



CITY OF SANTA FE
SENIOR SERVICES

SEPTEMBER 2024

SENIOR SCENE



August Highlights



Guitar Concert



Baile de Fiesta



Jim and Kris Dorris Beautification



Ted Yamada Hard at Work!



Dick Fox all Smiles

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

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Newsletter Production:
Mona Baca, Editor/Distribution


City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@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		
Haircuts by Fabiola: Monday, Sept. 23, 10 am-1 pm				
Haircuts by Catalina: Wednesday, Sept. 18, 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 9:30-10:30 AM
Haircuts by Molly: Monday, Sept. 9 10:30 am-2 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	Tai Chi/Short Form 8:30-9:30 AM	Enhanced Fitness 9:30-10:30 AM	Wood Carving 9:30-11 AM	Enhanced Fitness 9:30-10:30 AM
Enhanced Fitness 9:30-10:30 AM	Guitar Class 9-11 AM	Bingo 1:30-3 PM	Meditation for Seniors by Upaya 1-2 PM No September sessions	MEG Page Turners Book Club: Any book about women in STEM Sept. 13 1-2 PM
Cribbage All skill levels welcome Materials provided Beginners welcome 1-3 PM Sept 16			Tai Chi/Qi Gong 3:30-4:30 PM	Knitting Class 1-3 PM



Haircuts by Fabiola: Monday, Sept. 9 and 30 at 10:30 am in 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 Salazar, 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: 505-955-4715

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,

I wish everyone a Happy Fiestas and hope you all enjoy the Labor Day weekend gathering with friends and family.

I would like to invite you to the second Annual Baile de Oro on September 5, from 1-3 pm at the Community Convention Center for those 55 and over.

The Fiesta Royalty and Staff will visit the MEG on Wednesday September 4. Please join us and welcome them to our Center. I also invite everyone to take part in the other activities going on at the MEG this month.

I want to take a minute to let you know that September is National Suicide prevention month, there are steps we all must take in looking out for loved ones, the people in our community, and those who have been impacted by this leading cause of death.

The number to the nationwide Suicide and Crisis Lifeline prevention is 988. If you or someone you know needs assistance, please use or remind them that there is help.

Manuel



Manuel Sanchez

Que Viva Las Fiestas De Santa Fe
Senior Services Director

TEENIORS
Intro To Technology in 2024

Thursday, September 26th | 1:00PM

Learn about Teeniors' new program starting in Santa Fe! Stay for a free overview of technology in 2024 and beyond!

Open and free to all - Join us in person, contact:
Mary Esther Gonzales Senior Center | 1121 Alto Street, Santa Fe, NM 87501

Teeniors® was created in 2015 in Albuquerque. Teeniors has been featured in NPR, New York Times, Costco Magazine, Univision, KOAT 7, KOB 4, KRQE 13, Albuquerque Journal, Santa Fe New Mexican, Santa Fe Reporter, and other news outlets across the country. For more info visit teeniors.com or teeniors@gmail.com | 505-600.1297.

EMPLOYEE SPOTLIGHT



Nohemi Antillon

What's your job title? Senior Services Program Coordinator

How many years have you worked for the City? Having the opportunity to help seniors is an emotionally fulfilling occupation. I look forward to keeping our seniors active!

What's the most exciting part of your job? The people. I enjoy talking with the seniors and hearing their stories.

Do you have any hidden talents or hobbies? I love to sew, make jewelry, and "do it yourself" projects around the house!

Are you a sports fan? Yes. Soccer.

Who are your favorite teams? USA & Mexico teams

What's something you're proud of? I am proud of being a mom, working and studying simultaneously.

What's your job title? Office Assistant

How many years have you worked for the City? New Employee/One month!

What's the most exciting part of your job? The people. I enjoy talking with the seniors and hearing their stories.

Do you have any hidden talents or hobbies? I play the cello and enjoy hiking and traveling with my pups.

What's something you're proud of? I am proud of myself for completing high school and a dual credit program!

Who are your favorite teams? Bears or the 49ers!



Angelica Ornelas

MORE HIGHLIGHTS



Charlie and His Guitar



Paul and His Guitar

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 September birthdays during the lunch hour at the following Senior Centers:

- MEG- Wednesday, Sept. 10 at 11 am
- Pasatiempo- Tuesday, Sept. 10 at 11 am
- Luisa- Thursday, Sept 12 at 11 am

❖ September Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9 AM on Thursdays, Sept. 5 and 19.**



San Martin de Porres Distribution
San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food on Sept. 19 and 24 from 4 to 6 p.m. at the Dixon House, 2148 San Ysidro Crossing. It is **FREE FOOD FOR EVERYONE** (no application required).



Santa Fe Fiesta Royalty

The Santa Fe Fiesta Royalty is visiting the Mary Esther Gonzales Senior Center on Wednesday, September 4 at 11:45 am.

❖ 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: Wed. September 11 at 11 am
Luisa: Thurs. September 12 at 11 am
MEG: Tues. September 24 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., Sept 10, 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.



NEWS & VIEWS

Movie Day at MEG



Selena (MEG)

Tuesday, Sept. 3, 1 pm

Selena is a 1997 American biographical musical drama film about Tejano music star Selena Quintanilla-Perez, played by Jennifer Lopez. The film chronicles the star's rise to fame and death when she was murdered by Yolanda Saldivar at the age of 23.

Something's Gotta Give

Tuesday, Sept. 24 at 1 pm

A swinger on the cusp of being a senior citizen with a taste for young women fall in love with an accomplished woman closer to his age.



Something's Gotta Give



Baile de ORO

1 - 3 p.m.

Thur., Sept. 5, 2024



Free 55+ event

The Santa Fe Community Convention Center



Hikes for Active Seniors



MODERATE HIKE - SEPT. 16, HIKING THE ASPEN VISTA SERVICE TRAIL

We're back to our regular schedule—the third Monday of the month. September's easy/moderate hike will be along the Aspen Vista Service Road Trail.

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. Although hiking experience is optional, some knowledge is recommended due to the high altitude.

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.

Enhanced Fitness Instructors

New Mexico Senior Olympics is looking for Enhanced Fitness Instructors and Subs!

If interested, email Cecelia Acosta at cacosta@nmseniorolympics.org.

Please submit a Letter of Interest and a copy of your current Fitness Certification.

NEWS & VIEWS

❖ In Loving Memory

Leo M. Kahn 1930-2024

We are deeply saddened by the passing of Leo Kahn at the age of 93 years old. He left behind his loving wife of 69 years, Gloria Calles Kahn, beautiful children, grandchildren and great grandchildren.



He joined the Air Force in 1951 and returned after the war. He married Gloria in 1955, and they remained inseparable from that point on. Leo was a strong advocate for helping and supporting the youth of Santa Fe. Leo received awards for his community service, but despite all his accomplishments, he never boasted about his achievements. "We are going to miss you, and you will always be with us in our thoughts, hearts, and prayers. We love you. Rest in peace."

Toni Ann Gallegos August 11, 1936-May 16, 2024



Toni Ann Gallegos was called home on May 16th. She was heartbroken after the love of her life Jimmy Gallegos passed away on January 15, 2024.

She volunteered over 50 years at the VA hospital providing spiritual and emotional support to veterans.

Her proudest moment in life was being asked to join the City of Santa Fe's Senior Advisory Board, where she felt she made a difference for the city's seniors.

Toni Ann enjoyed planting flowers, tomatoes, strawberries, and spearmint leaves. Her favorite flower was the rose and favorite colors were red, pink, peach and yellow roses.

We will miss you, Toni Ann!

❖ State Fair Senior Division Trip

Join the Senior Services Division trip to the New Mexico State Fair!

Monday, Sept. 9 is Senior Day!

The trip will depart at 9 a.m. from the Mary Esther Gonzales Senior Center and return at approximately 3:30 p.m.

- Bus Ride (suggested donation): \$5
- Free Admission

To sign up, please contact Nohemi Antillon at 505-955-4715 as space is limited.



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, Sept. Volunteers!

Ginger Blackmar	9/1
Barbara Chamberlin	9/2
Jerome Vialpando	9/2
Peggy Rudberg	9/5
Thomas Spencer Wright	9/5
Amelia Garcia	9/6
Sandra Kendall	9/8
Sharon Key	9/10
Roy Trujillo	9/10
Mary Lou Van Ness	9/12
Elizabeth Hinds	9/13
Stan Cooper	9/15
Sophia M. Gallegos	9/16
Richard Martinez	9/16
Barbara Anderson-Acosta	9/17
Socorro Arroyo	9/19
Sheridan (Sherry) Young	9/21
Charles Cover	9/23
Carolyn Evans	9/24
Lucy R. Brown	9/25
Frank P. Johnson	9/26
Patricia Szopinski	9/27
Kathleen Wise	9/27
Kim Martinez	9/28

Join Stem and Advocate for Santa Fe’s Youth

STEM Santa Fe advocates for, develops and provides STEM programming, mentoring and resources for all youth, especially underrepresented groups in STEM, to realize their potential and expand their opportunities in a dynamic world.

STEM Santa Fe envisions a world filled with analytical citizens exploring complex issues for the betterment of society.

Current Opportunities:

-Someone who can act as Executive Assistant (admin support) to collect mail, collect timesheets, scan receipts, and proofread materials. CRM experience preferred, not required.

STEM Pathway for Girls (SPFG) Conference description:

We host a dynamic one-day conference on Oct. 19 to encourage the exploration of STEM through experiential learning activities. (Includes students not currently in the SPFG program)

The conference hosts 80 to 150 students and features hands-on workshops and influential guest speakers.

This program allows students to learn new STEM activities in small groups with like-minded peers. Contact: Mona Baca @ 505-955-4760.

HEALTH & SAFETY

❖ Prostate Month Educational Tips

Bringing together current educational efforts on Prostate Cancer and BPH education, including Prostate Cancer Awareness Week (September 20 – 24) and Benign Prostatic Hyperplasia Week (September 13-17) "Prostate Health Month" is supported by nationwide public service announcements which feature actor Hector Elizondo, reaching an American audience via television, radio and print. The public service announcements encourage men to become educated about prostate health and to take action if they experience prostate problems. Further, the public service announcements also include a montage of men from various backgrounds and professions – emphasizing the importance of prostate health to all men.

BPH, a non-cancerous enlargement of the prostate, is the most common of prostate conditions among men. More than 50 percent of men age 60 and 80 percent of men age 80 are estimated to suffer from BPH. The enlargement often squeezes the urethra, where it runs through the prostate.

Symptoms of BPH include difficulty initiating urination, weak urinary stream, and waking several times at night to urinate. BPH is more common among older men because as a man ages, his prostate naturally enlarges. BPH can be treated by a variety of methods, including prescription medications and surgery.

Physicians may advise patients with non-symptomatic BPH to take a "watchful waiting" approach to the disease, intervening with treatment if symptoms develop. It is important to note that BPH does not necessarily lead to cancer; however, a man can have BPH and cancer at the same time.

NUTRITION EDUCATION

❖ Turkey Stew



This hearty stew of turkey, potatoes, and vegetables will warm up a cold winter night. You can replace the cooked turkey with cooked chicken.

Makes 4 servings

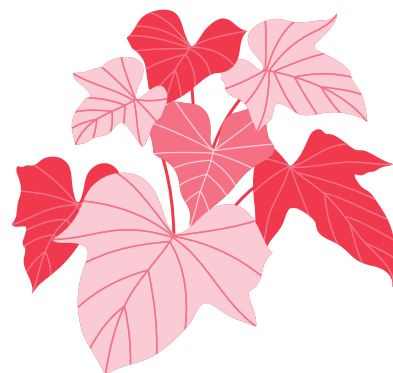
Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1 garlic clove (finely chopped or 1/2 teaspoon garlic powder)
- 4 carrot (chopped)
- 2 celery stalks (chopped)
- 2 potatoes (chopped)
- 1 can tomatoes, diced
- 2 cups water
- 2 cups turkey (cooked, chopped)
- salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil, or thyme (to taste, optional)

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>



AUTUMN

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Apple	Deciduous	Nuts
Autumn	Football	October
Chestnut	Halloween	Pumpkin
Chilly	Harvest	Quilt
Cider	Hayride	Reap
Cornucopia	Leaves	Scarecrow
Cranberry	November	September

CROSSWORD PUZZLE

LABOR DAY

ACROSS

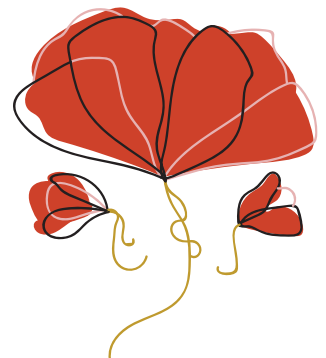
- 1 Play on words
- 4 Emblem
- 9 Ancient Indian
- 14 Less than two
- 15 "Remember the ___"
- 16 Midwestern state denizen
- 17 Ocean
- 18 Old show
- 19 Entrances
- 20 Body picture
- 22 Carpe ___
- 24 Consumer
- 25 Despot
- 27 Play in the water
- 31 Asian bird
- 32 Speaks to God
- 33 Sorbet
- 34 Go to see
- 36 Enlarge
- 38 Blend before
- 40 Examined
- 42 Pup
- 43 Old woman
- 44 Relief
- 45 Washed-out
- 47 File
- 51 Chunk
- 53 Area with many people living and working close together
- 54 Within
- 55 Far away
- 57 Tan colors
- 59 Chance
- 62 Pine Tree State
- 65 Creative work
- 66 Bleacher
- 67 Performer
- 68 Fear
- 69 Want
- 70 Bird homes
- 71 Rainy mo.

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		
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	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	

DOWN

- 1 Brand of hot cereal beverage
- 2 Disconcerted
- 3 Straighten out
- 4 Tropical edible root
- 5 Margarine
- 6 Sticky black substance
- 7 Flightless bird
- 8 Second day of the week
- 9 Helper
- 10 Soars
- 11 Pair
- 12 Hearing part
- 13 Central nervous system
- 21 Journey
- 23 Internal Revenue Service
- 25 Kid's cereal brand
- 26 Stood opposite
- 28 Expansive
- 29 Chilled
- 30 Males
- 32 Pressure unit
- 35 Elf
- 36 Aced
- 37 European peninsula
Spain's peninsula
- 38 Mr. Donahue
- 39 Remake
- 40 Quarry
- 41 Pole
- 42 Tail movement
- 43 Central daylight time
- 45 Farm credit administration (abbr.)
- 46 Flyer
- 48 National capital
- 49 Incite (2 wds.)
- 50 Sign
- 52 Bread maker
- 56 Plant life
- 57 Tangle

- 58 Possessive pronoun
- 59 Cook with oil
- 60 Tell a tall tale
- 61 America
- 63 Whiz
- 64 ___ A Small World...



ASK STAN



Newsletter:

Important Notices including
Changes to your Plan

Ask Stan Medicare Questions



Volume 4, Issue 8 September 2024

Dear Stan,

I know Medicare Annual Open Enrollment will start October 15. I am already starting to receive information about Medicare plans. What types of Medicare notices should I be looking for? How long do I have to make a change to my current Medicare coverage if I choose to?

*Joseph,
Las Cruces*

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 Joseph,

Soon you will be getting lots and lots of mail from insurance companies trying to get you to consider their products. You do not have to act on these mailings. Although companies can send you mailings, they must follow certain rules when offering their plans. Some examples are:

- A plan cannot use language that suggests its plan is preferred by Medicare
- A plan cannot email or phone you if you did not ask them to
- A plan cannot leave information on your door at home or on your car unless they come from a company that has an appointment with you

If you think you have experienced marketing violations, please report them

by calling the **Senior Medicare Patrol (SMP)** at **1-800-432-2080**. Keep any documents like agent’s business cards, marketing materials, emails, etc.

Important Notices

In addition to mailings from insurance companies, you may receive two important notices from your Medicare Plan, the **Evidence of Coverage (EOC)** and the **Annual Notice of Change (ANOC)**. Each September you will receive an **EOC** from your insurance plan. It will inform you of your coverages and costs and other information. If you are in a Medicare Plan, you will receive an **ANOC** in the fall letting you know of any changes in coverages and costs which will be effective January 1, 2025. If there are changes in your

(Continued on page 2)

ASK STAN

benefits, carefully review any information your plan sends you:

- Are all of your drugs still on the plan’s formulary?
- Will your costs change in the coming year (drug costs, deductible, copays, out of pocket limits)?
- Will your covered benefits change?

Also consider how your current coverage worked for you in the past year:

- Are your costs reasonable?
- Are your providers in network?
- Does your plan provide all the benefits you need?

Think about how your health might change in the coming year. Will your current plan continue to meet your needs? If your current Medicare Plan coverages and benefits do not meet your needs for the new year, then during Open Enrollment you can join a new Medicare Plan or a stand-alone prescription drug plan

Two other notices you might receive are:

- **Plan Non-Renewal Notice.** If you are enrolled in a plan that is leaving Medicare at the end of 2024, you should receive a notice in October. If this occurs, you

should sign up for another plan during Open Enrollment (October 15-December 7).

- **Consistent Poor Performance Notice** is something you will receive if your plan receives a low consumer rating for three years in a row. A low rating is 3 stars or less out of five stars. This notice encourages you to search for other plan options in your area.

To get help from a trusted resource with free, unbiased, expert Medicare assistance, and to find out about upcoming in-person Medicare counseling events in your area call the **New Mexico Aging and Disability Resource Center** at **1-800-432-2080**. Ask to speak with a **State Health Insurance Program (SHIP)** volunteer.

In summary be on the lookout for important mail about your health care plan before Open Enrollment begins October 15. You have until December 7 to make a change. Be aware of all the marketing sales mail you will receive and report any marketing violations.

Stan,
Volunteer Counselor, SHIP and SMP

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: Avisos importantes del seguro

Stan contesta sus preguntas de Medicare



Volumen 4, Número 8 septiembre 2024

Querido Stan,

Sé que la inscripción abierta anual de Medicare comenzará el 15 de octubre. Ya estoy empezando a recibir información sobre los planes de Medicare. ¿Qué tipos de avisos de Medicare debo buscar? ¿Cuánto tiempo tengo para hacer un cambio en mi cobertura actual de Medicare si lo elijo?

*Joseph,
Las Cruces*

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 Joseph,

Pronto recibirá mucho correo de las compañías de seguros tratando de hacer que considere sus productos. Usted no tiene que actuar en estos correos. Aunque las empresas pueden enviarle correos, deben seguir ciertas reglas al ofrecer sus planes. Algunos ejemplos son:

- Un plan no puede usar un lenguaje que sugiera que Medicare prefiere su plan
- Un plan no puede enviarle un correo electrónico o llamarlo por teléfono si usted no se lo pidió
- Un plan no puede dejar información en la puerta de su casa o en su automóvil a menos que provengan de una compañía que tenga una cita con usted.

Si usted piensa que ha sufrido violaciones de marketing, por favor, infórmenos llamando a la **Patrulla de Medicare para Personas Mayores (SMP)** al **1-800-432-2080**. Guarde cualquier documento como tarjetas de

visita de los agentes, materiales de marketing, correos electrónicos, etc.

Avisos Importantes

Además de los correos de las compañías de seguros, puede recibir dos avisos importantes de su Plan de Medicare, la **Evidencia de Cobertura (EOC)** y la **Notificación Anual de Cambios (ANOC)**. Cada septiembre recibirá un **EOC** de su plan de seguro. Le informará de sus coberturas y costos y otra información. Si está en un Plan Medicare, recibirá un **ANOC** en el otoño informándole de cualquier cambio en las coberturas y costos que entrará en vigor el 1 de enero de 2025. Si hay cambios en sus beneficios, revise cuidadosamente cualquier información que su plan le envíe:

- ¿Todavía están todos sus medicamentos en el formulario del plan?
- ¿Cambiarán sus costos el próximo año (costos de medicamentos, deducible,

ASK STAN

- copagos, límites de gastos de bolsillo)?
- ¿Cambiarán sus beneficios cubiertos?

También considere cómo le funcionó su cobertura actual en el último año

- ¿Sus costos son razonables?
- ¿Sus proveedores están dentro de la red?
- ¿Su plan ofrece todos los beneficios que necesita?

Piense en cómo su salud podría cambiar en el próximo año. ¿Su plan actual seguirá satisfaciendo sus necesidades? Si las coberturas y beneficios actuales de su Plan Medicare no satisfacen sus necesidades para el nuevo año, entonces durante la Inscripción Abierta puede inscribirse en un nuevo Plan Medicare o en un plan independiente de medicamentos recetados

Otros dos avisos que podría recibir son:

- **Plan Aviso de no renovación del plan.** Si está inscrito en un plan que abandona Medicare a finales de 2024, debe recibir un aviso en octubre. Si esto ocurre, debe inscribirse en otro plan durante la Inscripción Abierta (15 de octubre al 7 de diciembre).
- **Consistent Poor Performance Notice** El Aviso de Desempeño Pobre Consistente es

algo que recibirá si su plan recibe una calificación baja del consumidor durante tres años consecutivos. Una calificación baja es de 3 estrellas o menos de cinco estrellas. Este aviso le anima a buscar otras opciones de planes en su área.

Para obtener ayuda de un recurso confiable con asistencia gratuita, imparcial y experta de Medicare, y para averiguar acerca de los próximos eventos de asesoramiento de Medicare en persona en su área, llame al **Centro de Recursos para el Envejecimiento y la Discapacidad de Nuevo México al 1-800-432-2080**. Pida hablar con un voluntario del **Programa Estatal de Seguro Médico (SHIP)**.

En resumen, esté atento a los correos importantes sobre su plan de atención médica antes de que la Inscripción Abierta comience el 15 de octubre. Tienes hasta el 7 de diciembre para hacer un cambio. Esté al tanto de todo el correo de ventas de marketing que recibirá e informe de cualquier violación de marketing.

Stan,
Consejera de Voluntarios, SHIP y SMP

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



CROSSWORD & WORD SEARCH SOLUTIONS

❖ CROSSWORD

Solution:

1	P	2	U	3	N		4	T	5	O	6	T	7	E	8	M		9	A	10	Z	11	T	12	E	13	C	
14	O	N	E				15	A	L	A	M	O						16	I	O	W	A	N					
17	S	E	A				18	R	E	R	U	N						19	D	O	O	R	S					
20	T	A	T	21	T	O	O					22	D	I	E	M												
24	U	S	E	R						25	T	S	A	R			27	S	W	I	M							
31	M	Y	N	A				32	P	R	A	Y	S				33	I	C	E								
					34	V	I	S	I	T							36	W	I	D	E	N						
					38	P	R	E	M	I	X			40	P	R	O	B	E	D								
42	W	H	E	L	P								43	C	R	O	N	E										
44	A	I	D							45	F	A	D	E	D			47	R	A	S	P						
51	G	L	O	B						52	C	I	T	Y				54	I	N	T	O						
						55	A	F	A	R						57	K	H	A	K	I	S						
58	F	L	U	K	E					62	M	A	I	N	E			65	A	R	T							
66	R	I	S	E	R					67	A	A	C	T	O	R			69	R	U	E						
69	Y	E	A	R	N					70	N	E	S	T	S				71	A	P	R						

❖ WORD SEARCH

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

SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Hawaiian Chicken Brown Rice Capri Veggies Hawaiian Roll Tropical Fruit	4 Green Chili Chicken Posole Chuckwagon Veggies Green Salad Tortilla Sweet Rice	5 Turkey Sandwich Garnish 3 Bean Salad Chips Diced Pears	6 MOW ONLY Chicken Salad Cold Peas Carrot Sticks Crackers Yogurt
9 Chicken Fettuccine Alfredo French Fries Country Gravy Baked Okra Tossed Salad Biscuit Oatmeal Cookie	10 Hot Roast Beef & Swiss Sandwich Au Jus Sauce Green Beans Pasta Salad Fresh Orange	11 Green Chili Chicken Enchiladas Pinto Beans Vegetable Medley Apricots	12 Salmon Patty Tomato Macaroni Asparagus Peaches	13 Meatloaf Mashed Potatoes Broccoli & Carrots Roll Fruit in Jello
16 Chicken Tenders Country Gravy French Fries Peas & Carrots Biscuit Pineapple Tidbits	17 Baked Ziti with Meat Sauce California Veggies Garlic Bread Tossed Salad Oatmeal Cookie	18 BBQ Rib Patty Baked Beans Mixed Veggies Cornbread Watermelon	19 Carne Adovada Burrito Spanish Rice Steamed Spinach & Onions Sherbet	20 Fish Taco Salsa Spanish Slaw Black Beans Cherry Cobbler
23 Ham & Cheese Sandwich Garnish Potato Salad 3 Bean Salad Chocolate Pudding	24 Pork Roast Pork Gravy Parsley Potatoes Baked Okra Roll Whipped Fruit Salad	25 Green Chili Cheeseburger Garnish Green Beans Chips Cantaloupe	26 Chicken Taco Garnish Salsa Chili Beans Calabacitas Fresh Pear	27 Frito Pie Refried Beans Chuckwagon Veggies Tossed Salad Fresh Orange
30 Beef Tips over Noodles 5 Way Veggies Roll Tapioca Pudding				

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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