

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.

MAKING THE WORLD A BETTER PLACE: A MOTHER'S STORY

Last August, Bette Myerson traveled to Santa Barbara, California, to be with her mother for the last four weeks of her life. "She passed away at 102 years old," Bette says. "She lived a fascinating life and showed everyone around her how to live a meaningful, interesting, and rewarding life even into our elder years."

Born Natalie Salter on March 16, 1920, in Chelsea, Mass., Bette's mother graduated from Goucher College in Baltimore, Md., in 1941 with a degree in English. In 1943, she married Raymond Myerson, who served as a naval officer in World War II. They moved to Chicago, where Bette and her brother Toby were born, and in 1964 the family moved to Los Angeles. In 1973 Natalie and Raymond moved to Santa Barbara.

In the 49 years that the Myersons lived in Santa Barbara, Natalie participated in numerous civic and charitable activities. She served on the Santa Barbara Arts Council, helped found the Santa Barbara Literary Society, and was a board member of the Santa Barbara Symphony. In 1998, the National Women's Committee of Brandeis University, Santa Barbara Chapter, named her "Woman of the Year." In 2009, she was named "Woman of Valor" by the Women's Division of the Santa Barbara Jewish

Federation, and in 2014 she was the first honoree of the Center for Successful Aging.



"She loved people and being involved with them," says Bette. "Philanthropy, volunteering, making the world a better place. She was a fine public speaker and loved speaking at fund-raising events, to introduce people; and even when her sight was failing, she just did it all from memory. She had three favorite acronyms: GAG (Genes, Attitude, Gratitude); PEP (Participation, Energy, Philanthropy); and ICE (Infinite Capacity for Enjoyment). The last one came from my father, who said that about her."

Bette is working on the long list of Natalie's friends and relatives to be invited to attend an outdoor Memorial Service in Santa Barbara in May. "She aged very successfully," says Bette. "She and my father decided decades ago to cultivate younger friends, which is something we all ought to do. She had many 'courtesy daughters' who spent time with her, read to her, took her to the movies and to lunch.

That's what kept her going and that's what kept her young. She went to lots of concerts, she played bridge, although a few years ago her eyesight started to fail, and she couldn't play bridge anymore. During the pandemic she had five friends who each read to her once a week. I read to her over the telephone almost every day. So, she had six books going at once and knew exactly where she was in each one."

Natalie's 100th birthday was March 16, 2020, but two planned celebrations had to be cancelled because the lockdown began that very weekend. "That list of people was the basis for the list I'm putting together for the May gathering" says Bette.

After her father died in 2006, Bette visited her mother four or five times a year. At their June 2022 visit, they put together a booklet of quotes that Natalie had been saving for this very purpose. (She believed in planning ahead.) "At the service, some of the 'readers' will read those readings," says Bette. "She chose the music to be played—so essentially, she designed her own service. From her and my father, I got an orientation toward community and helping the world, philanthropy and volunteering, and a belief that we are not isolated individuals, that we need to support each other and do what we can to make the world a better place. In Jewish tradition, there is a saying: 'to repair the world.' We all should do our part."

– Linda Thompson

FROM THE BOARD



I am pleased to be back from my sabbatical break from the board. Going forward, Bette Myerson and I will be co-presidents of TENT. On my return I observe that TENT

has continued to thrive in my absence, which is a good thing. There are new board members, new Members, new Volunteers, new programs, and a continuation of delivering the helping hand our Members so need and enjoy.

I send a huge thank you and well done to all those in the TENT community who do the work to make our great experiment thrive.

Finally, please be aware that our flagship publication, *inTENTions*, NEEDS some attention! In order for it to thrive, we must feed its pages with our thoughts, our poems, our recently read books, alerts about scams, our sorrows, our joys, and our energy. Please please submit your contributions, thoughts, awarenesses, and inspirations to the *inTENTions* editor, [Linda Thompson](#).

With warm regards, Jim Schultz, Co-President

OPERATIONS COORDINATOR UPDATE

As I write this, the lights are flickering, and the wind is picking up everything not nailed down. The cat is enjoying chasing flying leaves, and I am warm and cozy. The same with TENT—while it may seem crazy in the outside world, within TENT all is well.

In Volunteer news, Catherine is our newest Volunteer. Honore Maloney has generously offered to be our new Activities Leader;

anyone with an interest in joining this committee will be welcomed, and thank you, Honore! All Activities are posted on our website under Events. If you are unable to get on the website, our call managers would be more than happy to tell you what is going on and register you should you be interested.

Volunteer Miriam Jones will be our new Facebook administrator as we seek more community outreach and potential younger

Volunteers. The web page will be updated at least weekly starting in late January/early February. If you are on Facebook, please go to our page (best to look up Taos Elders and Neighbors Together rather than TENT, which will send you to camping sites...) and give us a "like"!

We are starting a lending library at the office. The first book donated was Atul Gawande's *Being Mortal*, the book that started the Village to Village Network, of which TENT is a part. How serendipitous! Please let me know if you are interested in donating (or lending) some books and we can set up a time to meet at the office. I hope everyone is well and happy!

-- Kate Harris

CELEBRATING THE VOLUNTEERS OF 2022

Whether you have picked up one or 50 service requests, you are all valuable to this organization and the members, and we are deeply grateful. Thank you! -- Kate Harris

Mark Asmus	Linda Aubrecht	Judith Hetem	Bill Hoffmann
Darrel Baumgardner	Nancy T Johnson	Sidney Bender	Jim Ludden
Barbara Berge	Honore Maloney	Jeff Black	Barbara Martinez
Bill Blackmore	Susann McCarthy	John Blackwell	Patrick McGinnis
Sharon Bradshaw	Catrin Meyer	Terry Brown	Bette Myerson
Becky Calvert	Justine Nauman-Greif	Paul Christie	Nancy Pede
Anne Clark	Catherine Ralston	Paula Claycomb	Pat Rice
Mya Coursey	Helen Rynaski	Wally Cox	Julie Sabia
Chuck Doughty	Colleen Shaughnessy	Katherine Forrest	Julian Spalding
Marianne Furedi	Jane Starks	Ron Furedi	Susan Trujillo
Carmen Glovsky	Ann Ellen Tuomey	Randie Gonzales	David Vaughn
Lana Green	Meredee Vaughn	Andy Greif	Stephanie Waters
Martha Guillory	Rhonda Wyche	Jan Haller	Mary Jo Young
Nancy Herrick	Caryle Zorumski		

MORE VOLUNTEERS JOIN TENT MARKETING TEAM

The TENT Marketing Team is happy to announce new participants who have joined in a recent expansion. Co-chairing this committee with Marketing Leader Ron Furedi is TENT Board of Directors member and Publicity Leader Helen Rynaski. Helen is a copy editor and a retired speech/language pathologist who will coordinate all public relations activities, connecting with media for placement of articles, press releases, and public service announcements. Another recent addition to the team is Miriam Jones, who will hold the

position of Social Media Leader. Miriam has 12 years of working experience in the nonprofit field and enjoys social media as a positive outlet in her life. She will be responsible for the TENT presence on Facebook, Instagram, and any other appropriate Internet outlets. The marketing team is rounded out with the participation of Julian Spalding, who will contribute his writing and marketing expertise gleaned from decades of experience with his publishing business.

-- Ron Furedi

NEW TENT LEADER FOR SOCIAL MEDIA



Miriam Jones is our new volunteer for social media and is joining our Marketing Committee. Miriam has 12 years of working experience in the nonprofit field and enjoys social media as a positive outlet in her life. She has two kids

(Nick, 14, and Shaolin, 7) and husband Diego. In her free time, she enjoys spending time with her family, reading, and watching movies.

Miriam believes social media is a fantastic resource to have when running any business, especially a nonprofit committed to our older population. Her goals are to get more community involvement with TENT, recruit Volunteers, and share updates about happenings within the organization. Miriam says, "It's really something special to create a sense of community that starts locally and expands over the magnitude of the Internet!"

-- Ron Furedi

PLEASE ENTER A PASSWORD

Password

Invalid username or password.
Please try again.

I throw a pencil at the screen
"I'm done with this; I hate this thing!"
I leap up, cursing, mad as hell
"I just give up, I might as well!"

You see, I simply thought I might
order online for dinner tonight.
I googled some food that looked delicious
(even if not a bit nutritious).

But to order even a small amount,
I needed to open a new account.
"Another one? I have enough!"
Acquiring food was pretty tough.

But I proceeded anyhow,
for I was growing hungry now.
My username was first rejected--
a prior use had been detected.

I changed the letters all around,
Until a perfect name was found.
But that was really just the start
for now began the hardest part.

"Enter a password," I was told.
(Those words can make my blood run cold!)
I typed one in, though I was sure
my password would not be secure.

Indeed, my first try was a blunder
"Password must contain a number."
I tried again, this one was stronger
but I was told to make it longer.

My third attempt was somewhat better
except it lacked a capital letter.
And so it went, I tried my best--
symbols, numbers, all the rest.

Until at long last I succeeded
the word had everything it needed.
My password problems promptly vanished,
and just in time, for I was famished!

I found that to use my new credential
a final step would be essential.
"For added safety," I was told,
"We'll text you a one-time security code"

I didn't receive the code just then
So I asked them to send it again and again,
as a phone call or email, I wanted to win!
Half an hour later I was finally let in.

Relieved and in a better mood
I sat down and clicked on my favorite food,
proud of myself for finding success
and making it through the technology mess.

So, alas, I really could not believe
the message I was about to receive
as soon as I hovered my mouse over SEND,
"Our system is down, please try again!"

I'm sitting here now, forlorn and frustrated
knowing my hunger will never be sated.
I guess I'll surrender in utter defeat
and finally give up on attempting to eat.
-- Kim Stevens (a neighbor friend of *inTENTions*)

TAOS COUNTY SENIOR SERVICES

The other day Kate Harris and I ventured over to the newish Taos County Senior Center completed in 2019, which is at 200 Lovato Place, between the Taos News and the Taos County courthouse. We met with the director, Dawn Romero, signed up to be members, and had lunch.



Since 2014, the Senior Center has been owned and run by Taos County, but it is the inheritor of the nonprofit Ancianos' tradition of helping Taos area elders. Established in 1979, Ancianos, Inc., filled that need for years.

The center provides services for County residents who are 60 years old and older in Taos, Amalia, Questa, and Chamisal. There are no fees and no income guide. Funding comes from the County, State, and Federal governments and from private donations. The Town of Taos does not support the center financially. If you eat lunch, donations are appreciated (suggested amounts are \$1.50 for seniors; the required amount for younger guests is \$7.50).

Numerous programs are linked to or run from the center such as a Foster Grandparent Program, a Senior Companion Program, and

Delivered Meals. Monday through Friday, meals are served in the dining area. Activities include low-impact exercise classes on Tuesdays and Thursdays from 10:00 to 11:00 A.M. The center recently suspended homemaker and respite services due to funding cuts.

To get a delivered lunch, one has to be home bound (this is assessed every three months) and not drive. At all four sites, 160 meals are delivered on weekends, and frozen meals given to get through the weekend. This program is currently in jeopardy and limited to a waiting list because there are not enough drivers. The Center needs drivers (paid positions) about six hours/day including driving time.

The "grab and go program" provides about 120 lunches Monday through Friday at all four sites. The "eat in program" is now serving 40 to 50 lunches each weekday at all sites. Pre-Covid numbers were roughly 120 per weekday.

Please think about joining the Senior Center. It has healthy varied lunches each weekday and provides a chance to meet new friends. The staff are doing a wonderful job helping Taos seniors, but they can use all the support they can get. A shout-out to the Governor, our legislators, and our county commissioners is in order.

-- Jim Schultz

For more information go to:

<https://www.taoscounty.org/165/Programs-Volunteering>

MY FIRST GLIMPSE OF ENCHANTED TAOS

It was December 1972, slightly more than 50 years ago when I became acquainted with the magical place that I now call home. I had just graduated from Georgia Tech, in Atlanta, Georgia, and I desperately needed a break before starting on my graduate level studies. My roommate at that time was a young man who had grown up in the Taos area when his father, in the 1960s, was the Episcopal priest who had to minister to the region that encompassed Española, Taos and all surrounding areas. I don't remember why they ended up in Atlanta, but it was my good fortune. Why? Because they had lived in a log cabin up the canyon towards Angel Fire and Luther, my roommate's Dad who owned it, said I was welcome to use it should I ever be in that area.

December 20, 1972: I am on the main highway leaving Atlanta, clothed in my greatcoat, Clint Eastwood hat, pack on my back, full beard and hair to my waist (recall that this was the era of the Hippie). It's a wonder that anyone stopped to pick up this rather unkempt derelict-looking apparition, but I rarely waited more than 30 minutes after being dropped by the previous generous motorist. Up to Tennessee, across Arkansas and Oklahoma, crossing the Texas panhandle close to my birthplace (Pampa, Texas), then dropping down to Albuquerque, where I spent the night with the family of another traveler (who had picked me up in Oklahoma while I was walking under a night sky, cloudless, with an endless canopy of stars over me).

From Albuquerque, I rode with a grizzled, retired, merchant marine veteran who lived just outside of Taos. He had been visiting his

wife, who was hospitalized with burns caused by an exploding kerosene stove. The driver's name was John Connelly, who professed to be related to John O'Connell (who had been hung by the British for leading an Irish insurrection during the early 1900s). When John learned that I had just received a degree in Mechanical Engineering, he asked if I would consult with someone at the new commune that had just been developed outside of town. They needed a way to pump water from a well that wouldn't require electricity. He took me out to the commune, and I designed a system for them that used a bicycle to power the water pump.



The rest of my stay in Taos is a collage of memories related to snow-capped mountains, the frozen creek in front of my cabin, friendly strangers giving me rides, and the nighttime wonder of seeing for the first time the luminarias glowing all around the square. Those two weeks in Taos during the Christmas Holidays laid the foundation for my eventual return to this astounding region 45 years later.

I do not believe in coincidence or destiny. I believe that Taos became a part of who I am and was never far from my conscious thoughts when in 2017, after being an expatriate in Mexico for 20 years, I decided it was time to return to the United States. I did not hesitate when Graciela (my wife) and I were deciding where we wanted to settle for the remainder of our lives. I don't merit calling myself a Taoseño yet, but I hope that one day, I will feel that I have earned that title.

-- Darrel Baumgardner

THE MISSING MAILBOX

I walked to the corner yesterday
to mail my letter to the world
but it was gone,
nothing there
except its absence
and the rusted bus-stop sign—
not even a residual flange or bolt
to break the silent rhythm
of herringbone brick sidewalk.

Iron of generations,
iron of over 50 years
of faithful waiting—gone
along with all the thanks,
apologies, checks, invitations,
poems and petitions
I've delivered over decades
to its wide blue mouth
watching the stamped chits
slide one by one
into the vast, black belly

Much like the words
I keep losing these days
as day by day they slip
beyond my grasp
into the mind's abyss

lilac,
rampart,
brassica,

you know, that flower with the
jester's cap and bells...

just beyond grasp and recall

-- Jean Nordhaus

Jean Nordhaus' six volumes of poetry include *Memos from the Broken World*, *My Life in Hiding*, *Innocence*, and *The Porcelain Apes of Moses Mendelssohn*. Her new book, *The Music of Being*, is forthcoming in 2023. She has served as poetry coordinator at the Folger Shakespeare Library, as President of Washington Writers' Publishing House, and as Review Editor of *Poet Lore*, the oldest continuously published poetry magazine in the U.S. She lives on Capitol Hill in Washington, D.C., and in Taos, New Mexico.



RESOURCES

Jim Ludden sends information about the “Senior Community Service Employment Program” (SCSEP) for elders who wish to keep on working. According to data on this site, 73 percent of seniors continue working not because they need to, but because they want to. The site presents information about rebuilding your resume to find appropriate work: <https://www.resumebuilder.com/senior-employment-programs-and-resources/>

AARP also has resources for seniors who desire to continue working. The AARP Job Board (aarp.org/jobs) is free for all who register at the site. AARP Skills Builder for Work provides courses (<http://aarp.org/workskills>) and you can get a free resume review at aarp.org/resume. Another AARP site says, “Veterans and military spouses have the skills—adaptability, resourcefulness, and unparalleled work ethic—to be successful

entrepreneurs. Learn how to bring your idea to life.” (<https://campaigns.aarp.org/Veteran-Job-Center/>)

Of course, another way to stay in the professional world that has been your life and home is to find ways to apply your skills to voluntary work. That is what Terry and I decided to do more than four years ago when we offered to take on this bimonthly newsletter! We enjoy producing *inTENTions* and always welcome our readers’ ideas for improving it. Stay in touch!

P.S.: AARP offers free assistance with tax preparation. You can make an appointment for in-person help at the Talpa Community Center (3 Archuleta Rd in Ranchos de Taos) using AARP’s website: online at this link: <https://taxappointment.aarp.org/s/registration?locationId=alr3l00000b83Wn>

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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