



# Los Alamos Retired and Senior News



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

Linda Boncella, Executive Director

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

**The Mission** of the Los Alamos Retired and Senior Organization (LARSO) is to provide service, fellowship, instruction and advocacy for retirees and senior citizens. The senior activity sites are places where seniors will learn, share meals, socialize, have fun and support each other as they interact with a respectful and service oriented staff.

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### Holidays 2019

Memorial Day	Mon May 27
Independence Day	Thu Jul 4
Labor Day	Mon Sep 2
Columbus Day	Mon Oct 14
Veterans Day	Mon Nov 11
Thanksgiving	Thu-Fri Nov 28-29
Christmas	Tue-Wed Dec 24-25

### White Rock Senior Center Kitchen Re-opens

Join us at the newly upgraded White Rock Senior Center kitchen starting April 1. In the not-too-distant future, Chef Michael will be coming up with a special menu designed to showcase the new equipment and capabilities. Check for special menus and lunchtime presentations on pages 2, 3, and 10. Call for lunch reservations at 672-2034 (WR).



A leprechaun was spotted at the St. Patrick's Day lunch at the White Rock Senior Center right before the kitchen closed for renovation!



**Thank you** so much to volunteers Duncan and Diane Hammon for coordinating the Tax-Aide program again this year! Along with volunteers, Ernie Bryant, Roxana Candia, Don Coffin, June Gladney, and Robin Gurule nearly 300 people were able to have their tax returns prepared free of charge. In addition to preparing tax returns at the Betty Ehart Senior Center, these volunteers also provided these tax services to the Ohkay Owingeh and Santa Clara pueblos. There is a tremendous amount of dedication that these volunteers show each year to help those who might not otherwise have a way to have their tax returns prepared. Thank you!!

### State of the County

County Councilor David Izraelevitz will present his State of the County address at the Betty Ehart Senior Center lunchtime talk on April 9.

**April: National Garden Month**

Apr 1 **April Fools Day**  
 Apr 15 **Tax Day**  
 April 21 **Easter**  
 Apr 22 **Earth Day**



## Day Out

A big thank you to Susi Prueitt who donated a BRAND NEW knee scooter for our durable medical equipment loan program! We truly appreciate your generosity! Susan Trumblee gave us her old coffee maker which is like new to us! We now have the option of using the k-cups if we just need to make an individual cup of coffee or tea. Wonderful after we have gone through our full pot with morning breakfast. If you happen to have some k-cups that you do not use we would be happy to take them! Thank you to all who gave us some ceramic pots, they are being put to good use. Come on in to the Day Out Program and we will give you a tour of our plant rehabilitation program! Here are a few pictures from this past month, we really enjoyed the bluegrass band Quatro that played during lunch on Mon Mar 18. We also had a wonderful visit with one of our program assistant's grandsons, Lincoln. He was a real sweetheart and loved on all our Seniors. He snuggled on Mery's lap during exercise. He especially enjoyed the company of Jerry! If you know of anyone that could use our services please refer them to me. You can leave a message any time at 661-0081.



St. Patrick's day breakfast that Gabe fixed the Day Out Program participants on Fri Mar 15. Corned beef hash and potatoes, bacon, fried egg, toast and bacon. Yum!!!  
Thank you to all who support our program! *Laurie Hochhalter* – Day Out Program Director

## Lunches at BE and WR and Home Delivered Meals

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. If you come without a reservation we may ask that you wait until we have served those who d. Only bread/pastries can be taken home. Fruit can be substituted for 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 on page 3.

**Salad Bar Days:** Salad bar is indicated by a star (\*) in the menu for some days at BE. Thanks to a generous contribution to the WR food service, salads are available **every day** at WR.

**Lunch Talks, Special Menus:** Hashmark (#) indicates a lunch talk or special menu.

**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, call Mike at 672-9544 (White Rock residents) or Fred at 662-8924 (Los Alamos residents).

## Lunch Talks, Special Menus

Thu Apr 4, 12:30pm, WR Dramatic Reading "Of Butterflies and Roses". Details on page 6.

Tue Apr 9, 12:00noon, BE State of the County Address by County Councilor David Izraelevitz

Fri Apr 12, BE RPEA Lunch, free to RPEA members. Details on page 7.

Thu Apr 18, WR Kazakhstan special menu and presentation. See details on page 10.

Mon Apr 22, BE The bluegrass band Quatro plays over lunchtime.

Wed Apr 24, BE Lunch talk Dental Care for Seniors. Details on page 7.

Wed Apr 24, BE Loring Cox turns 100! Lunch dessert is his favorite, Pineapple Upside-Down Cake.

Thu Apr 25, WR Pizza Experiment and April Birthday Party. Details on page 10.

Fri Apr 26, WR Falls Prevention. Details on page 7.

Mon Apr 29, BE Falls Prevention. Details on page 7.



Lunch served weekdays 11:30am-12:30pm at BE and WR. Call [662-8924](tel:662-8924) (BE) or [672-2034](tel:672-2034) (WR) for reservations. Hashtag (#) indicates special menu or lunchtime talks. [See details on page 7.](#)

### **BE Apr Meals** (salad bar on starred (\*) days)

Apr 1 Mon. Chicken drumstick, scalloped potatoes, broccoli, whole wheat roll, cookies  
 Apr 2 Tue. Tuna salad, potato chips, German coleslaw, banana pudding  
 \*Apr 3 Wed. Sausage lasagna, salad bar, breadstick, jello & fruit  
 Apr 4 Thu. Meatloaf, mashed potatoes, gravy, green beans, w/w roll, peaches  
 \*Apr 5 Fri. Egg salad on rye, potato chips, salad bar, brownies  
 Apr 8 Mon. Sweet & sour pork, rice, pork egg roll, stir fry vegetables, cookies  
 Apr 9 Tue. Green chile chicken enchiladas, calabacitas, refried beans, pudding  
 \*Apr 10 Wed. Soup du jour, salad bar, crackers, peaches  
 \*Apr 11 Thu. Spaghetti w/sausage, breadstick, salad bar, pears  
 #Apr 12 Fri. Roast beef, mashed potatoes, peas and carrots, gravy, roll, peach cobbler **RPEA**  
 \*Apr 15 Mon. Chicken pot pie, salad bar, fruit  
 Apr 16 Tue. Pork chops, mashed potatoes, gravy, cauliflower, roll, tropical fruit  
 Apr 17 Wed. Chicken taco, lettuce/tomato, mayo sauce, Mexican rice, calabacitas, apples  
 Apr 18 Thu. Fish & chips, tartar sauce, salad bar, mandarins  
 \*Apr 19 Fri. Green chile cheeseburgers, lettuce/tomato/onion, pickles, coleslaw, potato chips, fruit  
 #\*Apr 22 Mon. Chicken & dumplings, salad bar, apples **Quatro plays bluegrass**  
 Apr 23 Tue. Baked ham, mashed sweet potatoes, peas & carrots, roll, brownies  
 #Apr 24 Wed. Beef taco, lettuce/tomato, rice, beans, pineapple upside-down cake **Talk, Loring's 100**  
 Apr 25 Thu. Chicken tenders, French fries, coleslaw, BBQ sauce or pepper gravy, applesauce  
 \*Apr 26 Fri. Frito pie, red chile, lettuce/tomatoes/onions, salad bar, mandarins, birthday cupcakes  
 #\*Apr 29 Mon. Pizza, sausage, green chile, salad bar, ice cream **Falls Prevention Talk**  
 Apr 30 Tue. Tilapia, fried potatoes, winter blend vegetables, tartar sauce, roll, peach

### **WR APR Meals** (salad bar everyday)

Apr 1 Mon. Green chile chicken enchiladas, refried beans, salsa corn, tortilla, vanilla pudding  
 Apr 2 Tue. Green chile cheeseburger, potato chips, carrots & celery sticks, cinnamon applesauce  
 Apr 3 Wed. Clam chowder, salad bar, biscuits, peach crisp  
 #Apr 4 Thu. Frito pie, red or green chile, lettuce/tomato/onions, pinto beans, fruit cocktail **Reading**  
 Apr 5 Fri. Salmon w/buerre blanc over wild rice, Brussels sprouts, apricots  
 Apr 8 Mon. Salisbury steak, mashed potatoes, mushroom gravy, mixed vegetables, cherry strudel  
 Apr 9 Tue. Chicken potpie, roll, salad bar, pears w/cottage cheese  
 Apr 10 Wed. Pork chops, rice pilaf, whole wheat roll, peas & carrots, applesauce  
 Apr 11 Thu. Beer cheese soup, biscuit, salad bar, strawberry shortcake  
 Apr 12 Fri. Tuna w/roasted potatoes, mango salsa, carrot raisin slaw, roll, chocolate pudding  
 Apr 15 Mon. Chicken drumsticks, au gratin potatoes, green beans & red peppers, plums  
 Apr 16 Tue. Sweet & sour pork, rice, eggroll, stir fry vegetables, gelatin  
 Apr 17 Wed. Split pea & ham soup, salad bar, biscuit, chocolate mousse  
 #Apr 18 Thu. Beef & onion sautéed w/potato, flatbread, fried dough/hazelnuts/honey **Kazakhstan**  
 Apr 19 Fri. Chicken fried steak, mashed potatoes, gravy, California blend vegetables, peaches  
 Apr 22 Mon. Pork posole, flour tortilla, salad bar, banana pudding  
 Apr 23 Tue. Chicken tenders, tater tots, broccoli salad, pineapples  
 Apr 24 Wed. Red beef enchiladas, pinto beans, calabacitas, tapioca pudding  
 #Apr 25 Thu. **Pizza experiment**, salad bar, breadstick, cake w/topping **and April Birthday Party**  
 #Apr 26 Fri. Cod tails w/cucumber dill sauce, rice, broccoli, roll, fruit cocktail **Falls Prevention Talk**  
 Apr 29 Mon. Chicken teriyaki, fried rice, eggroll, stir fry vegetables, mandarin oranges  
 Apr 30 Tue. Roast beef, new potatoes, winter blend vegetables, blueberry cobbler

## Regularly Scheduled Activities

### AARP Smart Driver Course

Wed Apr 17 12:15-4:30pm, BE. Kim Thomas is the instructor. 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 20 participants. Bring pencil, ballpoint pen, driver's license, and AARP member card.

### Adult Day Services

#### The Day Out

8:00am-4:00pm Daily, BE

### Cards and Games

#### Bingo

1:00pm Third Tue Apr 16, 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)

1:00pm Wed, Party Bridge, WR

New Players call Marilyn Thomas (672-9517)

1:30pm Wed, Duplicate Bridge, BE

7:00pm Thu, BE

#### Cards

Any time, any day BE is open

#### 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 various days, 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 Apr 23, BE

#### LARSO Advisory Council

10:00am Mon Apr 15, BE

#### LARSO Board of Director

8:00am-12:00noon Thu Apr 18, UNM-LA

### Computers

#### Computer Users Group (CUG)

10:00am First Tue, WR

10:00am Third Tue, BE

All users or potential users are welcome. Various subjects are discussed at each meeting. A particular effort is made to deal with questions and problems from beginners.

#### Mac Users Group (MUG)

8:30am Third Tue, BE classroom.

All welcome to discuss Mac usage/problems.

#### Available Computers

The computers in the Rawcliffe Room at BE are available for internet access and general use. One computer is available at WR.

#### Projector

A multimedia projector and laptop are available through the BE office for classes and activities. Initial instruction for set-up and use is required. Reservation 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 **No class Thu Apr 11, BE**

### Discussion Groups

#### Senior Civic Discussion Group

10:00am First and Third Mon, BE

#### Financial Investment Group

10:00-11:00am 2nd & 4th Tue, BE conf rm

9:30-11:00am Thu, WR

### Health

#### Alzheimer's Support Group

1:15-2:30pm Wed Apr 10, BE

#### ALZ123

11:30am-12:30pm Wed Apr 24, BE

Dental Care for Seniors. See page 7 for details.

**Benefits Counseling** provided by the state

Aging Resource Center at 1-800-432-2080

#### Cancer Patient Family & Friends Support Gp

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

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

10:00-11:00am 4th Tue Apr 23, BE

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

9:20am-2:00pm Thu Apr 4 & 18, BE

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

9:20am-noon Thu Apr 25, WR

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

### Music

#### HillStrummers Ukulele Group

10:00-11:30am Tue & Fri, BE

#### Music with Ruth Williamson

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

#### Recorders

1:30-2:30pm Fri, BE.

Call Marge Agnew, 662-7144

### Physical Fitness

#### 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

suggested donation \$10

11:00am Wed, WR

#### Low Impact Aerobics

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

#### Silver Sneakers

10:00am Tue & Thu, WR

#### Strong Women Graduates

10:00am Mon, Wed, Fri, WR

#### Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE & WR

#### Tai Chi

suggested donation \$5

10:00am Mon & Thu, BE

**No class Thu Apr 11, BE**

#### Variety Training

8:45am Tue & Thu, BE

#### Vinyasa Yoga

suggested donation \$10

10:45am Mon, WR

4:30pm Wed, WR

#### Weight Room

10:00am Mon-Sat, WR

#### Zumba Gold

recommended donation \$5

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

### Services

WR Tire Pressure Check

Second Thu 10:30am, WR main parking lot

Ward Zaelke Volunteer

### Walking

#### Early Walk

7:15am Wed, WR Baptist Church parking lot

#### Ad Hoc Hikers

9:00am Thu, BE downstairs. For more information call Linda at (505) 242-6662.



## Special Programs

### TRANSPORTATION

#### Payment Changes

We are making a change for paying for rides. Instead of requesting a donation each time a ride is given, we will track the number of rides and send a requested donation letter to you at the end of each month. Hopefully, this will be helpful to you, so instead of multiple payments, you need only make one. As always, this is a requested donation. For trips, we will keep the same system that we have now.

Suggested donation \$8.00 (cash or check payable to LARSO). For reservations please call Transportation 662-8922.

#### Seeking Vehicle Donation

We are looking for a vehicle in good condition, with low mileage to be donated. All donations will benefit LARSO, a nonprofit senior organization, but you also get a 100% tax deductible receipt. We accept most cars, trucks, and vans. If interested in donating a vehicle, please call Karen at 662-8922.

### TRIPS

#### Dinner Out

Wed Apr 10

Jinja Bar & Bistro, Santa Fe

Enjoy the fresh flavors and delights from the Pacific Islands and Asia. Chance to unwind, catch your breath, and get away for a little while with some of the best food in **Santa Fe**.

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

Reservation for 5:00pm

Depart BE: 3:50pm

Depart WR: 4:10pm

### MOVIES BE Fri 12:30pm

Apr 5, Marnie (1964)

PG | 2h 10min | Crime, Drama, Mystery

Sean Connery, Tippi Hedren, Martin Gabel

Mark marries Marnie although she is a habitual thief with serious psychological problems, tries to help her confront and resolve them.

Apr 12, First Knight (1995)

PG-13|2h 14min|Action, Adventure, Romance

Sean Connery, Richard Gere, Julia Ormond

Lancelot falls in love with Guinevere, who is due to be married to King Arthur. Meanwhile, a violent warlord tries to seize power from Arthur and his Knights of the Round Table.

(movies continued)

Apr 19, Medicine Man (1992)

PG-13|1h 46min|Adventure, Drama, Romance

Sean Connery, Lorraine Bracco

Dr Robert Campbell is a brilliant scientist racing against time in his bold research for a cure against cancer. Deep in the forbidding Amazon rain forest, Campbell is on the trail of an amazing discovery. The eccentric recluse soon finds himself caught in the midst of an explosive adventure!

Apr 26, The Man Who Would Be King(1975)

PG | 2h 9min | Adventure

Sean Connery, Michael Caine

Two British former soldiers decide to set themselves up as kings in Kafiristan, a land where no white man has set foot since Alexander the Great.

### THEATER

#### Of Butterflies and Roses

Thu Apr 4 12:30pm, WR.

A dramatic reading of the play "Of Butterflies and Roses" by Claudia I. Haas. The memorial service for Clara and Laurel's mother is done, and the last guest has left. Laurel and Clara are now picking up the last pieces of comfort they can muster in their newly-orphaned world. Featuring Mandy Marksteiner and Cassandra Bowman, directed by Tomás Farish.

#### Coming in May

*SMILES* by Robert F. Benjamin is a whimsical, 10-minute conflict between Grandpa and his grandchild about a homework assignment that the child seems to be neglecting. They skirmish about Grandpa's wrinkles. The child outsmarts Grandpa, or is the outcome what Grandpa planned? This "children's play" speaks much about aging.

Wed May 8, 12:45pm, WR.

Wed May 15, 12:45pm, BE.

Free admission and free refreshments during the post-show, audience talkback.



## Special Programs

### April Special Lunches

#### Dramatic Reading

Thu Apr 4, 12:30pm, WR

"Of Butterflies and Roses". Details on page 6.

#### State of the County

Tue Apr 9, 12:00noon, BE State of the County Address presented by County Councilor David Izraelevitz

#### RPEA lunch

Fri Apr 12, BE

The RPEA lunch is free to RPEA members. It is held quarterly and includes a business meeting. Members sign in at a special table when they arrive.

#### Kazakhstan

Thu Apr 18, WR

Kazakhstan special menu and presentation. See details on page 10.

#### Quatro

Mon Apr 22, BE

The bluegrass band Quatro will be playing over lunchtime.

#### Dental Care for Seniors

Wed Apr 24, 11:30am-12:30pm, BE.

Why good oral health is important in every stage of life, but can be a special challenge for seniors and those living with Alzheimer's or dementia. Presented by Jolene Vandolah. Jolene practiced dental hygiene in private practice in Santa Fe for 29 years, before founding her business Dental Hygiene House Calls in 2013. She now delivers dental hygiene care to the homebound and bedbound, specializing in geriatrics, dementia, and hospice oral care. She is an avid educator and advocate for Elder Oral Health.

Jolene will talk about the changes and challenges that occur in the mouth as we age. Basic oral hygiene care: What plaque and calculus (tartar) are; and how to care for your mouth. She will also address the special needs of those living with a dementia related illness.

#### Loring Cox turns 100

Wed Apr 24, BE

To celebrate Loring Cox's birthday, his favorite dessert, Pineapple Upside-Down Cake will be served.

(special lunches continued)

#### Pizza Experiment and April Birthday Party

Thu Apr 25, WR

Details on page 10.

#### Falls Prevention

Fri Apr 26, WR and Mon Apr 29, BE

Come hear members of the Falls Prevention Coalition share tips for recognizing fall risks in your home, how to raise awareness to reduce your risk of falls, and begin to think about a home safety inspection.

### Kitchen Creations Class

There will be a Kitchen Creations class held at the Trinity on the Hill Episcopal Church over four Mondays: Apr 8, 15, 22 & 29, 5:30-8:30pm. This class is geared toward cooking for the diabetic and pre-diabetic, and it is sponsored by New Mexico Department of Health Diabetes Prevention and Control program and the NMSU Cooperative Extension Service. The class is taught by Desaree Jimenez, Family and Consumer Sciences/4-H Agent, Los Alamos Cooperative Extension. All classes and materials are free!

### Council on Cancer Seminar

Immunotherapy: An Exciting New Treatment for Cancer. Thu Apr 18 6:00pm, First Baptist Church, 2200 Diamond Drive, Los Alamos Light Dinner 5:15-6:00pm, Seminar with Q+A Session 6:00-7:30pm.

To register, please call the Los Alamos Cooperative Extension Service at 662-2656 (email: [losalamos@nmsu.edu](mailto:losalamos@nmsu.edu)) or online at <http://www.LosAlamosCouncilOnCancer.org>.

### Coming in May

#### Matter of Balance Class

The Matter of Balance class will be returning to the Betty Ehart Senior Center in the month of May. Instead of a once a week program for two months, it will be offered twice a week for one month. It will be held Mon and Wed 2:00-4:00pm, BE classroom beginning May 6. It will be taught by master trainers, Maria Francis, Sharon Tollson and Ann Church. Please call BESC at 662-8920 to sign up. A \$40 donation to cover costs is greatly appreciated.

# LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director [lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)



## Spotlight on Big Brothers Big Sisters

The Big Brothers Big Sisters (BBBS) mission is to provide children facing adversity with strong and enduring, professionally supported one-to-one mentoring relationships that empower their potential. Volunteers commit to a minimum of a year in the program and are matched in a community or a site based mentorship. Mentors in our program are called Bigs and their youth mentees are Littles.



**Community-Based Bigs:** Community matches meet about twice a month for a total of 4-6 hours each month. Together they enjoy going to the park, the movies, museums, restaurants, making crafts, doing science projects, and attending BBBS sponsored events.

**Site-Based Bigs:** Site based matches meet at the Little's school for lunch once a week. They enjoy playing games, talking, making crafts, and playing outside.

**The need for mentors is even more urgent today than ever before.** There is never a shortage of children in need of a consistent and positive adult role model. BBBS is always seeking men and women to participate, however, approximately 70% of our volunteer inquiries are from females and most of our child referrals are for boys (at a ratio of 3 to 1) who are seeking strong male role models.

Volunteers have stated that they were drawn to becoming a Big because "I want to give a child what I needed as a kid" and they recognize that many kids "need someone who will show up for them". Our goal is to produce long lasting relationships that are fun for both the child and the mentor. When discussing his match, one volunteer explained, "I look forward to seeing him each week!" Another volunteer explained that "I will have this relationship for the rest of my life!"

To find out more about becoming a Big Brother or Big Sister got to [www.bbbsmountainregion.org/volunteer](http://www.bbbsmountainregion.org/volunteer) or call Sarah at the LAVA/RSVP office, 662-8923.



**Big Brothers Big Sisters**

**BBBS informational event: PEEC on Apr 30, 5:30-7:00pm**



### ALL LAVA/RSVP VOLUNTEERS ARE INVITED!

The annual volunteer celebration is **April 26 in the great room of the BESC from 3pm-5pm**. There will be something for everyone! Eddy and the Nomads return with great dancing music. There will be a build your own burger bar, root beer floats, fun door prizes. Dress up in your best 50's outfit if you'd like.

Some 50's photos have already come in to the office, and they are so much fun to see. If you have a 50's photo of yourself, your family or Los Alamos community that you'd like to share you can bring copies by the office or Sarah will make one while you wait. Photos will be displayed at the party.



**(LAVA/RSVP continued)****Celebration!**

LAVA/RSVP volunteers enjoyed a lovely luncheon to honor their service ringing the bell for the Salvation Army drive which earned a record amount of money for Self Help and our neighbors in need. Many thanks to Bernadette Lauritzen who took these photos and arranged for a terrific article in the LA Monitor.

**Blood Drive, May 2 & 3**

Let the LAVA/RSVP office know if you would like to make sandwiches for donors at the upcoming community blood drive and we will find you a shift. Thanks for always making these important drives such a success! If you're a donor, mark your calendar!

**Longtime Volunteer,  
Jackie Peckham will be missed.**

Jackie passed away February 25 and will be sorely missed. She has been a LAVA/RSVP volunteer for 22 years providing thousands of hours of volunteer service. At the senior center she served in the dining room, delivered posters and helped with Bingo among other things. She made beautiful handcrafts, served at her church and participated in the Senior Olympics. We extend our condolences to all who knew and loved her.

**JMTR Volunteers  
Needed**

Volunteers for the **Jemez Mountain Trail Run** scheduled for May 25, are needed. Call Sarah at 662-8923 for more information.



We invite our LAVA/RSVP volunteers to stop by and let us know how you are doing and how we might be able to make volunteering even better for you!

**Love,  
Sarah and Ellen**

White Rock Senior Center 505-672-2034



**Pizza Experiment and April Birthday Party**  
**Thu Apr 25, 11:30am**  
\$5.00 recommended donation applies  
Make your reservation and fill out your order ahead of time.

**WRSC Canvas & Chamomile Event**  
**Paint the Iris**

Tue Apr 23 4:00-6:00pm: \$25 for Senior Center members or \$30 Non-members.  
Enjoy a cup of tea while painting at this step by step guided painting event for beginners and experienced painters. All art materials plus stencils of the mountains will be available at the event. Register at [LACanvasEvents.com](http://LACanvasEvents.com) or call Susanne Harrison, 505-412-1534.



**Clip and Vote**  
**White Rock Seniors**  
How many of you would like to play White Elephant  
**Bingo**  
**Starting in May**  
Friday at 1:00pm ( )  
Tuesday at 1:00pm ( )  
Bring vote to Annie

**Photo Presentation April 18 at 12:30pm**  
**Kazakhstan**  
**and Special Lunch 11:30am**

Martin and Beverly Cooper traveled to Kazakhstan from June 6-10, 2018. Kazakhstan is a very large country, nearly 2/3 the size of the U.S.'s contiguous 48. Our short visit only went to the Southeast corner. The Tian Shan Mountains provide a spectacular backdrop for landscape photography in this region. The former Soviet republic is moving toward the modern world with only vestiges of the nomadic way of life remaining.



**Special Kazakhstan Menu**

- Kuurdak** - onion, beef dish with potatoes     **Tokashi** - bread
- Sabzi Piez** - cooked and seasoned tomatoes
- Shek Shek** - fried balls of dough and nuts drizzled with hot honey

**"Of Butterflies and Roses"** A dramatic reading of the play by Claudia I Haas  
**Thu Apr 4, 12:30pm, WR**

The memorial service for Clara and Laurel's mother is done, and the last guest has left. Laurel and Clara are now picking up the last pieces of comfort they can muster in their newly-orphaned world. The April theater performance will be directed by Tomás Farish. He can be contacted at Tomás Farish [tjfarish@gmail.com](mailto:tjfarish@gmail.com).

## Details / Donate

### April is National Volunteer Month

Volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time. Do you have a special talent or skill that may benefit our organization? Offer your services or ask how you can be of help. See the LAVA/RSVP pages 8 and 9 for more information.

April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991.

### Change in how you pay at Smith's Marketplace

As of Apr 3 Smith's will no longer accept Visa credit cards. No problem - purchase a Smith's gift card from FOOSC and recharge it every month. And if you also select "Friends of the Senior Center of Los Alamos" (code BG981) as your recipient for Smith's Inspiring Donations program, every purchase you make benefits the senior centers.

This change is for Visa credit cards only, All other credit cards are accepted.

### Hello to Members of the Los Alamos Retired and Senior Organization,

It is with mixed emotion that I announce that I will be leaving LARSO, and Los Alamos, sometime this spring or early summer. My husband, Jim, has accepted a joint appointment with Washington State University and Pacific Northwest National Lab that begins August 16. While I am very much looking forward to a new and exciting time in my life in Washington state, it will be so hard to leave all of the wonderful people that I have met these past four years while working for LARSO! My time in the director's job was too short, but the Executive Director Search Committee is hard at work finding a new director who, along with the LARSO Board of Directors, will continue the leadership of our senior centers. We will announce the new director as soon as possible. Thank you to everyone for making my experience here at LARSO one that I will hold in my heart forever!

**Linda**

### LARSO Board of Directors

Robert Swift, President; Tom McLaughlin, Vice President; Shelby Redondo, Secretary; Richard Foster, Treasurer; John Baillie, Juanita Jebbanema, Dan Judge, Lewis Muir, Ann Shafer

### Fundraising Update

Thank you to all of our donors for their generous contributions to LARSO! To date \$48,668.53 has been raised to help offset our adjusted projected deficit of \$59,461. We would not be able to continue to provide the current services and programs without your donations. Thank you so much!

### Would you like to make a donation to LARSO?

Please cut out and return to: LARSO, 1101 Bathtub Row, Los Alamos, NM 87544

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\$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$75 \_\_\_\_\_ \$100 \_\_\_\_\_ Other \_\_\_\_\_

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

Thank you for supporting the LARSO programs

**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)  
Linda Boncella, Executive 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-12:00noon	

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

Sarah Chandler, 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 - 8:00am-4:00pm

### **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-12:00noon	

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

Layout Editor - Gale Williams  
News desk, Mail and Email subscriptions -  
[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)  
Items Due - Thu Apr 18  
Editing - Mon Apr 22  
Folding - Mon Apr 29