



CITY OF SANTA FE
SENIOR SERVICES

APRIL 2024

SENIOR SCENE





Chuck Mazziotti-"I love volunteering at the MEG! Nothing better than helping others!"



Edna Sandoval-"I always wanted to volunteer at the MEG Center after retirement, I love the treasures at the MEG Center."



Sally Roman-"I have been a FGP Volunteer for 13 years. I volunteer because I love children."



Pam Baxendale-"I love people, love to give back. I get back as much as I give. I'm happy to be part of this community."

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

April 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: Cristina Villa 505-955-4725, cavilla@santafenm.gov

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		<i>Bingo Postponed Until Further Notice</i>
Haircuts by Fabiola: Monday, April 22, 10 AM-1 PM 				

Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725

Mon-Fri	Fitness Room Open: 8 AM – 1 PM			
Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM) Full	Weds	Live music: Grupo Cielo Azul, 11:45AM-2 PM	
Haircuts by Molly: Thursday, April 11, 25, 10:30 AM-2 PM			Thursdays: Japanese Dance 10-11 a.m.	

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)

Contact: Albert Chavez 505-955-4715, wachavez@santafenm.gov

Monday through Friday, 8 AM – 4:30 PM

Pool/Cards/Billiards Room, Computer Lab, Fitness Room Closed | Craft Room Open- 8 AM-10 AM M-W-Th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30AM	Tai Chi/Short Form 8:30-9:30AM No class on April 4	Enhanced Fitness 9:30-10:30AM	Wood Carving 9:30-11:00AM	Enhanced Fitness 9:30-10:30AM
Enhanced Fitness 9:30-10:30AM	Guitar Class 9-11AM	<i>Bingo Postponed Until Further Notice</i>	Meditation for Seniors by Upaya 1-2:00PM No Meditation April 11	MEG Page Turners Book Club: <i>Emily Dickinson Poetry</i> April 12, 1-2 PM
<i>Bingo Postponed Until Further Notice</i>	Oil Painting w/Judy 12:30-2:30 PM April 9 and 23	Quilting 1-3PM	Tai Chi/Qi Gong 3:30-4:30PM	Knitting Class 1-3 PM
Bridge With Navina Marks April 1 and 8 4 p.m.				



Haircuts by Fabiola: April 1 and 15 10:30 AM Sun Room

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

ADMIN OFFICES: 505-955-4721

Toll-Free Administration: 866-824-8714

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

Senior Services Administration & Registration:
 505-955-4721

Division Director, Senior Services

Manuel Sanchez: 505-955-4710,
 mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

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

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

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739
 Raymond Dominquez, Administrative Assistant: 505-955-4749
 Manny Padilla, Nutrition Inventory Supervisor: 505-955-4750

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

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

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

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

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

Activities: MEG Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

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

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-795-3817

Cristina Villa: cavilla@santafenm.gov

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

In-Home Support Services Program Manager

Vicki Hernandez: 505-955-4704 | vmhernandez@santafenm.gov

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

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs

Program Manager - Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4744

Roberta Armijo, Project Administrator: rparmijo@santafenm.gov

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

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

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

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

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

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

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

DIRECTOR'S NOTE

Dear Senior Services Community,

Greetings and I hope you are enjoying the first weeks of Spring. I would like to thank all of you that give your time to be Volunteers at our Senior Centers. We appreciate the volunteer time each one of you contribute to our Centers by helping us with our Welcome Desk, assisting in our nutrition area, taking names, assisting other seniors by taking their food to the table for them, preparing silverware, serving, assisting with dishes for our meal service, arts and crafts volunteers in ceramics, woodworking, jewelry making, technology assistance, meditation, fitness, Ukemi (art of Falling safely), line dance, Tai Chi, guitar class, oil painting, quilting, knitting, our musicians that fill the dining area with live music (piano, guitar, music ensembles), and giving haircuts.

We also have those volunteers that take part in our external Volunteer programs: Retired Senior Volunteer Program (RSVP), Grandparents Raising Grandchildren, Senior Companions, Foster Grandparents, Senior Olympics volunteers, enrolling new volunteers, administrative support for our volunteer programs. None of these programs and services could happen without you.

I would like to encourage anyone that has a talent and would like to share it with our Seniors by leading a class or helping around our Senior Center for an hour, a few hours one- day-a- week or multiple days a week. I would invite you to please consider volunteering with the City of Santa Fe Senior Services Division. Please reach out to us for more information if you are interested. Once again, thank you for all you do for our seniors.

Manuel Sanchez

Division Director



EMPLOYEE SPOTLIGHTS

- **What's your job title?** Meals on Wheels Driver
- **How many years have you worked for the City?** 1 year and 11 months
- **What's the most exciting part of your job?** Making people happy.
- **Do you have any hidden talents or hobbies?** Restoring old cars.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** Vikings.
- **What's something you're proud of?** Working for the City of Santa Fe; serving my country for 4 years; retiring from the phone company US West; most of all raising my two sons.



Ernest Trujillo

**NUTRITION
SECTION**

*See the next page to get to know
a few more folks on our team!*

EMPLOYEE SPOTLIGHTS



IN-HOME SUPPORT SECTION

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** 14 years.
- **What's the most exciting part of your job?** Interacting with our seniors, meeting them, and making a difference in our community.
- **Do you have any hidden talents or hobbies?** Being intuitive and patience. Doing road trips with my family, camping, fishing, reading and cooking for my family.
- **Are you a sports fan?** Love tennis, football, and basketball.
- **Who are your favorite teams?** Steelers and Lakers. Watching tennis matches!
- **What's something you're proud of?** My family; my daughter and my husband and catholic faith.

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 24.5 years.
- **What's the most exciting part of your job?** Hearing wonderful stories, joking, and laughing..
- **Do you have any hidden talents or hobbies?** I enjoy the outdoors.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** Cowboys and Lakers.
- **What's something you're proud of?** Family and friends.



TRANSPORTATION SECTION



ADMINISTRATIVE SECTION

- **What's your job title?** Program Coordinator, started as a Transportation Driver.
- **How many years have you worked for the City?** This March marked 10 years.
- **What's the most exciting part of your job?** The most exciting part of my job is watching the happiness on the seniors' faces when they are acknowledged and just given the time of day.
- **Do you have any hidden talents or hobbies?** I am a carpenter by trade and love to build and do any kind of woodwork. I am also good with horses. I like to train and ride in the wilderness.
- **What's something you're proud of?** I am proud of my family and my wife for standing by me for 42 years this June. My two daughters and son that are so good to us and my seven grandkids that I love so much!

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 need to schedule their reservation at least 3 to 5 days in advance. Contact Linda Quesada-Ortiz at 505-955-4700 with any questions!

Please note: On the third Wednesday 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

April Birthday Celebrations

Everyone is welcome to enjoy a slice of birthday cake for all April Birthdays during the lunch hour at the following Senior Centers:

- MEG-Wednesday, April 3, 11 a.m.
- Luisa-Friday, April 5, 11 a.m.
- Pasatiempo-Wednesday, April 10 11 a.m.

April Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9 AM on Thursdays, April 11 and 25.**



Echo Commodity Distribution
April 16, 9:30 a.m. to 12 p.m.
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (2148 San Ysidro Crssng)
4 to 6PM. April 9 and 23.

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+



THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



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



Pasatiempo: Friday, April 26 at 11 a.m.
MEG: Wednesday, April 17 at 11 a.m.
Luisa: Thursday, April 18 at 11 a.m.

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.

The number of participants for this class is limited to 10 individuals. 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 April 2, 2024.

NEWS & VIEWS

Movie Day at MEG & Luisa Centers



The Perfect Storm (MEG) Tuesday, April 16, 1 p.m.

Based on a true story, the film tells of the courageous men and women who risk their lives every working day, pitting their fishing boats and rescue vessels against the capricious forces of nature. Then comes The Perfect Storm.



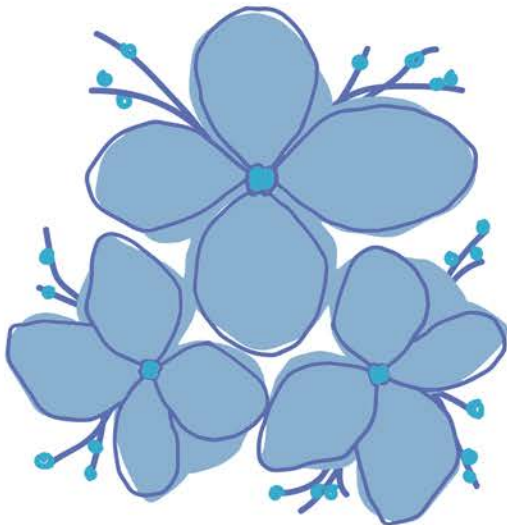
Spaceman (Luisa) April 12 at 1 p.m.

A 2024 American science fiction drama. It follows an astronaut sent on a mission to the edge of the solar system who encounters a creature that helps put his earthly problems back together.



Tyson's Run (Luisa) Friday, April 19 at 1p.m.

Is a film that seeks to raise awareness about autism and highlight the importance of inclusion and perseverance. It's a touching story about a young man's struggle to find his place in the world and achieve his dreams.



Senior Olympic Torch Run

Senior Olympics will have its first Torch Run on Monday, April 1 at 11 a.m. at the GCCC to start the Olympic Games. A reception will follow the run. Please come out and show your support to all athletes.

This will be my last year with the Senior Olympics. "I want to go all out with a bang, I really love this program and want to end on good and memorable achievement."-Cristina-

Senior Olympic Spotlight

Tuesday, April 2 marks the opening day of the 2024 Santa Fe 50+ Olympics.

April Dates, Events, Locations:

- 2: Pickleball Womens Doubles @ GCCC at 8:30 am.
- 4: Pickleball Mens Doubles @ GCCC at 8:30 am
- 5: Table Tennis at GCCC at 8:00 am
- 6: Road Race at Santa Fe place at 9:00 am
- 9: Basketball free throw and 3-point shot at GCCC 9 am
- 11: Pickleball Mixed Doubles @ GCCC at 8:30 am
- 16: Bowling Singles @ Cities of Gold at 1:00 pm
- 18: Bowling Doubles @ Cities of Gold at 1:00 pm
- 20: Swimming @ GCCC at 8:30 am
- 22: Cornhole and Huachas practice @ County Extension Bldg. at 10:00 am-12:00 pm
- 23: Bowling Mixed Doubles @ Cities of Gold at 1:00 pm
- 24: Huachas @ County Extension Bldg at 9:00 am
- 25: Bowling Team @ Cities of Gold at 1:00 pm
- 26: Cornhole @ County Extension Bldg at 9:00 am
- 27: Racquetball @ GCCC at 8:30 am
- 29: Shuffleboard practice @ County Extension Bldg. at 10:00 am-12:00 pm
- 30: Shuffleboard Singles and doubles County Extension Bldg. at 9:00 am

NEWS & VIEWS

❖ Baile de Cascarones

Have you heard? The annual Baile de Cascarones (the eggshell dance) will be held Friday, April 19, 2024. Spread the word!

Come and dance the night away, to the music of the Reflections. They will be playing Northern New Mexico music: including la cuna, el chotise, la cadena, la escoba and many more. A brief explanation of the dances is demonstrated to those that don't know the steps.

Some of the dances originated in Europe and came through the Camino Real (from Mexico to Northern New Mexico). They remain favorites to this day. The Bastonero (dance leader) will introduce and direct the special dances.

In one of the writings of La Sociedad Folklorica history, it was noted that in 1940 (during the celebration of Coronado's Cuarto Centenario), Sociedad decided to hold the first Baile de Cascarones as a contribution to the event.

This dance brings two old traditions together. First, the Baile de Cascarones. Eggshells are filled with confetti. They are used to invite a lady to dance by gently crumbling the egg above her head. Second, it is an opportunity to listen and dance to the most beautiful music brought over from Spain. What a pleasant sight to see parents or grandparents, dancing with their children or grandchildren. Teaching them the dance steps and keeping the tradition alive.

Members of Sociedad make hundreds of confetti filled eggshells. Some of them are decorated very elaborately and are bought for gifts or to add to collections. Others that are not as fancy are used for breaking.

**Friday, April 19, 2024, Santa Fe Convention Center
7 -11 p.m.**

Admission: \$20 per couple; \$12 per single; \$2 per child, ages 6-17.

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

❖ Flora's Corner

The words of kindness are more healing to a drooping heart than balm or honey.
-Sarah Fielding



❖ April SF Civic Authority Events

Villa Hermosa Center Event (1510 Luisa Street)

- April 11th from 11 a.m.-1 p.m. NMDOH second dose of Moderna COVID-19 for 65 or older and if your last injection was 4 months ago.
- April 24 NM Dept. on Aging-SMP (Senior Medicare Patrol) at 1 p.m. BINGO w/ Q&A Medicare Benefits.

Pasatiempo Center

- April 10th from 11 a.m.-1 p.m. NMDOH second dose of Moderna COVID-19 for 65 or older and if your last injection was 4 months ago.
- April 11 LREP (Legal Resources for the Elderly Program) at 1 p.m. Presentation from the NM State Bar Association.

❖ Santa Fe Walks



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

30 Free Walks & Hikes from May through October



MAY	JUNE	JULY
<p>1 - Wednesday @ 5:30 PM Wellness Walk Acequia Trail from Larragote Park to Railyard Park. Meet at 1464 Cristobal Colon</p> <p>14 - Tuesday @ 6:00 PM Take a Walk on the South Side Southside Library to Arroyo Chamiso Trail Meet at 6599 Jaguar Dr</p> <p>18 - Saturday @ 9 to 11 AM Vámonos Hike - Dale Ball Trails - City View Loop. Meet at Sierra del Norte Trailhead/ Hyde Park Rd</p> <p>23 - Thursday @ 5:30 PM Find a New Path Villa Linda Park to Arroyo Chamiso Trail to GCCC. Meet at SF Plaza Mall/ Villa Linda Park</p> <p>31 - Friday @ 10 AM Walk with our Elders Bicentennial/Alto Park to SF River Trail Meet at MEG Senior Center 1121 Alto St</p>	<p>4 - Tuesday @ 6:00 PM Take a Walk on the South Side Southside Library to Arroyo Chamiso Trail Meet at 6599 Jaguar Dr</p> <p>12 - Wednesday @ 5:30 PM Wellness Walk Acequia Trail from Larragote Park to Ashbaugh Park. Meet at 1464 Cristobal Colon</p> <p>20 - Thursday @ 5:30 PM Find a New Path Rail Trail @ Rabbit Rd Trailhead Meet at 250 Rabbit Rd</p> <p>27 - Saturday @ 9 AM to 11 AM Vámonos Hike - Take a Kid Hiking Day & Scavenger Hunt La Tierra Trails. Meet at Fogajes TH at 712 Camino de los Montañas</p> <p>28 - Friday @ 10 AM Walk with our Elders Bicentennial/Alto Park to SF River Trail Meet at MEG Senior Center 1121 Alto St</p>	<p>9 - Tuesday @ 6:00 PM Take a Walk on the South Side Southside Library to Arroyo Chamiso Trail Meet at 6599 Jaguar Dr</p> <p>13 - Saturday @ 8:30 to 10:30 AM Vámonos Hike - Norski Trails NM-475/Hyde Park Rd just past Vista Grande Overlook and before Ski Baza. Ride the Blue Bus for Free! (New Trail Route USS) Leave South-Capital at 7:30am</p> <p>19 - Thursday @ 5:30 PM Find a New Path Franchy's Field Park to SF River Trail Meet at Franchy's Field TH/Agua Fria</p> <p>24 - Wednesday @ 5:30 PM Wellness Walk Acequia Trail from Larragote Park to Railyard Park. Meet at 1464 Cristobal Colon</p> <p>26 - Friday @ 10 AM Walk with our Elders Bicentennial/Alto Park to SF River Trail Meet at MEG Senior Center 1121 Alto St</p>

See August through October walks and Color Code Legend on back

VOLUNTEER PROGRAMS

Join the FGP/SCP Volunteers



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

The **Senior Companion Program (SCP)** places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, and training and commit to a minimum of five hours of service a week. To learn more, contact Theresa Trujillo at (505) 955-4745 or tptrujillo@sanatafenm.gov

Thank You Volunteers!

Thank you for your TIME, So generous and kind. Thank you for all ALL you do, for us and others too. Thank you for showing up, with PASSION oh so true. You're awesome VOLUNTEER We appreciate YOU!



Happy Birthday, April Volunteers!

Martha Catanach	4/1
Jan Peterson	4/2
Peter Sinclair	4/2
John Block III	4/5
Connie Sena	4/6
Edye Dorman	4/7
Linda Jordan	4/7
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Joni Hernandez	4/20
Robert Romero	4/21
Ignacio Ortega	4/28
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally A. Rodriguez	4/29
Laurie Seton	4/29
Linda J. Miller	4/30



Join the RSVP Volunteer Program

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. rsvpsantafe.org



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

HEALTH & SAFETY

❖ Surviving Cancer: Mental Health

It's normal to feel worried, sad, afraid, or even angry after being diagnosed with cancer. Some treatments for cancer also can affect your feelings or make it hard for you to concentrate or remember things.

Chemo Brain Is Real!

You may have heard about “chemo brain.” Chemo brain describes problems with thinking (cognition, memory, attention) that may occur as a result of receiving chemotherapy to treat cancer. These concerns may affect patients during or after cancer treatments. Emotional and mental health problems that survivors may face—such as depression, anxiety, stress, and trouble sleeping—can all contribute to this and make thinking and learning harder.

It's Important to Talk About It

You may feel like it's more difficult to talk about mental health problems, or you may feel uncomfortable talking about your struggles. Maybe it's because your family members or friends don't talk about mental health, your cultural beliefs don't support having mental health discussions, or you feel you should be “strong” or “brave” and keep it to yourself.

Getting Back to “Normal” May Take Time

You may be relieved after your cancer treatment is finished, feel empowered, or have a new set of goals that you are ready to pursue. But you may also worry about life after cancer. It may take time before you can do some of the things you did before at work, at home, or in daily life.



NUTRITION EDUCATION

❖ Anytime Pizza



Make your own pizza topped with green peppers, mushrooms, or other vegetables. [Source: MyPlate.Gov](https://www.myplate.gov) | [Makes 2 servings](#)

Ingredients:

- 1/4 mini-baguette or Italian bread, about 9" long (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- other vegetable toppings (as desired, optional)
- Italian seasoning (optional)
-

Directions:

- Wash hands with soap and water.
- Toast the bread or English muffin until slightly brown.
- Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
- Sprinkle with Italian seasonings as desired.
- Return bread to toaster oven (or regular oven preheated to 350 °F).
- Heat until cheese melts.



ANIMAL YOUNG

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Calf	Foal	Leveret
Caterpillar	Gosling	Nit
Cub	Hatchlings	Owlet
Cygnets	Infant	Poult
Duckling	Joey	Pup
Eyas	Kit	Squab
Fawn	Kitten	Whelp

CROSSWORD PUZZLE

ACROSS

- 1 Thick slices
- 6 Herr's wife
- 10 American Cancer Society (abbr.)
- 13 Peaceful
- 15 Lawmen
- 16 Slumber
- 17 Garden caretaker
- 18 Attention-Deficit Hyperactive Disorder (abbr.)
- 19 Compass point
- 20 Microscope viewer
- 22 Vapor like
- 24 Russian ruler
- 26 African country
- 28 Slope
- 29 Excuse me!
- 30 Precipitation
- 31 Green plant with narrow flat leaves and jointed stems
- 32 Garden tool with flat crosswise blade and long handle
- 33 Steering mechanism
- 34 Respiratory disease
- 35 Halo
- 37 Male roe deer
- 41 Period between sunrise and sunset
- 42 Night time light
- 43 Poet Edgar Allen
- 44 Transparent, tasteless, and odorless liquid
- 47 Direction
- 48 Slimly
- 49 Object
- 50 Eye infection
- 51 Teeny
- 52 "Invisible" jet
- 54 Earth
- 56 With it
- 57 Asian nation
- 59 Eyeball

GARDENING

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					
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By Jimmy and Evelyn Johnson - www.qets.com

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 - 67 Looked at
 - 68 Sacred song
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 - 2 Downwind
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 - 4 Uproar
 - 5 Smile scornfully
 - 6 Farm credit administration (abbr.)
 - 7 NBA's Dennis
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 - 9 U.S. Department of Agriculture
 - 10 Lack of iron
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 - 12 Magic sayings
 - 14 Gray sea eagle
 - 21 Balancer
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 - 24 Formal "your"
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CONSUMER & LEGAL



Newsletter: Ask Stan Medicare Questions



Volume 4, Issue 4 April 2024

Dear Stan,

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

*Melinda
Carlsbad*

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 Melinda,

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

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

Advantage Plans cover the same basic benefits as Original Medicare.

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

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

(Continued on page 2)

CONSUMER & LEGAL

For additional details about Medicare coverage for outpatient mental health care services, see the Medicare.gov link here:

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

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

HOW DO I TALK TO MY DOCTOR?

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

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

person who attended your medical appointment with you

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

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

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

Stan,
Volunteer Counselor, SHIP and SMP

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

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



CONSUMER & LEGAL



Boletín informativo Stan contesta sus preguntas de Medicare



Volumen 4, Número 4 abril de 2024

Estimado Stan,

Estoy nerviosa y ansiosa y necesito ayuda para hablar con mi médico sobre de me salud mental. Medicare cubre la depresión? Además, tiene algún consejo que me ayude a hablar con mi médico?

*Melinda
Carlsbad*

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.

Estimado Melinda,

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

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

que Medicare Original.

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

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

(Continuación en la página # 2)

CONSUMER & LEGAL

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

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

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

Cómo hablar con mi médico?

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

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

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

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

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

Stan,
Consejero Voluntario, Programas SHIP y SMP

988
La línea de vida 24/7 para apoyo emocional, mental o abuso de sustancias

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



CROSSWORD & WORD SEARCH SOLUTIONS

CROSSWORD

Solution:

1	S	2	L	3	A	4	B	5	S	6	F	7	R	8	A	9	U	10	A	11	C	12	S
13	S	E	R	E	N	E	14	E	15	C	O	P	S	16	N	A	P						
17	W	E	E	D	E	R	18	A	D	H	D	19	E	N	E								
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							24	T	25	S	A	R	26	C	27	H	A	D	28	H	I	L	L
29	A	H	E	M			30	R	A	I	N		31	G	R	A	S	S					
32	H	O	E				33	H	E	L	M		34	F	L	U							
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44	W	A	T	E	R		45	E	A	S	T		47	O	O	Z	Y						
49	I	T	E	M			50	S	T	Y	E		51	T	I	N	Y						
52	S	T	E	A			53	L	T	H		54	S	O	I	L							
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63	E	R	E				64	M	A	N	E		65	T	U	R	T	L	E				
66	S	E	E				67	E	Y	E	D		68	P	S	A	L	M					

WORD SEARCH

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

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SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs over Egg Noodles Brussels Sprouts Coleslaw Roll Fresh Apple	2 Sweet and Sour Pork Brown Rice Emperor Veggie Blend Egg Roll Tapioca Pudding	3 Beef Soft Taco Garnish Chili Beans Calabacitas Tropical Fruit	4 Turkey & Swiss Wrap Garnish Carrot & Celery Sticks Pasta Salad Sherbet	5 Green Chili Salmon Enchiladas Refried Beans Chuckwagon Corn Green Salad Fresh Pear
8 Polish Sausage Sauerkraut Steamed Carrots Parsley Potatoes Fresh Banana	9 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Peaches	10 Baked Cod French Fries Mixed Veggies Coleslaw Fresh Grapes	11 Teriyaki Chicken Brown Rice Asian Veggies Fortune Cookie Mandarin Oranges	12 Green Chili Beef Stew Mixed Veggies Black Beans Spinach Salad Tortilla Fruit Cocktail
15 Baked Chicken Mushroom Sauce Potatoes O'Brien French Green Beans Roll Pineapple	16 Frito Pie Pinto Beans Garnish Corn with Red Peppers Cinnamon Spiced Apples	17 Spaghetti with Meaty Marinara Italian Veggies Tossed Salad Garlic Bread Whipped Fruit Salad	18 Roast Beef Scalloped Potatoes Asparagus & Onions Roll Apricots	19 Cobb Salad with Chicken & Boiled Egg Crackers Brownie
22 Pork Red Tamale Red Chili Sauce Spanish Rice Zucchini with Tomatoes Tortilla Diced Mango	23 BBQ Chicken 5 Way Veggies Potato Salad Cornbread Fresh Orange	24 Green Chili Cheeseburger Garnish Baked Beans Sun Chips Cucumber Salad Oatmeal Cookie	25 Pork Roast Pork Gravy Mashed Potatoes California Veggies Roll Fresh Strawberries	26 Chicken Fajitas Fajita Veggies Black Beans Green Beans Mixed Fruit in Jello
29 Beef & Bean Burrito Red Chili Sauce Calabacitas Spanish Slaw Applesauce	30 Chicken Tenders Sweet Potato Fries Peas & Carrots Carrot Raisin Salad Biscuit Ice Cream			

Senior Meal Suggested Donation: Lunch \$1.50

10:30 AM – 12:30 PM | Monday to Friday
 Milk is served with each meal.
 The 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

Legend: = Center open for meals!

QR Code

505-955-4721 | santafenm.gov/division_of_senior_services

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page 4 for the appropriate contact.



CITY OF SANTA FE

Division of Senior Services
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Santa Fe, New Mexico 87504-0909

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