



CITY OF SANTA FE
SENIOR SERVICES

APRIL 2023

SENIOR SCENE



MARCH ACTIVITIES

Check out upcoming April events & activities on page 3!



ONGOING ACTIVITIES AT SENIOR CENTERS

All activities are open to registered seniors. Schedule is subject to change. Please print your name on our activity sheets every time you participate in an activity. You can choose to wear a mask at any time in the senior centers.

Luisa Senior Center

1500 Luisa Street (entrance on Columbia Street)

- **Mon - Fri:** 10:30AM – 12:30PM, **Fitness Room & Computer Lab**
- **Mon & Weds:** **Computer Assistance** - 10:30AM - 12:30PM
- **Fri:** **BINGO** - 1:00PM - 3:00PM
- **Haircuts by Fabiola:** **Monday, April 17th**, 10AM-1PM
- **Bingo Sundays:** April 2nd, 1:00PM: \$20 per person & \$6 Frito Pie
April 16th, 1PM \$20 person & Bring your own food
All proceeds from food sales go to Luisa Center.

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street

- **Mon - Fri:** 8:00AM - 4:30PM
Pool/Cards/Billiards Room & Fitness Room
- **Mon & Wed:** **BINGO** - 1:00PM - 3:00PM
- **Tues:** **Guitar Class** - 10:00AM - 11:30AM
- **Thurs:** **Wood Carving** - 9:30AM - 11:00AM
- **Thurs:** **Sitting Tai Chi/Qi Gong** - 2:30PM-3:30PM: *Sit or stand as you practice movements used for thousands of years to balance the mind and body. We will discuss relaxation principles to add quality to your life.*
- **Fri:** **Knitting Class** - 1PM - 3PM
- **Weds:** **Quilting** – 1PM-3PM
- **Mon., April 3rd:** **Haircuts by Fabiola** - 10AM-2PM, Exercise Room
- **Craft Room Open-** Activities TBA
- **Enhanced Fitness:** **Begins Monday, April 10th** - 9:30AM-10:30AM

Luisa Center Activities

Cristina Villa
505-955-4725
cavilla@santafenm.gov

MEG Center Activities

Albert Chavez
505-955-4715
wachavez@santafenm.gov

CITY OF SANTA FE
COMMUNITY SERVICES
SENIOR SERVICES

Senior Scene Highlights

News & Views

Volunteer
Programs

What is Therapy?

Ask Stan

April Senior Center
Lunch Menu



Offered by:

Division of Senior Services
Programs And Activities for
Older Adults

Newsletter Production
Mona Baca, Editor/Distribution
Desiree Valdez, Graphic Design



CITY OF SANTA FE SENIOR SERVICES

CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

Mary Esther Gonzales Senior Center - 1121 Alto St.

- Admin Offices: 505-955-4721

Senior Services Administration & Registration: 505-955-4721

- Cristy Montoya, Administrative Secretary
cjmontoya@santafenm.gov
- Cara Alunno, Receptionist

Division Director, Senior Services *Position Vacant*

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz, Senior Transportation Manager
lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Congregate Meals/Grab-N-Go Meals: 505-955-4739

Yvette Sweeney: yasweeney@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Senior Services Navigator: 505-955-4735

Saul Carta: scarta@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free

Santa Fe Civic Housing: 505-930-5901

Santa Fe County Senior Programs: 505-992-3069

Pasatiempo Senior Center – 664 Alta Vista St.

Ventana de Vida Senior Center – 1500 Pacheco St.

Villa Consuelo Senior Center – 1200 Camino Consuelo

Luisa Senior Center – 1500 Luisa St.

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center, Ventana de Vida Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Supervisor: VACANT

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: dcdevaca@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Volunteer Programs

Program Manager - Position Vacant

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo, Project Administrator: tptrujiillo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujiillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

NEWS & VIEWS

MEG Transportation Program Update

Transportation services are currently available for trips to: **Grocery stores, Banks and Post Office, Non-medical appointments (Salons, Barber Shops and Social Security Office), Luisa Center Congregate Lunch**

Masks can be worn at any time. Drivers are required to clean and sanitize their vehicle after each patron is dropped off. Customers need to schedule their reservation 3 to 5 days in advance by providing their location, destination, designated time, and contact number.

Thank you for your patience. If you have any questions, please feel free to contact **Linda Quesada-Ortiz at 955-4700**.

FREE COVID-19 OMICRON BOOSTER SHOTS

New Mexico Department of Health is giving free COVID-19 Omicron booster shots:

- **Villa Alegre Senior Center - 664 Alta Vista St**
Thurs. April 6th, 1:00PM - 4:00PM
- **Campo Alegria Senior Center - 104 Camino del Campo**
Weds. April 12th, 1:00PM - 4:00PM
- **Santa Fe Railyard - Market Station Office (next to REI)**
Saturdays from 8AM-12PM

APRIL FOOD DISTRIBUTIONS



Drive-through grocery distributions are offered at The Food Depot at 1222 Siler Rd. **7:00 – 9:00 a.m.**
Thursdays, April 13th & 27th



Echo Commodity Distribution
Tuesday, April 11, 2023



Grab-n-Go Meals!
Grab -n-Go Meals are available in the lobby at the Mary Esther Gonzales Center

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+

THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.

Silver
HORIZONS
Plan Mission

ICAN Class Nutrition Classes

ICAN (Ideas for Cooking and Nutrition) is a free NMSU Cooperative Extension class offered by the Santa Fe County Extension Office to teach how to:

- Choose low-cost nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits and whole grains
- Maintain a healthy weight



MEG ICAN Class: Weds. April 5th at 10:30AM
Luisa Center ICAN Class: Tues. April 25th at 10AM

For more info, contact Renee with the SF County Extension Office at **505-417-4711**

Easter Basket Giveaway at Luisa Center Bingo!



Join us for Easter Basket giveaways at Bingo at Luisa Senior Center on **Friday, April 7th from 1:00pm -3:00pm**. Baskets will be given out to winner for Special Bingo. Don't miss out! Just in time for Easter!

Happy 95th Birthday to Stella Gonzales!

Stella Gonzales turned 95-years young on March 1st. A volunteer with the RSVP Program since 2001, Stella has assisted in the kitchen and dining room at the MEG Center for 19 years. Since the age of 18 she has prepared taxes for herself and her family. Before she began volunteering, Stella worked as an accountant for a furniture store in three different locations for 33 years. What she enjoys most in life is helping and meeting people. Happy Birthday, Stella!



NEWS & VIEWS

Movie Days at MEG & Luisa!

You can choose to wear a mask at any time in the senior centers.



Luisa Center

Father Stu

Thursday, April 6th
1:00PM

The true-life story of boxer-turned-priest.



MEG Center

Breakthrough

Tuesday, April 18th
1:00PM

After a 14 year-old falls through the ice on a frozen lake and ends up in a coma, a community prays for a miracle.

Santa Fe 50+ Senior Olympics Let the Games Begin!

Santa Fe 50+ Senior Olympics started Tuesday, March 28th! Everyone is invited to come and be a spectator for any event in April and May. For more information about Senior Olympics Please contact Cristina Villa at (505) 795-3817. Good Luck, Olympians!

April Events Calendar

4/1: Racquetball @GCCC - 8:30AM
4/2: Racquetball @GCCC - 8:30AM
4/3: Pickleball Womens Doubles @ GCCC - 8:30AM
4/5: Pickleball Mens Doubles @GCCC - 8:30AM
4/10: Pickleball Mixed Doubles @GCCC - 8:30AM
4/11: Bowling Singles @Cities of Gold - 1PM
4/13: Bowling Doubles @Cities of Gold - 1PM
4/14: Table Tennis @GCCC - 8AM
4/18: Bowling Mixed Doubles @Cities of Gold - 1PM
4/20: Bowling Team @Cities of Gold - 1PM
4/22: Swimming @GCCC - 8:30AM
4/24: Shuffleboard practice @County Extension Bldg. - 10AM – 12PM
4/25: Shuffleboard Singles @County Extension Bldg. - 10AM
4/26: Shuffleboard Doubles @County Extension Bldg. - 10AM
4/27: Huachas practice @County Extension Bldg. - 9AM– 12PM
4/28: Huachas @County Extension Bldg. - 9AM
4/29: Road Race @SF Place Mall - 9AM

Parkinson's Foundation Seeks Volunteers for Parkinson's Moving Day Event



The 2023 Parkinson's Moving Day event will take place on Saturday, May 20th at 9:30AM at The Montecito Santa Fe. Volunteers will be needed before, during and following the event. **If you want to volunteer for this year's Moving Day, contact Robin Rhea at rrhea@parkinson.org**

Moving Day is an inspiring annual fundraising walk event uniting people around the country living with Parkinson's disease (PD), their care partners, and loved ones to help beat PD. Moving Day is more than just a walk. It's a celebration of movement, a proven way to help manage Parkinson's symptoms. Leading up to the event, participants and teams fundraise to help the Parkinson's Foundation provide everything people with Parkinson's need to live better. Funds help provide lifesaving resources to deliver quality care to people living with Parkinson's and work to improve research on Parkinson's treatments.



Join us for The Memory Alliance Annual Caregiver Day

**Saturday, April 15th
9:00AM - 3:00PM**

Santa Fe Community College

Register Now!

**www.thememoryalliance.org
505-310-975**

NEWS & VIEWS

Sign Up for the AARP Smart Driver Course

AARP Smart Driver Courses will be held on **Tues, April 11** at the Mary Esther Gonzales Senior Center (MEG) dining room. Classes run from 1PM-5PM, with sign-in at 12:30PM. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 individuals. All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the MEG dining room. Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

Call 505-500-4555 to register. Leave your name and phone number.

Flora's Corner



A SMILE

A smile costs nothing but gives much. It takes but a moment...but the memory can last forever. It enriches those who receive without making poor those who give. It creates sunshine in the home, fosters good will in business and is the best antidote for trouble. And yet it cannot be begged, borrowed, or stolen...for it is of no value unless freely given away. Some people are too busy to give you a smile...so give them one of yours...for the good Lord knows that no one needs a smile so badly as he or she who has no more smiles left to give.

Author unknown

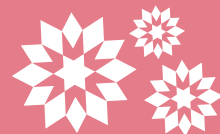
National Healthcare Decision Day

April 16th is National Healthcare Decisions Day. Make sure you are at the center of your healthcare decisions by joining people across the country making their future healthcare decisions known to loved ones and healthcare providers.

Advance care planning helps us communicate about our healthcare goals and wishes and identifies the people we want to speak on our behalf if we cannot speak for ourselves, resulting in a written document called an advance directive. Creating an advance directive is an essential part of routine healthcare for all adults. An advance directive is a complete legal document once it is signed and dated without a witness or being notarized. Complete your advance directive and share the plan with loved ones because our healthcare decisions matter.

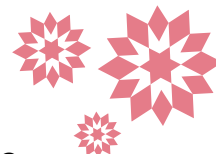
Presbyterian Healthcare Services provides free assistance to all New Mexicans in completing advance directives. **Call Presbyterian Healthcare Services at (505) 559-7226 for more information and to set up a free appointment today.**

6-Week Grief Recovery Support Program



April 21st - May 26th
Fridays, 3:00PM-4:00PM
Unitarian Church

107 W Barcelona Road, Santa Fe



Facilitated by Eileen Joyce, a 25-year experienced Certified Coach and Grief Recovery Specialist, this free group program is for folks experiencing recent deaths of family, friends, or colleagues. The group will learn and share in a confidential setting as they discuss how grief and loss affect daily life and relationships. Attending all 6 weeks is recommended but not required.

Topics covered:

- Losses and how we deal with them
- The myths about grief, loss, and healing
- How unresolved grief affects our capacity for happiness
- Creating resilience even in times of greatest challenges

Please contact Eileen at 505.428.0670 or ej@eileenjoyce.com to reserve your place

Sponsored by Berardinelli Family Funeral Services with a donation to The Memory Care Alliance.

**Poem by
Patti Merrill**

APRIL IS HERE IN ALL HER GLORY-FLOWERS BLOOMING FAIR.
THE BIRDS ARE SINGING, SKIES ARE BLUE...BEAUTY EVERYWHERE.



The History of El Baile de Cascarones

In 1940, during the celebration of Coronado's Cuatro Centenario, La Sociedad Folklorica held the first Baile de Cascarones to celebrate the event. This dance is traditionally held after Lent to celebrate Easter due to Northern New Mexican Catholics abstaining from dancing during Lent.

The dance attendees use cascarones, hollowed-out chicken eggs decorated and filled with confetti to be thrown or crushed over someone's head, showering them with the confetti. The history of cascarones in New Mexico is seen in early letters, crediting Carlotta, wife of Emperor Maximilian I of Mexico, for introducing perfume-filled eggs at celebrations in the 1860s when the eggs were brought from Spain to Mexico. Cascarones travelled north on the Camino Real into New Mexico. Thousands of cascarones are decorated each year by the Sociedad, ranging from very decorative designs for collectors to buy to simple designs created for breaking. Sociedad member visit schools to teach students how to make cascarones and show how they are used at the dance.

The dance celebrates two traditions, one is cascarones being used by men to invite women to dance by gently crumbling a confetti-filled cascarone over their potential dance partner's head. The second tradition is listening and dancing to beautiful music brought to New Mexico from Spain. Many folk dances have been passed down through the years and include old favorites like the Scoutis, El Pano, La Varsoviana among others. Crowd favorites are El Baile de La Escoba, El Celoso and El Baile de Los Compadres. Brief demonstrations of each dance are done for attendees to learn the steps. All dancers are welcome to learn the steps and are encouraged to dance to the music regardless of their skill levels. It is not unusual to see parents and grandparents dancing with their children. Many adults who have attended the dance when they were children now bring their own children and grandchildren. It's a wonderful way to continue these traditions so they can be enjoyed by future generations while giving everyone an opportunity to meet new people and have fun!

La Sociedad Folklorica Baile de Cascarones 2023

SATURDAY, APRIL 15TH
SANTA FE CONVENTION CENTER
7:00 PM

Music by Los Reflections
Silent Auction
Vintage or Fiesta Apparel
Encouraged

ADMISSION
\$20 per couple
\$12 per person
\$2 per child, ages 6 to 17

For more information, call Gloria at
505-983-7839



VOLUNTEER PROGRAMS

Join the RSVP Volunteer Program



AmeriCorps
Seniors

**Give a little time.
Get a lot back.**

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. www.rsvpsantafe.org. If you are interested in volunteering please contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

Santa Fe Habitat for Humanity: Volunteer, Get Services, & Donate!

Santa Fe Habitat for Humanity seeks to build lives as well as homes. Through the homes they build, hope is restored, lives are changed, new skills are learned, and the cycle of poverty is broken.

VOLUNTEER OPPORTUNITIES:

- **Construction:** Tuesday-Saturday
No experience needed
- **ReStore Shifts:** Monday-Saturday
Full or half day shifts; No experience needed.

Interested in volunteering at Santa Fe Habitat for Humanity? Contact Mona Baca at 505-955-4760 | mabaca@santafenm.gov

Home Repair Program

Santa Fe Habitat for Humanity does critical home repair assistance in the city of Santa Fe. To qualify, applicants must be below 80% of Average Medium Income.

To apply: (505)986-5880 Ext. 103 or email repairs@santafehabitat.org

Donate to Santa Fe Habitat for Humanity

Take advantage of the 2023 New Mexico Affordable Housing Tax Credit program. All donations over \$500 are eligible for a tax credit voucher equal to 50% of your total annual donations.

santafehabitat.org/donate



Happy Birthday, April Volunteers! ¡Feliz Cumpleaños!

Peter Sinclair	4/2
John Block	4/5
Connie Sena	4/6
Edye Dorman	4/7
Leslie Coleman	4/14
Maria Duran	4/16
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Victoria Gentzler	4/19
Joni Hernandez	4/20
Ron Levy	4/26
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally Rodriguez	4/29
Linda J. Miller	4/30
Sister Jo Romero	4/30



Join the FGP Volunteer Program

Foster Grandparent Volunteers (FGP) serve in Santa Fe Public Schools, mentoring and guiding students with exceptional needs. Income-eligible FGP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, training, and commit to a minimum of five hours of service a week. To learn more, contact Theresa Trujillo at (505) 955-4745 or tptrujillo@santafenm.gov



NUTRITION EDUCATION

PICADILLO

Potatoes are an excellent source of vitamin C and potassium, which promote healthy skin, immune function and a healthy heart. A baked potato has two times as much potassium as a banana!



A fun flavorful dish full of veggies and lean protein that can be made in a flash.

Source: [MyPlate.Gov](https://www.myplate.gov)

6 Servings

Ingredients

- 1 pound ground turkey, 85% lean
- 1 chopped onion
- 5 small carrot, diced
- 2 zucchini or other squash
- 2 potatoes, diced
- 1 teaspoon salt
- black pepper to taste
- 1/2 teaspoon cumin
- 1 1/4 cups Mexican style tomato sauce (10.5 oz can)
- 1 teaspoon cornstarch

Directions

- Brown ground turkey in a non-stick frying pan.
- Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
- Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are fork tender.
- Dissolve cornstarch in about 1 tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

HEALTH & SAFETY

WHAT IS THERAPY?

Therapy is a form of treatment to relieve emotional distress and mental health problems. It's provided by psychiatrists, psychologists, social workers, or licensed counselors and involves gaining insight into life choices and difficulties faced by individuals, couples, or families. Clients work collaboratively with a therapist to identify improvement and positive change over time. It may feel difficult seeking therapy but benefits of successful therapy are life changing. Most people benefit from having an impartial observer listen and offer guidance. Because of therapy's cost and time investment, as well as stigma surrounding mental health, the decision to begin therapy isn't always an easy one.

To see if therapy is right for you, consider if you feel sad, anxious, overwhelmed, or irritable often; if yes, therapy can offer emotional support and help you develop tools to manage your mental health. Struggling with relationship challenges, feeling stuck in a career, turning to drugs, alcohol, or food to cope with unpleasant events, or feeling disconnected from people, are other issues therapy can address.

There are many compassionate therapists out there, but not every therapist is the best person to help someone seeking treatment. Though it can be frustrating for clients and professionals alike, finding the right therapist is a process of trial and error.

The cost of therapy depends on your insurance coverage, your location, and your income. While some therapists charge a set fee per session, others offer a sliding scale based on clients' income. In many locations, low- or no-cost therapy is available for low-income clients, often through universities or other therapist training programs.

It's normal to feel unsure of what to expect for your first therapy session. Most therapists spend the first session asking general questions to get a sense of your background and what issues you're hoping to address. They will also likely discuss their therapy style and offer an outline of what to expect. Verifying insurance coverage and setting up a payment schedule may happen in the first session as well.

Medication can be used in combination with therapy, particularly for cases of severe depression, anxiety, or bipolar disorder, but it's not essential for every client. If a therapist thinks their client could benefit from medication, they will discuss it with the client before referring them to a prescribing professional such as a psychiatrist or nurse practitioner.

WORD SEARCH

Astronomy

All the words listed are hidden vertically, horizontally—in both directions. The letters that remain unused form a sentence from left to right.

G	A	L	I	L	E	O	B	I	G	B	A	N	G	A
J	U	P	I	T	E	R	Z	O	D	I	A	C	S	T
R	O	N	O	Y	S	P	V	N	E	P	T	U	N	E
M	Y	Y	I	R	R	S	L	E	L	B	B	U	H	O
M	A	R	S	U	E	Y	S	U	N	A	R	U	E	N
E	W	O	F	C	V	R	S	A	T	U	R	N	L	T
H	Y	P	E	R	I	O	N	H	E	O	S	F	I	E
A	K	O	W	E	N	T	C	O	M	E	T	L	O	S
W	L	L	C	M	U	A	E	I	R	E	E	E	C	T
K	I	A	N	C	E	V	N	S	O	I	K	V	E	E
I	M	R	N	W	O	R	T	H	E	I	C	A	N	L
N	C	I	H	L	A	E	A	R	T	H	O	R	T	E
G	M	S	L	A	T	S	U	E	E	U	R	T	R	S
P	H	O	T	O	N	B	R	R	M	S	C	E	I	C
A	P	N	P	L	A	O	X	Y	G	E	N	C	S	O
A	N	D	R	O	M	E	D	A	N	A	S	A	M	P
Y	T	I	V	A	R	G	Y	A	N	A	C	P	T	E
I	V	E	R	E	A	L	U	B	E	N	O	S	L	E

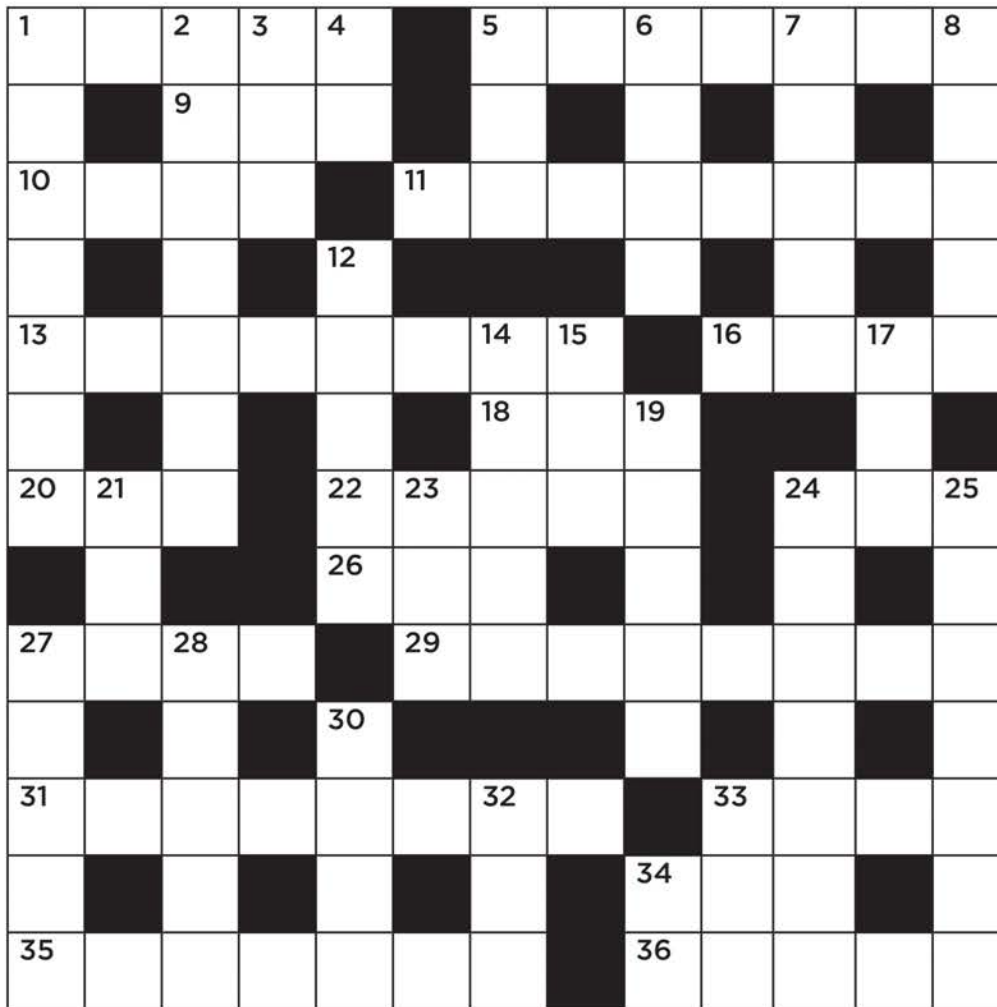
ANDROMEDA
APOLLO
BIG BANG
CENTAUR
COMET
EARTH
GALILEO
GRAVITY
HAWKING
HELIOCENTRISM
HUBBLE
HYPERION
JUPITER
MARS
MERCURY
METEOR
MILKY WAY
NASA
NEBULAE
NEPTUNE
OBSERVATORY
OXYGEN
PHOTON
PLUTO
POLARIS
ROCKET
SATURN
SPACE TRAVEL
TELESCOPE
UNIVERSE
URANUS
VENUS
ZODIAC

LETTERBLOCKS

Move the letter blocks around to form two words, one on the top line, the other on the bottom line, that can be associated with countries. Letters can be moved from one line to the other.

G	N	D	E	L	A	N
R	N	Y	G	M	A	E

CROSSWORD PUZZLE



ACROSS

1. Social class
 5. **With 29 Across, Cabot Cove's resident sleuth**
 9. Non-singer's option?
 10. Café au ____
 11. **Tubbs's partner**
 13. **Tropical shamus in a Ferrari**
 16. Animal on California's flag
 18. Intention
 20. Have debts
 22. Bert's buddy
 24. Recede
 26. Charlotte of *The Facts of Life*
 27. Quarter of a bushel
 29. See 5 Across
 31. **Detective living in a trailer**
 33. Coin opening
 34. August baby, probably
 35. **Hutch's sidekick**
 36. Black-and-white mammal

DOWN

1. **Lieutenant in a raincoat**
 2. Roof piece
 3. Famous pharaoh
 4. Dorothy's aunt
 5. Pickle holder
 6. Punch
 7. Dunne or Worth

8. Thespian
 12. Like Clark Kent?
 14. Game show group
 15. X – VII
 17. Priestly vestment
 19. Substantial
 21. Sadness
 23. British fliers
 24. Rank or level
 25. **Gumshoe with a cocka-too**
 27. ____ and *Recreation*
 28. Sweet hot drink
 30. Eliminates
 32. Acuff or Rogers
 33. Red or Black
 34. Albuma



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 3 April 2023

Dear Stan,

I am nervous and anxious and need help talking to a doctor about my mental health. Does Medicare cover depression? Also do you have any tips to help me talk to my doctor?

*Olivia
Silver City*

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Olivia,

Depression takes its toll on all ages including older adults. Comprising only 13% of the U.S. population, individuals aged 65 and older account for 20% of all suicide deaths, with white males being particularly vulnerable. Medicare covers mental health care services and here is how you should start using these benefits if you feel down, are anxious and generally depressed.

If you have been diagnosed with depression by an approved medical provider, you will be eligible for mental health care services covered by Original Medicare. It is important to remember that private plans called Medicare

Advantage Plans cover the same basic benefits as Original Medicare.

Medicare covers inpatient and outpatient mental health care services. Inpatient services cover you in a psychiatric hospital or a general hospital. To read more about Medicare in-patient mental health care services, see the Medicare.gov link here:

<https://www.medicare.gov/coverage/mental-health-care-inpatient>

Medicare outpatient mental health care services includes depression screening, psychotherapy, family counseling, testing and services for treatment of alcohol and drug use and others. For additional

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details about Medicare coverage for outpatient mental health care services, see the Medicare.gov link here: <https://www.medicare.gov/coverage/mental-health-care-outpatient>.

A wide range of prescription drugs to treat mental health conditions are covered by Medicare Part D prescription drug plans and Medicare Advantage Plans with Part D drug coverage.

HOW DO I TALK TO MY DOCTOR?

Whether you are getting ready for a medical appointment for depression or for general medical help, you should consider the following:

- ♦ Before your medical appointment write down a series of questions you have for your doctor
- ♦ Take a trusted friend with you to the doctor. One of you take notes with the doctor's answers for the questions you brought. Also take notes as to what the doctor says that are not part of your questions
- ♦ After the appointment type up the notes and talk them over with the person who attended your medical

appointment with you

- ♦ Write down your mental and emotional state including any behavioral changes and also a have list of your current medications to give your provider

Senior Medicare Patrol (SMP), a program sponsored by the Centers for Medicare and Medicaid Services, has a "My Health Care Tracker" tool which can assist you in recording your doctor's comments. You can obtain a free copy by contacting your local **SMP** at **1-800-432-2080**.

If you have additional questions about Medicare coverage for depression or other mental health services, contact the **New Mexico Aging and Disability Resource Center** at **1-800-432-2080**.

Stan,
Volunteer Counselor, SHIP and SMP

for emotional
or substance use crisis
CALL / TEXT / CHAT 988

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 3 abril de 2023

Estimado Stan,

Estoy nerviosa y ansiosa y necesito ayuda para hablar con mi medico sobre de me salud mental. Medicare cubre la depresion? Ademas, tiene algun consejo que me ayude a hablar con mi medico?

Olivia
Silver City

Reporte fraude relacionado a Medicare con la Patrulla de Medicare para las Personas Mayores (SMP, por sus siglas en inglés) de Nuevo México al:

1-800-432-2080

El SMP está disponible para proveerle la información para ayudarle a PROTEGERSE, DETECTAR, y REPORTAR fraude, errores, y abusos contra Medicare.

Estimado Olivia,

La depression pasa factura de todos las esdades, incluidos adultos mayores. Con solo el 13 % de la población de los Estados Unidos, las personas de 65 años o más representan el 20 % de todas las muertes por suicidio, siendo los hombres blancos particularmente vulnerables. Medicare cubre los servicios de atención de la salud mental y así es como debe comenzar a usar estos beneficios si se siente deprimido, ansioso y, en general, deprimido.

Si un proveedor médico aprobado le diagnosticó depresión, será elegible para los servicios de atención de salud mental cubiertos por Original Medicare. Es importante a recordar que los planes privados llamados Medicare Advantage Plans cubren los mismos beneficios básicos

que Medicare Original.

Medicare cubre los servicios de atención de la salud mental para pacientes hospitalizados y ambulatorios. Los servicios para pacientes hospitalizados lo cubren en un hospital psiquiátrico o en un hospital general. Para leer más sobre los servicios de atención de salud mental para pacientes hospitalizados de Medicare, consulte el enlace Medicare.gov aquí: <https://medicare.gov/coverage/mental-health-care-inpatient>

Los servicios de atención de salud mental para pacientes ambulatorios de Medicare incluyen detección de depresión, psicoterapia, terapia familiar, pruebas y servicios para el tratamiento del consumo de alcohol y drogas y otros. Para obtener

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detalles adicionales sobre la cobertura de Medicare para los servicios de salud mental para pacientes ambulatorios, consulte el enlace Medicare.gov aquí:

<https://www.medicare.gov/coverage/mental-health-care-outpatient>.

Los planes de medicamentos con receta de la Parte D y los planes de ventajas de Medicare con Cobertura de la Parte D cubren una amplia gama de medicamentos recetados para tratar condiciones de salud mental.

Cómo hablar con mi médico?

Si se está preparando para una cita médica para la depresión o para ayuda médica general, debe considerar lo siguiente:

- Antes de tu cita médica escribe una serie de preguntas que tienes para tu médico
- Lleve a un amigo de confianza con usted al médico. Uno de ustedes tome notas con las respuestas del médico a las preguntas que trajo. También escribe notas de lo que dice el médico que no forman parte de sus preguntas.
- Después de la cita, escribe formal las notas y coméntelas con la persona que asistió a su cita médica con usted.
- Anote su estado mental y emocional, incluidos los cambios de su condición

mental, y también tenga una lista de sus medicamentos actuales para dárselos a su proveedor mental.

Senior Medical Patrol (SMP) Un programa patrocinado por los Centros de Servicios de Medicare y Medicaid tiene una herramienta "My Health Care Tracker" que puede ayudarlo a registrar los comentarios de su médico. Puede obtener una copia gratuita comunicándose con su **SMP** local a **1-800-432-2080**.

Si tiene preguntas adicionales sobre su cobertura de Medicare para la depresión u otros servicios de salud mental, comuníquese el **New Mexico Aging and Disability Resource Center** a **1-800-432-2080**.

Stan,
Consejero Voluntario, Programas SHIP y SMP

988

La línea de vida 24/7 para apoyo emocional, mental o abuso de sustancias

El programa de voluntarios de SHIP y SMP: Si le interesa aprender más sobre el programa de Medicare y quiere descubrir otras maneras de ayudar al público, llámenos y pregunte sobre las oportunidades para ser voluntario en los programas de SHIP y SMP al **1-800-432-2080**.

Nosotros proveemos entrenamiento, y nos acomodamos a su horario. ¡Juntos podemos ayudar a más personas!



CROSSWORD PUZZLE SOLUTIONS

C	A	S	T	E		J	E	S	S	I	C	A
O		H	U	M		A		O		R		C
L	A	I	T		C	R	O	C	K	E	T	T
U		N		S				K		N		O
M	A	G	N	U	M	P	I		B	E	A	R
B		L		P		A	I	M				L
O	W	E		E	R	N	I	E		E	B	B
	O			R	A	E		A		C		A
P	E	C	K		F	L	E	T	C	H	E	R
A		O		O				Y		E		E
R	O	C	K	F	O	R	D		S	L	O	T
K		O		F		O			L	E	O	T
S	T	A	R	S	K	Y			P	A	N	D

WORD SEARCH SOLUTIONS

Solution: Astronomy

G	A	L	I	L	E	O	B	I	G	B	A	N	G	A
J	U	P	I	T	E	R	Z	O	D	I	A	C	S	T
R	O	N	O	Y	S	P	V	N	E	P	T	U	N	E
M	Y	Y	I	R	R	S	L	E	L	B	B	U	H	O
M	A	R	S	U	E	Y	S	U	N	A	R	U	E	N
E	W	O	F	C	V	R	S	A	T	U	R	N	L	T
H	Y	P	E	R	I	O	N	H	E	O	S	F	I	E
A	K	O	W	E	N	T	C	O	M	E	T	L	O	S
W	L	L	C	M	U	A	E	I	R	E	E	E	C	T
K	I	A	N	C	E	V	N	S	O	I	K	V	E	E
I	M	R	N	W	O	R	T	H	E	I	C	A	N	L
N	C	I	H	L	A	E	A	R	T	H	O	R	T	E
G	M	S	L	A	T	S	U	E	E	U	R	T	R	S
P	H	O	T	O	N	B	R	R	M	S	C	E	I	C
A	P	N	P	L	A	O	X	Y	G	E	N	C	S	O
A	N	D	R	O	M	E	D	A	N	A	S	A	M	P
Y	T	I	V	A	R	G	Y	A	N	A	C	P	T	E
I	V	E	R	E	A	L	U	B	E	N	O	S	L	E



LETTERBLOCKS

ENGLAND
GERMANY

SENIOR CENTER LUNCH MENU- APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swedish Meatballs over Noodles Peas & Carrots Roll Fresh Pear	4 Sweet & Sour Pork Brown Rice Emperor Veggie Blend Egg Roll Tapioca Pudding	5 Beef Soft Taco Garnish Salsa Chili Beans Calabacitas Tropical Fruit	6 Turkey & Cheese Sandwich Garnish Carrot & Celery Sticks Macaroni Salad Sherbet	7 GOOD FRIDAY Tuna Salad 3 Bean Salad Cold Peas Potato Chips/ Crackers Fresh Apple
10 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Fresh Banana	11 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Peaches in Cottage Cheese	12 Frito Pie Garnish Mexicorn Coleslaw Apricots	13 Teriyaki Chicken Fried Rice Asian Veggies Roll Fortune Cookie Mandarin Oranges	14 Creamy Green Chile Beef Stew Vegetable Blend Black Beans Tortilla Peaches
17 Baked Chicken Mushroom Sauce Potatoes O'Brien French Style Green Beans Roll Pineapple	18 Baked Cod French Fries Mixed Veggies Coleslaw Fresh Grapes	19 Spaghetti w/ Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Bread Yogurt	20 Beef Roast Scalloped Potatoes Asparagus & Onions Roll Sliced Apples	21 Cobb Salad with Chicken, Bacon & Boiled Egg Low Fat Dressing Breadstick Brownie
24 Pork Red Tamale w/ Red Chile Sauce Spanish Rice Calabacitas Tortilla Vanilla Pudding w/ Cinnamon	25 BBQ Chicken Potato Salad Coleslaw Cornbread Fresh Orange	26 Chicken Tenders Tater Tots Country Gravy Green Beans & Corn Biscuit Mixed Fruit in Jello	27 Pork Roast Pork Gravy ½ Baked Potato California Veggies Roll Fresh Strawberries	28 Green Chile Cheeseburger Garnish Pork & Beans Onion Rings Oatmeal Cookie
				

Senior Meal Suggested Donation: Lunch \$1.50

10:30 a.m. – 12:30 p.m. Monday through Friday

Milk is served with each meal. Menu is subject to change.



VOLUNTEER RECOGNITION MONTH!

Why Do You Volunteer?



ROSARIO TORRES:

"Knowing that I can contribute to someone else's wellbeing is a gift that can't be bought. It's lived, it's shared. I am grateful I am able to contribute to my community by volunteering."



LEONARD SERRANO:

"Because I want to feel useful, and I love people of all walks of life!"



PAUL MONTANO:

"I volunteer because I like to stay busy, and I especially like to help other seniors."



RICHARD FOX:

The RSVP program offers a great opportunity to help seniors, give back to the community, and meet so many wonderful people in the process. Special thanks to the outstanding RSVP staff which make it possible and enjoyable.



JIM & KRIS DORRIS:

"Volunteering makes us feel like better people because we helped out someone else [and it's] a way to give back to the community and help ensure a better future for upcoming generations."



City of Santa Fe Senior Center Locations

VILLA CONSUELO
1200 Camino Consuelo
505-955-4721



VENTANA DE VIDA
1500 Pacheco Street



**MARY ESTHER
GONZALES (MEG)**
1121 Alto St.
505-955-4721



MEG
Open for
Meals!

PASATIEMPO
664 Alta Vista Street
(505) 955-4721



LUISA
1500 Luisa
Street
(505)
955-4721

(entrance on Columbia St.)



Luisa
Open for
Meals!



Genoveva
Chavez
Community
Center

[santafenm.gov/
division of senior services](http://santafenm.gov/division_of_senior_services)

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