

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

December 2021

IN THE SPIRIT OF GIVING, OR WHY I GIVE!

Today as I left the Safeway parking lot, there was a young woman sitting on the curb with a cardboard sign: HUNGRY. I gave her a \$5 bill through my passenger side window. She was grateful and said "Thank you" several times.

As I drove around the corner to Main Street, I spotted two women also sitting on the curb. Their sign read "Anything." I dug in my pocket and came up with another \$5 bill and handed it off to those women and got two big smiles and another chorus of thank you.

The reason I had five dollars handy was because I had recently read an article by a man who always kept a \$5 bill in his pocket in case he ran across a homeless person or someone down on their luck. He argued that in his community "\$5 wouldn't buy a bottle of booze but could provide a hamburger and drink." He said for him, it was the "right thing to do."

I liked the \$5 idea and put one in the cup holder in my car. Now I always have one there.

Giving those two "offerings" of \$5 made me feel good, because I can afford it and never want to be one who has to sit on the street corner "begging" (humbling/embarrassing myself) for help with money for food. Who am I to judge another's circumstances, or have requirements for how that money may be used. It is a "gift." Growing up my mom and I never really had much money, but I didn't think we were "poor." We ate a lot of "breakfast for dinner" (cereal and milk, often with or without fruit.) Fried slices of SPAM were a special treat! In college, I had no money beyond tuition and took advantage the USDA Commodity Program. Five pounds each of butter and cheese, along with a 5-pound bag of flour. That led me to apply for Food Stamps which led to better food choices...and lots of judgemental/disgusted looks from the check-out clerks.

After graduation, I moved to a small town in Colorado. I had the luck to find a job, between teaching gigs, with the Department of Social Services and worked with LEAP Program providing assistance for low-income families to pay for their winter heating bills. I shared an office with several DSS employees and I was embarrassed to hear the frequent negative comments from the Social Workers about their clients on food stamps and the items they were seen buying in the only grocery store in town. "I couldn't believe it when Sue Smith bought a huge steak with her food stamps!" "Frank Jones bought a double layer cake!" "You should have seen the amount of prepared Deli foods John and Mary Gibson bought." After hearing these kinds of comments more than once, I finally spoke up, "What if Sue and her family were celebrating a big event and a steak was a way to feel like they were really lucky. Buying a cake to celebrate someone's birthday or anniversary is a common thing to do. Buying prepared foods might indicate the Gibson's stove or refrigerator is broken and they have no way to cook or save food right now." The office was quiet after that whenever I was doing paperwork there, so I just kept my head down and prayed for school to start up again so I could deal with teenagers and not adults!

It is easy to judge another person's actions, but do we have a right to do it without regard for the circumstances that create that behavior? Something to think about.

Now go ahead and put a \$5 bill in your pocket or purse, or the cup holder in your car.

For all our many blessings, may we be thankful!

Karen Morrison, President



Send in your dues now, or ask a friend to join. Enjoy monthly programs, and support activities that enhance the lives of San Juan County retirees who receive a pension check from the ERB.

SJAER BOARD

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SJRM C REPRESENTATIVE

Karen Morrison



2021-2022 MEMBERSHIP FORM

Name _____

Social Security # _____

Address _____

City _____

State _____

County _____

Zip Code _____

Phone # _____

E-Mail Address _____

Birthday _____

Would you like to receive a reminder call before each meeting? NO YES

_____ I hereby authorize the Educational Retirement Board to deduct NMAER **state** dues from my retirement check in the amount of \$2.50 a month. I understand this authorization makes me a continuing member of the association and can be canceled only by a written notice from me.

_____ Already on **automatic state** dues.

_____ \$30.00 enclosed for annual **state** dues.

_____ \$10.00 enclosed for annual **local** dues.

Signature of Retiree

Date

Make checks payable to SJAER

Mail to: SJAER Membership Chair

Phyllis Meier

3305 N. Cochiti

Farmington, NM 87401

(505)-320-7536

(Dues are NOT tax deductible)

Sponsored by _____ **Phyllis Meier**

Unit Sponsored by _____ **San Juan AER**

November Guest Speaker

Our guest speaker for Tuesday, December 14 will be Megan Cullip, entertaining us with a holiday musical program.
The meeting will be at No Worries Sports Bar & Grill at the Farmington Airport.

What do you call a broke Santa Claus? Saint Nickel-less!!!



SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 a.m. Currently, we are meeting in-person! Hooray! The meetings will be 11:30 a.m. at No Worries Bar and Grill located at Farmington Airport. A couple of \$8 or \$10 specials will be available or members can order off the menu.



Schmidt, Victoria P	12/3
Kittell, Wilda Janet	12/6
Gonzales, Mona G	12/12
Dragony, Jodi	12/18
Overlin, Zelith M	12/20
Cooper, Frances	12/21
Dye, Diann	12/21
Johnston, Joyce K.	12/23
Lasley, Teresa G	12/24
Weaver, Emma	12/25
Fisher, Suzanne M	12/26
Dunn, Nancy E	12/29

Join or Renew Your Membership



2021/2022 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	7	17	25
OCTOBER	9	9	18
NOVEMBER	1	2	5
DECEMBER	0	0	0
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	17	28	48

See page 2 for 2021-2022 Membership form.

Every family has one weird relative -
If you don't know who it is,
then it's probably you



SJAER Executive Board Meeting 11-9-21

11:00 AM at No Worries

Members present: Karen Morrison, Chuck Culpepper, Phyllis Meier, Marilyn Montoya, Nancy Tyson, , Sandy Allred, and Debbie Klein.

Meeting was a very informal meeting started at 11:10a in the meeting room of No Worries.

- ❖ The minutes written in the YARN were distributed.
- ❖ **Secretary Report:** The secretary report was printed in the YARN. Connie was out of town so minutes are being taken by Marilyn Montoya.
- ❖ **Treasurer report:** The treasurer report was listed in the YARN. No changes or corrections were given.
- ❖ **YARN:** This did another outstanding job for the YARN.
- ❖ **Sunshine:** No report
- ❖ **Scholarship:** No report
- ❖ **Social:** No report.
- ❖ **Karen reported that we need to go back to our more structured schedule for meetings: eating and visiting so our speaker can start at 12n.**

SJAER-GENERAL MEETING 11-9-21

11:30 AM at No Worries

19 people attended the today's meeting and 1 by Zoom.

- Meeting was called to order by President Karen Morrison at No Worries and all were welcomed and thanked for coming.
- Sandy Allred led the pledge by zoom.
- There were 19 members in attendance and 1 attended by zoom.
- Karen announced we have several on the ill or injured list: Kathy Martin, in is Tenn. and is recovering from a broken hip; Trish Murph is recovering from a broken foot and Gordon Glass is recovering from a broken hip. Stay safe out there and watch your steps!.
- Karen thanked everyone who had either brought a blanket or had made the donation of \$5 to purchase one.
- Jeannine Stavelly made 22 blankets and made one special for a door prize. A big thank you to her.
- At noon Chuck introduced Chief Steve Hebbe of the Farmington Police Department. Chief Hebbe spoke about how the Real Time Crime Center started and how it has expanded in a very short time. He included several police related topics as questions were asked. Very interesting and informative.
- Door prizes were then drawn: The blanket was won by Marilyn Montoya, other door prizes were won by Carolyn McDonald, Marie Chavez and LaVon Hamblin.
- **The meeting adjourned at 12:40.**

Next General Meeting: 11:30 AM on December 14th at No Worries



"Use your handkerchief, son"



SJAER PROJECTS

If you have ideas for possible meeting programs, please contact Marilyn Montoya (Marilyn_montoya@yahoo.com) or Karen Morrison (klm3@earthlink.net).

If you know of members who have been ill or have experienced the loss of a loved one, please contact Courtesy/Sunshine Chair Nancy Tyson (ntyson@dives-2-little.com). SJAER will send a card.

Take a copy of the YARN and use it to invite a friend to join SJAER.

Greeting Cards - Please take time out to send a cheerful greeting card to a resident at Namaste House, a local assisted living facility which we have "adopted" for the time being. You may address your card as follows: Namaste House, Resident 800 W. 30th Street. Farmington, NM. 87401

Lap Blankets - We are collecting \$5 donations to purchase lap blankets for patients leaving the hospital to keep them warm as they wait for a taxi or a ride to show up. You may wish to sew some or buy them yourself to donate. Bring them to one of our meetings and we'll make sure they get to the hospital.

2021-2022 Meeting Dates and Programs

Dec 14, 2021	Megan Cullip
Jan. 11, 2022	TBA
Feb. 8, 2022	TBA
Mar. 8, 2022	TBA
Apr. 12, 2022	TBA
May 10, 2022	Year End Barbeque

Month	Volunteer Hours
September	105
October	132
November	57
December	
January	
February	
March	
April	
May	
Total	294



You may submit your volunteer hours at each meeting when you sign in or by emailing them to Trish: trishshsh@live.com

Good News!! Thanks to Sandy Allred We are finally, a legit organization according to the IRS!

In Memoriam, September--November 2021

Name	Date	Name	Date
Rufina Jaramillo	Sep 2	Billie M Hackney	Oct 22
Robert Breckenridge	Sep 6	Lee Wooderson	Nov 4
Helen Hennrich	Sep 10	Ernest Natonabah	Nov 5
Connie Ulibarri	Sep 10	Bonnie Crawford	Nov 7
Elizabeth (Betty) Giron	Sep 24	Alan Begay	Nov 14
Samuel Shorty	Sep 29	Anita Bryant	Nov 24
Ethel Beyhan	Oct 2	Delores McKnight	Nov 27
Ora Slusser	Oct 8	Nancy Henley	Nov 28
Freda Faye Thomas	Oct 15	Norman Grange	Nov 29
Horace "Mike" Everett	Oct 16		



SAN JUAN REGIONAL MEDICAL CENTER CORPORATION QUARTERLY REPORT – OCTOBER 2021

The Corporation cancelled it's in-person meeting this quarter due to the pandemic. Instead, a print report was sent to all member organizations. A few items of Hospital news follow:

*As part of a comprehensive neurosciences program, a Physiatry Clinic is now open at 735 West Animas. Dr. Carletta Thompson and Nurse Practitioner LaPrincess Tso are now seeing patients. A "physiatrist" is a physician who specializes in Physical Medicine and Rehabilitation. Dr Thompson will diagnos, manage and treat pain from injury, illness or medical conditions predominantly using physical means of recovery such as physical therapy and medicine.

*AirCare has purchased a new fixed wing airplane for emergency transport. The Pilatus PC-12 NGX. The new plane has the latest technology, including enhanced safety aids for the crew and improved safety, comfort and quiet for patients. AirCare continues work to provide safe emergency medical flights to our community.

*Leaders of the City of Farmington and San Juan County visited SJRMC (twice) to honor caregivers for the hard work, commitment, and dedication they've demonstrated during the COVID-19 Pandemic.

*A Labyrinth was installed in the Healing Garden to honor the lives of caregivers who passed away during the pandemic. Walking a labyrinth facilitates healing, promotes health and encourages reflective meditation.

*If you would like to send a note of gratitude to our caregivers, go to thankacaregiver@sjrmc.net

*Financially, the hospital is still demonstrating stability even though COVID-19 continues to drive up expenses. The CARES Act provided \$42.0M of relief in offset over the past 22 months and the hospital continues to look state and federal assistance opportunities for funding.

EVENTS

Date	Day	Time	Event	Location	Cost
Dec. 15	Wednesday	6:00pm	Trivia Night - NASA - 6:00pm	Farmington Library	Free
Dec. 14	Tuesday	7:00pm	Bar D Wranglers	Farmington Civic Center	Tickets \$14 -\$18
Dec. 17	Friday	7:00pm	San Juan College African Drumming Ensemble	Connie Gotsch Theatre	Adults \$8 Students & Seniors \$6
Dec. 17	Friday	7:00pm	Mann Dance Academy presents "The Nutcracker"	Henderson Fine Arts Center	Adults \$14 Children & Seniors \$12
Dec. 18	Saturday	1:00pm	Mann Dance Academy presents "The Nutcracker"	Henderson Fine Arts Center	Adults \$14 Children & Seniors \$12
Dec. 18	Saturday	7:00pm	Mann Dance Academy's 1st annual Christmas Spectacular featuring hip hop, jazz, tap, lyrical and children's combination classes in holiday dances.	Henderson Fine Arts Center	Adults \$14 Children & Seniors \$12
Dec. 18	Saturday	8:30am - 3:00pm	Audubon Christmas Bird Count - enjoy an afternoon along the Animas River trails, as you take part in the annual Audubon bird census!	Riverside Nature Center	Free
Dec. 19 - Dec. 23	Sunday - Thursday	5:00pm - 7:00pm	Take your own photos with Santa - Storytime/Arts & Crafts at 5:00pm - Cookie and Cocoa Bar	Fly High Adventure Park	Free Photos Fee for goods
Dec. 21	Tuesday	11:55am	Winter Solstice	Farmington Library	Free
Dec. 21	Tuesday.	7:30pm	Charles Dickens' "A Christmas Carol"	Farmington Civic Center	Tickets \$12 -\$18
Dec. 22	Wednesday	6:00pm - 8:00pm	Four Corners Home for Children (formerly known as Navajo Ministries) has presented this annual live nativity since 1985...	Four Corners Home for Children	Free Donations/Canned Goods Accepted
Nov. 12 & Ongoing	Friday	5:00-7:00 & Ongoing	Opening reception for new exhibit - Built by Gas 100 years of Commercial Gas in the San Juan Basin	Farmington Museum	\$3.00 donation appreciated
Ongoing	Thurs. - Sat.	10:00AM to 4:00PM	Museum of Navajo Art & Culture - celebrates the vibrant art, culture and history of the Diné (Navajo) people	301 W Main Street	??
Ongoing	Mon. - Sat.	10:00am-5:00pm	<i>Seldom Seen</i> - an exploration of the wonderful diversity of art featuring various mediums	Farmington Museum	Free
Jan. 11	Tuesday	11:00am	Take and Make Craft - Cupcake Pop-up Card	Farmington Library	Free
Jan 11	Tuesday	8:00pm	The Choir of Man - Known as "the ultimate-feel good show," one hour of indisputable joy for all ages!	Farmington Civic Center	\$22 - \$28
Dec. 31	Friday	9:00pm - 1:00am	SunRay Park and Casino's New Year Boots & Glam Party!	Sun Ray Park & Casino	No Cover Charge 21+ event



Christmas RIDDLE ME THIS



Be the first to match each riddle to the answer. Good luck!

1. What is the end of Christmas? ____
2. What Christmas Carol is the favorite of parents? ____
3. Why is the alphabet shorter at Christmas time? ____
4. What is it called when you decorate the entryways? ____
5. Where does Santa Claus hang his suit after Christmas? ____
6. What do angry mice send to each other at Christmas time? ____
7. Santa rides in a sleigh. What do elves ride in? ____
8. What do you call a snowman party? ____
9. What do you call a Christmas tree with a really big nose? ____
10. What is a fervent hope that you thoroughly enjoy your yuletide season? ____
11. Who sings "Blue Christmas" and makes toy guitars? ____
12. If athletes get Athletes Foot, what do astronauts get? ____
13. What do you get when you cross Christmas Eve with tied up rope? ____
14. Why are Christmas trees bad at knitting? ____
15. Why does Santa Claus like going down the chimney? ____

A. YOU DECK THE HALLS

D. THE LETTER S

G. IT HAS NO L (NOEL)

I. WE WISH YOU A MERRY CHRISTMAS

K. IT SOOTS HIM

N. THE KNOT BEFORE CHRISTMAS

B. MINI VANS

E. ELFIS

H. THEY ALWAYS DROP THEIR NEEDLES

L. A SNOWBALL

C. CROSS-MOUSE CARDS

F. SILENT NIGHT

J. IN THE CLAUS-ET

M. MISSLE-TOE

O. PINE-OCCHIO

