

CITY OF SANTA FE SENIOR SERVICES

# SENIOR SCENE

April 2026



CITY OF SANTA FE  
**SENIOR SERVICES**



**Check out MEG Centers new chord of Flags!**



**Beading Class is so much fun!**



**Chris and Kim!**



**Day Trip Ready!**



**Flora and Father Roca**



**The Three Amigos!**

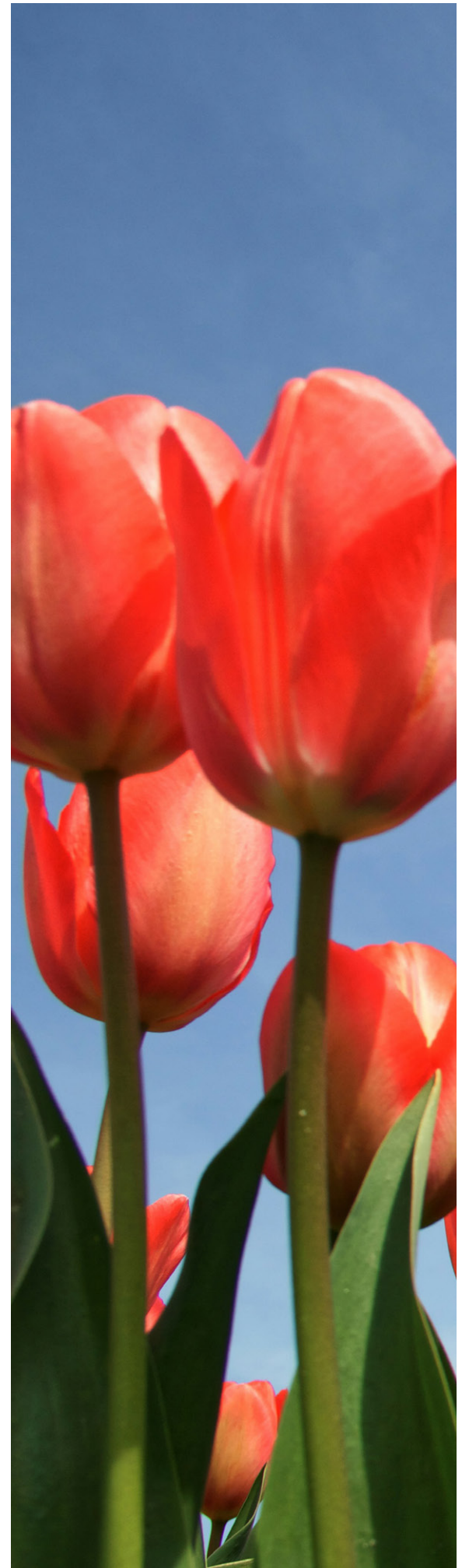
CITY OF SANTA FE SENIOR SERVICES

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April 2026

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# AARP Foundation<sup>®</sup> Tax-Aide

## AARP Foundation Tax-Aide Program at the Santa Fe Community College

Need help filing your taxes? The AARP Foundation is providing **free** tax assistance and preparation through its Tax-Aide program. The services are provided by volunteers from the community.

**Location:** Rooms 408 or 410, Santa Fe Community College Main Building, 6401 Richards Ave., next to the Cafeteria

**Dates:** Monday, February 2, 2026 through Wednesday, April 15, 2026, Monday through Saturday

**Hours of operation:** Monday through Friday 8:00 am – 3:00 pm; Saturday 8:00 am – 11:00 am

**Phone:** (505) 428-1780 For information Voice Mails only, volunteers will return calls when possible.

**Holiday or other closures:** SFCC observed holiday closures, SFCC Spring Break (Mar. 30 through Apr. 6), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

### **APPOINTMENTS ARE REQUIRED: To Make an Appointment visit**

**[www.sfcc.edu/taxaide](http://www.sfcc.edu/taxaide) or call 505-428-1780** *NOTE: Individual appointments must be made for each member of a household or group that is filing a return!*

### **THE AARP FOUNDATION TAX-AIDE PROGRAM CANNOT PREPARE RETURNS THAT INCLUDE:**

Married individuals who file separately; Rental income; Self-employment returns with expenses of more than \$50,000 or more, home office deduction, employees, inventory, operating loss or insurance with Be Well NM (Form 1095A); Royalty income with associated expenses; Solar Credits; or Casualty Losses; and some special tax forms

### **SOME NEW TAX LAW CHANGES:**

- **Federal:** qualified employees may be eligible for non-taxation of tip and overtime income – please use the worksheets below to gather information and determine eligibility
- **Federal:** you may qualify for an interest deduction for purchasing a new vehicle that meets federal requirements – please use the worksheet below to provide required information
- **State:** qualified medical expenses will no longer be used for reduction of taxable income, they can only be used if you can itemize your deductions

**For taxpayers, who are married and filing jointly, both individuals must be present to sign documents. Exceptions may be made only when a spouse is unable to be present due to health issues.**

**WHAT YOU SHOULD BRING:** **Prior year return; Driver's License or State ID** of the primary filers; **Social Security Card or ITIN Letters** for all taxpayers and dependents; **Social Security and Other Income documents:** 1099SSA, W-2s; 1099's for retirement income or self-employment; interest, dividend, capital gains or brokerage statements; Unemployment (form 1099-G); gambling wins (form W2-G and related loss documentation); **Bank information** (routing and account numbers) for direct deposit or direct debit; **Individuals eligible for State/County Rebates or Credits**– bring 2025 property tax bill(s) or rent information, and other household income; **Supporting documents for itemized deductions or credits:** childcare, college, or vocational training information (1098-T), medical expenses not covered by insurance (no over-the-counter or medical cannabis expenses) – including mileage, charity donations, property tax bills or receipts and mortgage interest paid; **Self-employed Income and Expenses Documentation:** 1099 NEC or other income, employment related expenditures, and business mile documentation; **Be Well New Mexico or other Market Place Insurance documents (1095A); IRS Identity Theft PIN (IPPIN) letter for taxpayers and/or dependents**



**BOOMER TECH**  
**WITH SANTA FE PREP**  
*TECHNOLOGY ASSISTANCE FROM TEENS*

**WEDNESDAY**  
**2PM**

**April 29, 2026**

**MAIN LIBRARY**

145 WASHINGTON AVE, SANTA FE, NM 87501  
2ND FLOOR, COMMUNITY ROOM



LEARN MORE AT  
[tinyurl.com/SFPrepBoomerTech](https://tinyurl.com/SFPrepBoomerTech)



# CONTACT INFORMATION

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## **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

The City of Santa Fe does its best to spend tax dollars responsibly.

If you no longer need a mailed copy of *Senior Scene*, please let us know by emailing [eccuellar@santafenm.gov](mailto:eccuellar@santafenm.gov) or by calling **Erika Cuellar at 505-955-4722**.

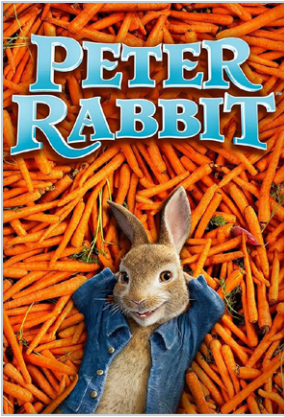
# THIS MONTH AT A GLANCE

## April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b> <u>MEG</u> 1 - 3pm MOVIE <i>Peter Rabbit</i>	<b>3</b> <b>CENTERS CLOSE AT NOON</b>
<b>6</b> <u>MEG</u> 10:30am - 1pm <b>HAIRCUTS w/ Fabiola</b>  11:30am - 1pm <b>STORYTELLING</b>	<b>7</b> <u>MEG</u> 1 - 5pm <b>AARP "Smart Driver" Course</b>	<b>8</b> <u>MEG</u> 10 - 11am <b>POA Seminar</b>  10 - 11am <b>NM LEGAL AID</b>	<b>9</b> <u>MEG</u> 11am - 12:30pm <b>BIRTHDAY CELEBRATION</b>	<b>10</b> <u>MEG</u> 1 - 3pm <b>BOOK CLUB</b> <i>In the Garden of Beasts</i> by Erik Larson  1 - 3pm <b>MOVIE</b> <i>Pleasantville</i>
<b>13</b> <u>PASATIEMPO</u> 10:30am - 1pm <b>HAIRCUTS w/ Fabiola</b>  <u>MEG</u> 11:30am - 1pm <b>STORYTELLING</b>	<b>14</b> <u>MEG</u> 11:30am - 12:30pm <b>ICAN Nutrition Class</b>	<b>15</b> <u>PASATIEMPO</u> 11am - 12:30pm <b>BIRTHDAY CELEBRATION</b>  11:30am - 12:30pm <b>ICAN Nutrition Class</b>	<b>16</b> <u>LUISA</u> 11am - 12:30pm <b>BIRTHDAY CELEBRATION</b>  11:30am - 12:30pm <b>ICAN Nutrition Class</b>	<b>17</b> <u>MEG</u> 1 - 3pm <b>MOVIE</b> <i>The Best Exotic Merigold Hotel</i>
<b>20</b> <u>LUISA</u> 10:30am - 1pm <b>HAIRCUTS w/ Fabiola</b>  <u>MEG</u> 8:15am - 1pm <b>HIKING</b>	<b>21</b>	<b>22</b> <u>MEG</u> 10 - 11am <b>POA Seminar</b>  10 - 11am <b>NM LEGAL AID</b>	<b>23</b>	<b>24</b> <u>MEG</u> 1 - 3pm <b>MOVIE</b> <i>A Beautiful Day In The Neighborhood</i>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

See News & Views on page 7 for more details & programming.

# MOVIES

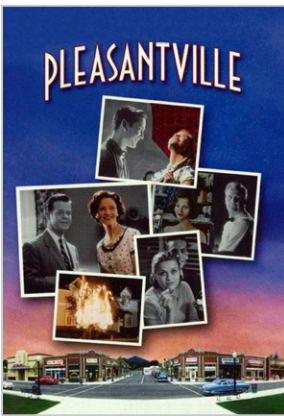


## PETER RABBIT

Thursday, April 2 | 1 - 3pm

Peter Rabbit and his three sisters—Flopsy, Mopsy, and Cotton-Tail—enjoy spending their days in Mr. McGregor’s vegetable garden. When one of McGregor’s relatives suddenly moves in, he’s less than thrilled to discover a family of rabbits in his new home. A battle of wills soon breaks out as the new owner hatches scheme after scheme to get rid of Peter—a resourceful rabbit who proves to be a worthy and wily opponent.

For additional information on any of the activities, call 505.955.4715



## PLEASANTVILLE

Friday, April 10 | 1 - 3pm

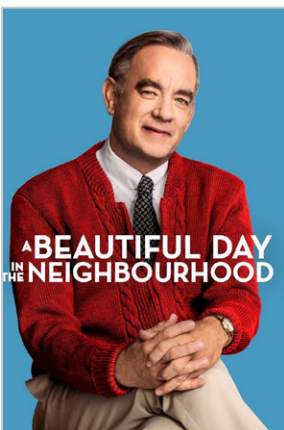
Impressed by high school student David’s (Tobey Maguire) devotion to a 1950s family TV show, a mysterious television repairman (Don Knotts) provides him with a means to escape into the black-and-white program with his sister, Jennifer (Reese Witherspoon). While David initially takes to the show’s simplistic, corny world, Jennifer sets about jolting the characters with doses of reality that unexpectedly bring a little color to their drab existence.



## THE BEST EXOTIC MERIGOLD HOTEL

Friday, April 17 | 1 - 3pm

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic- and less expensive- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive to find the Marigold is a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.



## A BEAUTIFUL DAY IN THE NEIGHBORHOOD

Friday, April 24 | 1 - 3pm

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger’s empathy, kindness, and decency soon chip away at Vogel’s jaded outlook, forcing the reporter to reconcile with his own painful past.

# ACTIVITY CALENDAR

Lunch served at all locations MON-FRI 10:30am - 12:30pm

LUIA Senior Center 1500 Luisa St. <i>Entrance is on Columbia St.</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> <b>Computer Lab →</b>  <b>Fitness Room →</b> </div> <span style="margin-left: 20px;">Monday to Friday 10:30am – 1pm</span>				
PASATIEMPO Senior Center 664 Alta Vista St.				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Line Dancing: Beginner Class Full</b> 10 – 11am  <b>Line Dancing: Intermediate</b> 11:30am-12:30pm	<b>Live Music: Grupo Cielo Azul</b> Starts at 11:45am	<b>Japanese Dance with Chizuko</b> 9:30 – 10:30 am	
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> <b>Fitness Room Mon – Fri   10:30am – 1pm</b> </div>				
Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ceramics</b> 8 – 11am  <b>Mexican Train Dominoes</b> 11am – 1pm  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Improv</b> 1 – 3pm  <b>Cribbage</b> 1 – 3pm  <b>Painting w/ Judy</b> 1 – 3pm April 6 & 20	<b>Technology Assistance</b> 9 – 11am  <b>Guitar Class</b> 10am – noon  <b>Traditional Chinese Mahjong: Advanced</b> 12:30 – 2:30pm  <b>Quilting Class</b> 1 – 4pm	<b>Jewelry</b> 8am – noon  <b>Tai Chi</b> 8:30 – 9:30am  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Senior Theater</b> 12:30 – 2:30pm  <b>Bingo</b> 1:15 – 3:15pm  <b>Ceramics</b> 1 – 4pm	<b>Wood Carving</b> 9:30 – 11am  <b>Scrabble</b> 1 – 3pm  <b>Bead Work</b> 1 – 3pm  <b>Tai Chi</b> 2:15 – 3:15pm  <b>Qigong</b> 3:30 – 4:30pm	<b>Crafting w/Chris</b> 9 – 11am  <b>EnhanceFitness®</b> 9:30 – 10:30am 3:30 – 4:30pm  <b>Knitting Class</b> 1 – 3pm  <b>Movie</b> 1 – 3pm <i>See monthly calendar for details</i>  <b>Traditional Chinese Mahjong: Beginners</b> 12:30 – 2:30 pm
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> <b>Pool/Cards Room, Computer Lab</b>            Mon – Fri   8am – 4:30pm   <b>Fitness Room</b>            Mon – Fri   8–10:30am   1–3:30pm         </div>				



Dear Friends and Neighbors,

Spring is here. Along with the warmer weather come the first blooms and, of course, allergies. This month is also National Volunteer Month, and I want to take a moment to shine a light on the incredible individuals who make our mission possible.

### **Celebrating Our Volunteers**

To our current volunteers: thank you. Whether you are helping in one of the dining rooms, greeting friends at the front desk, mentoring students, leading a craft workshop, assisting with technology, or simply offering a friendly ear to a neighbor, you are the heartbeat of this organization.

Last year, your collective efforts provided several hundred hours of service. Beyond the numbers, it is the warmth and dignity you bring to every interaction that truly define our community. You do not just help; you build relationships and make people feel important.

### **Join the Growth**

Spring is the season of planting seeds, and I invite those of you looking for a new purpose to consider planting one here. Volunteering is not just a gift to the place where you serve; it is a gift to yourself. **We have seen firsthand how staying active and engaged through service improves mental clarity, boosts mood, and creates lasting friendships.**

We currently have a variety of "blooming" opportunities, including:

- SCP, Senior Companion Program
- FGP, Foster Grandparent Program
- RSVP, Retired Senior Volunteer Program
- Grandparents Raising Grandchildren
- CCP, Care Companion Program

If you are interested, please call **505-955-4721** for more details.

### **Looking Ahead**

As we head into this new season, I encourage you to step outside, breathe in the fresh air, and stop by one of the centers for lunch or check out what is new. Let's make this spring a season of connection and gratitude.

With sincere appreciation,  
Manuel

# Happy Global Volunteer Month!

Thank you for choosing to make a difference with us.

We couldn't do this without you!



**I enjoy serving & helping people. The bonus is that I've made friends along the way.**

—Chuck Mazziotti



**It makes us happy to help at the Luisa.**

—Mela, Christine, Frances & George

**I like giving back to the community & it gives me a sense of purpose.**

—Terry Meacham



**I get to meet nice people; I love to help with their needs & hear stories about their lives. It is very satisfying.**

—Chad Chandler



**I love people & get so much more than what I contribute.**

—Laura Ryan



**I love to practice my Spanish with our wonderful treasures; it gives me more time to love on them.**

—Edna Sandoval



**I love the people at the MEG. Monday is the best day of the week!**

—Maria Cocchia



**Volunteering at the MEG saved my life!**

—Juan Revuelta



## MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from **8:30am-4:15pm**. Reservations must be called in & scheduled **24 hours in advance**. No email requests.

Please note: the **THIRD THURSDAY** of the month we close at 2:30pm for mandatory staff meetings & trainings.

If you have questions, feel free to contact the transportation office at **505-955-4700**.

## APRIL GROCERY DISTRIBUTIONS

### THE FOOD DEPOT

**Thurs, April 2 & 16** 7–9am

Drive-through grocery distributions for Santa Feans in need. 1222 Siler Rd.



### SAN MARTIN DE PORRES DISTRIBUTION

**Tues, April 7 & 21** 4–5pm

Free, no application required!  
San Isidro Parish, Dixon House  
2148 San Ysidro Crossing

### ST. JOHN'S METHODIST BAG 'N HAND PANTRY

**Tuesdays** 11am–12:30pm | 5–6:30pm

1200 Old Pecos Trail, Santa Fe, NM  
Contact: 505-982-5397

### ST. JOHN THE BAPTIST CATHOLIC CHURCH FOOD PANTRY

**Third Thursday** 2:30–3:30pm

1301 Osage Ave., inside Lamy Hall



**TUES  
APR 7**

# 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 50 years and older, changes in vehicle technology, as well as road and street safety, and may be eligible for an auto insurance discount on your policy.

To participate, you must be 50 years or older and have a valid driver's license. The class fee is \$20 for current AARP members and \$25 for nonmembers.

Classes are held on the first Tuesday of each month from **1-5pm**. The next class is scheduled for **Tuesday, April 7**. For more information or to register for a class, **Edna Sandoval at 505-690-4350** or visit [AARP.org](http://AARP.org).

**FRI  
APR 10**

## BLOOM & BRIGHTEN: POLLINATOR GARDEN CLEANUP

Join us for a morning of fresh air and creativity. We're getting the garden ready for spring and adding a splash of color to our paths. Whether you have a green thumb or an artistic eye, there's a spot for you.

• **9-11:30am at Alto Park** (The garden is between the basketball courts and the baseball field)

# NEWS & VIEWS



• **Activities:** Light weeding, debris clearing, and painting decorative garden rocks.

Bring your gardening gloves and your favorite outdoor clothes. We'll provide the paint, brushes, and snacks. Let's help our local pollinators feel right at home in a beautiful, tidy space.

Please note: We will be painting rocks on select days in the MEG Center dining room during the first two weeks in April.

## A LITTLE HOUSEKEEPING REQUEST AT THE MEG!

We have noticed that the sharps containers in the men's and women's bathrooms at the MEG Center are filling up quickly. GLP-1 drugs, such as Ozempic pens, take up quite a bit of space in the container. Therefore, we ask that you follow the guidance below to dispose of your waste.

### How should I handle and dispose of my medical waste?

**Sharps** can go in the trash, but they must be in a puncture-proof container with a cap and be properly labeled.

- 1 Try using a detergent bottle with a screw-on cap and label the bottle with "sharps" or "needles."
- 2 Once the bottle is full and the cap is secured, place it in your household trash can. Do not put the bottle in the recycling bin or cart.
- 3 Please help protect others' health by disposing of sharps properly.

Thank you for keeping the center healthy and safe!

**86th Annual**  
**Baile de Cascarones**  
**Dance of Eggshells**

**SATURDAY, MAY 9<sup>TH</sup>, 2026**  
Santa Fe Community Convention Center  
201 W. Marcy St.

\$25 per couple • \$15 per person  
\$2 children ages 6 to 17  
Musica – REFLECTIONS  
#BaileDeCascarones86 • #FiestaTime

Sponsored by  
**LA SOCIEDAD FOLKLORICA de SANTA FE**  
1935 - 2026  
La Sociedad Folklórica is a 501 (c)(3) non-profit organization whose mission is to collect, preserve and pass on the knowledge of the customs and traditions of our Spanish ancestors who came to New Mexico.

501 (c)(3) Nonprofit

## SAVE THE DATE!

### 86<sup>TH</sup> BAILE DE CASCARONES

**Saturday, May 9<sup>th</sup>** at the Santa Fe Community Convention Center, 7:00 p.m. Enjoy an evening of traditional Northern New Mexico music and dances, including El Chotís, La Cadena, and vales, with live music by The Perfections. Brief dance instruction will be provided. Cascarones will be available for purchase, and a silent auction will be held. Vintage or Fiesta attire is encouraged. **Tickets at the door:** \$25 per couple, \$15 single, \$2 for children ages 6–17. For more information call Gloria at **505-983-7839**.



**MON  
APR 20**

## HIKES FOR ACTIVE SENIORS

**The Ski Slope Hike | Moderate Hike**

The first half of this hike will be strenuous, as we will hike up the Broadway ski slope under the chairlift. The ski area rates it as a blue slope, which means it is not too steep, but it is uphill the entire way (0.75 miles).

At the top of the chairlift, we will have a fabulous view of the Rio Grande Valley, south to Albuquerque, north to Colorado, and west to Mount Taylor near Grants. There we will rest and enjoy our well-deserved sack lunches.

After we are well rested, we will hike down the Midland slope, another "blue cruiser" for another 0.75 miles, and return to the ski area lodge, where our cars will be waiting. If we're lucky, there may still be some snow, so bring your spikes and poles.

### GENERAL INFORMATION

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- **Arrive at MEG** between 8:15 and 8:30 a.m.  
**Departure and return:** We leave at 8:30 a.m. sharp and return between 12:30–1:00 p.m.
- **Bring water and snacks;** sturdy shoes or boots; a hat and gloves; sunglasses; warm clothing in layers; and a rain jacket to keep you dry if it snows and to serve as an extra layer for warmth.
- **Extra winter items:** Spikes are required. You may be discouraged from participating in the hike if you do not have proper spikes or Yaktrax for your boots. Poles are optional but strongly recommended.

## HAPPY TRAILS!



## FLORA'S CORNER

Spring fever, spring is here at last. Spring fever, my heart's beating fast. Get up, get out, Spring is everywhere.

—Elvis Presley

# EMPLOYEE SPOTLIGHT: TRANSPORTATION

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**CHRISTOPHER BROWNING**  
Transportation Manager



**JOSEPH MALINOWSKI**  
Transit Driver II

## How long have you worked for the City?

I began at the beginning of March. Previously with the Santa Fe County Senior Services for 9 years.

Will be 20 years in June.

## What's the most exciting part about your job?

Meeting and learning about the seniors we provide services to as well as fellow co-workers.

Meeting new people and being part of the community.

## Do you have any hidden talents or hobbies?

I enjoy woodworking and building projects.

I love to BBQ and garden.

## Are you a sports fan? If so who are your favorite teams?

Not really. I enjoy a good baseball game on occasion. Detroit Tigers.

Yes. The Las Vegas Raiders and L.A. Sparks.

## What's something you're proud of?

The major personal and professional accomplishments I have made in my life.

Being blessed where our Lord Jesus has placed me. A new time and season to grow and flourish under his grace.



The In-Home Support Services  
Program at the City of Santa Fe  
Senior Services Department

is hiring

## Respite Care Providers

Do you know a compassionate, caring, responsible *caregiver* or *housekeeper* who would be interested in joining our team? Invite them to contact us today! 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 in their own homes. Support local families by giving family caregivers the break they need.



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



CITY OF SANTA FE  
**SENIOR SERVICES**



Join Our  
**Spring Talent Show!**  
Produced by  
**The Santa Fe Senior Theater**  
Show off your talent!

Do you sing, dance, play an instrument, tell stories, or have a special talent you'd love to share?

We're inviting all our Senior Center participants to take part in our **Spring Talent Show!**

Please be advised that In order to keep a welcoming and inclusive atmosphere for all participants and attendees, performances that are openly religious or political in nature will not be permitted. Examples include scripture readings, sermons, and political speeches.



Date: **Friday, May 29, 2026**

Time: **From 1 to 3 pm**

Location: **MEG Center Dining Room**

**Sign up** with **Kim Rivera**, our Activities Coordinator **by Friday, May 1st, 2026**. Tell us what you will be presenting, and the length of your presentation.

**Larry Lee** and The Santa Fe Senior Theater will be producing this event.

For more information call Larry at 505 – 204 – 0771

**Let's make this Spring shine  
with your talent and joy!**

# UNDERSTANDING MEDICARE & OTHER HEALTH CARE INSURANCE WHEN YOU TURN 65

**Medicare beneficiaries often hear about primary and secondary coverage.** The primary insurance payer is responsible for covering health care costs such as doctor and hospital bills. The secondary insurance payer may help cover any remaining expenses, ensuring that beneficiaries are not left with unexpected bills.

Understanding primary and secondary coverage is important to keep your costs lower and to ensure you have access to medical care.

If you are 65 or older, retired, and have Medicare, your primary payer will be Medicare.

If you are 65 or older, have Medicare, and are still working, your employer is the primary payer if your employer has 20 or more employees. Medicare would be secondary. If your employer has fewer than 20 employees, your employer insurance is secondary and Medicare is primary.

If you are under age 65 and eligible for Medicare due to a disability, and you have employer group coverage, Medicare will be the primary insurance payer if your employer has fewer than 100 employees. The group plan will be the secondary payer. If the employer has more than 100 employees, the group plan will be the primary payer and Medicare becomes secondary.

Medicare Part A covers hospital costs, while Medicare Part B covers doctor bills and laboratory tests. Part D covers prescription drugs.

Delaying Medicare enrollment is an option for some beneficiaries. For example, John is employed by state government and wants to work past age 65. John can sign up for Medicare Part A but delay enrolling in Medicare Part B since his employer offers creditable coverage (coverage that is as good as Medicare or better). He can save the \$202 monthly Part B premium. Once John retires, he has eight months from retirement to sign up for Medicare Part B because he qualifies for a Special Enrollment Period. If he does not sign up within eight months, he will face Medicare Part B penalties.

## VETERANS, MILITARY RETIREES & MEDICARE

TRICARE for Life (TFL) is a program for military retirees, usually those who have retired from active duty, the National Guard, or the Reserve. Veterans health care covers individuals who have served on active duty in the military. TFL is administered by the Department of Defense, while veterans' health care benefits are administered by the U.S. Department of Veterans Affairs (VA).

Both veterans and TFL beneficiaries are encouraged to enroll in Medicare so they can receive the maximum health care coverage.

TFL is the secondary payer to Medicare. VA health benefits are only provided at approved VA facilities. Medicare does not cover care received in VA facilities. Veterans who enroll in Medicare can receive coverage in non-VA facilities.

If these requirements seem complicated, it is because they can be. To get help determining what you need to do about health insurance when you turn 65 or if you qualify for Medicare due to disability before age 65, contact the Benefits Coordination and Recovery Center (BCRC) at **1-855-798-2627**. The BCRC is a contractor for the Centers for Medicare and Medicaid Services.

The most important thing to remember when you are about to turn 65 is to sign up for Medicare three months before your 65<sup>th</sup> birthday, the month of your birthday, or three months after your 65<sup>th</sup> birthday. **If you wait longer, you may face Part B and Part D penalties.**

If you have questions and would like to meet with Stan Cooper or Jane Yuster, volunteer State Health Insurance Assistance Program (SHIP) counselors, please call **505-955-4721** to make an appointment. They are located at the **Mary Esther Gonzales Senior Center, 1121 Alto Avenue**. If you are unable to visit the center, arrangements can be made for a cell phone call or a home visit.

# ENTENDIENDO MEDICARE Y OTROS SEGUROS DE ATENCIÓN MÉDICA CUANDO USTED CUMPLE 65 AÑOS

**Los beneficiarios de Medicare con frecuencia escuchan hablar de cobertura primaria y secundaria.** El pagador primario del seguro es responsable de cubrir los costos de atención médica, como las facturas de médicos y hospitales. El pagador secundario puede ayudar a cubrir los gastos restantes, asegurando que los beneficiarios no enfrenten costos inesperados.

Entender la cobertura primaria y secundaria es importante para mantener bajos sus costos y asegurar el acceso a la atención médica.

Si usted tiene 65 años o más, está jubilado y tiene Medicare, su pagador primario será Medicare.

Si usted tiene 65 años o más, tiene Medicare y todavía está trabajando, su empleador es el pagador primario si tiene 20 o más empleados. Medicare sería el pagador secundario. Si su empleador tiene menos de 20 empleados, el seguro de su empleador es secundario y Medicare es el pagador primario.

Si usted es menor de 65 años y es elegible para Medicare debido a una discapacidad, y tiene cobertura grupal de su empleador, Medicare será el pagador primario si su empleador tiene menos de 100 empleados. El plan grupal será el pagador secundario. Si el empleador tiene más de 100 empleados, el plan grupal será el pagador primario y Medicare pasará a ser secundario.

La Parte A de Medicare cubre los costos hospitalarios, mientras que la Parte B cubre las facturas médicas y las pruebas de laboratorio. La Parte D cubre los medicamentos recetados.

Aplazar la inscripción en Medicare es una opción para algunos beneficiarios. Por ejemplo, Juan trabaja para el gobierno estatal y desea seguir trabajando después de los 65 años. Puede inscribirse en la Parte A de Medicare, pero retrasar la inscripción en la Parte B porque su empleador le ofrece cobertura acreditable (tan buena como Medicare o mejor). Así puede ahorrar la prima mensual de \$202 de la Parte B. Una vez que se jubile, tiene ocho meses para inscribirse en la

Parte B porque califica para un Período Especial de Inscripción. Si no se inscribe dentro de ese plazo, enfrentará penalidades.

## VETERANOS, MILITARES RETIRADOS Y MEDICARE

TRICARE for Life (TFL) es un programa para militares retirados, generalmente quienes han servido en servicio activo, la Guardia Nacional o la Reserva. La atención médica para veteranos cubre a quienes han servido en las fuerzas armadas. TFL es administrado por el Departamento de Defensa, mientras que los beneficios de salud para veteranos son administrados por el Departamento de Asuntos de los Veteranos (VA).

Se recomienda que tanto los veteranos como los beneficiarios de TFL se inscriban en Medicare para obtener la máxima cobertura de atención médica.

TFL es el pagador secundario frente a Medicare. Los beneficios de la VA solo se brindan en instalaciones aprobadas. Medicare no cubre la atención en instalaciones de la VA. Los veteranos que se inscriben en Medicare pueden recibir atención en instalaciones que no pertenecen a la VA.

Si estos requisitos parecen complicados, es porque pueden serlo. Para obtener ayuda sobre qué hacer con su seguro de salud al cumplir 65 años o si califica por discapacidad antes de esa edad, llame al Benefits Coordination and Recovery Center (BCRC) al **1-855-798-2627**.

Lo más importante es inscribirse en Medicare tres meses antes de cumplir 65 años, durante el mes de su cumpleaños o hasta tres meses después. **Si espera más tiempo, puede enfrentar penalidades en las Partes B y D.**

Si tiene preguntas y desea reunirse con Stan Cooper o Jane Yuster, consejeros voluntarios del Programa Estatal de Asistencia sobre Seguros de Salud (SHIP), llame al **505-955-4721** para hacer una cita. Están ubicados en el **Mary Esther Gonzales Senior Center, 1121 Alto Avenue**. Si no puede acudir al centro, se pueden hacer arreglos para una llamada telefónica o una visita a domicilio.

# Storytelling

*A four-session mini-course*

**Next sessions: APRIL 6 & 13**

*Mary E. Gonzales Sr. Center*

*1121 Alto St. Santa Fe NM*

**11:30am - 1pm**



Storytelling, cuentos (short stories), legends, and lore have been a magical and unique part of the people of this region for centuries. In this four-week storytelling mini-course (one class per week), participants will get a chance to continue the long tradition of creating and sharing stories, including personal narratives and local *cuentos*.

Beginning March 23, activities scheduled for the classes include: a brief look back at the history of New Mexico storytelling and folklore; in-class brainstorming/writing prompts; small group breakout sessions; storytelling tips; and storytelling practice sessions.

**Call 505-955-4760 for more information or register at the MEG Sr. Center**



*Class instructor Gino Brazil is a lifelong New Mexican and has been collecting, researching, and writing cuentos (stories) since the 1970's. In the last several years, Gino has taught storytelling workshops at LaFarge Library, Espanola Library, and the Rio Arriba Adult Literacy Program.*



## **POWER OF ATTORNEY LEGAL CLINICS**

Planning ahead is one of the most important gifts you can give yourself & your loved ones.

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We offer a free clinic where trained legal professionals help seniors understand or complete:

### **Healthcare Power of Attorney (POA)**

Choose someone to make medical decisions if you cannot.

### **Financial Power of Attorney (POA)**

Authorize a trusted person to handle your finances if needed.

Take control of your healthcare & financial decisions — before an emergency arises.

**10-11AM, WEDNESDAY, APRIL 8 & 22**  
**AT THE MARY ESTHER GONZALES SENIOR CENTER**

# Spring Safety Tips for Seniors: Embrace the Season with Confidence and Care

As the vibrant colors and gentle breezes of spring fill the air, it is the perfect time for seniors to embrace the season and enjoy outdoor activities. However, it is crucial to prioritize safety and well-being during this time of renewal. This guide outlines essential tips for seniors to stay safe and make the most of the springtime while avoiding potential hazards. By following these guidelines, you and your loved ones can confidently soak up the joys of the season.



### MINDFUL OUTDOOR EXPLORATIONS

Spring invites us to reconnect with nature and enjoy outdoor activities. However, it is important to be mindful of potential risks. Consider these safety measures:

**Footwear and Stability:** Opt for comfortable, well-fitting footwear with proper traction to prevent slips and falls. Consider using walking aids or canes for added stability if needed.

**Sun Protection:** Shield yourself from harmful UV rays by wearing hats, sunglasses, and applying sunscreen to exposed skin. Seek shade during peak hours when the sun is strongest.

**Allergen Awareness:** Spring allergies can pose challenges. Stay informed about local allergens and take necessary precautions, such as closing windows during high pollen counts or using air purifiers indoors.



## HOME SAFETY PRECAUTIONS

While spring often inspires a burst of energy for cleaning and home improvement, seniors should keep safety in mind while sprucing up their living spaces:

**Declutter and Organize:** Clear pathways and remove tripping hazards inside the home. Consider rearranging furniture to create open, accessible areas.

**Lighting:** Ensure adequate lighting throughout the house, especially in hallways, staircases, and outdoor areas. Replace bulbs promptly and consider installing motion-sensor lights for added convenience and safety.

**Fire Safety:** Check smoke detectors and carbon monoxide alarms to ensure they are in proper working condition. Replace batteries if necessary and create a fire evacuation plan with family members or caregivers.



## ACTIVE AND HEALTHY LIFESTYLE

Springtime encourages seniors to engage in physical activities and embrace a healthy lifestyle. Here are some tips to support your well-being:

**Gentle Exercise:** Participate in low-impact exercises, such as walking, yoga, or swimming, to improve flexibility, balance, and overall strength. Consult with a healthcare professional before starting any new exercise regimen.

**Hydration and Nutrition:** Stay hydrated by drinking plenty of water throughout the day. Incorporate fresh fruits, vegetables, and light meals into your diet to promote vitality and overall wellness.

**Medication Review:** Schedule a medication review with your healthcare provider to ensure your prescriptions are up to date. Spring can be an excellent time to reevaluate your medication needs and discuss any concerns or possible interactions.

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Spring is a season of rejuvenation and new beginnings, and with these safety tips in mind, seniors can fully embrace its beauty and possibilities. By staying mindful of potential hazards, maintaining a safe home environment, and prioritizing an active and healthy lifestyle, older adults can enjoy this vibrant season with confidence. Remember, it is always advisable to consult with healthcare professionals or seek assistance when needed. Let this spring be a time of joy, growth, and safe exploration for seniors everywhere.

# CROSSWORD PUZZLE

## Down

### Across

- |                                  |                                 |                        |
|----------------------------------|---------------------------------|------------------------|
| 1 Takes advantage of             | 24 "Rise, Glory, Rise" composer | 45 Takes on some rays  |
| 5 Leave dumbstruck               | 25 Oktoberfest drink            | 46 Clock std.          |
| 8 Olympics city after St. Moritz | 26 Toothpaste type              | 49 Gangster's knives   |
| 12 Wake Island, e.g.             | 29 Draws out                    | 51 Mayberry minor      |
| 13 Top secret?                   | 32 Bumbershoot                  | 52 La Scala highlight  |
| 14 Took to court                 | 34 Red Square figure            | 53 Fine fabric         |
| 15 Devotee                       | 35 Uris hero ___ Ben Canaan     | 54 Little bit          |
| 17 Church alcove                 | 36 Disregards                   | 56 ___ Bator, Mongolia |
| 18 Equestrian gear               | 37 Pod or husk                  | 57 Cognizance          |
| 19 Horror film staple            | 39 Embankments                  | 58 Binding             |
| 20 S-shaped moldings             | 40 Frick collection             | 59 Drop down?          |
| 21 Old NOW cause                 | 41 Turning point?               | 60 Octopus's defense   |
| 22 Domesticated                  | 42 Jetty                        | 61 Sushi fish          |
| 23 State firmly                  | 43 Scoundrel                    |                        |

- 1 City on the Mohawk
- 2 Wallop
- 3 High priest at Shiloh
- 4 Catch phrases
- 5 Sentient
- 6 Extensive
- 7 Psychoanalysis subject
- 8 Inedible orange
- 9 Mucilage with a cape?
- 10 \_\_\_-majesté
- 11 Poems of praise
- 12 At a distance
- 15 Gobbled up
- 16 Iditarod terminus
- 20 Abroad
- 22 Soldiers' spots, at times
- 23 Vatican vestment
- 24 It has a low pH
- 25 "What \_\_\_ to do?"
- 27 North Sea feeder
- 28 Glasgow gal
- 29 Socialite Maxwell
- 30 Big game
- 31 Close to, but not, illegal
- 32 North Yorkshire river
- 33 A deadly sin
- 35 Naja haje
- 38 Have something to complain about
- 39 Oval opening; to allow light into a dome
- 42 Pack it in
- 44 Media attraction
- 45 Paddle
- 46 Facial gestures
- 47 Like some vases
- 48 Moniker
- 49 Urban blight
- 50 Circle overhead?
- 51 Black cat, to some
- 52 See 37 Across
- 54 Go downhill fast?
- 55 Potato feature

		1	2	3	4		5	6	7		8	9	10	11
	12						13				14			
15						16					17			
18					19					20				
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		43	44				45				46	47	48	
49	50						51				52			
53					54					55				
56					57					58				
59					60					61				

# House

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

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

DORMER WINDOW  
 DRAINPIPE  
 FIRE ESCAPE  
 FLOOR  
 FOUNDATIONS  
 GARAGE  
 GUTTER  
 HAT RACK  
 HOLLOW WALL  
 KITCHEN  
 OFFICE  
 PATIO  
 SHUTTER  
 SITTING AREA  
 STOVE  
 STUDIO  
 TURRET  
 WALL ANCHOR  
 WELL  
 WINDOWSILL

ARCADE  
 BATHROOM  
 BEDROOM

BEDSTEAD  
 CEILING  
 CHIMNEY

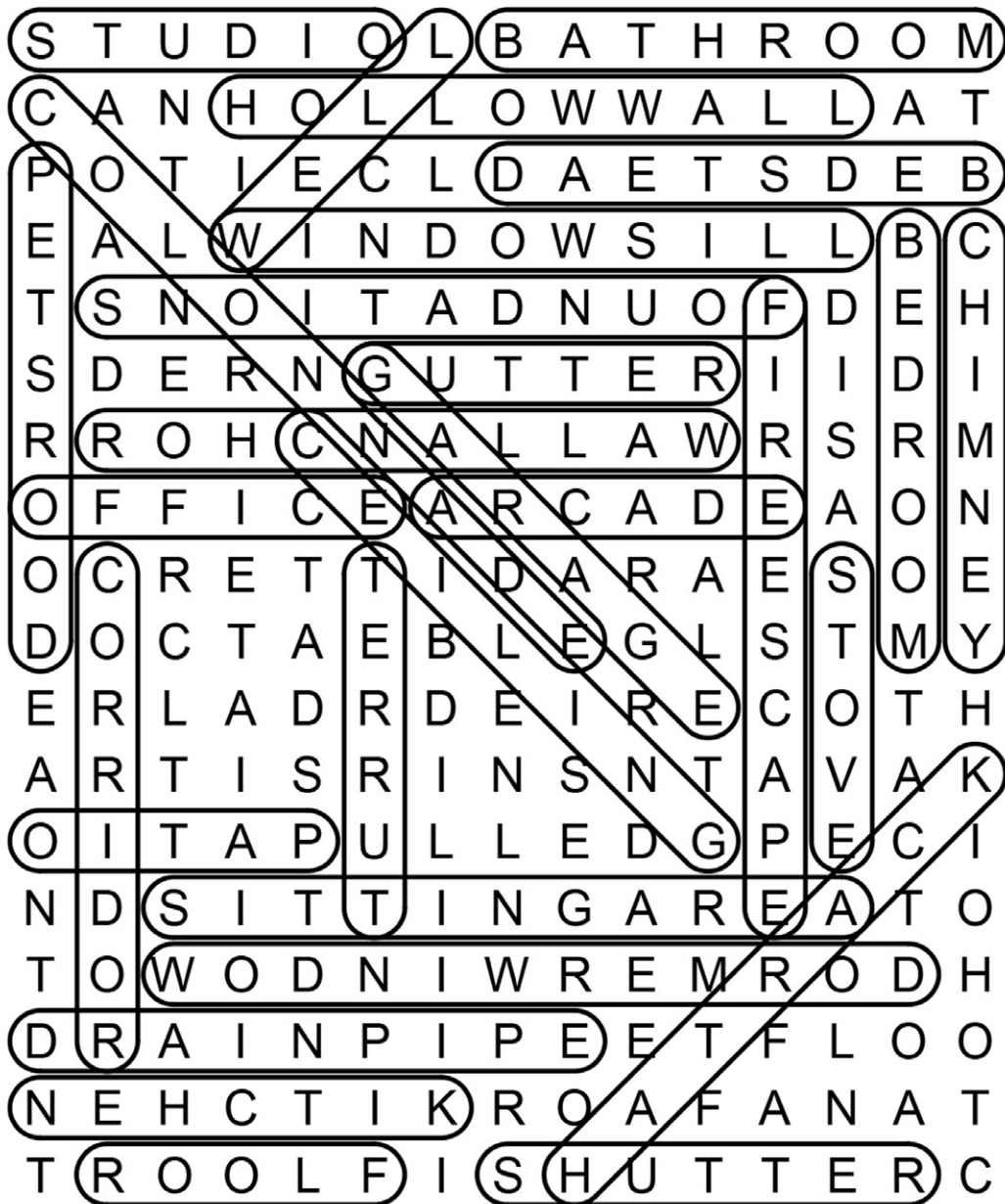
COLONNADE  
 CORRIDOR  
 DOORSTEP

# CROSSWORD PUZZLE SOLUTIONS

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# Solution: House



## TRIANAGRAM

# APRIL LUNCH MENU

MON	TUES	WED	THURS	FRI
		<b>1</b> <b>GREEN CHILE PORK POSOLE</b> Tossed Salad Tortilla Apricots	<b>2</b> <b>SPAGHETTI WITH MEAT SAUCE</b> Italian Veggies Tossed Salad Wheat Roll Applesauce	<b>3</b> <b>TUNA SALAD SANDWICH</b> Cold Peas Fresh Orange
<b>6</b> <b>BAKED CHICKEN</b> Mushroom Gravy Wild Rice Green Beans & Carrots Fresh Pear	<b>7</b> <b>BLT SANDWICH</b> Baked Chips Winter Blend Yogurt	<b>8</b> <b>CHICKEN &amp; RICE CASSEROLE</b> Wheat Roll Tossed Salad Fruit Cocktail	<b>9</b> <b>BEEF &amp; POTATO STEW</b> with Veggies Tossed Salad Roll Tropical Fruit	<b>10</b> <b>PORK STIR FRY</b> Brown Rice Asian Veggies Fortune Cookie Mandarin Orange
<b>13</b> <b>BEEF SOFT TACO</b> Garnish Pinto Beans Capri Blend Grapes	<b>14</b> <b>CHICKEN ALFREDO</b> Fettuccine Noodle Italian Blend Tossed Salad Banana	<b>15</b> <b>BEEF BRISKET</b> Herb Roasted Potatoes Three Bean Salad Corn Bread Plums	<b>16</b> <b>SWEET &amp; SOUR CHICKEN</b> Brown Rice Emperor Blend Pineapple & Mandarin Orange	<b>17</b> <b>HERBED PORK CHOP</b> Pork Gravy Mashed Potatoes Brussel Sprouts Baked Apple Slices
<b>20</b> <b>CHILE RELLENO</b> Green Chile Sauce Pinto Beans Zucchini & Diced Tomatoes Tropical Fruit	<b>21</b> <b>FRITO PIE</b> Garnish Pinto Beans Chateau Blend Mango Chunks	<b>22</b> <b>CHICKEN STRIPS</b> Honey Mustard Green Beans Corn Bread Tossed Salad Strawberries & Bananas	<b>23</b> <b>OPEN FACE TURKEY SANDWICH</b> Turkey Gravy Mediterranean Veggies Fruit Salad	<b>24</b> <b>SWEDISH MEATBALLS WITH MUSHROOMS</b> Egg Noodles California Blend Tossed Salad Apricots
<b>27</b> <b>BBQ BAKED CHICKEN</b> Potatoes Salad Three Bean Salad Corn Bread Cantaloupe	<b>28</b> <b>BEEF FAJITA WITH ONION &amp; PEPPERS</b> Black Beans Spinach Grapes	<b>29</b> <b>HERB BAKED TILAPIA</b> Tartar Sauce Lemon Herb Orzo Bahama Blend Fruit Cocktail	<b>30</b> <b>GREEN CHILE CHEESEBURGER</b> Garnish French Fries Roasted Zucchini Orange	

10:30am – 12:30pm MON-FRI *Milk is served with each meal. Menu is subject to change.*

# ONE PAN CHICKEN & QUINOA



## Ingredients

- 2 lb.** (about 6) boneless, skinless chicken thighs
- 1 tsp.** chili powder
- Kosher salt
- Freshly ground black pepper
- 1 Tbsp.** extra-virgin olive oil
- 1** small yellow onion, chopped
- 1** poblano pepper, seeded and chopped
- 3** cloves garlic, minced
- 1 Tbsp.** tomato paste
- 1 cup** low-sodium chicken broth
- 1** (14-oz.) can fire-roasted diced tomatoes
- 1** (14-oz.) can black beans, drained and rinsed
- 1 cup** frozen corn, thawed
- 1 cup** dry quinoa
- 1 tsp.** cumin
- 1 tsp.** dried oregano
- 1/4 tsp.** cayenne pepper
- Juice of 1 lime
- 1/4 cup** freshly chopped cilantro
- 1** avocado, sliced, for serving
- Sour cream, for serving
- Lime wedges, for serving

## Directions

### Step 1

Season chicken thighs all over with chili powder, salt, and pepper.

### Step 2

In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden, about 4 minutes per side. Remove chicken from skillet and place on a plate.

### Step 3

Reduce heat to medium and add onion and poblano pepper. Cook until soft, about 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add tomato paste and stir to coat veggies.

### Step 4

Pour in broth and scrape up any bits from the bottom of pan. Add tomatoes, beans, corn, and quinoa. Stir in cumin, oregano, and cayenne and season with salt and pepper. Return thighs to skillet. Bring mixture to a boil, then reduce heat and cook, covered, 20 minutes. Remove lid and continue cooking, uncovered, until quinoa is tender and chicken is cooked through, 10 to 15 minutes more.

### Step 5

Remove chicken from skillet, then stir in cilantro and lime juice.

### Step 6

Serve quinoa with chicken, avocado, sour cream, and lime wedges.

# VOLUNTEER PROGRAMS



## AmeriCorps Seniors

**GIVE A LITTLE TIME,  
GET A LOT BACK.**

Join the RSVP Volunteer Program. If you are 55 or older, we will connect you with a volunteer opportunity that fits your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition. Visit [RSVPsantafe.org](http://RSVPsantafe.org)

**TO VOLUNTEER  
CONTACT**

**ERIKA CUELLAR**

[eccuellar@santafenm.gov](mailto:eccuellar@santafenm.gov)

505-955-4722

## HAPPY GLOBAL VOLUNTEER MONTH!

To our incredible volunteers; you are the heart and soul of everything we do. Whether you've given an hour of your time or been with us for years, our dedication creates a ripple effect of positive change that touches every coner of our community.

We are constantly moved by your passion , your energy, and your willingness to show up when it matters most. You don't just fill roles-you build hope and drive our mission forward.

Thank you for choosing to make a difference with us. We couldn't do this without you!



"We really enjoy volunteering during lunch at the Mary Esther Gonzales Senior Center, helping the wonderful staff and our fellow volunteers create a welcoming atmosphere for our valuable seniors. We love the feeling of community, seeing the familiar and not-so-familiar faces, and hearing the buzz of the many conversations and the music from the piano. We are honored to play our small part in giving our seniors the services they deserve. But no matter how much we try, it seems like we always get so much more than we give!"

—Linda & Tom Vitro



## HAPPY BIRTHDAY, VOLUNTEERS!

4/2 Peter Sinclair

4/15 Karen Beall

4/3 Keena Unruh

4/16 Kathy Martinez

4/5 John Block III

4/21 Robert Romero

4/6 Connie Sena

4/23 Diedre Africa

4/7 Edye Dorman

4/25 David Taylor

Linda Jordan

4/27 Jose (Frank) Vigil

Helen Trujillo

Tom Vitro

4/28 Corrine Sanchez

4/9 Bernie Frimond

4/29 Mela Delgado

Jerry Martinez

Sally A. Rodriguez

Laurie Seton

4/10 Pamela Grieco

4/30 Wilma Montoya

4/14 Liz Rivera

# MARCH HIGHLIGHTS

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**EnhanceFitness makes green look great!**



**Looking a little Irish, Kathy!**



**Meet Thomas Nino the Leprechaun!**



**Look who turned 100!**



CITY OF SANTA FE  
**SENIOR SERVICES**

1

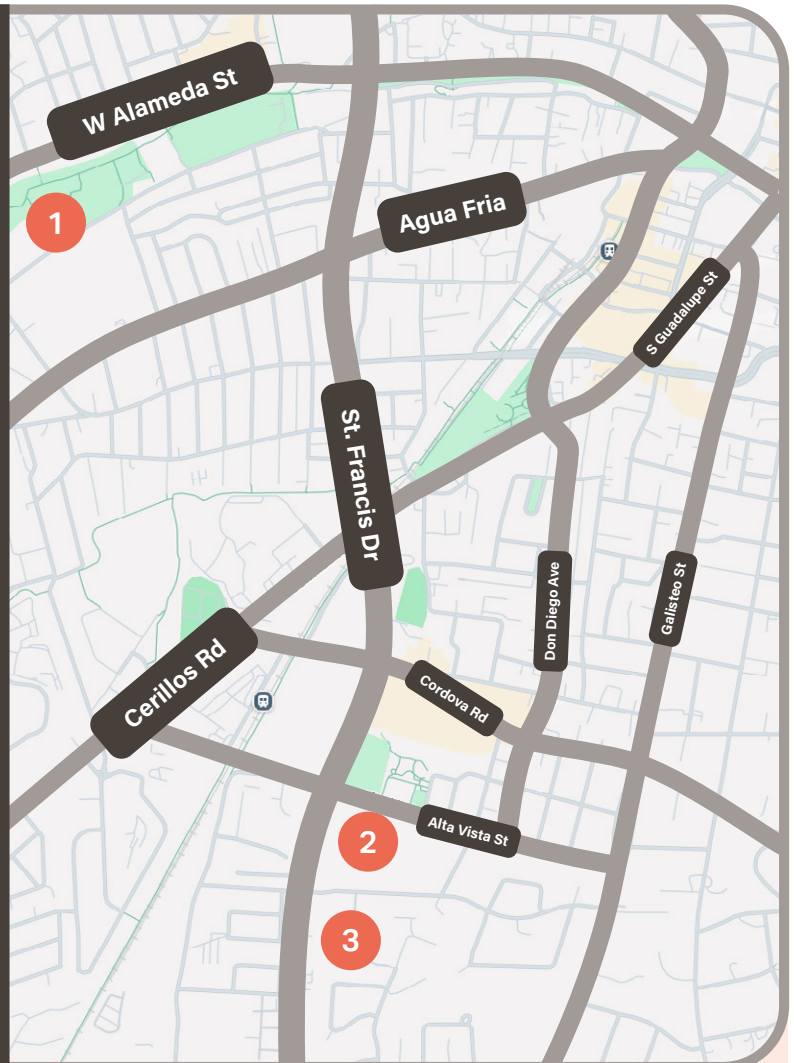
**Mary Esther Gonzalez  
(MEG) Senior Center**  
1121 Alto St.

2

**PASATIEMPO Senior Center**  
664 Alta Vista St.

3

**LUISA Senior Center**  
1500 Luisa St.  
*Entrance is on Columbia St.*



**505-955-4721 | [santafenm.gov/seniors](http://santafenm.gov/seniors)**

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