

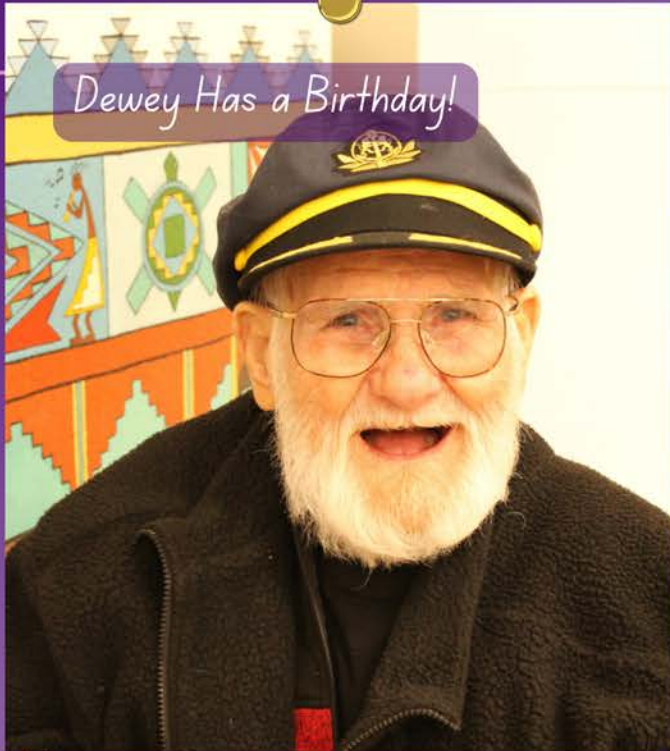


CITY OF SANTA FE
SENIOR SERVICES

MARCH 2024

SENIOR SCENE





Dewey Has a Birthday!



A Special Thank You to the
Pasatiempo Lunch Crew



Valentine Couple Shares a Kiss!



Chester & Albert Work the Window



Sister Love



Jules Hard at Work!

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

March 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 | 10:30AM – 12:30PM

Fitness Room & Computer Lab Open!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		Bingo Postponed Until Further Notice
Haircuts by Fabiola: Monday, March 18, 10 AM-1 PM 				

Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725

Mon-Fri	Fitness Room Open: 8AM –1PM	Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM)
Weds	Live music: Grupo Cielo Azul, 11:45 AM-2 PM	Thurs	Japanese Dance w/ Chizuko 9:30-10:30 AM
Haircuts by Fabiola: Monday, March 11, 10 AM-1 PM Haircuts by Molly: March 7 and March 28 10:30AM-2:00PM 			

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30AM	Tai Chi/Short Form 8:30-9:30AM	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	Bingo Postponed Until Further Notice	Meditation for Seniors by Upaya 1-2:00PM	MEG Page Turners Book Club: Any book by: P. D. James March 8 1-2 PM
Bingo Postponed Until Further Notice	Oil Painting w/Judy 12:30-2:30PM March 5 and 19	Quilting 1-3PM	Tai Chi/Qi Gong 3:30-4:30PM	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

- 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,

As we enter the month of March Spring is upon us and the time change will spring forward on March 10, 2024. We will see longer days and start to see the landscape turn green. Those of us with allergies will be uncomfortable for a few weeks. March is also National Nutrition Month; it is a good time to look at making healthy dietary choices that can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

I hope you all have a great St. Patrick's Day!

Manuel Sanchez

Division Director



Tips for National Nutrition Month!

The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed food choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. Use the %DV to determine if a serving of the food is high or low in an individual nutrient.

EMPLOYEE SPOTLIGHTS

- **What's your job title?** Meals on Wheels Driver
- **How many years have you worked for the City?** 17 years
- **What's the most exciting part of your job?** Making sure seniors receive their meals on time.
- **Do you have any hidden talents or hobbies?** I am a musician.
- **Are you a sports fan?** Yes. Football & Basketball.
- **Who are your favorite teams?** Dallas Cowboys & The Warriors
- **What's something you're proud of?** My wife, son, grandkids and great-grandkids. I have competed in 9 marathons, including the NYC Marathon.



Gilbert Romero

NUTRITION SECTION

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

EMPLOYEE SPOTLIGHTS



Aviv Stein

IN-HOME SUPPORT SECTION

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** Since December 2023.
- **What's the most exciting part of your job?** I'm excited in general to be doing this job, but meeting new people and being of service to them is both exciting and rewarding to me.
- **Do you have any hidden talents or hobbies?** I can juggle pretty well, up to 4 items at once, including stakes of fire.
- **Are you a sports fan?** I enjoy watching sports of all kinds but probably my favorites are basketball, soccer, football, and basketball.
- **Who are your favorite teams?** I like The Saints, The Angels, The Dodgers, and of course The Isotopes.
- **What's something you're proud of?** I can stay cool in stressful situations or when others are upset. I can also tell the worst Dad jokes and still make you laugh.

-
- **What's your job title?** Administrative Assistant
 - **How many years have you worked for the City?** 3 years.
 - **What's the most exciting part of your job?** Most recently it has been getting to know the seniors while sitting at the front desk.
 - **Do you have any hidden talents or hobbies?** I've been told that I have a great memory. Love to watch basketball, family time is always a plus and love to travel and explore new places.
 - **Are you a sports fan?** Most definitely...basketball, baseball, tiny bit of football.
 - **Who are your favorite teams?** Golden State Warriors because I love watching Steph Curry shoot a basketball.



Kim Crowder

ADMINISTRATIVE SECTION



Andrick Ponce

TRANSPORTATION SECTION

-
- **What's your job title?** Transit Driver I
 - **How many years have you worked for the City?** One year.
 - **What's the most exciting part of your job?** I get to drive around town.
 - **Do you have any hidden talents or hobbies?** Not really.
 - **What's something you're proud of?** My family.

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

❖ March Birthday Celebrations

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

- **Luisa-Friday, March 1 at 11 a.m.**
- **Pasatiempo-Wed., March 6 at 11 a.m.**
- **MEG-Wednesday, March 6 at 11 a.m.**

❖ March Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7-9 a.m. on Thursdays, March 14 and March 28.**



Echo Commodity Distribution
March 12 and 28 from 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 Crossing)
4 to 6PM. March 12 and 26.

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, March 12 at 11 a.m.

MEG: Wednesday, March 13 at 11 a.m.

Luisa: Thursday, March 14 at 11 a.m.

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

❖ AARP "Smart Driver" Course

The AARP Smart Driver Course will be held on **Tues., Mar. 5**, at the Mary Esther Gonzales Senior Center (MEG) dining room. Classes run from 1PM-5PM, with sign-in at 12:30PM. Materials fee is \$25 or \$20 with your AARP card. This class is limited to 10 individuals.

All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the dining room.

Volunteer instructors 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 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.

Call 505-690-4350 to register. Leave your name and phone number.



NEWS & VIEWS

Movie Day at MEG & Luisa Centers



Overcomer (MEG)

Tuesday, March 19 at 1p.m.
High school basketball coach John Harrison and his team face an uncertain future when their town's largest manufacturing plant shuts down unexpectedly. John reluctantly agrees to coach cross-country, a sport he doesn't even like. His outlook soon changes when he meets Hannah Scott.



Jazzman's Blues (Luisa)

Thursday, March 7 at 1p.m.
Tyler Perry's take of forbidden love and family drama unravels 40 years of secrets and lies against a soundtrack of juke-joint blues in the Deep South.



Fall From Grace (Luisa)

Thursday, March 21 1 p.m.
When gentle, law-abiding Grace confesses to killing her new husband, her skeptical young lawyer sets out to uncover the truth.

Flora's Corner

Education is not how much you know but how much you care!
 -Anonymous



A Quote from Patti Merrill

We are it seems a complex combination of blessedness and brokenness. When we can accept this idea, we will find peace within our hearts and perhaps we may come to know that life-the ugly and the sublime-all of it can be extraordinarily beautiful.



Grieving the Death of a Loved One Group Program

6 Fridays, 1-2 p.m.
 April 5 – May 10, 2024
 In-person at the Unitarian Church
 107 W Barcelona Rd, Santa Fe, NM 87505

This group program is for those who have experienced recent deaths of family, friends, or colleagues. It is free-of-charge and is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist with 25 years of experience.

The purpose of this program is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect daily life and relationships. Over the six weeks we will cover:

- Losses and how we deal with them
- The myths about grief, loss, and healing
- How unresolved grief affects our capacity for happiness
- Creating resilience even in times of greatest challenges

The program is sponsored by The Memory Care Alliance. Attending all 6 weeks is recommended but not required. Please contact Eileen by calling 505.428.0670 or email ej@eileenjoyce.com to reserve your place.



NEWS & VIEWS

❖ We Will Miss You, Edna Duran



Maria "Edna" Duran was born on April 16, 1935 and was called home to with our Heavenly Father on Sunday, February 4, 2024.

Edna volunteered for over 20 years with Senior Services.

She will always be remembered as a beautiful, kind and gentle soul, her smile would light up any room she walked into.

❖ March SF Civic Authority Events

Villa Hermosa Center (1510 Luisa Street)

- **March 7:** Blood Pressure and Oxygen Screening at 1 p.m.
- **March 25:** LREP Presentation (Legal Resources for the Elderly) at 1 p.m.
- **March 27:** Birthday Bash 1 p.m. Hosted by Presbyterian Health Services

❖ 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: Through April 15, 2024

Appointments: 505-465-9776 or online at 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

❖ 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.

❖ Day Trips to Santuario de Chimayo

- Tuesday, March 12 | Lunch at The Sopaipilla Factory
- Thursday, March 14 | Lunch at La Cocina



**All Meals will range from \$10.75 to \$21.50 and drinks are \$3.50 plus tax and tip.*

Bus will leave the MEG Center at 9 a.m. and return at approximately 3:30 pm. Call Albert to reserve a seat at 505-955-4715. Each senior will also be required to pay \$5 for the bus.

❖ Meet Author Patricia Fordney



Many of you know Patricia as our lunch sign-in volunteer at the MEG Center. However, did you know that she is a writer and illustrator? Her latest book is titled *Dinosaur Teeth***It's How They Eat*.

We would like to congratulate Patricia on her achievement and thank her for taking the time to help us at the MEG every Tuesday and Friday! You rock!



VOLUNTEER PROGRAMS

❖ Volunteer Tutors Needed

Do you want to help your neighbors? Are you passionate about literacy and enjoy working with people one-on-one? Become a BL (Basic Literacy) or ESL (English as a Second Language) tutor today and support a student in learning vital speaking, reading, writing, and numeracy skills.

Tutors and students meet twice a week for about 90 minutes (based on their schedules). A 9-12 month commitment is required.

Please fill out an application on our website (<https://lvsf.org>), or call 505-428-1353 for more information.

BL Tutor Training:

- 2/29/24 – Orientation 4 to 6 p.m.
- 3/2/24 – Training 8:30 a.m. to 5:00 p.m. (with a lunch break)

ESL Tutor Training:

- 4/11/24 – Orientation 4 to 6 p.m.
- 4/12/24 and 4/13/24 – 9 a.m. to 1 p.m.

Orientation will be held online (ESL) or in person (BL), and training sessions will take place at SFCC. An introductory meeting, follow-up, and all sessions are required.



❖ Happy Birthday, Mar. Volunteers!

Harriet Levine	3/1
Michele Chrabot	3/2
Nola Spencer	3/4
Judith Van Luchene	3/4
Richard Wagner	3/5
Jenny Mier	3/8
Molly Clark	3/10
Karen Glazier	3/11
Robert Lineback	3/12
Suzanne Shaw	3/12
JoAnn Sena	3/13
Carol Van Valkenburgh	3/14
Ron Zacharski	3/16
Joyce Begnoche	3/19
Daniel DeRogatis	3/19
Meri Frauworth	3/20
Warren Kennedy	3/21
Anke Mihalas	3/22
Joseph Montoya	3/23
Linda Williams	3/28

❖ 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



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

HEALTH & SAFETY

❖ Tips For Healthy Eating

Here are some steps you can take to practice healthy eating habits. Try the ones that make sense for you, and don't feel you need to do them all at once! It's all about baby steps.

- Keep track of what you eat. Use a notebook or an app to write down what and how much you eat.
- Ask your doctor what you can't eat with medicines you take or allergies you have.
- Try to eat meals at the same time every day. When your body is used to eating at the same time, you can manage how much you eat better.
- If you're having trouble regaining your appetite, start with small meals of your favorite foods.
- Try healthier versions of your favorite recipes. Many healthy and easy-to-follow recipes are available online.
- When you're able to eat more foods, try to fill half your plate with fruit and vegetables. The other half of your plate can be a mix of lean proteins and whole grains.
- Think of sugar-sweetened food and drinks and alcohol as treats for special occasions.

NUTRITION EDUCATION

❖ Two-Step Chicken



The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup. Pair it with a salad or roasted mixed vegetables for a colorful dinner.

Makes Four Servings

Ingredients

- 1 tablespoon vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup, reduced sodium (10.75 ounces)
- 1/2 cup water

Directions

1. Wash hands with soap and water.
2. Heat oil in a skillet at a medium-high setting.
3. Add chicken and cook for ten minutes.
4. Remove chicken from pan and set aside.
5. Stir the soup and water together in the skillet and heat it to a boil.
6. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165 °F

Spring Is On Its Way!



WORD SEARCH

SPRING

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.

```

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

By Jimmy and Evelyn Johnson - www.qets.com

Birds
Blossom
Breeze
Buds
Butterfly
Clouds
Cultivate

Flowers
Grass
Grow
Newborn
Plant
Rain
Rainbow

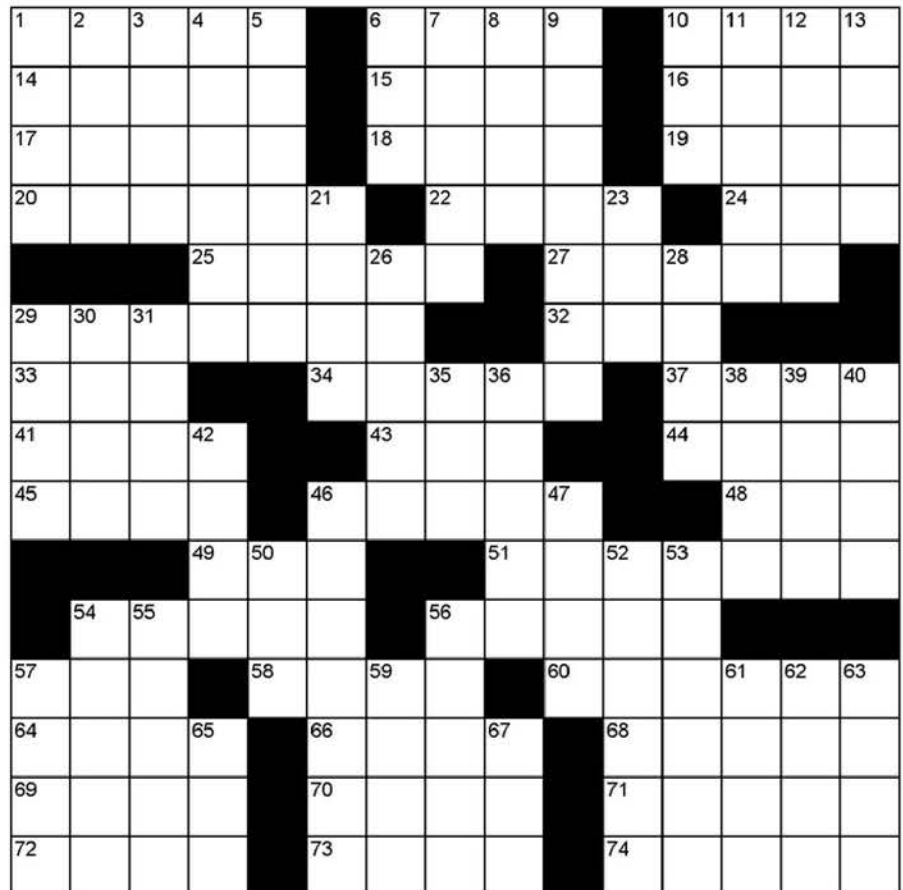
Showers
Sprout
Storms
Sunshine
Thaw
Warming
Wind

CROSSWORD PUZZLE

EASTER

ACROSS

- 1 Ragu's competition
 6 Syrian bishop
 10 Retired persons association (abbr.)
 14 Architecture style
 15 Maize
 16 Tiny insect
 17 Anxiety
 18 Cancel
 19 Colored or hidden
 20 Flowed out slowly
 22 Slave
 24 Headed
 25 Heron
 27 Went gently
 29 Approve enthusiastically
 32 Compass point
 33 River (Spanish)
 34 Elects
 37 Baby's "ball"
 41 Press
 43 Day of the wk.
 44 Blemish
 45 Soybean
 46 Drug doers
 48 Traditional Easter meal
 49 Beige
 51 Innocently
 54 Italian herb
 56 Side note
 57 Point
 58 One who gets things done
 60 Undermine
 64 Baby's bed
 66 Opera solo
 68 Seasoner
 69 Volcano
 70 Record
 71 Scoop out
 72 Booted
 73 Observes with eye
 74 Svelte



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Parent groups
 2 Ancient German character
 3 Lip
 4 Doctrine, belief or principle
 5 Mexican food brand
 6 Hovercraft
 7 Push upward
 8 Soft cheese
 9 Actress Julie
 10 Maturity
 11 Slant
 12 Got angry
 13 Posttraumatic stress disorder
 21 Leaky faucet noise
 23 Air blower
 26 Gives off
 28 Southwest by south
 29 Weapons
 30 See ya!
 31 Comfortable
 35 Remind
 36 Soft drink brand
 38 Prick
 39 False bible god
 40 Navy's rival
 42 Head covering
 46 Brings in from the car
 47 Spoken
 50 Rescue
 52 Utopian ideas
 53 _____ equinox
 54 Nativity
 55 Protein part, with 'acid'
 56 Come into view or existence
 57 Experts
 59 Canal
 61 Helper
 62 Island
 63 Scallion
 65 Rotten
 67 American Cancer Society (abbr.)

CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 4, Issue 3 March 2024

Dear Stan,

I am new to Medicare and have several prescription drugs I need to take. Two of my prescriptions are very expensive and some months I can't afford to pay for them. Is there prescription drug insurance or Medicare programs I can get to help pay for my prescriptions.

Lucia
Santa Fe

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 Lucia,

Prescription drug insurance is a critical component of the Medicare health insurance program. 89 percent of people on Medicare take prescription drugs. They are an important part of treatment for lung, heart disease, diabetes, and many other afflictions. Nearly 439,400 New Mexicans are on Medicare.

Most seniors on Medicare get their prescriptions with **Medicare Part D** or **Medicare Advantage** plans. Medicare prescription drug plans assist seniors with reduced drug costs. Cost-sharing requirements for covered drugs in **Medicare Advantage** plans and **Part D** plans are different, making comparisons of out-of-pocket drug costs difficult. The average monthly premium for a **Part D** policy in 2024 is \$55.50, although plans

vary in price. The average monthly **Medicare Advantage** plan premium for 2024 is \$18.50 but may vary from \$0 to \$200 or more.

There are four phases of every drug plan. They are:

Annual Deductible Phase

Both kinds of drug insurance may charge an annual deductible amount up to \$545. That means you pay the deductible amount for your prescriptions before the next phase begins. Some plans waive the deductible or charge less than \$545.

Initial Coverage Phase

In this phase the insurance co-payments and/or coinsurance starts. How long you stay in the initial coverage period depends on your drug costs and your plan's benefit structure. In 2024, the initial coverage

CONSUMER & LEGAL

phase continues until you and the insurance company have together spent a total of \$5,030 on drug costs.

Coverage Gap and Catastrophic Phases

In the Coverage Gap you pay 25% of the cost of the drugs and the insurance company pays 75%. Once your total out-of-pocket drug costs have reached \$8,000, then you no longer pay the 25% and your prescriptions are covered 100% by the insurance plan. This is the Catastrophic phase. Note that the \$8,000 is totally paid by you.

Extra Help is a federal program that helps people with limited income and resources lower or cut their Part D prescription costs. It is also known as the **Low Income Subsidy (LIS)**.

If you are a lower income Medicare recipient, you may be eligible for **Extra Help**. If your monthly income is up to \$1,843 for singles or \$2,485 for married couples, and your assets/resources are less than \$17,010 for singles or \$33,950 for married couples you may be eligible for **Extra Help**. Note that not all your assets qualify for the assets/resources test, such as your home and one car. If you are on Medicaid, Supplemental Security Income (SSI) or the Medicare Savings Program (MSP) you automatically qualify for **Extra Help**.

The **Extra Help** program provides the following:

- free Part D premiums
- lower cost for drugs
- elimination of any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment
- special enrollment periods once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch plans.

For additional information, 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

Stan,
Volunteer Counselor, SHIP and SMP

Free Tax Assistance

If you are 50 or older and are low-to-moderate income, you may be able to get free tax help from the AARP Foundation Tax-Aide program. To find a location near you, go to aarp.org/taxhelp and click on 'GET STARTED' then 'Locate Sites Near Me'.



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 4, Número 3 marzo de 2024

Querido Stan,

Soy nuevo en Medicare y tengo varios medicamentos recetados que necesito tomar. Dos de mis recetas son muy caras y algunos meses no puedo pagar por ellas. ¿Hay un seguro de medicamentos recetados o programas de Medicare que pueda obtener para ayudar a pagar mis medicamentos recetados?

Lucia
Santa Fe

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 ayudarle a **PROTEGERSE,**
DETECTAR, y **REPORTAR** fraude, errores,
y abusos contra Medicare.

Querida Lucía,

El seguro de medicamentos recetados es un componente crítico del programa de seguro médico de Medicare. El 89 por ciento de las personas en Medicare toman medicamentos recetados. Son una parte importante del tratamiento para los pulmones, las enfermedades cardíacas, la diabetes y muchas otras afecciones. Casi 439.400 Nuevo's Mexicanos están en Medicare.

Las personas mayores con Medicare obtienen sus recetas con los planes **Medicare Parte D** o **Medicare Advantage**. **Medicare Parte D** es un beneficio independiente que ayuda a las personas mayores con sus costos de medicamentos. La prima mensual promedio para una póliza de la **Parte D** en 2024 es de \$55.50, aunque los planes varían en costo. La prima mensual promedio para la **Parte D** en 2023 fue de \$43. Los planes **Medicare Advantage** incluyen tanto medicamentos recetados como seguro de atención médica.

Hay cuatro fases en cada plan de drogas. Son:
Fase de Deducible Anual

Ambos tipos de seguro de medicamentos pueden cobrar una cantidad deducible anual de hasta \$545. Eso significa que usted paga la cantidad deducible de sus recetas antes de que comience la siguiente fase. Algunos planes renuncian al deducible o cobran menos de \$545.

Fase de Cobertura Inicial

En esta fase comienzan los copagos y/o coseguros de seguros. El tiempo que permanezca en el período de cobertura inicial depende de los costos de sus medicamentos y la estructura de beneficios de su plan. En 2024, la fase inicial de cobertura continúa hasta que usted y la compañía de seguros han gastado un total de \$5.030 en costos de medicamentos.

Brecha de cobertura y fases catastróficas

En la Brecha de Cobertura usted paga el 25% del costo de los medicamentos y la compañía de seguros paga el 75%. Una vez que el costo total de sus medicamentos de bolsillo ha alcanzado los \$8.000, entonces ya no paga el 25% y sus recetas están cubiertas por el plan de

CONSUMER & LEGAL

seguro del 100%. Esta es la fase catastrófica. Tenga en cuenta que los \$8.000 son totalmente pagados por usted.

Extra Help es un programa federal que ayuda a las personas con ingresos y recursos limitados a reducir o reducir los costos de sus recetas de la Parte D. También se conoce como el **Subsidio de Bajos Ingresos (LIS)**.

Si usted es un beneficiario de Medicare de ingresos más bajos, puede ser elegible para **Ayuda adicional**. Si su ingreso mensual es de hasta \$1.843 para solteros o \$2.485 para parejas casadas, y sus bienes/recursos son menos de \$17.010 para solteros o \$33.950 para parejas casadas, puede ser elegible para **Ayuda Adicional**. Tenga en cuenta que no todos sus activos califican para la prueba de activos / recursos, como su casa y un automóvil. Si usted está en Medicaid, Seguridad de Ingreso Suplementario (SSI) o el Programa de Ahorros de Medicare, automáticamente califica para **Ayuda Adicional**.

El programa de **Ayuda Adicional** proporciona lo siguiente:

- Primas GRATIS de la Parte D
- Costo más bajo por medicamentos
- Eliminación de cualquier multa por inscripción tardía de la Parte D que pueda haber incurrido si retrasó la inscripción de la Parte D

- y le da un Período de inscripción especial (SEP) una vez por trimestre calendario durante los primeros nueve meses del año para inscribirse en un plan de la Parte D o para cambiar de plan.

Para obtener información adicional, comuníquese con el **Centro de Recursos para Personas de Edad y 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 conversar con un consejero en www.nmaging.state.nm.us.

Stan

Consejera de Voluntarios, SHIP y SMP

Asistencia fiscal gratuita

Si tiene 50 años o más y tiene ingresos bajos a moderados, es posible que pueda obtener ayuda tributaria gratuita del programa Tax-Aide de la Fundación AARP. Para encontrar una ubicación cerca de usted, vaya a aarp.org/taxhelp y haga clic en 'COMENZAR' y luego en 'Localizar sitios cerca de mí'.

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

EASTER

Solution:

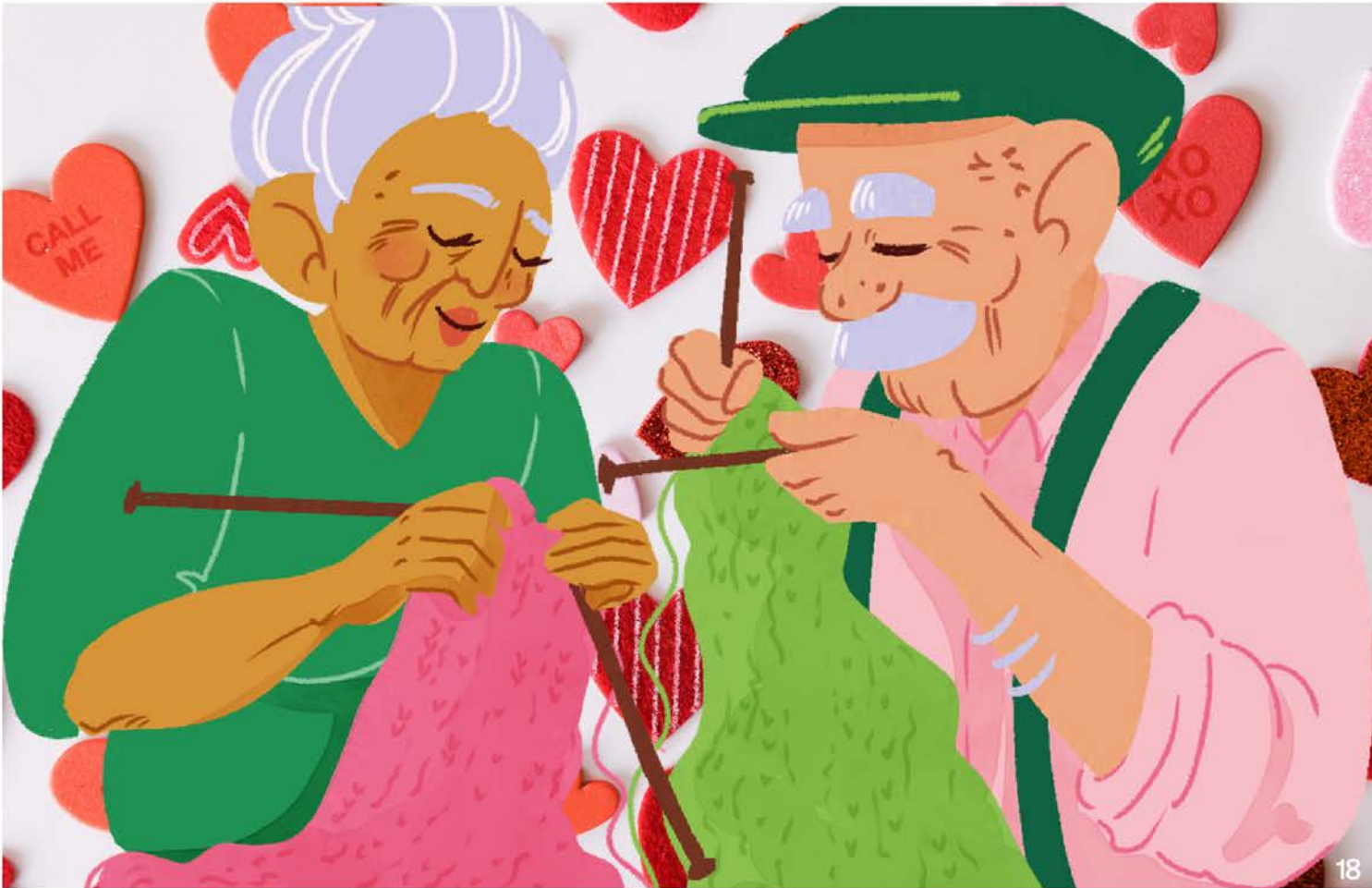
1	P	R	E	G	O		6	A	B	B	A		10	A	A	R	P			
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17	A	N	G	S	T		18	V	O	I	D		19	E	G	G	S			
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29	A	C		C	L	A	I	M				32	W	N	W					
33	R	I	O				34	P	I	C	K	S		37	B	A	B	A		
41	M	A	S	H			43	T	U	E			44	S	C	A	R			
45	S	O	Y	A			46	U	S	E	R	S		48	H	A	M			
							49	T	A	N			51	N	A	I	V	E	L	Y
							54	B	A	S	I	L		56	A	S	I	D	E	
57	A	I	M				58	D	O	E	R		60	D	E	R	A	I	L	
64	C	R	I	B			66	A	R	I	A		68	A	N	I	S	E		
69	E	T	N	A			70	D	I	S	C		71	L	A	D	L	E		
72	S	H	O	D			73	S	E	E	S		74	S	L	E	E	K		

WORD SEARCH

SPRING

HIDDEN QUOTATION
BY
Pablo Neruda

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



SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Meal Suggested Donation: Lunch \$1.50 10:30AM – 12:30PM Monday to Friday Milk is served with each meal. Menu is subject to change.				I Breaded Fish Sandwich Tartar Sauce Hushpuppies Veggies, Coleslaw Peaches
4 Orange Chicken White Rice Asian Veggies Fortune Cookie Mandarin Oranges	5 Ham & Cheese Sandwich Garnish Macaroni Salad Celery & Carrot Sticks Brownie	6 Meatloaf Potatoes Au Gratin Green Peas Carrot Raisin Salad Wheat Roll Yogurt	7 Chicken Alfredo over Fettuccine Noodles Broccoli & Cauliflower Garlic Bread Fresh Pear	8 Soft Fish Taco Roasted Corn & Black Bean Blend Spanish Slaw Wild Rice Chocolate Pudding
11 Beef Tips over Egg Noodles Vegetable Medley Roll Pineapple	12 BBQ Pork Patty Baked Beans Steamed Spinach Carrot Raisin Salad Cornbread Fresh Grapes	13 Chicken Fajita Fajita Veggies Spanish Rice Spinach Salad Apple Strudel	14 ST. PATRICK'S DAY Corned Beef Parsley Potatoes Steamed Cabbage Buttered Carrots Lime Jello	15 Baked Tilapia Seasoned Rice Green Beans & Corn Roll Chilled Pears
18 Green Chili Pork Posole Calabacitas Tossed Salad Tortilla Fresh Apple	19 Cheese Tortellini with Meaty Marinara Sauce Italian Veggies Spinach Salad Garlic Toast Fresh Orange	20 Hot Dog Tater Tots 5 Way Veggies Coleslaw Ice Cream	21 Breaded Chicken Sandwich Garnish Cold Peas in Ranch Pasta Salad Apricots	22 Salmon Patty Tomato Macaroni Spinach Cucumber & Tomato Salad Roll Apple Crisp
25 Grilled Chicken Breast Garlic Butter Noodles French Style Green Beans Tossed Salad Biscuit & Applesauce	26 Salisbury Steak Mashed Potatoes Mushroom Gravy Mixed Veggies Roll Plums	27 Boneless Pork Chop Rice Pilaf Vegetable Medley Roll Peaches in Cottage Cheese	28 Red Chili Beef Enchiladas Refried Beans Chuck Wagon Veggies Tossed Salad Tortilla Banana	29 GOOD FRIDAY Tuna Salad 3 Bean Salad Cold Peas Potato Chips Crackers





505-955-4721 | santafenm.gov/division_of_senior_services

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