



**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.

**From Jim Schultz**



I am taking a year’s sabbatical from TEnt. I remain committed to TEnt and will always be a part of it. But I need time to recharge my batteries at this moment. We have an ample

and powerful Board, so no worries. We are excited about the newly formed Marketing Communications Committee, the

Member Care Committee, and the Activities Committee. These are initiatives which we hope you will support. We need an Events Committee—someday COVID will calm down, and we need to hit the ground running with informative and engaging public events. Remember, we got started with public meetings in 2017 and 2018.

**All of us at TEnt thank you, Jim!**

**Bette Myerson Is an “Unsung Heroine” in the *Taos News***



Bette is everywhere in TEnt, doing many of the hard and often thankless jobs steadily, patiently, and with her trademark sly grin that speaks of quiet progress. She is a cofounder of TEnt and continues to this day as secretary, ace grant writer, and fundraiser. *Bedrock* is the descriptive adjective that comes to mind!

-- Jim Schultz

Also, see a tribute to TEnt from Member Pamela Tennant-Harris in the *Taos News* Sept. 23-29.

## VOLUNTEER COORDINATOR UPDATE

Fall is upon us! It feels to me like summer went by very quickly...TENT is as strong as ever, with our wonderful Volunteers picking up almost all of the service requests, able to accommodate our new Members with the help of two new Volunteers; please welcome Jan Haller and Jana Ebeling to the Volunteer roster.

We also want to welcome Cyndee Gustafson, who is interning with us until December for a university course requirement. We will be benefitting from her research (so far, the online shopping protocols and availability of COVID testing PDFs included in this issue are her work)—and her general willingness to support TENT in various ways, including picking up service requests when she is able.

Marketing Leader Ron Furedi is setting up a new committee for Marketing and Communications, with the help of board member Caryle Zorumski. If any of you have public relations experience and are interested in serving in this capacity, please let me know. We could use your help! Also, TENT is beginning to set up a testimonials/kudos page on the website (title still to be determined).

Anyone hearing something like this is encouraged to document (with the author's

permission) and send it to me.

We are in the process of distributing car magnetic signs with the TENT logo on them to our most active transport Volunteers. When you see one around town, give the driver a wave! I think you will be surprised to see how often transport is provided! And if you are a driver, do not be surprised if you get asked, as happened to one Volunteer lately, if you take elders camping . . . LOL!



Thanks to all who attended our Volunteer and annual meetings. They were a great success and confirmed the warm spirit of our community. As always, thanks to all TENT Volunteers who so generously provide these much needed services. You are essential to this community regardless of the scope of services you provide. Every bit helps!  
-- Kate Harris

## Age In Place Safely and Comfortably

For the last several years, aging at home throughout retirement has become more popular. (That's why we started TENT!) We all have our own reasons, and it helps that it can save a lot of money to postpone or avoid moving into an assisted living facility.

Unfortunately, many of our homes are not designed to make "aging in place" easy. Fortunately, architects and designers have ideas

to enhance the comfort of aging residents, often called "universal design." (Check out [universaldesign.com](http://universaldesign.com) for lots of education on what it means and how broadly it's applied!) Many builders are using universal design in new homes but adding elements of universal design to your existing home can be simple or more complex, depending on your desires. This can enable you to "stay put" a lot longer.

Here are some general ideas for making your home easier to live in long term. A frequently

suggested idea is to use “smart lighting.” It lets you turn lights on and off from your favorite chair or from Smith’s parking lot. You can pre-program an on/off schedule and adjust the brightness. All you need to do is buy smart light bulbs that screw into your existing lamps or smart plugs for the outlets for your lamps or fans.

Smart lights and plugs are controlled by your smart phone if you have one, or they can be controlled by your voice if they are hooked up to your “Alexa” or “Hey, Google” smart speaker device, if you have one. A smart speaker can also control your smart thermostat and security system. To follow these recommendations, you’ll need to have good internet capability in your home—and maybe a 12-year-old grandkid.

Another easy idea is to paint your home in contrasting colors to help aging eyes. You can use different colors to visually separate walls and baseboards from floors. Using levers instead of knobs on doors and cabinets will make opening them a lot easier for arthritic hands. If you use a wheelchair or walker, it helps to have someone widen your doorways to 34-36 inches.

**Kitchen ideas:** Install under-cabinet lighting to brighten your counters. Install pullout or pull-down shelves in kitchen cabinets so that it’s easier to use the entire storage space and to reach all of it. If you’re willing to do a little remodeling, you can even vary countertop heights to accommodate cooks who are standing or seated.

**Bathroom ideas:** The easiest thing is to replace your stationary showerhead with a handheld showerhead, so you can shower all around even if you’re sitting on a shower stool for safety.

If you use a wheelchair to get around, a wall-mounted sink lets your knees poke through

under the sink. Some vanity tops have routed edges in the front that you can use as a grab bar or a towel rack. How about using contrasting colors for the sink/tub and floor, so your eyes don’t have to work so hard?

If you’re doing a little remodeling, look to the future and prepare for shower and tub grab bars by putting plywood behind new tile, so the bars have something to attach to when you’re ready to install them.

One way to find out what it’s like to live with universal design is to treat yourself to a night in an accessible hotel room with a kitchenette. Living with such features overnight will help you envision what it would be like to install them in your home and to decide what would be most helpful to you. -- Nancy Ewing

## GREAT READS

[Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants \(Milkweed Editions, 2013\)](#)

This book by Robin Wall Kimmerer bears reading more than once. It is that good. In fact, it is the most influential book I have read in some time. Kimmerer, a botanist, and a member of the Citizen Potawatomi Nation, claims that plants are our oldest teachers. She writes about the natural world with the passion of a Native elder, but also informed by her academic study of botany. She draws on her knowledge of sweetgrass to illustrate her point that the natural world has much to teach us if we listen. Humans are a vital part of the essence of sweetgrass. Grasses are adaptive to disturbance. In fact, sweetgrass has become dependent on humans to create the disturbance that stimulates growth. We participate in a symbiosis in which sweetgrass gives its blades to people; and people, by harvesting, create the conditions for sweetgrass to flourish. Kimmerer comes to this knowledge not through her academic study, but rather through her indigenous observation.

Reciprocity between plant and human is a self-perpetuating cycle.

According to Potawatomi myth, sweetgrass was the very first plant to grow on earth. It was brought by Skywoman, who created a garden for the wellbeing of all. Kimmerer explains that becoming Indigenous to a place means living as if our children's future matters and caring for

the land as if our lives, both material and spiritual, depend on it. The plants tell the story; our task is to learn to listen to the natural world. This is the essential message of the book: learn to listen to the natural world and let it teach us how to live respectfully on the planet.

-- Julian Spalding

## LAUGHING UNDER THE TENT

My mom was visiting recently, and we sat stunned as we watched TV's Martha Stewart getting ready for Christmas. In 20 minutes, she made an elaborate gingerbread house that looked better than the one I am living in. She followed this with baking 300 cookies the size of whoopee cushions, which she decorated and hung from the Christmas tree.

Two grown women watching a homemaking god prepare for a holiday that is three months way is what is so incredible about the Martha Stewart phenomenon. I find myself unable to turn off her program.

What does this mean? Are there other women out there who are returning to putting creativity back into their homemaking, to join those who never left?

That's what those of us who had Martha Stewarts for neighbors tried to get away from. You all remember her. She was the woman who hand-painted her garbage cans with sunflowers while we didn't attempt anything that didn't have connect-the-dots. She maintained an organic garden, knew how to change fuses and made elaborate Halloween costumes for her children while the rest of us cut holes in garbage bags and shoved the kids out the door.

She entertained with theme parties (Low Fat Fertility Foods Nite). She baked every day and ate nothing.

It's been 20 years since I've thought about a windowsill garden, but the other night as I watched Martha stake her tomatoes with rings cut from her pantyhose, I said, "I can do that."

I have started going to flea markets looking for mismatched bargain dishes to bring interest to my table. I think I bought back most of the dishes I got rid of in 1958, but I'm not sure. My husband can't figure out what has happened to me. The other night I watched Martha plan a lobster bake by the seashore. He watched with me as she poured half a cup of gin in the boiling water before she dropped in the lobsters.

"Why doesn't she just drink the gin and forget dinner?" he asked.

"Shhh."

Martha said, "The gin relaxes the lobster. If you were going to be dropped into boiling water and steamed, wouldn't you want a drink first?"

When she was ready to take it all to the seashore, she had little brushes handmade from rosemary and dill, butter with chili and limes in it, and fresh corn. My husband said dryly, "But will it play in a carport?"

Martha is not married.

*Erma Bombeck. From "Forever Erma," September 27, 1995*

-- Sharon Bradshaw



## Auto Assist Grab Bar

While caring for my mother in her late 80s, I was always happy to find a food or art project she enjoyed, or a tool that helped her feel more independence. This particular day, we were leaving the Wound Clinic at Holy Cross Hospital. A kind attendant offered to walk us to the parking lot. As Mom struggled to get in the car, the young woman mentioned something called “Auto Assist Grab Bar.”

Curious, I went to Walgreens and found one for about \$20. It turned out to be simple to use, letting Mom get in and out of the car without my assistance.



The L-shaped bar just pops into the U-shaped door striker or latch on the frame when the car door is open. Being on the door frame makes it steady—unlike the door itself, which my mom tended to want to hold onto. The user can grab the bar handle, leaning with full weight if needed. The one-pound bar lifts out easily and can be stored in the door pocket.

In researching this article, I didn’t find the bar at Walgreens. But when I googled “Auto Assist Grab Bar,” there were several under different names. The original bar I got went with Mom to my sister’s place, but I plan to get another—especially since becoming a TENT Volunteer. Such a simple device with grand results.

*-- Jan Haller*

---

## Voice Mailbox Full

Many of our TENT Members are not technically sophisticated. We may have cell phones, which can receive recorded messages (“voicemail”) from callers, but not know how to remove them. After a while, our voice “mailbox” gets full, and callers can no longer leave messages.

Here is how to empty your voice mailbox, depending on the kind of cellphone you have.

### iPhone

1. From a home screen, tap the phone app icon
2. Tap voicemail icon (lower right)
3. Tap the desired message, then tap the trashcan icon
4. Tap deleted messages
5. Tap clear all (upper-right) then from the prompt
6. Tap clear all to confirm; Or:
7. You can tap edit in the upper right
8. Then click on all messages you wish to remove
9. Finally, click on “delete” in the lower right corner.

### Android

This will change, depending on the manufacturer of your phone and your wireless carrier. Here are customer support numbers for the top four wireless carriers:

- Verizon: 1-800-922-0204
- AT&T: 1-800-331-0500
- T-Mobile: 1-800-937-8997
- Sprint: 1-888-211-4727

Just let them know that your voice mailbox is full, and they’ll help you fix the problem.

1. Launch the phone app.
2. From the bottom, click on “voicemail.”
3. Select a voicemail, then the three-dotted menu.
4. Select “delete.” To delete multiple voicemails, press and hold the first voicemail message, then “more items.”

### CenturyLink

If you do not have a wireless (cell) phone, CenturyLink is your carrier in Taos. Their support phone number is 1-800-244-1111.

*– Jim Ludden*

## Aggregating Service Data

Around the U.S. are nearly 300 “elder villages” like TENT. Our software vendor, Helpful Village, will be aggregating service and event data from 50 of its customer villages, including TENT. The idea is to show funding organizations the efforts that villages like Taos Elders and Neighbors Together have nationwide. Helpful Village calls this a “Taxonomy Project.”

Helpful Village will map the names of services and events from each cooperating village to common sets of service and event names. They will collect data on the counts of each without any individual names or other identifying information. These data will show potential funders how much our organizations are helping our Members, especially during this challenging time of the pandemic.

-- Jim Ludden

## COVID TESTING LOCATIONS IN TAOS (9/15/21)

The below information is from the Town of Taos website and may change without notice by the Town of Taos. You may also check the Taos Covid Task Force website at: <https://www.taoscovidtaskforce.com/testing-locations> Different types of tests.

Holy Cross Hospital, 1421 Weimer Rd.  
575-751-8951

Monday/Tuesday/Thursday 8 am – 5 pm, If seriously ill, seek care/testing at ER. PCR\* testing requires written request from primary care provider. Results in 1-2 hours. See [www.holycrossmedicalcenter.org](http://www.holycrossmedicalcenter.org).

Nextcare Urgent Care, 330 C Paseo del Pueblo Sur, 575-758-1414, Monday-Sunday 9 am–7 pm, Testing via appointment.

\*Polymerase Chain Reaction

El Centro Family Health, 1331 Gusdorf Rd.  
575-758-3601, Monday-Friday 8 am – 5 pm,  
Testing available for established patients only.

Family Practice Associates of Taos, 630 Paseo del Pueblo Sur, Suite 150, 575-785-3005,  
Monday-Friday 8:30 – 11 a.m. and 1:30 – 4:00 pm, Must be seen for walk-in appointment. PCR testing with results in 48 hours.

Mogul Medical - Taos Ski Valley, 575-776-8421,  
Saturday-Sunday 10 am–4 pm and Monday-Friday – call for appointment. Rapid antigen testing, results in less than 30 minutes. Billed to insurance or \$99 out-of-pocket.

Taos/Picuris Indian Health Center, 16 Spider Rd 110, Taos Pueblo, 575-758-6920,  
Monday/Wednesday/Friday 10 am by appt. Must be IHS-eligible.

Taos Public Health Clinic (drive through),  
1400 Weimer Rd., 575-758-4719, PCR testing available Monday 9-10 am, Register at [www.cvtestreg.nmhealth.org](http://www.cvtestreg.nmhealth.org)

Taos Youth and Family Center (drive through),  
407 Paseo del Canon East, 575-562-8201, PCR testing Wednesday and Friday 8 am – 2 pm Register at [curative.com](http://curative.com), Results in 48 hours.

## ONLINE TESTING

Vault (at home testing), Register online for free testing at [learn.vaulthealth.com/nm](http://learn.vaulthealth.com/nm), PCR saliva testing simultaneously with ZOOM conference with lab. Results within 24-48 hours (after samples arrive at lab)

Retail (at home testing)  
Binax NOW, Ellume Covid-19 Home Test, Quidel Quickvue, Available for purchase via online retailers, \$25-35 for two tests, At home nasal swab antigen testing. Results in 15 minutes  
-- Cyndee Gustafson

Instructions for Online Grocery Ordering in Taos, NM (as of 9/13/21) --Cyndee Gustafson

<p>ALBERTSON'S 710A Paseo del Pueblo Sur Taos, NM 87571 575-758-1250</p>	<p>SMITH'S 224 Paseo Del Pueblos Sur Taos, NM 875 575-758-3711</p>
<p><b>NOTE: Make sure you are in the correct store location BEFORE starting your order.</b></p>	<p><b>NOTE: Make sure you are in the correct store location BEFORE starting your order.</b></p>
<p>Set up an online account: Use your Rewards account. Website: <a href="https://www.albertsonsmarket.com">https://www.albertsonsmarket.com</a></p>	<p>Set up an online account: Website: <a href="https://www.smithsfoodanddrug.com/stores/details/706/00426?cid=loc_70600426_gmb">https://www.smithsfoodanddrug.com/stores/details/706/00426?cid=loc_70600426_gmb</a></p>
<p>Payment: Credit or Debit cards at time of placing order. (Albertson's does not currently take Government SNAP EBT).</p>	<p>Payment: Credit or Debit Cards (now accepting Government SNAP EBT).</p>
<p>Coupons: You may use your Rewards and receive reward points. You may also use digital coupons at the time of purchasing, however, be aware the final dollar amount will be adjusted when you pick up your order. (This is dependent on weight of items, coupons, taxes, etc.)</p>	<p>Coupons: You may use digital coupons, however, be aware the final dollar amount of your order will be adjusted when you pick up your order. (This is dependent on weight of items, coupons, taxes, etc.)</p>
<p>Pick Up: You will select a time slot to pick up your order (a one-hour window). Hours: 7:00 a.m. – 9:00 p.m., seven days a week. If unable to pick up items during your allotted time, contact the in-store personal shopper as soon as possible to make alternative arrangements (575-737-6699).</p>	<p>Pick Up: You will select a time slot to pick up your order (a one-hour window). Hours: 7:00 a.m. – 9:00 p.m., seven days a week. If unable to pick up items during your allotted time, items are restocked, and you will need to place your order again. You can schedule a pickup up to seven days in advance.</p>
<p>Pick Up Locations: Park in the designated areas for Curbside Pickup. Call the number on the sign. Associates will bring groceries to your car and load them for you.</p>	<p>Pick Up Location: Park in designated Curbside Pickup spaces. Call the number on the sign. Associates will bring groceries to your car and load them for you.</p>
<p>Substitute Pick Up: Someone else can pick up the groceries but will need to give the store the purchaser's name/telephone number and they may have to provide an ID.</p>	<p>Substitute Pick Up: Someone else can pick up the groceries but will need to give the store the purchaser's name/telephone number and they may have to provide an ID.</p>
<p>Fees: Pick Up is free for orders of \$ 30.00 or more.</p>	<p>Fees: Pick Up is free for orders of \$35.00 or more, otherwise there is a \$4.95 fee.</p>
<p>Questions about your order: Call 575-737-6699. Seven days a week from 8:00 a.m. until 7:00 p.m.</p>	<p>Questions about your order: Call 1-800-576-4377 Mon-Fri from 8:00 a.m. to midnight EST and Sat-Sun 8:00 a.m. to 9:30 p.m. EST.</p>
<p>Prescriptions: At this time, you cannot pick up prescriptions through online ordering.</p>	<p>Prescriptions: At this time, you cannot pick up prescriptions through online ordering.</p>
<p>How to Cancel an Order: Go to the website above and select "My Account" to make modifications or cancel your order.</p>	<p>How to Cancel an Order: Same day orders cannot be changed. However, you can modify orders or cancel them, but you may lose your time slot. Next day Pick Up orders can be modified until midnight of the day you order. Visit "My Purchases" on the above website to modify your order.</p>
<p>Restrictions: If you order tobacco or alcohol, you will need to provide Government issued ID at time of pickup. No one under 18 may pick up these items for you.</p>	<p>Restrictions: If you order tobacco or alcohol, you will need to provide Government issued ID at time of pickup. No one under 18 may pick up these items for you.</p>



## RESOURCES

There is always new information from AARP on scams and schemes targeting seniors! Some of the latest: Someone calling you claims to be from AARP Security Systems (there is no such organization) and asks for your personal information so they can prevent you from being a scam target. Other scammers advertise in-demand products (such as personal protective equipment and masks) and all you must do is click on a link—don't do it! These imposters also post on social networks such as Facebook announcing "an amazing online sale" they just discovered. Contact the AARP Fraud

Watch Network Helpline (1-877-908-3360) if you think you might be a target.

AARP also warns that someone might knock on your door, claiming to be from your utility company and saying they must inspect or repair your equipment. Or you get a call or email stating that your account is past due, and your power will be cut off if you don't pay immediately. Or the caller says you overpaid your utility bill and if you give them your bank account number, they'll send a refund. Don't do it! Hang up, phone your utility company, and clarify your status with an actual person if you have any uncertainty about it. – *Linda Thompson*



Please click [here](#) to make a charitable contribution so that TENT can help our elder community.

**TENT needs your help to help others.**

**TENT**

**(Taos Elders and Neighbors Together)**

### Memberships Receiving Services

#### Individual

\$350/year or \$32/mo.

#### Household

\$450/year or \$40/mo.

#### 3 Month Trial

\$150 or \$50/mo.

### Directors

Jim Ludden, [support@TaosElders.org](mailto:support@TaosElders.org)  
 Reggie Mosser [Treasurer@TaosElders.org](mailto:Treasurer@TaosElders.org)  
 Bette Myerson, Secretary/Fundraising [Bette@taosnet.com](mailto:Bette@taosnet.com)  
 Yvonne Hayes [hayesweaver@yahoo.com](mailto:hayesweaver@yahoo.com)

Caryle Zorumski [Dr.Zorumski@Yahoo.com](mailto:Dr.Zorumski@Yahoo.com)  
 Jacob Crisp [jacobwilliamservices@gmail.com](mailto:jacobwilliamservices@gmail.com)  
 Honore Maloney [jmaloney@taosnet.com](mailto:jmaloney@taosnet.com)

### Leads

Kate Harris [Volunteers@TaosElders.org](mailto:Volunteers@TaosElders.org)  
 Gary & Charlene Shapiro [Members@TaosElders.org](mailto:Members@TaosElders.org)  
 Nancy Ewing, Renewal Lead [newing5994@gmail.com](mailto:newing5994@gmail.com)  
 Yvonne Hayes, Activities [hayesweaver@yahoo.com](mailto:hayesweaver@yahoo.com) Linda Aubrecht, Member Contact [aubrechtlinda6@gmail.com](mailto:aubrechtlinda6@gmail.com)  
 Ron Furedi, Marketing [ronfuredi@gmail.com](mailto:ronfuredi@gmail.com)  
 Linda Thompson [Editor@TaosElders.org](mailto:Editor@TaosElders.org)  
 Terry Thompson [Publisher@TaosElders.org](mailto:Publisher@TaosElders.org)

PO Box 3561 Taos, NM 87571 (575) 224-6335

[www.TaosElders.org](http://www.TaosElders.org) [TaosElders@gmail.com](mailto:TaosElders@gmail.com)