

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

February 2023

Greetings,

Like many of you I am looking forward to the warmer days of spring, and at the same time I'm often amazed at how quickly the days, weeks, months and years fly by. My mom used to caution not to wish my life away. So, I am going to try to do just that and enjoy the day-month-season I am in.

I'd like to share with you one of my week-end activities. We attended the MARVEL GROUNDHOG DINNER, held at the Marvel Grange Hall in Marvel, Colorado. It is a fund raiser held each year for the Marvel Methodist church. It is a multi-generational event: the older ladies and moms are in the kitchen cooking, the young kids are helping to bus the tables, the men are refilling coffee cups, the teen young men are outside helping to park and to assist folks in getting to the door. This year was really a slick, muddy mess so having a little extra help was very welcome.

Once inside, we were seated at one of the long tables and our drink orders were taken, the food arrived: pan fried potatoes, German coleslaw, homemade rolls and the main course groundhog. It is served family style and is all you can eat. We met some nice people from Marvel and from Cortez at our table. Oh yes and the desserts, let's not forget the desserts! There is a long table that is filled with homemade yummys! My favorite is the mint-chocolate cake, and my husband loves the German chocolate cake. We always look over all the choices, then pick up our favorite.

I encourage you to attend this event next year. It is always the Saturday nearest to "GROUNDHOG" day. (Oh, and for those who are wondering what groundhog tastes like...think **ground hog** (pork sausage).

Enjoy today, this week and this month.
Marilyn





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

PRESIDENT

Marilyn Montoya

VICE PRESIDENT

Karen Morrison

PAST PRESIDENT

Karen Morrison

TREASURER

Kathy Martin

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Sandy Allred

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PUBLICITY: NEWSLETTER

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Nancy Tyson

SCHOLARSHIP

Jim Conyers

SJRM C REPRESENTATIVES

Karen Morrison

Jim Conyers



2022-2023 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.

_____ \$5.00 enclosed for **associate** 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

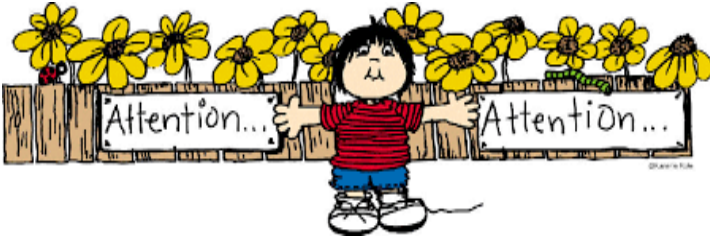
(Dues are Not tax deductible)

Sponsored by Phyllis Meier

Unit Sponsored by San Juan AER

January Program

Our program for Tuesday, February 14 will be Ron Price. He will be "Equipping People to Play Nice in Their Sandbox" The meeting will be at No Worries Sports Bar & Grill at the Farmington Airport.



New SJAER Project

There are a surprising number of high school students living on their own or even homeless. A pantry has been set up to provide food, toiletries, and other basic needs for these students. Members are asked to support this project by bringing items to our meetings which will be given to the counselors running the pantry. Nonperishable, easy fix, microwavable food items, hygiene items, feminine products, etc. are needed to support these students and keep them in school. Let's help them out!

SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 a.m. The meetings will be at No Worries Bar and Grill located at Farmington Airport. A couple of \$8 or \$10 specials may be available or members can order off the menu when they arrive.



February Birthdays

FEBRUARY BIRTHDAYS	
GASTON, CHARLINE	2/2
JAQUEZ, NICKY G	2/3
TYSON, NANCY K.	2/8
GONZALES, RUBEN E	2/10
THOMPSON, ANN L	2/15
ALEXANDER, LYNN K	2/19
KEITH, MARY	2/23



Join or Renew Your Membership



2022/2023 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	9	13	23
OCTOBER	9	2	11
NOVEMBER	0	2	2
DECEMBER	0	0	1
JANUARY	1	1	1
FEBRUARY	1	2	3
MARCH			
APRIL			
MAY			
TOTAL	20	20	41

See page 2 for 2022-2023 Membership form.



SJAER Executive Board Meeting 1-10-23

10:45 am at No Worries Sports Bar and Grill

Board Members Present: President-Marilyn Montoya, Vice President/Programs-Karen Morrison, Secretary Connie Alley, Asst. Treasurer-Sandy Allred and Kathy Martin, Membership-Phyllis Meier, Volunteer Hours/Memorandum-Trish Murphy, Scholarship/SJRC Rep.-Jim Conyer, YARN-Debbie Klein, Sunshine-Nancy Tyson **Absent:** Webmaster/Legislative Rep.-Chuck Culpepper

Meeting was called to order by Marilyn Montoya. Agendas were provided.

Committee Reports

- **December 13, 2022 minutes** were approved.
- **Treasurer report:** We are staying with the same bank. There is \$2903.42 in our account.
- **Membership:** One new member joined in December.
- **Programs:** Marilyn Taylor is our presenter today. It was suggested to have Flo Trujillo as a presenter.
- **Scholarship:** We have \$472.00 in the Scholarship Fund. The fund will be offered to a recipient in April for the Fall session. Today's special 7 tickets for \$5.00. 50% to Scholarship Fund and 50% to winner.
- **San Juan Hospital:** Jim will attend their meeting at the end of the month.
- **YARN:** We will decrease the hard copies of the YARN to 20 copies. We will call for a show of hands at the General meeting to get an idea of how many members like the e-YARN, hard copies, or both.

Message from State/State Convention

- Legislation is getting ready to convene. Join others in contacting our legislators.

Old Business

- **Auction of Kerry Meier's Pictures and other items:** It was suggested that we start the bid lower.

New Business

- **High School Pantry:** There are many students who are homeless, parentless, or living in poverty. The high school has set up a pantry with non-perishable food, snacks, and personal items. We will suggest bringing items to each meeting to donate to the High School Pantry.

Next Meeting – 10:45 am Tuesday February 14, 2023 at No Worries Sports Bar and Grill.

General Meeting 1-10-23

11:30 am at No Worries Sports Bar and Grill 20 members and 6 guests

General Meeting: Opening - Marilyn Montoya, Pledge – Sandy Allred, Prayer - Marilyn Montoya.

Business:

- **Welcome to our many guests today.**
- **Ill members:** Emma Weaver is in the old Good Sam. Darlene Foster is fighting cancer.
- **YARN vote:** 6 prefer on-line, 12 prefer printed copies. Reducing to 20 copies will be adequate. Sarah will distribute left over copies to the schools.
- **Echo Food Bank Collection:** There is a larger need for items at the High School Pantry. We will collect food items that are microwavable, snack packs, tooth brushes/paste, toiletries, etc. monthly.
- **Clothes Closet:** They collect items for students. It is located in the old administration building on the corner of 20th and Dustin.

Guest Speaker: Marilyn Taylor, Painter

- Marilyn is a retired teacher from Esperanza Elementary.
- She started painting with Tole. Now she is a professional painter. She has a cubby and displays her work at Artifacts. If you bring her a photo, she can make a custom sized painting of it for you.
- Marilyn loves to travel and paint. She brings photos back to create many of her paintings.
- She travels with her work to many art shows.
- Marilyn's message to us today is that we all have something that gives us joy. It may be reading, helping others, singing, etc. Don't give up on the things that give you joy.
- Today Marilyn started painting a picture at the beginning of our meeting. When our meeting ended, she had completed her picture. Jeannine Stavely won Marilyn's picture.

50/50 Drawing Fund: We raised \$50 for the Scholarship Fund and Kit won \$50.

Next Meeting – 11:30 am Tuesday February 14, 2023 at No Worries Sports Bar and Grill.



In Memoriam 2022-2023



Ada Johnson, October 2022, Farmington, teacher at Esperanza
Hormuzd Y Rassam, 6/21/31-12/21/22, Farmington, former SJAER member, Dean of Humanities at Farmington Highlands Univ, teacher at Ft. Lewis College and Colorado School of Mines in Golden
Ramon "Raymond" Gurule, 8/21/25-1/8/23, Bloomfield, former SJAER member, teacher in Bloomfield for many years
Juan Trujillo, 3/28/34-1/13/23, Farmington, former SJAER member, elementary and high school teacher
Teresa Marie Macaluso, 4/25/56-1/24/23, Farmington, owned & operated Casa Montessori Preschool for 38 years
Mary Jo Torgerson, (date born? deceased Jan/Feb 2023?), born in Aztec, taught at Jefferson Middle School and Highland High School in Albuquerque

MEETING DATES 2022-2023

No Worries Bar & Grill

Mark your calendars!

October 11, 2022	Tammy Riser – Educator to Encore Coffee Shop Owner
November 8, 2022	Cathy McDonald - 30 years of school nurse supervising & training
December 13, 2022	Tom Swenk, Director of Human Resources City of Farmington Robyn Woodard & Amber Swenk - holiday music & sing along
January 10, 2023	Marilyn Taylor - professional artist and world traveler - will paint while speaking and offer finished painting for sale
February 14, 2023	Ron Price - Equipping People to Play Nice in Their Sandbox
March 14, 2023	TBD
April 11, 2023	TBD
May 9, 2023 Location to be announced.	TBD



Month 2021-2022	Volunteer Hours
September	472
October	520
November	586
December	250
January	297
February	
March	
April	
Summer, etc	
Total	2125

There are two ways to submit your hours. If you attend the monthly meetings, enter your hours in the designated space on the sign sheet at the meeting. You may also submit your hours by emailing: trishshsh@live.com at any time. Once you send in your hours, please don't duplicate them in your next report– a running total will be kept until August 31, 2023.

This project of our State organization is one of our signature projects, bringing attention to our legislature the value of retirees in New Mexico. That has helped the legislators know how important we are in contributing (for free!) to the well-being our fellow citizens. Let's keep up the good work this year. Thanks.

Treasurer's Report
 Account Balance \$ 2537.42
 Scholarship \$521.00
 Bring cash and donate to the scholarship fund.

HOSPITAL CORPORATION REPORT – by Jim Conyers

The San Juan Regional Medical Center Hospital Corporation held its quarterly meeting on Wednesday, January 25, 2023 at the Farmington Civic Center. Sam Gonzales Board Chair conducted the meeting. He announced that the search for a new CEO is in the final stages with two finalists. A decision is expected soon.

The new member application of the BYU Alumni Association was approved.

Sam Gonzales was reappointed for a 3 year term. Former Board member Sherry Galloway was honored for many years of service to the Board.

The financial report indicated a stable picture. Medical malpractice insurance needs have been addressed. The Investment Committee continues to evaluate how best to invest the hospital equity gains. The Hospital has 35 million in assets and 238 days of cash on hand.

The newly remodeled Pediatrics Unit is now open. The Heart Center offers the world's smallest pacemaker.

The Hospital has improved capabilities to screen for colon cancer by AI technology.

Nurses Dilan Jones, Benjamin Stamets and Rebekah Stamets received the DAISY award. Chief of Staff Dr. Daniel Mannus reported on new staff at the Hospital

The Auxiliary reported they had recruited 31 total volunteers in 2022. Twenty-two were teen volunteers. The Auxiliary earned \$1942 at the Uniform Kingdom sale. Pet therapy lost Maya, one of the pet volunteers.

The Riley Men's Health Fund was able to help 156 men with \$451,107 in medical bills. related medical bills.

SJAER PROJECTS

If you know of community people, projects, or news that would make an interesting SJAER meeting program, please contact 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

Used Coat Drive – See email below from Teresa Becker

From: "Becker, Teresa" <tbecker@sirmc.net>

Subject: Used Coat Drive - Urgent need!

Date: November 30, 2022 at 08:43:12 MST

Hi all,

We are already seeing an incredible amount of people coming in for medical assistance who do not have coats. Many are those being seen in the E.D. and some are admitted.

If you can check your closets and feel comfortable donating coats you no longer use, please bring them to the Information Desk and we will get them to the appropriate department.

Thank you for your help as temperatures continue to drop.

Teresa Becker, CAVS

tbecker@sirmc.net

Manager of Volunteer Services

San Juan Regional Medical Center

801 W. Maple

Farmington, NM 87401

(505) 609-6156 Phone

(505) 609-6126 Fax

Click on this link for our volunteer application:

<https://www.volgistics.com/appform/1178705077>



Senior Scams – Tips to Prevent Fraud

Provided for the YARN by Marilyn who got hacked with a “gift card” scam!

If someone calls you, don’t buy any gift cards for Marilyn!

General Tips to Prevent Fraud

- Never give out personal information to anyone by phone, mail, or internet. Never respond to an offer that you do not understand
- Ask for invoices in writing and pay only when you have received a performed service
- Shred credit card receipts and statements before throwing them in the trash. Close unused credit card or bank accounts.

Healthcare and Health Insurance Fraud

- Do not sign blank insurance forms or give blanket authorizations.
- Do not do business with telephone or door-to-door salespeople.
- Do not give your Medicare or health insurance information to just anyone.
- Check with your doctor if a prescription looks suspicious or has adverse side effects,

Investment and Reverse Mortgage Scams

- Do not respond to unsolicited requests. Do not sign any documents from unsolicited persons
- Be wary of anyone offering unusually high interest or dividends.

Funeral and Cemetery Fraud

- Don’t let the salespeople pressure you into immediate purchases.
- Understand contract terms, basic fees, and extra services.

Telemarketing Fraud

- Hang up if the caller offers something free or deeply discounted, or if they say you must act immediately.
- Don’t buy from unknown companies.
- Don’t pay for anything until you receive it.

Charity Scams

- Do not disclose any personal or financial information.
- Learn about charities before you give. Both charitynavigator.org and charitywatch.org are good resources.



EVENTS

Date	Day	Time	Event	Location	Cost
Feb. 15 through April 26	Every Wednesday	2:00pm	Untangled Threads - Bring your knitting, crochet, embroidery, cross stitch, or more and join us for a chance to chat with others who also like doing crafts.	Farmington Library Main Video Wall	Free Bring your own crafts
Feb. 2 through Feb. 24	Monday-Friday	10:00am 5:00pm	<i>Whispers From The Land</i> – a textile art exhibition by Molly Elkind and Patricia Joy, inspired from the landscapes of the southwest.	Henderson Fine Arts Gallery	Free
Feb. 3 through April. 26	Monday-Saturday	10:00am 5:00pm	Tyrannosaurs Meet the Family - The exhibition explores the ‘most feared and revered’ of all dinosaurs in new and different ways.	Farmington Museum	\$10
Feb. 16	Thursday	6:00pm	TRIVIA NIGHT theme: Classic Books - Chance to show off your knowledge of and win a prize.	Farmington Library	Free
Feb. 21	Tuesday	6:00pm-	Cinematheque Series presents “Selma” illustrates Dr. Martin Luther King, Jr’s campaign to secure equal voting rights and the epic march of Selma to Montgomery, Alabama.	Henderson Fine Arts Performance Hall	\$5 Students are Free
Feb.17,18 Feb 24,25 Feb. 26	Fri. – Sat. Fri. – Sat. Sunday	7:30pm 7:30pm 2:30pm	Theatre Arts Ensemble presents “Steel Magnolias” set in Truvy’s beauty salon in Chinquapin, Louisiana, where the ladies who are “anybody” come to have their hair done.	SJC Connie Gotsch (Little)Theatre	Adults \$12 Students & Seniors \$10
Feb. 18	Saturday	9:00am and 10:30am	Caliente Community Chorus presents “Broadway for Brunch” Enjoy a delectable brunch and then delight in spicy renditions of famous Broadway tunes. Silent Auction benefits scholarship fund. See Debbie / Karen.	Piedra Vista High School Commons Area	\$20 in person or \$21 online by 2/15 NO TICKETS at the door
Feb. 18	Saturday	7:00pm- 10:00pm	Total Lounge Music Series –The Sandstoners will sing songs about love and loss in honor of Valentine's Day! Seats 50 people 21+	Total Theatre	\$5 Purchase online fmrn.org/shows
Feb. 23	Thursday	6:00pm	Reel Readers – Read the Jane Austen’s 1815 novel Emma, then watch the movie “Clueless” loosely based on the book. Bring dinner.	Farmington Library	Free
Feb. 26	Sunday	2:00pm	San Juan Symphony presents Visionary Beethoven featuring celebrated violinist Arnaud Sussmann.- a program of true inspiration and incredible energy.	Henderson Fine Arts Center	\$30
Feb. 28	Tuesday	7:30pm	Celtic Angels - Get swept away in the enchanting harmonies as they pay homage to the Emerald Isle.	Farmington Civic Center	\$14 - \$18
March 3 – March 31	Every Friday	6:30pm- 8:30pm	Family Bingo & Pizza Night - Seating is limited, so please sign up early. Win prizes!	Farmington Rec. Center	\$6 in advance \$8 at the door
March 9	Thursday	6:00pm	Craft Night – No Mess Message Center – no sew little hoop makes the perfect home for your daily reminders, notes and quick messages!	Farmington Library	Free

