



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.

FIRST ANNUAL TENT MEETING, AUGUST 15, 2019

Historic Casa Benavides provided the ideal venue for the first annual TENT meeting on August 15, 2019. The purpose of the gathering, “to give Members, Volunteers and Donors an opportunity to get to know each other, learn more about the purpose of TENT, and share ideas,” was truly accomplished. Almost 70 guests attended the event.

President Jim Schultz welcomed everyone and gave a brief summary of the purpose, organization, and accomplishments of TENT, as outlined in the recently published Annual Report.

Becky Calvert, Volunteer and organizer of this meeting, conveyed her gratitude to everyone for coming. She stated that besides giving Members and Volunteers a chance to meet, Members were encouraged to share with Volunteers any opinions regarding the quality of services received. We were interested in finding out what was going well for Members, what could be improved, and what other services should be offered. Any suggestions were welcome.

Marianne Furedi informed the audience of her initial intention to serve as Volunteer Coordinator for a year, which will be ending soon; Marianne will continue as Volunteer. She introduced Kate Harris, who began as Volunteer Coordinator on September 1. Marianne stated

that TENT Volunteers have truly helped Members meet their needs as they arise. She is “grateful to all the wonderful TENT Volunteers, Members, and supporters for making this program a reality.”

During the social time and lively discussions that followed, Volunteers took notes of suggestions and comments by Members. These ideas will be evaluated for incorporation into our services.

Based on many compliments received, it is fair to say that the first annual TENT meeting was a success and a good time was had by all.

Special thanks go to Tom McCarthy and Tessie Vigil of Casa Benavides for hosting our group.
– Catrin Meyer



FROM THE BOARD



Thank you for your incredible support last year and now on to our second year.

The board is working with Ron Furedi to create our Communication Plan. Ron is a Madison Avenue advertising retiree, so this is being done at a high level and will serve TENT well for many years to come . . . stay tuned.

We need inexpensive office space. So put on your thinking caps with suggestions, offers, and ideas. We do want the space to be independent of any other social or religious organization.

GREETINGS FROM YOUR NEW VOLUNTEER COORDINATOR

As I begin to settle into this position, I want to first thank Marianne Furedi, from the bottom of my heart, for her patience, wisdom, and guidance. She has made this transition as simple as possible for me. There are a few bumps in the road, solely of my own making; with your patience and understanding, these shall be smoothed over in no time!

Secondly, I want to express my gratitude to all the Volunteers. I have been a volunteer for several different nonprofits over the years, and the level of commitment and caring in this group is truly extraordinary. I hope to get in touch with each one of you personally in the next month.

I am starting a meeting topic called "Spotlight on the Volunteers," to be held every now and then. Starting off this month will be David and Meredee Vaughn presenting "Laughter Yoga" (see article on page 3). Any interested Volunteer willing to tell/teach us about their favorite topic is invited to get in touch with me.

Several leadership positions are open: Outreach, Events (ideas needed as well!),

We need more Leaders. Important tasks needing leadership include Radio Publicity and other publicity beyond the *Taos News*, Outreach, Events, Membership Renewal, and Call Managers, as well as support for our existing Leaders. Please remember to renew your sustaining donation and to consider TENT in your estate planning. The Taos Community Foundation has all the information you need and can direct you to the TENT Endowment Fund, which is intended to guarantee the future of TENT. See how at <https://www.taoscf.org>

– Jim Schultz, Board President

Technical Backup, and Mail Help. Please let me know if you are interested!



Marianne Furedi (L) and Kate Harris review Volunteer Coordinator procedures.

I am delighted to be of service to this wonderful group, and welcome feedback of all kinds. Do not hesitate to contact me anytime for any reason.

-- Kate Harris

GREETINGS FROM YOUR NEW MEMBERSHIP COORDINATORS

It's been two years since we arrived in the high desert from the concrete jungle of New York. In the words of Millicent Rogers, this is our "last stop before infinity."

Having both retired from the health care profession—Charlene, a registered nurse, and Gary, a physical therapist—we still had a strong desire to utilize our knowledge in service to others. Since we found our dream house in the Weimer neighborhood, our first obvious choice was to volunteer at Holy Cross Hospital, where we became patient advocates in the ER.

Since our backgrounds were in homecare, we still missed that personal interaction of meeting and assisting people in their residences. The universe provided TENT and we jumped at the opportunity to become volunteers.



Gary, Joe and Charlene

When the positions of Membership Coordinators were offered to us, it felt like a prayer answered. Joe Mazza, who held the position before us, was kind with his time and good humor as he mentored us; and of course, the board members have been a valuable resource.

We look forward to being an asset to this necessary and wonderful organization and feel grateful for this opportunity to serve.

-- Gary & Charlene Shapiro

Ho Ho Ha Ha Ha!

What time is it? Why, it's time TO LAUGH! The "Taos Laughter Club" has manifested in Taos, and it is being celebrated every Monday, 11:45 a.m. to 1:00 p.m., at Kit Carson Park in the children's play area. Free and inclusive. When the weather begins to cool down, we will be meeting at the First Presbyterian Church, 215 Paseo del Pueblo Norte, just north of the playground.



Taos Laughter Club in Kit Carson Park.

Laughter Yoga was created in 1995 by family practice physician, Dr. Madan Kataria of Mumbai, India, in an attempt to prove that "Laughter is the Best Medicine!" It is based on the philosophy of "acting happiness," and is used very effectively to release stress in a positive manner and to encourage social connection. It combines laughter exercises with deep breathing and gentle stretches, but no yoga poses. No jokes or comedy, but is very infectious! Today there are over 6,000 laughter clubs in over 65 countries.

As former Denverites, now TENT Volunteers, we trained with Dr. Kataria in Pasadena in 2006 and started the Denver Laughter Club (still running strong). We've trained 120

laughter leaders and are eager to share this Inner Spirit of Laughter with Taos. Come join us in enhancing our emotional, mental, and physical health together and help to “Foster World Peace, one Laugh at a time!” as Dr. Kataria says. Thanks and Hugs!

-- Meredith & David (Meredee & Davey) Vaughn

YOU CAN BE THE DISCERNING INSURANCE COMMERCIAL LISTENER

Have you noticed how many insurance commercials there are on television these days? What a competitive market it must be! Should you even pay attention to them, except for their entertainment value? Maybe yes, maybe no.

There are some noticeable themes. One is something like “we’ll sell you only what you need.” Well, how does anybody know what you need before you have a claim? The implication is that other insurance companies sell you too much insurance. Experience says coverage is more often not enough when a claim occurs. In the case of car insurance, your state’s laws dictate a minimal amount of coverage in just a few parts of your policy (see *inTENTions*, August 2018). If that’s all you have on your policy, you could be sorely underinsured when you need it most.

How about that app that helps you drive more safely? Good idea! The company that you see advertising it is not the only company that offers something similar. If you use the app and get the discount, the customers who don’t use that app are paying a little more. The safe-driving discount may not be as large as implied in the commercial, but some discount is better than none.

How about calling a toll-free number to buy your insurance? Sounds easy, saves a trip. But who is that person at the other end? Will you

ever talk to them again? Do they ask all the questions that you haven’t thought to ask to set up a policy that works for you? Or is that company pushing their toll-free number to make you think their policy will cost less? Whether you talk to an anonymous person on the phone or a real person face-to-face, they’re getting paid to do their job. And you might develop a relationship with the face-to-face local person. Heck, in Taos, maybe you already know that person!

“Bundling” to save money? Most insurance companies have offered discounts for years if you buy multiple lines (types of policies, e.g., auto and home) from them. Ask to make sure, but it usually does pay to have your home and auto policies with the same company.

Those funny commercials, or the ones that feature an actor you like whose voice sounds trustworthy, can be quite engaging. But do they really reflect how your insurance company is going to treat you if you have a claim? What’s most important to you?

So . . . should you even pay attention to insurance commercials? Their main value can be to give you questions to ask your own insurance agent or broker.

-- Nancy Ewing, retired State Farm agent



to improve surgical care for older patients. They include:

- Discussing the patient’s health goals and goals for the procedure
- Discussing the patient’s expectations for their recovery and their quality of life after the surgery
- Reviewing the patient’s advance directives – or offering a chance to complete them
- Making sure that surrogate decision-makers are named in the patient’s medical record
- Informing the patient as to the possibility of intensive care and getting the

patient’s instructions regarding feeding tubes, dialysis, blood transfusions, cardiopulmonary resuscitation, and mechanical ventilation.

Your choice might be based on your expected quality of life after the proposed surgery and after selecting alternatives. If the surgeon treating you or your loved one doesn’t seem to be adopting these standards, be sure to ask questions so that you can make a fully informed decision.

– Nancy Ewing

TECH NOTES

The Case of the Disappearing Window

I have now helped a couple of our neighbors whose computer screens just seem to disappear. After one of them said that she has Parkinson’s and her hand shakes, I realized that a shaking hand on a trackpad might be understood by the computer as a command to change screens or windows.

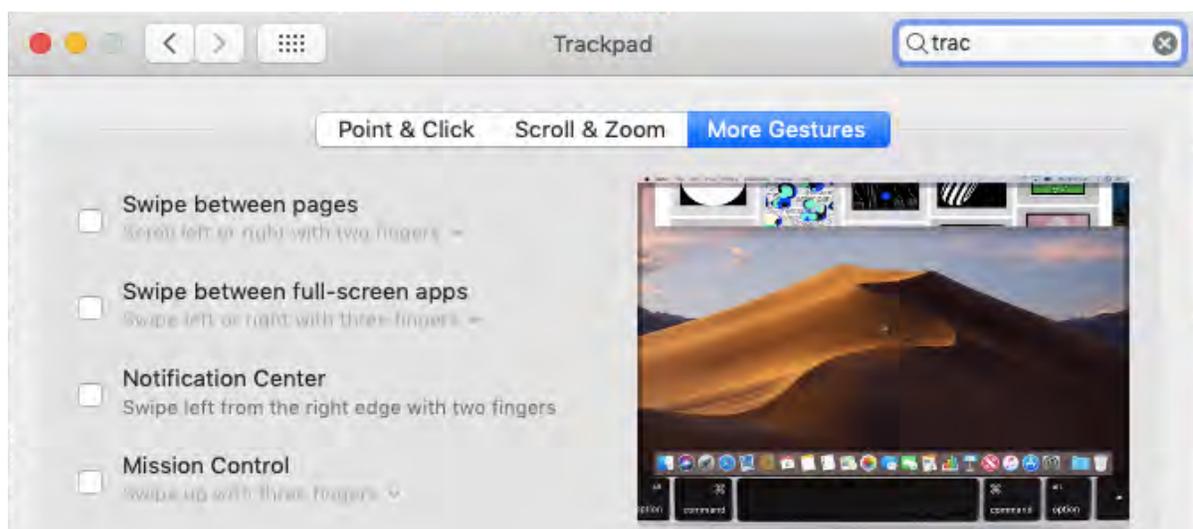
As we get older, our hands become less steady, and you don’t need Parkinson’s to experience

this! We may not be able to control our hands, but we can control the computer, and here is how. This depends on whether you have a Mac or a PC and whether you use a trackpad (on a laptop) or an Apple mouse.

On a Macintosh there are two ways to get to the screen that controls the trackpad:

- From the Searchlight (magnifying glass icon at the upper right of the screen)
- From the Apple menu (upper left) select System Preferences

Then type “Trackpad” to open the Trackpad preference screen



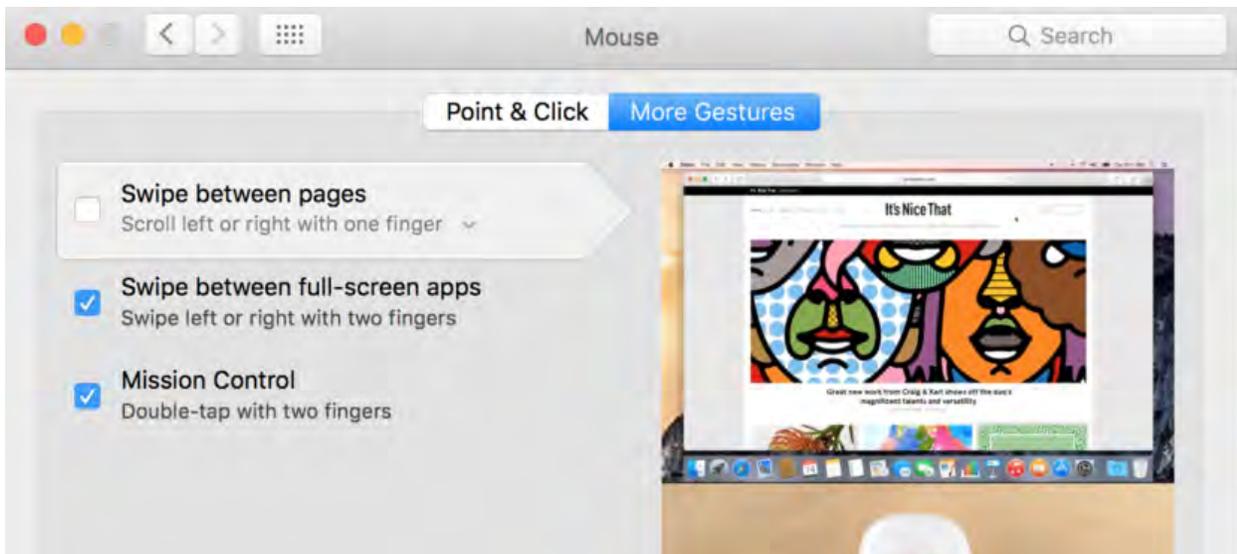
Select the “More Gestures” tab and remove the check from the first two items that start with “Swipe...” (It is this inadvertent swipe that makes the page disappear.) Then you can simply close the Trackpad preference screen by clicking the red dot in the upper left corner of the window.

If you use a wireless Apple “Magic” mouse, the front of the mouse acts like a trackpad. The control is through the Mouse preference screen.

You open this screen the same way you would open the Trackpad preference screen above.

“More Gestures” is only available if your mouse is connected to the computer. If you don’t have a Magic mouse connected to the computer, the “More Gestures” tab is simply not visible.

Again, remove the check from the two items that begin “Swipe...”



On a Windows machine (“PC”), the solution is more complex because only newer laptops have the right kind of trackpad and

software to interpret the kind of shaking that might be interpreted as a gesture. — *Jim Ludden*

Joy Dillingham: Mystic Muse

The belief that life in Taos is nothing short of magical is a sentiment shared by many. For me, much of the magic stems from the adventure of never knowing who you might meet, and never being able to tell from someone's appearance who that person may actually be. Taos is the quintessential “can’t judge a book by its cover” experience.

Anticipating meeting Joy Dillingham, I had no idea what to expect. Prior to our sole face-to-face contact, my knowledge of her consisted merely of her name and telephone number. An initially unproductive exchange of contact-

seeking voicemails didn’t seem to bode well. Nevertheless, I was not to be disappointed.

En route to Ms. Dillingham’s hilltop Ranchos de Taos home, my curiosity was nearing its peak. I assumed there would be some basis for her selection as a profile subject. Indeed, there was.

As I took in the breathtaking near 360-degree view, Ms. Dillingham, a petite, pixie-like, octogenarian with a twinkle in her eye, warmly greeted me, immediately inviting me into her home and into her confidence. She filled me in on the major stopping points in a life journey from small-town west coast Washington; to

theater studies at Seattle's University of Washington; then to a Fulbright-provided period in London; a still longer time spreading the work, establishing a school, and teaching Practical Philosophy* in New York City; and finally to retirement in Taos.

Ms. Dillingham shared highlights of her work establishing Practical Philosophy's blend of Eastern and Western thought in the USA, yet she refused any personal credit for this accomplishment. She seemed rather to see herself as but a vessel for its dissemination.

Far more than a single visit with this spiritual and mystical woman would be required to gain any depth of understanding of her Practical Philosophy teaching. Yet, as I sat with Joy Dillingham, I felt the palpable presence of a modest missionary-muse in quest and in celebration of the better angels of our human nature and our highest potential.

-- Robert J. Silver



* Practical Philosophy is a movement that began in England in 1937. The idea is that all of the world's great teachings focus on the same central themes, and that wisdom is the key to life. Also, philosophy should not be engaged on a purely intellectual level but must be put to daily use with an emphasis on values, attitudes, and behavioral norms. Ms. Dillingham was the first woman to head the organization in New York and spent three decades helping build it.

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

3 Month Trial
\$150 or \$50/mo.

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