

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

February 2024

HAPPY FEBRUARY! It looks like we are moving toward Spring. That is a great time of year when the weather is more suitable for outside activities. The Groundhog has said we will have an early Spring. This is a leap year so we have an additional day to enjoy February.

The legislature will soon end its 30 day session. It will end at Noon on February 15, 2024. There have been some bills introduced that are of interest to us as educational retirees. The state association is studying them to see if they are of benefit to us. There were a total of 775 bills, memorials, resolutions and joint resolutions. Many of those will not make it through the session. HM 1 and SM 4 deal with authorizing a study to bring ERA retirement benefits (ours) in line with that for PERA (Public employees). This could eventually result in an increase in our benefits. SB 14 & SB 15 involve the powers and duties of the New Health Care Authority. SJR 5 deals with a Constitutional amendment to protect expenditures for the Retiree Healthcare Fund. Our state leaders are monitoring progress of these as well as other legislative actions.

We will be having our election of officers for next year in March. Be thinking about how you want to volunteer to help our association.

See you on the 13th.



Jim Conyers,
President SJAER



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

Jim Conyers

VICE PRESIDENT

Marilyn Montoya

PAST PRESIDENT

Marilyn Montoya

TREASURER

Kathy Martin

ASSISTANT TREASURER

Sandy Allred

SECRETARY

Connie Alley

MEMBERSHIP

Phyllis Meier

PROGRAMS

Karen Morrison

Marilyn Montoya

PUBLICITY: NEWSLETTER

Debbie Klein

PUBLICITY: WEBSITE

Chuck Culpepper

SUNSHINE

Nancy Tyson

SCHOLARSHIP

Marilyn Montoya

SJRM C REPRESENTATIVES

Karen Morrison

Jim Conyers



2023-2024 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** (non retiree) dues.

Signature of Retiree

Date: _____

Make checks payable to SJAER.

Mail to: SJAER Membership Chair, Phyllis Meier, 3305 N. Cochiti, Farmington, NM 87401 i

(Dues are Not tax deductible)

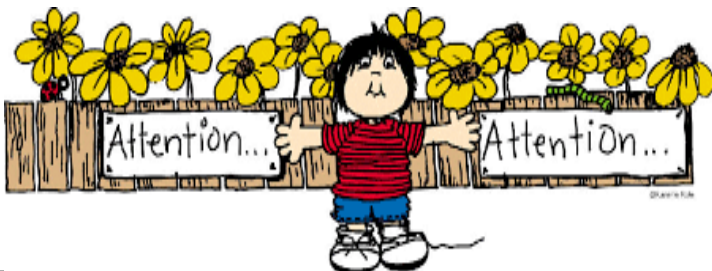
Sponsored by Phyllis Meier

Unit Sponsored by San Juan AER

Wuzzle Answer: low estimate

February Program

Our program for Feb. 13 will be Rebecca Morgan. She will bring some information on the Ukrainian Families the Gordon Glass Sponsorship Circle is helping in the Farmington Area.



2022/2023 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	10	4	16
OCTOBER	6	4	10
NOVEMBER	0	2	3
DECEMBER	0	0	0
JANUARY	0	0	0
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	16	10	29

SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 a.m. All meetings except for May, 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. The May meeting will be a picnic at a local park.

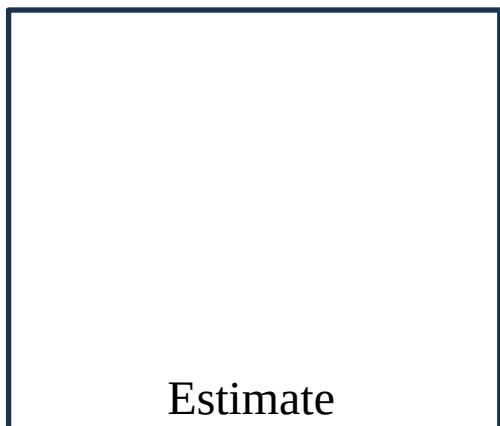


FEBRUARY BIRTHDAYS

JAQUEZ, NICKY G	2/3
TYSON, NANCY K.	2/8
THOMPSON, ANN L	2/15
ALEXANDER, LYNN K	2/19
KEITH, MARY	2/23

Wuzzle – A Word Puzzle

Find a common word or phrase by the word and its position in the box.



Estimate

Wuzzle
Answer
on Page 2

Volunteer Report

Don't forget to submit your hours! It's easy to do! Simply record it on the sign-up sheet when you attend meetings, or email: trishshsh@live.com Many activities qualify for "volunteer hours," including community organizations, church, helping out a neighbor who would otherwise have to pay for the service, or going "above and beyond" family care (home-schooling, disability services, etc.).

Thanks, all, for volunteering! Trish

2023-2024 Month	Volunteer Hours
September	315
October	191
November	431
December	298
January	276
February	
March	
April	
May	
Summer	
Total	1511



In Memoriam February 2024

Janet Louise LaSelle. 5/17/48 – 12/20/23. Farmington. Elementary school teacher.

Johnny C. Begay. 11/15/39 – 12/27/23. Farmington. Helped launch Project Head Start in 8 locations; taught at Red Rock Day School; Principal there and at Aneth Community School.

Jacqueline “Jackie” Elizabeth Haley. 10/24/36 – 12/30/23. Aztec. Worked for New Mexico Food Services from 1977 until retirement. SJAER member.

Kenneth Del Heil. 12/6/41 – 1/16/24. Farmington. Professor of botany and geology at SJC; won Governor’s Environmental Excellence Lifetime Achievement Award for New Mexico in 2016. SJAER member.

Leonard Maldonado. 6/3/68 – 1/21/24. Farmington. Marine Corp Junior ROTC instructor at Shiprock High School for 5 years. In 2 consecutive years his students won the New Mexico State Championships in drill competition.

2023 – 2024 Meeting Dates and Programs

March 12	Jan Brashear who will be telling us about Shadow of His Wings school in Kenya Africa.	May 14	Picnic – Location to be determined – details to follow
April 9	Aztec Museum’s 60 th Anniversary – Joan Hamblin Monninger, Executive Director	June - August	Off for the summer – No meetings

San Juan Regional Medical Center Corporation Report – January 31, 2024 by Karen Morrison

Our esteemed President James Conyers and I both attend the quarterly meetings of the Hospital Corporation. James is more professional than me, so his report is all business, while mine reflects my weird personality. Think fun time...

The meeting started with dinner catered by Magellan Catering. I think it was the first time for this crew. The meal consisted of a nicely roasted hamburger patty with lots of options, including bun or not, cheese or not, green chile “sauce” or not, and the usual lettuce, tomato, and crumbled bacon or not! Potato salad, bags of assorted chips and cookies for dessert. I chose to do an open face burger smothered in green chile and topped with lettuce and tomato. It was yummy and the green chile was just hot enough to make my mouth tingle for a few minutes. Fritos, two different cookies and a can of Coke made my meal.

The Education session was provided by San Juan Regional Air Care. We have our own helicopter and fixed wing plane to transport critical care or high-risk patients either to SJRMC or to other specialty trauma centers. Some transport my involve patients with behavioral or psychiatric issues. There are 8 pilots and 3 mechanics working revolving shifts 24/7. The medical/clinical staff consists of 12 nurses, 7 medics, 3 supervisors, 1 manager and 3 PRN. (I’m still looking up what that means.) A “flight crew” consists of a paramedic, nurse, pilot (airplane and/or helicopter) There is a mix of staff on 24-hour and 12-hour shifts and also includes a flight coordinator/supervisor. Air Care also coordinates Critical Care Ground Transport with Emergency Medical Services. In 2023 there were 1,189 total flights.

Four new medical staff hires include: a Certified Nurse Practitioner who enjoys gardening; a Physician Assistant who started at San Juan College, then went to BYU, Rexburg; a Medical Doctor who is fluent in Spanish and was formerly a competitive cyclist; and an ER physician who trained at U Texas, Austin, then U California, San Diego, then finished up at the University of Miami. Must like travel.

The Auxiliary had a good year, grossing \$423,359 in the Gift Market! Wow! Those monies are then provided to hospital departments to purchase equipment needed but not budgeted for early in the fiscal year. A donation of \$1,000 went to the Angel Fund for emergency help (transportation, food, basic needs, etc) for patients being counseled by the hospital social workers. And we got a new pet therapy dog! Olive is a black standard poodle and is fitting in just fine providing comfort and love to patients and staff alike.

We are fortunate to have such a fine hospital in our community.

SJAER Executive Board Meeting 1-9-24 10:45 am at No Worries, Sports Bar & Grill

Board Members Working for You

Present: President/SJRMC Rep -Jim Conyers, Vice President/Scholarship-Marilyn Montoya, Treasurer-Kathy Martin, Assistant Treasurer-Sandy Allred, Secretary-Connie Alley, Programs/SJRMC Rep -Karen Morrison, YARN-Debbie Klein
Absent: Membership-Phyllis Meier, Sunshine-Nancy Tyson, Volunteer Hours/Memorial-Trish Murphy, Webmaster/Legislative Rep.-Chuck Culpepper

Meeting was called to order by Jim Conyers.

Today's agenda is approved. Previous meetings minutes are approved.

New Business:

- **NMAER 2024 Goals Meeting:** Jim participated via zoom. He shared a handout listing their 12 goals for 2024. He asked them to update the NMAER website.
- **Committee to elect officers for 2024-2025:** Marilyn offered to head up the committee.
- **Audit:** The finance audit to be completed by Jim and Kathy.
- **IRS Non-Profit Status:** We piggyback on the state's 501-C3. It may require us to send in a postcard to report that we meet the requirement to continue our Non-Profit status. Debbie and Kathy will check.

Old Business:

There was no old business to discuss.

Committee Reports

- **Treasurer report:** Approved as printed in the YARN
- **Membership:** No information today.
- **Sunshine:** We will ask Nancy to send cards to Phyllis/eye surgery and Trish/COVID.
- **Programs:** Today, Debbie Klein and Karen Morrison will share their Caliente trip to New York City to sing at Carnegie Hall. Dana Reed will discuss Dyslexia Remediation in February. March is open. Joan Moninger will present Aztec Museum's coming events in April. We will hold our annual picnic in May.
- **Legislation/Website:** Chuck will update the legislator names on our website.
- **YARN:** Debbie made 25 copies.
- **Hospital Representative:** There is nothing to report this month.
- **In Memoriam & Volunteer Hours:** Keep turning in your volunteer hours.
- **Scholarship:** There is a picture of Meghan Schmitt-Jones receiving her scholarship award in this month's YARN. The Fall Scholarship is completed. We are looking for a Spring recipient. We have \$422 in our scholarship funds. Keep donating to the Share the Bucket.
- **Next Board Meeting** – 10:45 am on February 13, 2024 at No Worries, Sports Bar and Grill.

General Meeting 1-9-24 11:30 am at No Worries, Sports Bar and Grill 11 members present

Welcome/Opening – Jim Conyers, **Pledge** – Sandy Allred, **Prayer** – Marilyn Montoya

Business:

- **Welcome members:**
 - We have a small group here today due to the welcomed snow.
- **Business:**
 - Jim shared a handout listing NMAER 12 goals for 2024.
 - It's time for electing our 2024-2025 officers. Anyone interested in joining the team should contact Jim or Marilyn.
 - Chuck will update our list of legislators on the SJAER website.
- **Continued Projects:**
 - We have four SJAER Projects: Greeting Cards, Threads, Pantry, and Little Free Libraries. Details are listed on page 7 of the YARN. Remember to bring donations for these projects.
- **Scholarship:**
 1. We are looking for a Spring recipient. We have \$422 in our scholarship funds. Thank you to all who have donated through our Share the Bucket plan.

Guest Speaker: Debbie Klein and Karen Morrison

- Caliente Community Chorus was able to sing at Carnegie Hall in New York City last April.
- Debbie shared a wonderful slide show and fun facts about the sites they visited in New York.
- Carnegie Hall was full to see Caliente perform. They received a standing ovation.

Prize Winners:

- Share the Bucket raised \$50 for our Scholarship Fund and Debbie Klein won \$25.
- Next General Meeting** – 11:30 am on February 13, 2024 at No Worries, Sports Bar and Grill.

San Juan Regional Medical Center Report

January 31, 2024

Jim Conyers

Prior to the meeting, there was a presentation about AirCare services. The service is available 24/7. It consists of a total of 37 staff including pilots, mechanics, paramedics, nurses and supervisors. There is a helicopter which has the capability of going to Isolated areas and two airplanes for transporting patients to urban hospitals.

The meeting was called to order by Chairman Sam Gonzales. The financial report showed that there were some losses due to lower than expected hospital admissions during the past year. However, the hospital remains in good fiscal shape. It was mentioned that it costs nearly one million dollars a day to operate.

It was reported that a Walk-in Clinic has been opened in Aztec. It is located at 120 Llano Street in Aztec and is open M-Th from 7:00AM-4:00PM. Telephone is 505-334-3404.

Senator Martin Heinrich visited the Hospital in early January. He met with Hospital leadership to discuss possible legislation to benefit the Hospital.

It was reported that EMS has added two new ambulances to their fleet. This adds to their capabilities to deliver lifesaving services.

Lori Jackson, Management Resource Nurse, and Nicole Johnson RN in ICU recently received the DAISY award. Congratulations to them.

The New Year's Baby of the year was Lillian Grace Swanson. The parents are Lee and Haylee Swanson.

New member applications were approved from Sara Kaynor and Tinker Boyd from New Covenant United Methodist Church and Reinstatement for Debbie Joslin from Children's Hope Foundation.

The By-laws were amended to increase the Board to 13 members, two which are ex-officio non-voting positions. Those are Hospital Chief of Staff and Vice-chief of staff. These positions previously were voting members. New board members include Debbie Joslin, Sara Kaynor, Jan Moore and returning Board member Shana Reeves.

New staff members for the Hospital include Jennifer Lopez, CNP; Christian Butler-PA-C; Catherine Cantway, MD and Kaitlin McIntyre, MD.

SJPMC Auxiliary remains active. Gross Gift Market Annual sales were \$423,359. They added 50 volunteers in 2023 and are processing 20 new applications for 2024.

The meeting was adjourned at 7:21 PM.

Cupid

According to Roman mythology, Cupid was the son of [Mercury](#), the messenger god, and [Venus](#), the goddess of love. In Roman times, the winged "messenger of love" was sometimes depicted in armor, but no one is sure if that was intended as a sarcastic comment on the similarities between warfare and romance, or a reminder that love conquers all. Cupid was generally seen as a good spirit who brought happiness to all, but his matchmaking could cause mischief. Venus wasn't above using her son's power to get revenge on her rivals, and she once plotted to have the beautiful mortal Psyche fall in love with a despicable man. But the plan backfired: Cupid fell in love with Psyche, and she eventually became his immortal wife.

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.

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

Threads

Threads (the High School Pantry partner) collects clothes, toiletries, and laundry soap, etc. for students living on their own or homeless. It is located in the old Farmington Administration Building at 20th and Dustin. Donations may be dropped off during operating hours: Mon 11:45-1:30 and Thurs 3:00-4:30. They also need volunteers.

Pantry

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.

Little Free Libraries

Donate books at Little Free Libraries located in Jaycee Park on the corner of Zuni and Mesa Verde Avenue and Mossman Gladden Park 1100 block of N. Buena Vista Ave and in Karen Morrison’s front yard at 805 E. 25th Street. In Aztec, libraries are located at 107 N. Mesa Verde and between City Hall and the Splashpad. Take a Book or Leave a Book – that’s the LFL motto!



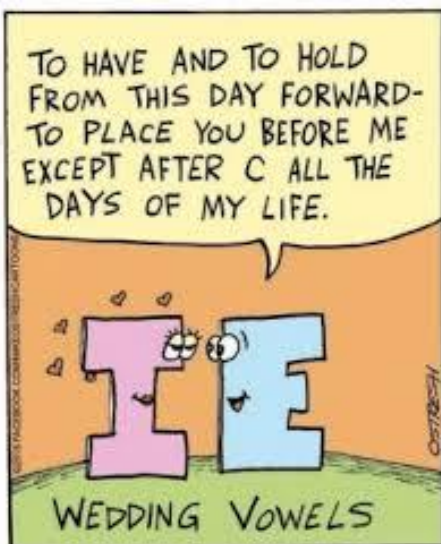
PANTRY

Don't forget to bring donations for our student support programs.

See descriptions above for items needed.



THREADS



Treasurer's Report
Kathy Martin reports a balance of \$2421.83 in our checking account. The scholarship fund balance is currently \$260.00.



EVENTS

Date	Day	Time	Event	Location	Cost
Feb. 14 Mar. 6	Every Wednesday	4:00pm	Untangled Threads - Bring your knitting, crochet, embroidery, cross stitch, or more and join to chat with others who enjoy crafts.	Farmington Library	Free Bring your own crafts
Feb. 14	Wednesday	11:30am-1:00pm	Valentine's Day Lunch – bring the people you love the most to a Valentine's Day Lunch.	Bonnie Dallas Senior Center	\$6.00 under 60 \$3.00 over 60
Feb. 15 Mar. 7	Every Thursday	3:00pm	Drop in Tech Help – get help with smartphones, tablets, laptops and more! Bring your device and your questions.	Farmington Library Rotunda	Free
Feb. 16, Feb. 17, Feb..18	Thursday Friday Saturday	7:30pm	Disney's Newsies Jr.- see students of the Heather McCaughey Theatre Program bring this musical to life. Support youth in theatre.	Farmington Civic Center	\$5.00C
Feb. 16	Thursday	6:00 to 9:00pm	Smart Money, Smart Movie: The Pursuit of Happyness, a 2006 biographical film starring Will Smith as Chris Gardner, a homeless salesman. Read the book & watch the movie!	Farmington Library	Bring a cake or \$3.00
Feb. 16	Thursday	6:00pm	San Juan College's Cinematheque Series presents Casa Blanca. Buy one get one free!	Henderson Fine Arts Center	\$5 BOGO
Feb16-17 Feb22-24 Feb.25	Thurs/Friday Thurs/Sat. Sunday	7:30pm 7:30pm 2:30pm	Theatre Ensemble Arts presents The Murder Room by Jack Sharkey. A mystery farce concerning newly-weds.	SJC Connie Gotsch Theatre	\$12 & \$14
Beginning Jan. 13	2 nd and 4 th Friday	6:00 to 9:00pm	Date night dance with live music. Doors open at 5:00pm.	Bonnie Dallas Sr. Center	\$3.00
Beginning Jan. 15	Every other Monday	10:00am	Tai Chi for All Abilities – with teacher Gram Davis – No fees or registration.	Bonnie Dallas Center	Free
Feb. 19	Monday	2:00pm – 4:00pm	Back to Nature! – hands on, family friendly program for all ages and abilities.	Riverside Nature Center	Free
Feb. 27	Tuesday	6:00pm	Dr. David Dubois, New Mexico State Climatologist – Check library website for more info at a later date.	Farmington Library	Free
Feb. 28	Wednesday	9:00am – 12:00pm	Volunteer to clean up xeriscape garden at Riverside Nature Center and learn about herbs, native plants and xeriscaping.	Riverside Nature Center	Free
March 1 March 2	Friday Saturday	7:00pm	Disney's Finding Nemo, Jr. - 60-minute musical adaptation of the movie Finding Nemo	PVHS Turano/Chrisman Theatre	Adults \$12 Students \$8 Srs. & kids \$8
Mar. 5	Tuesday	6:00pm	Be Red Cross Ready- Mark Gordon - Disaster Program Specialist with American Red Cross – topic: disaster preparedness.	Farmington Library	Free
Mar. 7	Thursday	6:00pm	New Mexico Aging and Long-Term Services - learn what this department can do for you.	Farmington Library	Free

Visit <https://farmingtonnm.org/events> for more!