

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

December 2025



CITY OF SANTA FE
SENIOR SERVICES

Happy Holidays

from the City of Santa Fe Senior Services



ADMINISTRATION & VOLUNTEER PROGRAMS:

Kim Rivera
Tebrina Roibal
Tammy Lowman
Anna-Marie Navarrette
Roberta Armijo
Mona Baca
Theresa Trujillo
Aurelia Sedillo
Grace Lee
Manuel Sanchez



TRANSPORTATION:

Monique Nieto
Frankie Quintana
Andres Gallegos
John Narvaiz
Kenneth Roybal
John Glen Vigil
Shelby Cozad
Not pictured:
Angel Gonzales
Tim Kavanaugh
Ann Watson



NUTRITION:

Jolene Ulibarri
Manny Padilla
Ray Dominguez
Carlos Sandoval
Corine Lovato
Brenda Tapia
Johnathan Toya
Josie Noriega
Wilma Montoya
Gabe Garcia
Gilbert Romero
Shelby Cozad
Not pictured:
Wanda Wright
Janet Sanchez

IN-HOME SUPPORT:

Gerson Perez Cardoza
Diana Zapata
Delilah C De Vaca
Lisa Maestas
Georgia Segovia
Veronica Granados Valenzuela
Not pictured:
Aviv Stein



CASA FAMILIA, A SHELTER FOR WOMEN & CHILDREN IN
MIDTOWN SANTA FE, IS IN NEED OF DONATIONS.

TOILETRIES DRIVE

WE NEED:

 Shampoo/Conditioner
Toothpaste/Toothbrushes/Floss
Deodorant
Bodywash
Disposable shavers
Toilet Paper/Paper Towels
Laundry pods
Diapers/Wipes


***New and unopened containers, please.**

COLLECTION DATE THROUGH JANUARY 14

FOR MORE INFO: 505-955-4760 or mabaca@santafenm.gov

Drop-off Location

Mary Esther Gonzales Senior Center (inside)
1121 Alto Street, Santa Fe, NM 87501
MON-FRI, 8am - 5pm



 **MLK DAY
OF SERVICE**

CITY OF SANTA FE
SENIOR SERVICES

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

December 2025

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FILE YOUR FEDERAL & STATE INCOME TAXES FOR FREE

Tax Help New Mexico is a free tax-filing service for people whose household income is \$67,000 or less, regardless of age. Get help from IRS-qualified tax preparers.

FEBRUARY 2 - APRIL 14, 2026

**Main Library, 145 Washington Ave.
(downtown Santa Fe)**

Mondays & Tuesdays:

10am - 2:30pm
(last appointment at 2pm)

Wednesdays:

noon - 4:30pm
(last appointment at 4pm)

BY APPOINTMENT ONLY

► **Call 505-819-3702 to schedule an appointment.** Speak with our staff or leave a message. We will return your call.

► Drop by our site at the Main Santa Fe Library on Mon/Tue/Wed to **make a same day or future appointment.**

► **Use our online scheduler** to make an appointment.

[TAXHELPNM.ORG](https://taxhelpnm.org)

CONTACT INFORMATION



- 505-955-4721
- Administrative/Information
- Activities Programs
- Benefits Counseling
- Health Promotion
- Home-delivered Meals
- Nutrition/Congregate Dining
- Outreach
- Senior Services Registration
- Recreation/Fitness
- Respite Care Program & Homemaker
- 50+ Senior Olympics Program

- 505-955-4760
- Public Relations
- Retired Senior Volunteer Program
- 505-955-4745
- Foster Grandparent Program
- Senior Companion Program
- Grandparents Raising Grandchildren
- 505-955-4700
- Transportation

THIS MONTH AT A GLANCE

DECEMBER 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>MEG</u> 10am - 1pm HAIRCUTS w/ Fabiola	2	3	4 <u>MEG*</u> 11am - 12:30pm BIRTHDAY Celebration <small>*MEG closes at 2pm</small>	5 <u>MEG</u> 1 - 3pm TALENT SHOW
8 <u>PASATIEMPO</u> 10am - 1pm HAIRCUTS w/ Fabiola	9 <u>MEG</u> 11:30am - 12:30pm ICAN Nutrition Class	10 <u>PASATIEMPO</u> 11am - 12:30pm BIRTHDAY Celebration 11:30am - 12:30pm ICAN Nutrition Class	11 <u>LUISA</u> 11am - 12:30pm BIRTHDAY Celebration 11:30am - 12:30pm ICAN Nutrition Class	12 <u>MEG</u> 1 - 2pm BOOK CLUB: Any book by Sherlock Holmes 12:50 - 3:15pm MOVIE: <i>The Holdovers</i>
15 <u>MEG</u> 8:15am - 1pm HIKE: The Burn Trail 11am Santa Fe Harmonizers <u>LUISA</u> 10am - 1pm HAIRCUTS w/ Fabiola	16 <u>MEG</u> 10am - noon Guitar Christmas Program	17 NO BINGO!	18 <u>FRATERNAL ORDER OF EAGLES</u> 1 - 4pm DANCE: Music by Los Malcriados	19 <u>MEG</u> 1 - 3pm MOVIE: <i>Miracle on 34th Street</i>
22	23	24 NO BINGO!	25 ALL SENIOR CENTERS CLOSED	26 <u>MEG</u> 12:50 - 3:15pm MOVIE: <i>The Holiday</i>
29	30	31 NO BINGO!	1 <i>Happy New Year!</i>	2

Please note that MEG closes early (at 2pm) on THURS, DEC 4.



THE HOLDOVERS

Friday, December 12 | 12:50 - 3:15pm

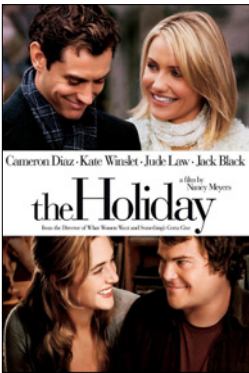
Set in a New England prep school in December 1970, the story follows Paul Hunham (Paul Giamatti), a universally disliked classics teacher with nowhere to go for the Christmas holiday. He is forced to remain on campus to chaperone the “holdover” students who cannot go home. After the other students are released to a wealthy parent for a ski trip, only one troubled but smart student, Angus Tully (Dominic Sessa), remains with Hunham. They are joined by the school’s head cook, who is grieving the recent death of her son in the Vietnam War. The three form an unexpected bond as they spend two weeks together in the empty school. Through shared experiences, comic misadventures, and moments of vulnerability, they learn to understand each other’s pain and personal struggles, helping one another to realize they are not beholden to their past and can choose their own futures. The film culminates in Hunham sacrificing his job to prevent Angus from being sent to a military academy.



MIRACLE ON 34TH STREET

Friday, December 19 | 1 - 3pm

Six-year-old Susan Walker (Mara Wilson) is skeptical of the Christmas myth surrounding Santa Claus, a trait she perhaps learned from her mother, Dorey (Elizabeth Perkins). When tasked with hiring the Santa who will pose with kids at Macy’s, Dorey enlists a man with the curious name of Kris Kringle (Richard Attenborough) who claims to be Santa himself. His assertions are met with scoffs and threats of institutionalization, but a young lawyer, along with Susan and Dorey, comes to his defense.



THE HOLIDAY

Friday, December 26 | 12:50 - 3:15pm

Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up.

For additional information on any of the activities, call 505-955-4715

LUIA Senior Center 1500 Luisa St. <i>entrance is on Columbia St.</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>Computer Lab Open → Monday to Friday Fitness Room Open → 10:30am - 12:30pm</div>				
PASATIEMPO Senior Center 664 Alta Vista St.				
Monday	Tuesday	Wednesday	Thursday	Friday
	Line Dancing - Beginner - Full 10 - 11am Line Dancing - Intermediate 11:30am - 12:30pm	Live Music: Grupo Cielo Azul Starts at 11:45am	Japanese Dance with Chizuko 9:30 - 10:30 am	
<div>Fitness Room Open Mon - Fri: 10:30am - 12:30pm</div>				
Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.				
Monday	Tuesday	Wednesday	Thursday	Friday
Ceramics 8 - 11am Tai Chi 8:15 - 9:15am Mexican Train Dominoes 11am - 1pm Enhanced Fitness 9:30 - 10:30am Improv 1 - 3pm Technology Class 1 - 3pm Cribbage 1 - 3pm Painting with Judy 1- 3pm, Dec 1 & 15 Enhanced Fitness 3:30 - 4:30pm Dec 15	Tai Chi 8:15 - 9:15am Technology Class 9 - 11am Guitar Class 10am - noon Traditional Chinese Mahjong-Advanced 12:30 - 2:30pm Quilting Class 1 - 4pm Enhanced Fitness 3:30 - 4:30pm	Jewelry 8am - noon Enhanced Fitness 9:30 - 10:30am Senior Theater 12:30 - 2:30pm Bingo 1:15 - 3pm, Dec 10 Ceramics 1 - 4pm Enhanced Fitness 3:30 - 4:30pm	Wood Carving 9:30 - 11am Scrabble 1 - 3pm Bead Work 1 - 3pm Tai Chi 2:15 - 3:15pm Qigong 3:30 - 4:30pm	Ceramics 8 - 11am Enhanced Fitness 9:30 - 10:30am Knitting Class 1 - 2pm Movie 1 - 3pm (See monthly calendar for details) Traditional Chinese Mahjong-Beginners 12:30 - 2:30 pm
<div>Pool / Cards Room, Computer Lab, Craft Room Open Mon - Fri: 8am - 4:30 pm Fitness Room Open Mon - Fri: 8 - 10:30am & 1 - 3:30pm</div>				
Lunch served at all locations MON-FRI 10:30am - 12:30pm				

DIRECTOR'S NOTE



The holiday season is in full swing. It was great seeing everyone for our Thanksgiving meal, socializing and enjoying each other's company. I am proud to report that at the MEG, Pasatiempo, and Luisa Centers, we hosted over 500 seniors that day, which is amazing, and delivered over 350 meals to our home-delivered clients. **I want to thank all the Senior Services staff and volunteers for their hard work at the Thanksgiving meal event. It could not have happened without them.**

As we look back on 2025, we completed the expansion at the Mary Esther Gonzalez Senior Center, adding accessible restrooms, a craft room, a billiards/game room, a fitness center, a meeting/all-purpose room, and a patio area. We also installed a new roof, upgraded heating and air-conditioning units, and improved the landscaping. In addition, we launched the MySeniorCenter check-in system and issued more than 1,500 key tags.

The MEG Center now welcomes about 250 visitors a day who take part in fitness classes, Tai Chi, Qigong, congregate lunch, weekly movies, crafts, improv, senior theater, and games such as mahjong, dominoes, Scrabble, cards, billiards, and backgammon. We also offer guitar, technology, Japanese dance, and line dancing classes, along with live music in the dining area each day. It has been a blessing to see everyone visiting and participating in all the activities that are offered here at the Senior Center, and I invite those of you seniors who have not visited the Mary Esther Gonzales Senior Center to please come in and visit us and spend time with friends and neighbors.

I would also ask you to think about volunteering with us, as we have opportunities for volunteering here at the Senior Center as well as other locations throughout Santa Fe. Some of our programs include the:

- **Foster Grandparents Program** – volunteers work with, mentor, and guide students while they are in a classroom setting.
- **Senior Companions Program** – volunteers provide companionship, serve as friends, and socialize with other seniors.
- **Care Companion Program** – volunteers visit with seniors at assisted living facilities and provide companionship and socialization and develop relationships.
- **Retired Senior Volunteer Program** – offers service opportunities throughout the City of Santa Fe by partnering with nonprofits and our Senior Centers, utilizing your skills and talents that you have learned over the years and can share with others.

Your talents are needed throughout our community, so please consider volunteering with our programs (see last page for more info).

Wishing you a Merry Christmas, Feliz Navidad, Happy Hanukkah, and Joyous Kwanzaa, as there are many ways we all celebrate the holiday season.

Manuel Sanchez
Senior Services Director

Enjoy the performances of
our Seniors at

The Annual Christmas Talent Show

Date: **Friday, December 5th, 2025**

Time: **From 1 to 3 pm**

Location: **MEG Center Dining Room**

Produced by: **The Santa Fe Senior Theater**

**WE'RE
HIRING**

The Senior Services Department is hiring the following positions:

- **Respite Care Providers**
- **Non-CDL Transit Driver**
- **CDL Transit Driver III**

The City of Santa Fe is a great place to work, we offer:

- **Unparallel benefits and pay.** Great insurance plan, dental, vision, prescription, life insurance, lifetime pension, generous vacation, PTO and more!
- **Great work-life balance.** 8 to 5, M- F, no night shifts, no weekends, paid holidays.
- **The opportunity to serve your community.** Be part of a mission-driven team that directly improves quality of life for Santa Fe's elder residents.
- **Make a meaningful impact.** Help seniors live safely and independently.

Call Gerson Perez
In-Home Support
Services Manager
505-955-4704

CITY OF SANTA FE
SENIOR SERVICES

MEG TRANSPORTATION PROGRAM

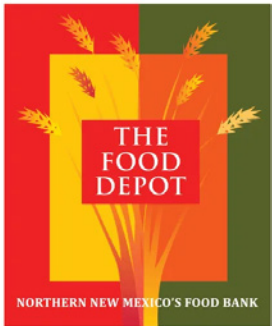
Transportation services are fully operational from 8:30am to 4:15pm. Reservations must be called in, please do not email requests. **Please note: The THIRD THURSDAY of the month we will close at 2:30pm for mandatory staff meetings/trainings.** Thank you.

Customers need to schedule their reservation **24 hours** in advance.

Thank you for your patience. If you have any questions, please feel free to contact the transportation office at 505-955-4700.

DECEMBER GROCERY DISTRIBUTIONS

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7-9am Thursdays, December 4 & 18.



San Martin de Porres Distribution

Free, no application required!
San Isidro Parish, Dixon House
2148 San Ysidro Crossing
December 2, 16 & 30 (every other Tuesday): **4 - 5pm**

St. John's Methodist Bag 'n Pantry

1200 Old Pecos Trail Santa Fe, NM
Contact: 505-982-5397
Tuesdays: 11am - 12:30pm & 5 - 6:30pm

St. John's the Baptist Catholic Food Distribution

1301 Osage Ave., inside Lamy Hall
Dec 18 (third Thursday each month): **2:30 - 3:30pm**

MON,
DEC 15

HIKES FOR ACTIVE SENIORS

JUAN TRAIL / THE BURN TRAIL
Meet at MEG 8:15 am & leave at 8:30 SHARP. We may, but most likely will not return to MEG in time for lunch.

This hike will be between 4 and 5 miles at an elevation between 7,900 and 8,600 feet. However, because of all the ups and downs, the total elevation gain is closer to 1000 feet.

The trailhead is about half a mile past Ten Thousand Waves, on the left side of the road. The hike is a loop that begins with a 400' climb is slightly less than a mile, then its 1.2 miles downhill all the way to Tesuque Creek where we'll stop for our sack lunch. Once rested, we'll climb again for just over a mile before enjoying a final downhill stretch also just over a mile back to our cars.

Although this hike is at a lower elevation, it is still in the mountains and in December. We may encounter snow and this hike is on a well-defined path through the forest, bring your spikes just in case. Hiking poles if you have any, or a staff are recommended to assist in the more strenuous sections.



Regardless of the weather report, dress in extra layers, enough to keep warm and easy to take off to cool down if necessary because the temperature can and does change dramatically and suddenly in the mountains. Sunglasses, warm gloves, a hat and/or headband that covers your ears are all essential for winter hiking. Of course, **bring water** to drink and a protein filled sack lunch.

Happy trails, hikers!



AARP "SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers fifty years and older, changes in vehicle technology, road, and street safety, and may be eligible for an auto insurance discount on your policy.

To participate, you must be fifty years or older and have a valid driver's license. The class fee is \$20 for current AARP members and \$25 for non-members. Classes will be held on the first Tuesday of each month from 1 - 5pm. The next class is scheduled for **Tuesday, December 2**. For further information to attend any class, **contact Edna Sandoval at 505-690-4350** or visit [AARP.org](https://www.aarp.org).

MON,
DEC 15

SANTA FE HARMONIZERS
PERFORM AT MARY ESTHER
GONZALES SENIOR CENTER

The Lads and Lasses of Enchantment from Los Alamos will perform during lunch from **10:30am to 12:30pm.**



THURS,
DEC 18

HOLIDAY DANCE
Fraternal Order of Eagles
833 Early St, 1 - 4pm

- Free admission & refreshments
- Music by Los Malcriados

2025-2026 SANTA FE COUNTY PROPERTY TAXES OUTREACH PROGRAM

The Santa Fe County Treasurer’s Office schedule for Property Tax Payments

OUTREACH SCHEDULE & HOURS ALL LOCATIONS
10am - 2 pm

EDGEWOOD SATELLITE OFFICE

114 Quail Trail (CR-9)
Sat., November 15, 2025
Sat., April 25, 2026

POJOAQUE SATELLITE OFFICE

5 West Gutierrez, Suite 9
Sat., November 15, 2025
Sat., April 25, 2026

MARY ESTHER GONZALES SENIOR CENTER

1121 Alto Street
Tues., December 2, 2025
Mon., May 4, 2026

ELDORADO SATELLITE OFFICE

16 Avenieda Torreon
Sat., December 6, 2025
Sat, May 2, 2026

DON’T MISS SENIOR DAY!

Save the Date

SENIOR DAY



JANUARY 23, 2026

Join us at the Roundhouse



FLORA'S CORNER

OUR KEEPER

God must love the elderly,
He keeps us living so long. He keeps our
heart a -ticking and keeps us going strong.

He awakens us to sunny days, Helps
us through each sorrow, Walks with us
constantly, Gives us every bright tomorrow.

What would I do, without Him? He is my joy,
my song. He keeps me safe from danger,
watches me all day long.

He is my refuge and strength, My hope of
everlasing peace, My joy day by day, His
blessings never cease.

Thank you for all the blessings You bring me
day by day. Thank you, for walking with me
along life’s uncertain way.

—Letha Fuller

EMPLOYEE SPOTLIGHT: IN-HOME SUPPORT SERVICES



GEORGIA
SEGOVIA
Respite Care
Provider



VERONICA
VALENZUELA
Respite Care
Provider

How many years have you worked for the City?

I haven’t been working for “years” for the city, just
for a few weeks. I am very happy to be here.

I’m brand new; I started in November of this year.
I have done a similar kind of job almost all my life.

What is the most exciting part of your job?

Being able to go to the seniors’ homes and help
them out, assisting them in their needs. Listening
to their stories is very interesting, I love it.

Meeting new people, learning about their life,
helping them.

Do you have any hidden talents or hobbies?

I love to bake. During the holidays I love baking
bizcochitos, Mexican wedding cookies, and many
more things. I like to hand them out as gifts to
friends and family.

I think I have a talent to engage with virtually
anybody, that’s my hidden superpower. I love to
dance, specially to the rhythm of Mexican music.

Are you a sports fan?

I love to watch football and basketball. When I was
in High School, I used to play basketball, volleyball
and track and field. In fact, I was very good at
basketball, I was one of the star players!

I’m not really a great sports fan, but I do like
boxing and wrestling.

Who are your favorite teams?

The Stealers, the LA Lakers and
the Dodgers (of course!)

I really don’t have any favorite teams. I find it
interesting to see how people get passionate
about their teams.

What is something you are proud of?

I am proud of a lot of things; I have accomplished
a lot. I love my family with all my heart, my job, my
friends, my colleagues.

I’m proud of being a caring and respectful person.



CITY OF SANTA FE
ECONOMIC DEVELOPMENT



WORKFORCE EMPOWERMENT AND FAMILY RESOURCE FAIR

Saturday, December 6 | 12:00 - 3:30 PM
Genoveva Chavez Community Center, Santa Fe, NM



What to expect?

- Bilingual information on training and employment opportunities.
- Information on financial support for workers enrolled in job training.
- Information to start your own business
- Resources available for our families, including immigration legal advice, food distribution, and childcare.
- There will be raffles, snacks, and entertainment for the whole family!

JOIN US! 🎉



PARTICIPATING ORGANIZATIONS:

SFCC Adult Education and Workforce Development Departments, Kids Campus, Contigo Immigrant Justice, Consulate of Mexico, The Food Depot, Adelante, Connect, Santa Fe County, Business Encubator, Somos Un Pueblo Unido



CITY OF SANTA FE
ECONOMIC DEVELOPMENT



FERIA DE CRECIMIENTO LABORAL Y RECURSOS PARA LA FAMILIA

Sábado, 6 de diciembre | 12:00 -3:30 PM
Genoveva Chávez Community Center, Santa Fe, NM



¿Qué esperar?

- Información bilingüe sobre oportunidades de entrenamiento y de empleo.
- Información sobre apoyos económicos para trabajadores inscritos en entrenamiento laboral.
- Información para iniciar tu propio negocio
- Recursos disponibles para nuestras familias, incluyendo consejo legal de inmigración, distribución de comida y cuidado infantil.
- ¡Habrá rifas, snacks y entretenimiento para toda la familia!

¡TE ESPERAMOS! 🎉



ORGANIZACIONES PARTICIPANTES:

Departamentos de Educacion Adulta y Desarrollo laboral del SFCC, Kids Campus, Contigo Immigrant Justice, Consulado de Mexico, The Food Depot, Adelante, Connect, El Condado de Santa Fe, Bussines encubator, Somos Un Pueblo Unido

Medicare Is 60 This Year: How It Has Changed

By Stan Cooper

Medicare is 60 years old this year. Congress passed Medicare in 1965. According to the National Archives, its purpose was begun to address the rising cost of health care and to and to provide a safety net for the elderly who were living on fixed incomes.

The first passage of Medicare was known as Original Medicare. It included Parts A (hospitalization) and Part B (medical visits and laboratory tests). Original Medicare only pays 80% of an older person’s medical bills so seniors were offered Medicare Supplemental policies (offered by private insurers) to cover the 20% gap in coverage.

In 1997 as part of the Balanced Budget Act, **Medicare Advantage** was enacted into law to provide an alternative to traditional Medicare by expanding benefits and services. The new Medicare advantage plans can offer additional benefits such as hearing, vision, dental or prescription drugs. **Prescription drug coverage was added in 2010** and standalone prescription drug plans were offered as **Medicare Part D**.

Known as Medicare **Part C, Medicare Advantage** is a private insurance option plan with the same benefits as Medicare. Under most Advantage Plans you have all coverages, Part A, Part B and Part D in your plan. It must follow Medicare rules, If you have **Original Medicare**, you must buy a separate Part D plan to cover prescriptions.

It took Congress **45 years** to enact prescription drug coverage. **In 2010** Congress enacted legislation and created **Part D**. Initially it was not 100% coverage as Congress felt it did not have the money for total coverage. There were donut holes beneficiaries had to go through each year. However, the donut holes no longer exist.

For more than a decade Stan Cooper has been a volunteer benefits counselor helping seniors sort out health and other senior programs needs at the Mary Esther Gonzales Senior Center. Prior to that he was AARP State Director for New Mexico.

Medicare Cumple 60 Años Este Año: Cómo Ha Cambiado

Por Stan Cooper

Medicare cumple 60 años este año. El Congreso aprobó Medicare en 1965. Según los Archivos Nacionales, su propósito era abordar el creciente costo de la atención médica y proporcionar una red de seguridad para las personas mayores que vivían con ingresos fijos.

La primera versión de Medicare se conoció como Medicare Original. Incluía la Parte A (hospitalización) y la Parte B (visitas médicas y análisis de laboratorio). El Medicare Original solo cubre el 80% de las facturas médicas de una persona mayor, por lo que las personas mayores recibieron pólizas suplementarias de Medicare (proporcionadas por aseguradoras privadas) para cubrir el 20% restante.

En 1997, como parte de la Ley de Presupuesto Balanceado, se promulgó **Medicare Advantage** para ofrecer una alternativa al Medicare tradicional mediante la ampliación de beneficios y servicios. Los nuevos planes Medicare Advantage pueden ofrecer beneficios adicionales, como audición, visión, dental o medicamentos recetados. **La cobertura de medicamentos recetados se añadió en 2010** y se ofreció como planes independientes de la Parte D de Medicare.

Conocido como la **Parte C, Medicare Advantage** es una opción de seguro privado que ofrece los mismos beneficios que Medicare. En la mayoría de los planes Advantage, usted tiene todas las coberturas: Parte A, Parte B y Parte D dentro del mismo plan. Estos planes deben cumplir las reglas de Medicare. Si usted tiene **Medicare Original**, debe comprar por separado un plan de la Parte D para cubrir medicamentos recetados.

Al Congreso le tomó **45 años** aprobar la cobertura de medicamentos recetados. **En 2010** se aprobó la legislación que creó la **Parte D**. Inicialmente, no ofrecía cobertura completa, ya que el Congreso consideró que no contaba con los fondos necesarios para ofrecer cobertura total. Existía lo que se conocía como los “agujero de dona” que los beneficiarios atravesaban cada año. Sin embargo, esos “agujeros” ya no existen.

Durante más de una década, Stan Cooper ha sido voluntario y consejero de beneficios, ayudando a personas mayores a comprender sus opciones de salud y otros programas para adultos mayores en el Centro para Personas Mayores Mary Esther Gonzales. Antes de eso, fue Director Estatal de AARP en Nuevo México

AYUDA PARA BENEFICIARIOS DE BAJOS INGRESOS

Entre 1988 y 1998, el Congreso estableció los **Programas de Ahorros de Medicare (MSP**, por sus siglas en inglés), que son programas de Medicaid que subsidian el costo de las primas, deducibles, coaseguros y otros gastos compartidos de Medicare para ayudar a los adultos mayores de bajos ingresos. Por ejemplo, este año la mayoría de los participantes de Medicare pagan **\$185** al mes por su prima de la Parte B. Si una persona califica para MSP, ya no tiene que pagar esa prima.

NÚMERO DE BENEFICIARIOS DE MEDICARE EN NUEVO MÉXICO

Según KFF (anteriormente conocida como la Fundación Kaiser Family), en 2024, **462,661** residentes de Nuevo México estaban inscritos en Medicare. Eso representa el 20% de la población del estado. Aproximadamente la mitad de todos los beneficiarios están inscritos en Medicare tradicional u Original, y la otra mitad en Medicare Advantage.

Para junio de 2025, según Conne Health, 45,559 residentes del Condado de Santa Fe estaban inscritos en Medicare.

MEDICARE OPEN ENROLLMENT
ENDS ON DECEMBER 7

Before this time, please make sure you have:

- 1. Checked with your doctor to ensure they will still take your insurance.
- 2. Made sure your insurance still pays for your prescription medications.
- 3. Even if your insurance is still paying for your drugs, double check the prices for next year. You might be able to save money by either getting a new plan or changing pharmacies.

MEDICARE SAVING PROGRAMS

Did you know there are programs that can assist you in paying your Medicare premiums & copays? These programs are known as Medicare Savings Programs. A summary of these programs is below. If you are single & earn less than \$1,695 a month, you should consider applying for a Medicare Savings Program with the New Mexico Aging & Disability Resource Center. Please note that the 2026 Federal Poverty Levels are not yet determined. These should be available in January 2026. The 2025 levels are given below for your guidance. If you qualify now, you will qualify in 2026.

HOUSEHOLD	100%	120%	135%	250%
1	\$1,255.00	\$1,506.00	\$1,695.00	\$3,138.00
2	\$1,704.00	\$2,044.00	\$2,300.00	\$4,259.00

<p>Qualified Medicare Beneficiary-QMB</p> <ul style="list-style-type: none">• Income up to 100% FPL• Will pay conditional Part A Premium• Eligibility begins the month after the month of approval• No retroactive months <p>Covers:</p> <ul style="list-style-type: none">• Medicare PT B Premium \$185 (2025)• Medicare PT A Premium \$518 (2025)• Medicare Co-pay amounts• Medicare deductibles:<ul style="list-style-type: none">○ 2025 Hospital \$1,676○ 2025 Doctor \$257 <p>Deemed LIS eligible for Medicare Part D</p>	<p>Specified Low Income Medicare Beneficiary (SLIMB)</p> <ul style="list-style-type: none">• Income 100%-120% FPL• Will NOT pay Conditional PT A Premium• Eligibility begins the month of approval• Up to 3 months of retroactive coverage <p>Covers:</p> <ul style="list-style-type: none">• Medicare PT B Premium Only!• No other benefit coverage• No Medicaid card is issued <p>Deemed LIS eligible for Medicare Part D</p>	<p>Qualified Individuals (Q1-1)</p> <ul style="list-style-type: none">• Income 120%-135% FPL• Will NOT pay for Conditional PT A Premium• Eligibility begins the month of approval• Up to 3 months of retroactive coverage <p>Covers:</p> <ul style="list-style-type: none">• Medicare PT B Premium Only!• No other benefit coverage• No Medicaid card issued <p>Deemed LIS eligible for Medicare Part D</p>
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If you have any questions on any of these topics or think you might qualify for any of the Medicare Savings Programs, Jane Yuster (State Health Insurance Assistance Programs Counselor for the State of New Mexico) is available for one-on-one meetings. She works primarily out of the Mary Esther Gonzales Senior Center at 1121 Alto Avenue. **To arrange a meeting, please call Tammy at 505-955-4721** and she can assist you. **You can also contact the New Mexico Aging & Disability Resource Center at 1-800-432-2080.**



Do you like holiday music?
Come join us for the

Guitar Class
Christmas Concert

Date: Tuesday, December 16th, 2025

Location: MEG Center Dining Room

Time: From 10:30 to 12:30 pm (during lunch)

31 HEALTHY HABITS TO TRY IN DECEMBER

1. Embrace seasonal foods.

One of the greatest foods of the holiday season is pomegranates. They’re festive, a good source of fiber & a great combination of crunchy & sweet. Toss them in salads, sprinkle them over yogurt or eat them by the spoonful.

2. Set the tone.

Decide how you want the month to look rather than being dragged along by other people’s expectations & decisions.

3. Fit in a body weight workout.

No time for the gym? Download a free 7-minute workout app. You can do it at home to get your heart rate up, get a great workout & leave plenty of time to wrap presents.

4. Take a stand.

The average American sits approximately 15 hours each day. Consider standing for part of your day. Start small by standing for tasks that you do multiple times throughout the day.

5. Store memories.

Find a small jar or keepsake box where your family can record milestone moments, hopes, memories, future goals & more. Tuck it away with holiday decorations & dust it off next year.

6. Heat up the kitchen.

In this busy season, try a meal delivery program like HelloFresh. They do the recipe planning, food shopping, ingredient measuring & delivering to your doorstep, leaving time for the fun part – cooking & spending time together! All boxes include recipe cards that are simple, easy to follow & take no more than 30 minutes.

7. Get your morning movement fix.

Sit on the edge of the bed, roll each ankle in both

directions & point & flex your toes five times. Next, stand up, bringing your arms into the air, rising up onto your toes & reaching as high as you can. Repeat 10 times.

8. Keep portions handy.

Keep protein to the size of your palm, grains the size of your fist & eat at least two handfuls of leafy greens every day, to watch your calories.

9. Know what you need.

No matter what the expectations are or how busy your schedule is, listen to yourself & create the space & time for what matters to you.

10. Include a vegetable in every meal.

Don’t let the crudité tray at a gathering be the only vegetables you eat this season.

11. Just dance.

Nothing dissipates crazy-making stress like shaking it off. Hit play on your favorite song, grab a partner or go solo & just dance.

12. Steer clear of the food court.

Stash almonds in your purse or car for a great-tasting, convenient, healthy snack to give you energy so you can shop hunger pang-free.

13. Create a 50/10 hour.

Spend 50 minutes of concentrated effort on one task every hour & use the remaining 10 minutes for a mental break.

14. Be a morning person.

Exercise will get knocked off the to-do list if it’s not done first thing. Schedule it before anything else happens for a sense of accomplishment all day.

15. Develop a strategy.

Determine & decide how to handle the parts of the holidays you don’t enjoy. Delegate what you can & do what you must.

16. Front-load your diet.

Each morning, blend 1/2 cup of unsweetened almond milk, 1 scoop vanilla protein powder, 1 banana, 1/2 cup of dark cherries, 1 tbsp of almond butter, several large handfuls of baby spinach & lots of ice.

17. Take two.

When you are watching TV, use the commercial breaks to do a little exercise.

18. Go nuts.

If you’re serving nuts to guests, choose pistachios because they are one of the snack nuts with the lowest fat & calorie content. Thirty pistachios are approximately 100 calories.

19. Breathe.

When things get crazy & you become overwhelmed, take a minute to catch your breath. Sitting down on a chair, feet flat on the floor, breathe in for a count of four saying the words, “I am.” Hold your breath for a count of four. Exhale for another count of four, this time saying the words, “at peace.” Hold your breath for another count of four. Repeat five times.

21. Treat yourself.

Who said you only have to buy presents for others? After all, you can celebrate you in all of your awesomeness, just as much as you can celebrate the rest of us.

20. Give the gift of health.

It is great to give (and receive) fruit for Christmas because it’s such a relief to the onslaught of sugar at this time of year.

22. Focus on presence – not presents.

In this day & age of technology & distraction, sometimes the best gift is someone’s full attention. Turn off your phone & enjoy dinner while focusing on those you are with.

23. Stay hydrated.

Winter weather can be rough on skin. Hydrate from the inside out by drinking a glass of water before every meal.

24. Foster conscientious conversation.

Use conversation starters to get more out of your interactions & learn something new about the person you are talking to. Try: What’s your favorite place you ever traveled & why? Why did you choose your profession? What is your best holiday memory? When we assume we know everything about the people we see the most, we miss the characteristics that make them special.

25. Unplug in the morning.

Spend 15 minutes in the morning electronic-free.

26. Grab your Halos.

Halos mandarin oranges are a healthy portable snack for just 50 calories a pop.

27. Conduct a yearly review.

Carve out some time to review the year & think about what the past 12 months have taught you. What were your successes & struggles? What were your favorite moments? Reflecting on the year allows us to gain insight into patterns & habits – & decide how we want to better ourselves moving forward.

28. Sip this.

Instead of wine, beer or liquor, consider sipping on a hot herbal tea. You still get to kick back with a drink, but it won’t interfere with your sleep.

29. Pick a habit: one to choose & one to lose.

Setting New Year’s resolutions is so last year. Instead, consider the things you do (and don’t do) every day. Pick one habit you want to choose to do in 2022 & one habit you want to lose.

30. Take a walk around the block.

When the end of year & holiday craziness gets the best of you, seek a change of scenery.

31. Say what you need to say.

Tell someone you love how much he or she matters to you. Share with them the ways in which they positively impact your life.

CROSSWORD PUZZLE

Across

1

Fast-moving card game

5

Determining factors for some folks

10

Pro follower

14

Kind of house

15

See eye to eye

16

Distinctive and stylish elegance

17

Nick's pooch

18

Eye drops

19

It could be a good one

20

Elite group

22

Kind of burglar

23

Mischievous one

24

Dilettantish

27

Suffix with musket

29

Capital of Georgia on the Kura River

32

Playful aquatic mammals

35

Forearm bone

36

Energy source

38

Highly skilled

40

Toothpaste type

41

Marked by sound judgment

43

Old NOW cause

44

Vicious angry growl

46

Goddess who created the Hawaiian Islands

47

Ardently enthusiastic

48

Nerds

50

Young birds of prey

52

Actress Zetterling of "The Witches"

53

Guitar attachment

54

Cacophony

56

Before can or tray

58

Leaves for lunch?

62

Kind of bread or cracker

63

Stylish

66

Apple leftover

67

"You said it, brother!"

68

Goosebump-raising

69

Nautical direction

70

Everglades deposit

71

Condescend

72

Before happy or stick

Down

1

Luxury home features

2

False front

3

Letter before kappa

4

Singsong sounds

5

One way to stand

6

Sensitive subject, to some

7

Spencer of film

8

Juno's Greek counterpart

9

Six-line poem

10

Sacked out

11

Astringent substance

12

Waterproof cover

13

Late columnist Landers

21

Indian honorific

25

Bygone autocrat

26

Tummy crunches

28

State, in Paris

29

Towboats

30

Combine

31

Certain relative

32

Brunch dish

33

Christopher of "Superman"

34

Nautical pole

37

Pindaric

39

Young 'uns

41

Nolo contendere, e.g.

42

Getting warm

45

Dust cloth starter

47

They roam the Andes

49

One-sided

51

Kind of station

53

Puppeteer Lewis

54

Volcano feature

55

Creative spark

57

"Peter Pan" pirate

59

Take it easy

60

Atlas stat

61

Like some pockets

62

Forest runner

64

18-wheeler

65

Jack's inferior

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22				23			
			24		25	26			27	28				
29	30	31						32				33	34	
35					36		37			38				39
40				41					42			43		
44			45			46					47			
	48				49			50		51				
			52				53							
	54	55			56	57				58		59	60	61
62					63			64	65		66			
67					68						69			
70					71						72			

WORD SEARCH

Winter

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

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

FIRE
FREEZE
FROST
GALE
GLOVES
HAT
HORSE SLEIGH
ICE
ICICLE
ICINESS
IGLOO
JANUARY
MISTLETOE
POLAR BEARS
PRECIPITATION
SALT
SCARF
SEASON
SHIVER
SKATE
SKI
SNOW
STEW

ANTIFREEZE
ARCTIC WIND
ASTRONOMIC
BECOME FROSTED
CHATTERING TEETH
CHILLY
CHRISTMAS
COLD
DECEMBER

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

Solution: Winter

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

DECEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 SPAGHETTI W/ MEAT SAUCE Italian Veggies Tossed Salad Applesauce	2 BBQ CHICKEN Ranch Beans Green Beans Coleslaw Corn Bread Fresh Orange	3 FRITO PIE W/ PINTO BEANS Garnish Spinach Banana	4 TURKEY & CHEESE SANDWICH Garnish Cold Peas Carrot Raisin Salad Fruit Cocktail	5 PEPPER STEAK W/ BROWN GRAVY Peppers & Onion Rice Pilaf Asparagus Tropical Fruit
8 BEEF TIPS OVER EGG NOODLES Broccoli Tossed Salad Roll Fresh Pear	9 GREEN CHILI CHICKEN & POTATO STEW Flour Tortilla Spinach Salad Mango Chunks	10 SOFT BEEF TACO Pinto Beans Calabacitas Fruit Cocktail	11 GREEN CHILI CHICKEN TAMALES Green Chili Sauce Capri Veggie Spanish Rice Strawberry Yogurt	12 EGG SALAD SANDWICH Three Bean Salad Pickle Croissant Peaches
15 PORK CHOP W/ GRAVY Scalloped Potatoes Mediterranean Veggies Roll Banana Pudding	16 BAKED CHICKEN Chicken Gravy Wild rice Spinach Tossed Salad Apricots	17 HOLIDAY DINNER Baked Ham Yams Green Beans Tossed Salad Roll Sweet Rice w/ Raisins	18 ORANGE CHICKEN Brown Rice Asian Veggies Egg Roll Mandarin Oranges	19 BAKED TILAPIA W/ TARTAR SAUCE Herb Orzo Vegetable Medley Roll Diced Pears
22 CHICKEN PARMESAN OVER LINGUINE Marinara Sauce Broccoli & Cauliflower Fruit Salad	23 POLISH SAUSAGE Sauerkraut Parsley Potatoes Carrots & Green Beans Wheat Roll Chocolate Pudding	24 TUNA SALAD SANDWICH Cucumber & Tomato Salad Celery Sticks Oatmeal Cookie	25 ALL SENIOR CENTERS CLOSED	26 SLOPPY JOE Capri Veggies French Fries Fruit Cobbler
29 GREEN CHILI CHEESEBURGER Garnish Tater Tots Butter Carrots Plums	30 PORK CARNE ADOVADA Pinto Beans Chateau Blend Flour Tortilla Orange	31 CHICKEN FAJITA W/ PEPPERS & ONION Salsa Vegetable Medley Apricots		

Senior Meal Suggested Donation: Lunch \$1.50
10:30am - 12:30pm MON-FRI *Milk is served with each meal. Menu is subject to change.*

NUTRITION EDUCATION

Turkey Casserole



Ingredients

- ☐ 2/3 cup panko
- ☐ 3/4 cup freshly grated Parmesan, divided
- ☐ 6 Tbsp. butter, divided, plus more for pan
- ☐ Kosher salt
- ☐ 1 small yellow onion, chopped
- ☐ 1 1/4 cups sliced cremini mushrooms
- ☐ 1/4 cup all-purpose flour
- ☐ 4 cups low-sodium chicken stock
- ☐ 2 cups shredded cheddar
- ☐ 3 cups cubed cooked turkey
- ☐ 8 oz. egg noodles, cooked
- ☐ 1 cup frozen peas
- ☐ 3 Tbsp. freshly chopped parsley, plus more for garnish
- ☐ 1 Tbsp. lemon juice
- ☐ Freshly ground black pepper

Directions

- Step 1**
- Preheat oven to 425°. In a medium bowl, combine panko with 1/4 cup Parmesan. Melt 3 tablespoons butter; add to bowl with panko and stir to combine. Season with salt.
- Step 2**
- In a large pot over medium-high heat, melt remaining 3 tablespoons butter. Add onion and mushrooms and season with salt. Cook, stirring until softened, about 6 minutes. Add flour and cook, stirring, 1 minute more. Pour stock into pot and bring to a boil.
- Step 3**
- Reduce heat to medium-low and simmer, stirring, until thickened, about 5 minutes. Remove from heat and stir in cheddar and remaining 1/2 cup Parmesan until melted.
- Step 4**
- Add turkey, noodles, peas, parsley, and lemon juice to the pot and season with salt and pepper.
- Step 5**
- Brush a 9"-x-13" baking dish with butter and scrape turkey casserole mixture into dish. Top with buttered breadcrumbs. Bake until golden and bubbling, about 20 minutes.

VOLUNTEER PROGRAMS



GIVE A LITTLE TIME,
GET A LOT BACK.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events & volunteer recognition. rsvpsantafe.org

To volunteer
contact Mona Baca:
505-955-4760
mabaca@santafenm.gov

WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

BENEFITS OF VOLUNTEERING:
4 WAYS TO FEEL HEALTHIER & HAPPIER

- 1. **Volunteering connects you to others.** Make new friends; increase your social and relationship skills.
- 2. **Volunteering is good for your mind & body.** Combats depression; volunteering makes you happy; volunteering increases self-confidence; volunteering provides a sense of purpose and helps you stay physically healthy.
- 3. **Volunteering can advance your career.** Teaching you valuable job skills; gaining career experience.
- 4. **Volunteering brings fun & fulfillment to your life.** Consider your interests; What are your volunteer goals? Find a volunteer opportunity that will make you happy!

If you are interested in volunteering, please call 505-955-4721.



TO SIGN UP OR FOR
MORE INFORMATION
PLEASE CALL
505-955-4721

VOLUNTEERS
NEEDED
TODAY!

VOLUNTEERS
MAKE A DIFFERENCE!

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.

FOSTER GRANDPARENT PROGRAM (FGP)

offers opportunities to limited income 55+ seniors to mentor and guide students to higher academic achievement. The FGP Program connects role models like you with students with exceptional needs. If you're interested in mentoring and tutoring children, look no further. Volunteers who serve in the FGP program provide the kind of comfort and love that sets a child on a path to a successful future. Foster Grandparents provide 5-40 hours of service weekly at schools and Head-starts. **Eligibility for this program is NOT income based.** However, income eligible volunteers receive an hourly stipend.

SENIOR COMPANION PROGRAM (SCP)


offers opportunities to limited income 55+ seniors to serve as a friend and companion by providing assistance and friendship to seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide respite to family caregivers. Use your skills and talents to make older adults' independence a reality. Enrich your life while enriching the lives of others. Senior volunteers report better health and longevity having served their community. Senior Companions provide 5-40 hours of companionship weekly to two or more seniors with disabilities or those who are lonely. **Eligibility for this program is NOT income based.** However, income eligible volunteers receive an hourly stipend.

CARE COMPANION PROGRAM (CCP)

Volunteers will provide regular visits to long-term care community residents and develop "authentic" relationships that support socialization and engagement. Benefits to long-term care facility residents: Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental and physical health. Care Companion Program volunteers can help provide ongoing companionship and emotional support. Compassionate and attentive companions can provide social interaction, engage in conversation, and help dispel feelings of loneliness. ALL volunteers receive a non-taxable hourly stipend.


HAPPY BIRTHDAY,
VOLUNTEERS!

- | | |
|---|--|
| DEC 1 Gloria Pendlay | DEC 16 Judi Beare |
| DEC 2 Barrett Markland
Josephine Lazarus | DEC 17 Paul Montano |
| DEC 4 Cordelia Garcia | DEC 19 Margaret Trujillo |
| DEC 5 Kim Berge | DEC 20 Susan Steinman |
| DEC 6 Susan Sattell | DEC 23 Becky Gerwin |
| DEC 7 Pauline Foral | DEC 25 Kris Michaelis
Rosario Torres
Raymond Willison |
| DEC 8 David Kennedy | DEC 27 Bob Juillet |
| DEC 9 Cliff Boltz
Rosemari Cano
Jean Marrs | DEC 29 Bob Dorsett |
| DEC 10 Julie Sprott | DEC 30 Chad Chandler
Sue Fox
Eileen Levy
Wanda Workman |
| DEC 13 Janie Siskin | DEC 31 Vicki Rivera-Goin |
| DEC 15 Sandra Evans
Pascal Fromentin
Eileen Uverik | |




CITY OF SANTA FE


SENIOR SERVICES



MARY ESTHER GONZALES (MEG)


1121 Alto St.
Santa Fe, NM 87501






PASATIEMPO


664 Alta Vista St.
Santa Fe, NM 87505






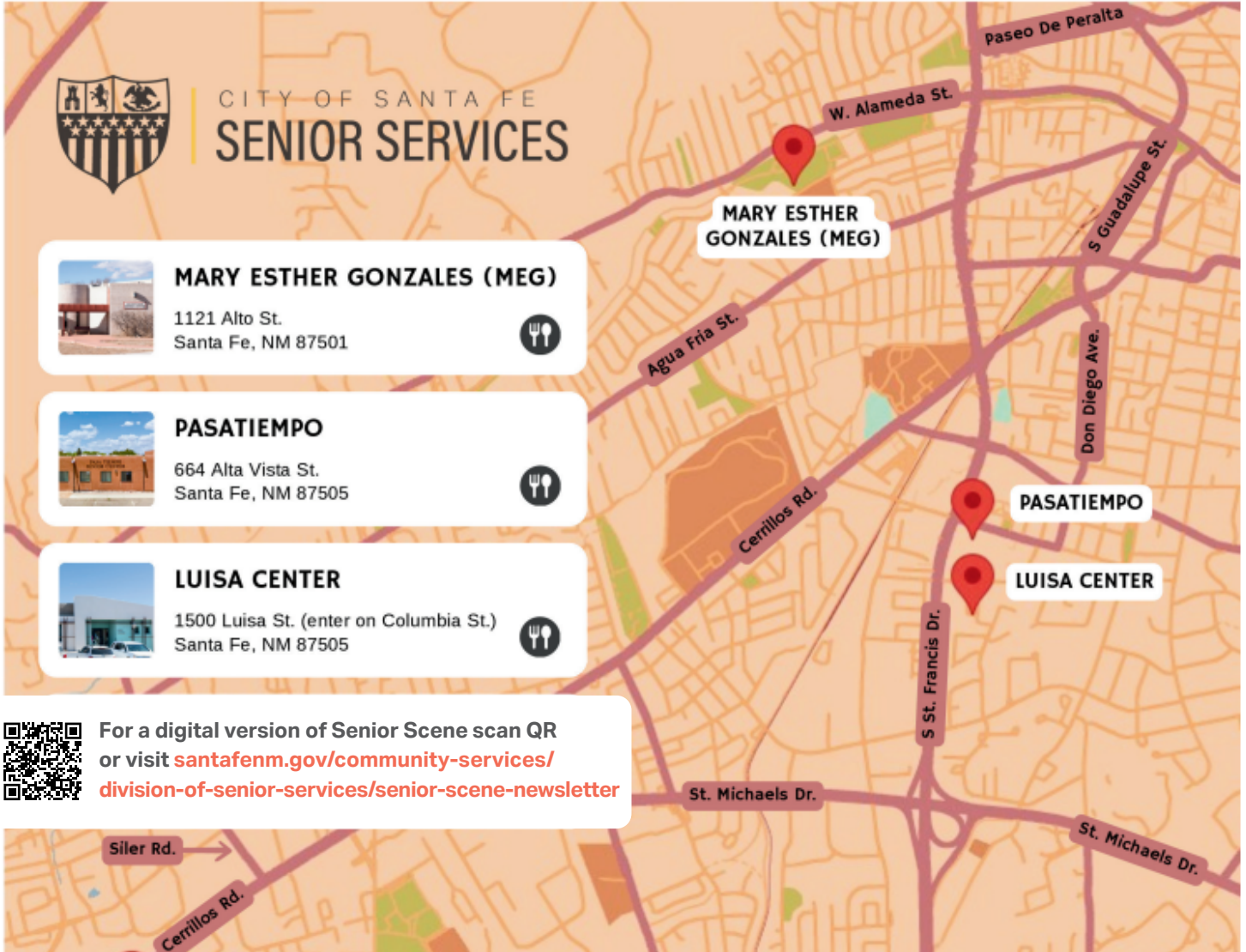
LUISA CENTER

1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505





For a digital version of Senior Scene scan QR
or visit [santafenm.gov/community-services/
division-of-senior-services/senior-scene-newsletter](https://santafenm.gov/community-services/division-of-senior-services/senior-scene-newsletter)



505-955-4721 | santafenm.gov/community-services/division-of-senior-services

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