

## PRESENTATIONS

The Department of Senior Affairs reserves the right to change, cancel or otherwise alter classrooms, workshops, meeting times and rooms. Every opportunity will be given to instructors and participants to achieve a satisfactory resolution to rescheduled changes. The ultimate responsibility for programming lies with the Department of Senior Affairs. The department will ensure that space is maximized and utilized efficiently and made available to all groups as fairly and equitably as possible.

### FINANCIAL AND LEGAL

#### Senior Citizen's Law Office Presentations

Various legal topics that are relevant to seniors will be presented and discussed on the 4th Wednesday of every other month. Take advantage of this opportunity to learn about issues and to discuss them with lawyers. Sign up at the front desk.

**Palo Duro • Aspen**  
4th Wednesday of every other month  
1:00–2:30 pm  
January 28, March 25, May 27

#### Alternatives to Probate & Future Estate Planning

This presentation will cover affidavits instead of probates, transfer on death deeds, and how to prepare your assets for future estate beneficiaries.

**Barelas • Classrooms 2/3**  
Tuesday, February 17, 9:30 am  
Senior Citizen's Law Office

## Contents

|                           |    |
|---------------------------|----|
| Financial and Legal ..... | 54 |
| Health .....              | 56 |
| Life Skills .....         | 60 |
| History .....             | 64 |
| Music .....               | 65 |
| Senior Issues .....       | 66 |

#### Legacy Letter and Ethical Wills

Legacy letters and ethical wills are stories of special moments and values in our lives. Often written at the end of our lives, earlier review is helpful in saying what is really important to us. We will be talking and writing about values, ideas and stories rather than material wealth.

**North Valley • Room 3**  
2nd Tuesday of every month  
10:00–11:30 am  
Elizabeth C. Etigson, MA LPCC



## Predatory Lending, Foreclosures & Reverse Mortgages

Have you been threatened with foreclosure or received a sub-prime mortgage or discriminatory home loan? Are you familiar with the concept of “reverse mortgage” that is available for people over 62? Do you want to learn about the pros and cons of reverse mortgages? If you can benefit by gaining knowledge about any of these important topics, you won’t want to miss this workshop.

**Bear Canyon • Room 4**  
Thursday, January 13  
10:00–11:00 am

## Current Market Conditions & Financial Advice

This is an informative non-structured setting where you bring the questions. Tell us what questions you have regarding the current market conditions and how they affect you. Do you have questions about your retirement? Here is the place to get them answered. Please get your questions to Patty Gutierrez at 505-256-2000, and she will have a Financial Advisor with MetLife/New England Financial answer them for you during this hour.

**Highland • Room 8**  
Friday, January 23  
10:30–11:30 am  
Daniel Romero,  
New England Financial

## Estate Planning Issues for Seniors

Attorneys Ruth Pregoner and Marcy Baysinger will discuss estate planning for seniors, including wills, trusts, powers of attorneys, health care powers of attorney and advance directives. They will also discuss issues related to the probate of estates and non-probate transfers of property.

**Bear Canyon • Room 3**  
Friday, March 13  
10:00–11:00 am

## Understanding IRA’s & Retirement Choices

The ABC’s of IRA’s gives an overview of the principles of using IRA’s as a tax-deferred growth vehicle and the funding options available to help get the participants to retirement.

Making the Right Choice for Your Retirement Plan Assets will follow giving the participant information on options available when they are getting ready for retirement or not sure that their retirement plan will last as long as they do. This seminar will walk the participants down all options available in retirement giving pros and cons for each. We would love the participants to be involved and ask any questions they may have.

**Highland • Room 7**  
Thursday, April 9  
10:00–11:00 am  
Daniel Romero,  
New England Financial



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## Five Wishes

Five wishes is the first living will that which will help you deal with your personal, emotional, spiritual, medical and physical wishes. Five wishes serves as road map for you and your family to use in case you should become seriously ill.

**Bear Canyon • Room 4**  
Tuesday, March 24, 10:00–11:00 am

**Manzano Mesa  
Multigenerational Center • Room 4**  
Monday, May 11, 1:00–2:00 pm  
Reservations required at front desk

## HEALTH

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### GEHM Clinics

UNM College of Nursing faculty and students provide free blood pressure/weight monitoring, health counseling, health and social service referrals, nursing assessments and health education. For dates and other information call one of these centers.

**Barelas**  
**Highland**  
**Los Volcanes**  
**Manzano Mesa**  
**Multigenerational Center**  
**North Valley**




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## Blood Pressure Check

**Manzano Mesa  
Multigenerational Center**  
Monday & Thursday, 8:00–10:30 am

**Palo Duro**  
Monday, 9:30–11:30 am

**Highland**  
Tuesday & Friday, 9:00–11:45 am

**Bear Canyon**  
Wednesday, 9:30–11:30 am

**Los Volcanes**  
Every other Thursday, 10:00 am–2:00 pm

**North Valley**  
Check newsletter for dates and times

**Barelas**  
1st Thursday, 11:00 am

Ambercare

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## Ask the Doctor

Ask the Doctor is a monthly session where different medical topics are discussed and where people can ask questions about their own or their loved ones' medical problems. We cover diagnosis, treatment and the best ways of dealing with individual patients. Recent topics have included neck and back pain, heart disease, arthritis, bronchitis and other lung problems, skin ailments and stroke. The class is led by Dr. Francis Roe, a retired surgeon and professor at Yale University. Everybody is welcome to attend.

**Manzano Mesa  
Multigenerational Center • Room 4**  
2nd Tuesday, 10:00–11:00 am  
Dr. Francis Roe

## Acupressure: The Power is in Your Hands

Traditional Chinese Medicine tailored to address our everyday aches and pains. Learn the regeneration of the entire body, one point at a time. Free instruction on where to find these points, and how to use them. Designed for the active senior and active adult.

**Manzano Mesa  
Multigenerational Center** • Room 4/5  
2nd & 4th Thursday, 10:00–11:00 am  
Cynthia Boyd LMT #4450

## Lip Reading

Lip reading is an ongoing course for anyone having difficulty hearing or understanding speech, especially when background noise is present. Learn how to use the topic of speech and the context of sentences to enhance speech understanding. The course can be joined at any time. Course material provided.

**Bear Canyon** • Room 5  
Monday, 12:30–1:30 pm  
Jean Dugas, \$5.00 for materials

## Osteoporosis Presentation

This is your opportunity to talk to osteoporosis experts, and have your questions and concerns addressed. Sign-up early, seating is limited.

**Manzano Mesa  
Multigenerational Center** • Room 5  
Thursday, February 19  
Thursday, May 14  
Thursday, August 13  
Thursday, November 12

## Services for the Visually Impaired

Are you having trouble with your vision? Maybe, New Mexico Commission for the Blind can help. Learn about services and techniques to help you live a more independent life. Presented by Linda Mascareñas, IL Teacher, New Mexico Commission for the Blind

**Bear Canyon** • Room 4  
Wednesday, January 28  
10:00–11:00 am

## Health Care Presentation

Health Care presentation on Medicare Part D updates and other low income health benefits.

**Barelas** • Classrooms 2/3  
Tuesday, February 3, 9:30 am  
Senior Citizen's Law Office

## Still Sexy After All These Years

Sexual vitality and intimacy are important parts of many people's lives, and remain so even as people approach the 8th, 9th, or even the 10th decade of life. How we express our intimacy changes over time, which offers new and exciting ways to show our affection for our romantic partner. Join Jennifer Fiordelisi, LPCC, MA, CPT for a presentation that may just revitalize the romance in your life.

**Bear Canyon** • Room 1  
Thursday, February 12  
10:00–11:00 am



## Balance & Fall Prevention

Falls are the leading cause of injuries and hospital admissions for trauma among people 65 years and older. However, falls are not just the result of getting older. Falls are usually caused by a number of things and many can be prevented. Please join us to learn more about falls among older adults and what can be done to prevent them.

**Bear Canyon • Room 6**  
 Tuesday, February 26  
 11:30 am–1:00 pm  
 Jocelyn Alvarez,  
 Gentiva Health Services

## Long-Term Care Seminar

This Long Term Care Seminar will give the participant the real information on Medicare and Medicaid and how much they will cover for long-term care. The ability to decide where you want to live and how comfortable you want to be in retirement is the foundation of this seminar. Long Term Care is the most expensive challenge facing any one 40+. In this seminar you will get all the information on Long Term Care insurance and how it works.

Do you know anyone taking care of a parent or grandparent? Did they have to retire early to be able to provide that care? Will you have someone who will retire early to take care of you if the need comes up? This will affect everyone?

**Highland • Room 4**  
 Tuesday, March 10  
 10:00–11:00 am  
 Daniel Romero,  
 New England Financial

## Skin Care Makeover

Aging, sun exposure and other elements have many negative effects on the skin. Experience a complimentary makeover and enjoy free samples of moisturizing skin products, while learning about skin care. Learn how to moisturize your face with high quality skin products that will make you look and feel beautiful.

**North Valley • Room 3**  
 3rd Tuesday of every month, 10:00 am  
 Lisa Chavez, Mary Kay Consultant

## Brain Waves

Is the brain like the muscles of our bodies? Can it be trained with exercises to improve and maintain mental functioning as we get older? Yes, as we age, maintaining our brain function is as important as keeping our blood pressure, cholesterol, and glucose levels under control. Emerging research indicates that people who exercise their minds and bodies tend to keep their wits longer. So let's catch the wave!

**Bear Canyon • Room 4**  
 Wednesday, April 1  
 10:00–11:00 am  
 Maboud Swierkosz, LPCC,  
 Aging & Long Term Services.



## Overcoming Osteoarthritis

Osteoarthritis (OA) affects nearly 21 million people in the US, accounting for 25% of visits to primary care physicians. While OA is irreversible, there are things you can do to reduce the pain and gain greater mobility. This workshop will provide information on exercises, easy stretches, and how shoes can affect OA.

**Bear Canyon** • Room 4  
Wednesday, April 29  
10:00–11:00 am  
Dr. Marilee Forman

## Nutrition: Eating Healthier

Food, Food, and more Food! With so many choices available, what do we buy? This presentation will address healthy eating, wise food choices, salt, fiber and fat content in foods. Comparisons will be made using cheese, crackers, and food substitutes. Taste the difference and become a wise & smart consumer.

**Barelas** • Classrooms 2/3  
Tuesday, May 5–9:30 am  
Virginia Alexander, UNM

## Pain & Symptom Management

Learn about pain management that can improve your quality of life.

**Barelas** • Classrooms 2/3  
Tuesday, May 12, 9:30 am  
Ambercare

## Talking to your Doctor

Asking the right questions and communicating well with your physicians.

**Barelas** • Classrooms 2/3  
Tuesday, June 9, 9:30 am  
Ambercare

## The Benefits of Acupuncture & Chinese Medicine

Learn how acupuncture, Chinese medicine and Chinese Massage can help with such ailments as pain, arthritis, neuropathy, stress, depression, insomnia, hypertension, diabetes, and facial rejuvenation.

**Bear Canyon** • Room 3  
Saturday, June 13, 1:00–2:00 pm  
Dr. Hong Lu

## Prescription Drug Assistance Program

Do you have questions about cost and reliable sources for your medications? Do you wonder about drug interactions, duplications and other medication management issues? Come find out what the MEDBANK program is all about. Presenters will answer questions about access to free or low co-pay brand name prescriptions and drug manufacturers.

**Manzano Mesa  
Multigenerational Center** • Room 4  
Thursday, June 18, 10:00 am–12:00 pm  
Reservations required at front desk  
Presenters: Juanita Thorne-Connerty  
LPN, MA and Harold Melnick Program  
Manager from the Aging & Long-Term  
Services Dept., Prescription Drug Assis-  
tance Program.



## LIFE SKILLS

### “How to Get More Out of Your Travel”

Our speaker, Dr. Dan Carnett, has created over 200 trips ranging from one to twelve days in length. Dissatisfied with the typical tour offered to the public, he developed a different approach to help people have a more enriching travel experience. In addition to operating a tour company, Dr. Carnett also conducts seminars and is currently writing a book about his methods.

**Palo Duro • Cottonwood**  
 Thursday, January 29 • 10:00 am  
 Monday, April 27 • 10:00 am  
 Sign up at front desk

### New Fangled Gadgets

Updates and basic info for the technologically challenged

Did you get holiday gifts you can't turn on? Blue tooth, IPODS, Blackberry, these terms sound like folk tales not technology tools. Join us for a lesson on the newest and latest gadgets. Bring your hand held items and our Circuit City “firedog” (technology guest instructor) will help you figure them out. Instruction will also be provided on TV converter boxes.

**Manzano Mesa  
 Multigenerational Center • Room 4**  
 Thursday, January 8  
 1:00–3:00 pm  
 Reservations required at front desk

### Agua es Vida Action Team (AVAT) Safeguarding Albuquerque's Drinking Water

AVAT is a group of ABQ citizens who have concerns about potential contaminants in the water and the San Juan Chama Diversion, which is scheduled to begin in December 2008 and plans to use the Rio Grande to supply 90% of our tap water. Of concern to this group is, adequate quality control and monitoring, as well as health concerns for the most vulnerable; unborn children, the elderly and those with immune deficiencies. In other words they are concerned about water issues and those most at risk and least able to tolerate problems in the water.

**Manzano Mesa  
 Multigenerational Center • Room 4**  
 Monday, January 12  
 1:00–3:00 pm  
 Reservations required at front desk



## Poetry Reading and Writing Workshop

Visiting poets will make you laugh, cry and wonder why, as you ponder the mysteries of life. After hearing these evocative new poets you will realize that all the old poetry rules are gone and that poetry is different now. It ain't your grandma's poetry! Poetry workshop led by 2005 National Poetry Slam team members, Hakim Bellamy and Carlos Contreas, also participating, Tracy Pontani and Rodrigo Rodriguez. Let them help You write a political verse, a love sonnet, or a rhythmic verse about a crazy moment in your life. It's easy and fun and you'll walk away with a poem you can be proud of, and maybe even one for your Valentine!

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Tuesday, January 20  
 5:00–7:30 pm  
 Reservations required at front desk

## Fire Prevention

Every year in the US over 3,000 people lose their lives in residential fires. This presentation will demonstrate the importance of safeguarding your home from fires. Installing smoke alarms and having other similar items in your home could mean the difference between life and death. Another important topic that will be addressed is carbon monoxide poisoning, another culprit that takes many lives every year.

**North Valley • Room 4**  
 Wednesday, January 21 • 9:00 am  
 Albuquerque Fire Department

## Digital TV Conversion

The switch from analog to digital broadcast television is going to take place starting on Tuesday, February 17, 2009. Learn more about who, what, where, how this change will affect you and what you will need to convert.

**North Valley • Room 3**  
 Tuesday, February 10, 10:00 am  
 Franz Joachim

## Santos and Churches (BACK by popular request)

Marie Romero Cash is back by popular demand, to give another interesting and informative presentation on the art and history of making Santos and religious icons. Her presentation also includes a visual tour depicting the beauty and historical significance of New Mexico's famous local churches.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Thursday, February 12, 12:30–2:30 pm  
 Reservations required at front desk

## Nuclear New Mexico

Janet Greenwald will present for CARD/ Citizens for Alternatives to Radioactive Dumping. Her presentation will provide an informative, historical anti-nuclear perspective and current updates on nuclear issues which affect New Mexico citizens.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Tuesday, February 17 • 3:00–5:00 pm  
 Reservations required at front desk





## Recycling

The presenter will talk about the Solid Waste Management Department services such as the curbside recycling program, how and what to recycle, recycling drop-off locations, and other information you need to know about to keep our community green—because the environment isn't just about where we live, it's about how we live.

**North Valley • Room 4**  
 Thursday, March 12, 9:00–10:00 am  
 Annabell Gallegos, Keep Albuquerque  
 Beautiful Coordinator

## Samuel Clemens, Mark Twain's Shadow

### Chautauqua Speaker and Living History

Randy Milligan gives a wonderful performance, capturing the folksy yet biting humor of author Mark Twain. How did Clemens aka Twain deal with fame and the press or the paparazzi of his day? Come enjoy this engaging and witty performer, Randy Milligan as he brings the illustrious Mark Twain to life.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Thursday, March 12, 5:00–7:00 pm  
 Reservations required at front desk

## Multi-Generational Poetry Challenge

This challenge is open to all ages, but especially to the Young at Heart. Any topic, any style, reading or performance poetry is acceptable. Prizes for the funniest, most poignant, most serious, and...help us decide, Lots and Lots of Prizes will be awarded.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Wednesday, March 18  
 5:00–7:00 pm  
 Reservations required at front desk

## McNeal's Marvelous Medicine Show

Chautauqua performer Diana Enright will delight and enchant you as the charming, fast talking, front woman for her very own traveling medicine show. This living history character is based on a real person, who traveled New Mexico as a saleswoman. This performance is specifically scheduled early in the day for our members and guests who can't often stay late in the day. No one should miss this fun and entertaining performance.

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
 Thursday, April 16  
 10:30 am–12:15 pm  
 Reservations required at front desk

## Antiques Show and Tell

Do you have a favorite family heirloom or antique, or even an old rusty “thing” that you would like more information on? Amateur antique, junk collectors and enthusiasts will be on hand to for “show and tell” and then give you an unqualified opinion on value, purpose, circa and historical importance. If you like history, antiques and show and tell, this afternoon presentation is for you.

**Manzano Mesa**  
**Multigenerational Center** • Room 4  
 Tuesday, April 28  
 2:00–5:00 pm  
 Reservations required at front desk

## Fire Extinguisher Demonstration

Class limit–25 people  
**Barelas** • Classrooms 2/3  
 Tuesday, May 19, 9:30 am  
 Presenter: Albuquerque Fire Department

## Pet Adoption

Here’s your chance to learn more about the City of Albuquerque’s three animal services facilities, the adoption process, and how important adopting a pet can be in ones life. Also, learn about current programs such as spay & neuter program, shot clinics and how seniors can adopt pets for free.

**North Valley** • Room 4  
 Wednesday, May 20, 10:00 am  
 James Hallinan,  
 Animal Welfare Department

## Crime Stoppers/ Senior Safety In the Home

A Public Service Police Officer from Crime Stoppers will be speaking to Seniors, caregivers and anyone interested in SAFETY in the home, with special respect to Seniors. This will also include car safety, neighborhood safety, as well as personal environment or personal space safety. Please join us.

**Manzano Mesa**  
**Multigenerational Center** • Room 4  
 Thursday, June 4  
 12:30–2:00 pm  
 Reservations required at front desk

## Relay New Mexico

Look what you are missing! Relay New Mexico provides free telephone services for Deaf, Hard of Hearing and Speech Impaired.

**Barelas** • Classrooms 2/3  
 Tuesday, June 23, 9:30 am  
 Relay New Mexico



## HISTORY



### Glimpse of Russian Culture

Father George Sondergard or “Papushka” as he is fondly referred to by his parishioners at the All Saints Orthodox Church, has kindly agreed to come and talk about Russian culture. Despite 80 years of Communist rule, the Orthodox Church played a large part in the hearts of Christian Russians. Father George will touch on the history of the Church and talk about Russian minorities, ethnicities and their cultures. This presentation will serve as a prelude to the Russian musical performance scheduled later on the weekend.

**Manzano Mesa**  
**Multigenerational Center** • Room 4  
 Thursday, January 15  
 10:00 am–12:00 noon  
 Reservations required at front desk

### Talk About a Grand Lady

Albuquerque is 300 years old! Come learn about the Duke City. From it’s founding as an illegal villa to one of the southwest’s leading cities—it’s a fun, fascinating journey through three centuries.

**Barelas** • Classrooms 2/3  
 Tuesday, January 27, 9:30 am  
 Mary Mortensen Dieker

### True Tales of Billy the Kid

Step back in time and re-live some New Mexico history through the songs and tales of Chautauqua troubadour, Ramblin’ Ralph, donned the world’s oldest living cowboy. He’ll sing, accompanied by autoharp and guitar, and tell stories that will transport you to the Wild West days. Ramblin’ Ralph will share tales of the real Billy the Kid, the Billy he knew and fought beside in the Lincoln County War. Sponsored by the New Mexico Humanities Council and Department of Senior Affairs. Some sweet tasting grub will be served at the presentation.

**Palo Duro** • Cottonwood  
 Wednesday, February 4, 10:30 am  
 Free • Sign up at the front desk.

### Clyde Tingley

Clyde Tingley was a leading politician in Albuquerque and New Mexico during the first half of the 20th century. He was the mayor of Albuquerque, a congressman and served as governor of New Mexico during the Great Depression. His dealings with the media were legendary in a time when New Mexico was still considered part of the frontier. He built the State Fair, Highway 66 and the Carrie Tingley Children’s Hospital. David Jackson brings Clyde Tingley to life at this Chautauque presentation. This is a fantastic way to re-live history in the making. It’s entertaining and educational. Sponsored by the NM Humanities Council and the Department of Senior Affairs. Refreshments will be served at the presentation.

**Palo Duro** • Cottonwood  
 Wednesday, March 18, 10:30 am  
 Free



## Favorite Haunts & Ghost Towns of New Mexico

These tales of the Land of Enchantment will put a smile on your face.

They lived and died, flourished then faded. Tales of New Mexico's haunted hamlets and we may even encounter some ghosts.

**Barelas** • Classrooms 2/3  
Tuesday, April 21, 9:30 am  
Mary Mortensen Dieker

## Myth, Legend & History of the Harvey Girls and the Santa Fe RR

Chautauqua speaker, Lesly Poling-Kempes will give us a presentation about the world famous Harvey Girls prior to our trip to Belen and the local Harvey House. Harvey Girls have become synonymous with the West and the exotic, yet elegant resorts built along the railways. This presentation serves as an introduction to our Rail Runner trip to Belen at the end of the same week.

**Manzano Mesa**  
**Multigenerational Center** • Room 4  
Wednesday, May 13, 1:00–3:00 pm  
Reservations required at front desk

## Albuquerque Historical Society: Lecture Series, A Journey Across Albuquerque

This lecture will provide historical background about the Four Hills Country Club Community.

**Manzano Mesa**  
**Multigenerational Center** • Room 4  
Saturday, May 16, 1:00–3:00 pm  
Janet Saiers, President,  
Albuquerque Historical Society

## MUSIC

### Glass Armonica Performance

Benjamin Franklin perfected the glass piano in 1761. It consists of blown crystal bowls, in graduated sizes, arrayed along a spindle that rotates while the player places moistened fingers on them. The glass piano, or armonica, was demonstrated to Ludwig van Beethoven and Wolfgang Amadeus Mozart when Franklin visited France during the American Revolution. Both composers then wrote music for the instrument which created an international sensation. Ms. Mayling Garcia of Corrales, is one of 13 people in the world who play this instrument and she will be performing a concert to delight the senior center membership. Reserve a seat at the front desk. Refreshments will be provided.

**Palo Duro** Mesquite  
Thursday, April 16, 1:30 pm  
Free



## SENIOR ISSUES

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### Elder Abuse & Neglect

This curriculum is designed to educate adults on the basics of Domestic Violence. The following issues may be addressed; What is Domestic Violence and who does it affect? Myths and facts about Domestic Violence. Why she stays in the relationship? How to tell whether you are in an abusive relationship? Where and how to seek help if you are in an abusive relationship.

**Barelas** • Classrooms 2/3  
 Tuesday, January 20, 9:30 am  
 NM Coalition against Domestic Violence

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### Community Awareness Seminar

Daniels Family Funeral Service is conducting a community awareness seminar to help educate families on the advantages of preparing for the end of life events. We will discuss living wills, cemetery & funeral arrangements. A complete information packet will be made available to all attendees. This packet includes a living will, family record guide & certificate of savings.

**Highland** • Room 4  
 Tuesday, February 10  
 10:00–11:00 am

**Barelas** • Classrooms 2/3  
 Tuesday, March 10, 9:30 am  
 Dara Nolen,  
 Daniels Family Funeral Service

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### Home Safety & Self Awareness

**Barelas** • Classrooms 2/3  
 Tuesday, February 24, 9:30 am  
 Lovelace Senior Plan &  
 Albuquerque Police Department

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### Home Safety

Home safety i.e., fire safety in the kitchen; smoke detectors; overloading extension cords, etc.

**Barelas** • Classrooms 2/3  
 Tuesday, March 24, 9:30 am  
 Albuquerque Fire Department

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### Planning Ahead

The concept of a traditional funeral has been changing over the years. More and more, people are customizing services to reflect the life and memory of the deceased. There are many choices available for the diverse group of families in the greater Albuquerque area. Learn about the options available and about the benefits of pre-planning final arrangements, and designer funerals. Information on writing a living will and, estate planning will also be discussed.

**North Valley** • Room 3  
 Tuesday, April 7, 10:00 am  
 Barbara Stewart,  
 General Manager, French Heritage

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**See the Health and Fitness Classes  
 for wide variety of healthy activities**

## Preserving Social Security & Medicare

Is Social Security financially sound? Will it be there for our children and grandchildren? What about privatization? What would that mean to 50 million beneficiaries of Social Security benefits? Who can get benefits? How do you qualify for benefits? What is the difference between SSI and Social Security? This presentation will answer all of these questions and more. Presented by Roy Aragon, Grassroots Consultant, National Committee to Preserve Social Security and Medicare.

**Bear Canyon • Room 4**  
Tuesday, May 12  
10:00–11:00 am

## What You Have Always Wanted to Know About Social Security

Eva Lujan from the Social Security office will speak on the up coming drug card that the Federal Government is coming out with. She will also speak on how disability and social security work. Question and answer session.

**Highland • Room 4**  
Tuesday, May 12, 10:00–11:00 am  
Eva Lujan, Social Security Admin.

**Barelas • Classrooms 2/3**  
Tuesday, April 7, 9:30 am  
Social Security Administration

## An Insider's Treasure Map of Albuquerque Senior Services

Discover hidden treasures offered to our growing population of older adults. Join a livable and sustainable community for aging well. Learn about the vast array of services and activities available in Albuquerque and our Bernalillo County area for home repairs and improvement, legal support, in home assistance, transportation, family caregiver relief, sports and fitness, nutrition, health care, grandparenting, leisure activities and fun! Discuss hot topics and concerns about senior services and community improvements. Gather up tons of information and resource materials and delve into your key interests.

**Highland • Room 7**  
Thursday, June 25, 10:00–11:00 am  
Presenter: Ellen Costilla,  
Department of Senior Affairs

## Medicare Help Desk

Blue Cross Blue Shield and Humana host an informational table on Medicare Advantage Plan and Service in the Neighborhood.

**Barelas • Lounge Area**  
2nd Friday of each month  
11:30 am–1:00 pm  
Blue Cross Blue Shield

2nd Wednesday of each month  
9:30 am • Humana

**Manzano Mesa  
Multigenerational Center**  
1st Tuesday of each month  
11:00 am–1:00 pm and  
2nd Thursday of each month  
1:00–3:30 pm

