



**OUR VISION:**

A community of elders and neighbors supporting one another.

**OUR MISSION:**

To connect members to resources needed to maintain comfortable, dignified, vibrant lives in their homes and community by providing appropriate services, activities, and programs that will further this purpose.

**OUR STORIES: SPOTLIGHT ON LYDIA GARCIA**

TENT is fortunate to count many interesting, accomplished people among its members; none more so than Lydia Garcia. The retablos and bultos of this well-known santera can be seen in museums, churches, and private collections around the world.

Lydia grew up in Talpa and lives in the house where she spent her childhood. One of five girls, her father called her “my little boy,” as she accompanied him on jobs—working with adobe, carpentry, and painting, formulating colors from roots and berries. Her creativity came naturally, inspired by her religious faith. “Art for me is like a prayer,” she says. “I have to do it.” Each of her pieces is signed on back with a prayer.

At first, she gave her santos and angels to family and friends. But when her eldest son, in law school, “confessed” that he had sold her art pieces to pay for dental work, she was thrilled. She had never thought that people would pay for her work.

Completely self-taught, she once signed up to take a class from late Taos artist Ray Vinella. When he saw her work, he told her, “If you take this course, you’ll lose your precious gift.” So she continued on her own and her fame spread. She recalled a visiting German doctor who said, “I promised myself I would not leave this place until I met you.” He left with several of her pieces.

Lydia worked for a time as a beautician while raising her five children, but for most of her life she has made a living from her art. She has taught courses around the country in using recycled materials

(tin, scrap lumber) in art and also served in various places in the Artists in Schools program. She says she learned a lot from working with kids. “I made it a point to be attentive to anything that happened,” she says. “Kids have a lot of ideas!”

Though she continues to make art, keep house, and play guitar, Lydia relies on the warm water of the Taos Youth & Family Center therapy pool (transported by TENT Volunteers) to improve her mobility. “I am so pleased I learned about



Lydia with Volunteers Jim Schultz, Helen Rynaski, and Gary Shapiro

TENT,” she says. “They have been faithful and kind to me.”

As one of the lucky three who drive Lydia to the pool, this writer can attest that time with her is just fun. “If you don’t laugh at yourself, you’re in trouble,” she says. And it’s nice to know that, at least on that day, someone (with a direct line) will say, “God bless you.” — *Helen Rynaski*

## FROM THE BOARD



Statistics are often accused of hiding the truth, but the TENT numbers indicate we are meeting our mission and achieving our vision. For example, since our opening seven months ago on

October 1, 2018, TENT fulfilled 300 Service Requests and we are now averaging 65 per month. We currently serve 35 full Service Members with 50 oriented qualified Volunteers.

Over 500 Volunteer hours have been contributed to fill service requests and another 1,500 hours to run the office, train volunteers, produce the newsletter, hold events, answer the phone, and run the backroom operation.

## OUTREACH: LUNCH AT THE PHIL LOVATO SENIOR CENTER

As part of our outreach to service providers to Taos elders, Rhonda Wyche and I spoke to a lunch crowd of about 60 people at the Phil Lovato Senior Center on May 8. Some of you may be familiar with this center, formerly called Ancianos Senior Citizen Center located just off Albright Street, behind Super Save.

We talked about the opportunities that TENT offers to Members and to Volunteers, the membership levels, services, and restrictions. We distributed brochures with information about how attendees can contact TENT and learn more about us. We were well received and urged to visit again to inform this

## NEXT PUBLIC EVENT:

[https://taoselders.helpfulvillage.com/events/index\\_list](https://taoselders.helpfulvillage.com/events/index_list)

**TEOGRAPHY**, our next public event will be after July 4, date to be announced, at Common Fire. We will be educated about teas, see a slide show, and enjoy both hot and iced teas for our enjoyment.

Our TENT trip to Durango has been postponed until the first weekend in October. So far, we have only five people indicating interest, and we will need to cancel if we can't get a viable number to make the trip. Please notify one of us if you'd like to go.

Catrin: [Events@TaosElders.org](mailto:Events@TaosElders.org) 575-737-0563  
Rhonda: [Events@TaosElders.org](mailto:Events@TaosElders.org) 713-703-4290

Grants and donations have sustained our operation to date. Founding Donor contributions for the reserve fund equal \$15,000. And \$1,800 in donations has been made to the TENT account of the Taos Community Foundation Endowment Fund. With confidence, we project to complete our fiscal year ending June 2109 in the black.

Thank you, neighbors for your interest, support, and involvement. — *Jim Schultz, Board President*



community with future presentations. A bonus was chatting with various seniors who have been volunteering at the center for several years.

Like TENT, its goal is to help seniors live independently in their homes as long as possible. The center offers lunch for \$1.50 on weekdays,

delivers Meals-on-Wheels, offers Tai Chi and exercise classes four days weekly, organizes social events and much more. It provides limited in-home assistance as well.

It is free to all seniors--just show an ID that proves that you are 55 or older to receive your membership card.

Construction is underway on the new senior center right next door. The current building will eventually be converted to an early childhood development and day care center. The Phil Lovato Senior Center is the busiest Taos County hub for older folks. — *Paula Claycomb*

## SIMPLIFY YOUR LIFE: DECLUTTER!



The May 2019 TENT Public Event was held on May 13 at the Alcalde Room of the Taos Civic Center. Thirty-five of us gathered to hear Becky Holsinger, owner of Pieces and Vagrant Heart Gallery, give us tips on how, when, why, what, and where to declutter and to downsize. — *Rhonda Wyche*

## SOME THOUGHTS ON PRIVACY & CONFIDENTIALITY

I thought at first that the rules for confidentiality for TENT Volunteers, with regard to Members, might be simple.

Rule #1: Members don't give up their privacy and confidentiality when they ask for service. Volunteers do not say anything to others about the Members they serve.

Rule #2: We Volunteers all have moments when we slip. A Volunteer who slips on Rule #1 either catches herself/himself or is reminded by another Volunteer.

And then, after listening to other Volunteers, I thought, "Yes, but . . ."

Yes, but some Members care a great deal about their privacy, and some not at all. Yes, but Volunteers live in a community with Members and see each other in grocery stores, post offices, doctors' offices, perhaps at TENT-sponsored social events, perhaps meeting Members' neighbors or family. How does Rule

#1 work in such non-private situations? Maybe not so simply.

I think that one principle might be that a Member can give up some privacy, but Volunteers don't give up that privacy first. In a public place or a social setting, a Member might choose to introduce a Volunteer to a friend as a TENT Volunteer, but the Volunteer must remember that the Member's privacy is to be respected (for example, a visit to a doctor doesn't have to be mentioned by the Volunteer). There are plenty of ambiguous situations, but we're all old enough to know what respect for privacy is.

And then, there are Volunteers like me, who delight in people's stories. People often like to tell their stories, and I'm the guy who loves to hear them. Outside of the TENT context, if you told me a part of your story that didn't seem very private, I'd probably ask if it was OK to repeat it. Is that gossip? Not for us story lovers. So . . . as a TENT Volunteer, I hear Members' stories that enthrall me. They nourish me for the rest of the day and beyond.

And they stop with me (unless the story signifies some danger to the Member . . . more

ambiguity! But that's for another discussion).  
– Joe Von Kugelgen

## LIFE INSURANCE – IT'S FOR THE LIVING

Please don't run screaming yet. This won't be painful. In my years of selling insurance, not too many people wanted to talk about life insurance, but the ones who loved their families sat down and dealt with it anyway. Eat your peas, and you'll feel great afterwards.

There are a few simple questions to ask about your need for life insurance, and your answers will help you do what you need to do.

**DO YOU NEED IT?** Who will miss your financial support when you're gone? Who would benefit from a little extra money when you're gone? If your answers are something other than "nobody," then you could need life insurance. Why life insurance, rather than just willing your investments to your loved ones? You can do both, of course. But the premium you pay for life insurance, even for many years, is relatively low compared to the benefit for your loved ones. It's getting more for your money for their benefit!

**HOW MUCH DO YOU NEED?** Your agent probably has a form or list of questions that simplifies figuring this out. The answers will depend on your life situation. One size does not fit all! If your agent doesn't have such a form or list and just proposes some round amount of coverage, that's when you should run screaming and find a better agent!

**WHAT KIND SHOULD YOU GET?** You may have heard that there's term insurance and permanent insurance. True. You may have heard that you should always buy term insurance. (Thank you, Suze Orman.) Not true. Maybe yes, maybe no. If your agent says, "always term," this is another "run screaming" situation. Term insurance is super-affordable

when you're young, so it's a good way for young parents to get the coverage they need to protect their spouse and children. As we get older, it gets more expensive, and when we're in our 50's and 60's, it can be exorbitant.

Permanent life insurance premiums are higher than term because by accumulating cash value, it becomes kind of a savings account; it is your money to withdraw, take as a loan, or allow to accumulate. It's often compared to buying a home and building equity, whereas term insurance is more like renting an apartment.

The cost of all kinds of life insurance goes up as we age. You can convert term life insurance to permanent life insurance, but that will also be very expensive when you reach your 50's and beyond. Thus, it's smart to anticipate whether you want to do that and convert your term insurance sooner: in your 20's, 30's or 40's. Get your agent to look at the premiums in future years and plan when/if you want to make that change. Or you (or your adult children or grandchildren) can just skip term insurance and get permanent insurance from the start, locked in at a fairly low premium that will never change.

Meanwhile, it's a good idea to periodically recalculate how much you need, as your needs can change over time. Do that every few years or whenever your life situation changes – new baby, divorce, remarriage, etc. See, peas taste so good!  
– Nancy Ewing

## DEJA VIEW: MY FIRST MOVIE

There couldn't have been a better introduction to the movies. I was six, and allowed to stay up after my bedtime (!) and go to the movies with my parents. The movie was *The Great Dictator*, with Charlie Chaplin: still, so far, the greatest artist the film industry has produced.

It was 1940, and the ultimate horrors of World War II were yet to appear. (Chaplin later said that if he'd known, he wouldn't have made the movie.) Gone was the famous Little Tramp, but in this film, Chaplin was spot on in his imitation of Hitler, all screams and gesticulations. He plays a barber, a survivor of World War I, who happens to look exactly like *The Great Dictator*.



## TECHNOLOGY at TENT

You thought that Taos Elders is just a service matching Volunteers with Members? Well, these days, it takes a lot of technology to accomplish that! Here is a brief overview of the computer-related services that we use.

Helpful Village is the application we use to track all the Member service requests and match them to Volunteers. It also keeps our mailing list and more. [TaosElders.org](http://TaosElders.org) is our internet address.

We check the background of our Volunteers using an internet service that searches state and county records.

This leads to all sorts of the usual Chaplinesque complications, with him ending up making an impassioned plea for humans to curb their greed and join each other in brotherhood. He ends by telling the girl (Paulette Goddard), "Look up! Look up!"

I remember thinking, even then, "That's not going to do much good!" A cynic? Seeing the movie a lifetime later, I was moved by Chaplin's desperate naiveté. He wrote and directed his movies, as well as starring in them. *The Great Dictator* is still available. If you're a fervent movie fan, go for it. —Joanne Forman

## TENT at Cid's

On May 11, at Cid's Food Market, our intrepid TENT volunteers took turns handing out brochures and accepting donations. In this photo, Sharon Bradshaw and Reggie Mosser inform interested shoppers about TENT. They reported lots of local interest and positive feedback--and it didn't snow!

Of course we use electronic mail for much of our communication. When you phone us at (575) 224-6335, your calls are forwarded to one of our call managers via Google Voice. This also records your voice message and sends that message as text.

Our newsletters are distributed using MailChimp, which, in turn, uses mailing lists from Helpful Village. TechSoup is a web site that offers discounts to nonprofits for software, hardware, and training. We use Dropbox to share business files.

QuickBooks automates our bookkeeping and helps reconcile our bank account. We can pay

state and federal taxes with their online portals. I check our Centinel Bank account online, and use Stripe to process payments via credit or debit cards; we can automatically renew monthly membership payments. (PayPal can do the same, but it allows direct transfer from our bank accounts.)

Patriot software computes our payroll, transfers pay to our employee's bank account,

## FAMILY CAREGIVERS PROVIDING COMPLEX CARE

The American Association of Retired Persons (AARP) Public Policy Institute “promotes the development of sound, creative policies to address our common need for economic security, health care, and quality of life.” It does “research, analysis, background, and commentary on health issues affecting adults 50+.” (<https://www.aarp.org/ppi>)

In April the AARP Policy Institute released Home Alone Revisited: Family Caregivers Providing Complex Care, its follow-up report to the 2012 *Home Alone* study, the first national study of how caretakers are addressing medical and nursing health issues that are normally taken care of by medical professionals. This study surveyed 2,089 family caregivers, through a “nationally representative, population-based, online” survey. This population is not representative because it does not include caregivers with no access to the internet, although the method is efficient.

The study is 63 pages long and includes an executive summary, findings, conclusions, and recommendations. The findings from the report website are quoted below:

1. Today’s caregivers provide intense and complex care, including medical/nursing tasks and managing multiple health conditions that are often accompanied by pain.

and transfers payroll taxes to the feds and state. And none of this mentions the telephone system, which is a technical marvel in itself.

We could, of course, use bicycle messengers to communicate and paper to keep our records, but we are able to better fulfill our mission by using all this technology. — Jim Ludden

2. Today’s caregivers are diverse and so are their experiences.

3. Caregivers who are socially isolated or have no choice about caregiving are more at risk for experiencing difficulties with complex care.

4. Caregivers performing more medical/nursing tasks experience both positive and negative impacts.

5. Many family caregivers are still on their own—health systems should do more to prepare these vital members of the team.

The report's 10 recommendations include increasing awareness; medical, social services, community, and private industry education, research, and involvement; and further research.

These are some of the conclusions of the report:

In the current health care environment, it is presumed that every home is a potential hospital and every service that the person needs can be provided by an unpaid family member, with only occasional visits by a primary care provider, nurse, or therapist.

The sum of all these tasks—activities of daily living, medical/nursing tasks, care coordination, not to mention emotional support and companionship—leaves all too many caregivers

“isolated and with mental and physical health problems of their own.”

America’s caregivers are valuable members of the health care team.

“They should be included in decision making, given opportunities to voice their concerns, and provided appropriate instruction. They should not be taken for granted—or, worse, criticized for their perceived failures and inadequacies. The responsibility for meeting the challenges of the new family caregiving paradigm falls on all sectors of society, but health care and social service professionals and the systems in which they work bear a special duty to bring about a culture change. They must implement new practices and policies . . . Public policies and funding should be tailored to support these practices in diverse communities.”

### **The Caregiver Advise, Record, Enable (CARE) Act**

The Caregiver Advise, Record, Enable (CARE) Act is a commonsense solution that supports family caregivers when their loved ones go into the hospital and provides for instruction on the medical tasks they will need to perform when their loved ones return home. Although it went into effect in New Mexico on June 17,

2015, there is no New Mexico website about this bill. And in March 2019, AARP published “The CARE Act Implementation: Progress and Promise” (see AARP Public Policy Institute Web page) and I can find no mention of New Mexico. This reflects inadequate information about this bill and its benefits for those who live in New Mexico. See the website below for possible AARP contacts for more information; and you might consider contacting your state representative to find out the status of this bill in our state.

AARP New Mexico (<https://states.aarp.org/about-aarp-new-mexico-contacts/>) The AARP New Mexico State Office is at 535 Cerrillos Road Suite A, Santa Fe, NM 87501 (1-866-389-5636). E-mail: AARPNM@aarp.org. The website lists specific staff members with email addresses and phone numbers. The state office also includes an advisory board made up of volunteers and the state director called the Executive Council. It is chaired by AARP New Mexico State President Annette Johnson: 575-643-6866, annjohnson@aarp.org.

– Lois West

Editor’s Note: The next issue of *inTENTions* will provide additional resources from AARP, including a list of “how-to” videos on such subjects as managing incontinence, diabetic foot care, and giving insulin injections.

## **CAN WE NUDGE OURSELVES TO CHANGE OUR BEHAVIOR?**

For those of us in the inevitable transition from being fully independent to requiring a bit (or a lot) of support from family, friends, TENT, or home care services, we can often ease the way by changing something in our behavior or attitude. For example, it is too big a step for some of us to acknowledge that we can no longer drive our car or that we should remove (those beloved but slippery) area rugs. To look at reasons why people do or don’t do certain things, in April, I spoke with TENT volunteers about my career in social and behavior change communication. We thought this follow-up

article in *inTENTions* would be of interest, since all of us are bombarded every day by companies, groups, and people that want us to do one thing or another. Sometimes, a change is meant for our own good, like exercising or eating better. But sometimes, we are encouraged to change in order to please someone else or to increase profits for a company.

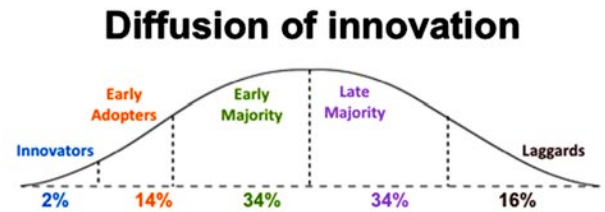
As I mulled over an opening paragraph for this article, two pieces passed across my horizon. The first was an article in *The Santa Fe New*

*Mexican* about the significant decrease in water usage by Santa Fe Mayor Alan Webber, at his residence. He had been criticized for excessive water consumption and for not trying to decrease it. He was quoted as saying, “Turns out the more knowledge and information you have, it changes your behavior.” The second piece was in a letter to “Annie,” of Annie’s Mailbox. Addressing people who resist change, Sara P. said, “The end of the world as we know it is also the beginning of the world as we don’t know it. It might be better.”

While I believe very much in knowledge and information, as Mr. Webber indicated, I do not believe they are usually enough to change many people’s behavior around specific issues. I tend to like Sara P.’s comment a bit more, as it encompasses the notion that people may be afraid of any change and that they are not convinced the change will benefit them.

In the two discussions with TENT Volunteers, I presented three theories of change, beginning with the six-step Trans-theoretical Model and the Diffusion of Innovation (DOI). In DOI, there will always be people who take up a change quite easily, others who do so later, and a few who will always resist change as shown in

this bell curve.



We also discussed a theory of behavioral change from behavioral economics: the nudge. In this theory, a **small, inexpensive** adjustment is made to disrupt the normal environment with the intention of shifting behavior. One example is placing vegetables and fresh fruits, perhaps with colorful names like “Silly Dilly Green Beans,” at the beginning of a school cafeteria food line. This move has been successful in getting students to take and consume more fruits and vegetables. The main ideas behind nudging someone to behave differently are making the change as *automatic* as possible and *framing it in a positive way*. We did not examine how to develop effective messages to convince people to change. Nor did we discuss the many communication channels available in today’s multimedia world. Perhaps in a future session, we can take a look at those two aspects of behavioral change!

– Paula Claycomb

## TENT (Taos Elders and Neighbors Together)

### Membership Levels

**Individual** Full services  
\$350/year or \$32/mo.

**Household** Full services  
\$450/year or \$40/mo.

**Sustaining** No services  
\$150/year

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