

inTENTions



TAOS ELDERS & NEIGHBORS TOGETHER
FEBRUARY 2024 Issue #38

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 TENT IS FULL OF ARTISTS !

CHERYL KALADAS, a TENT Volunteer, and local artist was born and grew up in New Jersey. From an early age, she enjoyed drawing and painting but coloring inside the lines was not of interest to her and as she pursued her talent, she realized that drawing outside the lines would define her creative style. After high school she attended a private art school, where she took a range of courses with her main focus on commercial art.



After leaving the school, she was employed as a graphic designer/artist at a publishing company, first as a full-time employee then as a contract artist, which gave her time to pursue her second passion, nutrition, working weekends at a health food

store. When she arrived in Taos in 1998, her experience in the health food industry landed her a job at Cid's Market as manager of the Health & Beauty Aids (HABA) department, from which she retired in 2018.

Since then, Cheryl has returned to her artistic roots, not as a commercial endeavor but as a fun exercise to explore many different forms, from painting still lifes (Georgia O'Keefe is one

of her favorite artists, not just as an artist but as a pioneer who lived her life the way she wanted); colorful flowers on glass plates that she hangs on her fence in the nice weather; and dragon flies and



bees on murals like the one on the door of her sauna. She works in many mediums, including colored pencils and photography. Cheryl is not interested in selling her art, giving much of it away, but prefers just having fun finding new ways to apply her creative spirit. When asked what she would tell anyone wishing to get into art, she says, "Just try everything until you find what works for you. You will never know what you like until you try many things."

Her husband, Mike, is an artist in his own right, a master wood worker, so they share much in common as they continue to enjoy life in Taos. As an aside, Cheryl had prepared to conduct an ornament painting class before Christmas but unfortunately the minimum number didn't sign up—so she has a bunch of ceramic ginger bread men just waiting to be decorated.

-- Darrel Baumgardner

FROM THE BOARD



Happy New Year, friends! We hope your holidays were enjoyable and you are happy and healthy. We have had a busy couple of months at TENT. All is going well. Please check out our web site for activities. And note that

TENT is pleased to announce another price reduction: yearly membership for \$240 (\$20 per month); or yearly household membership

for \$300. A three-month trial membership is \$100.

As we all know, the rate of Covid infections is rising again and there is a new variant afoot. Please be cautious around vulnerable Members and wear a mask to protect each other. Here follows an idea from one of our technical wizards, Darrel Baumgardner, about a device called a Grand Pad. He's investigating it for our Members. Let him know if you want to "check it out": Darrel.baumgardner@gmail.com

-- Bette Myerson, Co-President

The GrandPad is designed for seniors who

don't need the myriad of applications that laptops, tablets, and "smartphones" come with. The GrandPad doesn't

require internet or dedicated phone companies because the monthly cost includes the built-in 4G LTE technology that is available nationwide. This allows the GrandPad user to make voice or video calls, check email or participate in Zoom calls, to name just a few of the many powerful features that are available at a single touch to the 8-inch screen. The photo shows the GrandPad screen with the phone calling, email, photo album and camera functions—all designed for the non-techsavvy user.

The table lists all the advantages over standard telephone services. One of the REALLY important ones is that the GrandPad user will NEVER receive unwanted phone calls from marketers or scam artists! The cost, about \$2.00 a day.



What makes GrandPad so different from a landline or a cellphone?

FEATURES	GRANDPAD	LANDLINE	CELLPHONE
Voice Calls	✓	✓	✓
Video Calls	✓	✗	✓
Photo sharing	✓	✗	✓
Internet browsing	✓	✗	✓
4G LTE data plan	✓	✗	✓
Emergency 911 calling	✓	✓	✓
Phone Number Portability	✓	✓	✓
24/7/365 customer support	✓	✗	✗
Designed for seniors	✓	✗	✗
No spam or scam calls	✓	✗	✗

KATE'S CORNER

Greetings to all! Is it spring? Still winter? Mud season, for sure! All of the above, I suspect, and my work with TENT reminds me that resilience (“an ability to recover from or adjust easily to adversity,” *Merriam-Webster Dictionary*) is an attribute well known to us aqui en Taos!

Please welcome our new Volunteers, Hope B., Deedee L., Haven L., and Chris R. Thank you for your willingness to help our Members! On the topic of Volunteers, I want to remind you that you are part of our Village, and to please not hesitate to reach out if you need help with something. For instance, recently I was able to give a Volunteer a ride home from the hospital after a procedure. It takes a Village!

Our goody bag delivery to Members for Christmas was very well received. Thanks to all the Volunteers who helped: Ron for the card printing; Julian, Terry, and Marianne for help filling the bags; bakers Jim and Lana, Becky, Jan, Georgiana (and Martha, who brought store bought deliciousness); fruit and nuts from Bette, Reggie, and Georgiana; and the drivers—Darrel, Bette, Anne, Mya, Wally, Paula, Julie, Ann Ellen, and Thomas. Please forgive me if I missed anyone!

Odds and Ends:

Someone left a white plate at the Thieving Santa party; please let us know if it is yours so we can return it.

We are exploring the possibility of Volunteers being health advocates for our Members. This would involve going to doctor’s appointments with them, taking notes, asking questions, enhancing communication with the medical staff, etc. Please check out this link to the Agency for Health Care Research and Quality (<https://www.ahrq.gov>) and type in “health advocate” in the search bar. Members and Volunteers, please let us know if this would be a service you would like to have/give.

And how about shared housing? A roommate could provide peace of mind, rental income, help with chores or transport, companionship...The potential roommate would get a background check and both parties would sign a home-share agreement outlining the specifics. Again, please let us know if you would like to pursue this.

We are looking forward to a productive and happy year, with thanks to all for keeping us thriving!
-- Kate Harris

ACTIVITIES UPDATE

A holiday party was held at the Taos library on December 15. Members and Volunteers enjoyed the “white elephant” gift exchange game, holiday music, and the many wonderful, sweet treats provided by those attending.



On January 23, an afternoon tea was held at the Valverde Commons house. John Archuleta, guitarist, played many “oldies” for his appreciative audience. The many varieties of teas, tea sandwiches, and sweets were enjoyed by all.

The weaving class has been suspended until further notice. We hope you will keep viewing the events listings on the TENT website, taoselders.org, for any new activities as they are planned. --
Honore Maloney, 575-776-8087,
jmaloney@taosnet.com

GETTING INTO THE “CROSSROADS OF CULTURES”

On January 10, Jim Schultz scheduled a TENT tour of a celebrated cultural complex, the Couse-Sharp Historic Site on Kit Carson Road. It features the former homes, studios, and art of Eanger Irving Couse and Joseph Henry Sharp, who helped form the Taos Society of Artists in 1915. From the beginning, the TSA’s focus has been on the cultural diversity of the American Southwest, including Native American and Hispanic contributions to our history. The stated purpose of the site is that it “preserves and interprets Taos’ crossroads of cultures, promoting and facilitating research, education, and new perspectives on the Taos Society of Artists, early artists of Taos, and regional and indigenous communities in relation to the greater story of the multicultural American West.” Attendees were divided into two groups led by volunteer docents Charlene and Sharon. There is so much to see in this complex that tours generally take nearly two hours (and ours did!). Attendees’ comments were very favorable. Andy and Justine: “Thanks so much for the Couse-Sharp tour! Amazing in



so many ways.” Julie S.: “Very interesting tour, thank you for setting it up.” Kate: “Very interesting place. The docents were very knowledgeable and had fascinating stories about the two families. We’ll do this again when the gardens are blooming!”

We know we have lots of artists and art lovers in TENT so we can relate to these opportunities. For more about the site and the TSA, see <http://couse-sharp.org/>

-- Linda Thompson

OUR TENT IS FULL OF ARTISTS ...

JAN HALLER was born in Petosky, Michigan. She arrived in Taos in 1977 where she met her husband Bill while working at the San Felipe del Rio ranch in San Cristobal. A year later, before moving to San Francisco, Jan read about a class being taught there called “The Painting Experience.” Jan ended up taking the class and working at the studio of Michele Cassou, the founder and pioneer of the painting process for the next 20 years. She first apprenticed, then helped teach art classes under the tutelage of Ms. Cassou, who Jan counts as a mentor and friend, inspiring her to be the person and artist



that she is today. Jan and Bill moved back to Taos in 1998 and built a house on land that they had bought 20 years earlier. Jan taught painting classes to children and adults. Her teaching is guided by her mentor whose principle is that art should be process oriented, not product driven. She tells her students to pay attention to their inner energy when they pick the color and paint, which is their guide to what feels alive. She enjoys teaching all ages but likes working with children because they are less judgmental of themselves.

Although Jan has applied her creative talent in many media, while working in a local yarn shop, she found great pleasure in making quirky handknit hats that she now sells at the Emporium and Flying Circus in Aspen, CO. The ones that I saw in her home studio are fantastical in nature and I could imagine seeing them in a Harry Potter movie. Jan takes great pleasure in teaching art and supporting people to open up and discover their inner creativity.

ROBERT ROSS entered this life in January 1949, in the town of Stockton, California. His passion for art began shortly after arriving with his family to Carmel, a well-known enclave for artists. Upon leaving high school, and having already started developing his own personal style as an artist, Robert decided he wanted to market his art; however, he felt that Carmel would be a tough place to do so, given the competition. He decided to make a change in lifestyle and moved to Kentucky in 1980, where he met his wife, Sandra. They moved into a cabin that lay on 75 acres of woodland at the end of a mile-long road and began making hand-split baskets woven from wood shaved from the white oak

trees. They were highly successful selling their baskets—the Kentucky Department of Transportation bought one for permanent display at their headquarters—until Robert was diagnosed with rheumatoid arthritis in 1987.



Examples of B&W and colored pointillism

At that point, Robert returned to his painting, this time with a technique called “Pointillism,” first developed by Georges Seurat and Paul Signac in 1886. He started doing both black and white and colored works, including some of Harley Davidson motorcycles. A colleague encouraged him to sell them at rallies, which he did. Although they did not sell as expected, at one of the shows he met a German who asked if he could sell Robert’s prints in Germany at his shop. For the next 10 years, Robert made a living this way; however, living close to the land with no running water, electricity, or telephone, led them to move to Taos in 1997.

Robert showed his work for six months at a gallery, where he took third place at the Taos Art Association’s annual show. When the gallery went out of business, Robert took a job with the Town of Taos’ waste management department, where for 10 years he was the scale operator at the landfill. Not long after he retired, he saw an ad in the *Taos News Tempo* that the Charles Collins gallery was looking for artists; that is where he now works part time and shows



Example of Robert's white sand painting

his works. Robert's newest creations use white sand as the medium onto which he paints. Robert's creative ideas appear endless! All artist articles by Darrel Baumgardner

LIFE MILESTONES: ROBBIE CARGILL

At a recent memorial service for TENT Member Robbie Cargill, it was clear that he was a well-loved man. Family came from as far away as London and Australia to remember and tell tales of this Irishman's adventures: working, taking the whole family on long-distance wild mountain ski trips, helping kids train for the Olympic ski team.

The first time I met Robbie to take him to an appointment at Holy Cross Hospital, he came out holding a gift of honey from the



bees his daughter Moira keeps to create Taos Bee honey and healing bath and beauty products (taosbee.com). Robbie and I chatted easily all the way to and from the hospital. When his appointment took longer than expected, Robbie apologized—but when he noticed I had brought my knitting, he said, “Maybe you could make me a jumper!” He had that Irish twinkle.

Until the end, Robbie lived life to the fullest, swimming daily at the in-home pool and traveling alone in his 90s to London and Ireland to visit family and his beloved homeland. A cherished member of the Presbyterian Church, Robbie stayed involved in it as well.

Meeting someone like Robbie inspires one to find the beauty and delight that is all around us, to appreciate and fully live this life.

-- Jan Haller

LIFE MILESTONES: SUSANN McCARTHY

Brilliant. Wise. Gently ironic. Knowledgeable. Determined. Kind. Strong-willed. Funny. Perspicacious. Book lover. Endlessly busy. Firmly ethical. Frighteningly well-informed. She was the best of friends to so many of us.

The groups she founded, led, and participated in were an important part of her life because they were all paths to becoming a better person. When she led she did so from a one-down position—she believed strongly in everyone being honored and heard. She worked on herself constantly; everything she did was focused on that goal. She became vegan. She read widely in nonfiction to inform herself. When she knew a major change was

necessary, she made the necessary changes. And she did it decisively and quickly. Her vision changed and she had a slight accident in her car. She gave up driving (and her car). She left her house in Ranchos, had a gigantic yard sale, and moved into an apartment in Taos. From then on, she walked, took a bus, or begged a ride. She made it work for



her. She was a devoted book person and loved the library. She read

everything from Diana Gabaldon to Proust

(when she was young, and in the French). I know that because she left me her copy.

Susann was deeply spiritual, and this informed her life. Thich Nhat Hanh was her Teacher, and her Sangha was the center of her life. Susann and I were friends for over 20 years. As this time passed, I slowly became conscious of alterations in her state of being. She became more peaceful, more calm. Her focus deepened; she slowed down a bit. Her sense of humor came to the fore. I last visited Susann a few days before her death. She was relaxed, at peace. Her hair was white. She was lovely. She is a Teacher.

-- Patricia Rogers
(See article about Susan as a TENT Volunteer on page 6 of the October 2022 *inTENTions*)

Loose Ends

Recently during some deep winter cleaning in my studio, I came upon a needlepoint of a towering stack of English teacups made by my niece. She gifted it to me to frame and keep. The frame and the backing are there—I just haven't put it all together. This reminded me of "The Loose Ends Project."

It was started by Masey Kaplan of Falmouth, Maine, and Jennifer Simonich of Seattle when they discovered their common experience of being asked to finish handmade projects by crafters who had died or could no longer do handwork due to compromised health. They started a free, volunteer-based service giving families and friends an easy way to find knitters, crocheters, quilters, or other crafters to complete a project. Skilled volunteers wrap up projects and return them to their intended recipients. The organization now has more than 19,000

finishers from every state and 63 countries. New Mexico has 94 finishers and 4 projects underway. What is lovely is to hear about connections made: finishers with recipients and families and friends with those who had passed. For example: "My mother and I chose the yarn together and picked out the pattern. It was so special, to receive the project she'd been making for me when she died—even though she hadn't finished it, she'd touched it and she'd been making it for me. I'll cherish this forever." -- Iris., ME

You can find more information and stories on the website www.looseendsproject.org Also, at BestLifeBestDeath.com there is an interview with the founders—Podcast #109. Instagram: #thelooseendsproject.

Let this be an inspiration to finish our projects if we can. And to be enriched by the generosity of makers and crafters and their appreciators of all kinds. -- Jan Haller

RESOURCES

The Center for Disease Control notes that nearly one in five adults age 65 or older have lost all of their teeth.

Recommendations to keep our teeth include drink fluoridated water (those of us in Taos County on wells don't have this choice); brush twice a day with fluoridated toothpaste; floss frequently; use sugar-free products such as gum or cough drops; visit your dentist at least once a year. AARP and Volunteers of America (VOA) have launched ReST, meaning "Resilience, Strength and Time," a free program that provides emotional support for people affected by a scam or fraud. ReST sessions are online, hour-long, confidential small groups led by trained peer facilitators. Visit www.aarp.org/fraudsupport to learn more.

From Jim Ludden: We would like you to include us in the contact list on your computer so that our email messages do not go into your spam or junk folder:

TaosElders@Gmail.com

taoselders@a.helpfulvillage.com

village+taoselders@helpfulvillage.com

These latter two are used by our software Helpful Village to send messages that originate within the software. These messages can include service opportunities, activity announcements, or individual reminders.

I welcome your contributions to this "Resources" column. Please send me ideas at Editor@taoselders.org – 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 \$240/year or \$20/mo.

Household \$300/year or \$25/mo.

3 Month Trial \$100

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