



Senior News

Director's Corner- Partners

Among one another, in the community and beyond

Over the past few months, I shared two key ways we receive funding - through our partners the State of New Mexico and Los Alamos County. We highly value the support we receive from these two agencies, but there are limitations to how this funding can be used. We must follow the regulations the State and County set forth- there is no wiggle room for how their budget is spent.

Important items like cost of living, bonuses, and salary increases for staff are minimal in the State and County funding budgets. Nor are computer or technology upgrades or purchases, cybersecurity/IT maintenance, or support included.

In addition, paying instructors, purchasing coffee (did you know we spend over \$200 a month on coffee pods at each center - thank you to our anonymous donor who helps us out), program supplies, and marketing materials are among the other things not included in our State or County budgets.

The most important part of the Senior Activity Centers, other than YOU, our wonderful members, are the staff who support, interact, and spend their days making this organization function. As many of you are aware, our centers have had high turnover for years. I'm not surprised. Until last year, many of our employees were making under \$15 per hour and had received minimal cost of living and salary increases. Most of our staff do not make a wage that enables them to live in Los Alamos or White Rock without sharing the cost of housing, food, etc. with a spouse, partner, or roommate.

Recently I asked our Chief Financial Officer how much money we need to raise in donations on an annual basis just to maintain our services not covered by the State and County. She said, \$70,000. I then asked, if I wanted to give bonuses, cost of living increases or merit raises, how much would I need to raise? Here is what she calculated:

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Board of Directors

Catherine Fry, President
Lee D'Anna, Vice President
John Baillie, Treasurer

Members:

Donald Dudziak
Jerry Fleming
Donna Haynes
Wendy Marcus
Tom McLaughlin
Kay Reiswig

May 14 NO lunch or meal
delivery service.
Join us for the Health Fair!

**Centers closed Monday,
May 27 for Memorial Day**

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Increase	Additional Estimated Amount Needed
2%	\$14,971
3%	\$22,457
4%	\$29,942
5%	\$37,428

From June to December, the first six months of my time here, we raised approximately \$32,000. I like to call this partner money rather than donations – our members and community are partnering to support our non-profit. Some of this money went to our Endowment, some went into restricted funds (to purchase specific items) and much of it was unrestricted. Keep in mind the minimum fundraising goal is just to keep our centers going and moving forward. It does not include the additional amount indicated above to support and retain the staff through cost of living increases and merit raises

We are committed to providing our staff with fair compensation and benefits, as well as providing other overhead-type items to provide high-quality service to our members.

We need your help to make it happen. That is why partnering with us on an annual basis is important.

The staff makes all the difference – high-quality, skilled staff equals high-quality services provided to YOU our members. Upgraded technology, the right tools to do our work, and the ability to provide support for our overhead as needed help our staff do their work.

Your generous donations can help us move towards providing a living wage for our hardworking staff, ensuring they can continue to serve our members with the dedication and commitment they deserve.

If you can donate, all donations, no matter how small, whether monthly, quarterly, bi-annually, or annually, will make a difference in the lives of our staff and the quality of services we can provide to you our members.

You can donate online through our website (www.larso.org/donate) or send a check to 1101 Bathtub Row, Los Alamos, NM 87544.

Jacci



Death with Dignity, Assisted Suicide, Right to Die: What's the Difference? by Wendy S. Marcus, Attorney & LARSO Board Member

In the 2021 legislative session, New Mexico lawmakers passed a death with dignity bill called the End-of-Life Options Act (HB47). Governor Michelle Lujan Grisham signed the bill into law April 8, 2021, and it took effect on June 18, 2021. The End-of-Life Options Act allows terminally ill patients to request aid in dying in certain clearly defined situations. As of 2023, 100 New Mexicans have taken advantage of this law. .

There is some confusing language related to death with dignity laws. Let's set out the basics of New Mexico's law.

"Death with dignity" is one of the most commonly accepted phrases describing the process by which a terminally ill person ingests prescribed medication to hasten death. Many people still think of this process as "assisted suicide" or "physician assisted suicide." However, proponents of death with dignity argue that the term "suicide" doesn't apply to terminally ill people who would prefer to live but, facing certain death within months, choose a more gentle way of dying. In fact, New Mexico's law states that terminating one's life under the law is not suicide. (See N.M. Stat. § 24-7C-8.)

Increasingly, health organizations are turning away from the term "suicide" to describe a terminally ill patient's choice to reduce the suffering of an inevitable death. The phrase "aid in dying" is becoming a more accepted way to refer to this process.

You may also see the phrase "right to die" used in place of "death with dignity." However, "right to die" is more accurately used in the context of directing one's own medical care—that is, refusing life-sustaining treatment such as a respirator or feeding tubes when permanently unconscious or close to death.

What are the requirements? To request aid-in-dying medication in New Mexico, a patient must be:

1. At least 18 years old
2. A New Mexico resident
3. Mentally capable of making and communicating health care decisions, and diagnosed with a terminal disease that will result in death within six months.

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A patient who meets the requirements above will be prescribed aid-in-dying medication only if:

1. The patient gives a written request to their health care provider, signed in front of two qualified, adult witnesses. (The law sets out the specific form that the patient must use.)
2. The prescribing health care provider determines that the patient is capable of making health care decisions.
3. The prescribing provider affirms either that the patient is enrolled in a hospice program or that one other health care provider has confirmed the patient's diagnosis and prognosis.
4. The prescribing provider confirms that the patient is capable of self-administering the aid-in-dying medication.
5. The patient has a psychological examination, if the prescribing health care provider or the consulting health care provider feels the patient's judgment is impaired.
6. The prescribing provider confirms that the patient is not being coerced or unduly influenced by others when making the request.
7. The prescribing provider informs the patient of any feasible alternatives to the medication, including care to relieve pain and keep the patient comfortable.
8. The prescribing provider offers the patient the opportunity to withdraw the request for aid-in-dying medication before granting the prescription.
9. To use the medication, the patient must be able to ingest it on their own. A doctor or other person who administers the lethal medication could face criminal charges.

For further information:

<https://endoflifeoptionsnm.org>

<https://www.compassionandchoices.org/in-your-state/new-mexico>

Annual

Senior Activity Center

Member Meeting

**Thursday, May 23rd
12-1pm**

**Betty Ehart &
White Rock**

**Make your
voice heard**

Vote for
your incoming
board members

Win prizes

Attend the meeting &
be entered
in the drawing

Enjoy lunch

Green Chile Cheeseburger,
sweet potatoes,
cucumber & tomato salad,
diced pears

**Hear from your
Senior Activity Center Leadership**

Receive updates about LARSO from the
2023-2024 Board of Directors &
Executer Director Jacci Gruninger

Who is running for the Board of Directors?

Katie Chapyak



I volunteer 8-9 hours a week around the center to make this environment inclusive and welcoming. This community is so important to me, I want to share how invaluable the resources provided by LARSO are.

Lee D'Anna



When I was asked to complete the term of a former LARSO Board member, I made a commitment to fulfill the Board's responsibilities. The work has been challenging, and I would like to continue contributing to LARSO.

Yuri Findlay



Mental, physical, and social interactions combine to improve and maintain good health as we age. My main goal is to foster an inclusive environment that sustains a great experience for our seniors.

Katie Fry



Katie joined the board of directors to become involved in what we are doing for the growing senior population in our community. She hopes to increase the usage of the centers by offering seniors a welcoming place to hang out.

Lisa Hampton



I want to stay involved with the community, have fun, and age gracefully. I am concerned about housing, health care, and food and economic disparities amongst certain elderly and disadvantaged groups.

Voting Ballot

Select 3 candidates

- Katie Chapyak
- Lee D'Anna
- Yuri Findlay
- Katie Fry
- Lisa Hampton

Cut out the ballot.

Drop off or mail to 1101 Bathtub Row
or click the link to vote!



ONGOING ACTIVITIES

Schedule is subject to change. A \$5 donation is suggested for exercise activities. Please sign in every time you participate in a class or activity, this helps with our funding.

BETTY EHART

WHITE ROCK

MONDAY

8:45-9:30am Cardio Plus with Heather

TUESDAY

8:45-9:30am Variety Training with Vickie

10-11:00am Strong Bones with Desaree
(May 7)

10:30-11:45am Ukulele Practice

11am-1:00pm Memory Support Group

1:00-4:00pm Party Bridge

4:30-5:30pm Gentle Yoga & Breathwork
with Jacci

WEDNESDAY

8:45-9:30am Cardio Plus with Vickie

9-11:00am Quilters

1-4:00pm Duplicate Bridge

THURSDAY

8:30am Ad Hoc Hikers

10-11:00am Strong Bones with Desaree
(May 2, 9, 16)

10-11:30am Learn to Write Braille Group

2-3:30pm Line Dancing

4:30-5:30pm Level 1 Yoga with Kristine

5:30-7pm Ukulele
(enter through downstairs door)

FRIDAY

10-11:00am Pilates with Mary

10:30-11:45am Ukulele Practice

SATURDAY

9:15-10am Line Dancing

10-11am Step Aerobics

MONDAY

10-11am Pilates with Mary

1-4pm Duplicate Bridge

TUESDAY

10:30-11:30am Chair Yoga with Julie

10am-12pm Wood Carvers

1-1:45pm Strong Bones Practice

WEDNESDAY

10:30-11:30am Yoga with Julie

12-1:00pm Zumba with Priya

1-4:00pm Party Bridge

1-4:00pm Pinochle

THURSDAY

10-11:30am Investment Discussion

1-1:45pm Strong Bones Practice

1-3:00pm Hookers & Stitchers

FRIDAY

10-11:00am Zumba with Priya

1-3:30pm Dominoes

Reminder: Both Centers are CLOSED
Saturday, May 25th and
Monday, May 27th for
Memorial Day Weekend

MAY SPECIAL EVENTS

BETTY EHART

First Friday Movie:
The Bucket List
Friday, May 3
1:30-3:30pm
Popcorn

Beginner's Bridge
with Jerry
Saturdays
April 13-June 8
10:30am-12pm
Currently full

Visiting Nurses
BP/O2 Checks
Thursday, May 9
9am-noon
Free

Computer Users
Group
Monday, May 13
2pm

Senior Health Fair
Tuesday, May 14
10am-1pm

Weight Room
Tutorial with the
YMCA Personal
Trainer
Tuesday, May 14
1-1:45pm

Low Vision & Hearing
Impaired Support
Group
Thursday, May 16
1:30-2:30

Toenails w/ Tina
Friday, May 17
10am-1pm
\$25
Call 505-662-8920
to reserve a slot

The Camel Painting
with Susanne Egan
Monday, May 20
1-4pm
\$30/\$35
Call 505-662-8920
to register

Book Group
I Got a Monster
by Baynard Woods &
Brandon Soderburg
Tuesday, May 21
1:30pm

Annual Member
Meeting
Thursday, May 23
during lunch

Low Vision Game Day
Thursday, May 23
2-3:30pm
Call Transportation if you
need a ride
505-662-8922

BINGO
Friday, May 24
1:30pm
(Low Vision
Cards Available)

Monthly
Birthday
Celebration
Friday, May 31
during lunch

WHITE ROCK

Embroiderers Guild
Monday, May 6
1:30-3:30pm

Visiting Nurses
BP/O2 checks
Tuesday, May 7
9am-noon
Free

Pour Painting with
Dallas Schmitt
Wednesday, May 8
1-4pm
\$30/\$35
Call
505-672-2034
to register

Weight Room Tutorial
with the YMCA Personal
Trainer
Friday, May 10
1-1:45pm

LARSO Board of
Director's Meeting
Thursday, May 16
9-11am
Public welcome

White Rock Special Events continued
on following page

WR SPECIAL EVENTS Cont.

**FOSC Board of
Director's Meeting**
Wednesday, May 22
2:00pm
Public Welcome

AARP Driver's Safety
Thursday, May 23
11:45am-4pm
\$20 AARP
\$25 Not AARP
Call
505-672-2034
to register

**Annual Member
Meeting**
Thursday, May 23
during lunch

**Travel Lunch
Lecture: Indonesia
w/Martin Cooper**
Tuesday, May 28
1pm

**Monthly Birthday
Celebration**
Friday
May 31
during lunch

The Betty Ehart Center will no longer be open on Thursday evenings. Please join us on Saturdays at both Centers for activities and fun, 9am - 1pm.

Fitness Room, Computer Lab, Billiards, Cards, Games
Monday - Friday 8:30am - 4pm
Saturday 9am - 1pm

***Thank you to
LANL's Community
Partnership Office***

For their generous sponsorship of \$3000 to put towards a new Universal Weight Unit. You help make our work at the Senior Activity Centers possible!



Los Alamos
NATIONAL LABORATORY

Mental Health Awareness Month

By Stacy Frers

Mental health is just as important in our golden years as it is at any other stage of life. Senior citizens often face unique challenges that can impact their emotional well-being, but there are effective ways to maintain a healthy mind.

Combating Stigma & Common Issues

Many seniors may struggle with mental health issues such as depression, anxiety, mental distress, and thoughts of suicide. These conditions are manageable but social stigma can prevent people from seeking help. Treatments are available to help. For most people, depression, anxiety, and mental distress can get better with treatment. Counseling, medicine, and/or other forms of treatment can help. You do not need to suffer in silence. It's important to remember that mental health challenges are common and reaching out for support is a sign of strength not weakness.

Loneliness: A Silent Threat

Social isolation and loneliness are major threats to a senior's mental health. These feelings can be exacerbated by retirement, loss of loved ones, or health issues that limit mobility. Staying connected is crucial. This is why having senior centers in your community is vital. Senior centers have lots of programs dedicated to health and socialization.

There are many ways to combat isolation. Here are a few ideas:

- **Social Groups:** Senior centers and community centers often offer social activities and events. Also book clubs and other social clubs are a great way to meet new friends.
- **Volunteer Opportunities:** Volunteering provides a sense of purpose and fosters social interaction.
- **Stay Tech-Savvy:** Video calls, social media (used safely), and online communities can help bridge physical distances.

Look out for part 2
in upcoming News & Notes

BESC & WRSC - May 2024 Meals

Please consider placing your meal orders as far in advance as possible this helps with our shopping and planning.

May 1, Wed	Beef Brisket, macaroni salad, Calabacitas, stewed tomatoes, diced peaches
May 2 Thu	Baked Potato with broccoli & cheese, chickpeas, vanilla yogurt, berries and granola
May 3, Fri	Beef Nachos with red chile, capri vegetables, mangoes
May 6, Mon	Herbed Baked Tilapia, brown rice, Chateau blend vegetables, strawberry sorbet
May 7, Tue	Orange Chicken, stir fry vegetables, Asian lo mein noodles, pineapple chunks
May 8, Wed	Salisbury Steak, parsley potatoes, broccoli Normandy, WW roll, fresh pears
May 9, Thu	Spinach Lasagna, Italian vegetables, garlic breadstick, vanilla yogurt, fruit cocktail
May 10, Fri	Frito Pie, pinto beans, zucchini w/ NAS diced tomatoes, tropical fruit salad
May 13, Mon	Breakfast for Lunch: Scrambled eggs, hashbrowns, sausage, toast, fruit salad
May 14, Tue	NO LUNCH, Centers are OPEN - Join us for the Health Fair today
May 15, Wed	Beer Battered Cod, rice pilaf, grilled artichokes, WW roll, banana
May 16, Thur	Meatloaf, roasted herbed red potatoes, green beans, WW roll, spiced peaches
May 17, Fri	Green Chile Chicken Enchiladas, Anasazi beans, Brussel sprouts, Spanish rice, orange
May 20, Mon	Tater Tot Casserole, garden blend vegetables, WW crackers, mixed fruit
May 21, Tues	Tomato Soup, Grilled Cheese Sandwich, Cauliflower, vanilla yogurt with cherries
May 22, Wed	Fried Catfish, stewed okra, coleslaw, WW roll, applesauce
May 23, Thu	Green Chile Cheeseburger, sweet potatoes, cucumber & tomato salad, diced pears
May 24, Fri	Pork Tamales, black beans, Spanish rice, vegetable medley, gelatin with apricots
May 27, Mon	CENTER CLOSED, Memorial Day
May 28, Tue	Indonesia Day: Beef Rendang, stir fry vegetables, fried rice, mango
May 29, Wed	Chicken Divan, broccoli, tossed salad, WW roll, tropical fruit salad
May 30, Thu	Fish Tacos, capri vegetables, brown rice, vanilla pudding
May 31, Fri	Beef Stroganoff, garden salad, roasted asparagus, WW roll, peach crisp

May 2024 Meal Registration

If you would like to make a lunch reservation please call by 9am

BESC 505-662-8920

WRSC 505-672-2034

Name: _____

Phone: _____

You can also place your order online
www.larso.org/meal-services

Salad Bar available daily at both Centers

Mon	Tues	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	X	15	16	17
20	21	22	23	24
X	28	29	30	31

Catch the Wellness Wave

A Senior Health Fair



**Tuesday, May 14
10am-1pm
Betty Ehart**

**30 community
partners,
organizations,
and businesses
represented!**

This event is designed for community members 55+, as well as their families & caregivers. Topics include: in-home care, assisted living, county social services, health & wellness specialties, environmental education and financial consulting!

- Information
- Resources
- Workshops
- Activities
- Food
- Music



**1101 Bathtub Row
Los Alamos, NM 87544
www.larso.org**

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