



CITY OF SANTA FE  
SENIOR SERVICES

AUGUST 2024

# SENIOR SCENE





CITY OF SANTA FE  
SENIOR SERVICES

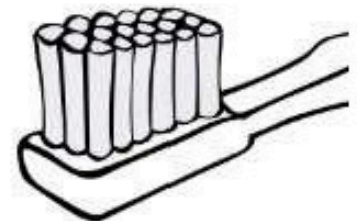


# HELP THOSE IN NEED

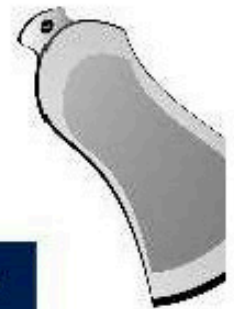


## WE NEED:

- Adult/Kids Toothpaste
- Adult/Kids Toothbrushes
- Men's/Women's Deodorant
- Body Lotion
- Laundry Soap
- Dish Soap
- Hand Soap
- Canned goods (unexpired)



**\*All items must be new and in unopened containers.**



**Collection date is through September 9.  
Donations can be dropped off at the  
Mary Esther Gonzales Senior Center  
inside near the entrance  
Monday - Friday 8 a.m. - 5 p.m.**

**Donations are being collected for Esperanza Shelter  
For more information contact Mona Baca  
1121 ALTO ST., SANTA FE  
ph 505-955-4760  
mabaca@santafenm.gov**

# ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

## In this Issue:

[News & Views](#)

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[August Senior Center Lunch Menu](#)

Newsletter Production:  
Mona Baca, Editor/Distribution

City Communications Team,  
Graphic Design/Copy Editing

**Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)**  
Contact: Lugi Gonzales 505-955-4711, [lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

**Monday through Friday | 10:30AM – 12:30PM**  
**Fitness Room & Computer Lab Open!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		
Haircuts by Fabiola: Monday, August 12, 10 AM-1 PM				
Haircuts by Catalina: Wednesday, Aug. 14, 9:30 am-12:30 pm				

**Pasatiempo Senior Center (664 Alta Vista St.)**  
Contact: Lugi Gonzales 505-955-4711, [lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

<b>Mon-Fri</b>	<b>Fitness Room Open: 8AM –1PM</b>	<b>Tues</b>	<b>Line Dancing</b> (Beginner 10AM, Intermediate 11:30AM) FULL
<b>Weds</b>	<b>Live music: Grupo Cielo Azul, 11:45 AM-2 PM</b>	<b>Thurs</b>	<b>Japanese Dance w/ Chizuko 9:30-10:30 AM</b>
<b>No haircuts at Pasatiempo in August.</b> 			

**Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)**  
Contact: Lugi Gonzales 505-955-4711, [lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

**Pool/Cards/Billiards Room, Craft, Fitness Room and Computer Lab CLOSED FOR CONSTRUCTION**  
**Monday, Wednesday, Thursday-Games/Cards-Conference Room-8 AM-10 AM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tai Chi/Short Form</b> 8:30-9:30 AM	<b>Tai Chi/Short Form</b> 8:30-9:30 AM	<b>Enhanced Fitness</b> 9:30-10:30 AM	<b>Wood Carving</b> 9:30-11 AM	<b>Enhanced Fitness</b> 9:30-10:30 AM
<b>Enhanced Fitness</b> 9:30-10:30 AM	<b>Guitar Class</b> 9-11 AM	<b>Bingo</b> 1:30-3 PM	<b>Meditation for Seniors by Upaya</b> 1-2 PM	<b>MEG Page Turners Book Club:</b> <i>Choose a Biography</i>
<b>Cribbage</b> All skill levels welcome Materials provided 1-3 PM August 5 and 19			<b>Tai Chi/Qi Gong</b> 3:30-4:30 PM	August 9 1-2 PM
				<b>Knitting Class</b> 1-3 PM



**Haircuts by Fabiola: Monday, August 5 and 19 10:30 AM in Sunroom**

*All activities are open to registered seniors . Schedule is subject to change.*  
*Please sign in on our activity sheets every time you participate in an activity. Masks are optional.*

# CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES  
**ADMINISTRATION OFFICES**  
 1121 ALTO STREET, SANTA FE, NM, 87501  
 HOURS 8 AM-5PM MONDAY-FRIDAY

**ADMIN OFFICES: 505-955-4721**

**Toll-Free Administration: 866-824-8714**

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

**Division Director, Senior Services**  
 Manuel Sanchez: 505-955-4710,  
[mnsanchez@santafenm.gov](mailto:mnsanchez@santafenm.gov)

**Transportation Reservations: 505-955-4700**  
 Linda Salazar, Senior Transportation Manager  
[lmquesada@santafenm.gov](mailto:lmquesada@santafenm.gov)

- Must be 60+
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required

**Congregate Meals: 505-955-4739**  
 Yvette Sweeney, Nutrition Manager: 505-955-4739  
 Ray Dominquez, Admin Assistant: 505-955-4749  
 Manny Padilla, Nutrition Inventory Sup.: 505-955-4750

- Must be 60+
- Free Registration & Reassessment Required

**Home Delivered Meals: 505-955-4748**  
 Carlos Sandoval: [cesandoval@santafenm.gov](mailto:cesandoval@santafenm.gov)

- Must be 60+
- Must be within City Limits & Homebound
- Requires an In-Home Assessment

**Senior Services Navigator: Vacant**

Santa Fe Civic Housing: 505-930-5901  
 Santa Fe County Senior Programs: 505-992-3069

**Senior Center Programming Activities: 505-955-4711**

Lugi Gonzales, Center Program Manager:  
[lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

- Must be 60+
- Services are free
- Free Registration & Reassessment Required

**Activities: MEG Center: 505-955-4715**

Lugi Gonzales 505-955-4711 | [lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

**Activities: Luisa, Pasatiempo, Villa Consuelo**

**In-Home Support Services Program Manager**

Vicki Hernandez: 505-955-4704 |  
[vmhernandez@santafenm.gov](mailto:vmhernandez@santafenm.gov)

- Must be 60+
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

**In-Home Supportive Services Program Coordinator**

Delilah CdeVaca: 505-955-4746

**Senior Volunteer Programs Manager**

Theresa Trujillo - 505-955-4745 |  
[tptrullio@santafenm.gov](mailto:tptrullio@santafenm.gov)

**Senior Companion/Foster Grandparent: 505-955-4744**

Roberta Armijo, Project Administrator:  
[rparmijo@santafenm.gov](mailto:rparmijo@santafenm.gov)

- Must be Age 55+
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

**Grandparents Raising Grandchildren Fund:  
 505-955-4745**

Theresa Trujillo: [tptrujillo@santafenm.gov](mailto:tptrujillo@santafenm.gov)

- Must be 55+
- Services are Free
- Annual Reimbursement Available

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

Mona Baca – RSVP Admin/Public & Community Relations  
[mabaca@santafenm.gov](mailto:mabaca@santafenm.gov)

**RSVP Volunteer Program Coordinator:  
 505-955-4722**

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

- Must be Age 55+
- Services are Free
- Requires a Background Check

## DIRECTOR'S NOTE

### Dear Senior Services Community,

Summer is in full swing, and our summer temperatures are soaring. The monsoon has been good for us this season.

The flowers are blooming, and the fruit trees are full. I hope everyone is enjoying the summer.

Please remember that the MEG Center is a designated cooling station. If you need to cool off, please visit us and enjoy one of the many activities we offer during the day, or come visit with friends.

The expansion construction is moving along. The concrete pads have been poured for the new Crafts and Game rooms, and the exterior walls are going up. The interior space is being framed out; it is exciting to see it taking shape.

Please remember to be cautious around the construction area and watch for heavy equipment moving around. To avoid the construction entrance, please try to park in the center parking lot and avoid parking on Alto Street.

Manuel



*Manuel Sanchez*

Division Director

# Program to Encourage Active, Rewarding Lives

Michelle Stizza, PEARLS COACH

NMSU Santa Fe County Cooperative Extension Agent

505-471-4711

[mstizza@nmsu.edu](mailto:mstizza@nmsu.edu)

In six to eight one-on-one sessions, our PEARLS coaches will help you: define and tackle the problems you want to address; increase social and physical activities to improve mood and health; engage in activities you to enjoy.

Coaches help participants set their own goals and enhance their skills to live active and rewarding lives.

PEARLS helps older adults reduce feelings of isolation and hopelessness.



# Celebrating Stories of Our Lady of Guadalupe Cemetery

[www.guadalupehistorysantafe.com](http://www.guadalupehistorysantafe.com)

*Old Santa Fe Association, Retired Senior Volunteer Program (RSVP), and Little Globe are working together on a history project about the Our Lady of Guadalupe Cemetery on Early Street and its family connections to Santa Fe's history from the 1870s on.*

*This project seeks families and individuals who may be related to people buried in the cemetery and would like to share stories and potentially co-produce short films about family memories and the diverse community members who are buried there.*

*Stipends will be provided for those helping to produce the films.*

## THE PROJECT

Beginning July 2024, the project team (historians, advocates and filmmakers) will work with families and individuals to gather data and stories about their relatives buried in the cemetery. From this group, 3-4 short films will be co-produced with the participants.

Filmmaking participants will be asked to dedicate time and share family images that can contribute to each story. This project will include optional film-training for those interested in taking part in the filming, research interviews, storytelling, and editing of their films.

The resulting short films will be used in a variety of ways such as inclusion in public events about the cemetery and its history, in the Santa Fe Library archives, and on digital platforms like YouTube.

All stories will be preserved in written form for posterity and available to read and share.



## THE TEAM

This project is a collaborative effort between Rosario Torres (RSVP) and the Old Santa Fe Association. Together they have worked to clean up the grounds and begun preservation efforts for the cemetery. Little Globe, a Santa Fe-based non profit, is devoted to collaborative filmmaking and “envisions a world where we connect, heal and thrive through the art of storytelling.”

## WHY THIS IS IMPORTANT

Remembering our shared history is essential. It is important to preserve the cemetery, honoring those buried there and their living legacies. By collecting and sharing these stories, we enrich our understanding of Santa Fe's past, present, and future.

Contact: email: [guadalupehistorysantafe@gmail.com](mailto:guadalupehistorysantafe@gmail.com) website: [www.guadalupehistorysantafe.com](http://www.guadalupehistorysantafe.com)

# NEWS & VIEWS

## ❖ MEG Transportation Program

Transportation services are fully operational from 8:30 AM to 4:15 PM. Reservations must be called in; no email requests. Customers must schedule their reservation at least 3 to 5 days in advance. Contact Linda Salazar at 505-955-4700 with any questions!

**Please note: On the third Thursday of the month, we will close at 2:30 PM for mandatory staff meetings/training. Thank you.**

Transportation services are also available with Santa Fe Ride (Transit Division): 505-473-4444.

\*Due to staff shortage, rides are limited. Please contact Linda for more information.

## ❖ Birthday Celebrations!

Celebrate August birthdays during the lunch hour at the following Senior Centers:

- MEG- Thursday, August 1 at 11 am
- Pasatiempo- Friday, August 2 at 11 am
- Luisa- Monday, August 5 at 11 am

## ❖ August Grocery Distributions



**The Food Depot** offers drive-through grocery distributions at 1222 Siler Road from **7 to 9 AM on Thursdays, August 8 and August 22.**



**San Martin de Porres Distribution**  
San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food August 13, 16, and 27 from 4-6 pm, out of the Dixon House 2148 San Ysidro Crossing. **FREE FOOD FOR EVERYONE (No application required.)**



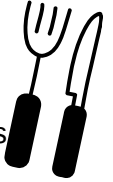
### The Food Mobile

Call Mona Baca at 505-955-4760 for dates and locations.

## ❖ ICAN Nutrition Classes

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

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



**MEG: Tues. August 20 at 11 am**  
**Pasatiempo: Wed. August 21 at 11 am**  
**Luisa: Thurs. August 22 at 11 am**

For more info, contact Renee with the SF County Extension Office at **505-471-4711**

## ❖ AARP “Smart Driver” Course

Sign up for the AARP Driver Course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG).

Sign up for the AARP Smart Driver course today! Classes are held in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1-5 p.m., but please arrive at 12:30 p.m. to check in.

The class is taught by volunteer instructor(s) who will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$25, but if you are an AARP member, the cost is \$20 with your AARP card. All attendees must have a valid driver's license and present it on the day of the class. Only cash and checks are accepted for payment. We also advise that you dress in layers as temperatures fluctuate in the MEG dining room.

This class is limited to 10 participants. To pre-register, please call Edna Sandoval at 505-690-4350 and leave your name and phone number. Your call will be returned. The upcoming date is August 6, 2024.

# NEWS & VIEWS

## Movie Day at MEG



### La Bamba (MEG)

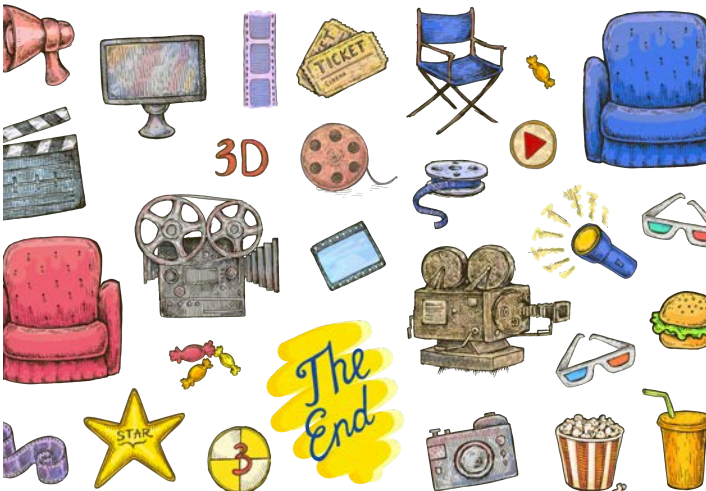
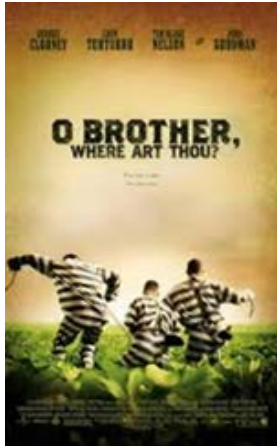
Monday, August 5, 1 pm

Los Angeles teenager Ritchie Valens (Lou Diamond Phillips) becomes an overnight rock'n'roll success in 1958. Valens has conflicts with his jealous brother, Bob (Esai Morales), and becomes haunted by a recurring nightmare of a plane crash just as he begins his first national tour alongside Buddy Holly (Marshall Crenshaw).

### O Brother, Where Art Thou

Tuesday, Aug. 20 at 1 pm

Ulysses Everett McGill (George Clooney) is having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang with simple Delmar (Tim Blake Nelson) and maladjusted Pete (John Turturro), then the trio sets out to pursue freedom and the promise of a fortune in buried treasure. With nothing to lose and still in shackles, their hasty run takes them on an incredible journey of awesome experiences and colorful characters



## Hikes for Active Seniors



### MODERATE HIKE - AUGUST 12, MODERATE HIKE-AUGUST 12, 2024, HIKING THE CHAMISA TRAIL

Rated as easy to moderate, the Chamisa Trail is just under five miles with a total elevation gain of 1,200 feet. The hike will take about 3.5 hours plus driving time (50 minutes roundtrip). From the parking area, we will climb 600 feet in 1.1 miles and rest at the saddle. The elevation at the saddle is 8,500 feet. Over the next 1.25 miles, we drop 500 feet to land in a beautiful meadow next to a stream, where we will have our sack lunches before heading back the way we came.

General items:

- ARRIVE at MEG by 8:30 am.
- DEPARTURE at 8:45 am sharp and return by approximately 1-1:30 pm.
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket, and sunscreen. Also, hiking poles if you have them.
- NOTE: this hike is set for August 12, the second Monday in August, and not the regularly scheduled third Monday.

## Santa Fe County Fair



July 31-August 3: Enjoy the animals, arts & crafts, shows, fair food, livestock auction, music, dance. FREE Family Fun at the Fairgrounds on Rodeo Road, Santa Fe, NM.



## NEWS & VIEWS

### ❖ Haiku By Patti Merrill

Summer picnic. Perfect day. Wait...not so.  
Raindrop!

### ❖ Flora's Corner

"Words of Wisdom to My Grandson"

I have traveled paths you have yet to walk. Learned lessons old and new, and now the wisdom of my life, I am blessed to share with you!

"Seek ye first the kingdom of God," your beliefs you should uphold. Do not walk away from what you know is right. Be courageous and be bold!

Allow yourself to be humble and remember to be kind. When you have respect for others, true friendships you will find!

Have dignity and honor and be proud of all you do. Confidence will take you far, a future that awaits you. I cannot wait to see, the wonders you will do, because you are my grandson, and I am indeed proud of you! -Anonymous



### ❖ Baille de Fiesta

Santa Fe County Senior Services invites The City of Santa Fe Seniors to their Baile De Fiesta Dance at the Santa Fe Fairgrounds; 3229 Rodeo Rd.

Santa Fe, NM. Date: Thursday, August 15, 2024.

FREE LUNCH will be provided from 11:30 a.m. to 1:00 p.m. The Dance will start at 1:00 p.m.

Music will be provided by Luvia Negra, featuring Uvaldo Olonia.

Transportation to the dance will be provided from the Mary Esther Gonzales Center after lunch at 12:30 p.m. If you have any questions, please contact Lugi Gonzales at 505-955-4721.

### ❖ Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents in covering out-of-pocket expenses, such as medical expenses, food, clothing, etc., for their grandchildren.

Eligible senior citizens (55 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household.

For more information, please contact Theresa Trujillo at 505-955-4745 or [ttrujillo@santafernm.gov](mailto:ttrujillo@santafernm.gov).



## VOLUNTEER PROGRAMS

### ❖ Volunteers Needed



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

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

Volunteer opportunities: Construction-Tuesday-Saturday; No experience needed; ReStore-Monday-Saturday; Full or half day shifts; No experience needed. [santafehabitat.org/volunteer](http://santafehabitat.org/volunteer)

Home Repair Program-We do critical home repair assistance in the City of Santa Fe. To qualify, applicants must be below 80% of Average Medium Income (AMI) To apply: (505)986-5880 Ext. 103 [repairs@santafehabitat.org](mailto:repairs@santafehabitat.org)

Donate-Donate today to take advantage of the 2023 New Mexico Affordable Housing Tax Credit program. All donations over \$500 are eligible for a tax credit voucher equal to 50% of your total annual donations. [santafehabitat.org/donate](http://santafehabitat.org/donate)

If you are interested in volunteering at Santa Fe Habitat for Humanity, please call Mona Baca at 505-955-4760 or [mabaca@santafenm.gov](mailto:mabaca@santafenm.gov).

### ❖ Happy Birthday, August Volunteers!

Karin Anderson	8/1
Elizabeth Valdez	8/2
Genevieve Maes	8/4
Yolanda Jacobs	8/5
Carolyn Minton	8/5
Rose Marie Lenahan	8/6
Cecilia Roybal	8/7
Lonnie Trimarche	8/7
Rose Ortega	8/10
Gloria Bradbury	8/13
Francine Foster	8/15
Evelyn Jimenez-Iyow	8/15
Jesse Kain	8/16
Michael Evans	8/19
Sandra Delamater	8/20
Bella Lucero	8/21
Laura Santini-Smith	8/25
Lisa Bronowicz	8/27
Barbara de Tourris	8/28
Debra (Maggie) Magalnik	8/28

### ❖ Volunteer for FGP Programs

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

Income-eligible FGP volunteers earn a modest stipend, mileage reimbursement, and other benefits. Volunteers must pass criminal background checks and training and commit to at least five weekly service hours. Contact Theresa Trujillo at (505) 955-4745 or [ttrujillo@santafenm.gov](mailto:ttrujillo@santafenm.gov) to learn more.

### ❖ AmeriCorps Seniors

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.

If you are interested in volunteering, please contact Mona Baca at 505-955-4760 or [mabaca@santafenm.gov](mailto:mabaca@santafenm.gov)

## HEALTH & SAFETY

### ❖ Protect Your Skin From Sunlight

The sun, sunlamps, and tanning booths all give off ultraviolet (UV) radiation. Exposure to UV radiation causes early aging of the skin and damage that can lead to skin cancer.

People of all ages and skin tones should limit the amount of time they spend in the sun, especially between mid-morning and late afternoon, and avoid other sources of UV radiation, such as tanning beds. UV radiation is reflected by sand, water, snow, and ice and can pass through windshields and windows. Even though skin cancer is more common among people with a light skin tone, people of all skin tones can develop skin cancer, including those with dark skin.

Follow these tips to protect your skin from sunlight.

- Wear a hat with a wide brim that shades your face, neck, and ears. Baseball caps and some sun visors protect only part of your skin.
- Wear sunglasses that block UV radiation to protect the skin around your eyes.
- Wear long sleeves and long pants. Tightly woven, dark fabrics are best. Some fabrics are rated with an ultraviolet protection factor (UPF). The higher the rating, the greater the protection from sunlight.
- Use sunscreen products with a sun protection factor (SPF) of at least 15. (Some doctors suggest using a product with an SPF of at least 30.) Apply the product's recommended amount to uncovered skin 30 minutes before going outside, and apply again every two hours or after swimming or sweating.

## NUTRITION EDUCATION

### ❖ Zingy Lemon Chicken Pasta



*This creamy pasta dish with a hint of lemon is sure to be a family favorite. Packed with chicken and topped with crunchy almonds, it can be baked and ready to serve any night of the week.*

*Serving Suggestions: Serve with steamed broccoli, skim milk, apple slices. Makes 4 servings*

#### Ingredients:

- 8 ounces whole wheat spaghetti, uncooked
- 1 tablespoon tub margarine
- 1 tablespoon olive oil
- 20 ounces boneless, skinless chicken breast (cut into 3/4-inch pieces)
- 5 green onions, sliced
- 1 clove large garlic, minced
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 1/3 cups chicken broth
- 2/3 cup skim milk
- 2 teaspoons prepared mustard
- 1/4 cup freshly squeezed lemon juice

#### For Topping:

- 1/4 cup chopped almonds
- 2 tablespoons chopped chives or scallions
- 1/4 teaspoon paprika (optional)

#### Directions:

- Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.
- Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.
- Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.
- Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture.
- Put into a 2 1/2-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using).
- Bake at 375° for 10 minutes or until heated through.

# FAMILY AND FRIENDS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Aunt	Friend	Sister
Camp	Grandchild	Son
Child	Grandparent	Spouse
Children	Husband	Stepson
Cousin	Mother	Swim
Daughter	Nephew	Trip
Father	Sibling	Uncle

# CROSSWORD PUZZLE

## ACROSS

- 1 House pets
- 5 Heroic tale
- 9 Supporting structure
- 14 Spoken
- 15 Gets older
- 16 Cross between a lion and tiger
- 17 Naval forces
- 18 Sound
- 19 Screamer's throat dangle
- 20 North northeast
- 21 Fiber
- 23 Chow
- 24 One of the three graces
- 26 Rainy mo.
- 28 Upper atmosphere as it appears to arch over the earth
- 29 Sweet potatoes
- 31 Distress call
- 34 Capital is Islamabad
- 37 Topic
- 39 Cadre
- 40 Feign
- 41 Location
- 42 Inactive

## USA

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					73			

## DOWN

- 44 Chits
- 47 Spots
- 48 Power unit
- 50 Internal Revenue Service
- 51 Goddess
- 52 Look at
- 56 Skewer
- 59 Jewish language
- 63 Rival
- 64 Hawaiian 'hello'
- 66 Dock
- 67 Large standing body of fresh water
- 68 Half man, half goat
- 69 Castle canal
- 70 Detail
- 71 Hunt
- 72 Raggedy Ann's friend
- 73 Sleeping places
- 29 Fancy boat
- 30 Negative (prefix)
- 31 Shriveled
- 32 Sign
- 33 Salt water covering earth
- 34 Small natural or artificial body of still water
- 35 Greek god of war
- 36 Sensitivity
- 38 Severe
- 39 Central Intelligence Agency
- 43 Couple
- 45 Freedom from want or fear
- 46 Traced
- 49 Tree
- 51 Type of alcohol
- 53 Oval
- 54 Thought of favorably
- 55 Thinks
- 56 Talk back
- 57 Small ground plot
- 58 Small particle
- 1 Prima \_\_
- 2 Great ape
- 3 Mallet
- 4 Crafty
- 5 Struts
- 6 Seaweed substance
- 7 DNA component
- 8 Afloat
- 9 \_\_ shot (2 wds.)
- 10 Large natural stream of water
- 11 Water (Spanish)
- 12 Thaw
- 13 Extremely long time periods
- 21 Carved Polynesian pendant
- 22 Structure that holds back water
- 25 Beggar
- 27 Clock time
- 60 Austin novel
- 61 Blessing
- 62 Paved surface made for the passage of vehicles
- 65 Noah's boat
- 67 Liberal (abbr.)



# ASK STAN



## Newsletter: Preventative Services

# Ask Stan Medicare Questions



Volume 4, Issue 7 August 2024

Dear Stan,

*Before becoming Medicare eligible, I was pleased my primary care doctor practiced preventive medicine. She ordered vaccines to prevent COVID, pneumonia and shingles and ordered mammograms, echo cardiograms and other tests to keep me healthy.*

*Now that I am on Medicare, will Medicare pay for preventive services for me?*

*Natalia  
Albuquerque*

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

**1-800-432-2080**

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

Dear Natalia,

**Medicare** does pay for a variety of preventive medical services for both women and men. Now that you are on Medicare, you can have a “Welcome to Medicare” preventive visit. This is not a physical exam but an opportunity for you to get up-to-date on important screenings and shots and to talk to your health care provider about family history and how to remain healthy. Preventive medicine helps individuals by detecting health problems early. Examples of services include:

- Exams
- Vaccines

- Lab tests
- Screenings
- Counseling and Education

Screenings for women include mammograms for breast cancer detection and cervical and vaginal cancer. Men’s screenings for prostate cancer are provided.

There are numerous screenings for both women and men. Examples include: colorectal cancer, cardiovascular disease, depression, obesity, lung cancer and diabetes. Medicare also offers yearly wellness visits, alcohol and drug

*(Continued on page 2)*

# ASK STAN

counseling and vaccines for COVID, pneumonia and shingles.

For a complete list go to **GOOGLE** and do a search for '**Your Guide to Medicare Preventive Screenings**'. This publication explains the various preventive services in Medicare and tells you when and how often you can be tested or screened for various diseases.

**Original Medicare and Medicare Advantage** will cover most of these tests for \$0 copay if your medical provider accepts Medicare assignment. Before obtaining these services check with your doctor about what you need and call Medicare at **1-800-633-4227** to make sure that the services will be paid for.

Your doctor may order tests that Medicare does not cover and he or she may recommend that you have tests more or less often than Medicare covers them. If you get a service that Medicare does not cover and you think it should, you **may appeal the decision**. To file an appeal, follow the instructions on your "**Medicare Summary Notice**" (MSN).

For more information on submitting an appeal, visit [www.Medicare.gov/appeals](http://www.Medicare.gov/appeals), or call Medicare at **1-800-633-4227**. TTY users can call **1-877-486-2048**.

Stan

New Mexico SHIP SMP Counselor  
New Mexico Aging and Disability  
Resource Center (ADRC)  
**1-800-432-2080**

**\*\*\* Why Ask Stan? \*\*\***

The newsletter recently won a 1<sup>st</sup> place award in the New Mexico Press Women journalism contest in the category Informational Columns. The judges wrote that the newsletter was "Well researched and well sourced advice with actionable information. This piece is accessible and provides a public service for an audience that may include elderly, vulnerable people who are seeking reliable, vetted information." So if you want to get award-winning, free, unbiased, expert information and assistance from a peer, **Ask Stan!**

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



## ASK STAN



## Boletín: Servicios preventivos

## Stan contesta sus preguntas de Medicare



Volumen 4, Número 7 agosto de 2024

Querido Stan,

*Antes de ser elegible para Medicare, estaba contento de que mi médico de atención primaria practicara medicina preventiva. Ordenó vacunas para prevenir COVID, neumonía y culebrilla y ordenó mamografías, ecocardiogramas y otras pruebas para mantenerme saludable. Ahora que estoy en Medicare, ¿pagará Medicare por los servicios preventivos para mí?*

Natalia  
Albuquerque

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

**1-800-432-2080**

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

Querido Natalia,

**Medicare** paga una variedad de servicios médicos preventivos para mujeres y hombres. Ahora que está en Medicare, puede tener una visita preventiva de "Bienvenido a Medicare". Este no es un examen físico, sino una oportunidad para que usted se ponga al día sobre las pruebas y vacunas importantes y hable con su proveedor de atención médica sobre los antecedentes familiares y cómo mantenerse saludable. La medicina preventiva ayuda a las personas al detectar problemas de salud temprano. Ejemplos de servicios incluyen:

- el examen
- las vacunas

- pruebas de laboratorio
- proyecciones
- asesoramiento y educación

Las pruebas de detección para las mujeres incluyen mamografías para la detección del cáncer de mama y el cáncer de cuello uterino y vagina. Se ofrecen pruebas de detección de cáncer de próstata para hombres.

Hay numerosas proyecciones tanto para mujeres como para hombres. Los ejemplos incluyen: Cáncer colorrectal, enfermedades cardiovasculares, depresión, obesidad, cáncer de pulmón y diabetes. Medicare también ofrece visitas anuales de bienestar, asesoramiento sobre alcohol y drogas y

(Continuación en la página # 2)



## ASK STAN

vacunas contra COVID, neumonía y herpes zóster.

Para obtener una lista completa, vaya a “GOOGLE” y haga una búsqueda de “Su guía para las pruebas preventivas de Medicare”. Esta publicación explica los diversos servicios preventivos en Medicare y le dice cuándo y con qué frecuencia puede hacerse la prueba o la detección de diversas enfermedades.

**Medicare Original y Medicare Advantage** cubrirán la mayoría de estas pruebas por un copago de \$0 si su proveedor médico acepta la asignación de Medicare. Antes de obtener estos servicios, consulte con su médico sobre lo que necesita y llame a Medicare al **1-800-633-4227** para asegurarse de que los servicios serán pagados.

Su médico puede ordenar pruebas que Medicare no cubre y puede recomendar que usted se haga pruebas con más o menos frecuencia que Medicare las cubre. Si recibe un servicio que Medicare no cubre y cree que debería hacerlo, puede **apelar la decisión**. Para presentar una apelación, siga las instrucciones en su “**Notificación Resumen de Medicare**” (MSN). Para

obtener más información sobre cómo presentar una apelación, visite [www.Medicare.gov/appeals](http://www.Medicare.gov/appeals), o llame a Medicare al **1-800-633-4227**. Los usuarios de TTY pueden llamar al **1-877-486-2048**.

Stan,

Consejera de Voluntarios, SHIP y SMP  
New Mexico Aging y Disability Resource  
Center (ADRC)  
**1-800-432-2080**

### ¿Por qué preguntar a Stan?

La columna ganó recientemente un primer premio en el concurso de periodismo de New México Press Women en la categoría Columnas informativas. Los jueces escribieron que el boletín era “bien investigado y bien obtenido asesoramiento con información procesable. Este artículo es accesible y proporciona un servicio público para una audiencia que puede incluir personas mayores y vulnerables que buscan información confiable y verificada”.

Entonces, si desea obtener información y asistencia experta galardonada, gratuita e imparcial de un compañero, **¡Pregúntele a Stan!**

El programa de voluntarios de SHIP y SMP: Si le interesa aprender más sobre el programa de Medicare y quiere descubrir otras maneras de ayudar al público, llámenos y pregunte sobre las oportunidades para ser voluntario en los programas de SHIP y SMP al **1-800-432-2080**. Nosotros proveemos entrenamiento, y nos acomodamos a su horario. ¡Juntos podemos ayudar a más personas!



# CROSSWORD & WORD SEARCH SOLUTIONS

## ❖ CROSSWORD

### USA

**Solution:**

1	D	2	O	3	G	4	S	5	S	6	A	7	G	8	A	9	F	10	R	11	A	12	M	13	E
14	O	R	A	L	15	A	G	E	S	16	L	I	G	E	R										
17	N	A	V	Y	18	S	A	N	E	19	U	V	U	L	A										
20	N	N	E	21	T	H	R	E	A	22	D	23	E	A	T	S									
24	A	G	L	25	A	I	A	26	A	27	P	R													
				28	S	K	Y	29	Y	30	A	M	S	31	S	O	S								
				34	P	A	K	I	S	36	T	A	N	37	T	H	E	M	E						
39	C	O	R	E	40	A	C	T	41	A	R	E	A												
42	I	N	E	R	43	C	H	I	L	45	D	R	E	N											
47	A	D	S	48	W	A	T	T	50	I	R	S													
				51	E	O	S	52	B	E	H	O	L	D											
56	S	57	P	58	I	T	59	H	60	E	61	B	62	R	E	63	W	64	V	I	E				
64	A	L	O	H	A	65	M	O	O	R	67	L	A	K	E										
68	S	A	T	Y	R	69	M	O	A	T	70	I	T	E	M										
71	S	T	A	L	K	72	A	N	D	Y	73	B	E	D	S										

## ❖ WORD SEARCH

### FAMILY AND FRIENDS

HIDDEN QUOTATION  
BY  
*Princess Diana*



# SENIOR CENTER LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<b>1</b> <b>Beef Tips and Mushroom Sauce</b> over Noodles Peas & Carrots Spinach Salad Roll Peaches		<b>2</b> <b>Teriyaki Chicken</b> Fried Rice Stir Fry Veggies Fortune Cookie Tropical Fruit	
<b>5</b> <b>Chicken Strips</b> French Fries Country Gravy Baked Okra Tossed Salad Biscuit Oatmeal Cookie		<b>6</b> <b>Beef &amp; Bean Burrito</b> Green Chili Sauce Spanish Rice Calabacitas Diced Mango		<b>7</b> <b>Chicken Fried Steak Mushroom Gravy</b> Mashed Potatoes Asparagus Cornbread Fresh Strawberries		<b>8</b> <b>Fish Sandwich</b> Tartar Sauce Hushpuppies Coleslaw Mixed Veggies Jello		<b>9</b> <b>Red Chili Cheese Dog</b> Refried Beans Corn Cucumber & Tomato Salad Ice Cream	
<b>12</b> <b>Baked Tilapia</b> Scalloped Potatoes Roasted Brussel Sprouts Roll Banana		<b>13</b> <b>Turkey Roast Turkey Gravy</b> Yams Vegetable Medley Garden Salad Roll Vanilla Pudding with Cinnamon		<b>14</b> <b>Chicken &amp; Rice Casserole</b> Broccoli Spears Tossed Salad Roll Cherry Crisp		<b>15</b> <b>Cobb Salad w/ Chicken, Bacon &amp; Egg</b> Crackers Cinnamon Roll		<b>16</b> <b>Lasagna with Meaty Marinara</b> Italian Veggies Tossed Salad Roll Cantaloupe	
<b>19</b> <b>Pepper Steak Mushroom Gravy</b> ½ Baked Potato California Veggies Tossed Salad Roll Pineapple		<b>20</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Asian Veggies Mandarin Oranges Fortune Cookie		<b>21</b> <b>Chicken Fettuccine Alfredo</b> Cauliflower & Broccoli Green Salad Roll Sliced Apples		<b>22</b> <b>Tuna Salad</b> Cold Peas 3 Bean Salad Potato Chips Crackers Brownie		<b>23</b> <b>Red Chili Beef Enchiladas</b> Refried Beans Chuckwagon Veggies Tossed Salad Fresh Orange	
<b>26</b> <b>Polish Sausage Sauerkraut</b> Parsley Potatoes Carrots Tossed Salad Roll Plums		<b>27</b> <b>Baked Chicken Mushroom Sauce</b> Rice Pilaf Green Beans & Corn Roll Fresh Grapes		<b>28</b> <b>Chili Relleno w/ Meaty Green Chili</b> Pinto Beans Tossed Salad Tortilla Apricots		<b>29</b> <b>Turkey Wrap w/ Spinach Tortilla</b> <b>Garnish</b> Garnish Potato Salad Baby Carrots Yogurt		<b>30</b> <b>Chicken Fajita Peppers &amp; Onions</b> Black Beans Salsa Zucchini Mixed Fruit	

Senior Meal Suggested Donation: Lunch \$1.50

10:30 AM – 12:30 PM | Monday to Friday

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

**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

**VILLA CONSUELO**  
1200 Camino Consuelo  
Santa Fe, NM 87507

**VILLA CONSUELO**

**Legend:** = Center open for meals!

**QR Code**

**505-955-4721 | [santafenm.gov/division\\_of\\_senior\\_services](http://santafenm.gov/division_of_senior_services)**

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