



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: losalamoseniorcenter.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 2020

Memorial Day	May 25
Independence Day	Jul 3
Labor Day	Sep 7
Indigenous Peoples Day	Oct 12
Veterans Day	Nov 11
Thanksgiving	Nov 26-27
Christmas	Dec 24-25

Noteworthy March Days

Sun Mar 8 Daylight Saving Time begins. Set your clocks forward one hour.

Tue Mar 17 St Patrick's Day. Special corned beef and cabbage lunch at both centers.

Thu Mar 19 Vernal Equinox. Welcome Spring!

Tue Mar 31 Medicare Enrollment ends. Details page 11.

Rendezvous at the Roundhouse



Many thanks to those that supported our funding efforts, for both the County and the State. Our state proposal takes us into early March and staff is still working hard to meet the requirements. A special thanks to John Baillie, Janet Harris, Patricia Rathbone, Shelby Redondo and Cathy Walters, for making the trek to the Roundhouse in Santa Fe.

Simple Gifts

On March 7 we hope members can support the Playwright Robert Benjamin's *Simple Gifts*. His gift of time and talent will benefit us and our friends at Aspen Ridge and Sombrillo. Tickets are \$25, but larger donations allow our facilities to do even more. Tickets can be purchased on-line with the help of the Los Alamos Community Foundation at www.losalamoscf.org. Those wanting to purchase tickets with cash or check can pick those up at the Betty Ehart or the White Rock Senior Centers.

Pi Day March 13

We will be celebrating Pi Day, the mathematical celebration of the 3.14, a day early at both the White Rock and Los Alamos Centers. Our chefs will be creating savory pies for lunch. Those wishing to display their handicraft at making a dessert pie are welcome to bring one to share. Talk to Bernadette or Lisa about the details!

Day Out

Our Tuesday activity this month is going to be Spanish lessons with Gaby and Mery! If you would like to join us we will be learning very simple short conversational phrases. Our main activity every day but Wednesday is always at 10:00am. I will not be teaching sitting Tai Chi on Fri Mar 20 or Mon Mar 23. I will be in New Orleans for my son's Match Day Event at Tulane Medical School. I am so proud of him!



Pictured here is our field trip to WR to have lunch and a driving tour. We really enjoyed ourselves and plan on making this a regular occurrence.

The next picture is us at lunch enjoying the wonderful performance of Quatro. We always have a good time!



This month we are honoring the great work of Kirk Douglas who recently passed away at the age of 103! We are showing some of his earlier movies. Please join us on Fridays at 12:30 for a great movie and some snacks.

Our participants are the perfect mix of folks who are still mentally fit and those with some form of dementia. Our goal in the Day Out Program is to keep all active. An activity is more than an event or a game. It is the act of doing things. Staying active is essential for people with dementia.

If you know of someone who needs to stay active during the day so they are not restless at night for their caregiver, have them come talk to me. I am available through email, phone or in person. We can always make room for more participants.

“To leave the world a better place, to know even one life has breathed easier because you have lived, this is to have succeeded.” -- Ralph Waldo Emerson

Stay warm and remember you are loved! Spring is this month!

Laurie Hochhalter – Day Out Program Director

Meal Reservations

Our kitchen are very busy places each day. We hope to direct reservations and cancellations to our front desks, NOT the kitchens. Betty Ehart **662-8920** White Rock **672-2034**. Home Delivered Meals are still welcome to call the kitchen directly as those menus are very time sensitive. Please leave a message if staff can't get to the phone.

Lunches at BE and WR

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8920 (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 did. 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.

Salads are available every day.

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.

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).

Lunchtime Events

Fri Mar 13, 11:30am, BE & WR Pi Day Special entrees celebrating 3.14 a day early.

Mon Mar 16, 11:30am, BE Quatro Bluegrass performs

Tue Mar 17, 11:30am, BE & WR Special St Patrick's Day lunch.

Thu Mar 19, 11:30am, WR Special Ethiopian Lunch and Presentation. Details on page 10.



L e t ' s E a t L u n c h



Lunch served weekdays 11:30am-12:30pm at BE and WR. Call [662-8920 \(BE\)](tel:662-8920) or [672-2034 \(WR\)](tel:672-2034) before 10:00am for reservations. # indicates special menu or lunchtime talks (see list on page 2).

BESC March Meals (salad bar everyday)

Mar 2 Mon. Red chile beef enchiladas, Spanish rice, beans, salsa, pear cobbler
 Mar 3 Tue. Baked cod w/lemon pepper, tartar sauce, fried potatoes, cauliflower & broccoli, pears
 Mar 4 Wed. Green chile chicken tortilla soup, wheat roll, crackers, chocolate cake
 Mar 5 Thu. Grilled pork chop, mashed potatoes, gravy, spinach, roll, chocolate chip cookie
 Mar 6 Fri. Frito pie, red chile, lettuce/tomatoes/onion, apple crisp
 Mar 9 Mon. Chicken & dumplings, carrots, green beans, tropical fruit
 Mar 10 Tue. Chef salad, breadstick, strawberry shortcake
 Mar 11 Wed. Oven baked chicken, gravy, mashed potato, Brussels sprouts, roll, fruit cocktail
 Mar 12 Thu. Clam chowder, biscuit, pear cobbler
 #Mar 13 Fri. Chicken pot **pie**, roll, spinach salad, chocolate cake
 #Mar 16 Mon. Chicken enchiladas, calabacitas, refried beans, banana pudding
 #Mar 17 Tue. Corned beef, cabbage, carrots, potatoes, soda bread, jello
 Mar 18 Wed. Vegetable lasagna, bread stick, peaches
 Mar 19 Thu. Salmon w/mango salsa, rice pilaf, wheat roll, lemon cookie
 Mar 20 Fri. Chicken fried steak, mashed potatoes, gravy, peas & carrots, roll, strawberries, banana
 Mar 23 Mon. Chicken cheese chile soup, biscuit, oatmeal cookie
 Mar 24 Tue. Tilapia, fried potatoes, Brussels sprouts, wheat roll, vanilla pudding
 Mar 25 Wed. Green chile cheeseburger, potato chips, coleslaw, pears
 Mar 26 Thu. Pork loin, black eyed peas, tomato green chile, corn bread, stewed apples
 Mar 27 Fri. Beef stew, biscuit, sugar cookie, March birthdays
 Mar 30 Mon. Beer battered cod, French fries, tartar sauce, German coleslaw, chocolate pudding
 Mar 31 Tue. Meatloaf, mashed potatoes, peas, gravy, roll, oranges

WRSC March Meals (salad bar everyday)

Mar 2 Mon. Italian wedding soup, crackers, oatmeal cookies
 Mar 3 Tue. Chicken teriyaki, rice, eggroll, stir fry vegetables, fruit cocktail
 Mar 4 Wed. Salisbury steak, scalloped potatoes, mushroom gravy, succotash, spiced apples
 Mar 5 Thu. Pork adovada enchiladas, pinto beans, salsa corn, flour tortilla, chocolate mousse
 Mar 6 Fri. Tuna steaks, mango salsa, rice pilaf, Brussels sprouts, banana pudding
 Mar 9 Mon. Chicken tenders, au gratin potatoes, gravy or honey mustard, green beans, apricots
 Mar 10 Tue. Green chile cheeseburger, lettuce/tomato/onion/pickle, potato chips, apple
 Mar 11 Wed. Grilled pork chops, black beans, fried okra, applesauce
 Mar 12 Thu. Dill swai fish loin, wild rice, German coleslaw, roll, peanut butter cookies
 #Mar 13 Fri. Spinach egg **pie** (also called quiche), wheat roll, peaches w/cottage cheese
 Mar 16 Mon. Chicken fried chicken, mashed potatoes, country gravy, mixed veg, pears
 #Mar 17 Tue. Corned beef, cabbage, baby carrots, new potatoes, soda bread, applesauce
 Mar 18 Wed. Tilapia, roasted potatoes, broccoli, tartar sauce, apple crisp
 #Mar 19 Thu. Sauteed beef & potatoes, collard greens, flatbread, fruit salad
 Mar 20 Fri. Sausage lasagna, Italian vegetables, breadstick, yogurt w/fruit
 Mar 23 Mon. Fish & chips, creamy coleslaw, tartar sauce, roll, mandarin oranges
 Mar 24 Tue. Chicken Caesar salad, breadstick, peach crisp
 Mar 25 Wed. Pork roast, black eyed peas, tomato green chile sauce, gelatin & whipped cream
 Mar 26 Thu. Split pea soup, biscuit, tapioca pudding
 Mar 27 Fri. Frito pie, pinto beans, red or green chile, lettuce, tomato, onion, pineapples
 Mar 30 Mon. Roast beef, mashed potatoes, brown gravy, California blend veg, vanilla pudding
 Mar 31 Tue. Soup of days gone by, biscuits, tropical fruit cocktail

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Mar 23, 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 limits the class to 20 participants. Bring pencil, ballpoint pen, driver's license, and AARP member card. Note! The fee increases by \$5 on July 1 so plan to attend before that date to save a few bucks!

Adult Day Services

The Day Out

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

Cards and Games

Bingo

1:00pm Third Tue Mar 17, BE

Bridge

10:00am Mon, Bridge Lite, WR

1:00pm Mon, Duplicate Bridge, WR

1:00pm Tue, Party Bridge, BE

New players call Ginny Staton (602) 525-4830

1:00pm Wed, Party Bridge, WR

New Players call Marilyn Thomas (672-9517)

1:30pm Wed, Duplicate Bridge, BE

6:30-10:00pm Thu, Duplicate Bridge, BE

Cards

Any time, any day BE is open

Chat Room-WR

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

Close 10:00pm Thu

Dominos

10:00am Sat, WR

Movie

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

Pinochle

1:00pm Mon, Tue and Fri, WR

Please contact John Baillie (505) 660-0484 if you are interested in joining.

Pool & Billiards

BE & WR - Every day

Committees and Boards

Friends of the Senior Center Board

1:30pm Tue Mar 24, WR

LARSO Advisory Council

10:00-11:00am Mon Mar 16, BE

LARSO Board of Directors

9:00am Thu Mar 26, WR

WRSC Steering Committee

9:00am First Thu Mar 5, WR

Come with your questions about the business of the senior center. Help us prepare for some changes ahead.

Computers

Combined Mac & Computer Users Group

9:00am Third Tue Mar 17, BE

New Location: Conference Room

Available Computers

Computers are available for internet access in the Rawcliffe Room at BESC. One computer is available at the WRSC.

Crafts

Hookers and Stitchers

1:00pm Thu, WR

LAVA Quilters

8:30am Wed, BE

Wood Carving

10:00am Mon, WR

Dance

Ballroom Dancing

6:00pm Mon, Argentine Tango, BE

7:00pm Mon, BE

2:00pm Thu, BE

Line Dancing

1:00-2:15pm Mon, WR

9:00am Fri, BE

Salsa Dance

7:00-9:00pm Wed, BE

Tap Dancing

1:30pm Thu, BE

Regularly Scheduled Activities

Discussion Groups

Baked Goods with Bernadette

Tue Mar 24, 12:30–1:00pm, WR

Thu Mar 26, 12:30–1:00pm, BE

Topic this month is “What is Missing from our centers?” Come share your thoughts.

Finance & Investing Group

9:30-11:00am Thu, WR

Senior Civic Discussion Group

10:00am First and Third Mon, BE

Ladies Living Single

1:00pm Tue, WR

Interested in joining this group? Please contact Priscilla Hardekopf at 672-9591.

Health

Caregiver Support Group

1:45-3:00pm Thu Mar 5 & 19, BE conf room

For all of those who are caring for a loved-one with Alzheimer’s or any other related illness.

No reservation required.

Memory Care Alliance Program

9:30-11:30am Thu Apr 2, 9, 16, 23, BE computer room

Prepare to Care 2 4-week class, details page 7.

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

Cancer Care Giver Support Group

11:00am 2nd Wed, WR

11:00am 4th Wed, BE conference room

Low-Vision /Hearing-Challenged Support

Tue Mar 24

Santa Fe trip. Details on page 6.

Parkinson’s Support Group

2:00-3:30pm 3rd Wed Mar 18, BE classroom

Toenail Clipping (Donation to provider \$15)

Fingernail clipping on request. Book two slots

for both toenail and fingernail clippings.

9:20am-2:00pm Thu Mar 5 & 19, BE

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

9:20am-noon Thu Mar 26, WR

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

*** Please Note: Amount indicated is suggested donation to the instructor (not LARSO).**

Music

Lunchtime Sing-along

12:00-12:30 Fri Mar 13, BE

Music with Ruth Williamson

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

Recorders

1:30-3:00pm Fri, BE. Call Marge 662-7144

Ukulele Group

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

Physical Fitness

Cardio Plus Exercise

8:45am Mon & Wed, BE

Gentle Pilates \$5*

9:00am Mon & Fri, BE classroom

10:30am Mon & Wed, WR

Low Impact Aerobics

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

Seated Tai Chi Sun Course

10:40-11:10am Mon & Fri, BE Day Out

Call 661-0081 the day before to see if space is available.

Silver Sneakers

10:30am Tue & Thu, WR

Strong Women Graduates

10:00am Mon, Wed, Fri, WR

Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE

Tai Chi \$5*

10:00-10:45am Tue, BE classroom

2:45-3:30pm Thu, BE classroom

Variety Training

8:45am Tue & Thu, BE

Vinyasa Yoga \$10*

10:30-11:45am Mon & Wed, WR

Weight Room

10:00am Mon-Sat, WR

Zumba Gold \$5*

2:00-3:00pm Mon, BE

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

Walking

Early Walk

7:15am Wed, WR Baptist Church parking lot

Ad Hoc Hiking Group

9:00am Thu, BE downstairs.

To be on the list for last minute changes, email Patricia Rathbone patricx42@yahoo.com

Special Programs

TRIPS

**Suggested donation \$4.00 - \$8.00 round trip
Cash or check payable to LARSO. For reservations, please call Karen at 662-8922**

Lunch Out

Wed Mar 11

Red Lobster, Santa Fe

<https://www.redlobster.com>

Join us, it's that time again for Lobster fest!

Reservation: 11:15am

Depart BE: 10:00am

Depart WR: 10:20am

Dinner Out

Sun Mar 15

Legal Tender, Lamy

Old memories or new ones... this is a delicious choice for dinner. Lucky to have Georgia at the wheel, we are off to see the elegant, restored LEGAL TENDER in LAMY. Just a few seats left. Full bar (a famous one) and dinner \$10-20 range and atmosphere!

Depart BE: 4:00pm

Depart WR: 4:20pm

Low Vision Trip

Tue Mar 24

Surprise Lunch, Santa Fe

A ride with Roy to a nice surprise for lunch.

Then a tour in Santa Fe of the Library for the Blind. Reserve your space.

Depart BE: 10:00am

Depart WR: 10:20am

MOVIES BE Fri 12:30pm

Mar 6 The Heroes of Telemark

1965 | 2h 11min | Action, Drama, History

The Norwegian resistance tries to stop German troops from developing the atomic bomb component during WWII.

Mar 13 Lonely are the Brave

1962 | 1h 47min | Drama, Western

After landing himself in jail trying to break out his friend, Jack Burns finds himself alone and on the run from the law. Leading the manhunt is Sheriff Morey Johnson, who must bring Burns to justice despite his own sympathy for the fugitive.

(movies continued)

Mar 20 There was a Crooked Man...

1970 | R | 2h 6min | Comedy, Western

Arizona Territorial Prison inmate Paris Pittman is a schemer, a charmer and quite popular among his fellow convicts. Especially with \$500,000 in stolen loot hidden away and a plan to escape and recover it. New warden Woodward Lopeman has other ideas about Pittman. Each man will have the tables turned on him in a twisting, turning Wild West tale of brawls, chases, shootouts and wry wit.

Mar 27 Lust for Life

1956 | 2h 2min | Biography, Drama

Kirk Douglas gives a fierce portrayal as Vincent van Gogh, torn between the joyous inspiration of his genius and the dark desperation of his tormented mind.

Theater



12:45pm, Mon Mar 9, BE and Tue Mar 10, WR
Mark your calendars for Mar 9, BE, and 10, WR
You'll enjoy a short play reading of *An Audience of One*, by John Gustafson. A retiree's wife shares with a friend that her last nerve is about to be shredded by her hubby's ever-shifting interest in artistic pursuits. Can the friend's suggested solution do the trick? Come and find out! This reading features Terry Beery, Dianna Duerre, and John Gustafson. It's another offering in the partnership among the Senior Centers, Robert Benjamin, and the Los Alamos Little Theatre to bring live theater to the community in enjoyable snippets, with the intent to spur discussions about aging.

Special Programs

AARP Foundation Tax-Aide

Tax preparation help free of charge will operate Mon and Wed mornings until Apr 15, BE. A few appointments (required) are still available. Call 662-8920.

Buying, Selling, Renting a Home

Wed Mar 4, 12:30pm, BE

Paula M. Glover and Suzette Fox will join us to discuss today's real estate market. They will talk about the challenges of selling older or outdated homes and discuss their unique tactics to selling such homes. They will answer your questions from basic needs to complex issues such as trusts, family issues and limited funds. Join us to discuss your home needs.

Fundraiser Performance

There will be a fundraiser performance Mar 7, 2:00pm at the Los Alamos Little Theatre on Nectar St of SIMPLE GIFTS by Robert F. Benjamin, performed by Jody Shepard and Tomás Farish. Can yesteryear's puppy love ignite a friendship capable of solving aging's most perplexing dilemmas? This show will benefit LARSO and the Los Alamos Retirement Community through the generosity of the Los Alamos Community Foundation.

Blind Services Presentation

Tue Mar 17, 10:30-11:30am, BE

Tim Donahue is Outreach Librarian for the New Mexico State Library for the Blind and Print Disabled. The library is responsible for meeting the reading and information needs of nearly 3,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled. Tim will discuss how patrons can utilize books, magazines, and other material in alternate formats (digital cartridge, cassette, Braille, and electronic text). The collection focuses mainly on recreational reading, and contains nearly 100,000 titles in a variety of genres and downloadable titles.

Birthday Celebration

On June 14, 1998 the Betty Ehart Senior Center opened her doors. We will celebrate 22 of those years this June, and we welcome your suggestions. Please feel free to drop by, email or call Bernadette with your ideas or something you'd like to share.

Canvas & Chamomile Events



Paint the Iris

Thu Mar 26, 4:00pm, WR

Mon Mar 30, 1:30pm, BE classroom

Fee: \$25 for Senior Center members \$30 for Non-members

Enjoy a cup of tea while painting at this step by step guided painting event for beginners and experienced painters. The fee includes all art materials.

Call Susanne Harrison to preregister at (505) 412-1534.

Memory Care Alliance Program News

Commencing Thu Apr 2, 9:30-11:30am, BE computer room, Prepare to Care Part Two

The second part of Prepare to Care will address the day-to-day challenges of caring for a loved-one with Alzheimer's or any other dementia-related illness. Topics will include managing the basic activities of daily living, or ADL's, such as eating, bathing, dressing, and toileting.

Behavior issues, managing medications, and on-going clinical care, fall prevention and using technology to assist with caregiving. Special attention will be given on the later and final stages of care and the use of resources, such as hospice. Presented by David Davis, Executive Director of the Memory Care Alliance.

Class size is limited. For more information or to reserve a seat call 505-310-9752 or e-mail: director.memorycarealliance@gmail.com.

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director

lava@losalamosseniorcenter.com



Spotlight on Rio Arriba Adult Literacy Program

Make a difference in 2020 and teach an adult learner to read, write, and speak English. The Rio Arriba Adult Literacy Program (RAALP) is seeking volunteer tutors to commit 2 hours a week for a minimum of 6 months. Volunteers receive tutor training, study materials, a student pairing, and on-going support. Certification is offered via the FREE all-day Basic Literacy Tutor Training Workshop and/or the FREE English as a Second Language (ESL) Tutor Training Workshop. You do not need to speak a foreign language to be an ESL tutor.

The next training session for Basic Literacy Tutor Training is Sat Mar 14, 9:00am-5:00pm. The next session for English as a Second Language Tutor Training is Sat Mar 21, 9:00am-5:00pm. A minimum of 10 registrants per class is required so it is important to express interest ahead of time. Volunteers may register for just one or both, and become dual certified. Applications are available at the RAALP office in the Public Library at 313 North Paseo de Onate in Espanola or online at <https://www.rioarribaadultliteracyprogram.org/become-a-tutor.html>. You may also call 505-747-6162 or email coordinator@raalp.org. To learn more about our program please visit www.raalp.org.



Save the Date for the annual Volunteer Celebration!



Look for an invitation in the mail and then RSVP.

What: An old fashioned Luau for volunteers

When: Apr 17 3:00-5:00pm

Where: BESC

**Enjoy Eddy and the Nomads,
delicious food and dancing!**

The LAVA/RSVP Quilters would like to extend a heartfelt thanks to the Los Alamos Piecemakers Guild for the delicious lunch, Valentine treats and the donation toward batting they provided during their February visit. The two groups enjoyed sharing quilts and comradery. It is always a wonderful time!



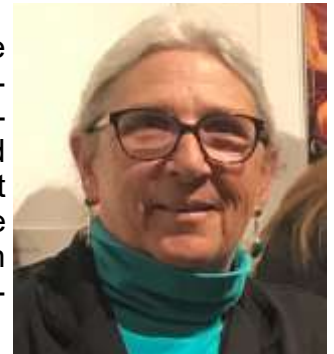
(LAVA/RSVP continued)**BESC Monday Lunch Crew gets some extra help**

Mary Beth Young brought a grandson and friend to help serve lunch to the seniors at the BESC when they had a day off school. We are so thrilled to have young people at the senior center. If you have young people you would like to volunteer with, just ask Sarah how we can make it happen. Thank you LAVA/RSVP volunteers for sharing, with the next generation, your love of service!

**Ombudsman Report:**

Gigi Greco, regional coordinator for the state ombudsman program spoke to potential volunteers February 10 at the BESC about becoming an Ombudsman. Three people expressed interest in becoming trained for this important work advocating for residents in long-term care facilities. If you are interested in helping with this effort, now is an ideal time as group trainings will be scheduled soon.

Call Sarah for more information : 662-8923

**Myasthenia Gravis Support Group**

LAVA/RSVP volunteer Jim Little facilitates a support group for Northern NM, Española and Santa Fe residents who have been diagnosed with Myasthenia Gravis and are looking for information and support. The group meets on the second Thursday of all even numbered months, with the next one on April 9. Meetings take place at the Methodist Church at 1:00pm. Symptoms of the disease, which are often initially confused with stroke symptoms, can vary widely but treatment options are available and learning from other families dealing with this diagnosis can be instrumental in connecting with the best treatment. Call Jim Little for more information at 662-3641.



Teen Tech Tutoring is an opportunity for teens to serve seniors by assisting them with basic technology questions. Common questions seniors have are things like "How can I check my voicemail on my cell phone?" or "How do I get rid of all these emails on my tablet?" In our most recent session one senior taught her iPhone how to recognize her voice so she could use the dictation and ask her phone questions. Teens meet with seniors in the lobby of the BESC in an open house format where they bring their devices and their questions. Teens do their best to help answer those questions.



The next Teen Tech Tutoring open house will be help on Tue Apr 21, 3:30-4:30pm at the BESC.



White Rock Senior Center 505-672-2034

**St. Patrick's Corned Beef & Cabbage
Lunch and Birthday Party
Tue Mar 17, 11:30am-12:30pm**



Corned Beef, Cabbage, Baby Carrots,
New Potatoes, Soda Bread,
Applesauce, Birthday Cake

Recommended \$5 donation for members 60 and up

NM Aging & Disability Resource Center Overview: Mon Mar 23, 12:30pm

Kris Winterowd will present information on how to support seniors and people with disabilities about Medicare, Medicaid, & resources available through the state.

**Short Play: "An Audience of One"
By John Gustafson, Directed by Pat Beck
Tue Mar 10, 12:45pm**

A retiree's wife shares with a friend that her last nerve is about to be shredded by her hubby's ever-shifting interest in artistic pursuits. Can the friend's suggested solution do the trick? Come & find out!



Fitness Room Orientations: Thu Mar 5, 1:00-4:00pm

YMCA trainers will be here to show you machines & weights in exercise room. Please call senior center at 672-2034 to sign-up for a 25 minute time slot.



Ethiopia Photo Presentation & Lunch



March 19 Lunch 11:30am Presentation 12:30pm

Martin & Beverly Cooper traveled to Ethiopia from Nov 13 to Dec 1, 2018. Ethiopia has extremely varied photographic opportunities. Bale & Simien Mountains National Parks host some of the rarest animals on Earth. Lalibela's famous Ethiopian-Orthodox Churches are cut from rock monoliths and attract many pilgrims. The Omo-Valley is home to the Suri tribe, among others, that still live & dress traditionally, though the influence of the government and tourists has changed their way of life.

**Special Ethiopian lunch menu:
Injerrna (Flatbread), Tibs (Sauteed beef, & potatoes), Gomen Kitfo
(Collard Greens), Fruit Salad.**

**See more White Rock activities and events in the Regularly Scheduled
Activites and Special Programs on pages 4 through 7.**

Details / Donate

Medicare General Enrollment Period Ends March 31

If you have been thinking about getting Part B, now is the time. If you miss this year's enrollment period, you can't enroll until the next General Enrollment Period, January 1 – March 31 each year.

There are many good reasons to consider enrolling in Medicare, such as:

- Health insurance protects you from the full cost of covered medical treatment
- VA and IHS are not actually health insurance even though they provide medical services
- Even if you continue to get your care through the VA or IHS the ability to charge Medicare for your care strengthens those programs
- You may have an easier time getting in to see specialists or other doctors
- Enrolling in Part B keeps you from accruing penalties for not having health insurance
- The Medicare Savings Programs (MSPs) are a strategy for eligible people to avoid the Part B late enrollment penalty

If you did not enroll in Medicare when you turned 65 you may be hesitating to sign up now because of penalties. You may be able to avoid penalties if you qualify for a Medicare Savings Program (MSP). This is a partial Medicaid program, so there are income and asset guidelines, but it is definitely worth applying since in addition to paying the monthly Part B premium and possibly your co-pays and coinsurance (depending on your eligibility) it will also cover any penalties you have accrued by declining Part B in the past.

Contact your local Social Security Administration office to apply for Medicare. Income Support Division has applications for MSPs. The Aging and Disability Resource Center (800 432-2080) can also send you a MSP application, as well as answering any other questions you may have.

Living Legacy

Our new Living Legacy project allows donations to be driven for long term senior center projects not covered in our annual budgets. Donations of \$2,500 or \$5,000 will have their names added to the plaque located on the top level of the Betty Ehart Senior Center.

Fundraising Update

We continue to strive each month to meet our deliverables for each of the senior center programs. Donations are accepted throughout the year, in any denomination. Due to previous budget cuts, our staff works harder than ever, often without an annual raise. Our Board of Directors works to ensure goals and we hope to offer new fundraising opportunities to address these issues.

LARSO Board of Directors

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

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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Betty Ehart Senior Center (BE)

1101 Bathtub Row, Los Alamos, NM 87544
Bernadette Lauritzen, Executive Director
director@losalamosseniorcenter.com

Front Desk 662-8920
Meal Reservation 662-8920
Delivered Meal Reservation 662-8924
Open Mon-Fri 8:00am-4:30pm
Sat 10:00am-12:00pm

Transportation 662-8922

Hours Mon-Fri 8:00am-4:30pm

After Hours Transportation 412-2200

Wed-Fri 4:30-6pm
Sat 8:00am-4:30pm

Los Alamos Volunteer Assoc (LAVA)

Sarah Chandler, Director 662-8923
lava@losalamosseniorcenter.com

The Day Out

Laurie Hochhalter, Director 661-0081
dayout@losalamosseniorcenter.com
Hours - 8:00am-4:00pm

White Rock Senior Center (WR)

133 Longview Dr, White Rock, NM 87547
Annie Bard, Coordinator
wrscc@losalamosseniorcenter.com

Phone 672-2034
Meal Reservation 672-2034
Delivered Meal Reservation 672-9544
Hours - M,T,W,F - 9:30am-4:00pm
Thu - 9:30am-10:00pm
Sat - 9:30am-12:00noon

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