

inTENTions



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: CHARLES RANDALL

TENT Member Charles Randall's life and work are deeply woven into the Taos fabric and history. His grandfather came from Maine to Red River in the early 1900's in search of gold. Charles doesn't remember any talk of finding gold, but it was decided it wasn't the best way to support the family. He was born in Taos in 1932 in a cabin that no longer exists on the lawn where the Aji restaurant is. Charles's mother found a 45-caliber slug in the outhouse door so a house with indoor plumbing was built and added onto as the family grew. Elisha, Charles's father, had a lumber mill in Valle Escondido, then moved it into town where it was easier for customers to get the wood they needed.

Charles was a combat engineer with the U.S. Marine Corps, maintaining generators for radar and radios, sometimes building supply roads. When he returned to Taos, he enjoyed building the store we know as Randall Lumber & Hardware. Charles branched out, creating a heavy construction business laying cable and building roads and bridges in the northeast corner of New Mexico and traveling to supervise his crews of workers.

Randall Lumber & Hardware turned 100 last year, and many family members have worked there. Charles' mom worked in the paint department and made that sign that lists all the

different ways people have pronounced Taos. Charles's wife, Dorothy, was the accountant. In 1962, Charles and Dorothy moved to a quiet street near the center of town, creating a meandering hacienda-like oasis. The kids ran around the neighborhood for a few years with their gang of friends playing "Piggy Wants a Signal." When they were old enough to dust and return misplaced items to the shelves, they worked at the store too.

Dorothy, Charles's wife of 68 years, has moved to an assisted living home in Santa Fe, and he misses her. When asked how he keeps busy, he lights up, saying his "playpen keeps him out of the bars." In a royal tour of the house and grounds, the "playpen" turns out to be a huge shop with woodworking and metal working tools of all sorts. Neatly organized bins for nails and screws and gardening tools line the walls. Charles is making a new wooden door to keep the cold out of the shop and hand carving a headboard for the bedroom. An impressive set



of antlers turns out to be caribou from a hunting trip to Quebec. He has been to every state and beyond, but “there is no place like here,” he says. “Everything’s right here that I ever wanted.” “There are loyal people here,” he adds; he’s “made friends for life. Everyone

who comes here needs something and people bring something to add.”

Certainly, an example of someone who has added to the wonder of life in Taos, Charles has many more stories to tell. --- Jan Haller

FROM THE BOARD



I hope that everyone is well. I wanted to first respond to the fire concerns surrounding our community and relay that the Board of Directors is actively working on an emergency preparedness plan to ensure

that TENT’s Members are notified and assisted should we have to prepare in any way. Board members will have “neighborhoods” that have been divided and assigned. Should those neighborhoods have safety status changes, the board member will help execute plans and pool resources for Members who need assistance. TENT is monitoring the situation and staying up to date on changes in the Taos area.

On another note, we would like to extend our thanks for all those who attended our Volunteer appreciation event. It was so nice to share time and conversation with many folks who have only met virtually. I joined TENT during the onset of the COVID-19 pandemic, and it was a great thrill to meet folks with whom I have had only the pleasure of a phone call or video meeting.

Thanks to all those who keep TENT moving. I would like to insert a call to action here to our Volunteers: we are in great need of folks filling long distance transport requests. If our Volunteers wouldn’t mind reaching out to others in the community who are interested in helping our elders and neighbors by volunteering, we would be immensely grateful.

-- Jacob Crisp, Vice President

IF YOU WANT SOMETHING DONE, ASK A BUSY WOMAN TO DO IT

TENT’s virtual village is governed by a voluntary Board of Directors, and that hard-working group has recently been expanded from six to nine with the addition of the following exceptionally qualified new Directors.

JENNIFER AMMANN has been a student, practitioner, and teacher of Yoga, Reiki, and meditation practices for 30 years. She moved to Taos in 1998 to join her soon-to-be husband and raised three children here. Jennifer works as a grant writer for Mountain Home Health Care and as Director of Operations for

Veterans Off-Grid. As a volunteer with the Leadership Team for 100% Taos County Initiative, she helps identify and address gaps in essential community services. When she’s not juggling all those hats, Jennifer relaxes with her family. As a TENT Director she intends to focus on developing classes for physical well-being and increasing opportunities for Members and Volunteers to socialize and stay active.



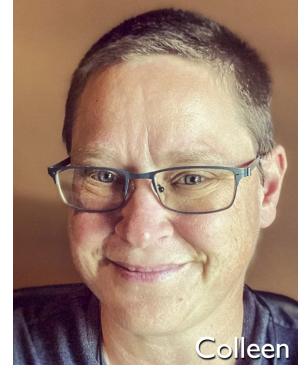
HELEN RYNASKI retired from a career as a speech/language pathologist providing therapy to children in schools and to elders experiencing communication difficulties. Then she started her own business as a freelance copy editor. When the Mountain



called her, she moved from Albuquerque to Taos in 1996. Helen is best known locally as a writer and actor in community theater. On breaks from in-town commitments, she likes to drive her customized van far and wide on hiking and camping adventures. A TENT Volunteer “from the early days,” Helen has provided transportation services and even responded to some “mechanics” requests. She is actively involved with the organization’s publicity efforts, and as a Director she hopes to facilitate TENT’s communications with the broader community, strengthen connections with other resource organizations in Taos County, and expand membership.

COLLEEN SHAUGHNESSY recently became interim Executive Director of Youth Heartline, a non-profit organization focused on child advocacy and family stability, where she has

been responsible for parent education. In addition to a long state-side career in English as a Second Language, Colleen has lived, worked, and studied in Kyrgyzstan, Mexico, South Africa, Bolivia, Zimbabwe, and other countries overseas. She is trained as a hospital chaplain and end-of-life doula and served as a hospice care volunteer. Colleen moved to northern New Mexico to be closer to family and the mountains. She began to work with TENT a couple of years ago, delivering groceries and visiting with Members. She enjoyed it so much, she says it helped her survive the pandemic! As a Director, she intends to help TENT attract a more diverse population of Members and Volunteers.



The new Directors value TENT’s mission to build a community that supports quality of life and independence for Taos elders and gives volunteers of all ages an opportunity to “pay it forward.” They hope to help the organization respond to new challenges, like the possible need for evacuation due to wildfire, and attract Members and Volunteers from all parts of the multicultural Taos community. -- Mya Coursey

Volunteer Coordinator Update

What a wild ride we are on! The Hermit Peak/Calf Canyon fire has become the backdrop for all our days, leading to a considerable amount of stress for all of us. As Jacob Crisp says in his column, we are actively working on emergency preparedness. Please check out our website; it has particulars describing “ready, set, go” statuses, guidelines for preparing a Go Bag, and what items you should take with you if that becomes necessary. Some great advice from a local firefighter—on bad air days, please stay inside!

Thanks to all who participated in the Volunteer Appreciation Day! It was wonderful to see you all. I will reiterate Jacob’s request for long distance transport Volunteers. You are compensated for gas. These requests are largely for medical appointments, but there are some requests for transport to airports, and since there are currently very few shuttle options (and those that exist are very expensive), TENT can fulfill a huge need in our community. We would appreciate it very much

if you would consider adding this service to your repertoire!

We are thinking about adding a new column to the newsletter along the lines of “What our Community Members are doing now,” and I get to start! On May 1, the Threshold Choir of Taos performed on Taos Plaza to honor all who passed on during the COVID pandemic, whose families frequently did not get the chance to say good-bye properly. As leader of this group, I was honored to be able to help provide solace. We are going to call this

column “Stepping Out of the TENT.” Your ideas are welcome.

I have every confidence that we, as a community, will persevere and continue thriving and helping each other. I spent a few hours volunteering at the evacuee shelter here, and seeing the tremendous amount of donations, aid, and loving care has reminded me that Taos is infinitely generous of heart. Helping each other is how we will get through this. My continued gratitude to the TENT community for showing me how it's done!

– Kate Harris

Music Is One Way of Healing

Colorado musician Don Richmond has written a new song (along with his companions in their band, The Rifiers, Rod Taylor and Jim Bradley). The song came out of Don's experience at the beginning of 2022 with myasthenia gravis (MG) and atrial fibrillation, or heart arrhythmia; and also overcoming colon cancer in 2007. In a recent interview with Don and his wife and business partner, Teri McCartney, he explained that the song is “fairly autobiographical. It's the feeling that something that has worked your whole life doesn't work anymore. Pay attention to what your body's telling you. What are the lessons here to move forward?” Because as TENT members, we all face similar effects of aging, serious health issues, and struggling to remain optimistic about our remaining years, we wanted to share Don's story and lyrics with you.



Don, Rod and Jim

It's Cause You Lived – Don Richmond, Rod Taylor, Jim Bradley

You look in the mirror and wonder why
The hair is grey and the skin is lined

And the eyes are tired, from all they've seen
They've lost some vision, and some dream.

Chorus:

*It's cause you lived,
It's cause you took the chance and did the dance
It's cause you didn't shirk, the duty or the work
And though you couldn't guess, you said yes,
And you gave everything you had to give,
It's cause you lived.*

Back talks back, as you get out of bed
And the knees speak of every chase you led
And you wonder why your heart, so steady for
so long,
Now is dancing to some different song.

Chorus

Wisdom knows, less and less
And more and more, you're unimpressed
Yet you still fall, for the eyes of a child
For that part of you, still young and wild.

Chorus.

* * *

Asked about the last verse, Don said “There is a part of us that never ages, that always feels young. It can be triggered by looking into the eyes of a child.” See the Rifiers play the song at <https://youtu.be/Fxx0hQzK-8s>

Don and Teri have been married 30 years and Don has been a professional musician for more than 50 years. Their company, Howlin’ Dog Records, has recorded and released hundreds of recordings by Don, the Rifiers and other

artists, including Michael Hearne and Eliza Gilkyson. Don and Teri live a few miles out of Alamosa, Colorado, and the Rifiers frequently perform at events in Taos, including Hearne’s Big Barn Dance in September. For updates, see link - <https://www.howlindogrecords.com> <https://donrichmond.com/> and <https://www.rifiers.net/>. -- Linda Thompson

(Lyrics reprinted with permission of Don Richmond.)

MEMBER ACTIVITIES

TENT has rebooted its Activities Committee and offers several classes and gatherings for Members and Volunteers. Beginning in May, we have scheduled “Strength and Balance” on Wednesdays, and a “Walk in the Park” followed by Tai Chi on Fridays. On May 19, we added a Book Club, to begin in July (more information to come soon). We look forward to scheduling more activities and welcome

your ideas for small group physical or social activities and outings. Information about current activities are listed on the Events page of [our website](#), with details on how to sign up and attend, teachers and locations, and what to bring.

Please contact activities@TaosElders.org with any questions. -- Jennifer Ammann

LAUGHING UNDER THE TENT: Observations on Aging

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know “why” I look this way. I’ve traveled a long way and many of the roads weren’t paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

Being young is beautiful but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming “WOO HOO what a ride!” -- From <https://atimetolaugh.org>



Technical Updates

The TENT website (TaosElders.org) now has a revised [Resources page](#). You can view this page on our website by clicking on the menu item: Members > Resources or the item: Volunteers > Resources.

On this page are links to the following:

- Videos about what TENT does and how to use our website
- General Topics for Elders
- Aging in Place
- Topics of interest to Volunteers
- Rent and Food Support
- Library Books and Hearing
- Commercial Providers

If you have ideas of more resources for elders or neighbors, send them to Support@TaosElders.org.

Emergency Preparation

Disaster can fall any time. We can't plan disasters, but we can prepare for them. Such a ruinous event may come from wildfire, flood, earthquake (yes, the [Rio Grande is a rift](#) valley and is [still active](#)), and weather.

I have created a [web page](#) with resources for an emergency evacuation. This page is publicly accessible on our website TaosElders.org via the Events menu.

TENT Needs a Social Media Manager

A Social Media Manager provides the voice for the organization across social channels. S/he is responsible for responding to comments and creating content. Social Media Managers look for opportunities to increase brand exposure for the organization in collaboration with Marketing. This will help us share information and attract new Volunteers.

As a Social Media Manager, you will update social networks and curate content to gain new followers, perhaps weekly. You will maintain an

active social presence and reply to customer inquiries. A Volunteer could simply set up a few accounts and keep them fresh by connecting with local organizations, social media groups, and individuals. This might take two hours per week.

Duties and Responsibilities

- Create, maintain, and grow new and existing social networks, including Twitter, LinkedIn, FourSquare, Instagram, Facebook, and others
- Write effective, concise copy and find photos for multiple platforms, websites, and social networks
- Manage social media campaigns and ensure brand consistency
- Monitor social media progress using web analytic tools

Requirements and Qualifications

- Social curiosity and communication within our organization and audience
- Excellent verbal and written communication skills
- Comfortable with computer and internet.

If you would like to apply for this position or learn more about it, contact me at

Support@TaosElders.org -- Jim Ludden

Update: Check Your Voicemail



In the October 2021 *inTENTions*, we provided guidance on how to empty a full mailbox on your cell phone. Since some of us forget to set up a greeting so that the caller knows s/he has the correct number and can leave a message, here are some additional tips.

If you haven't set up your voicemail, callers get the message "999 555-1212 is not available." To make sure your callers know they called the right number, create a greeting such as "This is Jim. Leave a message." If you prefer not to give your name, simply say, "I'm not here now."

Leave me a message.” At least the tone of your voice will be familiar to the caller.

If you have a smartphone, setting up a greeting and getting voicemail is usually very easy, but it depends on whether you have an iPhone or an Android. See instructions below.

iPhone

Open the phone app:  Touch the Voicemail icon in the lower right  to see a list of your voicemail messages. Just touch the name of the caller to see a transcription of the voice message. Use the blue triangle to play the message, the red trash can to delete it, or the blue phone icon to return the person's call.

If you wish to check or record a message, touch “Greeting” in the upper left and select “Custom” and then “Record.” Record your message, touching “Stop” when you are done. To listen to your message, touch “Play” and be sure to touch “Save” before you are finished.

If you have a long list of saved incoming messages, you will need to delete them to empty your mailbox.

Android

Open the phone app: Tap Settings > Voicemail. To set up your greeting, tap Advanced Settings > Setup. Or, open the dial pad and hold the “1” key.

Setting up voicemail on Android is not the same for every device. Instructions are available online, [here](#) for instance. You will need the Personal Identifying Number (PIN) for your phone carrier.

To listen to your voicemail, follow [these instructions](#). Tap the Voicemail  icon:

If you have a long list of messages, delete them to empty your mailbox.

Landline

Landlines are provided by CenturyLink in Taos. To get your voicemail, dial *98 from your home phone.

Detailed instructions are [here](#). -- Jim Ludden

Spam Email from TENT?

Every morning, the software that we use (HelpfulVillage.com) sends an email to our screened Volunteers with requests from our Members that specifically apply to those Volunteers. So, if you have offered to provide, for example, Caregiver Relief, and a Member requests caregiver relief, the software will send you a message asking if you wish to provide that service. There is a button in the message that you can press to be “matched” to that request.

Fewer than half of our Volunteers ever commit to helping a Member, however. That may be

because they do not get the request in the first place.

If you are a TENT Volunteer and find that our emails land in your spam or junk folder, you may need to add the email address taoselders@a.helpfulvillage.com to your contacts list. (This is the address that the software uses for automatic mailings.) This differs from the email address that we humans use: TaosElders@gmail.com. -- Jim Ludden

RESOURCES

The challenges we have been facing from the Covid-19 virus have recently been complicated by the raging wildfires in New Mexico, beginning much earlier in the year than usual. Our Senator Ben Ray Lujan offers some helpful resources. He and others are developing the National Wildland Fire Risk Reduction Program Act. See his website for updates:

<https://www.lujan.senate.gov/> or call the NM Hotline for Fire Resources: 1-800-432-2080. If you should prepare to evacuate, guidelines for what to take are here: <https://www.ready.gov/kit>

Caryle Zorumski reminds us that May was “Older Americans Month,” announced by the Administration for Community Living on the New Mexico Crisis and Access Line (<https://nmaging.state.nm.us/>). The theme for 2022 is how older adults can age in their communities, live independently for as long as possible, and participate in ways they choose.

AARP’s Senior Planet is “a learning community for older adults.” Newsletters, participation in a book club, assistance with access to technology, online workouts—those are just a few of the benefits available. You can sign up at: <https://seniorplanet.org/get-involved/newsletters/> -- 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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