



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 STORIES: Wally Cox & Mya Coursey:
What You See Is What You Get**

A familiar quip among my former psychoanalyst colleagues was, “Sometimes a cigar is just a cigar, and a banana is just a banana!” An offhand way of declaring that deeper probing or investigation would not be needed, that your eyes and ears already tell all you need to know. And so it seems with the Volunteer roles that Wally Cox and Mya Coursey have played within TENT since the organization's inception.

A long, lanky, loquacious (it takes one to know one), soft-spoken former Texan, with an inviting and infectious smile, a self-deprecating style, and a heart as big as his native state, Wally is the quintessential “Mr. Fixit.” In contrast to more cerebral types, he has a range of talents and abilities that are concrete and practical. He can actually do things rather than merely think them, his expertise ranging from plumbing repair to auto repair to picture hanging to personal care and more.

Mya, also a Texas transplant, possesses a calm, compassionate competency that appears the perfect complement to Wally's inclination to fully immerse himself in the mechanics of each TENT Member problem he takes on. In addition to her primarily transportation-related personal Volunteer services to TENT clients,

she is the likely boundary keeper for the couple, deciphering the heart of sometimes cryptically communicated client needs and establishing the realistic limits of the service that should and could be rendered. In the end, she's likely the one who “makes the (marriage and the volunteer) trains run on time.”



In their efforts to aid TENT clients, Wally and Mya are, in essence, paying it forward. They glimpse their future in the needs of the people they assist. Indeed, they express some concern and regret with their awareness that some of their clients struggle with life challenges that are beyond their reach and beyond TENT's capacities to resolve.

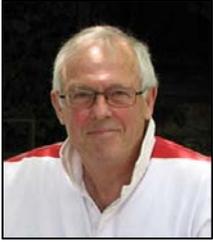
As members of the same Taos Unitarian Congregation, Wally and Mya and Dianne and I have been friends for several years. Nevertheless, I must admit that I initially did

not “get” Wally. “Could someone be that genuinely kind and selfless?” pondered the East Coast cynic in me. That said, Wally and Mya have become a constant reminder that sometimes what you see is what you get. In my friends Wally Cox and Mya Coursey, TENT and the Taos community get to draw on the

seemingly boundless generosity of a couple dually dedicated to the expression of kindness and compassion toward their fellow human beings. Could one wish for more?

-- Robert J. Silver

FROM THE BOARD:



Please make sure to read the recently published 2020-2021 Annual Report, click [HERE](#).

One of our advertising headlines is "we need you to help TENT help others" so in

that vein, we have jobs that need to be done such as advertising leader, outreach leader, Member care leader, and program leaders. Go ahead and raise your hand and join us.

Thanks to all who are meeting the needs of our Members right now every day.

-- Jim Schultz, Board President

Dear Friends of TENT

If you answered the Member questionnaire sent earlier this year, asking about your interests, you will be called to see how you can participate in forming your activity group. If you are a Volunteer, we really want to learn if you want to join an activity group or create one around your favorite activity or hobby. The mission of the Activities Committee is to promote fellowship within the TENT community by sharing common attitudes, skills, and interests. See more information in this newsletter in David Silva's Member Care Report and Kate Harris' Volunteer Coordinator Update.

-- Jim Schultz

In addition to that, our annual TENT meeting will occur on August 17 from 10-12 A.M. at Kit Carson Park's Picnic Shelter. There will be a lot of fun and food waiting for you, so please join us. If you need help with anything I am here to answer any questions or to discuss any upcoming meetings or events that you may be interested in. If you have questions, feel free to call me at 575-741-0681 or email me at david@enchantedcirclecorps.org. -- David Silva

MEMBER CARE REPORT

Our Activities Committee has started up in the past month. We are planning for new groups and clubs here at TENT and want to invite you to join us on August 19 for a meeting (2:00 to 3:00 P.M.) where we can share our stories.

There will be refreshments provided and a fun place to discuss our lives. This event has a video call. [To Join click the link here.](#)

VOLUNTEER COORDINATOR UPDATE

Quite a few months ago, David Silva and I sent a survey out to our Members, asking them what kind of activities they would like to participate in. Now we have some exciting news! Linda Aubrecht and Yvonne Hayes have agreed to be the co-chairs of the Activities Committee. Based on survey responses, they have started a walking group (now on hiatus until the fall), and a storytelling group that will start meeting very soon. We welcome more participation on this committee.

Other activities will be coming soon. Volunteers are welcome to participate; please check the Events List on our website for dates and times. I wish to thank the Volunteers who helped with our table at the Farmer's Market last month: Jim Schultz, David Silva, Terry Thompson, Helen Rynaski, Darrel Baumgardner, Jane Farmer, Meredee and David Vaughn, Anne Clark, and Honore Maloney. Many people we talked to were not aware of our services, so I think it was a fruitful (and fun!) effort.

It is with mixed feelings that I tell you that David Silva's leaving our organization at the end of August. He will be pursuing new goals, and I wish him the greatest happiness and success, but we will sorely miss him! He has touched many hearts during his work here and he helped us through a rough time. All the best to you, David! -- Kate Harris

End-of-Life Options

The New Mexico legislature passed a law this year that allows medical assistance in dying. This is similar to laws in Oregon and other states wherein a licensed medical provider may prescribe medications to end life. Conditions of the patient are the same as in Oregon: diagnosed with terminal illness by two medical providers, life expectancy less than six months (same as for hospice), able to make the decision (not demented), and capable of administering the medication to himself or herself. The most frequent diagnosis is cancer or ALS.

The New Mexico Village Network gave a Zoom presentation on the Elizabeth Whitefield End-of-Life Options Act on July 13. Nancy Abell, a retired social worker, gave the presentation. She had worked years to get this legislation passed because she had an old bachelor relative with leukemia who had only days left to live. Since the N.M. law came into

effect recently, two patients have used this method.

The drugs are expensive, and you will need to pay the medical practitioner's fee. There is the option of stopping eating and drinking, but that requires constant care for up to two weeks or longer.

Of the New Mexico Villages, Parkland, Santa Fe, Jemez, and Taos participated in the presentation, which was recorded. To learn more, visit:

<https://endoflifeoptionsnm.org/advocacy/end-of-life-options-act/>. -- Jim Ludden

Non-Profits Display at the Farmer's Market

It was a beautiful sunny morning following a good rain. The Farmer's Market was in full swing when I arrived at the TENT booth on June 26, among the row of Taos non-profits organized by the Paseo Project and arrayed along the north side of the Plaza. TENT co-founder and President Jim Schultz, Volunteer Coordinator

Kate Harris, and Volunteer Darrel Baumgardner were busily



speaking with visitors to the TENT table when I arrived. Terry Thompson, *inTENTions* publisher, and his wife, Linda, *inTENTions* editor, arrived to take photographs. In my brief half hour—supposedly to help, I contributed nothing; but I had the pleasure of hearing Jim make a beautiful introduction to TENT to a visitor who needs just the services TENT provides.

Jim's very succinct and caring presentation of the very purpose of TENT and the services provided reminded me of the many reasons I believe in TENT and want to volunteer in any

way that I can. Having helped my parents through a difficult old age before their deaths and my husband through a very difficult death from cancer in middle age, I am only too aware of the choices that we all face as we age and as we wish to finish our lives in the most meaningful way, without being a burden on our own children and families. After a collective long period of sequestration and too many functions of our lives turned over to a computer screen, the pleasure of seeing TENT providers again in person, being in the sunny plaza Farmer's Market, and hearing the moving Pueblo drummers as I wandered the market were all reminders of what I had missed about the community of Taos in the past many months.

— Jane Farmer, *Volunteer*

Book Notes West/Southwest: #5

Whenever I drive by the Taos Plaza, I think about turning east and heading up Kit Carson Rd. as I once did to reach the Taos Book Shop, established by Claire Morrill and Genevieve Janssen in 1947. It was a welcoming space with rooms devoted to books of interest and significance, proprietors who knew their books and how to talk wisely about them, and, especially in winter, the aroma of piñon burning in the kiva fireplaces. It was there many years ago that I discovered the allure of the Southwest and how it has drawn so many good writers. And it was at the Taos Book Shop where I first encountered the writing of Peggy Pond Church.

In 1917, Peggy was 14 years old when her parents, Ashley and Hazel Pond, founded the Los Alamos Ranch School for boys. She and her siblings lived an idyllic life in the canyons near Los Alamos, riding horses, exploring Pueblo ruins, collecting arrowheads, and roasting apples over campfires in ancient cave dwellings. She also enjoyed her time alone, making her peace with solitude, and developing

a deep sensitivity to nature. It was in those years that she wrote her first poetry, for which she became well known.

After living at the Ranch School for almost 20 years, a way of life ended for Peggy, her husband, and all of the faculty and the students when, in 1942, the government took over the school and surrounding ranch land for the Manhattan Project—a top secret initiative where the first atomic bomb was invented. Peggy's friend, Edith Warner, the postmistress at Otowi Crossing, narrowly escaped forced closure of the little tearoom enterprise in her home: Robert Oppenheimer asked if she would close her business to the public and stay open only for the scientists working up on the hill so they might have a quiet place to get away from the intensity of the lab and dine in privacy from prying eyes and ears. As so it was that Edith Warner and Tilano, her longtime companion from San Ildefonso Pueblo, served dinners to Robert Oppenheimer, Neils Bohr, Philip Morrison, Enrico Fermi, and the others in a small adobe house by the river.

Edith and Tilano became endeared to everyone who came to a small house you can still see among the cottonwood trees when you cross the river on the highway up to Los Alamos. In *The House at Otowi Bridge*, one of the most delightful books I discovered on the shelves at the Taos Book Shop, Peggy Pond Church captured the quiet beauty and spirit of Edith, Tilano, and the tearoom. This is how the book begins:

"I have been sitting in my garden this morning thinking of Edith Warner, how many years it has been since she died, and how fast the world we knew has gone on changing. She lies in an Indian grave near the Pueblo of San Ildefonso, nothing over her but the earth hard as a bare heel, and the fragments of the clay pots that were broken over the grave according to the ancient custom of the

Pueblos. The little house she lived in beside the bridge was already falling to pieces when I saw it last. The new bridge of towering rigid steel, with two lanes for the traffic that now speeds back and forth to Los Alamos, crosses the Rio Grande close to the well house. The vines that used to hang there, their leaves so glossy and cool in the quivery summer heat, are a mass of clotted dry stems and tendrils. I suppose hardly anyone stops to listen to the river anymore.

“But I still see Edith standing in the doorway, her thin figure straight as an aspen in a mountain forest, her eyes lifted to the long dark rim of the mesa east of the river. She watches the sky for the northward flight of the wild geese, 'that long silver V endlessly circling and reforming,' to tell us of spring's sure return. . . . In memory, I still see the worn scrubbed boards of the kitchen floor behind

her, the old-fashioned range with its twin warming ovens and the woodbox near it that Tilano kept filled with sticks of knotted juniper. The copper kettle simmers on the stove and the house is filled with the warm smell of baking bread.”

Thus begins Peggy's narrative, a memorable book that has remained in print for over 60 years. It is a tribute to her friendship with Edith Warner, and it is a meditation on lives changed forever by the breaking of the atom. After reading *The House at Otowi Bridge*, you might like to read about life in Taos in the 1940s and '50s; so pick up Claire Morrill's *Taos Mosaic*, an evocative and well written account of the Taos Book Shop and some of the fascinating people who lived here in Taos.

-- David Farmer

GREAT READS

Born in New England, Walter Van Tilburg Clark spent most of his life in Reno, Nevada, where his father was president of the university. Early on, he considered being a composer* but decided on writing, to the great enrichment of American literature.

His best-known novel, *The Oxbow Incident* (1940), about an especially unjust lynching in the late 19th century, definitely belongs in the handful of Great American Novels. The 1943 movie, with Henry Fonda, does follow the novel—but, Hollywood style, changes the ending. Clark's other novel-into-movie was *The Track of the Cat*, about a relentless hunt.

His own favorite novel, *The City of Trembling Leaves*, was set, with love, in Reno, about a composer. There are few novels about composers** as most writers don't have the background knowledge; Clark did. These are all absorbing reads: highly recommended.

— Joanne Forman

*Conversation with me, 1958.

**Others are the heavy-breathing 19th century *Jean-Christophe* by Romain Rolland, and *Doctor Faustus* by Thomas Mann, in which the composer sells his soul to the devil in exchange for musical genius.

Joanne Forman, Taos composer, hosts a radio program of classical music Saturdays at 3:00 PM on KCEI, 90.1 FM.

LIFE MILESTONES: CARL A. CALVERT 1945-2021

Carl's family came to Taos in the early days. A distant cousin of his mother was Chap Ballard, who arrived about 1900. He had a ranch outside of town on the way to Tres Piedras, a house in Taos, and a number of mining claims, and was a friend of Taos Society of Artists member Buck Dunton. Dunton used Chap as the subject of one of his lithographs and bought his Taos home from Chap.

Carl's mother's aunt and uncle, Bess and Howard Short, arrived in Taos during the depression and had a dry land farm at the top of the Taos mesa where the dead tree is now,



just before the horseshoe curve. A cousin taught school in Taos before going on to take her Ph.D. in literature from Harvard and Cambridge England and teach at the University of Utah for many years. From

Clarice, Carl learned to fish and to hunt rabbits and collect star lights. Clarice was also the poet of Rinconada.

We began coming to Taos while Carl was a teaching assistant at U.N.M. We could stay in the caboose at the D.H. Lawrence ranch for \$3.00 a night, fish the Arroyo Hondo, buy a Gene Kloss etching, and come home with a beautiful piece of art and enough fish to eat for the rest of the month.

We built our house in Taos in 2004 while Carl was serving as an arbitrator of construction disputes around the country, then moved here

permanently when he retired in 2010. Once here full time, he was free to follow his other interests: anthropology, archaeology, fishing, gardening, woodworking, history, and many others such as identifying all plants, birds, and animals on our property and recording their appearances and disappearances. He was an active docent at the Mesa Pietra Petroglyph Project, hiked and hunted for petroglyphs all over New Mexico and the Southwest, belonged to the Taos Archaeological Society, Taos Historical Society, New Mexico Native Plant Society and various reading groups to follow his many and varied interests.

His family deeply appreciate the kindness shown to us by his many friends and associates and the beautiful tributes paid to him as a very, very special person. Anyone wanting to pay respects to Carl is asked to make a contribution in his name to the fight against Multiple Myeloma with the Leukemia & Lymphoma Society. *– Becky Calvert*

(Editor's note: Carl Calvert died on June 16, 2021, from Multiple Myeloma. In addition to Becky, his wife of 57 years, he is survived by sister Carolyn Clark; children Sean and Heather; and grandchildren Grace, Julian, and Connor--and his dog, Goldberry.)

Let the EMTs Know

We Members and Volunteers of TENT are getting to the age when we may be involved in a medical emergency. When the emergency medical technicians (EMTs: ambulance staff or others) arrive, will they know your special wishes? Do you have special wishes?

We have a form in our freezer that is widely recognized around the USA. It was originally called Physician Orders for Life-Sustaining Treatment ([POLST](#)). We also have a one-page summary of this form, together with listed allergies, major medical history, and emergency contacts on the outside of our refrigerator. EMTs are trained to look for this information, which is legally binding.

The New Mexico version of this form is called MOST (Medical Orders for Scope of Treatment) and is available at <https://www.nmmost.org>. It covers your wishes for emergency response, medical interventions, and artificially administered nutrition or hydration. You must discuss this with your healthcare provider (who has to sign the form) and you should discuss it with others who might be involved in your health decisions.

The MOST form also has a place for you to designate a healthcare decision maker. It is important for you to discuss with those around you and your family what you want if you become ill or injured and cannot speak for yourself.

– Jim Ludden

HOUSEPLANTS GALORE, Part 2 -

A continuation of HOUSEPLANTS GALORE in the June issue.

In the June *inTENTions*, we suggested several houseplants that are easy to grow. If you're up to giving your plant a little more attention, try these:

- African violet – This has fuzzy leaves with a variety of flower colors and sizes. Keep it evenly moist, and water it from the saucer because of the fuzzy leaves, maybe even with distilled water.
- Cactus/succulent – They like dryness, warmth, and bright light. As my mother used to say, “If it’s raining in Phoenix,

water your cactus.” Every two to four weeks might be enough for cacti



and succulents. Mint sprigs & two types of succulent cuttings, for planting in pots.

You can also root succulent cuttings in water. Some easier ones are Christmas cactus (which, in my experience, bloom whenever they darn well please), aloe, snake plant, hens & chicks and jade plants. There’s a huge variety!

- Weeping fig – This likes to be a little pot-bound, but its height will be influenced by the size of the pot. They do drop leaves in the spring and fall or after a change in environment or in a draft.
- Croton – They have such a variety of colors, which depend on bright light to bring them out. They do like 40-80% humidity and to be kept evenly moist, so maybe your bathroom is a good place to

have one. Grouping them with other plants increases the humidity, too.

As time passes, your plant may get a little under the weather:

- Pests – Before you purchase a plant, inspect it for signs of pests: brown spots, white, sticky spots, anything that looks unusual. Ask the plant seller what it is, and don’t buy it if it already has a problem. If a plant you have develops a problem, quickly quarantine it before it infects other plants. Ask your local plant seller for an insecticidal soap labelled for plants. Make sure you’re not over-watering your plant. If you can’t get rid of the problem, I’m told it’s okay to throw a plant away, but I find that can be emotionally wrenching. If possible, take some uninfected cuttings and root them.
- Losing leaves – If your plant starts to lose its leaves, has it experienced a sudden change in temperature? Is it getting too little light? Too much water? Did you recently transplant it and it’s now in shock?
- Browning leaf tips – You may be under- or over-watering, depending on the plant’s preference. Or is it in a draft? Does it have insects? Have you been fertilizing it too much? Maybe there’s a chemical in your water, e.g., fluoride, that your plant doesn’t like. In that case, leave your water out overnight to let the chemical dissipate before watering your plant.
- Yellowing leaves – You may be over-watering your plant. Or if your succulent’s leaves are too soft or wrinkly, you’re probably under- or over-watering it.

You’ve got the basics!

– Nancy Ewing

RESOURCES

The AARP Fraud Watch Network provides information about scammers who are using social media such as Facebook, Instagram, and Twitter to pretend to be celebrities soliciting money from their fans. See AARP Fraud Watch Network AARP@email.aarp.org or call AARP's Fraud Watch Helpline, 1-877-908-3360.

Remember that purchases from Amazon can include donations to TENT! When you've registered with Amazon, 0.5% of every purchase goes straight to TENT; go to <https://smile.amazon.com/> and click the <Get Started> button. On your smartphone, open the app, find "Settings" in the main menu, tap on "AmazonSmile," and follow the instructions.

Jim Ludden suggests checking out a group

called "Generations on Line," to see how younger people can help their elders in many different ways:

<https://generationsonline.org/index.php>. For example, since its launch in 2000, their program has trained nearly 100,000 older adults in computer technology.

– 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

\$350/year or \$32/mo.

Household

\$450/year or \$40/mo.

3 Month Trial

\$150 or \$50/mo.

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