

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: MARGARET TANGE

Margaret Tange's old adobe home nestles along a winding dirt road just south of Taos. Visitors are received in the courtyard by her big dog, Sutra, and an assembly of marble and bronze figures—polar bear, mountain lion, a small child, a woman fresh from a bath, and others. In her front room, light reflects from a white-painted viga ceiling onto colorful paintings displayed around pale plaster walls. At an age when most would rest on their laurels, Margaret is still producing art and honing her skills.

A middle child with siblings much older and younger, Margaret spent her earliest days on a ranch in northern Montana with horses and dogs as her closest companions. Her mother was an accomplished amateur painter, and Margaret began to draw at an early age. But she especially loved riding out alone to explore the ravines where cattle grazed and to look for artifacts where Indians once hunted buffalo. She was in her early teens when the family relocated to southern California. By then Margaret was a tall girl with striking features and a wide grin, who would become a baton-twirling majorette in college.

Margaret's first taste of travel came when her mother took her and a sister on a months-long trip to Europe. After visiting their father's

birthplace in Denmark, they arrived in Paris, where Margaret says she “discovered color” in the works of Gauguin and other impressionists. Returning to the U.S., she refined her painting skills and “fell in love with” sculpting as an art student at the



Universities of Montana and Southern California. She then earned a Master's in Fine Arts at the University of the Americas in Mexico City, where she lived through much of the 1960's. More of her growth as an artist came through international travel, and she refined her techniques with marble sculpture and bronze casting while in Italy. She returned to Paris several times and made extended visits to North Africa, Portugal, and other destinations.

Around the time her contemporaries were approaching mid-career, Margaret began teaching art in the Los Angeles Independent School District, where she continued for

almost three decades before retiring to a ranch in Colorado. In the mountains she became involved with the annual Marble/marble Stone Carving Symposium, in which she has continued to participate after moving to Taos eight years ago. Her paintings and sculptures have been featured in galleries from Mexico City to Santa Fe, Crested Butte, and elsewhere, and she has participated in the Taos Studio Tour for the past several years.

Margaret still creates vibrant paintings of horses, buffalo, and wolves. Sculpting has become more of a challenge, though she still calls working with marble “a romantic thing.” She became a TENT Member in 2021 and has primarily benefited from the mechanics’ volunteer services for home and auto maintenance—and a couple of our Volunteers enjoyed helping her out during this year’s Studio Tour.
— Mya Coursey

FROM THE BOARD



Hello, friends,
I am writing you in my first month as Co-President of TENT. I am delighted to tell you that in mid-January our first President, Jim Schultz, will be returning and joining me. We will share the President’s job.

First, I want to thank Jacob Martinez for his excellent stewardship of TENT for the last year. We were so lucky to have him, and we will miss him. I’m certainly glad he is staying in Taos.

Our biggest TENT news is that we now have an office in the building at 515 Gusdorf Road. Our Operations Coordinator, Kate Harris, has office hours there to meet people and is also holding group activities and meetings. We’re

thrilled to have our own space for the very first time. Thanks to Caryle Zorumski for sharing some of her office space with TENT!

As you’ll read elsewhere in this issue of *inTENTions*, things are moving along well for TENT. We continue to provide transportation, technical support, maintenance, home visiting, and other services to our Members and are so happy that we can do this.

We have also made the decision to REDUCE our fees. We hope this will be helpful for our existing Members and potential new ones. (See the article in here about this information.)

As Covid surges and the weather gets colder, we wish you a warm and safe holiday season and New Year. We promise that we will do all we can to keep Members and Volunteers safe as we continue to provide services to our Members.
-- Bette Myerson

New Lower Rates for Members

Effective November 1, 2022, our annual and monthly TENT membership rates have been LOWERED! A yearly membership for an individual is now \$300 (down from \$350). If you pay by the month by check, it is \$25. If you set up automatic payments from your credit card or bank account, it is \$20.

Annual membership for a family is \$400 (down from \$450). Monthly payments for family memberships are \$35 by check, and \$30 for automatic payments. If you have questions or want to change your payment arrangements, please contact Reggie Mosser, Treasurer. Reggie1949@yahoo.com or 575-751-4636
-- Bette Myerson

OPERATIONS COORDINATOR UPDATE

Our new office space at 515 Gusdorf Road, Suite I, is developing into a nice hub for activities and meetings. Office hours remain on a “to be determined” basis; watch for the weekly email announcements. I welcome visitors during those times.

Please check out our Events page!
<https://taoselders.helpfulvillage.com/events>

The Activities team (still needing a Leader—please let me know if you are interested!) has been working hard to develop interesting and fun things to do. Events currently have limited space, so anyone interested needs to sign up for them. If you cannot do this yourself, please call TENT and the call manager will help you.



Photo courtesy Martha Guillory

Currently, dominoes is scheduled every other Wednesday at 1:00 PM, and players sure have a good time, judging from the laughter I hear coming from that room! At the moment, the book club is meeting every other month, having discussed Atul Gawande's book *Being Mortal* in November. Is anyone interested in leading this group? Please let me know... Gary Shapiro is still offering Tai Chi classes. If it is warm, we meet at Kit Carson Park. Depending

upon the size of the group, we can find an indoor space for it, but everyone needs to sign up—class size is limited.

Member Yolanda Rommel is offering a beginner's weaving class, which I have attended, and it is quite wonderful. We would love for more people to attend, so please sign up for this as well. All materials are provided. Experiencing the need for different levels of care can be jarring. In January, Jacob Martinez will provide education about who qualifies for what types of assistance and levels of care as someone experiences illness. For example, how do I qualify for a rehabilitation center, for home health, who pays for in-home assistance? This event will be posted on the Events page for registration (which is required) as soon as we know the date. It is open to Members and Volunteers, but there is a space limitation. Jacob will answer many of your questions about the sometimes confusing care continuum process. Please plan to join us!

Charlene Shapiro is our newest Call Manager, taking over the weekends. Thank you, Charlene, for being willing to do this necessary task! Please welcome new Volunteers Paul and Miriam! Miriam will be taking over the administration of our Facebook page very soon. We are grateful for their willingness to join our (slowly) expanding group!

If you know of others who might be willing to join us as Volunteers, please ask them to contact me. We are getting more Membership inquiries and need to make sure that we can maintain the Member/Volunteer balance that is so crucial to TENT's continued success and ability to serve. And to all the Volunteers who have consistently (or even inconsistently) helped our Members, a huge thanks! I wish all of you the very best of health and happiness going into the New Year. -- Kate Harris

LIFE MILESTONES: ELIZABETH RUSNELL

Elizabeth Rusnell, TENT Member and weekend Call Manager, passed away “on her own terms peacefully at home with family on November 21, 2022. She was 83 years old.” [from Rivera Funeral Home online obituary]

Born and raised in Pennsylvania, Elizabeth earned a Master’s degree in



education at Columbia University, then took a teaching job in Alaska. A few years later, she drove to Taos, got a job teaching high school English, and in 1967 married Taos artist Wesley Rusnell. They moved to Roswell in 1973, where Elizabeth taught at New Mexico Military Institute for 17 years.

After Elizabeth and Wesley retired, they returned to Taos, where she created and sold beautiful jewelry, baked, gardened, and worked as a ski instructor. She loved to travel and was a life-long learner, spending some summers studying at Oxford University. According to one long-time friend, Elizabeth “had an intellectual curiosity that knew no limits” and could engage in discussion of literature, nature, science, cooking, and more. Others describe her as generous, thoughtful, brave, creative, intelligent, independent, adventurous, a caregiver.

Beth is survived by Wesley, their two children, four grandchildren, and many close friends here. A celebration of her life will take place at a later date.

– Mya Coursey

ANITA RODRIGUEZ: TENT Taoseña

I am a new TENT Member who was born and raised in Taos. I am from one of the founding families, and I have relatives by blood and marriage everywhere you look in this valley—we have been here for almost five centuries. I am 81, my father had a drugstore on the plaza, and I grew up witnessing the contradictions and paradoxes of a tri-cultural theater in the heart of town.

I am a painter. My work is available at the Martinez Hacienda and my studio by appointment, and I wrote a book about Taos that won five prizes: *COYOTA IN THE KITCHEN*. I am a recognized adobe expert, an activist, and I read Tarot for people from all over the world.

Taos is not an easy place to understand; we are older than the rest of the country. Our genuine cultural diversity makes us complex—and then there is history. It’s impossible to organize anything with intelligence and sensitivity here without educating oneself about our history. Trust me, Taos is a minefield where social survival means knowing where to step—and not.



William Faulkner: “The past isn’t dead, it isn’t even past.” The psychological sciences now tell us that this is not just provocative prose, but fact. Now we know historical trauma shapes modern lifestyles, impacts the health of whole communities, causes addiction and violence in families, violence between races. Historical trauma is now a thing. Taos has survived conquest, revolution, re-conquest, conquest again, and is presently in that stage of

colonization when the oldest cultures own almost no land, are hanging on without hope of ever buying any more, and are relentlessly being driven out by gentrification. Faulkner and Dr. Gabor Mate (cutting-edge expert in trauma) would know that continuous, non-stop violence, generation after generation, impacts families, whole communities—and the territory where TENT finds itself has experienced tremendous trauma.

You will have heard that “The Mountain” rejects those who don’t “belong,” and I used to think it was a newcomer’s myth. But 81 years is

a long time, and I grow progressively fonder of the “dicho” (saying) in Spanish, “El diablo sabe mas por viejo que por diablo.” “The devil knows more from being old than from being the devil.”

I’m old, and so are the cultures I grew up with—and if I were to advise someone how to reach beyond the Anglo community, first thing I would say is: One shoe does not fit all. Get your bearings first, read deeply, invite speakers, read more, and above all, ask the people you want to reach what they want—and then listen.

-- Anita Rodriguez

LAUGHING UNDER THE TENT

One of my countless professions as an adult was that of a Real Estate Loan Officer. Our office was located in a large city in California, and real estate was big business and very competitive. I had set my sights on a successful office filled with some of the highest producing agents in town. I visited their office weekly to chat informally, leave business cards and re-introduce myself. I was blessed with a good sense of humor and for the most part, these busy agents seemed pleased to see me. I knew not to interrupt and made these visits short. In time, my goal was to be one of their go-to loan officers. Professionalism and credibility were key to my success.

One spring day, although I’d never taken food, it seemed like it would be fun to take a basket of muffins from a local well-known bakery. Rather than wear a suit that day, I decided on a dress with a full skirt that was appropriate and seasonal. It was with my basket of warm muffins, business cards, and a lovely bit of confidence that I walked into the office of champion realtors.

All of the top producers happened to be in that day, and I walked around the entire horseshoe designed office. Each person could see me

walking towards them. They could also see me walking away. I was enjoying the experience and felt that a good impression had been made. All in all, marketing at its best I thought.

After saying goodbye and walking away from the last desk, I was almost at the door when the agent called my name. I turned around as she walked up to me and said in a very low voice: “Honey, the entire back of your dress is caught in your panty hose”.

And off I went in search of a new profession, never to return.

--Sharon Bradshaw



WHAT IS THE NEW MEXICO ADRC?

Aging is uncharted territory. Changes mean we are frequently facing challenges we haven't encountered before. Whether it's the stress of initial Medicare decisions, issues with coverage or what to do as our need for support increases, it is important to know where to turn for free expert information and assistance. The Aging and Disability Resource Center (ADRC) is New Mexico's Aging and Long-Term Services Department's call center for all issues facing senior citizens and people with disabilities.

Stephanie from Taos says, "Before I spoke with the ADRC I didn't know where to turn. The options counselor was so knowledgeable and thorough. Now I feel confident moving forward with my Medicare decision."

There is a free live virtual Medicare 101 workshop offered monthly.

Whether you're just starting out or want to understand your benefit better, this workshop will give you a grounding in the basics of Medicare.

To participate, go to the Aging and Long-Term Services Department website www.nmaging.state.nm.us and click on "News and Events - Upcoming Events" for the link. Workshops were provided on August 24 and September 28, and a special workshop to help Medicare Beneficiaries prepare for Fall Open Enrollment, "Making the Most of Medicare," was offered on October 12. Videos of past workshops can be found at NMALTS's YouTube channel,

<https://www.youtube.com/channel/UC563oNmTXyNBVzHkA-aHYaQ>. The next virtual workshops will be offered in January 2023.



Options Counselors at the ADRC are trained to listen to the issues people present, then connect them with resources in their community. "You helped me navigate something I wouldn't have been able to figure out on my own. Thank you so much," attests William from Rociada.

Transportation, food resources, opportunities for community engagement, Medicare issues, and caregiving are just a few of the common needs the ADRC helps with. The NM Aging and Long-Term Services Department's goal is to empower seniors so that they can remain independent and keep their golden years glowing for as long as possible. You can reach the ADRC at 1-800-432-2080 or find them online at www.nmaging.state.nm.us. See "Upcoming Events" on that site for details and links to the next workshops. -- Kris Winterowd SHIP and SMP Program Manager*

*SHIP = State Health Insurance Assistance Program. SMP = Senior Medicare Patrol, which helps beneficiaries avoid, detect, and prevent health care fraud.



TECHNICAL NOTES

Village Talk is a minor feature of our software, Helpful Village, that enables Members and Volunteers to have a written discussion about topics of interest. The first computer forum such as this was called UseNet and began in 1980. Offspring of UseNet include Facebook, Twitter, Instagram, and YouTube, among many others.

Village Talk is organized by topic. We have only a few topics and a few posts now. Users subscribe to a topic and receive an email whenever a new article or comment is posted to that topic. When you are logged on to our website, you can go to this page to see the “posts”; click on this link:

<https://taoselders.helpfulvillage.com/posts>

I invite you to add your thoughts to this forum. Please feel free to chime in. If you are new to Village Talk, click on this link:

<https://taoselders.helpfulvillage.com/posts/catalog> to see what is available and join one or more topics.

If you have any problems using this new Village Talk feature of the website, please send any queries to: support@TaosElders.org.

Face Masks -

On a completely different note... The coronavirus COVID-19 is most contagious one to two days before you have symptoms. That means you could be walking around getting other people sick and not realize it until it is too late—or get sick yourself from someone who seems perfectly healthy.

Two ways have proven effective in reducing the spread of airborne diseases, which include seasonal flu and the common cold.

- Avoiding the “Three Cs” (closed spaces, crowded places, and close-contact settings), used successfully in Japan
- Wearing face masks.

Thus, you can help yourself and others by wearing your mask and avoiding the Three Cs.

-- Jim Ludden

HAPPY HOLIDAYS !



RESOURCES

If you are a member of AARP, you can support your brain health by playing puzzles on their website. Go to

<https://stayingsharp.aarp.org/about/brain-health/games-play/>

With the expected increase in mail with the holidays approaching, mail theft has increased (according to AARP). To get notices of packages or checks coming to your mailbox, you can sign up for "Informed Delivery" from the U.S. Postal Service. Go to:

<https://www.usps.com/manage/informed-delivery.htm>

I've been getting emails from Senior Planet (seniorplanet.org) for some time. A recent article describes how valuable telemedicine has become since the start of the COVID-19 pandemic, and that it is especially helpful to seniors with mobility problems. One referred website gives lots of information about the effectiveness of telemedicine:

<https://pubmed.ncbi.nlm.nih.gov/33814061/>

In October, the Social Security Administration announced an 8.7% COLA (cost-of-living adjustment) for 2023, the largest increase in more than 40 years. Starting in January, the average monthly benefit will rise by about \$146. Social Security provides nearly all income for one in four seniors. Good news!

Enjoy some of the annual holiday events in Taos: The Plaza Yuletide Tree Lighting (12/2/22, 4 to 7 PM); Festival of Trees at 121 Civic Plaza Drive (12/2/22, 3 to 9 PM); the Lighting of Ledoux (12/2/22, 5:30 to 7:30 PM); Holiday Community Day at Millicent Rogers Museum (12/3/22, 11 AM to 3 PM); Bonfires on Bent Street (12/10/22, 4 to 7 PM); the Christmas Eve Procession at Taos Pueblo (12/24/22, 5 PM). See these and others at <https://taos.org/events/annual-event/yuletide-in-taos/>. Enjoy the holidays and stay in good health.
-- 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

\$300/year or \$20-25/mo.

Household

\$400/year or \$30-35/mo.

3 Month Trial

\$150 or \$50/mo.

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