



CITY OF SANTA FE  
SENIOR SERVICES

FEBRUARY 2024

# SENIOR SCENE





Neils Turns 90



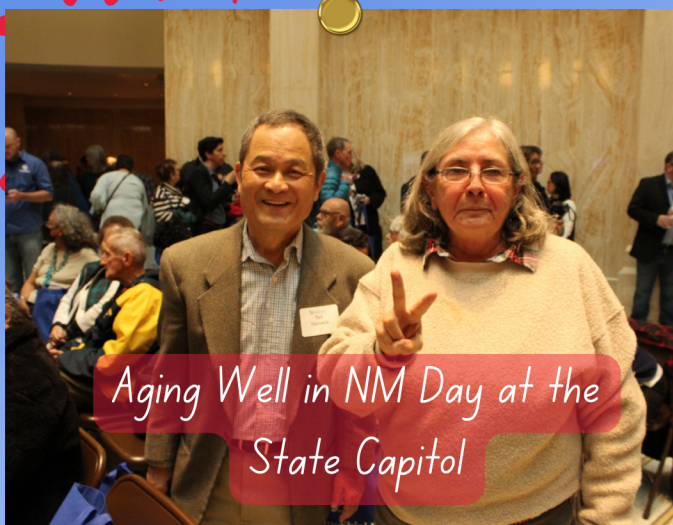
New Year's Dance



Americorps Seniors  
MLK Sevice Project



Aging Well in NM Day at the  
State Capitol



Ukemi Class



Randy-Amazing MEG  
Center Volunteer





# ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

## In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

February 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](mailto:cavilla@santafenm.gov)

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

Fitness Room & Computer Lab Open!

**MONDAY**

Computer  
Assistance  
10:30AM-  
12:30PM

**TUESDAY**

**WEDNESDAY**

Computer  
Assistance  
10:30AM-  
12:30PM

**THURSDAY**

**FRIDAY**

*Bingo  
Postponed  
Until Further  
Notice*

Haircuts by Fabiola: Monday, Feb. 19, 10 AM-1 PM



### Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725

**Mon-Fri**

Fitness Room Open: 10:30AM – 12:30PM

**Tues**

Line Dancing (Beginner 10AM,  
Intermediate 11:30AM)

**Weds**

Live music: Grupo Cielo Azul,  
11:45AM-2:00PM

Haircuts by Fabiola: Monday, Feb. 5, 10 AM-1 PM



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

Contact: Albert Chavez 505-955-4715, [wachavez@santafenm.gov](mailto:wachavez@santafenm.gov)

Monday through Friday, 8:00AM – 4:30PM

Pool/Cards/Billiards Room, Computer Lab, Fitness Room Open | Craft Room Open- Activities TBA

**MONDAY**

Tai Chi/Short Form  
8:30-9:30AM

Enhanced Fitness  
9:30-10:30AM

*Bingo  
Postponed Until  
Further Notice*

**TUESDAY**

Tai Chi/Short Form  
8:30-9:30AM

Jewelry Class  
9AM

Computer, Mobile Phone,  
& Tablet Instruction w/  
Jesse Kain 9-11AM

Guitar Class  
9-11AM

Oil Painting w/Judy  
12:30-2:30PM  
January 9 and 23

**WEDNESDAY**

Enhanced Fitness  
9:30-10:30AM

*Bingo  
Postponed Until  
Further Notice*

Quilting  
1-3PM

**THURSDAY**

Wood Carving  
9:30-11:00AM

Meditation for  
Seniors by Upaya  
1-2:00PM

Tai Chi/Qi Gong  
3:30-4:30PM

**FRIDAY**

Enhanced Fitness  
9:30-10:30AM

MEG Page Turners  
Book Club:  
*It Can't Happen Here-  
By Sinclair Lewis*  
February 9,  
1-2 PM

Knitting Class  
1-3 PM



Haircuts by Fabiola: No haircuts due to construction!

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**

**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](mailto: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

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



## DIRECTOR'S NOTE

### Dear Senior Services Community,

Winter has set in here in Santa Fe, and I hope everyone is staying warm and safe. We have been blessed with some much-needed moisture in the form of snow, but with that also comes ice.

Please be safe when walking and getting around after a snowstorm.

This month is also Heart Awareness month, so along with Valentine's Day, it is a great time to be aware of your heart health.

Heart disease is the leading cause of death in the United States, but there are things you can do to prevent it. Taking time to care for your heart can be challenging, but it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

The MEG expansion will begin this month and there will be contractors and equipment on the property so please follow the signage that will be placed in and around the building that will help to keep you safe. There will be a new path leading to the cafeteria once construction starts and some of the classes held will be moved to the Pasa Tiempo Center. We will lose some parking in the front of the building for the contractor's staging area so please avoid the fenced-off construction area for your safety. Thank you in advance for your understanding.

Happy Valentine's Day,

*Manuel Sanchez*

Division Director



## EMPLOYEE SPOTLIGHTS

- **What's your job title?** Transit Operator
- **How many years have you worked for the City?** 20 years
- **What's the most exciting part of your job?** Figuring out the best route through the city. Helping the seniors.
- **Do you have any hidden talents or hobbies?** Backpacking. Anything outdoors in nature.
- **Are you a sports fan?** Yes. Football & Basketball.
- **Who are your favorite teams?** Green Bay Packers, Lobos.
- **What's something you're proud of?** Having a job that is beneficial to people and society.



*David Kennedy*  
**TRANSPORTATION  
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?** Making sure that families are comfortable, safe, and provided with love and care.
- **Do you have any hidden talents or hobbies?** I love to draw and make up jokes. I've written tons of poetry and short stories.
- **Are you a sports fan?** I love all sports. I am excited about the Olympics.
- **Who are your favorite teams?** Dallas Cowboys and Denver Broncos
- **What's something you're proud of?** My two sons. They are very smart and talented.

- **What's your job title?** Administrative Assistant
- **How many years have you worked for the City?** 8 years.
- **What's the most exciting part of your job?** Meeting and interacting with the seniors. They have the best stories.
- **Do you have any hidden talents or hobbies?** I love to read and go hiking with my husband.
- **Are you a sports fan?** Yes. I like football.
- **Who are your favorite teams?** I'm a Green Bay Packers fan.
- **What's something you're proud of?** I am proud of my husband and our kids.



### ADMINISTRATIVE SECTION



### NUTRITION SECTION

- **What's your job title?** Cook
- **How many years have you worked for the City?** Less than a month
- **What's the most exciting part of your job?** I enjoy the fact that I can be a help to the community. Having worked for corporations until now I didn't feel this level of truly helping people.
- **Do you have any hidden talents or hobbies?** I enjoy painting models and playing tabletop games when I'm not reading. One of my favorite tabletop games is Battletech or Pathfinder
- **What's something you're proud of?** I have been proud of one of my works in progress world-building projects.



## 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

### ❖ February Birthday Celebrations

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

- Luisa-Friday, February 2 at 11 a.m.
- Pasatiempo-Wednesday, Feb. 7 at 11 a.m.
- MEG-Friday, February 9 at 11 a.m.

### ❖ February Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, February 11, 15 and 29.**



**Echo Commodity Distribution**  
No distribution in February.



**San Martin de Porres Distribution**  
Free, no application required!  
Dixon House (2148 San Ysidro Crssng)  
**4 to 6PM. Feb. 13 and 27**

#### 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: Tuesday, Feb. 20 at 11 a.m.**

**MEG: Wednesday, Feb. 21 at 11 a.m.**

**Luisa: Thursday, Feb. 22 at 11 a.m.**

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

## Valentine's Day Dance

**Tuesday, February 13  
1 to 4 PM**

The Fraternal Order of the Eagles, 833 Early St.

FREE admission.

Light refreshments.

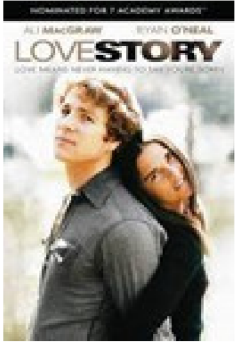
Music by: Los Malcriados

*Don't miss out on a great band!*



## NEWS & VIEWS

### ❖ Movie Day at MEG & Luisa Centers



#### Love Story (MEG)

Weds., Feb. 14 at 1PM

*When wealthy Harvard University law student Oliver Barrett (Ryan O'Neal) meets Jenny Cavilleri (Ali MacGraw), a middle-class girl who is studying music at Radcliffe College, it's love at first sight. Despite the protests of Oliver's father, the young couple marry.*



#### Queen Bees (Luisa)

Thursday, Feb. 8 at 1PM

*Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships.*



#### See You On Venus (Luisa)

Thursday, Feb. 22 at 1PM

*Hoping to ease the pain in their hearts, teens Mia and Kyle travel to Spain in search of Mia's birth mother-and find themselves falling for each other.*

### ❖ Flora's Corner

Tips for communicating with people who have hearing loss: Get the person's attention before speaking; face the person; speak at a moderate pace; ask them how best to communicate with them; don't shout; avoid light/sun glare which would make it difficult for them to see you well; rephrase if you are misunderstood, instead of just repeating; do not have anything in your mouth when you speak to them; write it down; gesture; point.



### ❖ Ash Wednesday at Pasatiempo

Join us on Wednesday, February 14 at 10 a.m.

Deacon Montoya will be distributing ashes at Pasatiempo Senior Center, 664 Alta Vista.

## BOOKS FOR MEG



We are accepting donations of books for the library at the MEG Center! If you have one bag or one box (or less), you can drop it off at the MEG Center during open hours. Thank you!



## NEWS & VIEWS

### ❖ We will miss you Annette Strom



**Annette Ruth Strom**, of Santa Fe, New Mexico, age 66, passed away at Lovelace Heart Hospital on January 20, 2024 after a brief illness. Annette was born August 10, 1957 in the Bronx, New York to the late Abraham and Lydia Strom. Annette was a member of

Temple Beth Shalom in Santa Fe and treasured her volunteer work. She was involved with the library cart at Christus St. Vincent's Regional Hospital. Annette earned her MSW (Master of Social Work) from Highlands University in Las Vegas, New Mexico. Annette earned her MSW (Master of Social Work) from Highlands University in Las Vegas, New Mexico. She utilized her education by becoming a foster grandparent for second and third grade children in the Santa Fe Public School system. Annette was a joyful, kind, compassionate, caring, and loving person who was a light and delight to everyone she knew.

### ❖ Tax Help New Mexico-Santa Fe (United Way)

**Location:** Santa Fe Main Library, 145 Washington Ave.

**Hours:** Monday & Tuesday 10AM-2PM; Wednesday 12-4PM

**Dates:** February 5-April 15, 2024

**Appointments:** 505-465-9776 or online at [taxhelpnm.org](http://taxhelpnm.org).

### ❖ Tax Help Santa Fe

**Location:** Santa Fe Place Outlet Mall, 8380 Cerrillos Rd. #112

**Hours:** Monday-Saturday, 9 AM-4:30 PM

**Dates:** Through April 15, 2024

**Appointments:** 505-990-7431 or online at [www.taxhelpsantafe.com](http://www.taxhelpsantafe.com)

### ❖ AARP Foundation Tax-Aide

Santa Fe Community College campus, 6401 Richards Ave. (Rooms 408 & 410, Main Building). Monday-Friday from 8:30AM-3PM, through April 15!  
**Appointments:** 505-428-1780 or online at [www.sfcc.edu/taxaide](http://www.sfcc.edu/taxaide).

### ❖ February SF Civic Authority Events

#### Villa Hermosa Center Event (1510 Luisa Street)

- **Feb. 9:** Beyond Financial Literacy/Will Preparation | 1PM
- **Feb. 20:** Colcha Embroidery Workshop. Colcha embroidery is a textile tradition originating from early Spanish settlers. | **1-3PM** 12 spaces available. Instruction by Julia Gomez and Barbara Alba. Please RSVP with Sharla Russell at 505-955-6707 or Sabrina Pratt at 505-603-0357.
- **Feb. 23:** Blood pressure and Oxygen testing | **1PM**

### ❖ Senior Olympic Spotlight

#### Deadlines and Fees

Until Feb. 16: Registration Fee \$25

Feb. 19-Feb. 23: Late Registration Fee \$35

#### COMPETITION

April-May 2024

#### Register at the following locations:

*Mary Esther Gonzales Senior Center*

- January 8-Feb. 16, 8-10AM and 3-5PM

*Genoveva Chavez Community Center*

- Friday, February 9, 8AM-Noon
- Wednesday, February 14, 8AM-Noon

**\$25 registration fee includes 2024 T-shirt.**

*Share this information with your friends!*

**Questions?** Contact Cristina Villa

(505)795-3817 | [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)



## VOLUNTEER PROGRAMS

### ❖ Martin Luther King Service Project



We distributed donated school supplies to Caesar Chavez Elementary School on Wednesday, January 17. Thank you to everyone who brought in school supplies! Principal Maeghan McCormick and Rosario Torres were very appreciative on behalf of the students.

### ❖ Help Your Neighbors

Become an ESL or Literacy tutor! 10-hour trainings prepare volunteers to tutor adults in either English as a Second Language (ESL) or Basic Literacy (BL). The ESL new tutor orientation will be held online on Thursday, February 8 from 4-6 p.m., and the in-person training will be on Friday and Saturday, February 9 and 10 from 9 a.m. to 1 p.m. at SFCC. The BL orientation will be held in person on Thursday, February 29 from 4-6 p.m., and the in-person training will be on Saturday, March 2 from 8:30 a.m. to 5 p.m. at SFCC. A registration meeting and a 2-hour follow-up workshop are also included. **For more information, please call 505-428-1353 or visit [www.lvsvf.org](http://www.lvsvf.org) to complete an application. No experience or second language necessary!**

### ❖ Happy Birthday, Feb. Volunteers!

Laura Cowan	2/10
Juanita Quintana	2/11
Irene Moyes	2/14
Edna Sandoval	2/14
Catherine Roybal	2/15
Susan Cover	2/16
Dorothy Galloway	2/17
Theodore Pomeroy	2/17
Maria Rios	2/17
James Dorris	2/19
Daniel Earp	2/19
Steve Cary	2/20
Elora Martinez	2/21
Connie Kinsey	2/23
Valerie Alarid	2/26
Kate Allen	2/27
Margie Gurule	2/28



### ❖ 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](http://rsvpsantafe.org)**



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

## HEALTH & SAFETY

### ❖ Keep Your Heart Healthy

Keeping your body moving as you age doesn't have to be a difficult or daunting task. Heart-healthy exercises can be done whether you're slowing down in your 60's or vivacious and active in your 80's. No matter what age, staying active can help you live longer and decrease the risks of heart disease.

Here are some tips for actions you can take and activities to pursue to keep your heart healthy at any age:

#### **3 Heart-Healthy Water Activities for Seniors**

- Water Aerobics
- Lap Swimming
- Paddle Boarding

#### **3 Heart-Healthy Indoor Activities for Seniors**

- Weight Lifting
- Group Exercise Classes
- Dance Classes

#### **3 Heart-Healthy Outdoor Activities for Seniors**

- Walking or Hiking
- Cycling
- Tennis or Pickleball

#### **3 Non-Movement Related Activities for Seniors**

- Mindful Eating
- Regular Sleep Schedule
- Decreased Tobacco and Alcohol Use



## NUTRITION EDUCATION

### ❖ Broccoli Potato Soup



*A tasty soup that comes together quickly with the help of instant mashed potatoes and powdered milk. Source: [MyPlate.Gov](https://www.mypyplate.gov) | Makes 4 servings*

#### **Ingredients:**

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1/2 cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)

#### **Directions:**

- Wash hands with soap and water.
- Combine broccoli, onion, and broth in large sauce pan.
- Bring to a boil.
- Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
- Add milk to soup. Slowly stir in potatoes.
- Cook, stirring constantly, until bubbly and thickened.
- Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
- Ladle into serving bowls.
- Sprinkle about 1 tablespoon cheese over each serving.





## WORD SEARCH

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.

```

W R I H I T M E T I T O N Y
N Y O C I I A E U S R B O R
H E E K T B N K N A R O I A
T T S T Y R E E R H A O T U
T E E V A R L R E A R T U N
Y N D G A O E W N Y P S L A
S Y T S O R F T I A I S O J
T H E W B E S T S N T D S A
C A R N A T I O N U T E E Y
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V B L I Z Z A R D Q W F G Q
  
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Blanket  
Blizzard  
Blustery  
Boots  
Carnation  
Earmuffs  
Frostbite

Frosty  
Garnet  
Hibernate  
Ice  
January  
Mittens  
Parka

Quilt  
Resolution  
Ski  
Snow  
Storms  
Winter  
Woolens

CROSSWORD PUZZLE

ACROSS

- 1 Compass point
- 4 Vast number of celestial bodies
- 9 Hubbub
- 12 Distort
- 14 Cavity
- 15 Skidded
- 16 Type of cheese
- 17 Speak in public
- 18 Greeting \_\_\_\_\_
- 19 Pertaining to or characteristic of winter
- 21 Ends
- 23 Nervous system
- 24 Propel with oars
- 25 Talk about, with "over"
- 28 Stage of life
- 31 First letter of the Arabic
- 34 Caper
- 36 Ship initials
- 38 Couple
- 40 Accent mark
- 41 Dense
- 43 Supplication
- 44 Large van
- 45 Pain unit
- 46 Its own
- 48 Snaky fish
- 51 Aye
- 53 Acquired Immune Deficiency Syndrome (abbr.)
- 54 Tree
- 56 Tender loving care
- 58 Gully
- 61 American game played on rectangular field
- 66 Sounds of disapproval
- 67 Slender pointed shaft shot from a bow
- 69 Buckeye State

- 70 Tender and passionate affection
- 71 Feudal superior
- 72 Points
- 73 Stretch to make do
- 74 Snake
- 75 Still
- DOWN
- 1 Southwest by west
- 2 Indonesian island
- 3 Small bird
- 4 Reject
- 5 Mother \_\_\_\_
- 6 College (abbr.)
- 7 Trail
- 8 Spread out
- 9 Winged
- 10 Unpaved
- 11 Chances of winning
- 13 Set
- 15 Frown
- 20 Reverberate
- 22 Snake
- 25 Netherlands' capital
- 26 Entertain
- 27 Compass point
- 29 Cunning
- 30 Escudo
- 32 Left out of gear
- 33 Combustibles
- 34 Gossip
- 35 Limited (abbr.)
- 37 Slide on snow
- 39 Clod
- 42 Used to attract attention
- 43 Pressure unit
- 47 Sensitivity
- 49 Free
- 50 Tell
- 52 Moe, for example
- 55 Marsupial bear
- 57 Under
- 58 Apt
- 59 Chessman
- 60 Wander
- 61 Wilma Flintstones' husband
- 62 Frame
- 63 Sailors "hey"
- 64 Low-cal
- 65 Astray

1	2	3		4	5	6	7	8		9	10	11
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73					74						75	



## CONSUMER &amp; LEGAL



# Newsletter:

## Ask Stan Medicare Questions



Volume 4, Issue 2 February 2024

Dear Stan,

*My wife was recently diagnosed with dementia. I feel overwhelmed not knowing what to do to help her. Does Medicare pay for dementia treatment? What should I do?*

Leo  
Moriarty, NM

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 Leo,

Medicare will pay for some services during every state of dementia care. They include:

- home safety evaluations
- cognitive assessments
- planning for care
- Prescription drugs – for drugs your doctor orders for dementia
- hospital stays
- respite care
- hospice care.

Medicaid also provides benefits for dementia patients if you qualify.

Leo, you are not alone. According to a Columbia University study, 10 percent of persons 65 and older have dementia, and 22 percent have mild cognitive impairment. Dementia affects women and people of color disproportionately.

Dementia is the loss of cognitive functioning -- thinking, remembering, and reasoning. Peoples' behavior, feelings and relationships may change as well. The most common form of dementia is Alzheimer's. Over time the symptoms of Alzheimer's and related dementias will make it difficult to think clearly and function independently. Planning as early as possible can lead to a better tomorrow.

Health care planning is important. Having a **living will** lets doctors know how you want to be treated if you are dying or permanently unconscious and cannot make decisions on your own. Having a **durable power of attorney for health care** names someone as a "proxy" to make medical decisions for you when you are not able. Other considerations are a **do not intubate order** which lets medical providers know if you do not want to be

## CONSUMER & LEGAL

put on a breathing machine and a **do not resuscitate order** that tells health professions not to perform cardiopulmonary resuscitation (CPR) or other life-support procedures in case the heart or breathing stops.

If you live in Sandoval, Valencia, Torrance or Bernalillo County, contact the **Senior Citizens Law Office (SCLO)** at **(505) 265-2300** or online at <https://sclonm.org/>. They can help you with most of the forms listed above.

If you live in any other county contact **Legal Resources for the Elderly (LREP)** at **1-800-876-6657**. Contact LREP online at <https://www.sbnm.org/For-Public/Legal-Resources-for-the-Elderly>

Other things to consider are to:

- update your wills
- start researching long term care facilities
- start planning for end-of-life care
- revoke their driver's license.

The **New Mexico Chapter of the Alzheimer's Association** works on a local level to provide help and support for all those affected by Alzheimer's and other dementias. They can be reached at **(505) 266-4473** or at [https://www.alz.org/newmexico/about\\_us/contact\\_us](https://www.alz.org/newmexico/about_us/contact_us)

They have support groups and chapters

around the state, and they assist people with Alzheimer's and their unpaid caregivers. Other resources are [alz.org/CRF](http://alz.org/CRF) and [alz.org/diagnosis](http://alz.org/diagnosis).

For additional information about dementia treatment contact the **New Mexico Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and ask to speak to an Options Counselor or a **State Health Insurance Assistance Program (SHIP)** volunteer. You can also chat with a counselor at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

Stan,

Volunteer Counselor, SHIP and SMP

### General Enrollment Period Alert

People who missed their opportunity to enroll in Part B can use the General Enrollment Period (GEP) that starts January 1 through March 31. Coverage starts the next month. Call the ADRC at **1-800-432-2080** and request the help of a SHIP counselor.





CONSUMER & LEGAL



Newsletter:  
Ask Stan Medicare Questions



Volumen 4, Número 2 Febrero 2024

Querido Stan,

*A mi esposa le diagnosticaron demencia recientemente. Me siento abrumada sin saber qué hacer para ayudarla. ¿Medicare paga el tratamiento de la demencia? ¿Qué debo hacer?*

Leo  
Moriarty, NM

**Denuncie el fraude relacionado con Medicare llamando a la Patrulla de Medicare para Personas Mayores de Nuevo México**

**(SMP) en 1-800-432-2080**  
**El SMP le proporcionará la información que necesita para PREVENIR, DETECTAR y DENUNCIAR el fraude de Medicare, errores y abusos.**

Querido Leo,

Medicare cubrirá algunos servicios durante cada etapa de la atención de la demencia. Incluyen :

- evaluaciones de seguridad en el hogar
- evaluaciones cognitivas
- Planificación de la atención
- Medicamentos recetados— Medicamentos que su médico le receta para la demencia
- estancias hospitalarias
- atención de relevo
- cuidados paliativos

Medicaid también ofrece beneficios para pacientes con demencia si califica.

Leo, no estás solo. Según un estudio de la Universidad de Columbia, el 10 por ciento de las personas de 65 años o más tienen demencia y el 22 por ciento tienen deterioro cognitivo leve. La demencia afecta desproporcionadamente a las mujeres y a las personas de color.

La demencia es la pérdida del funcionamiento cognitivo: Pensar, recordar y razonar. El comportamiento, los sentimientos y las relaciones de las personas también pueden cambiar. La forma más común de demencia es la enfermedad de Alzheimer. Con el tiempo, los síntomas de la enfermedad de Alzheimer y las demencias relacionadas harán que sea difícil pensar con claridad y funcionar de forma independiente. Planificar lo antes posible puede conducir a un mejor mañana.

La planificación de la atención médica es importante. Tener un testamento vivo le permite a los médicos saber cómo desea ser tratado si usted está muriendo o permanentemente inconsciente y no puede tomar decisiones por su cuenta. Tener un poder notarial duradero para el cuidado de la salud nombra a alguien como un "representante" para tomar decisiones médicas por usted cuando usted no es capaz. Otras consideraciones son una orden de no intubar que le permite a los proveedores médicos saber si no desea que le pongan

## CONSUMER & LEGAL

una máquina respiratoria y una orden de no reanimar que les dice a los profesionales de la salud que no realicen la reanimación cardiopulmonar (RCP) u otros procedimientos de soporte vital en caso de que el corazón o la respiración se detiene.

Si usted vive en Sandoval, Valencia, Tarrant o Bernalillo County, póngase en contacto con la Oficina de Derecho de Personas Mayores (SCLO) en (505) 265-2300 o en línea en <https://sclonm.org/>. Ellos pueden ayudarle con la mayoría de los formularios enumerados anteriormente.

Si vive en cualquier otro condado, comuníquese con Recursos Legales para Personas Mayores (LREP, por sus siglas en inglés) al 1-800-876-6657. Póngase en contacto con LREP en línea en <https://www.lrep.org/>.

Otras cosas a tener en cuenta son:

- Actualiza tus testamentos
- Comience a investigar los centros de atención a largo plazo
- Comience a planificar la atención al final de la vida
- revocar su licencia de conducir.

El Capítulo de Nuevo México de la Asociación de Alzheimer trabaja a nivel local para brindar ayuda y apoyo a todos los afectados por la enfermedad de Alzheimer y otras demencias. Se puede contactar con ellos en **(505) 266-4473** o [https://www.alz.org/newmexico/about\\_us/contact\\_us](https://www.alz.org/newmexico/about_us/contact_us)

Tienen grupos de apoyo y capítulos en todo el estado, y ayudan a las personas con Alzheimer y a sus cuidadores no remunerados. Otros recursos son: [alz.org/CRF](http://alz.org/CRF) y [alz.org/diagnosis](http://alz.org/diagnosis).

Para obtener información adicional sobre el tratamiento de la demencia, comuníquese con el Centro de Recursos para el Envejecimiento y la Discapacidad de Nuevo México (ADRC, por sus siglas en inglés) al 1-800-432-2080 y solicite hablar con un Consejero de Opciones o un voluntario del Programa Estatal de Asistencia de Seguro Médico (SHIP, por sus siglas en inglés). También puede chatear con un consejero en [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

Stan,

Consejera Voluntaria, SHIP y SMP

### Alerta General del Período de Inscripción

**Las personas que perdieron la oportunidad de inscribirse en la Parte B pueden usar el Período de Inscripción General (GEP, por sus siglas en inglés) que comienza**

**Del 1 de enero al 31 de marzo.  
La cobertura comienza el mes siguiente.  
Llame al ADRC al 1-800-432-2080 y solicite la ayuda de un asesor de SHIP.**





CROSSWORD & WORD SEARCH SOLUTIONS

CROSSWORD

Solution:

1	S	2	B	3	W		4	S	5	T	6	A	7	R	8	S		9	A	10	D	11	O
12	W	A	R	P		13		14	C	E	C	U	M				15	S	L	I	D		
16	B	L	E	U		17	O	R	A	T	E						18	C	A	R	D		
19	W	I	N	T		20	E	R	E	D				21	A	B	22	O	R	T	S		
						23	C	N	S					24	R	O	W						
						25	H	A	S	H			28	A	G	E		31	A	L	I	F	
34	G	A	M	B	O		35					36	U	S	S			38	D	U	O		
40	A	G	U	E			41	T	H	I	C	K					43	P	L	E	A		
44	B	U	S				45	D	O	L			46	I	T	S	E	L	F				
						48	E	E	L	S			51	Y	E	S		53	A	I	D	S	
												54	O	A	K			56	T	L	C		
58	A	R	R	O	Y	O						61	F	O	O	T		62	B	A	L	L	
66	B	O	O	S			67	A	R	R	O	W					69	O	H	I	O		
70	L	O	V	E			71	L	I	E	G	E					72	D	O	T	S		
73	E	K	E				74	A	D	D	E	R					75	Y	E	T			

WORD SEARCH

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



# SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Senior Meal Suggested Donation: Lunch \$1.50</b>  10:30AM – 12:30PM   Monday to Friday Milk is served with each meal. Menu is subject to change.			<b>1</b> <b>Chicken Provencal</b> Tomato Topping White Rice Spinach & Onions Roll Jello w/ fruit	<b>2</b> <b>Pork Chop</b> Scalloped Potatoes Broccoli Florets Roll Fresh Apple
<b>5</b> <b>Creamy Chicken Spinach &amp; Tomato Linguini</b> Buttered Carrots Breadstick Chocolate Cake w/ Cherry Topping	<b>6</b> <b>Pork Stir Fry</b> Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Roll Mandarin Oranges	<b>7</b> <b>Breaded Chicken Sandwich</b> Garnish Pasta Salad Carrot & Celery Sticks Yogurt	<b>8</b> <b>Chili Cheese Dog with Meaty Red Chili</b> Mixed Veggies Onion Rings Fresh Orange	<b>9</b> <b>Baked Ham</b> Yams Vegetable Medley Roll Pineapple Tidbits
<b>12</b> <b>Sweet &amp; Sour Chicken</b> Brown Rice Asian Veggies Egg Roll Brownie	<b>13</b> <b>Salisbury Steak Mushroom Gravy</b> Mashed Potatoes Brussels Sprouts Roll Diced Peaches	<b>14</b> <b>Green Chili Salmon Enchiladas</b> Refried Beans Chuckwagon Veggies Tortilla Cinnamon Spiced Apples	<b>15</b> <b>Baked Cheese Ziti with Meaty Marinara Sauce</b> Italian Veggies Tossed Salad Garlic Toast Cherries in Strudel	<b>16</b> <b>Tuna Casserole with Noodles</b> Peas & Carrots Spinach Salad Crackers Tropical Fruit
<b>19*</b> <b>Baked Chicken Breast w/ Mushroom Sauce</b> Rice Pilaf Broccoli & Cauliflower Roll Tapioca Pudding	<b>20</b> <b>Spaghetti with Meatballs</b> Green Beans Spinach Salad Breadstick Applesauce	<b>21</b> <b>Frito Pie</b> Garnish Mexicorn Coleslaw Ice Cream	<b>22</b> <b>Beef Roast Brown Gravy</b> Half Baked Potato 5 Way Veggies Roll Plums	<b>23</b> <b>Egg Salad Sandwich</b> Croissant Cucumber & Tomato Salad Pickle Fresh Strawberries
<b>26</b> <b>Chicken Tenders</b> Sweet Potato Fries Buffalo Sauce Carrot & Raisin Salad Biscuit Sherbet	<b>27</b> <b>Open Face Turkey</b> Turkey Gravy Bread Stuffing Capri Veggies Cranberry & Spinach Salad/Diced Pears	<b>28</b> <b>Carne Adovada Burrito</b> Spanish Rice Calabacitas Chocolate Pudding	<b>29</b> <b>Beef &amp; Potato Stew</b> Celery, Tomatoes & Carrots Asparagus Crackers Apricots	

\*City of Santa Fe offices and facilities will be OPEN on Presidents' Day, February 19. Your trash and recycling collection will take place on a regular schedule the week of Feb. 19! Call 505-955-2200 to learn more.





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





 = Center open for meals!

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

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