

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

November 2024

How time flies. It is already November. We have Halloween behind us with Thanksgiving and Christmas coming soon. Time has a way of getting away from us. I hope you are adjusting to the time change better than I have. I seem to wake up on Daylight Savings time and go to bed on standard time. I'm sure it will take care of itself eventually.

The NMAER held its annual Convention in Las Cruces at the end of September. I have heard that the 2025 Convention will be in Santa Fe. That is considerably closer so we should have some representation from our unit attending. I don't mind going to Santa Fe although I usually manage to get lost while I am there. But, eventually I find my way.

We are still recruiting new members so bring someone new with you to the meeting. There is strength in numbers.

See you all on November 12 at No Worries at 11:30 AM.

Sincerely,

Jim Conyers,
SJAER President





SJAER – Who are we?

We're a dynamic group of retirees who have worked in all different positions in the public schools of San Juan County. Why not join us today!

SJAER BOARD

PRESIDENT

Jim Conyers

VICE PRESIDENT

Marilyn Montoya

PAST PRESIDENT

Marilyn Montoya

TREASURER

Kathy Martin

ASSISTANT TREASURER

Sandy Allred

SECRETARY

Debbie Klein

MEMBERSHIP

Phyllis Meier

PROGRAMS

Karen Morrison

Marilyn Montoya

PUBLICITY: NEWSLETTER

Debbie Klein

PUBLICITY: WEBSITE

Chuck Culpepper

SUNSHINE

Nancy Tyson

SCHOLARSHIP

Marilyn Montoya

SJRC REPRESENTATIVES

Karen Morrison

Jim Conyers



2024-2025 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: _____

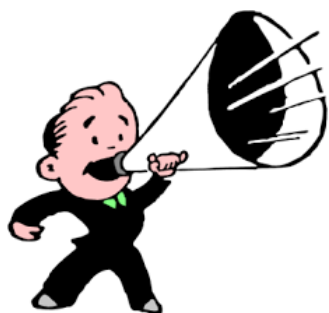
Make checks payable to SJAER.

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



PROGRAMS

November Program
Margaret Cheasebro, retired school counselor, reporter, correspondent, editor, and author of children's books, will be our speaker for the November meeting on November 13 at 11:30, at No Worries Bar & Grill.

2024/2025 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	9	2	11
OCTOBER	4	4	9
NOVEMBER	0	1	1
DECEMBER			
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	13	7	21

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.



THANK YOU Volunteers

Volunteer Reminder

"Those who bring sunshine to the lives of others cannot keep it from themselves."

(James Matthew Barrie)

Please continue to bring sunshine to our community by volunteering. This is one of our missions at the State level. Report your monthly hours by simply signing in during our monthly meeting or by emailing Trish at: trishshsh@live.com For questions or comments, email above.

"You make a living by what you get, but you make a life by what you give."

(Author Unknown)

NOVEMBER BIRTHDAYS

Cook, Diana*	11/3
Lewis, Joan T *	11/4
Morrison, Karen*	11/6
Park, Dana M.*	11/8
Sona, Ruth*	11/13
Meier, Phyllis*	11/22



Treasurer's Report

Our treasurer, Kathy Martin, reports a balance of \$2418.63 in our account and \$287 in our scholarship fund. Funds from monthly drawing go into the scholarship fund.

2024-2025 Month	Volunteer Hours
September	270
October	166
November	
December	
January	
February	
March	
April	
May	
Summer	
Total	436

SJAER Executive Board Meeting 10-8-24

10:45 am at No Worries, Sports Bar & Grill

Board Members Working for You

Present: Vice President/Scholarship-Marilyn Montoya, Secretary & YARN-Debbie Klein, Treasurer-Kathy Martin, Programs-Karen Morrison, Membership-Phyllis Meier, Volunteer Hours/In Memoriam -Trish Murphy, SJRMC Rep.- Karen Morrison

Absent: President/James Conyers, Sunshine-Nancy Tyson, Assistant Treasurer-Sandy Allred, Webmaster/Legislative Rep.-Chuck Culpepper

Meeting was called to order by Marilyn Montoya.

Agenda was approved.

Previous meetings minutes approved.

New Business: Trish mentioned that we need to develop a budget. Item was tabled until next meeting so the president could be present and participate.

Karen mentioned Daphne Morrison is now at Namaste House and suggested we mention her as we talk about sending cards to residents.

Old Business: none

Committee Reports

- **Treasurer report:** Approved as printed in the YARN A check was deposited so it is now \$2333.23. Trish inquired about some of her reimbursement checks. Kathy will check.
- **Membership:** We have 21 paid members. It was reported as 19 in the YARN, but a check was received.
- **Sunshine:** Marilyn reported that Jeff and Ruth Billingsley lost their son in a motorcycle accident. She had Nancy send our condolences.
- **Programs:** Today's guest speakers, Laura Argotsinger and Meghan Zenteno from the San Juan Symphony. Margaret Cheasebro will be the November program. December's program is Robyn Woodard. Karen suggested we give her an honorarium for coming. Marilyn explained that in the past, \$100 was budgeted for programs. It will probably be continued in the new budget.
- **Legislation/Website:** There is nothing to report. Discussion was held to remove that position as we get very informative reports from the state office. It may involve a change in the bylaws. Trish mentioned that the Website is pretty good, but needed a few updates. She will
- **YARN:** Should we keep the copies at 20 or go to 15? It was decided to keep it at 20 to hand our extras.
- **Hospital Representative:** There will be a meeting at the end of October.
- **In Memoriam & Volunteer Hours:** Trish shared her spreadsheet for volunteer hours. The benefits of "In Memoriam" were discussed and appreciation was shown to Trish for providing the report.
- **Scholarship:** No report. Waiting to build up the scholarship fund before giving another scholarship.

Next Board Meeting – 10:45 am on November 12, 2024 at No Worries, Sports Bar and Grill.

In Memoriam November 2024



Clorita Nell Madlock. 5/14/35 – 9/27/24. Aztec. Worked for Aztec Schools as a substitute teacher, secretary, and in the administration office.

Rosita (Rose) Adelia Trujillo. 1/10/42 – 9/29/24. Bloomfield. Had a wonderful career with Bloomfield schools, retiring in 1994. SJAER member.

Monica Price Grossheim. 1/4/40 – 10/6/24. Farmington. Taught nursing at San Juan College for over 20 years. SJAER member.

Michael Eugene Farley. 5/11/57 – 10/12/24. Farmington. Worked at the bus barn for Bloomfield Schools.

Melba Rose Frame. 7/13/34 – 10/19/24. Hesperus. School cook for District 9-R for 28 years, where she served hot homemade meals to kids, and left a big impression on all she met.

Marian Gale Baker Stock. 11/18/49 – 10/20/24. Farmington. Taught in Deming, NM.

Mary Evalyn Blackwood. 7/23/33 – 10/23/24. Farmington. Worked as a substitute teacher in the Kirtland School System.

GaryLee Zuniga. 1/1/91 – 10/25/24. Aztec. Employed by Aztec Municipal Schools.



General Meeting 10-8-24

11:30 am at No Worries, Sports Bar and Grill

12 members, 1 guest, and 2 presenters

Welcome/Opening – Marilyn Montoya, **Pledge** – Kathy Martin, **Prayer** - Marilyn Montoya

Business:

- **Welcome members and guests.**
- **Business:**
 - Membership dues can be given to Phyllis Meiers. Recruiting Contest.
 - Buy raffle tickets for Scholarship Fund
 - Budget will be worked on next board meeting
 - Karen donating symphony ticket for door prize.
 - State has \$100,000 for scholarships. Go to NMAER website for information on how to apply.
- **Continued Projects:**
 - **Scholarship Share the Bucket:** This is a 50/50 effort to build our scholarship fund. Thank you, members, for your donations.
 - **Drawing** - Dana Park won symphony ticket and Sarah Menapace won \$27 in the bucket raffle.
 - **Councilor's Student Food Pantry and Threads:** Thank you for your donations. New times for Threads: Mondays and Thursdays 3:15 to 4:30/5:00

Guest Speakers: Laura Argotsinger and Meghan Zenteno from the San Juan Symphony

- History of how the symphony came to be
- Explanation of how people are selected to play in the symphony. About 45% are local. Many come from Albuquerque and Santa Fe with others coming from all over. Process is done electronically.
- Thomas Heuser, director, selects the musicians and rehearses with them just a few times before each performance. Being professionals, they are nearly performance ready when they arrive.
- The director does a 30 minute interesting talk about the pieces you will hear in each concert.
- Even though musicians aren't paid what they can get at other places, many return because of the atmosphere created, and the professionalism of the director, the way he treats them and what he expects from them.
- Education programs – San Juan Symphony Youth Orchestra 4th grade through college, two concerts, fall & spring. Scholarship program for private music instruction. Adult Education Lecture series. In May, they have a family concert with \$5 admission. This year's concert is Tyrannosaurus Sue. Kids can wear costumes and there will be an instrument petting zoo interacting with the professional musicians.
- Looking for more people to come to the concerts and spread the word about the various programs of the San Juan Symphony, serve as board members, work at the concerts, etc.
- Many musicians stay with families in the area so they are also looking for host families.
- President Conyers wanted to audition for the triangle position. He said he was pretty good!
- Listening Beyond the Music Class – San Juan College

Community Announcements

- **Caliente Productions:** Their 60s & 70s show will be on October 19 in the Totah Theatre at 5:30 and 7:00.
- **Aztec Fall Festival:** Car show, vendors, live music, and activities will take place October 12 in the park behind Safeway in Aztec. **Aztec Museum** – Fall Market and Free Admission Day

Next General Meeting – 11:30 am on November 12, 2024 at No Worries, Sports Bar and Grill.

2024 – 2025 Meeting Dates and Programs
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Nov. 12	Margaret Cheasebro, retired school counselor, reporter, and author of children's books	Dec. 10	Christmas Carol Sing-a-long with Robyn Woodard.
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SJRMC Corporation Report 10/30/24 by James Conyers

The meeting was called to order at 6:00pm on Wednesday, October 30, 2024 at the Farmington Civic Center by Board Chair Shana Reeves. Dr. James Boyd, vice-chief of Staff, made a presentation about the trauma program at the Hospital. Trauma is the leading cause of death for age 46 and younger. It results in 275,000 deaths per year in the United States. Abraham Lincoln directed the creation of the first trauma manual during the Civil War. Trauma centers save time and save lives.

Sherry Paxson from San Juan College discussed the General Obligation Bond 3 on the November ballot. San Juan College has 8,821 credit students and their average age is 28 years old. They offer 140 certificate and degree programs. Passing the Bond will provide money for infrastructure improvements at San Juan College.

The minutes of the July meeting was approved by a voice vote.

The Quarterly Corporation Report was given. The new MRI machine received a 3 year accreditation. The Hospital received the New Mexico Hospital Association Quest for Excellence Award.

Nurses receiving the DAISY Award are Chelsea Creswell in the surgical unit and Connie Grijalva in the medical unit.

The Hospital supports community activities including the Road Apple Rally, Cancer Walkathon, and National Night Out.

New personnel include Tanuja Yalamarti, MD, critical care specialist; Jaren LaGreca, MD, Orthopedic Surgeon; Erin Philpott, DO, Hospitalist, and Susan Gilbert BC-PMHNP, Psychiatric Mental Health Nurse practitioner.

Chief Financial Officer, John Mayer, gave the financial report. The Hospital has 270 days of cash on hand. It is in excellent financial condition and is able to recruit talented people.

The Hospital Auxiliary has been busy. The Gift Market had gross sales of \$486,542 for 2023-2024. The Riley Men's Health Fund has served 170 men and provided \$144,979 in medical assistance. The Cathy Lincoln Memorial Cancer Fund served 104 women with \$38,057 in cancer related medical expenses. The Auxiliary is always looking for volunteers.

Speaker's Bio – Margaret Cheasebro

Margaret began writing when she was nine years old. She wrote short stories about her dogs and cats. Since then she has written 10 books, both fiction and nonfiction.

She is a retired elementary school counselor, and she worked for 14 years as a reporter, correspondent or managing editor of several New Mexico newspapers. As a freelance writer, she wrote articles for many magazines, among them Good Housekeeping, New Mexico Magazine, Majestic Living, and the Denver Post's Empire Magazine. Some of her newspaper and magazine articles have earned state and national writing awards.

She has a bachelor's degree in humanities with an English emphasis from Sterling College, Sterling, Kansas; a master's degree in psychology, counseling and guidance from the University of Northern Colorado in Greeley; and a Ph.D. in metaphysics from the American Institute of Holistic Theology in Birmingham, Alabama.

She likes to play the piano and enjoys friendly competition in ping pong. Her late husband, Wally, was an elementary school teacher for more than 30 years. Her son, Philip, is an engineer in Anchorage, Alaska.

San Juan Regional Medical Center Corporation Meeting

10/30/24 by Karen Morrison

The education piece of the meeting was presented by Dr James Boyd, Vice Chief of Staff. His topic was “When Minutes Matter” and the trauma system of care. The Golden Hour is the 60 minutes following the traumatic injury.

The first evidence of trauma care came during the Civil War, when President Lincoln created a system of triage, aid stations and field hospitals. Later hospitals established emergency rooms with physicians who had no formal emergency training. In 1946 the Hill-Burton Act required all new hospitals to have an emergency room. There was no ambulance service at the time, so hearses would be sent out to “scoop and go” with the injured. The war in Vietnam introduced the use of helicopters for rapid evacuation and thus trauma centers were introduced. In 1966 traumatic injury was described as a national epidemic, and regional emergency medical services and 911 were introduced. In 1968, seat belts were required in all cars. In 1976, the American College of Surgeons outlined criteria for trauma centers and established a process for categorizing hospitals at Levels 1, 2, 3, or 4 and a review committee to visit hospitals to verify services in those levels.

SJPMC is a designated level 3 Trauma Center.

- * Provides prompt assessment, resuscitation, surgery, intensive care and stabilization
- *24-hour in-house coverage by emergency medicine physicians
- *Prompt availability of trauma care by general surgeons and anesthesiologists
- *Provides injury prevention efforts and community education
- * Robust Quality Assurance program

This level is the top for a hospital that doesn’t have a surgical residency program or original scientific or clinical research.

Injury severity is not part of the criteria. Volume is not part of the criteria.

For SJPMC it is location, location, location and as the only hospital in the NW part of the State, there is a higher volume and more complex injuries than many Level 2 Trauma Centers. Proximity to good trauma care is a factor in fewer trauma deaths.

Trauma is the leading cause of death age 46 and younger. 275,000 deaths annually. Trillions of dollars in medical expenses and lost productivity.

The Trauma System is still an incomplete patchwork with no Federal regulation States designate trauma centers, and the American College of Surgeons certifies centers with voluntary participation.

New Mexico has many challenges:

- *2/3 of NM counties are Federally designated rural and are medically underserved.
- *All medical malpractice carriers have left New Mexico. (NM is judicial purgatory)
- *As many as 500 physicians left the state in the last year
- *As many as 8 hospitals could close in the next 5 years. (NOT SJPMC! We have a financially sound and medically robust hospital.

We are fortunate to have our community owned hospital in Farmington.



EVENTS

Date	Day	Time	Event	Location	Cost
Nov. 13 - Dec. 11	Every Wednesday	4:00pm	Untangled Threads - Bring your knitting, crochet, embroidery, cross stitch, or more & join to chat with others who also enjoy crafts.	Farmington Library	Free Bring your own crafts
Nov. 1 - , Dec. 6	Monday - Friday	10:00am 5:00pm	San Juan College Fall Art Student Exhibit - painting, photography, and ceramics.	Henderson Fine Arts Gallery	Free Entry
Nov. 13 Nov. 27	Wednesday Wednesday	7:00pm	Jazz Jam – locals will entertain you – come listen or bring an instrument and join in.	Farmington Civic Center	Free
Nov. 14	Thursday	5:30pm- 7:00pm	One Book One Community – Creative Writing Workshop - block of fiction-writing exercises	Room 7103 SJC	Free
Nov. 17	Sunday	3:00pm	San Juan Symphony Season 39 – Radiant Echoes – Tim Fain & Beethoven Five Conductor's talk at 2:00pm.	Henderson Fine Arts	Adults - \$30 Seniors - \$23 Students - \$10
Nov. 18	Monday	5:30pm	Inaugural Caliente Children's and Youth Choirs first concert - selections of American folk songs and popular past.	First Presbyterian Church	Free
Nov. 19	Tuesday	7:00pm	Caliente Community Chorus Fall Concert – Theme based on Charles Dickens poem, These Things Shall Never Die	First Presbyterian Church	\$15 at the door \$16 online
Nov. 21- Nov. 22	Thursday Friday	9:00am- 5:00pm	Charity Bowl Sale-buy a \$10 handmade bowl & get a bowl of soup - Other items on sale	9000 rooms SJC	\$10
Nov. 22	Friday	7:00pm	San Juan College Orchestra - Enjoy a beautiful evening of music	Henderson Fine Arts	Adults \$8 Srs/Military \$6
Nov. 30	Saturday	12 – 5pm	Small Business Saturday & Cookie Crawl – Shop bargains, eat cookies, & vote windows	Downtown Farmington	Free Entry
Dec. 3 Dec. 4 Dec. 5 Dec. 6 Dec. 7	Tues. Wed Thur Friday Saturday	5:30-8:30 9 – 8:30 11:30/8:30 10 - 9:00 8 – 11:45	Festival of Trees – Presbyterian Medical Center Fundraiser – Purchase tickets for tree drawings. For complete schedule visit: www.pmsfestivaloftrees.org	Farmington Civic Center	Prices vary per activity
Dec. 4	Wednesday	7:00pm	Collingsworth Family Christmas Concert – gospel group - "True Family Christmas"	Farmington Civic Center	\$25
Dec. 5	Thursday	5:30pm	Christmas Parade -"Zia Christmas" Bundle up & kickoff the holiday season.	Downtown Farmington	Free
Dec. 6	Friday	6:00pm to 8:00pm	Riverglo - Discover Farmington's holiday spirit along the Animas River!	Berg Park	Free
Dec. 7	Saturday	Walk-5pm Drive-6pm	San Juan College Luminarias – Walk or drive through this amazing display-see website	San Juan College	Free
Dec. 10	Tuesday	6:30pm	Bloomfield Christmas Parade – A Disney Christmas – Bundle up and join the fun.	Bloomfield	Free
Dec.12 Dec. 13 Dec. 14	Thursday Friday Saturday	7:30pm 7:30pm 2 & 7:30	The Heather McGaughey Youth Theatre program presents "A Charlie Brown Christmas".	Farmington Civic Center	Adults \$10 Students \$7

Lots going on right now! Way too many events to list! Visit <https://farmingtonnm.org/events> for more!