)

MUG meets on the third Tue at 8:30am in the BE classroom to discuss Mac usage or problems. All are welcome.

#### Available Computers

When there is no scheduled use, the computers in the Rawcliffe Room at BE are available for internet access, practice, and general use. See calendar by the door. One computer is available for internet access and general use at the WR.

#### Projector

A multimedia projector and associated laptop are available through the BE office for classes and activities. Initial instruction for set-up and use is required, and prior reservation is recommended.

### Crafts

#### Hookers and Stitchers

1:00pm Thu, WR

#### LAVA Quilters

8:30am Wed, BE

#### Wood Carving

10:00am Mon, WR

## Regularly Scheduled Activities

### Dance

#### Ballroom Dancing

6:00pm Mon, Argentine Tango, BE

7:00pm Mon, BE.

2:00pm Thu, BE

#### Line Dancing

12:30-1:45pm Mon, WR

9:00am Fri, BE

#### Tap Dancing

12:00pm Tue, WR

1:30pm Thu, BE

### Music

#### Music with Ruth Williamson

10:30-11:15am Wed, The Day Out

#### Recorders

1:30pm Fri, BE. Call Marge Agnew, 662-7144

#### HillStrummers Ukulele Group

10:00-11:30am Fri, BE

### Discussion Groups

#### Senior Civic Discussion Group

10:00am First and Third Mon, BE

#### Financial Investment Group

9:30-11:00am Thu, WR

### Health

#### Alzheimer's Support Group

1:15pm Second Wed May 9, BE

**Benefits Counseling** provided by the state  
Aging Resource Center at 1-800-432-2080

#### Blood Pressure Check

1:00-4:00pm Wed, WR

#### Cancer Patient Family & Friends Support Group

11:00am 2nd & 4th Wed, BE conference room

#### Low-Vision /Hearing-Challenged Support

9:00am Tue May 22, BE

9:20am Tue May 22, WR

Trip to Santa Fe Plaza

Contact Janet, 412-9865, for help.

No meetings for Jun, Jul, Aug.

#### Toenail Clipping (Donation \$15.00)

9:20am Thu May 3 & 17, BE

For an appointment at **BE** call 662-8920.

9:20am Thu May 24, WR

For an appointment at **WR** call 672-2034.

### Physical Fitness

#### A Matter of Balance fall prevention

1:00pm Thu, WR

#### Cardio Plus Exercise

8:45am Mon & Wed, BE

#### Gentle Pilates suggested donation \$5

9:00am Mon & Fri, BE classroom

10:30am Mon & Wed, WR

#### Gentle Yoga

11:00am Wed, WR

#### Low Impact Aerobics

9:30-10:15am Mon, Wed, Fri, WR

#### Silver Sneakers

9:00am Tue & Thu, WR

#### Strong Women Graduates

10:00am Mon, Wed, Fri, WR

#### Tai Chi

10:00am Mon & Thu, BE

9:30am Wed, Fri, WR canceled til further notice

#### Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE

10:00am-1:00pm Sat, WR

#### Therapeutic Posture Mat Class (donation \$5)

12:30-1:15pm Wed, BE

See page 7 for details.

#### Therapeutic Posture Chair Class

1:30-2:15pm Wed, BE

Call 662-8920 to register. Donation \$5

#### Variety Training

8:45am Tue & Thu, BE

#### Vinyasa Yoga

10:45am Mon, WR

4:30pm Wed, WR

#### Weight Room

10:00am Mon-Sat, WR

Call 672-2034 for closing time.

#### Zumba Gold recommended donation \$5

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

### Walking

#### Early Walk

7:05am Wed, White Rock Baptist Church

#### Ad Hoc Hikers

8:30am Thu, BE downstairs. For more information call Pam at (505) 500-6979.

## Special Programs

### TRIPS

Suggested donation \$8.00 (cash or check payable to LARSO). For reservations please call Reservation Desk 662-8920

#### What a night! April Dinner Out Trip to Harry's Roadhouse

We had a cozy ride down and back to the outskirts of Santa Fe. Charles Knoop was at the wheel. At the restaurant and on the ride, was non-stop laughter and fun. We met interesting new people and enjoyed being with our current friends. The meals were everything from New York Steak to Chicken Parmesan and Fried Cod with Collard Greens to Yummy Pizza and more. Then came dessert - in house homemade Apple Pie, Coconut Cream Pie, Ginger Cake with Bourbon Carmel Sauce & Whipped Cream and pudding. Along with our driver Charles, the rest of the passel included his wife Cathy Knoop, Joe & Lee D'Anna, Annette Hiteman, Jo McCarthy, Terry Marzili, Janet Montoya, Diane Peterson, Mary Venable. I can't wait until the next trip!

Submitted by: Annette Hiteman

#### Dinner Out

Wed May 9

Tomasita's, Santa Fe

[tomasitas.com](http://tomasitas.com)

Depart BE: 4:10pm

Depart WR: 4:30pm

#### An Overnite to Las Vegas NM

Wed & Thu May 23-24

Another chance to experience the genius of Allan Affeldt as he leads the restoration of the Castaneda and Plaza Hotels. Also tour the Montezuma Castle (a former luxury Harvey House) and now the United World College. Dinner and lodging at the Plaza Hotel.

Thursday, off to Ft Union and other favorites of Georgia's. Reservations at the reception desk at BE starting Mon May 7. Payments must go to the Business Office by Fri May 18.

Cost per person sharing a room (all have 2 beds) \$120. Includes transportation, driver's room, Las Vegas tour guide, and lodging. ALL meals are private pay. You may call Mary for more info 663-0107.

Depart BE: Wed May 23 8:40am

Depart WR: Wed May 23 9:00am

### MOVIES

#### BE Fri 12:30pm

#### May 4, A High Wind in Jamaica, 1965

103 min, not rated

Anthony Quinn, James Coburn

In 1870, a Jamaican colonial family sends its children to Britain for proper schooling but their ship is taken over by pirates who become fond of the kids.

#### May 11, Pan, 2015

111 min, rated PG

Levi Miller, Hugh Jackman

Follow the adventures of the mischievous twelve-year old orphan Peter, as he is spirited away from a London orphanage to the world of Neverland.

#### May 18, Pirates of the Caribbean:

**The Curse of the Black Pearl, 2003**

143 min, rated PG-13

Johnny Depp, Geoffrey Rush

Blacksmith Will Turner teams up with eccentric pirate "Captain" Jack Sparrow to save his love, the governor's daughter, from Jack's former pirate allies, who are now undead.

#### May 25, Pirates of the Caribbean:

**Dead Man's Chest, 2006**

151 min, rated PG-13

Johnny Depp, Orlando Bloom

Jack Sparrow races to recover the heart of Davy Jones to avoid enslaving his soul to Jones' service, as other friends and foes seek the heart for their own agenda as well.

### THEATER

May 2018 performances of "Live Theater at the LA Senior Centers" will be at **12:30pm** on Wed May 23, BE and Thu May 24, WR. Local actors, Jody Shepard and Kelly Dolejsi will perform the world premiere of *NEWBORN SECURITY* by Robert Benjamin. When an airport screener interrogates a senior about a suspicious substance in her carryon valise, she loudly explains that it's a family tradition and summons a supervisor. Will the senior's valise be confiscated?

Plus, there will be a new amplified-sound system for better listening! Audience discussion after each show.

## Special Programs

### Home Renewal Program 2018

Do you need financial assistance to make repairs or improvements to your home without a monthly payment? You may be eligible for assistance under the Los Alamos County Home Renewal Program! This is a subsidy loan program between the County and the Los Alamos Housing Partnership. You must be income qualified. Make no payments until your home is sold or vacated. Applications will be open Apr 17-May 31. To apply, call Steve Brugger, Director of the Los Alamos Housing Partnership, at 662-8918. Applications are available at both senior centers.

### Therapeutic Posture Mat Class

Would you like to improve your stability, strength, and physical activity? Sandra West teaches a mat-based exercise class, focused on reducing pain and improving joint position and function. This gentle class meets on Wednesdays 12:30-1:15pm.

West's posture mat class uses floor exercises, based on the Egoscue Method(R), to help participants increase stability, strength, and alignment. Improving the position of your body's bones and joints reduces pain, increases balance, retrains neuromuscular mechanics, and helps you feel stronger and more physically capable. This class is appropriate for most chronic musculoskeletal issues. It is helpful, but not required, to attend on a regular basis. Class size is limited to 10 people.

Attire: Exercise clothes that do not restrict your range of motion. A sweater is helpful for those who frequently feel cold. Yoga or gym clothes work well.

Equipment: Please bring a yoga or exercise mat. All other equipment will be provided. If you don't have a mat, come anyway; Sandra brings a few extra mats.

Instructor: Sandra West, Posture Alignment Specialist, Egoscue University®

[www.achievecpainfree.com](http://www.achievecpainfree.com)

505.500.4489

Suggested donation: \$5/day

Location: Betty Ehart Senior Center

### Memory Care Learning Events

See page 11 for details of presentations by David Davis for caregivers of people with Alzheimer's and other dementia-related illnesses.

### My CD

Need Help Managing a Chronic Condition?

Are you living with a chronic condition like diabetes, arthritis, pain, asthma, high blood pressure, or heart disease? Come build new relationships and skills to help you manage all the things needed to improve your health, as well keep you active in your life and relationships. Family, friends, and caregivers are welcome to attend too. This free class is called "Manage Your Chronic Disease", licensed by Stanford University. The instructors are Paula Roybal Sanchez & Pauline Schneider.

Mondays May 7-Jun 18 1:00-3:30pm, BE

Join, Learn, and Take Control!

Call the BE 662-8920 to sign-up.

### Senior Scam Jam

Thu May 3 1:00-3:00pm, BE

Get armed with new information and resources that allow older adults and their caregivers to make comprehensive financial decisions with confidence. Learn about common types of fraud and scams and how to prevent elder financial exploitation. Most importantly, discover ways to keep your information safe and secure through advanced planning.

Contact: Pauline Schneider, Exec Director, 505-662-8920

Special guest Patrick Stewart with the New Mexico Attorney General's Office will be presenting as well.

### Legal Issues Presentation

Legal Resources for the Elderly Program (LREP) is a joint project of the NM Aging & Long Term Services Department and the State Bar of NM. We present free legal workshops for seniors throughout the State. We will be at the BE on Tue May 22 10:00-11:15am. Topics: Power of Attorneys, Advance Health Care Directives, Probate and Estate Planning, Transfer on Death Deeds, Medicaid & Long-Term Care.

After the workshop there will be a Power of Attorney & Advance Health Care Directive Clinic (11:30-12:30pm). An attorney will be available to help people executing those 2 documents. Advance registration for attorney meeting is required. Please call our program at 505-797-6005.

# LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

## Spotlight on a Volunteer – Patricia Rathbone



Patricia Rathbone is a familiar smiling face around the Betty Ehart Senior Center, volunteering in so many different ways – at our reception desk, at the money table, as a meal helper, and at special events. The annual Festival of Trees is always one of the highlights of her volunteer work. She is president of the Friends of the Senior Center and can often be seen at the BESC in the afternoon playing cards, Rummikub or putting together a puzzle. Patricia is also an active participant in the Thursday morning Ad Hoc Hiking group, as well as with the Hillstrummers ukulele group. In addition to volunteering for the senior center, she also volunteers with the Jemez House Thrift Shop, PEEC, and community blood drives. Volunteering comes naturally to Patricia and, as it turns out, she has been volunteering since she was a teen growing up in California! Her career, though with several organizations, has always been in computing. As an undergraduate, she took as many computer classes as she could, when it was not common for a woman to go into that field. She began her computer job at the UNM main campus in 1977 and continued there for nearly 30 years. Patricia retired in 2009 and decided to move to Los Alamos – she has a sister who lives here, and, with much less traffic

compared to Albuquerque and the great hiking possibilities, she bought a house here and set about signing up to be a volunteer at the senior center and at the library. Patricia travels extensively and, before she retired, had traveled to 49 states and 5 continents! What Patricia loves best about volunteering is getting to know people better and the satisfaction she derives from helping others. Thank you Patricia for all that you do for the senior center and other organizations around town!

## Volunteer Opportunities

### **Jemez Mountain Trail Run – May 19**

Volunteers are needed to help at the Jemez Mountain Trail Run finish line at the Posse Shack on Sat May 19 with providing drinks for the runners. Please contact the LAVA office at 662-8923 if you are interested in helping with this fun event.

### **United Blood Services Blood Drive – May 3 and May 4**

Volunteers are needed to help with making sandwiches and putting out snacks for the spring blood drive. As of this writing, there was one time slot left on Thu May 3 4:00-7:30pm, and Fri May 4 was completely open: 9:30am-12:00pm, 12:00-2:00pm and 2:00-5:00pm. Please contact the LAVA office at 662-8923 if you are interested in volunteering for a shift.

### **Ageing and Long Term Services**

Volunteers are needed to help seniors and those with disabilities in Los Alamos County with Medicare benefits counseling. *Volunteers are trained in the areas of Medicare insurance, benefits and fraud so they can provide information and assistance in evaluating the beneficiaries' needs.* Please contact Loisla Watson, Ageing and Long Term Services SMP Coordinator/Volunteer Recruiter, at (505)476-4637 for more information about helping out with this program.



**(LAVA continued)****White Rock Senior Center:**

Meal Helper – We are in need of meal helpers at the White Rock Senior Center – duties include set-up, helping seniors with their trays, if needed, serving dessert, and wiping the tables at the end of lunch. This is a wonderful way to interact with people and enjoy a lunch as well!

Tuesday Night Volunteer - Substitute volunteers are needed to staff the WR Tue evenings 4:00-7:00pm. Please contact either the LAVA office at 662-8923 or Annie Bard at 672-2034.

Reception: Substitute receptionists are needed for morning and afternoon shifts. If you are interested in any of these volunteer opportunities, please contact either Annie Bard at the White Rock Senior Center at 672-2034, or Linda Boncella at the LAVA office at 662-8923.

Do you enjoy planning events, coordinating committees, and working toward a great cause? We are looking for some senior volunteers that would like to be part of four fundraisers a year at the White Rock Senior Center. These dedicated individuals would help to organize, set up and run activities like Dinner Theaters, a Car Show, and a Fish Fry. Also, any suggestions and feedback on other fundraisers would be most welcome.

**Betty Ehart Senior Center:**

Dining Room Volunteer: We are looking for volunteers to help with our meal program – meal helpers are needed for the Monday shift 11:00am-1:00pm. If you would prefer to be a substitute meal helper rather than having a permanent slot, we are always in need of subs!

Money Helper Substitute: If you are interested in helping as a money helper in a temporary situation, we are looking for a substitute on Tuesdays for the next month or so.

Poster Distribution: We are looking for substitutes for poster delivery. This delivery is twice a month and takes no more than an hour for each route. If you are interested in being a substitute for a poster distribution route, please contact the LAVA office.

**LANL Vecinos Program**

We have received word from the LANL Community Programs office that, unfortunately, funds are not available for the Vecinos program this year (from volunteer hours in 2017). Until a new lab contract is in place, it is unknown whether this program will continue in future years. This is all of the information that we have at this point; however, please feel free to contact the LAVA office at 662-8923 if you have any questions or comments.

**Thank You Volunteers!**

*Linda and Sarah*

**Be Savvy with Your Cell Phone**

Most people do not realize that if you have an old **cell phone** that is not activated through your local cellular company, you **can** still **dial 911** in an emergency as long as the **phone** is charged. This is a great idea if that is the only reason you would want to have a **cell phone**. When calling **911** from a wireless **phone**, be sure to give your exact location and **phone** number immediately in case you are disconnected.

If your wireless phone is not initialized (meaning you don't have a contract for service with a wireless service provider), and your emergency call gets disconnected, you must call the emergency operator back because the operator does not have your telephone number and cannot contact you. Refrain from programming your phone to automatically dial 911 when one button, such as the "9" key, is pressed. Unintentional wireless 911 calls, which often occur when auto-dial keys are inadvertently pressed, cause problems for emergency call centers.

If your wireless phone came pre-programmed with the auto-dial 911 feature already turned on, turn this feature off (consult your user manual for instructions).

Lock your keypad when you're not using your phone to help prevent accidental calls to 911.

Consider creating a contact in your wireless phone's memory with the name "ICE" (In Case of Emergency), which lists the phone numbers of people you want to have notified in an emergency.



# Cinco De Mayo Potluck

Friday, May 4 at 11:30

Please bring your favorite southwestern dish to share.

### Photo Presentation

## MADAGASCAR

**May 17 at 12:30 p.m.**

Martin and Beverly Cooper traveled to Madagascar from September 23-October 12, 2015 to photograph lemurs and other exotic wildlife. They captured many species of lemurs, birds, chameleons, and other unusual species unique to the world's fourth largest island. They also gained a few insights into the lives of the Malagasy, which helped explain the ecological disaster that was occurring.



### Madagascar Lunch Menu

**Var be Menaka (Rice)**

**Lesary**

(Salad of green beans, cabbage, carrots, onions, and vinaigrette dressing)

**Voanjobery Sy Henakisoa**

(Bambara cooked with pork)

**Gord Gordo**

(Coconut Dessert)

#### Gardeners Needed

Spend a little time tending a container herb garden. The herbs will be used by our Chef Michael Mason in his wonderful lunch menus.

#### Wanted Car Enthusiasts

WRSC is planning a car show in August. A catfish fry will also run that day.

Look for further information on times and dates in the June WRSC newsletter

<b>Details</b>
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## Friends of the Senior Center (FOSC) News

The Friends of the Senior Center (FOSC) board membership has changed. Bert Kortegaard has resigned and Annette Hiteman was approved to fill the remainder of his term as Member-at-Large (until the annual meeting and election in December). We thank Bert for his interest and he will continue his service volunteering at the White Rock Senior Center. Annette is an enthusiastic addition to the board and we are happy she could join us.

The Century Club lists have been updated and are hanging in the hallway to the Great Room at BE. Our thanks to all of our contributors, past and present. You can be added to the list for 2018 if you donate \$100 or more to the Friends of the Senior Center.

## LARSO Board Elections

All senior center members are encouraged to come to lunch at either center on Thu May 10 to cast your ballot for new Board Members for LARSO. This year's candidates are JoAnn Johnson and Tom McLaughlin. We are saying goodbye to Board Members who have served their terms: Tom Feiertag, Jack Ghery and Janet Basinger. Thanks to each for many faithful years of Board service.

### JoAnn Johnson

I have been a resident of Los Alamos for 54 years. After my two children graduated from high school, I worked at LANL for 15 years in the financial department. I served on the Senior Center Advisory Board at the time Betty Ehart was in the planning stage. I have previously served two terms on the LARSO Board of Directors and was secretary during my second term. I have also assisted Seniors with their income tax returns at Betty Ehart. I hope to see LARSO continue to be the vital organization and community asset that it is now. I believe that I can contribute to that goal.

### Tom McLaughlin

I have been a Los Alamos resident since 1967 and have been blessed, along with my wife Karen, to have raised our 5 children here. I volunteered in the kids' numerous activities throughout their growing years and now I have grandkids in town involved in competitive swimming. I have returned to officiating at both club and high school swim meets throughout northern NM. I have been enjoying the camaraderie around the billiards and card tables at the Senior Center for a few years now and would be pleased to contribute to the governance of the operation in any way I can be helpful.

## Memory Care Learning Events

One hour presentations by David Davis of the Memory Care Alliance for Northern New Mexico. All questions regarding Alzheimer's and other dementia-related illnesses will be answered.

### **COMMUNICATION** May 3, 8:45am, BE classroom

"Why do they keep doing that?" Being able to communicate well with someone with Alzheimer's or any other dementia-related illness can be challenging. Understanding the true nature of the disease is a start, but also understanding a person's behavior is important as well.

### **ALZ123** May3, 2:00pm, WR Event Center

What is Alzheimer's exactly? What isn't it? This presentation will explain what Alzheimer's, along with other forms of dementia, really is and what it is not. He will also discuss risk factors, getting a diagnosis, stages of the disease and how you can be a part of finding treatments through research.

### **MEMORY CARE ALLIANCE TOWN HALL MEETING** Wed May 9, 5:30-6:30pm, BE upper level

This informal presentation will introduce caregivers of people with memory loss to the Memory Care Alliance for Northern New Mexico. The alliance was formed earlier this year to provide education, planning, resources and support for families living with Alzheimer's or any other dementia-related illness. David Davis, formerly regional manager of the Alzheimer's Association, is the director and will be on hand to answer all of your questions about the alliance, the services it provides and its goals for the future. Your input is a valuable part of our program. Please bring your questions, comments and ideas with you. All are welcome to attend. David is the former regional director for the Alzheimer's Association, New Mexico Chapter. He is now the Executive Director at the Memory Care Alliance for Northern New Mexico.

**Los Alamos Retired and Senior Organization**  
**1101 Bathtub Row**  
**Los Alamos, NM 87544**

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## Addresses, Phone Numbers, and More

### **Betty Ehart Senior Center (BE)**

[losalamosseniorcenter.com](http://losalamosseniorcenter.com)  
Pauline Schneider, Director  
[director@losalamosseniorcenter.com](mailto:director@losalamosseniorcenter.com)

Front Desk	662-8920
Meal Reservation	662-8924
Transportation	662-8922
	500-8019
Weekend/Evenings	412-2200
Hours - M-F - 8:00am-4:30pm	
Sat - 10:00am-1:00pm	

### **Los Alamos Volunteer Assoc (LAVA)**

Linda Boncella, Director 662-8923  
[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

### **The Day Out**

Laurie Hochhalter, Director 661-0081  
[dayout@losalamosseniorcenter.com](mailto:dayout@losalamosseniorcenter.com)  
Hours - 7:30am-5:00pm

### **White Rock Senior Center (WR)**

133 Longview Dr, White Rock, NM 87547  
Annie Bard, Coordinator  
[wpsc@losalamosseniorcenter.com](mailto:wpsc@losalamosseniorcenter.com)

Phone	672-2034
Meal Reservation	672-2034
Delivered Meal Reservation	672-9544
Hours - M,W,F - 10:00am-4:00pm	
Tue - 10:00am-7:00pm	
Thu - 10:00am-10:00pm	
Sat - 10:00am-noon	

### **Los Alamos Retired & Senior News**

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