

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

June 2025



CITY OF SANTA FE
SENIOR SERVICES

MAY HIGHLIGHTS



Volunteer friends!



Our volunteer hairstylist-Catalina & guest



Our volunteers are the heart of our organization-Eileen & guest



Meet the amazing volunteers that make a difference!



SCP makes a difference!



The three amigos!

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

June 2025

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CONTACT INFORMATION

505-955-4721

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

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



JUNE AT A GLANCE

JUNE 2025				
2 Monday MEG 1:00 - 3:00 Cribbage w Keena MEG 10:00 - 1:00 Haircuts w Fabiola	3 Tuesday MEG 1:00 - 4:30 AARP Smart Drive PASATIEMPO Haircuts w Catalina	4 Wednesday	5 Thursday PASATIEMPO 11:00 to 12:30 Birthday Celebration	6 Friday MEG 1:00 - 3:00 MOVIE <i>Storming Juno</i>
9 MEG 11:00 to 12:30 Birthday Celebration <div> PASATIEMPO 10:00 - 1:00 Haircuts w Fabiola June 16 </div>	10 MEG 10:30 to 12:30 One-on-one meeting with Bobbie Ferrell, Constituent Services Rep for Congresswoman Teresa Leger Fernandez	11	12 <div> See details below </div> LUISA 11:00 to 12:30 Birthday Celebration	13 MEG 1:00 - 2:00 Book Club MEG 1:00 - 3:00 MOVIE <i>The Notebook</i>
16 MEG 1:00 - 3:00 Cribbage w Keena MEG 8:15 - 1:00 Moderate Hike	17 MEG 1:00 - 1:45 pm Conference: "Aging Journey, What to Expect" by Peter Carter	18 MEG - Meet and Go 9:30 - 3:00 Day Trip to New Mexico History Museum	19 JUNETEENTH All Senior Centers will be closed. <div> Details in the News & Views Section </div>	20 MEG 1:00 - 3:00 MOVIE <i>Jaws</i>
23 LUISA 10:00 - 1:00 Haircuts w Fabiola	24 MEG 11:30 - 12:30 ICAN Nutrition Class <div> Details in the News & Views Section NO BINGO THIS DAY </div>	25 PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class SF Community Convention Center Senior Prom	26 LUISA 11:30 - 12:30 ICAN Nutrition Class Details in the News & Views Section	27 MEG 1:00 - 3:00 MOVIE <i>Uncle Buck</i>

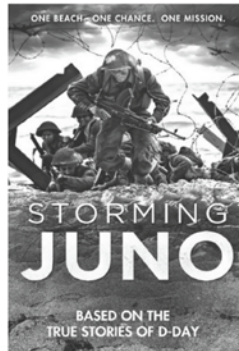
Did you know we have a Book Club?

Join our Book Club and connect with fellow readers in a welcoming, engaging environment. Each month we explore a new title or topic, share insights, and enjoy thoughtful conversations. Whether you're an avid reader or just getting started, our club offers inspiration, discovery, and the joy of reading together. On June 13, we'll dive into **Nikola Tesla's** fascinating life and legacy. Bring any book or article about his life or just join for the good conversation!



JUNE MOVIES

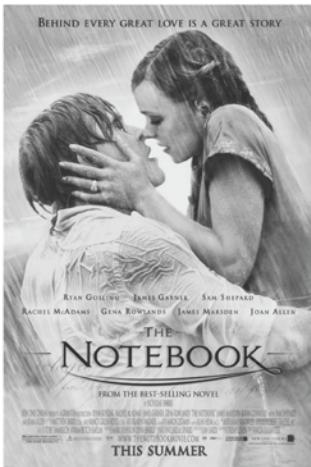
In honor of the 81st anniversary of the Normandy landings, join us on June 6 for **Storming Juno**, a gripping film that follows Canadian soldiers during the D-Day invasion. Based on true stories, this powerful drama highlights courage, sacrifice, and the human side of one of history's pivotal moments.



June 6 at 1 p.m. — MEG Center.

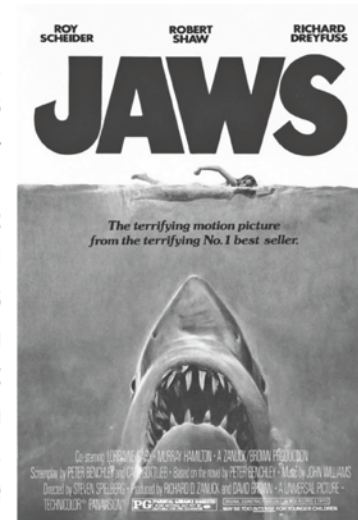


In recognition of Alzheimer's & Brain Awareness Month, join us for **The Notebook**, a timeless romance that gently explores memory loss and enduring love. As an elderly man reads their love story to his wife, the film honors the emotional journey of those affected by Alzheimer's and their caregivers.



June 13 at 1 p.m. — MEG Center.

Join us on June 20 for a special screening of **Jaws**, exactly 50 years after its original release in June 20, 1975. This iconic thriller redefined summer movies, as a seaside town confronts a great white shark with suspense, bravery, and unforgettable music. Celebrate a true cinematic classic with us!



June 20 at 1 p.m. — MEG Center.



Kick off the summer with laughs and heart in **Uncle Buck**, a classic family comedy starring John Candy. When an irresponsible but lovable uncle steps in to babysit his nieces and nephew, chaos and comedy follow. Perfect for a light-hearted summer start and guaranteed to bring smiles!



June 27 at 1 p.m. — MEG Center.

New Weekly Activity

Join us for a fun and engaging Mahjong class designed especially for seniors! **Traditional Chinese Mahjong** is a classic game of strategy, memory, and skill developed in the 19th century China that has spread throughout the world since the early 20th century. Playing Mahjong helps keep the mind sharp, improves concentration, and encourages social connection — all important for healthy aging. With its beautiful tiles and engaging gameplay, Mahjong offers a fun and stimulating way to stay mentally active and make new friends.

When: Tuesdays (starting June 10)
From 12:30 to 2:30 p.m.

Cost: FREE !

Where: MEG Center

Previous

Experience: Not required



ACTIVITY CALENDAR

10:30 am to 12:30 pm
Monday to Friday

- Computer Lab open
- Fitness Room open

LUISA Senior Center
1500 Luisa St (The entrance is on Columbia St)

Lunch is served
10:30 am to 12:30 pm
Monday to Friday

In the three
Senior Centers



PASATIEMPO Senior Center
664 Alta Vista St



Mon to Fri 8 am to 1 pm:
Fitness Room Open

Tues 10 am to 11 am:
Line Dancing (Beginner - Full)
11:30 am to 12:30 pm:
Line Dancing (Intermediate)

Weds 11:45 am to 2:00 pm:
Live Music:
Grupo Cielo Azul

Thurs 9:30 am to 10:30 am:
Japanese Dance
with Chizuko

Mary Esther Gonzalez (MEG) Senior Center
1121 Alto St

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:30 am: Tai Chi	8:30 to 9:30 am: Tai Chi	9:30 to 10:30 am: Enhanced Fitness	9:30 to 11:00 am: Wood Carving	9:30 to 10:30 am: Enhanced Fitness
9:30 to 10:30 am: Enhanced Fitness	10:00 am-12:00 pm: Guitar Class intermediate	10:30 to 11:30 am: Guitar for beginners	12:00 to 2:00 pm: Chess Class	1:00 to 2:00 pm: Knitting Class
1:00 to 3:00 pm: Improv	12:30 to 2:30 pm: Traditional Chinese Mahjong (starting June 10)	1:00 to 2:30 pm: Readers Theater		1:00 to 3:00 pm: Movie (See monthly calendar for details)
Additional details in the New Weekly Activity Section	NEW!	1:30 to 3:00 pm: Bingo	NO BINGO On June 25	
3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Qi Gong	



For additional information on the activities scheduled in any of our centers, please call **505-955-4754**

Do you need help with technology (Computers, cell-phones, etc.)?
Call Jesse Kain! 505-699-3597



DIRECTOR'S NOTE



Dear Senior Services Community,

June is Elder Abuse Awareness Month. What is Elder abuse? Elder abuse can take many forms including physical, emotional, sexual, financial abuse as well as neglect. Some of the warning signs of elder abuse are changes in behavior, unexplained injuries, unexplained financial losses, neglect of basic needs and signs of isolation or fear. If you suspect elder abuse, please report it to the Adult Protective Services that is operated out of the State of New Mexico Aging and Long Term Services Department at 1-855-414-4885.

I am excited that we are getting closer to re-opening the MEG center to all activities that we suspended or moved while the expansion project was being completed. The roofing project is almost completed, the expansion area and parking lot projects are just about complete. We will announce the opening once the roofing project is completed and all the equipment is moved and no longer a safety issue and please remember the safety signs and barriers are there for your safety.

I want to remind everyone that during the summer months, you are welcome to visit the Senior Center to cool off and enjoy activities we offer on those hot days and every day.

Lastly, I would like to wish all our Fathers a Happy Father's Day and hope you enjoy your special day. Thank you for all you do for us and being our Fathers, Dads, Daddys, Pops, Jefitos, Granpas, Pampas, Abulito, or whatever else you may be called!

Manuel Sanchez

Senior Services Director

EMPLOYEE SPOTLIGHT

FRANKIE QUINTANA



What's your job title?

Transit Driver II

How many years have you worked for the City?

Just started.

What's the most exciting part of your job?

The seniors.

Do you have any hidden talents or hobbies?

I like to work on my classic cars.

Are you a sports fan?

Somewhat.

Who are your favorite teams?

San Francisco 49'ers!

What's something your proud of?

Our Lord Jesus for helping me find this job.



NEWS & VIEWS

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30AM-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 at least 5 days in advance.

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

JUNE GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, June 5th and 19th
7:00AM-9:00AM

San Martin de Porres Distribution

June 3rd & 17th: 4:00PM -5:00PM
Free, no application required! Dixon House
(2148 San Ysidro Crossing)

St. John's Methodist Bag 'n Pantry

Tues: 11:00AM-12:30PM, 5:00PM-6:30PM
1200 Old Pecos Trail Santa Fe, NM
Contact: 505-982-5397

St. John's the Baptist Catholic Food Distribution

Every third Thursday of the month
2:00AM-12:30PM
1301 Osage Ave. Lamy Hall

Bienvenidos Outreach Bagged Lunches

Pick up times: 8:00am-1:00pm
Monday -Thursdays
1511 5th St.

HIKES FOR ACTIVE SENIORS

Moderate Hike: Monday, June 16, 2025

The Karl's Meadow/Alamo Vista Hike

June's hike is an often requested and long-awaited hike to Karl's Meadow and beyond to the mid mountain ski lift.

The total distance to the ski lift is 2 ½ miles roundtrip, altitude gain is from 10,000 feet to 11,182 feet. If the group decides to stop at Karl's Meadow (half the total distance), the hike will be rated as easy to moderate. If the group decides to go the total distance, the hike will be rated as moderate to strenuous, and we will not return till 1:30pm.

We will stop for snacks either at the Meadow or at the Ski Lift and feast our eyes on spectacular 180-degree views!

General items

- Arrive: MEG between 8:15AM and 8:30AM.
- Departure: 8:45AM sharp.
- Return: approximately 1:30PM.

What to Bring

BRING WATER and snack food, sturdy shoes or boots, a hat that covers ears, sunscreen and sunglasses; Dress in layers, including a rain jacket. Also, hiking poles if you have them.

Reminder

Next month's hike will be on July 21st
(third Monday-location TBA).

NEWS & VIEWS

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. 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 1:00-5:00p.m. The next class is scheduled for **Tue, June 3, 2025**. For further information to attend any class, contact:

Edna Sandoval at 505-690-4350, visit aarp.org

DAY TRIP TO THE NM HISTORY MUSEUM

Wed, June 18th at 9:30AM

Gather at the MEG Center

Discover the rich and diverse heritage of our state at the New Mexico History Museum in Santa Fe. From ancient cultures to the modern era, explore captivating exhibits that bring New Mexico's past to life. This engaging museum offers a fascinating journey through time-perfect for history lovers and curious minds alike. Join us for a memorable day trip! You are invited to reserve your seat calling:

Kim at 505-955-4715

(space is limited to 50 seats).

Things to remember:

- The trip fee is \$5. We will have lunch in one or two of the restaurants in the area. We are trying to get a special menu, but you can expect to spend around \$25. Additional details are coming soon. You can also bring your own lunch.

- We will gather on Wednesday, June 18th at 9:30am at MEG Center. You will be required to sign a waiver before boarding the bus. We will leave at 10:00 am, and will come back around 3:00pm.
- We are unable to provide transportation from your home to the MEG center that day, please find a way to come to the center on time.

SENIOR PROM MASQUERADE

**The City of Santa Fe Senior Services &
The Santa Fe County Senior Services Present:
Senior Prom Masquerade**

Step into an afternoon of elegance, music, and mystery at our Senior Prom Masquerade! Enjoy a festive lunch, lively dancing, and the chance to don your favorite mask for a touch of glamour. It's a perfect way to celebrate community, friendship, and fun-don't miss this unforgettable event!

When: Wednesday, June 25, 2025

Lunch: Served 11:30 am to 1:00 pm

Music & Dance: 1:00pm to 4:00 pm

Where: Santa Fe Community Convention Center,
201 West Marcy Street

RSVP: Call Kim at 505-955-4715 or Gerson at
505-955-4754

THE CITY OF SANTA FE SENIOR SERVICES
& SANTA FE COUNTY SENIOR SERVICES PRESENT:

SENIOR PROM
Masquerade
WEDNESDAY, JUNE 25, 2025

FEATURING: UVAIDO OLONIA & LLUVIA NEGRA

LUNCH SERVED: 11:30AM-1:00PM | MUSIC & DANCE: 1:00PM-4:00PM

SANTA FE COMMUNITY CONVENTION CENTER
201 W MARCY ST, SANTA FE, NM 87501

TO RSVP PLEASE SEE
YOUR ACTIVITIES PROGRAM COORDINATOR

SANTA FE COUNTY

NEWS & VIEWS

PRESENTATION:

THE AGING JOURNEY-WHAT TO EXPECT

Join us for a presentation about our natural aging process. Learn to recognize early signs of aging, including Alzheimer's and dementia. Explore aging at home vs. senior housing, along with costs and financial planning. Key financial aspects such as Medicare and Medicaid basics, and supplemental and long-term care insurance. We will also delve into legal considerations including POAs, advanced directives, and guardianships vs. conservatorships.

When: June 17, 2025, at 1:00pm

Where: MEG Center-Sunroom

Who: Presented by Peter Carter and Lynn Maes-Villareal, Home Health Experts

Cost: Free. No RSVP required.



UNHOUSED ART-POWERED BY: SANTA FE HOUSING FOR ALL COLLABORATIVE

Santa Fe Community College-School of the Arts and Design on Campus Presents:

UNHOUSED ART-Powered by: Santa Fe Housing for All Collaborative

A Gallery show featuring work from the unhoused community of Santa Fe

June 12, 2025-June 24, 2025

Opening Reception Thursday, June 12, 4PM - 6PM

Open Monday-Friday, 8PM - 9PM

Saturday 8AM - 8PM

Sunday 12PM - 6PM

Main Entry of Santa Fe Community College

6401 Richards Avenue; 6401 Richards Avenue
Santa Fe, NM 87505

Panel discussion Wednesday, June 18, 6PM - 7:30PM
in Jemez Rooms

For more information contact: Linda Cassel,

Director of Art on Campus;

linda.cassel@sfcc.edu or 505-660 -1557

IN LOVING MEMORY



William Maurice Smith

May 28, 1947 - January 27, 2025

William Maurice Smith (Morris), a cherished husband, father, grandfather, and friend, passed away on January 27, 2025. William's life was marked by his dedication to both his family and his career. For 37 years, William devoted himself to the telecommunications industry. He was an alumni of Santa Fe High School. Morris was an avid golfer and enjoyed playing pool, water skiing, and camping. From 2017-2023, William proudly participated in the Santa Fe Senior Olympics, embodying the competitive spirit and vigor he maintained throughout his later years. We will miss you!

FLORA'S CORNER



"Life's journey is not to arrive at the grave safely, in a well preserved body. But rather to skid in sideways, totally worn out, shouting, "What a ride!"

-Anonymous.

iVámonos!

SANTA FE WALKS

Explore Santa Fe's trails • Get some fresh air • Meet your community!

30 Free Walks & Hikes from May through October



MAY

6 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

8 - Thursday @ 5:30 PM

Find a New Path!
Arroyo de los Chamisos Trail from GCCC to
Camino Carlos Rey - Meet at 3221 Rodeo
Rd GCCC Solar Parking Lot - East End

21 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to Railyard
Park. Meet at 1464 Cristobal Colon

30 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

31 - Saturday @ 9 - 11 AM

Vámonos Hike - Dovetail, A SFCT Property
Learn about SFCT's land restoration projects
Meet at 226 Thornton Ranch Rd/Cottonwood
Trailhead (TH)

JUNE

4 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

10 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

12 - Thursday @ 5:30 PM

Find a New Path!
Santa Fe Canyon Preserve Loop Trail
Meet at Cerro Gordo TH (Dale Ball Trails)

21 - Saturday @ 1 - 3 PM

Vámonos Hike with El Rancho de las
Golondrinas - "Take a Kid Hiking Day" with
Nature Scavenger Hunt and Ice Cream!
Leonora Curtain Wetland Preserve (no dogs
please). Meet at 49A W Frontage Rd

27 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

JULY

2 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon

8 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

12 - Saturday @ 9 - 11 AM

Vámonos Hike - Norski Trails
Meet at NM-475/Hyde Park Rd just past
Vista Grande Overlook and before Ski Basin

17 - Thursday @ 5:30 PM

Find a New Path!
Frenchy's Field Park to SF River Trail
Meet at Frenchy's Field TH, 2001 Agua Fria St

25 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

See August through October walks and Color Code Legend on back

For more information and
maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

AUGUST

5 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

9 - Saturday @ 9 - 11 AM

Vámonos Hike - Explore Re-Unity Resources
from the Santa Fe River Trail
Meet at Romero Park (dog park entrance),
2001 Caja del Oro Grant Rd

13 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

21 - Thursday @ 5:30 PM

Find a New Path!
Walk SF River Trail and end with Happy Hour!
Meet at Tumbleroot, 2791 Agua Fria St

22 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

SEPTEMBER

2 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

10 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon

13 - Saturday @ 9 - 11 AM

Vámonos Hike at the Arroyo Hondo Open
Space - Meet at Old Agua Fria Rd E TH
(end of road, off Old Santa Fe Trail exit)

18 - Thursday @ 5:30 PM

Find a New Path!
Arroyo de los Chamisos Trail from Museum
Hill to St. John's College
Meet at 1899 Camino Corrales (end of road)

26 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

OCTOBER

1 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

7 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

10 - Thursday @ 5:30 PM

Find a New Path!
El Camino Real Trailhead to SF River Trail
Meet at 3600 Constellation Dr off Airport Rd

18 - Saturday @ 8:30 AM - 1:30 PM

Vámonos Hike at Cerrillos Hills State Park
Registration required to info@sfct.org for
free bus transportation to TH

24 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center



Sponsored by the Santa Fe Walking Collaborative
& convened by the Santa Fe Conservation Trust
Spanish language schedule available at sfct.org/vamonos

¡Vámonos!

SANTA FE WALKS

COLOR CODE LEGEND

- Easy
- Moderate
- ADA Accessible Trail
- Dirt / Rough Trail
- Mixed ADA / Dirt Trail



CHANGES IN MEDICARE IN 2025

Prescription Drugs

One significant change to Medicare in 2025 affects prescription drugs. Medicare prescription drug plans must cap out-of-pocket spending on covered drugs at \$2,000 a year (for all your covered prescriptions). This cap applies to Medicare Part D plans and Medicare Advantage Plans with drug coverage. Once you reach \$2,000, you won't have to pay out-of-pocket for covered drugs for the rest of the calendar year.

The Center for Medicare and Medicaid Services (CMS) announced the average annual Part D monthly premium will be \$40 this year, down from \$41.63 in 2024 and \$13.50 a month for Medicare Advantage Plans, down \$2.06 a month from 2024. CMS also said about 60% of beneficiaries who kept the same Medicare Advantage Plan they had in 2024 have no monthly drug premiums.

In 2025, the Medicare Prescription Payment Plan option will take effect. It is voluntary and the plan works with your current drug insurance to help you manage your out-of-pocket costs for drugs covered by your plan. It does so by spreading your drugs costs across the calendar year (January–December) into monthly payments. If a drug plan has a deductible, the beneficiary will pay the deductible before the plan coverage starts. In 2025 the maximum deductible is \$595

Special Enrollment Plans for Dual Eligibles and LIS Recipients

As of 2025, dual eligible individuals (those qualifying for both Medicare and Medicaid) will have access to a new "Integrated Care Special Enrollment Period" allowing them to switch to a fully integrated Dual Eligible Special Needs Plan (D-SNP) on a monthly basis. Unlike previous quarterly options, dual eligibles can now make changes to their Medicare Advantage

plans and prescription drug coverage once per month.

Starting this year those individuals enrolled in Low Income Subsidy (LIS) which assists with prescription drug costs may change their Part D prescription drug plans on a monthly basis.

Medicare Costs

Most Medicare beneficiaries Part B premiums (medical bills and laboratory tests) will be \$185 per month this year, up \$10.30 from 2024. Medicare is income related so if you earn a higher income, you will pay more per month. If you are a low-income earner, you may qualify for the Medicare Savings Program (MSP) which can eliminate one from paying the monthly Part B premium. If you qualify for the Qualified Medicare Beneficiary (QMB) program (in MSP) your Part B premium will be eliminated, and you cannot be billed for deductibles, co-payments and coinsurance.

The Part A (hospital costs) deductible for in-patient care will be \$1,675 for 2025. Most people with either a Medigap supplemental plan or Medicare Advantage will not pay this deductible. Individuals who do not qualify for Part A will pay a premium depending on many working quarters they have less than 40. The Part B (medical care and lab tests) premium for 2025 is \$185 a month, up from \$174.70 in 2024.

Telehealth

During COVID telehealth services expanded to allow beneficiaries to access medical services. These expanded services are being restricted but not totally removed. In 2005 telehealth services will be available for some types of Medicare services including behavioral/mental health care, monthly end-state Renal Disease visits, diabetes self-management training and Medicare nutrition therapy.

CAMBIOS EN MEDICARE EN 2025

Medicamentos con receta

Hay un cambio importante en Medicare en el 2025 que afecta a los medicamentos que requieren receta. Los planes de medicamentos recetados de Medicare deberán limitar el monto que usted paga de su bolsillo (out-of-pocket) por medicamentos cubiertos a un máximo de \$2,000 al año (para todas tus recetas cubiertas). Este límite se aplica tanto a los planes de la Parte D de Medicare como a los Planes Medicare Advantage con cobertura de medicamentos. Una vez que alcance los \$2,000, no tendrá que pagar de su bolsillo por medicamentos cubiertos durante el resto del año calendario.

El Centro de Servicios de Medicare y Medicaid (CMS, por sus siglas en inglés) anunció que la prima mensual promedio anual de la Parte D será de \$40 este año, una disminución respecto a los \$41.63 de 2024, y de \$13.50 mensuales para los Planes Medicare Advantage, lo que representa una reducción de \$2.06 al mes comparado con 2024. El CMS también indicó que alrededor del 60% de los beneficiarios que mantuvieron el mismo Plan Medicare Advantage que tenían en 2024 no tendrán que pagar primas mensuales por medicamentos.

En el 2025 entrará en vigor la opción del Plan de Pago de Medicamentos de Medicare. Esta opción es voluntaria y trabaja con su seguro actual de medicamentos para ayudarle a manejar el costo del monto que usted paga de su bolsillo por los medicamentos cubiertos por su plan. Lo hace distribuyendo los costos a lo largo del **año** calendario (de enero a diciembre) en pagos mensuales. Si un plan de medicamentos tiene deducible, el beneficiario deberá pagar ese deducible antes de que comience la cobertura del plan. En 2025, el deducible máximo será de \$595.

Períodos de inscripción especial para personas con doble elegibilidad y beneficiarios de LIS

A partir de 2025, las personas con doble elegibilidad (aquellas que califican tanto para Medicare como para Medicaid) tendrán acceso a un nuevo "Período de Inscripción Especial de Atención Integrada", que les permitirá cambiarse mensualmente a un Plan completamente integrado de Necesidades Especiales para Personas con Doble Elegibilidad (D-SNP, por sus

siglas en inglés). A diferencia de las opciones trimestrales anteriores, ahora las personas con doble elegibilidad pueden realizar cambios en sus planes Medicare Advantage y cobertura de medicamentos con receta de forma mensual (de enero a diciembre) en pagos mensuales.

Costos de Medicare

La mayoría de las primas mensuales que los beneficiarios de la Parte B (recibos médicos y pruebas de laboratorio) del Medicare pagarán este año, será de \$185, lo que representa un aumento de \$10.30 respecto a 2024. El Medicare se basa en los ingresos, por lo tanto, si usted tiene ingresos más altos, pagará más al mes. Si usted tiene ingresos bajos, podría calificar para el Programa de Ahorros de Medicare (MSP), que puede eliminar la necesidad de pagar la prima mensual de la Parte B. Si califica para el programa de Beneficiario Calificado de Medicare (QMB, por sus siglas en inglés), que forma parte del MSP, su prima de la Parte B será eliminada y no se le podrá cobrar deducibles, copagos ni coaseguros. El deducible de la Parte A (costos hospitalarios) para atención hospitalaria será de \$1,675 en 2025. La mayoría de las personas que tienen un plan suplementario Medigap o Medicare Advantage no tendrán que pagar este deducible. Las personas que no califican para la Parte A con menos de 40 trimestres, deberán pagar una prima según la cantidad de trimestres laborales que tengan. La prima de la Parte B (atención médica y pruebas de laboratorio) para 2025 será de \$185 al mes, contra \$174.70 que se pagaban en 2024.

Telemedicina (Telehealth en inglés)

Durante la pandemia de COVID, los servicios de telemedicina se ampliaron para permitir a los beneficiarios acceder a servicios médicos. Estos servicios ampliados se restringirán, pero no serán eliminados por completo. En 2025, los servicios de telemedicina estarán disponibles para algunos tipos de servicios de Medicare, incluidos el cuidado de salud mental/conductual, visitas mensuales por enfermedad renal terminal, capacitación para el manejo de la diabetes y terapia nutricional cubierta por Medicare.

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S AND DEMENTIA

1. Memory loss that disrupts daily life. (Sometimes forgetting names or appointments but remembering them later.)
2. Challenges in planning or solving problems. (Making occasional errors when managing finances or household bills.)
3. Difficulty completing familiar tasks. (Occasionally needing help to use microwave settings or to record a TV show.)
4. Confusion with time or place. (Getting confused about the day of the week but figuring it out later.)
5. Trouble understanding visual images and spatial relationships. (Vision changes related to cataracts.)
6. New problems with words in speaking or writing. (Sometimes having trouble finding the right word.)
7. Misplacing things and losing the ability to retrace steps. (Misplacing things from time to time and retracing steps to find them.)
8. Decreased or poor judgement. (Making a bad decision or mistake occasionally, like neglecting to change the oil in car.)
9. Withdrawal from work or social activities. (Sometimes feeling uninterested in family or social obligations.)
10. Changes in mood and personality. (Developing very specific ways of doing things and becoming irritable when a routine is disrupted.)

AWESOME PASTA SALAD



This pasta salad with pepperoni, tomatoes, and provolone cheese is the best. It's a very easy, light-tasting side dish for a picnic or dinner.

Ingredients:

- 1 (16 ounce) package fusilli (spiral) pasta.
- 3 cups cherry tomatoes, halved
- ½ pound provolone cheese, cubed
- ½ pound salami, cubed
- ¼ pound sliced pepperoni, cut in half
- 1 large green bell pepper, cut into 1-inch pieces
- 1 (10 ounce) can of black olives, drained
- 1 (4 ounce) jar pimentos, drained
- 1 (8 ounce) bottle Italian dressing

Directions:

- Gather all ingredients.
- Bring a large pot of lightly salted water to a boil. Cook fusilli pasta in boiling water, stirring occasionally, until tender.
- Combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives, and pimentos in a large bowl. Add salad dressing.
- Enjoy!

VOLUNTEER PROGRAMS



AmeriCorps Seniors
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 and volunteer recognition. **www.rsvpsantafe.org**

If you are interested in volunteering, please contact **Mona Baca at 505-955-4760 or mabaca@santafenm.gov**



THANK YOU TO THE FOLLOWING GENEROUS LOCAL BUSINESSES FOR THEIR PRIZE CONTRIBUTIONS:

- The Chocolate Smith
- The Pantry
- Big Jo's Hardware
- The Christmas Store
- Trove Beauty Bar
- Weck's
- Trader Joe's
- School of Cooking
- Boorju Rugs and Décor
- Nothing Bundt Cakes
- Real Burger
- Wild Birds
- Caden Manning-Bee Hive Homes
- Dunkin Donuts

HAPPY BIRTHDAY, JUNE VOLUNTEERS!

Ian Dunn 6/3
Eduardo Lucero 6/3
Ernest Madrid 6/3
Jonni Lu Pool 6/5
Colleen Davis 6/6
Alfonso "Al" Ulibarri 6/7
Danna Metzger 6/10
Olivia Trujillo 6/10
Marcy Leavitt 6/12
Michael Reilly 6/12
Eileen CdeBaca 6/14
Jacquelin Dawson 6/15
Pamela Reynolds 6/16
Thomas Minton 6/18
Wesley Sandel 6/18
Linda Vitro 6/18
Kristine Dorris 6/21
Daisy Welch 6/21
Christine Mendoza 6/22
Gilbert Alarid 6/23
June English 6/23
David Lucero 6/23
Marie Newson 6/23
Kevin McCoy 6/24
Genevieve Armijo 6/27
Diane Solano 6/30



NON-METRO AREA AGENCY ON AGING | VOLUNTEER DRIVER PROGRAM

Helping older adults thrive and maintain their independence.

DRIVERS NEEDED

Help provide transportation services for non-emergency medical appointments for seniors.

Volunteer drivers utilize their own insured vehicles to provide transportation for adults 60 years of age or older to travel to life sustaining medical appointments.

Become a driver today!

WE OFFER OUR DRIVERS

Mileage reimbursement

Supplemental auto coverage

Meal reimbursement for rides
(OVER FIVE HOURS)



CONTACT US

seniorhelp@ncnmedd.com
(505) 391-9231

SIGN UP NOW!



NON-METRO AREA AGENCY ON AGING | VOLUNTEER DRIVER PROGRAM
(Agencia para el Envejecimiento en Áreas No Metropolitanas) (Programa de Conductores Voluntarios)

Ayudando a los adultos mayores a prosperar y mantener su independencia.

SE NECESITAN CONDUCTORES

Ayude a brindar servicios de transporte para citas médicas que no son de emergencia para personas mayores.

Los conductores voluntarios utilizan sus propios vehículos asegurados para proporcionar transporte a adultos de 60 años o más para asistir a citas médicas esenciales para su bienestar. **¡Conviértase en conductor hoy!**

OFRECEMOS A NUESTROS CONDUCTORES

Reembolso de millaje

Cobertura de auto suplementaria

Reembolso de comidas por viajes

(DE MÁS DE CINCO HORAS)



CONTÁCTENOS

seniorhelp@ncnmedd.com
(505) 391-9231

¡REGÍSTRATE AHORA!



ESCANEE:

CROSS WORD PUZZLE

Crossword: June 1st

Across		
1 Having the means	30 Barbershop patron's choice	54 Tips off
5 Fragrant oil	33 Balancing pro	56 Follower of young
10 Old World duck	36 Amy of "Carrie"	60 Make a face
14 Not imagined	38 Some vitamin C sources	61 Aloof
15 Sofia Coppola, to Talia Shire	39 Computer capacity	64 Crystal ball user
16 Detective Wolfe	40 Runs out of steam	65 Nourishment for a koala
17 Not a thing of the past	41 Ration out	68 "Frasier" actress Gilpin
19 Like some chatter	43 Musical with the song "The Night They Invented Champagne"	69 Small arboreal tropical American lizard
20 Sea eagle	44 Canal locale	70 River to the North Sea
21 Tell it like it isn't	45 Dove competitor	71 Barrie buccaneer
22 Military actions	46 Bloviates	72 Prevent
24 Layers	48 Like some grins	73 Wing-shaped
26 "For the Boys" subj.	49 Bullion unit	
27 Firewood measure	51 Vast chasm	
	52 Pilar cyst	

Down
1 "Rise, Glory, Rise" composer
2 It may have a big head
3 Croquet site
4 Grimm character
5 "Tomorrow" musical
6 Go-getters
7 Bus. card abbr.
8 Air force heroes
9 Change the decor
10 Foul moods
11 A place for some actors
12 First name in mysteries
13 Afflictions
18 Martian, maybe
23 Regrets
24 Speaker of baseball
25 Superficial
27 Factions
28 Courtroom event
29 All over the place
31 Flap
32 Kind of power
34 Book parts
35 Out of whack
37 Acquire
42 Fall behind
43 Ties up the phone
45 Actress Merrill
47 Long-limbed
50 Steamed dish
53 Chill-inducing
55 King or queen
56 Dangerous biters
57 Abound
58 Try for a part
59 Ditty
61 "___ have to do"
62 Largest island in the West Indies
63 River of Flanders
66 Simple sack
67 Prankster's projectile

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		
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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						73			

WORD SEARCH

Carnivorans

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

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

GOLDEN CAT
HONEY BADGER
HYENA
JACKAL
JAGUAR
JUNGLE CAT
LION
LYNX
MANED WOLF
MARBLED CAT
MARTEN
MEERKAT
MONGOOSE
PUMA
RACCOON
SEAL
SERVAL
SLOTH BEAR
SNOW LEOPARD
TIGER
WALRUS

BINTURONG
CARACAL
CHEETAH

COATIS
COYOTE
DINGO

ERMINE
FENNEC FOX
FRET

DELETE ONE

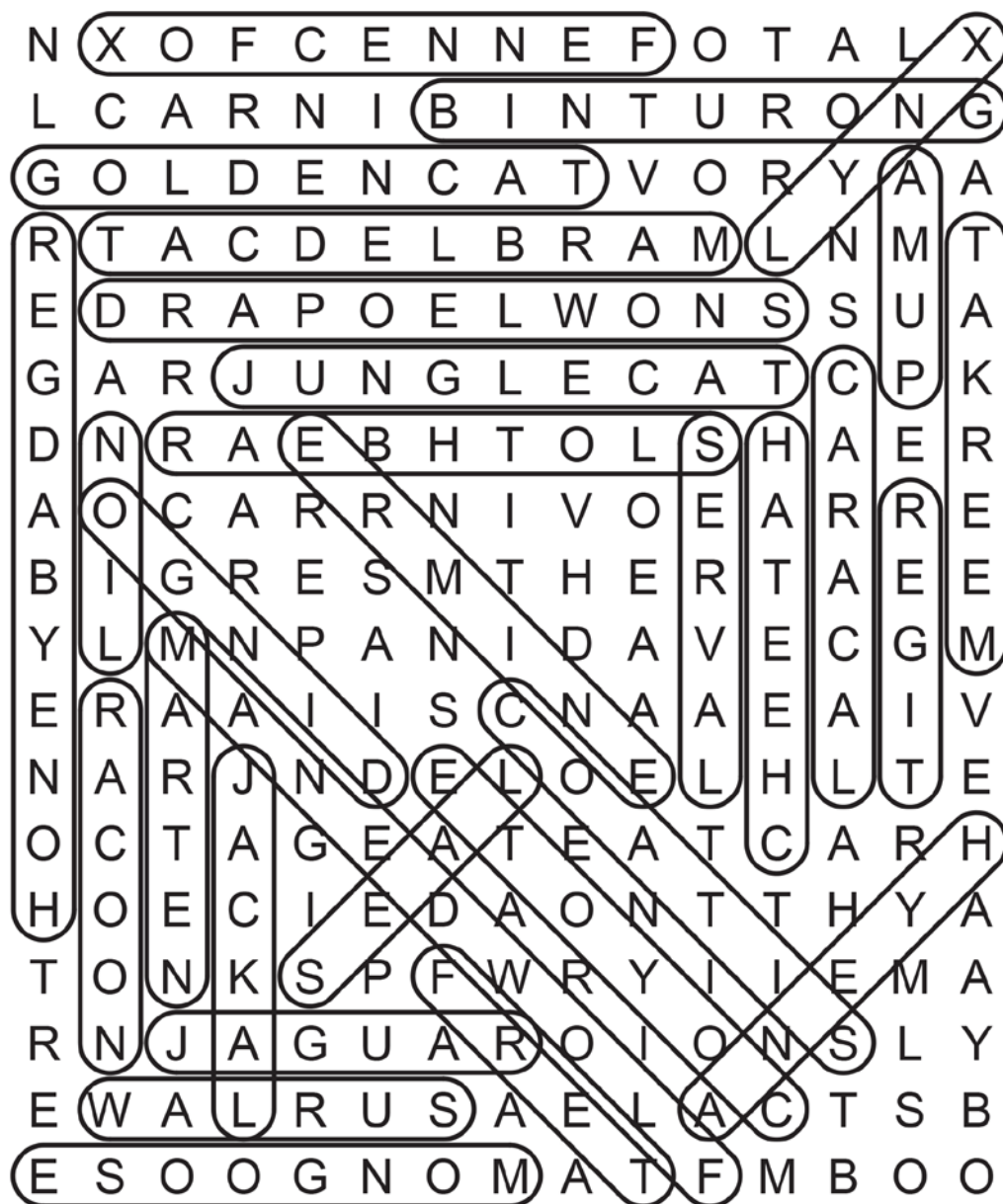
Delete one letter from ATTACH LONG SORRY and find something you may consult to see ahead.



CROSS WORD PUZZLE SOLUTIONS

June 1st														
A	B	L	E		A	T	T	A	R		S	M	E	W
R	E	A	L		N	I	E	C	E		N	E	R	O
N	E	W	F	A	N	G	L	E	D		I	D	L	E
E	R	N		L	I	E		S	O	R	T	I	E	S
			T	I	E	R	S			U	S	O		
S	T	E	R	E		S	H	A	V	E		C	P	A
I	R	V	I	N	G		A	D	E	S		R	A	M
D	I	E	S		A	L	L	O	T		G	I	G	I
E	A	R		D	I	A	L		O	R	A	T	E	S
S	L	Y		I	N	G	O	T		A	B	Y	S	S
		W	E	N			W	A	R	N	S			
A	T	H	E	A	R	T		M	U	G		I	C	Y
S	E	E	R		E	U	C	A	L	Y	P	T	U	S
P	E	R	I		A	N	O	L	E		E	L	B	E
S	M	E	E		D	E	T	E	R		A	L	A	R

Solution: Carnivorans



DELETE ONE

Delete N and find ASTROLOGY
CHART



SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU JUNE 2025

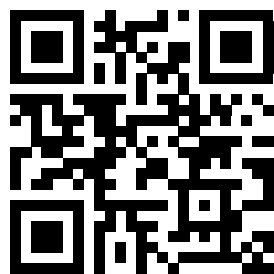
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken Brown Rice Egg Roll Asian Veggies Fortune Cookie Mandarin Oranges	3 Baked Tilapia Parsley Potatoes French Style Green Beans Roll Fruit in Jello	4 Beef Tips over Egg Noodles Mixed Veggies Tossed Salad Roll Banana	5 Pulled Pork Sandwich Brussel Spouts Tater Tots Coleslaw Apricots	6 Tuna Salad Carrot & Celery Sticks Pasta Salad Crackers Oatmeal Cookie
9 Meatball Sub with Marinara Sauce and Mozzarella Cheese Italian Veggies Sun Chips Fresh Apple	10 Baked Cod Tartar Sauce Wild Rice 5 Way Veggies Garden Salad Diced Peaches	11 Red Chili Pork Tamale Red Chili Sauce Calabacitas Pinto Beans Tortilla Mango	12 Beef Roast Mushroom Gravy ½ Baked Potato Vegetable Medley Roll Pineapple	13 Chef's Salad with Turkey, Egg & Cheese Potato Chips Brownie
16 Breaded Chicken Sandwich Garnish 3 Bean Salad Macaroni Salad Fresh Pear	17 Beef Fajita with Peppers & Onions Fajita Veggies Refried Beans Tortilla Ice Cream	18 Chicken Tenders Buffalo Sauce Sweet Potato Fries Bahama Veggies Garden Salad Cantaloupe	19 ALL CENTERS CLOSED	20 Chicken Salad Sandwich Croissant Baby Carrots Potato Chips Chocolate Chip Cookie
23 Beef Soft Taco Garnish Salsa Spanish Rice Chuckwagon Veggies Vanilla Pudding with Cinnamon	24 Green Chili Cheeseburger Garnish Season Fries Green Beans Watermelon	25 BBQ Chicken Ranch Beans Mixed Veggies Coleslaw Roll Fresh Orange	26 Turkey Roast Turkey Gravy Stuffing Asparagus Spinach Salad Roll Tropical Fruit	27 BLT Garnish Cold Peas Potato Salad Yogurt
30 Spaghetti with Meaty Marinara Italian Veggies Tossed Salad Garlic Toast Fresh Grapes				

Senior Meal Suggested Donation: Lunch \$1.50
10:30 am – 12:30 pm Monday through Friday

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

CITY OF SANTA FE EVENTS

Our spring/summer event schedule is ramping up. Stay up to date on upcoming city-wide, family-friendly events. Everything from Movies in the Park, Summer Cool Downs, Teen Nights, Reading Programs, and much more, we've got you covered! Visit santafenm.gov/events and follow us on social media [@SantaFeGov](https://twitter.com/SantaFeGov) for more info.



CITY OF SANTA FE
COMMUNITY ENGAGEMENT



NOTES



Barbara & Rosario!



Carmen & Louie!



Pam & Marcy!



Happy days!



Thank you, Stan!



Thank you, Frank!



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



Siler Rd.

Cerrillos Rd.

Sirango Rd.

W Zia Rd

Rodeo Rd.

St. Michaels Dr.

St. Michaels Dr.

S St. Francis Dr.

S Guadalupe St.

W. Alameda St.

Paseo De Peralta

Don Diego Ave.

MARY ESTHER
GONZALES (MEG)

PASATIEMPO

LUISA CENTER



= Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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