



CITY OF SANTA FE
SENIOR SERVICES

JULY 2024

SENIOR SCENE

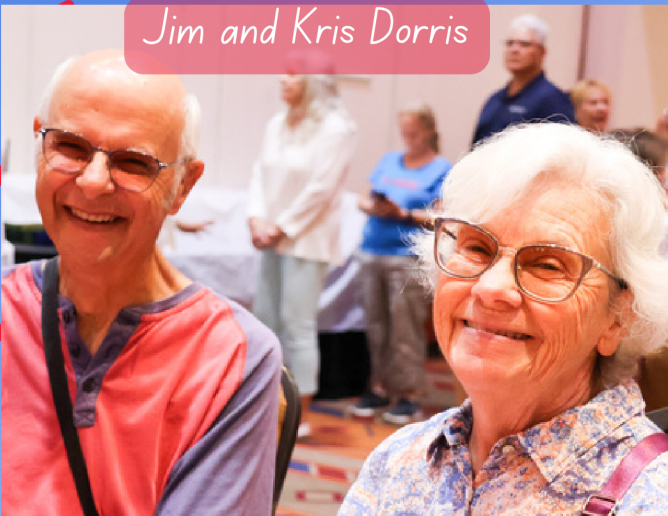




Theresa and Marcy!



Mona and Rosario



Jim and Kris Dorris



Maria Verela - Lucky Winner



Carmen and Louie Ortiz



Volunteer Appreciation Event

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs


Ask Stan

June Senior Center Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution

City Communications Team,
Graphic Design/Copy Editing


Luisa Senior Center (1500 Luisa St. -Center on Columbia St.)
Lugi Gonzales 505-955-4711 lgonzales@santafenm.gov

Monday through Friday 10:30 AM – 12:30 PM Fitness Room & Computer Lab Open!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered!		NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered!		
Haircuts by Fabiola: Friday, July 5, 10 AM-1 PM Haircuts by Catalina: Wednesday, July 10, 9:30 AM-12:30 PM				

Pasatiempo Senior Center (664 Alta Vista St.)
Lugi Gonzales 505-955-4711 lgonzales@santafenm.gov

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

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Lugi Gonzales 505-955-4711 lgonzales@santafenm.gov

Monday through Friday, 8 AM – 4:30 PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30AM Enhanced Fitness 9:30-10:30AM Cribbage All skill levels welcome. All materials provided. July 1 & 15 1-3 pm	Tai Chi/Short Form 8:30-9:30AM Guitar Class 9-11AM	Enhanced Fitness 9:30-10:30AM Bingo 1-3 pm	Wood Carving 9:30-11:00AM Meditation for Seniors by Upaya 1-2:00PM Tai Chi/Qi Gong Ti Chi 8:30-9:30 am Qi Gong 3:30-4:30PM Wednesday, July 3 3:30-4:30 pm	Enhanced Fitness 9:30-10:30AM MEG Page Turners Book Club: <i>Fahrenheit 451</i> by Ray Bradbury July 12 1-2 PM Knitting Class 1-3 PM
 Haircuts by Fabiola: July 1 and July 22 10:30 AM 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

Transportation Reservations: 505-955-4700
 Linda Quesada, Senior Transportation Manager
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

- 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

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

Activities: MEG Center: 505-955-4715
 Lugi Gonzales 505-955-4711 | lgonzales@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo

In-Home Support Services Program Manager
 Vicki Hernandez: 505-955-4704 |
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

Senior Companion/Foster Grandparent: 505-955-4744
 Roberta Armijo, Project Administrator:
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

- 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

RSVP Volunteer Program Coordinator: 505-955-4722
 Erika Cuellar: eccuellar@santafenm.gov

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

DIRECTOR'S NOTE

Dear Senior Services Community,

Greetings! Summer is officially here and that means warmer weather along with some rain. I would like to remind you that the Senior Center is a cooling station if the temperature is hot out, please come to the Center and cool off.

I would like to take this time to ask everyone to be on the lookout for Elder Abuse. June was Elder Abuse Awareness Month, and Elder abuse can take many forms, including physical, emotional, and financial exploitation. Some signs that a person may be experiencing abuse, neglect, or exploitation include unexplained cuts or bruises, lack of proper food and water, withdrawal, confusion, or isolation. If you suspect an adult is being abused, neglected, or exploited, please call Adult Protective Services Statewide Intake toll-free at 1-866-654-3219.

I want to wish everyone a Happy Fourth of July, be safe, and enjoy this Independence Day.



Manuel Sanchez

Division Director



SANTA FE CONSERVATION TRUST

iVámonos!
SANTA FE WALKS

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

30 Free Walks & Hikes from May through October



Thank you Santa Fe Walking Collaborative!

NM Aging & Long-Term Services Dept.
BBBS Mountain Region
AmeriCorps Santa Fe RSVP
NMDOH
New Vistas
City of Santa Fe
Randall Davey Audubon Center
La Familia Health



JULY

- 9 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 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 Basin.
Ride the Blue Bus for Free! (Mtn Trail Route 255) Leave South Capital at 7:30am
- 18 - Thursday @ 5:30 PM**
Find a New Path
Frenchy's Field Park to SF River Trail
Meet at Frenchy's Field TH/Agua Fria
- 24 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to Railyard Park. Meet at 1464 Cristobal Colon
- 26 - Friday @ 10 AM**
Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at MEG Senior Center 1121 Alto St

AUG

- 6 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 10 - Saturday @ 9 to 11 AM**
Vámonos Hike
SFCT's Galisteo Property Loop
Meet at Cottonwood Trailhead on Thornton Ranch Rd, Lamy, NM
- 14 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to Ashbaugh Park. Meet at 1464 Cristobal Colon
- 22 - Thursday @ 5:30 PM**
Find a New Path
Romero Park to River Trail & Re-Unity Farm
Meet at Romero Park off Caja del Oro Grant Rd
- 23 - Friday @ 10 AM**
Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at MEG Senior Center 1121 Alto St

For more information and maps of the walks, visit:
sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

EMPLOYEE SPOTLIGHT



Theresa Frejillo

What's your job title? Program Manager
How many years have you worked for the City? 21 ½ years
What's the most exciting part of your job? Interacting with the center participants and co-workers and learning new things every day.
Do you have any hidden talents or hobbies? No hidden talents or hobbies that I have discovered yet.
Are you a sports fan? Not a fan, but I do enjoy watching all kinds of sports.
Who are your favorite teams? Whatever teams my great nephews, great nieces, and grandchildren play on.
What's something you're proud of? My amazing family, work ethic, and wonderful volunteers.

What's your job title? Navigator
How many years have you worked for the City? Just started in May.
What's the most exciting part of your job? Being able to provide resources to individuals in need.
Do you have any hidden talents or hobbies? I love to garden and be outdoors.
What's something you're proud of? My two daughters.



Barbara Espinoza

MORE HIGHLIGHTS



More Volunteer Appreciation



Patti Merrill - Flag Day!

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 Quesada 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.

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

❖ July Birthday Celebrations

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

- MEG - Tuesday, July 2, 11 am

❖ July Grocery Distributions



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

San Martin de Porres Distribution
San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food July 2, 16, and 30 from 4-6 pm, out of the Dixon House 2148 San Ysidro Crossing. **FREE FOOD FOR EVERYONE (No application required.)**



ECHO Commodity Distribution
July 16, 9:30 am to noon.
Contact: 505-242-6777

❖ Guitar Class Performance

Sister Jo's Guitar Class Performance is on Tuesday, July 9, from 10:30 am to 12:30 pm.

Come join us for lunch and music!

❖ 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-Tuesday, July 26, 11 am
Pasatiempo-Wednesday, July 17, 11 am
Luisa-Thursday July 18 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.

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 July 2, 2024.

NEWS & VIEWS

Movie Day at MEG



Bless Me, Ultima (MEG)

Tuesday, July 9, 1 pm

Based on acclaimed author Rudolpho Anaya's novel, *Bless Me, Ultima* is a turbulent coming-of-age story about a young boy growing up in New Mexico during World War II, grappling with questions about his destiny.

Pay It Forward

Tuesday, July 23 at 1 pm

The story of a social studies teacher who gives an assignment to his high school class to think of an idea to change the world for the better, then put it into action.

When one young student creates a plan for "paying forward" favors, but he sets in motion an unprecedented wave of human kindness.



Hikes for Active Seniors



MODERATE HIKE - JULY 15, BORREGO- WINSOR- BEAR WALLOW TRAILS

July's easy/moderate hike will be a 4.2-mile triangle on three well-defined trails with only 760 feet of total elevation gain. From Hyde Park Road, we'll hike 1.7 easy downhill miles on the Borrego Trail, then turn onto the Winsor Trail for another easy .8 miles, stopping for a snack and rest. After rest, we'll turn onto the Bear Wallow Trail for 1.6 moderate uphill miles to return to our cars. This has been a popular hike in past years.

General items:

- ARRIVE at MEG between 8:30 and 8:45 am.
- We will depart at 9 a.m. sharp and return by approximately 12:30 p.m. (We will carpool as the city can no longer provide transportation.)
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket, and gloves (even if you think you will not wear them).

Pancakes on The Plaza

For Northern New Mexico's people, the Fourth of July has become known as the Rotary Club of Santa Fe's Pancakes on the Plaza.

For the past 47 years, this local tradition has become a day full of fun for the whole family! The smell of delicious pancakes fills the air while local vendors, classic cars, and unique art surround the plaza. Breakfast will be served beginning at 7 am.

NEWS & VIEWS

❖ Technology Assistance

Need help with your smartphone or tablet?

You can call Jesse @ 505-699-3597 and set up an appointment to meet with him at the MEG Center.

❖ Flora's Corner

"Walking with Grandma"



I like to walk with grandma. Her steps are short like mine. She doesn't say, "Now hurry up;" she always takes her time. I like to walk with grandma because her eyes see things like mine do...wee pebbles bright, a funny cloud, half-hidden drops of dew.

Most people have to hurry, they do not stop and see. I am glad that God made Grandma unrushed and young like me! - Author unknown.



❖ A Big Thank You to Our Sponsors



A special thank you to the local businesses that donated gifts for our Volunteer Appreciation Event on June 12.



VOGUE COLLEGE OF COSMETOLOGY

VOLUNTEER PROGRAMS

❖ Volunteers Needed



Felines & Friends NM is a Santa Fe non-profit rescue dedicated to providing homeless cats and kittens a second chance. As a large volunteer organization, WE NEED YOUR HELP!

Volunteer Opportunities include:

- Adoption Application Reviewer
- Adoption Advisor
- Kitty Caregiver (Petco, Teca Tu, SF Cats)
- Foster Parent
- Foster Home Coordinator
- Transport cats to/from appointments
- Assist with Fundraising
- Adoption Event Volunteer
- Weekend Adoption Asst. at Petco
- Adoption Event Coordinator

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



❖ Happy Birthday, July Volunteers!

Celia "Sally" Roman	7/2
Thomas Pedersen	7/3
Dan Goin	7/4
David Reffert	7/5
Thomas Hitch	7/6
Mary Jo McBean	7/6
Michaela Gallagher-Gonzales	7/8
Eppie Herrera	7/10
Sherry Garcia	7/11
David Roe	7/16
Maria Cocchia	7/19
Patricia Fordney	7/19
Vivian Heye	7/20
Barbara Mellers	7/22
Meena Sachdeva	7/22
Abdi Iyow	7/24
Patricia Collins	7/26
Brenda Bestle	7/27
Julie Hliboki	7/27
Ellen Rosell	7/27
Medardo Roybal	7/28
Joseph Loewy	7/29
Michaela Shelley Valencia	7/29

❖ Volunteer for FGP, SCP Programs

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 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 to learn more.

HEALTH & SAFETY

❖ The Shape of Volunteering

What did Volunteering Look Like during COVID-19?

Despite the devastating impact of the pandemic, Americans continued to serve one another and their communities. They helped neighbors by doing favors like watching each other's children, running errands, and more. Americans also helped their communities by supporting COVID-19 testing and vaccination, conducting wellness checks on isolated seniors, supporting food banks, assisting other public health efforts, and helping students stay on track in school.

Formal Volunteering and Informal Helping

Although the national rate of volunteering through organizations declined from 2019 to 2021, Americans continued to help each other informally.

Formal Volunteering

Formal volunteering involves helping others through organizations.

An estimated 23.2 percent of Americans or 60.7 million people formally volunteered with organizations between September 2020 and 2021. In total, these volunteers served an estimated 4.1 billion hours with an economic value of \$122.9 billion.

The formal volunteering rate dropped seven percentage points—from 30 percent in 2019 to 23 percent in 2021. This is the largest change since AmeriCorps and the US Census began collecting this data in 2002.

National Demographics:

- Generation X (aged 41 to 56 in 2021) had the high (27 percent).
- Parents with children under 18 formally volunteer children in their household (21 percent).

Informal Helping

Informal helping involves assisting others outside of an organizational context, including doing favors for neighbors.

NUTRITION EDUCATION

❖ Veggie Chow Mein



This noodle dish combines the crunch of fresh veggies with the flavors of onion, garlic, and soy sauce to create a delicious and easy stir fry. Note: Add other vegetables as desired. Top with chives. [Source: MyPlate.Gov](#) |Makes 2 servings

Ingredients:

- 6 ounces spaghetti noodles (or thin flat egg noodles)
- 4 teaspoons oil
- 1 onion (medium, finely chopped)
- 2 garlic cloves (finely chopped)
- 1 cup carrot (grated)
- 2 teaspoons chicken bouillon, low-sodium
- 1 teaspoon hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (green or red, finely chopped)
- 4 teaspoons soy sauce, reduced sodium

Directions:

- Wash hands with soap and water.
- Prepare noodles according to package directions. Drain and set aside.
- Cook onion and garlic with oil in frying pan for 1 minute over medium/high heat.
- Add carrot, chicken bouillon, and pepper sauce. Stir.
- Add broccoli, celery, and bell pepper and continue to stir.
- Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
- Add salt and pepper to taste.

FLAGS AND FIREWORKS

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Bang	Firecracker	Ignited
Banner	Fizzle	Pyrotechnics
Blue	Flagpole	Red
Boom	Flash	Rocket
Crackle	Fun	Sparkler
Dazzling	Glitter	Starburst
Explode	Halyard	White

CROSSWORD PUZZLE

INDEPENDENCE DAY

ACROSS

- 1 Smack
- 5 Tender loving care
- 8 Can
- 12 Reeled
- 13 Shout
- 15 Berate
- 16 Wheel
- 17 Reason
- 18 Hand wear
- 19 Adhere
- 21 Public procession of people and things
- 23 Limpid
- 25 US flag color of seven of the stripes
- 26 George, plaster cast artist
- 29 Little bit
- 31 Small wrapped candies
- 35 French pancake treats
- 37 Yank
- 39 Cleaning agent
- 40 Vase
- 41 Belongs to Sir Isaac
- 44 United States of America
- 45 Substance that is ingested by living creatures
- 47 California (abbr.)
- 48 Informal outdoor meal
- 50 Trick
- 52 Game official
- 54 Move up to
- 55 Woeful
- 57 Capital of Morocco
- 59 Song of patriotism
- 62 Fabric
- 65 Package label
- 66 Cheat
- 68 Zooms
- 70 Air (prefix)
- 71 Out loud
- 72 Decorative needle case
- 73 Inclined plane
- 74 Exceed
- 75 Loch __ monster

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						74				75			

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Pacific Time
- 2 Heroic
- 3 Loop
- 4 Patella
- 5 Menace
- 6 Record
- 7 Daring deed
- 8 Navies
- 9 Data transmission rate
- 10 Span between birth and death
- 11 Imp
- 13 Moving swell of fabric caused by the wind
- 14 Fruit
- 20 Ethan that led the Green Mountain Boys
- 22 Rock group
- 24 Dangerous snake
- 26 Shuffle
- 27 Flub

- 28 City
- 30 Dynamic __
- 32 Hillock
- 33 Herb
- 34 Quickly
- 36 Part of a min.
- 38 Gross national product (abbr.)
- 42 Struggle
- 43 Strong rope fiber
- 46 Floor cleaner (2 wds.)
- 49 Person belonging by birth or naturalization to a nation
- 51 Morse code "T"
- 53 Face upwards
- 56 Prefix ten
- 58 Group of people playing musical instruments
- 59 Realm
- 60 Reference point
- 61 Cast off
- 63 Refer to

- 64 Sonata
- 65 Distant
- 67 San Diego attraction
- 69 Bro.'s sibling



ASK STAN



Newsletter: Help With Medicare Costs

Ask Stan Medicare Questions



Volume 4, Issue 6 July 2024

Dear Stan,

I started Medicare last year and live off a limited income. I've had problems making ends meet each month since I started Medicare. Are there any programs that can help me with my Medicare costs? I own a home, a car and I have a few thousand dollars in savings.

Sincerely,

Cecilia,
Grants, New Mexico

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 Cecilia,

Thank you for your question. There is a very helpful state managed program called **Medicare Savings Programs (MSP)** that you can apply for. You must be eligible for Medicare Part A to receive an **MSP**. The three levels of **MSP** that could help you are:

- The Qualified Medicare Beneficiary (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Qualifying Individual (QI)

All levels of **MSP** help you by paying for the Medicare Part B monthly premium. This year, the monthly Medicare Part B premium is \$174.70 a month, and it is

usually deducted from your Social Security check. QMB is the only **MSP** that also pays for the cost of Part A, and covers Medicare Part A and B related cost sharing expenses including co-pays and deductibles.

In New Mexico, there are monthly income limits that are used to determine eligibility. Assets are not considered for MSPs. If you were previously denied **MSP** due to excess assets, please call the **New Mexico Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** for re-application assistance or go to [Yes.state.nm.us](https://www.yes.state.nm.us) to apply.

(Continued on page 2)

ASK STAN

If you are a single person and earn up to \$1,715 a month, or a married person living with their spouse and earn up to \$2,320 a month you may be eligible for one of the **MSPs**. You can apply by calling the **ADRC** at **1-800-432-2080** or online at Yes.state.nm.us.

For people who missed their opportunity to enroll timely in Part B, the **MSPs** can be a strategy to get enrolled in Part B immediately without having to wait for the General Enrollment Period (January 1 thru March 31). When approved for an **MSP**, the Medicare beneficiary applicant would be enrolled in Part B automatically. The **MSP** will also waive any Part B late enrollment penalties.

There is also a federal program called **Low Income Subsidy (LIS)** or **Extra Help** that pays for the Medicare prescription drug plan’s monthly premiums, annual deductible and copayments. You may have gotten a letter from Social Security advising that you may be eligible for this benefit. **Extra Help** reduces your Medicare prescription drug costs, potentially saving you several thousand

dollars a year. If you are approved for an **MSP**, you will receive the **Extra Help** benefit automatically, but you may be able to get **Extra Help** even if you are not eligible for the **MSP**. To get more information about how to apply for **Extra Help** go to www.ssa.gov. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan
New Mexico SHIP SMP Counselor

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

The newsletter recently won a 1st 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: Ayuda con los costos de Medicare

Stan contesta sus preguntas de Medicare



Volumen 4, Número 6 julio de 2024

Querido Stan,

Comencé Medicare el año pasado y vivo con un ingreso limitado. Tenido problemas para llegar a fin de mes todos los meses desde que comencé Medicare. ¿Hay algún programa que pueda ayudarme con mis costos de Medicare? Soy dueño de una casa, un auto y tengo unos cuantos miles de dólares en ahorros.

Atentamente,

Cecilia,

Grants, New Mexico

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 Cecilia,

Gracias por su pregunta. Hay un programa administrado por el estado muy útil llamado **Medicare Savings Programs (MSP)** que puede solicitar. Usted debe ser elegible para Medicare Parte A para recibir un **MSP**. Los tres niveles de **MSP** que podrían ayudarlo son:

- El Beneficiario Calificado de Medicare (QMB)
- Specified Low-Income Medicare Beneficiary (SLMB)
- Individuo calificado (QI)

Todos los niveles de **MSP** lo ayudan pagando la prima mensual de la Parte B de Medicare. Este año, la prima mensual de Medicare Parte B es de \$174,70 al mes, y generalmente se deduce de su cheque de Seguro Social. QMB es el único **MSP** que

también paga el costo de la Parte A, y cubre los gastos relacionados con la Parte A y B de Medicare, incluidos los copagos y deducibles.

En Nuevo México, hay límites de ingresos mensuales que se utilizan para determinar la elegibilidad. Los activos no se consideran para los MSP. Si anteriormente se le negó **MSP** debido a un exceso de activos, llame al Centro de Recursos para Personas de Edad y **Discapacidad de Nuevo México (ADRC)** al **1-800-432-2080** para obtener asistencia **para volver a solicitar** o visite [Yes.state.nm.us](https://www.yes.state.nm.us) para solicitar.

Si usted es una persona soltera y gana hasta \$1.715 al mes, o una persona casada que vive con su cónyuge y gana hasta \$2.320 al mes, puede ser elegible para uno de los

(Continuación en la página # 2)

ASK STAN

MSP. Puede aplicar llamando al **ADRC** al **1-800-432-2080** o en línea en Yes.state.nm.us.

Para las personas que perdieron su oportunidad de inscribirse oportunamente en la Parte B, los **MSP** pueden ser una estrategia para inscribirse en la Parte B inmediatamente sin tener que esperar el Período de Inscripción General. Cuando se aprueba para un **MSP**, el solicitante beneficiario de Medicare se inscribirá en la Parte B automáticamente. El **MSP** también renunciará a cualquier penalidad de inscripción tardía de la Parte B.

También hay un programa federal llamado **Subsidio de Bajos Ingresos (LIS, por sus siglas en inglés)** o **Ayuda Adicional** que paga las primas mensuales, deducibles anuales y copagos del plan de medicamentos recetados de Medicare. Es posible que haya recibido una carta del Seguro Social en la que se le advierte que puede ser elegible para este beneficio. **Ayuda adicional** reduce los costos de sus medicamentos recetados de Medicare, lo que podría ahorrarle varios miles de dólares al año. Si usted es aprobado para un **MSP**, usted recibirá el beneficio de **ayuda adicional**

automáticamente, pero usted puede ser capaz de obtener **ayuda adicional** incluso si usted no es elegible para el **MSP**. Para obtener más información sobre cómo solicitar **ayuda adicional**, visite www.ssa.gov. También puede conversar con un consejero en www.nmaging.state.nm.us.

Stan,
Consejera de Voluntarios, SHIP y SMP

¿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

INDEPENDENCE DAY

Solution:

1	P	E	C	K	5	T	L	C	8	A	B	L	E				
12	S	P	U	N	13	W	H	O	O	P	14	P	15	R	A	I	L
16	T	I	R	E	17	A	R	G	U	E	18	M	U	F	F		
19	C	L	E	A	V	E	21	P	A	R	A	D	E				
23	C	L	E	A	R	24	R	25	R	E	D						
26	S	E	G	A	L	29	T	A	D	31	M	A	M	B	A		
35	C	R	E	P	E	S	37	T	U	G	38	S	O	A	P		
40	U	R	N	41	N	E	W	T	O	N	S	43	U	S	A		
45	F	O	O	D	46	C	A	L	48	P	I	C	N	I	C		
50	F	R	A	U	D	52	R	E	F	54	S	I	D	L	E		
55	S	A	D	56	R	A	B	A	T								
59	A	N	T	H	E	M	61	C	A	L	I	C	O				
65	F	R	O	M	66	C	O	Z	E	N	68	Z	I	P	S		
70	A	E	R	O	71	A	L	O	U	D	72	E	T	U	I		
73	R	A	M	P	74	T	O	P	75	N	E	S	S				

❖ WORD SEARCH

FLAGS AND FIREWORKS

HIDDEN QUOTATION
BY
Elmer Davis

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



SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatball Sub Italian Veggies Sun Chips Apple Crisp	2 Baked Tilapia Parsley Potatoes French Style Green Beans Roll Fruit in Jello	3 BBQ Rib Sandwich Pickles Pork N Beans Peas & Carrots Fresh Pear	4 <p style="text-align: center;">ALL CENTERS CLOSED</p>	5 Chicken Salad Cold Peas Cucumber Tomato Salad Croissant Fresh Apple
8 Orange Chicken Brown Rice Asian Veggies Fortune Cookie Mandarin Oranges	9 Baked Cod French Fries Coleslaw Asparagus Diced Peaches	10 Pork Tamale Red Chili Sauce Calabacitaas Refried Beans Vanilla Pudding	11 Beef Roast Mushroom Gravy Mashed Potatoes Capri Veggies Roll Pineapple	12 Chef Salad Turkey, Ham & Cheese Crackers Strawberry Shortcake
15 Breaded Chicken Sandwich Garnish Green Beans Potato Chips Carrot Sticks Honeydew	16 Meatloaf Tomato Topping Scalloped Potatoes Vegetable Medley Roll Tropical Fruit	17 Pork Chop Pork Gravy Rice Pilaf Brussel Sprouts Spinach Salad Roll Fresh Strawberries	18 Green Chili Cheeseburger Garnish Chili Beans Chuckwagon Veggies Watermelon	19 Cheese Tortellini with Meaty Marinara Italian Veggies Green Salad Garlic Toast Yogurt
22 Chicken Tenders Buffalo Sauce Onion Rings Bahama Veggies Roll Fresh Grapes	23 Beef Soft Taco Garnish / Salsa Roasted Zucchini Spanish Rice Diced Mango	24 BBQ Chicken Ranch Beans Coleslaw Mixed Veggies Cornbread Banana	25 Turkey Roast Turkey Gravy Stuffing Asparagus Roll Mixed Fruit	26 Tuna Salad Pasta Salad Celery & Carrot Sticks Crackers Brownie
29 BLT Garnish Potato Salad Baby Carrots Cantaloupe	30 Red Chili Chicken Enchiladas Calabacitas Pinto Beans Tossed Salad Fruit Cocktail	31 Spaghetti with Meaty Sauce 5 Way Veggies Spinach Salad Garlic Bread Fruit in Jello		

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

Legend: = Center open for meals!

QR Code:

505-955-4721 | santafenm.gov/division_of_senior_services

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