



## MUSIC WILL GET US THROUGH THIS!

Our friend, Taos/Texas musician Michael Hearne, released a new album during the difficult year of 2020 called *Better Days*. We have known Michael for 20 years, love his music, and immediately ordered a copy. One of our favorite songs on it is called “I’m a Senior.” Here are the lyrics, which we can all relate to:

*Can't find my wallet, can't find my keys, can't find my iPhone I used to find with ease*

*I'm a senior, yeah, I'm a senior, somebody help me please!*

*Can't find my password, can't copy and paste; and all my contacts somehow got erased*

*I'm a senior, yeah, I'm a senior, somebody help me please!*

*I don't remember birthdays; I barely remember my own; lucky if I remember the words to this song.*

*The days are gettin' shorter, the nights are gettin' long*

*I wake up every hour and I have to use the throne.*

*I need a new knee, I need a new hip, I need a new hearing aid, I can't hear shhh....*

*I'm a senior, yes, I'm a senior, somebody help me please!*

### 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.

*I may be moving slower but I'm not over the hill; I love to play the guitar, I guess I always will*

*My fingers may not move as fast as they used to do*

*But now and then I get down on the deep river blues.*

*Can't find my slippers, they're under the bed; can't find my glasses, they're on top of my head*

*I'm a senior, I'm a senior, somebody help me please!*

*Well, I'm a senior, I'm a senior, Lord have mercy on me. Lord have mercy. \**

When this song came out, we all had to laugh in recognition of what we go through every day. Passwords? Uh . . .Glasses? Somewhere here . . . What was that movie we watched last night? Who was in it? Michael hit the nail on the head with this one!



One of the things we missed the most last year was going to live concerts with our favorite local musicians, such as Michael Hearne, the Rifiers, Jimmy Stadler, and others. The plaza concerts were cancelled, the entertainment venues were closed. But one of the things that cheered us up the most was listening to music! CDs, radio and TV shows, virtual concerts (Michael did a number of them) cheered us up, helped us get through the day. We're so

grateful for the Internet! If you want to check out some of Michael Hearne's music (and that of other local musicians we all love), go to <https://www.howlindogrecords.com/> Maybe this summer we'll see you at a live concert— Taos Plaza, KTAO, Sabroso, who knows?

— Linda Thompson

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## FROM THE BOARD:



We all know Spring takes until June 1st to reach Taos. Of course, TENT has not been dormant for the past year— just safely distanced. The waiting is agony. I think it will

be the same till we are all safe enough to have public meetings again, but now is the time to think about how you will participate in the renewed life of TENT.

We need a publicity leader, we need to form a programs/events group to plan and execute public programs, we need leaders for interest groups; and we need YOU to come out of dormancy and be active in support of our 50+ Members. Thank you, get vaccinated, stay well, and be patient. -- Jim Schultz, Board President

## TENT Preferred Provider List

TENT will begin a new program to collect your good and bad experiences with the commercial vendors who work in and around our homes such as your plumber, handyman, or whatever. The providers will need to be licensed (for those skills that require a license). Your positive experience report to TENT will be the other criteria.

A provider cannot get on this list as a way to advertise; the only way is when one or more

TENT community members gives a glowing testimonial. The list will be accessible and maintained on our website and our Volunteer home mechanics will also have this list should they run into a task beyond their abilities.

When we hear of negative responses, the provider will be removed from the list. We need your help to begin this project. Send TENT your favorites, and we will list them.

— Jim Schultz

## MEMBER CARE/OUTREACH COORDINATOR REPORT

Hope everyone is well. We are getting back surveys from everyone who has sent them. If you have not sent the survey or Member Service Agreement back, please make sure to mail them as soon as possible so we can get

you signed up. A bunch of awesome activities are coming up in the near future, where Members can talk and have fun with each other. I'm super excited to start some of these programs. Thank you for your time.

— David Silva

## VOLUNTEER COORDINATOR UPDATE

Greetings to all! I hope you continue to stay well.

It's been a busy few months here. We have registered some Members needing assistance in navigating the vaccine rollout process with the New Mexico Department of Health and are keeping track of those Members doing it on their own. It is not a simple process! But I am very happy to see that many Members are well on their way to being fully vaccinated.

MEMBERS: to those of you who have not yet returned your survey and signed the membership agreement in the self-addressed stamped envelope in the last mailing, please do so as soon as you are able. To those who have done so already—thank you!

Member Lori Slayton sent this note: “Just a short note of continued THANKS to TENT! I feel much better knowing there is a caring group of folks I can call on when HELP is needed!” Lori, it is our absolute pleasure to

provide services to all of our Members, and it is also great to get such nice feedback! The Volunteers ask for nothing in return and messages such as this are very welcome.

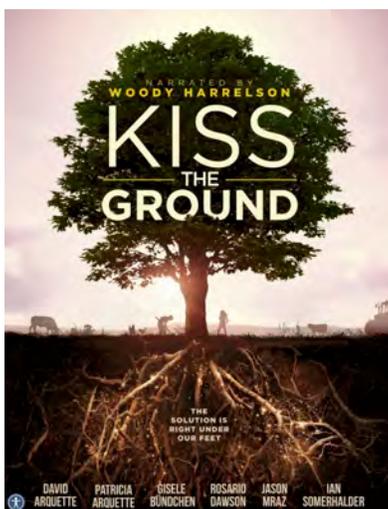
Volunteers, we have one more newly trained to help out. I look forward to more of you offering your services as you and the Members get fully vaccinated. I am exceedingly grateful to those Volunteers who have been able to persevere throughout this past year—you are the foundation and core of this community, and we are very grateful for your work.

I will be sending out Zoom invitations for Volunteer meetings soon as I now have the technical capacity to do so. Please attend when you can!

Spring is in the air, good changes are coming, and congratulations to all for making it through a very tough year with persistence and good cheer. The TENT community is very special, and I am very grateful to be able to serve a wonderful group. Cheers!!! — Kate Harris

## Earth Day 2021 Will Bring Several Options to Town!

The world's 51<sup>st</sup> Earth Day (April 22) promises to bring more possibilities for your participation than in the past several years, we think.



First, Renewable Taos, TiLT, and the Unitarian Congregation of Taos are inviting many organizations in town to co-sponsor showings of a 2020 film, *Kiss the*

*Ground*. This is a highly rated documentary narrated by Woody Harrelson, which shows the hopeful power of regenerative agriculture around the earth. We believe seeing the movie can inspire us toward balancing our climate, replenishing our water supplies, and feeding our communities. Take a look at <https://kisstheground.com/> for more information.

Keep your eyes peeled for showing dates and times! This information will be available in the *Taos News*, on Facebook, and hopefully on radio and TV. The film is also available on Netflix, so you can watch it at your convenience.

Secondly, we have learned that former Town Council Member Judi Cantu is hoping to

organize roadside clean-up events in and around Taos County as an important contribution to Earth Day activities locally and globally. Of course, all such team efforts will be properly distanced and masked! You can see more about activities at the national level at <https://www.earthday.org/>

Also, resolutions may be presented—AGAIN—to the Town Council and the County Commission, pledging to undertake a county-wide process for developing a plan to help

sustain our future on this increasingly fragile planet. Residents of the town and county have submitted resolutions to both bodies over the past decade, and both bodies have adopted them. But further action has been nonexistent.

Please let me know if you would like to be informed about *Kiss the Ground* and other Earth Day related events. Contact me at 575-770-3267 or [paula.claycomb@gmail.com](mailto:paula.claycomb@gmail.com).

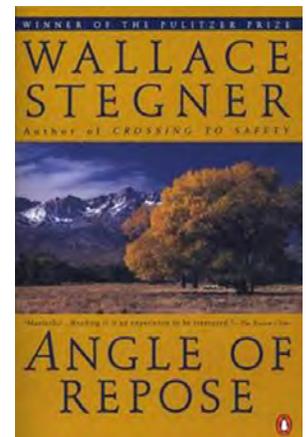
-- Paula Claycomb, TENT Volunteer

### Book Notes West/Southwest: #3 Wallace Stegner

Walking among the bookshelves reminds me of seeing old friends whom we have missed visiting for over a year. Just as with good friends, good books hold us together with a promise of recognition and renewal. So, my amble beside the shelves is a way to reconnect with authors I have met and books I've savored, favored, and kept at hand. Just a few days ago, I stopped to take down some books by Wallace Stegner, a wise and articulate writer about the vast lands west of the Mississippi River. He was a novelist, historian, short story writer, environmentalist, and teacher who founded the creative writing program at Stanford University where his courses were legendary. Among his students were Sandra Day O'Connor, Wendell Berry, Ken Kesey, Ed Abbey, Tom McGuane, and Larry McMurtry.

One of Stegner's remarkable accomplishments is the novel *Angle of Repose*, winner of the 1972 Pulitzer Prize for fiction. Several years ago, the *San Francisco Chronicle* polled readers to help select the best 100 American novels about the West, and *Angle of Repose* was at the top of the list (along with Stegner's *Beyond the Hundredth Meridian*, which came in first for nonfiction).

The central character in *Angle of Repose* is Susan Burling Ward, raised in New England, well-educated, a writer and artist, part of intellectual circles that included notable writers and decision-makers, and married to an engineer who wanted to work in the



West. Stegner made an ingenious choice for the narrative device to tell this story. He sets in place Susan Ward's grandson, Lyman Ward, who is writing her biography. Lyman, a retired professor of history, lives alone, partially paralyzed and confined to a motorized wheelchair. He knew his grandmother and grandfather, but only as elderly people who treated one another with respect, and early in the book he says, "What really interests me is how two such unlike particles clung together, and under what strains, rolling downhill into their future until they reach the angle of repose where I knew them. That is where the interest is. That's where the meaning will be if I find any."

Susan Ward follows her husband, Oliver, from one mining camp to another, establishing a home and making a living for her family with stories and artwork much in demand by

publishers back east and read nationwide. Honest and outspoken to a fault, Oliver moves the family repeatedly, but not to the better opportunity they anticipate.

"When frontier historians theorize about the uprooted, the lawless, the purseless, and the socially cut-off who settled the West, they are not talking about people like my grandmother," says Lyman. "So much that was cherished and loved, women like her had to give up; and the more they gave it up, the more they carried it helplessly with them. It was a process like ionization: what was subtracted from one pole was added to the other. For that sort of pioneer, the West was not a new country being created, but an old one being reproduced; in that sense our pioneer women were always more realistic than our pioneer men."

In *Angle of Repose*, Stegner gives us a complex story, beautifully crafted, with the most remarkably sensitive portrait of a 19<sup>th</sup>-century

educated American woman. Tender, tough, loving, capable, disappointed, and successful, Susan Ward in time becomes one of the many pioneer women who shaped the West with their values and culture.

If you would like to read some of Wallace Stegner's superb nonfiction, start with *Beyond the Hundredth Meridian* about John Wesley Powell, his exploration of the Colorado River by boat in 1869, and his service as director of the U.S. Geological Survey and the Bureau of Ethnology at the Smithsonian Institution. Powell was a prophet without honor whose profound understanding of the American West led to long battles in Washington politics trying to get his message across. This is a cornerstone book for understanding some of the country where we live. As with all of Stegner's books, it is beautifully written and well worth reading. Happy book trails! — David Farmer

## WHY WE SLEEP: Unlocking the Power of Sleep and Dreams

by Matthew Walker, PhD

"If sleep does not serve as an absolutely vital function, then it is the biggest mistake the evolutionary process has ever made." (page 6)

Neuroscientist Matthew Walker sets out to prove that, far from being a superfluous part of our life, sleep is essential to everything we are and do. After he is careful to disavow any claim to offering medical advice, he goes on to elaborate on the myriad health benefits possibly gained from obtaining sufficient amounts of sleep: restocking of the immune system; gut microbiome maintenance; memory enhancement; mood elevation; blood sugar regulation; weight control; cardiovascular resilience; hormone balance; and cancer prevention. There is even a chapter on the

intriguing possibility of lowering the risk of Alzheimer's Disease with adequate deep sleep.

This book would be well worth reading for the above health information. However, for me, the most interesting part was learning about the interactions between the tempo of sleep and its architecture. There's a lot going on in there! The tempo is largely determined by the 24-hour circadian rhythm set by the sun and our spinning planet, but the architecture is far more complex. Set deep in evolutionary history, there are four sequential patterns of deep sleep alternating with the lighter dreaming state. Fortunately, some very helpful charts let us visualize the interrelations of this pulsing rhythm. Two excellent chapters explore dreaming as a creativity incubator, as well as overnight therapy.

Contrary to popular belief, while melatonin regulates the timing of sleep, it is not very

helpful in its generation—that falls to a chemical called adenosine, which builds up in your brain until sleep becomes imperative. Dr Walker also debunks the commonly held notion that adults need less sleep as we age. Far from it. The infinite kinds of repair work accomplished during sleep are just as healing for aging brains and bodies as for young ones. The problem is that, as we age, sleep can become more challenging to achieve. Sleeping pills are not recommended here. Instead, the

usual lifestyle changes are offered, as well as some new possibilities in the near future involving mild electrical, auditory, and magnetic stimulation. Sweet dreams! — Ursula [ursularb@q.com](mailto:ursularb@q.com)

Published by Simon & Schuster, 2017 (ISBN: 978-1-5011-4431-8). Learn more: Our library has a copy of this book, and talks are available at TED & Google; and now, you can even purchase a Master Class with Dr Walker.

## New Mexico Village Network

Last autumn, Richard Wiener proposed that the “elder villages” of New Mexico meet and discuss common issues. Rich is starting a new village in Albuquerque (Parkland Village).

The first meeting was held using Zoom on September 8 with about 35 leaders from 10 villages invited, including Taos Elders and Neighbors Together (TENT), Village in the Village (Corrales), Parkland Village (Albuquerque), Viva Placitas, Villages of Santa Fe, Santa Fe Neighbors, Jemez Aging in Place, North Campus Community Project (Albuquerque), New Village (no name yet) (Albuquerque), and HOPE (Las Vegas). Twenty-seven people attended.

A representative from each village introduced its location, size, emphasis, and challenges, followed by questions from the participants. HOPE was unable to attend but sent a written introduction after the meeting, which was shared with participants.

We held a second state-wide meeting on December 15 with 19 attendees. After brief personal introductions, Candy Nartonis of Parkland Village explained her photo calendar fundraising project which netted \$2,200 and a big contact list after considerable labor. We followed this with small group discussions of funding ideas. One village held a party (with donation requests at the door) and raised

\$2,000. A garage sale netted \$1,000 but was too much work. Kate Harris (of TENT) described our Thanksgiving dinner distribution (with food donated and cooked by Taos Benedictine monks). One village described a grant from the state to buy computers and train members to improve communication.

We discussed the two methods of acquiring and retaining Members and Volunteers. Either efforts include both Members and Volunteers, or not. Each village has some sustainers (donors), who may receive some services, and many have subsidized memberships.

On March 16, we held our third meeting. Jemez reported that its first fundraiser—a socially distant silent auction—had netted \$4,600, which they plan to use to build a website and to assess elders’ needs in Jemez Springs. Trinidad, CO, is working on starting a village. Parkland Village got small grants and will repeat their successful photo contest calendar. They held two online forums and have their first Volunteers. Santa Fe Neighbors has been quiet during COVID but hopes to restart in April. TENT withheld dues for two months but has been active and helped Members with vaccinations and delivered Valentine’s gifts. Corrales held virtual social groups and set up neighborhood free libraries. Villages of Santa Fe held Zoom exercise classes with AARP of NM and restarted Cyber Seniors. They are working

on protocols to restart. Viva Placitas is nearly nonfunctional.

We held small breakout groups to discuss collaboration with other organizations (those with similar audiences or missions). Jemez is helping start a health center and shares a call-in

phone line with the local library. Corrales worked with the fire department to build a shed to store walkers and wheelchairs and put lock boxes on Members' houses.

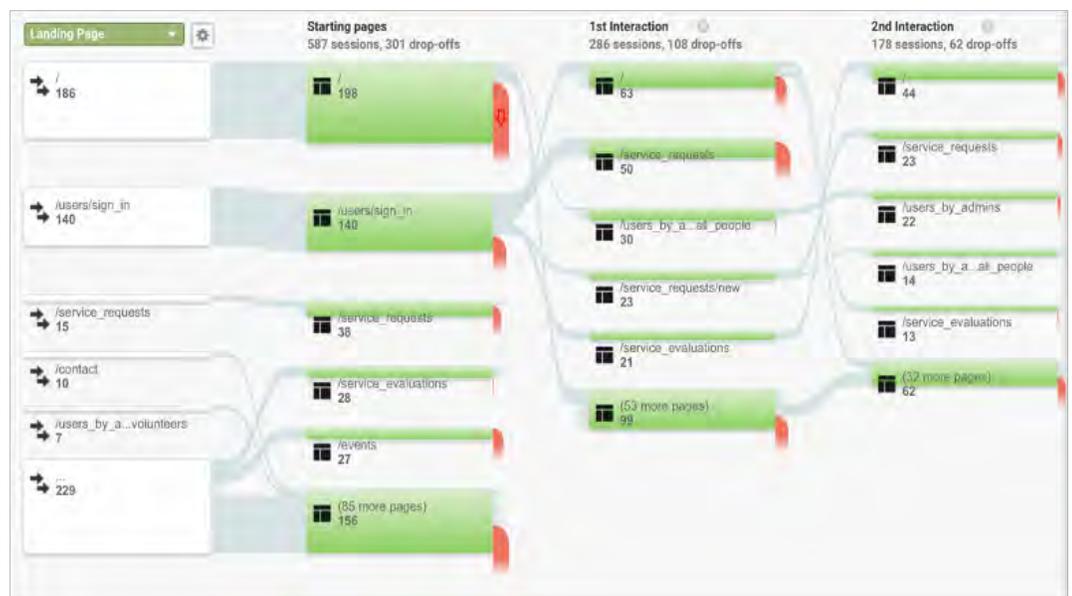
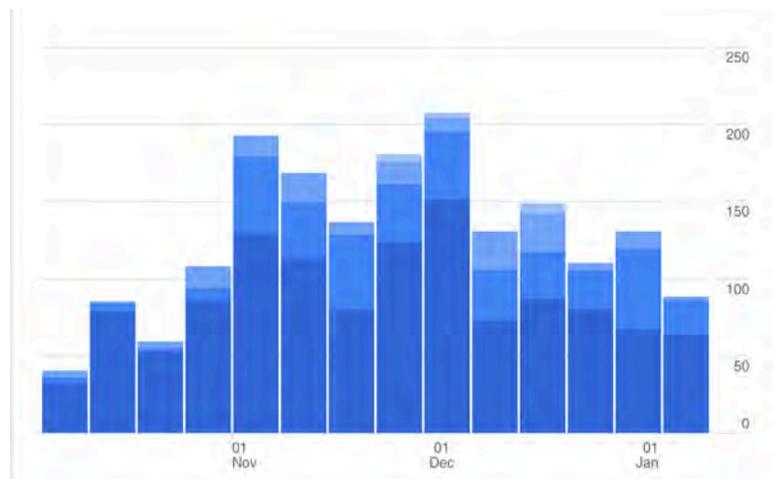
The next online meeting will be Tuesday, June 15, at 12:30.  
-- Jim Ludden

## TENT Website Use

TaosElders.org is TENT's website. Besides providing general information about our organization, it is a platform for operation. It allows visitors to make donations, to apply for membership or to volunteer, and allows us to request services for our Members and Volunteers with the goal of filling Member requests.

Over the four weeks from December 9 through January 5 (28 days), we had 266 distinct users in 546 sessions. That is almost 20 sessions each day! Imagine if all that had to be handled over the telephone or through the postal service. The usage is not constant as you can see in the blue bar chart. The chart shows weekly variations over 90 days. Most of the users know our address (the lower portions of the blue bars), but some connect through search engines, Facebook links, or a Taos News article (the lighter portions at the top of each bar).

Other than our home page, most of the use is for entering new service requests or managing them, although half of the users drop off after viewing the home page. In the second chart, green represents different web pages, the faint blue lines represent moves between pages, and



red represents users who leave after viewing that page.

As you can see, our website is important to TENT. It gives us the means of filling requests by Members and informs the public of who we are and what we do.  
-- Jim Ludden

## RESOURCES

If you haven't yet registered to get a COVID-19 vaccine, here is the New Mexico Department of Health's website for you to register:

<https://cvvaccine.nmhealth.org/registration.html>

If you don't have Internet access, call the DOH at 1-855-600-3453. The call center is open every day from 8:00 AM to 5:00 PM.

Jim Ludden reports that donating to TENT through AmazonSmile actually works! When

you purchase something from Amazon, connect through <https://smile.amazon.com/> and click the <Get Started> button. On your smartphone, open the Amazon app and find "Settings" in the main menu (☰). Tap on "AmazonSmile" and follow the instructions to turn on AmazonSmile on your phone. Having registered with them lets you automatically donate 0.5% of every purchase to TENT.

– 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 Schultz

President@TaosElders.org

Reggie Mosser

Treasurer@TaosElders.org

Bette Myerson, Secretary/Fundraising Bette@taosnet.com

Yvonne Hayes hayesweaver@yahoo.com

Jim Ludden support@TaosElders.org

Caryle Zorumski Dr.Zorumski@Yahoo.com

Jacob Crisp jacobwilliamservices@gmail.com

### Leads

Kate Harris

Volunteers@TaosElders.org

Gary & Charlene Shapiro

Members@TaosElders.org

Nancy Ewing, Renewal Lead

newing5994@gmail.com

David Silva, Member Care and Outreach

Ron Furedi, Marketing ronfuredi@gmail.com

Linda Thompson Editor@TaosElders.org

Terry Thompson Publisher@TaosElders.org

david@enchantedcirclecorps.org

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

[www.TaosElders.org](http://www.TaosElders.org)

TaosElders@gmail.com