

inTENTions



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: JOANNE FORMAN, RENAISSANCE WOMAN AND TAOS TREASURE

In a town full of creative people, Joanne Forman's light shines bright. The octogenarian is "sharp as a tack," according to long-time friends, as well as imaginative, wry, productive, and fiercely independent. These characteristics have resulted in an exceptionally colorful resume.

When Joanne was seven years old, her parents arranged for her to take piano lessons. She soon realized that they were projecting their own deferred dreams onto their young prodigy, hoping she would "... travel the world as a Great Concert Pianist (with my mother as chaperone), AND marry a nice Jewish lawyer or doctor, join Hadassah and play mahjong." She soon set her sights higher than becoming a performer, however talented, and at age 16 announced that she was going to be a composer and create "a hundred pieces of music!" At the time she was told "Girls can't do that!" But she well exceeded her boast over subsequent years, writing 10 one-act operas, six musicals, 14 scores for plays, two orchestral scores, a string quartet, song cycles, seven musicals for children, and more than 100 piano pieces.

After spending her formative years in the deep South where she was appalled by the endemic racism, Joanne set out to support the United Farmworkers' Union—with puppet shows in English and Spanish. Why puppets?



Photo by Katharine Egli 2017, used with permission of The Taos News

She explains, "I became enamored with puppetry when I realized it was a whole, if small, world I could create." With her puppets, stories, and music she went on to perform all over the United States and Southeast Asia for 27 years.

The puppets are still with her, and though worn and long retired, they are reported to be writing a memoir of their own adventures.

Joanne followed her muse to Taos in the late 1970s, and for several years she served as the arts editor and as a columnist for the *Taos News*. She wrote articles for other publications, too, and made friends among Taos literati, both famous and infamous. Of course, she continued to compose music, including an opera set in the Holocaust. In 1987 she was commissioned to create the soundscape for a sculpture exhibit at the Stables Gallery, and “Cave Vaults of the Moon” became her first composition involving electronics, along with guitar and voice. The avant-garde composition was rediscovered and produced as a vinyl LP in 2018. More recently, she completed the choral drama “A Corridor of Bones,” about a young widow struggling to immigrate with her toddler from Central America to the U.S. Joanne received a National Endowment for the Arts fellowship and was

recognized in 2017 as a Taos Living Treasure. Many of her works are in the archives of the American Heritage Center at the University of Wyoming.

Joanne continues to stay tuned in to world events, however fraught, and to create. She hosts a long-running weekly classical music program on KCEI-FM90.1 in Taos and keeps up frequent written correspondence with friends from her lifetime of adventures. A voracious reader, she subscribes to many magazines and makes frequent pilgrimages to the Taos public library, where she volunteered for nine years. Having never owned a car, she relies on friends and TENT Volunteers for transportation. Most days she spends time at the piano working to turn one of her drawers full of creative ideas into music on the page. -- Mya Coursey

FROM THE BOARD



As I am writing this, we are having the most wonderful monsoon rain. I am reminded, during these rains, of one of the reasons that I fell in love with Taos. Taos is full of contrasts: within 30 minutes, we are able to be in

alpine forests, the high desert, or the wooded greenery of the valley. These contrasts highlight the striking beauty of the valley and for this many folks move to Taos.

It always makes me pause when I remember how fortunate I am to live here. However, living in Taos brings further challenges such as aging in place. Many of you know that TENT grew out of this need. We have been able to support many folks of means and those less resourced to help them age in their homes with dignity by providing the services that we offer. As our membership grows, and I suspect due to the delay of care brought on by the pandemic, our Members are more in need of

transport services to and from medical and other appointments.

You are all aware that TENT is not simply a transport service, but that by being a TENT Member, an individual is brought into a community that can think of creative solutions that face those aging in their homes, or those who are disabled. However, the Board of Directors is aware of our Members' need for transport. With that in mind, I want to urge those of you who volunteer and have the time to pick up an extra transport request, or if you have friends and family who would be willing to volunteer with TENT to give us a call and start the process. I am ringing the alarm, so to speak, and asking you to reach out and help us recruit more Volunteers so that TENT can continue the good work that it does while filling this gap that our Members are experiencing.

Some of these transports are for appointments with oncology, dental appointments to address pain, or specialist appointments to understand

what is causing life-limiting symptoms in our Members and elders. I understand that transports to Albuquerque and Santa Fe are often taxing, but TENT is offering to support our Volunteers by providing \$20.00 for Santa Fe transports and \$40.00 for Albuquerque transports. We understand that taking four to eight hours out of a Volunteer's day is a big ask,

but we know that there are folks in Taos who have the time and willingness; we simply need you to help us find those folks. Will you reach out to someone today and ask if they would be willing to volunteer for TENT? .

-- Jacob Martinez, Vice President

Transport Volunteers

We have had a recent increase in the number of Members who need transportation and some of our regular drivers are (shock!) taking vacation. If you could drive a TENT Member, either locally (to the grocer or a medical appointment) or more distantly (usually Santa Fe or Albuquerque for a medical appointment), our Members need you. For distant trips the Member will reimburse you for direct car expenses at the rate of \$0.15/mile.

Of our 77 Volunteers: 9 do not pick up Service Requests but serve in another capacity; 8 are on vacation (on July 1); 19 want to remain as Volunteers but have not done anything—leaving 41 Volunteers who pick up all requests.



Volunteer providing transportation service to a Member.

This is a good opportunity to meet some very interesting people. For distant trips, there is usually time for you to do some shopping in the big city!

-- Jim Ludden

Operations (formerly Volunteer) Coordinator Update

Yes, you read that correctly... My title has been changed to more accurately reflect what I do. Other than that, I am still the same person!

Last month a disturbing statistic came to light—the most unfulfilled requests in a 30-day period (10). Distant transports remain difficult to fulfill, in part because of Volunteers' vacations, but also because a very small pool of Volunteers have signed up for it. Please consider expanding your range! These drives are a lovely opportunity to create relationships with our great Members. And don't forget that you will be compensated for gas. Trips to Los Alamos (which are becoming more frequent)

will also be reimbursed at \$20.00 per trip. Home visit requests are also on the rise, and I hope that more of you will be willing to visit our wonderful Members.

More statistics (this won't hurt, I promise, but is something to think about): of the 77 Volunteers signed up, nine don't pick up service requests but volunteer in other capacities; eight are on vacation; 19 want to remain as Volunteers but haven't done anything for a long time; leaving 41 Volunteers picking up all requests. You 41 Volunteers know who you are, and I am extremely thankful for your dedication and persistence! You are gratitude.



Volunteers providing home maintenance help for Members. Please consider telling all your friends, neighbors, etc., about the joys of volunteering for TENT!

Blog Author Opening

TENT now has the ability to have a Blog (short for Web Log) on our website TaosElders.org. A Blog is a regularly updated diary-style web page, typically one run by an individual or small group, that is written in an informal or conversational style.

This means that we could use an author for our Blog. Writing our Blog will be a form of marketing for TENT. You would need to write

TENT has joined the Taos County Chamber of Commerce, which immediately gifted us with a box of home COVID tests. If you need one or two, whether you are Member or Volunteer, please let me know via email or phone, and I'll get them to you. We will also have a table at the Taos Plaza Live events (Thursdays from 6 to 8 P.M.) until the end of August, and I need a few Volunteers to help staff it. Please let me know if you are available and willing—this will be fun!

May your gardens grow beautifully, your house stay cool, and your spirits remain joyful!

-- Kate Harris

informative and engaging articles — a page more or less — that promote the mission of TENT: 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. If this volunteer opportunity interests you, please contact our Operations Coordinator, Kate Harris, at volunteers@TaosElders.org or call (575) 741-6230.

-- Jim Ludden

Shuffling Walk, Balance, and Strength

It may seem like picking up your feet when walking isn't that important, but if you're shuffling or not lifting your feet off the ground as you walk, you're at a much greater risk of falling and here's why. If you're not lifting your feet off the ground, you are more likely to stumble when your shoes catch on an uneven surface.

The inherent narrow stance of shuffling makes you more unbalanced than if you had a regular walking stance. As with many concerns with



aging, shuffling comes about gradually, and often goes unnoticed until it becomes your regular walk.

An unsteady gait or shuffling walk could be caused by something as simple as slippery floors or as serious as dementia or Parkinson's disease. When those are ruled out by your physician, you may choose to start working on your balance and how you walk.

Weak hips and leg muscles, arthritis joint pain, medications, decreased vision, fear of falling, all may factor into an unsteady walking style.

Several months ago, TENT and the TCA began sponsoring a weekly low-cost class for TENT

and other community members who want to improve their balance, strength, and functional mobility. Everyone is welcome, including those with mobility concerns. The class is \$5 and is offered every Wednesday from 10-11:00 A.M. at the TCA. Masks are currently required. If you are a TENT member and need a ride to class, call Kate Harris at 575-741-6230

This class will help you learn ways to avoid falls and how to get up if you tumble. You'll learn how to improve your balance and your overall health and wellbeing. See you there!

-- Bonnie Golden

DON'T FORGET ABOUT ME!

Hey! Don't forget about me.
In isolation desolate forgotten
the peaches they are rotten
from too much malingering
on the tree.
yes, pity me
who fell into the vacuum sphere
of no air, dead air
couldn't even
wouldn't even
lower my head it's already lowered.
then came back up again
to the surface again
phone ringing again
no one is near though
Supreme solitary confinement
But in a garden of Eden
with the war in the announcements of
the helicopters overhead
over bred
a fight over bread.
And guilt! I'm guilty as charged
living a charged charmed
life,

So don't forget about me I still
exist + need to kiss life right on
the lips
and moments change revolve
come back again
good days bad days all are
sacred days because
we're here to say it.
Guilt! easy for me to say + crow about, but
at this moment I am not being crushed
by war. Not yet. Crushed, tortured, even
more than before.

I remember.

Please never
forget me.

Bye for now
for now is
{ Be here now
Count your blessings
Say thank you }

Photos of handwritten poem by Bobbi Shapiro

WHO WAS NICOLAI FECHIN?

Last year I accepted an offer to be a Taos guide for Toursbylocals.com, an international company that contracts with locals who create their own tours of local sites. I developed a walking tour of downtown Taos that included a few museums, including the Taos Art Museum in the Fechin House. Since I had already been guiding my own tours of Fechin, I offered to be a volunteer docent to guide unpaid tours. Director Christy Schoedinger Coleman was delighted to bring me on as a docent. During the past year I've had a few opportunities to share with visitors the remarkable story of Russian emigré Nicolai Fechin. After the Russian revolution of 1917, living in Russia became increasingly difficult, so he emigrated with his wife Alexandra and daughter Eya to New York and eventually to Taos, as so many artists had done before him.

Fechin was a very accomplished visual artist and wood carver. In New York he was so successful, he was able to buy a small adobe in Taos and expand it into the magnificent structure we see today. It was the skilled craftsmanship of the building itself that impressed me, as well as the quality of his paintings. 2003 marked the official opening of the museum, built between 1927 and 1933, with

its new name, Taos Art Museum at Fechin House. The museum is a testament to the artistry of this remarkable man. It was an honor for me to learn the details and share them with visitors.



Used with permission Taos Art Museum at Fechin House

Unfortunately, this year I am undergoing chemotherapy treatments and have pulled back from my volunteer commitments with Fechin, as well as TENT, which is why you haven't seen me accepting requests from Members since May. My treatments will conclude in October, and I fully intend to be back with TENT, as well as docenting at Fechin! I hope you will request a tour after that time, and I will guide you through the Taos life of Nicolai Fechin.

– Julian Spalding

Piscatorial Play for Seniors

Anyone out there missing their past fishing sport and culinary pleasure? Well, I grew up as a spin fisherman in 1950s northern New Jersey streams. On later New Mexico exploring, I evolved to fly rod, first with salmon eggs on the Rio Hondo, then to wild trout in the wilderness areas. Later evolution was catch and release with the Solitary Angler Club. But stream hikes became more difficult to negotiate with age. However, the New Mexico Department of Game and Fish Red River Trout

Hatchery maintains a $\frac{3}{4}$ -acre pond limited to those under 12, over 65, and handicapped.

Go north on Highway 522 from the Old Blinking Light toward Questa. About nine miles after Midtown Market, past the Lama turnoff, look for signs on the downhill indicating a left turn to the hatchery. From late March to October, it is well stocked with triploid rainbow trout. This variety has three X-chromosomes, leaving them unable to breed with cutthroat trout, preserving the native strain purity.

Parking is easy at the pond, and it is open dawn to dusk. The rules allow keeping five fish per person, up this year from the past limit of three, so you can bring home several for frying, grilling, horno smoking, whatever, without depleting the wild and native population. Stocking is done on a frequent schedule, and

I suggest figuring it out from the reports posted each Friday afternoon on the website: www.wildlife.state.nm.us. Most stocked fish are 9-10 inches, but a fair number are 15-16-inch lunkers. Any method is allowed on the pond, including baits and spinners. But being a fly guy, I have a couple of favorites. I'll leave that strategizing to you all. This is not just snagging fish in a barrel. Skill and technique count. Flies do allow catch and release survival better than swallowed baits.

Success variables include time of day, weather, prevalence of Texas tourists, and feisty kids out of school. Spring and Fall are great for locals. And not only old guys; women are having fun too, often with grandkids. Wading is not necessary, even prohibited. Benches are available at water's edge. Finally, access to the pond is open during Carson Forest fire restrictions, but not hiking the river. If fishing, you do need an annual license; it is \$20 for residents, available on the website, and free (!)

if you're over age 70. No license is needed if you are accompanying kids.

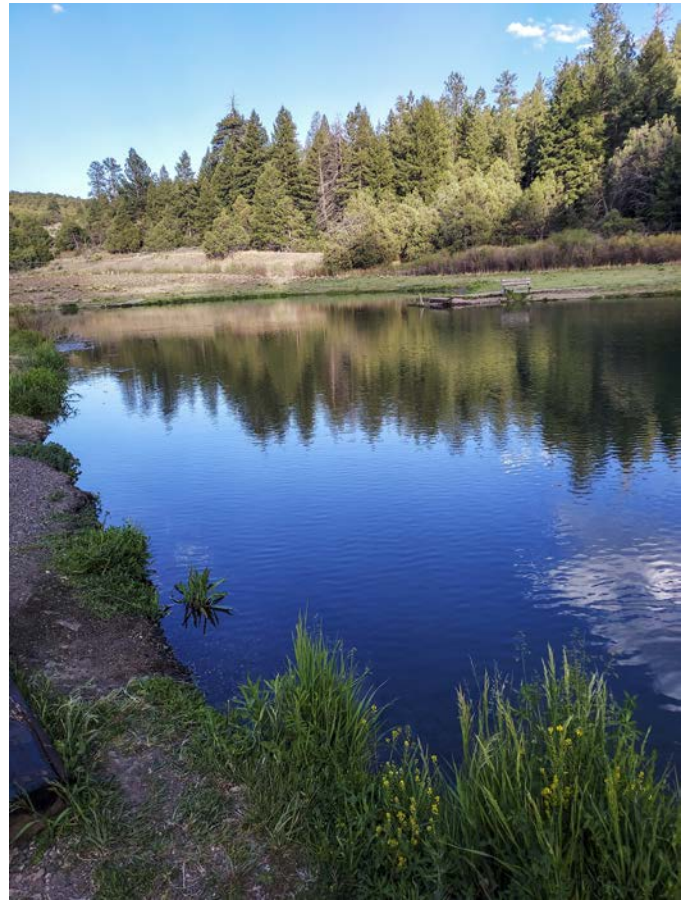


Photo Richard Rubin

Tight lines, as we say. That's a salutation for success based on technique not to be a slacker.
-- Richard Rubin



Volunteer Call Manager reviews service requests.

RESOURCES

Suzanne Schutze submitted an article from Integrity Marketing Solutions on “Guardianship Duties for An Incapacitated Adult,” focusing on what responsibilities a court-appointed guardian has over the assigned “ward.” Because of copyright issues, we cannot reprint it here, but AARP also has information regarding guardianship on its website. “Terms vary, but in most states a guardian is appointed to oversee a person’s daily needs and a conservator is appointed to manage the individual’s finances. Most often a judge selects a family member to

serve as a guardian, but if no relative or friend is able to step in, the court may designate a professional or public guardian . . . AARP is playing a critical role in the fight to improve laws and enact reforms to protect vulnerable older Americans who rely on guardians and others to help them make vital decisions.” See <https://www.aarp.org/caregiving/>.

Jim Ludden has added important information about how elders are subject to scams (and steals) of various types to the TENT website:

see <https://www.idstrong.com/sentinel/top-senior-scams-and-prevention/> at https://taoselders.helpfulvillage.com/editable_pages/10031-resources-2 -- 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.

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