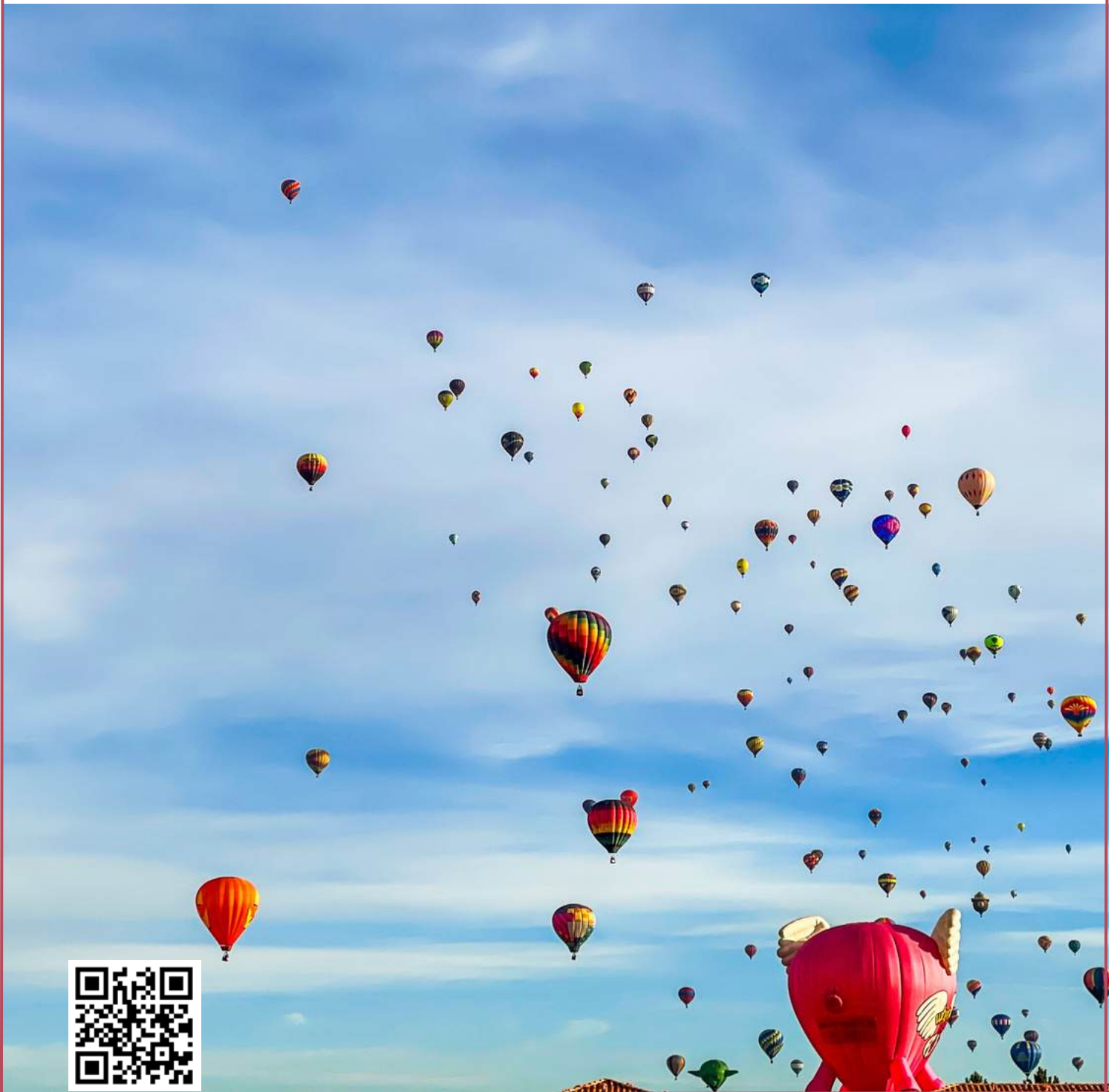




CITY OF SANTA FE
SENIOR SERVICES

OCTOBER 2024

SENIOR SCENE



September Highlights



Elena at the NM State Fair



NM State Fair Besties



Larry and Percy Vigil NM State Fair Day



Friends Having Fiesta Fun at the MEG



Esperanza Shelter 9-11 Project

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

News & Views

Volunteer Programs

Ask Stan


Sept. Senior Center Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution


City Communications Team,
Graphic Design/Copy Editing

Cover Photo by Chris Peralta

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@santafenm.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday through Friday 10:30AM – 12:30PM Fitness Room & Computer Lab Open!				
Haircuts by Catalina: Wednesday, Oct. 16, 9:30 am-12:30 pm 				

Pasatiempo Senior Center (664 Alta Vista St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@santafenm.gov

Mon-Fri	Fitness Room Open: 8AM –1PM	Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM) FULL
Weds	Live music: Grupo Cielo Azul, 11:45 AM-2 PM	Thurs	Japanese Dance w/ Chizuko 10-11 AM
Haircuts by Catalina: Monday, Oct. 7 10:30 am-1 pm 			

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@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 8:30-9:30 AM Enhanced Fitness 9:30-10:30 AM Cribbage All skill levels welcome Materials provided Beginners welcome 1-3 PM Oct. 7 & 21	Tai Chi/Short Form 8:30-9:30 AM Guitar Class 9-11 AM	Enhanced Fitness 9:30-10:30 AM Bingo 1:30-3 PM	Wood Carving 9:30-11 AM Meditation for Seniors by Upaya 1-2 PM Tai Chi/Qi Gong 3:30-4:30 PM No Session Oct. 10 Makeup Class Oct. 29 3:30 pm	Enhanced Fitness 9:30-10:30 AM MEG Page Turners Book Club: <i>Frankenstein</i> By Mary Shelley Oct. 11 1-2 PM Knitting Class 1-3 PM



Haircuts by Fabiola: Monday, Oct. 7 and 21 at 10:30 am in Sunroom

Technology, smart phone, tablet assistance with Jesse Cain by appt. only call 505-699-3597

*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 Salazar, Senior Transportation Manager
lsalazar@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: 505-955-4715

Lugi Gonzales Senior Program Manager,
 505-955-4711, lgonzales@santafenm.gov

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

Activities: MEG Center: 505-955-4715

Nohemi Antillon, Program Coordinator
nxantillon@santafenm.gov

Activities: Luisa, Pasatiempo,
 Nohemi Antillon, Program Coordinator
nxantillon@santafenm.gov

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: ecuellar@santafenm.gov

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

DIRECTOR'S NOTE

Dear Senior Services Community,

The beginning of autumn is upon us; the weather will change as we prepare for cooler weather.

This month is National Breast Cancer Awareness Month, a time for us all to come together and raise awareness of this disease and its effects. This disease affects both women and men, so please take some time during the next couple of weeks to familiarize yourself with what you need to know about it.

Please be proactive if you experience any of the symptoms.

Take the time to enjoy our beautiful Fall weather.



Manuel Sanchez

Senior Services Director

EMPLOYEE SPOTLIGHT



What's your job title? Administrative Assistant

How many years have you worked for the City?

One month! I'm new!

What's the most exciting part of your job?

Every day is a new adventure, and everyone has an amazing story!

Do you have any hidden talents or hobbies? I

like to play the piano, sew, and try new recipes in the kitchen.

Are you a sports fan? Baseball is my favorite.

Who are your favorite teams? The Baltimore Orioles and the Albuquerque Isotopes.

What's something you're proud of? I've been married to my husband for 34 years. We have four kids and 5 grandkids!

What's your job title? Transit Driver I

How many years have you worked for the City?

New Employee

What's the most exciting part of your job? To interact with the seniors and my co-workers.

Do you have any hidden talents or hobbies? I

like to go cruising with my boyfriend on his motorcycle.

What's something you're proud of? My family and my accomplishments.





46TH ANNUAL NEW MEXICO CONFERENCE ON AGING

OCTOBER 28, 2024 | ALBUQUERQUE

A full day of programming featuring:

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and social dance
- Exhibits and networking
- Accessible venue, ASL interpreters



Registration now open!

Visit AginginNM.org for more information and to register



NEWS & VIEWS

❖ MEG Transportation Program

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

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

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

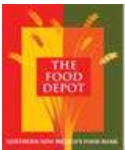
*Due to staff shortage, rides are limited. Please contact Linda for more information.

❖ Birthday Celebrations!

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

- MEG- Wednesday, Oct. 3 at 11 am
- Pasatiempo- Friday, Oct. 4 at 11 am
- Luisa- Monday, Oct. 7 at 11 am

❖ October Grocery Distributions



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7-9am. Thursdays, Oct. 3, 17 and 31.



San Martin de Porres Distribution

San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food on Oct. 8 and 22 from 4 to 6 pm. at the Dixon House, 2148 San Ysidro Crossing. It is FREE FOOD FOR EVERYONE (no application required).



❖ 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: Wednesday, Oct. 16 at 11 am

Luisa: Thursday, Oct. 17 at 11 am

MEG: Tuesday, Oct. 15 at 11 am

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., Oct. 1, at the Mary Esther Gonzales Center (MEG) dining room. Classes run from 1-5 pm, with sign-in at 12:30 pm. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 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.

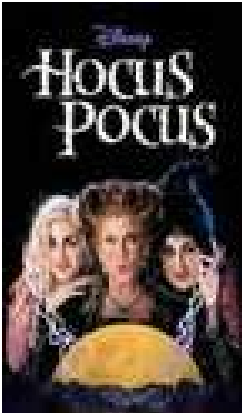
Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years to keep the discount.

Call Edna Sandoval at 505-690-4350 if you have any questions.

**Remember October is
Breast Cancer
Awareness Month**

NEWS & VIEWS

Movie Day at MEG

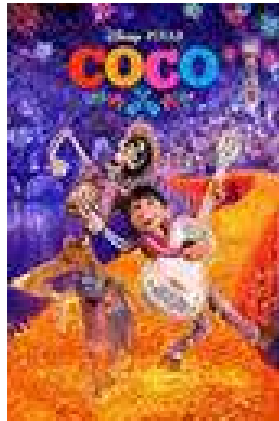


Hocus Pocus
Tuesday, Oct. 8 at 1 pm

Hocus Pocus is a 1993 American Fantasy comedy. It follows a villainous comedic trio of witches who are inadvertently resurrected by a teenage boy in Salem, Massachusetts on Halloween night.

Coco

Tuesday, Oct. 22 at 1 pm
Coco is animated film that follows the story of a 12-year-old boy named Miguel, who accidentally gets transported to the Land of the Dead. There, he seeks the help of his deceased musician great-great-grandfather to return him to his family and reverse their ban on music.



Halloween Dance

There will be a Halloween Dance Thursday, Oct. 31, 2024 from 1-4 pm at the Fraternal Order of the Eagles. Come dressed in your favorite costume.

Admission is free. Music will be provided by Peter Vigil and the Allstars! Come dressed in your favorite costume

Hikes for Active Seniors



MODERATE HIKE - Oct. 21 HIKING THE ASPEN VISTA SERVICE TRAIL

This month we will try again to catch the last of the Fall colors. Hopefully the Hyde Park Road construction will be completed and the road open to traffic again. If the road is open, we'll do an easy/moderate hike along the Aspen Vista Service Trail. If it's still closed, we'll do an alternate hike.

This is an unpaved road reserved for vehicles servicing the cell towers at Tesuque Peak and for hikers. We will hike about two miles one way, stop for a snack lunch and return. Our altitude will be between 10,000 and 10,500 feet. Along the way we will enjoy panoramic views of the Aspen forests-and hope for Fall colors. The hike will be leisurely.

General items:

- ARRIVE at MEG by 8:15 am.
- DEPARTURE at 8:30 am sharp and return by approximately 1 pm.
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket, and sunscreen. Also, hiking poles if you have them.

Free Flu Shot Clinic Oct. 5

Christus St. Vincent Hospital Flu Shot Clinic will be held Saturday, Oct 5 from. 9 am-1 pm.

This vaccine is for Influenza A&B only.

This is NOT a vaccine for COVID-19.

NEWS & VIEWS

❖ In Loving Memory

Juan Romero

Juan Romero, age (88) of Santa Fe, New Mexico, gained his angel wings peacefully 08/31/2024 surrounded by his grandson, granddaughters, and daughter at his home in Rio Rancho, NM.



He is survived by his wife Guadalupe Romero, daughter Esperanza Romero, grandson Dominic, and granddaughters Athena, Juanita, and Aubrey. Juan Romero is survived by all his sons and daughters, grandchildren, great grandchildren, brothers, and sisters. Juan volunteered at the Mary Esther Gonzales Center for several years. He enjoyed calling out numbers for BINGO! We will miss you!

❖ Grieving the Death of a Loved One

A Support/Action Group Program for those who have experienced recent deaths of family, friends, or colleagues will be held Thursdays from Oct. 24 through Dec. 5 (except Nov. 28) from 1:30-2:30 pm at the Unitarian Church.

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.

❖ Flora's Corner



I Would Rather Have

I would rather have one little rose from the garden of a friend than to the choicest flowers when my stay on earth must end.

I would rather have one pleasant note, in kindness sent to me, than flattery when my heart is still and life has ceased to be

I would rather have a loving smile from friends I know are true than tears shed around my casket when this world I have bid "Adieu".

Bring me all your flowers NOW whether pink, white, blue or red, I would rather have one blossom NOW than a truckload when I am dead.

-Author Unknown.

❖ Making the Most of Medicare

Did you know that Oct 15-Dec 7 is open enrollment for Medicare?

This is the time for you to compare your current coverage to all your choices for 2025 and select the plan that best meets your needs and budget.

Join Stan Cooper and Jane Yuster, Volunteer Counselors, SHIP and SMP from the New Mexico Aging and Disability Resource Center as they present the information that you will need to know for this very important piece of your Medicare journey.

There will be a short presentation with plenty of time for your questions. Stan and Jane will also be available for one-to-one counseling sessions. See you there!

Date: Oct. 10, 2024

Time: 9 am-10 am

Location: Mary Esther Gonzales Senior Center



VOLUNTEER PROGRAMS

❖ Volunteers Needed



Give a Little Time, Get a Lot Back:

Americorps Seniors Volunteers

Join the RSVP Volunteer Program.

If you are 55 or older, we will connect you with a volunteer opportunity from more than 40 community-improving organizations that fits your lifestyle.

We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition.

If you are interested in volunteering, please contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov or visit www.rsvpsantafe.org

❖ Happy Birthday, Oct. Volunteers!

W. Peyton George	10/2
Cheryl Karo	10/2
Roberta Armstrong	10/3
Sonja Frenz	10/3
Jane Yuster	10/7
Bradford Berge	10/8
Mercedes Moreno	10/9
Pamela Baxendale	10/11
Sharlet Kemler	10/11
Rihard Lueck	10/15
Carol Lachman	10/16
Stanley Jones	10/17
Maria Ornelas	10/17
Jane Steinberg	10/17
Susan Hill	10/18
Chuck Mazziotti	10/18
Julie Jones	10/19
Judy Montano	10/19
Elvira Urban	10/19
Leza Wimett	10/19
Louie Ortiz	10/20
Richard Furlanetto	10/23
Anna Chacon	10/24
Mary Lee Ortiz	10/27
Carmen Rodriguez	10/27
Janet Reffert	10/28
Patti Merrill	10/29
Rose Garcia	10/30
Linda Reid	10/30
Constance Bailey	10/31

Care Companion Volunteers Provide Needed Services

Care Companion Program volunteers will provide regular visits to long-term care community residents and develop “authentic” relationships that support socialization and engagement. Care Companions volunteers may receive stipends and meal/mileage reimbursements in the same fashion as AmeriCorps Senior Companion volunteers; however, Care Companion Program volunteers will not be restricted by age and income requirements.

Goals and Objectives:

Provide support and companionship to older adults 55 and older and people with disabilities residing in assisted living and long-term care facilities. Some examples of companionship and support services include:

- Friendly conversation and company, perhaps while doing hobbies etc.
- Providing company and companionship
- Emotional support and socialization

What makes a good companion?

To be a good companion, you need to be respectful and caring. Listening to their stories, looking at old photos, or playing music from their youth are great ways to be good companions.

Benefits to long-term care facility residents: Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental and physical health.

If you are interested in volunteering, please contact Theresa Trujillo at 505-955-4745 or ttrujillo@santafenm.gov.

HEALTH & SAFETY

❖ Healthy Tips for a Good Life

The second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines. But you can grow older with your body and mind as healthy as they can possibly be.

Here are science-backed secrets to do just that.

Take Stock

Staying on top of your health is much more than getting care when you don't feel good. See your doctor for regular checkups. (And don't forget about your [dentist](#) and [eye doctor](#).)

These visits can help find problems early or even before they start. The tests you need depend on things like your age, gender, [family history](#), and whether you smoke or exercise.

Your doctor may want to check for these things, among others:

- [Cholesterol levels](#)
- [High blood pressure](#)
- [Cervical cancer](#)
- [Colon cancer](#)
- [Breast cancer](#)
- [Prostate cancer](#)
- [Osteoporosis](#)

NUTRITION EDUCATION

❖ Tex Mex Skillet



This dish is packed with lean protein in the forms of black bean and lean ground beef. Chili powder, cumin, and fresh salsa add bold flavor to this Mexican-inspired recipe.

Makes 8 servings

Note:

- Use any type of cooked beans in place of the black beans.
- For a vegetarian option, use an extra can of drained and rinsed beans in place of the meat.
- To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper.
- Top with rinsed and chopped tomatoes, green onions, low-fat sour cream, or low-fat plain yogurt, if you like.

Ingredients:

- 1/2 medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- 1 medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese
- 1 can of black beans (no salt added)
- 1 pound lean ground beef (turkey or chicken)
- 2 2/3 cups frozen corn
- 1/2 cup water
- 3/4 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon ground cumin
- 8 whole wheat flour tortillas (6 inch)
- dash ground black pepper

Directions:

- Wash hands with soap and water.
- Heat oil in a medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.
- Add potatoes, tomatoes, and water to the pan. Bring to a boil, lower the heat, and simmer for 30 minutes or until the vegetables are tender. Add turkey and cook another five minutes or until heated.
- Season to taste before serving. Refrigerate leftovers.

Find more at MyPlate.Gov:
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cabbage-salad>

HALLOWEEN

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Black
Boogeyman
Candy
Cat
Costume
Ghost
Ghoulish

Gravestone
Halloween
Monster
Mummy
October
Pumpkin
Scary

Skeleton
Spirit
Spooky
Treat
Trick
Witch
Zombie

CROSSWORD PUZZLE

ACROSS

- 1) Boys
- 5) They're effective when nutty?
- 10) "For goodness' ___!"
- 14) Between continents, perhaps
- 15) Cognizant
- 16) Blender sound
- 17) Three hard things
- 20) Asparagus unit
- 21) Holds high
- 22) Fizzles out
- 25) Cause for a lawsuit
- 26) Summit
- 29) Spanish appetizer
- 31) Lunch or dinner, e.g.
- 35) Physicians' org.
- 36) Desktop pictures
- 38) Carve in stone
- 39) Three hard things
- 43) Knowing about
- 44) Andean animal
- 45) "We ___ the World"
- 46) Afternoon nap
- 49) Clapton of music fame
- 50) Bow maker's wood
- 51) Little ones
- 53) Bowl over
- 55) Sort of cigar
- 58) Bang or boom, e.g.
- 62) Two hard things
- 65) Like a noted ranger
- 66) "Encore!"
- 67) ___ mortals
- 68) Former communist country
- 69) Harps' kin, way back when
- 70) "Thank you, Jesus!"

DOWN

- 1) Research sites
- 2) "... and make it fast!"
- 3) Editor's notation, sometimes
- 4) "Rabbit food"
- 5) Barnyard noise
- 6) Possess
- 7) Put on board, as cargo
- 8) Chancy get-together
- 9) Pie chart part
- 10) Climbing flowering plant
- 11) "Beg pardon ..."
- 12) Smooch
- 13) "___ he drove out of sight..."
- 18) One making pans
- 19) Not there
- 23) A head
- 24) Sewing kit feature
- 26) Crunchy munchies
- 27) Yemeni's neighbor
- 28) Adhesive stuff
- 30) Cronelike
- 32) Cornered
- 33) Accompanying music for a film
- 34) Tossed
- 37) Accident reminders, sometimes
- 40) Innkeeper
- 41) Give off, as light
- 42) Missing portion of text
- 47) Spelling of TV
- 48) Hardly melodious
- 52) Damp and spongy
- 54) ___ Jean (Marilyn Monroe's birth name)
- 55) Corporate leaders, briefly
- 56) Barnyard cluckers
- 57) Bygone autocrat
- 59) Gossip tidbit
- 60) Arid
- 61) Eve's garden
- 62) Winter weakener
- 63) Get a move on
- 64) Naval rank (abbr.)

A DIFFICULT DIVERSION

By Timothy E. Parker

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20							21							
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62								63	64					
65					66						67			
68					69						70			

ASK STAN



Newsletter: Annual Open Enrollment

Ask Stan Medicare Questions



Volume 4, Issue 9 October 2024

Dear Stan,

I have a Medicare drug plan I am not very happy with. Some of my prescriptions are really expensive. Is there a way I can change my plan and get another one? Are there any new benefits to Medicare drug plans starting in 2025?

*Maria
Albuquerque*

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at
1-800-432-2080

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

Dear Maria,

Your questions are very timely. Every year between October 15 and December 7, Medicare beneficiaries can change their plans. This is known as the **Annual Open Enrollment (AOE)**. If you change your plan, it will become effective January 1 of the following year.

During the **AOE** you can compare plans and do the following:

- Change from a private Medicare Advantage Plan and move to traditional Medicare, or vice versa
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Change from a Part D plan to another Part D plan. Part D plans provide prescription drug coverage, and most are associated with traditional Medicare
- Drop Medicare Part D coverage entirely if you have other creditable prescription insurance

- Join a Medicare Part D drug plan if you do not previously have one

You should compare your current drug plan with others that are available to make sure you are maximizing your Medicare prescription benefits and paying the lowest costs possible for your prescriptions. Consider these questions when choosing a Medicare Part D drug plan or a Medicare Advantage Plan to make sure that the prescription drug coverage meets your needs:

- Does the plan cover all the medications I take?
- Does the plan have restrictions on my drugs (i.e. prior authorization, step therapy, or quantity limits?)
- **Prior authorization** means that you must get approval from your Part D plan before the plan will pay for the drug.
- **Step therapy** means that your plan

(Continued on page 2)

ASK STAN

requires you to try a cheaper version of your drug before it will cover the more expensive one.

- **Quantity limits** restrict the quantity of a drug you can get per prescription fill, such as 30 pills of Drug X per month.
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- What is the plan’s star rating?

To compare different Medicare plans and benefits available in your area, go to www.Medicare.gov and search on ‘**plan finder**’. Then enter your zip code and you will be able to compare the benefits of various Medicare Advantage plans or Medicare drug plans (Part D).

During this seven-week time frame, staff and volunteers of the New Mexico **Aging and Disability Resource Center (ADRC)** go all out to educate New Mexico Medicare beneficiaries so they can make informed decisions about their Medicare coverage. Many beneficiaries find it helpful to compare their current coverage with other Medicare plans. In many cases beneficiaries find better coverage and lower costs so they change to a new plan.

Medicare drug plan benefit improvements going into effect in 2025 are:

- The beneficiary annual out of pocket spending is capped at \$2,000 for drugs included in the formulary
- The Coverage Gap or “donut hole” will be eliminated. There will be a deductible phase, an initial coverage phase (capped at \$2,000) and a catastrophic phase (beneficiary pays nothing)
- The Medicare Prescription Payment Plan is available. This allows the beneficiary the option to pay for a prescription in the form of a monthly payment over the current year instead of all at once at the pharmacy. Your pharmacy will inform you if this option might benefit you

To make a phone appointment or find an in-person counseling event near you during **AOE**, contact the New Mexico **ADRC** at **1-800-432-2080**. Please bring copies of your Medicare cards, medical insurance cards and a list of current medications.

Stan,
Volunteer Counselor, SHIP and SMP

In November and December the Ask Stan Newsletter will not be published due to the Thanksgiving and Christmas holidays

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: Inscripción abierta anual

Stan contesta sus preguntas de Medicare



Volumen 4, Número 9 Octubre 2024

Querido Stan,

Tengo un plan de medicamentos de Medicare con el que no estoy muy contento. Algunas de mis recetas son realmente caras. ¿Hay alguna manera de cambiar mi plan y obtener otro? ¿Existen nuevos beneficios para los planes de medicamentos de Medicare a partir de 2025?

*Maria
Albuquerque*

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

1-800-432-2080

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

Querido Maria,

Su pregunta es muy oportuna. Cada año, entre el 15 de octubre y el 7 de diciembre, los beneficiarios de Medicare pueden cambiar sus planes. Esto se conoce como la **Inscripción Anual Abierta (AOE)**. Si cambia su plan, entrará en vigor el 1 de enero del año siguiente.

Durante el **AOE** puedes comparar planes y hacer lo siguiente:

- Cambie de un plan Medicare Advantage privado y pase al Medicare tradicional, o al revés
- Cambiar de un plan Medicare Advantage a otro plan Medicare Advantage Plan
- Cambiar de un plan de la Parte D a otro plan de la Parte D. Los planes de la Parte D brindan cobertura de medicamentos recetados, y la mayoría están asociados con Medicare tradicional
- Cancelar la cobertura de Medicare Parte D por completo si tiene otro seguro de medicamentos recetados acreditable
- Inscríbase en un plan de medicamentos de la Parte D de Medicare si anteriormente no tenía uno

Debe comparar su plan de medicamentos actual con otros que están disponibles para asegurarse de que está maximizando sus beneficios de medicamentos recetados de Medicare y pagando los costos más bajos posibles por sus recetas. Considere estas preguntas al elegir un plan de medicamentos de la Parte D de Medicare o un plan Medicare Advantage para asegurarse de que la cobertura de medicamentos recetados satisfaga sus necesidades:

- ¿El plan cubre todos los medicamentos que tomo?
- ¿El plan tiene restricciones sobre mis medicamentos (es decir, autorización previa, terapia escalonada o límites de cantidad?)
- **La autorización previa** significa que debe obtener la aprobación de su plan de la Parte D antes de que el plan pague el medicamento.
- **La terapia escalonada** significa que su plan requiere que pruebe una versión más barata de su medicamento antes de cubrir la más cara.
- **Los límites de cantidad** restringen la

(Continuación en la página # 2)

ASK STAN

cantidad de un medicamento que puede obtener por surtido de receta, como 30 píldoras de Drug X por mes.

- ¿Cuánto pagaré por las primas mensuales y el deducible anual?
- ¿Cuánto pagaré en la farmacia (copago/ coseguro) por cada medicamento que tome?
- ¿Cuál es la clasificación de estrellas del plan?

Para comparar los diferentes planes y beneficios de Medicare disponibles en su área, vaya a www.Medicare.gov y busque en "buscador de planes". Luego ingrese su código postal y podrá comparar los beneficios de varios planes Medicare Advantage o planes de medicamentos Medicare (Parte D).

Durante este período de siete semanas, el personal y los voluntarios del **Centro de Recursos para el Envejecimiento y la Discapacidad** de Nuevo México (**ADRC**) hacen todo lo posible para educar a los beneficiarios de Medicare de Nuevo México para que puedan tomar decisiones informadas sobre su cobertura de Medicare. A muchos beneficiarios les resulta útil comparar su cobertura actual con otros planes de Medicare. En muchos casos, los beneficiarios encuentran una mejor cobertura y costos más bajos, por lo que cambian a un nuevo plan.

Las mejoras en los beneficios del plan de

medicamentos de Medicare que entrarán en vigencia en 2025 son:

- El gasto de bolsillo anual del beneficiario tiene un límite de \$2,000 para los medicamentos incluidos en el formulario
- Se eliminará la brecha de cobertura o "período sin cobertura". Habrá una fase de deducible, una fase de cobertura inicial (con un límite de \$2,000) y una fase catastrófica (el beneficiario no paga nada)
- El Plan de pago de recetas de Medicare. Esto le permite al beneficiario la opción de pagar por una receta en forma de un pago mensual durante el año en curso en lugar de todo de una vez en la farmacia. Su farmacia le informará si esta opción podría beneficiarle

Para hacer una cita telefónica o encontrar un evento de consejería en persona cerca de usted durante **AOE**, comuníquese con el **ADRC** de Nuevo México al **1-800-432-2080**. Por favor traiga copias de sus tarjetas de Medicare, tarjetas de seguro médico y una lista de medicamentos actuales.

Stan,

Consejera de Voluntarios, SHIP y SMP

En noviembre y diciembre el boletín Ask Stan no se publicará debido a las vacaciones de Acción de Gracias y Navidad.

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

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❖ WORD SEARCH

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SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chop Pork Gravy Brown Rice Capri Veggies Tossed Salad Ice Cream	2 BBQ Chicken Pork & Beans Green Beans Cornbread Peach Crisp	3 Beef Roast Mushroom Gravy ½ Baked Potato Asparagus Garden Salad Roll Fresh Apple	4 Chicken Fried Chicken Mashed Potatoes Country Gravy Vegetable Medley Biscuit Mixed Fruit in Jello
7 Breaded Chicken Sandwich 3 Bean Salad Pasta Salad Cucumber & Tomato Salad Diced Pears	8 Swedish Meatballs over Egg Noodles California Veggies Roll Banana	9 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Tossed Salad Vanilla Pudding	10 Soft Beef Taco Garnish Chili Beans Calabacitas Pineapple in Jello	11 Meatloaf Mashed Potatoes Broccoli & Carrots Roll Fruit in Jello
14 ALL CENTERS CLOSED	15 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll Yogurt	16 BBQ Rib Patty Baked Beans Mixed Veggies Cornbread Watermelon	17 Carne Adovada Burrito Spanish Rice Steamed Spinach & Onions Sherbet	18 Chicken Teriyaki White Rice Asian Veggies Tossed Salad Fortune Cookie Fresh Orange
21 Baked Chicken Chicken Gravy Sweet Potatoes Green Beans Roll Fruit Cocktail	22 Spaghetti with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Watermelon	23 Pepper Steak Potatoes Au Gratin Baked Okra Roll Strawberry Shortcake	24 Meatloaf with Tomato Topping Roasted Potatoes Spinach Salad Diced Mango	25 Baked Tilapia Wild Rice Brussel Sprouts Biscuit Brownie
28 Chicken & Rice Casserole Steamed Broccoli Cornbread Tossed Salad Applesauce	29 Beef Stir Fry Peppers & Onions Stir Fry Veggies Egg Roll Mandarin Oranges	30 Green Chili Pork Posole Capri Veggies Tossed Salad Flour Tortilla Apple Crisp	31 Ham & Cheese Sandwich Garnish Macaroni Salad Cold Peas Whipped Fruit Salad	

Senior Meal Suggested Donation: Lunch \$1.50

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

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

**CITY OF SANTA FE
SENIOR SERVICES**

MARY ESTHER GONZALES (MEG)
1121 Alto St.
Santa Fe, NM 87501

PASATIEMPO
664 Alta Vista St.
Santa Fe, NM 87505

LUISA CENTER
1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505

VILLA CONSUELO
1200 Camino Consuelo
Santa Fe, NM 87507

VILLA CONSUELO

MARY ESTHER GONZALES (MEG)

PASATIEMPO

LUISA CENTER

Legend: = Center open for meals!

QR Code

505-955-4721 | santafenm.gov/division_of_senior_services

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