

SENIOR SCENE MAGAZINE



APRIL 2022



www.santafenm.gov/senior_scene_newsletter

OFFERED BY: DIVISION OF SENIOR SERVICES - PROGRAMS AND ACTIVITIES FOR OLDER ADULTS



CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501



Toll-Free Administration (866) 824-8714

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Mary Esther Gonzales Senior Center, 1121 Alto St.
Admin Offices (505) 955-4721

Senior Services Administration & Registration

Cristy Montoya, Administrative Secretary (505) 955-4721
cjmontoya@santafenm.gov

Cara Alunno, Receptionist (505) 955-4741



Division Director, Senior Services

Gino Rinaldi (505) 955-4710
earinaldi@santafenm.gov



Transportation Reservations (Dr & Pharmacy only)

Linda Quesada-Ortiz (505) 955-4700
lmquesada@santafenm.gov

- Must be Age 60+
- Hours M-F 8:30am - 4:00pm
- Must be within City limits
- Suggested Senior Donation .50¢ per Ride
- Requires a Reservation
- Free Registration and Reassessment Required



Home Delivered Meals

Carlos Sandoval (505) 955-4748
cesandoval@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Must be within City limits
- Must be Homebound
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Congregate Meals, Curbside Meals

Yvette Sweeney (505) 955-4739
yasweeney@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Suggested Senior Donation \$1.50 per Meal
- Free Registration and Reassessment Required



Senior Services Navigator

Saul Carta (505) 955-4735
scarta@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free



Santa Fe Civic Housing

(505) 988-2859

Santa Fe County Senior Programs

(505) 992-3069

Senior Center Programming Activities

Lugi Gonzales, Center Program Manager (505) 955-4711
lgonzales@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required

Activities- MEG Center, Ventana de Vida Center

Albert Chavez (505) 955-4715
wachavez@santafenm.gov

Activities- Luisa, Pasatiempo, Villa Consuelo

Cristina Villa (505) 955-4725
cavilla@santafenm.gov



Senior Olympics Events for Seniors Aged 50+

Cristina Villa (505) 955-4725
cavilla@santafenm.gov

- Hours M-F 8:00am - 5:00pm
- Registration Fee Required



In-Home Supportive Services Program Supervisor

Vacant (505) 955- ----

In Home Supportive Services Program Coordinator

Delilah CdeVaca (505) 955- ----
dcdevaca@santafenm.gov

- Must be Age 60+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Free Registration and Reassessment Required
- Requires an In-Home Assessment



Senior Volunteer Programs

Anya Alarid, Program Manager (505) 955-4744
aalarid@santafenm.gov

Senior Companion/Foster Grandparent

Theresa Trujillo, Project Administrator (505) 955-4745
ttrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Requires an In-Home client Assessment
- Stipends Available for Volunteer if Qualified
- Must Income-Qualify
- Required a Background Check



Grandparents Raising Grandchildren Fund

Theresa Trujillo (505) 955-4745
ttrujillo@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program RSVP

Vacant, RSVP Admin. / Public & Community Relations Officer (505) 955-4760

RSVP Volunteer Program Coordinator

Vacant (505) 955-4743

- Must be Age 55+
- Hours M-F 8:00am - 5:00pm
- Services are Free
- Required a Background Check

Pasatiempo Senior Center Ventana de Vida Senior Center 1500 Villa Consuelo Senior Center
664 Alta Vista St. Pacheco St. 1200 Camino Consuelo

Luisa Senior Center
1500 Luisa St.

Please note: Senior Centers are temporarily closed due to COVID-19

NEWSLETTER PRODUCTION

Anya Alarid, Editor/Distribution - (505) 955-4760 aalarid@santafenm.gov

Ashley Espinoza, Graphic Artist - Linda Miller, Proofreader

April 2022

By Gino
A message from the Division Director



April is the kindest month. April gets you out of your head and out working in the garden." Marty Rubin

"Don't judge each day by the harvest you reap but by the seeds that you plant". Robert Louis Stevenson.

"You can cut all the flowers, but you can't stop spring from coming"
Pablo Neruda

I wanted to keep putting spring quotes, it's so much fun. One more, Spring unlocks the flowers to plant the laughing soil" Bishop Reginald Heber.

I hope everyone made it though winter well. It was a funny one, I think. It started late and it's still here, maybe April will stay warm. We have been very busy providing the services and trying to fill our vacant positions. Filling vacancies has been a challenge; however, we have hired some great folks and I look forward to introducing them to you, next newsletter.

I have been talking to folks about reopening and was hoping to open middle of April, but it seems the beginning of May will be best. We will start out with indoor meals, grab and go, return back to the traditional Home Delivered meals, expanded transportation, and eventually In-Home services. We will start indoor meals and the grab-n-go at the Mary Esther Gonzales. Eventually moving to the other centers. We are looking forward to seeing all you smiling faces.

NEWS & VIEWS

APRIL 2022

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.

Senior Services Schedule for April

Due to the continued threat of COVID 19, Senior Services is operating with limited services. For those age 60 or over, we provide:

- Lunch at the curbside of MEG Senior Center, 1121 Alto St. weekdays 10:30 a.m. to 12:30 p.m. All seniors are welcome.
- Weekday meals delivered to homebound seniors who are unable to drive to get curbside meals.
- Transportation to doctor offices, pharmacies, and vaccine appointments, with a reservation made 5 days to 24 hours in advance.

Please call (505) 955-4700 for Transportation.

You may call (505) 955-4721 to register with Senior Services and request meals.

April Grocery Distributions



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays,

April 14 & 28.

City of Santa Fe Easter Egg Hunt

Saturday, April 9.
Ragle Park
10 A.M. Sharp
Ages 1-10



Bring your own Basket along with a donation of one canned food item.

TOUCH THE BIG TRUCK EVENT

Come see the big work trucks of Santa Fe! The event will be from 10 A.M. to 12 P.M.



Monumental Dreams & Conversations

CHART IS SEEKING PUBLIC PROPOSALS

memorials, and works of public art that communicates what is important to residents of the city and County of Santa Fe, New Mexico. The goal of Monumental Dreams and Conversations" is to express who and what we value as well as generate conversations about the movements, events, things, places, and people that matter to us. DEADLINE: Midnight, April 30, 2022. For more information go to www.chartssantafe.com/monumental-dreams

Santa Fe County Treasurer Property Tax Outreach Program



Pay your property taxes for the second half of 2021 at the Mary Esther Gonzales Senior Center, 1121 Alto Street on:

Friday, April 8 and 22, 10 A.M. - 2 P.M.

The Treasurer's Office will only accept a check, money order, credit card or cashier's check. Due to security concerns, cash is not accepted. The Treasurer's Office does not contact taxpayers for payment over the phone. For additional information, contact the County Treasurer's Office at 505-986-6245.

The Healing Power of Pets for Seniors



Pets can play an important role in our lives as we age. As we grow older, knowing that you're loved, or that someone cares about you, isn't necessarily enough, and that need to feel needed-and appreciated for what you do-increases.

There's a strong connection between pets and the elderly. Pets fulfill this need because they depend on their owners for care and attention. In return, the pets offer love and unqualified approval.

Studies have been documented that petting a dog or cat lowers blood pressure in hypertensive patients and that older people show improved alertness when caring for a pet. Pets often seem to be especially valuable for some people experiencing major life chances, such as illness or the loss of a loved one.

Depressions can often be avoided. Pets also encourage their owner to be more physically active by playing with them or taking them on a walk. Pets amuse us, make us laugh and improve our overall morale.

Pet owners tend to remain more interested in events in their community and in their surroundings. They are not as lonely as perhaps they once were. They prevent or reduce absent-mindedness or bewilderment by communicating the sense of time and by maintaining a rhythm of the day. "forget oneself and ones problems" and to "live one's free time in a meaningful and interesting way."

Pets need love, companionship and attention no differently than the rest of us. If you are interested in a furry friend or companion, please

consider contacting one of the adoption or fostering agencies below.

- Santa Fe Animal Shelter and Humane Society (505) 983-4309
- Espanola Valley Humane Society (505) 753-8663

She is missed...



Elena Lucero, 96 born in Ojo De La Vaca on May 1, 1925 lifelong resident of Santa Fe, NM until she was called home on March 01, 2022. Elena was a loving mother and grandmother. She liked papitas and tortillas for breakfast.

She loved to cook and made the best tortillas and natillas. She also loved cheeseburgers from McDonald's. You could always catch her at the bingo halls, she was the bingo queen! She played really good air guitar and loved dancing to Spanish music and Elvis Presley. Elena will be missed dearly by all of her family.

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.

- **Anne Bradstreet, The Works of Anne Bradstreet**

NEWS & VIEWS

April 2022

Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household. For more information, please contact Theresa Trujillo at 505-955-4745



Governor signs bill cutting \$400 million in taxes

Governor Michelle Lujan Grisham signed a tax bill during the 30-day legislative session that ended in February that includes a provision that will exempt Social Security benefits from taxation for low and middle-income seniors. The passage will herald needed financial relief for many New Mexicans, including grandparents raising grandchildren. The tax package known as House Bill 163, also reduces the gross receipts tax rate for the first time in 40 years and includes tax rebates up to \$500, a child tax credit of up to \$175 per child, tax exemptions for military veterans and tax credits for hospital nurses who work full time. Altogether, the tax bill is expected to provide about \$400 million of recurring tax relief.



2021 TAX INFORMATION

April 2022

NM REBATE LIMITS AND AMOUNTS HAVE BEEN INCREASED - Even if you did not qualify for a rebate last year, you might this year. Income Limit is now \$36,000. The maximum rebate for singles is now \$220. Property Tax or Rent Rebates continue as is.

EARNED INCOME TAX CREDIT (EITC) - EITC has increased income limits and has new age limits- now 19 and older. For senior citizens, there is no upper age limit. NM Working Family Credit matches 20% of the US EITC. ITIN holders qualify for NM WFC.

STIMULUS PAYMENTS –If you did not receive \$1,400, you can file for it now.

TAX HELP SANTA FE

Tax Help Santa Fe is an LLC and charges a nominal fee for some services. Costs for Standard Return tax preparation range from free (for incomes under \$1,000) to \$92 (for incomes \$50,000 or over)

NEW LOCATION: Santa Fe Outlet Mall 8380 Cerrillos Road, left of the entry gate

Open Monday – Saturday 9:30 a.m.-5:00 p.m. starting January 27th

Make an appointment online at www.taxhelpsantafe.com or call 505-990-7431
Walk-ins available but please make an appointment

TAX HELP NEW MEXICO

Tax Help New Mexico is a FREE Income Tax assistance service for people whose household income is \$57,000 or less, or those whose age is 65 or older.

OPEN: February 1 - April 13, Tuesdays and Wednesdays, 10:00 a.m. - 4:30 p.m.

Clients must provide proof of full COVID vaccination and MASKS are REQUIRED.

BY APPOINTMENT ONLY: Call 505-465-9776 for appointment and location.

AARP Foundation Tax-Aide Program Santa Fe

AARP Tax-Aide is at the Santa Fe Higher Education Center (HEC), 1950 Siringo Rd. Services are Monday through Friday from Feb. 1 - April 14, 2022.

Appointments are required and it is only a drop off arrangement, due to COVID.

Due to AARP Foundation and Santa Fe Community College requirements, nobody will be allowed in the building. Intake forms and other documents will be made available outside the building when services are started.

Call (505) 428-1780 or go to www.sfcc.edu/taxaide for details.

VOLUNTEER PROGRAMS

APRIL 2022



AmeriCorps Seniors
RSVP *Santa Fe*

**Give a little time.
Get a lot back.**

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition.
www.rsypsantafe.org

Join the FGP or SCP Volunteer Programs:

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

The Senior Companion Program (SCP) places a volunteer to serve as a companion by providing assistance and friendship to seniors who have difficulty with daily tasks.

Income-eligible FGP and SCP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, training and commit to a minimum of five hours of service a week. To learn more, contact Anya Alarid at (505) 955-4744 or aalarid@santafenm.gov.

RSVP Volunteer Dollar Value:

Puppy Sitters (from when a litter is born until 16 weeks old). Ensure the health, wellness and safety of the mother and puppies at the Puppy Enrichment Center (off Dinosaur Trail). Monitor the feeding and rotation of the puppies and feed them. Document their activities throughout the 2hr 45 min shift.

Dog Snuggling/grooming (puppies 16 weeks +). Also work with them on mental games/dog puzzles. Give one-on-one attention.

Rail Trail Walks (with dogs 16 weeks + for an hour, twice a week) Volunteers work with a Trainer to learn proper handling protocols.

Become a Yardmaster in the Railyard Park

The Yardmasters are the volunteers who help maintain the lovely Railyard Park gardens. You may select your own schedule and, after orientation, Railyard Park Conservancy staff will get you set up with tools and a task and will cheerfully support your work. Gardening needs include gentle pruning, tending the plants, debris pick-up and anything else that may come up. Gardening tasks vary throughout the seasons and they are happy to work with all skill levels.

Call Anya at 955-4744 to join RSVP and get connected with the Railyard Park Conservancy. Hope to see you in the Park!



To all APRIL Senior Volunteers!

Martha Catanach	4/1
Charlie Lujan	4/2
Charles Marquez	4/2
Thomas Fitzpatrick	4/3
Victor E. Montoya	4/3
Bonnie Rice	4/3
Ron Biederman	4/5
Prescilla Martinez	4/6
Connie Sena	4/6
Virginia Lucero	4/7
Robert Fernandez	4/8
Bernie Frimond	4/9
Robert Suspanic	4/10
Deborah Farson	4/11
Patsy Sena	4/12
Clarice Getz	4/14
Al Schwartz	4/14
Carmen Chavez	4/16
Maria E. Duran	4/16
Joanna Ipiotis-Romero	4/16
Kathy Martinez	4/16
Michael Robinson	4/17
Joni Hernandez	4/20
Joan Ferran	4/21
Robert Romero	4/21
Marsha Reindorf	4/22
Ron Levy	4/26
Corrine Sanchez	4/28
Mela Delgado	4/29
Sally Rodriguez	4/29
Nazario Roybal	4/29
Linda Miller	4/30
Sister Jo Romero	4/30

Please note: These are birthdays of actively enrolled volunteers who report service hours to the AmeriCorps Seniors Volunteer Programs



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, The Serve New Mexico Commission was established to engage New Mexicans in National Service opportunities to help communities throughout our state; and

WHEREAS, The State of New Mexico, The Department of Workforce Solutions, and the Aging and Long-Term Services Department celebrate the 4,700 senior volunteers who, in spite of the pandemic, continue to give back to their community; and

WHEREAS, AmeriCorp volunteers meet critical community needs while contributing to longer, healthier lives by donating their time, skills, and energy through one of the three AmeriCorp Programs: Foster Grandparents, Senior Companion, and the Retired Senior Volunteer Program; and

WHEREAS, the Foster Grandparents volunteers tutored and mentored 1,469 young people, Senior Companions volunteers helped 4,070 older adults live independently, and Retired Senior volunteers provided 159,907 hours of service in 200 organizations across the state; and

WHEREAS, the New Mexico volunteer ombudsman continued a statewide initiative to partner with law enforcement, first responders, and other state agencies to help deter and detect forms of abuse, neglect, or harm occurring in long term care facilities; and

WHEREAS, older adults and adults with disabilities continue to reach out to the Aging and Long-Term Services Department to access services, and volunteers play a critical role in providing those supportive services; and

WHEREAS, New Mexico is projected to have the fourth largest senior population per capita by 2030, therefore we must continue to come together as a community to serve the needs of our aging population, adults with disabilities, and their caregivers; and

WHEREAS, the State of New Mexico unites to celebrate and honor our volunteers; encourage volunteerism, bolster community resources and support, and thank volunteers for their tireless efforts that have led to countless successes and life-changing services for older adults and adults with disabilities.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of New Mexico, do hereby proclaim April 2022 as:

“Volunteer Appreciation Month”

throughout the state of New Mexico.

Attest:

Maggie Toulouse Oliver
Maggie Toulouse Oliver
Secretary of State

Done at the Executive Office this
15th day of March 2022.

Witness my hand and the Great Seal
of the State of New Mexico.

Michelle Lujan Grisham
Michelle Lujan Grisham
Governor





Newsletter:

Ask Stan Medicare Questions



Volume 2, Issue 3 April 2022

Dear Stan,

I am 64 years old and plan to enroll in Medicare when I turn 65. I was diagnosed with depression and my current employer insurance pays all my medical bills except a small co-pay. Will Medicare cover my depression related prescriptions, treatment, and counseling?

Patrick,

Truth or Consequences, NM

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

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

Dear Patrick,

Thank you for your question. If you were diagnosed with depression by an approved medical provider, you will be eligible for mental health care via Medicare.

First, let's start with Part A which is coverage for in-patient services including hospitalizations. **Medicare Part A** covers inpatient mental health services that you receive either in a psychiatric hospital or a general hospital. To read more about Medicare Part A in-patient mental health coverage, see the Medicare.gov information here:

<https://www.medicare.gov/coverage/mental-health-care-inpatient>

Medicare Part B covers outpatient mental

health services including:

- One depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.
- Individual and group psychotherapy with doctors or certain other licensed professionals where you get the services.
- Family counseling if the main purpose is to help with your treatment.
- Testing to find out if you're getting the services you need and if your current treatment is helping you.
- Psychiatric evaluation.
- Medication management.
- Certain prescription drugs that aren't usually "self-administered" (drugs you

(Continued on page 2)

ASK STAN

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would normally take on your own), like some injections.

- Diagnostic tests.
- Partial hospitalization.
- A one-time “Welcome to Medicare” preventive visit. This visit includes a review of your possible risk factors for depression.
- A yearly “Wellness” visit. Talk to your doctor or other health care provider about changes in your mental health. They can evaluate your changes year to year.
- Services for the treatment of alcohol and drug use

Your doctor or other health care provider may recommend you get services that Medicare does not cover. If this happens, you may have to pay all the costs. Always ask your providers if they accept Medicare and how much out of pocket costs you will be expected to pay before scheduling the service. If the costs are prohibitive, discuss alternative options with your provider.

For additional details about Medicare Part B coverage for outpatient mental health

services, see the Medicare.gov link here:

<https://www.medicare.gov/coverage/mental-health-care-outpatient>

A wide range of prescription drugs to treat mental health conditions are covered by Medicare prescription drug plans (PDP). To ensure you enroll in a plan that meets your needs, it is important to compare different drug plans and their costs in your area. Each drug plan may charge a different amount for each medication. Check the PDP costs in the Plan Finder tool in Medicare.gov to see if your specific prescriptions are covered before you enroll. If you need assistance, contact the **New Mexico Aging & Disability Resource Center (ADRC)** at **1-800-432-2080** and request to speak with a **State Health Insurance Assistance Program (SHIP)** counselor.

If you have additional questions about Medicare coverage for depression or other mental health services, contact the ADRC at **1-800-432-2080** and request to speak with a SHIP counselor.

Stan,

Volunteer Counselor, SHIP and SMP

If you or someone you know need help, please call the National Suicide Prevention Lifeline at

1-800-273-TALK (8255)

TTY: 1-800-799-4TTY (1-800-799-4889).

You can call and speak with a counselor 24 hours a day, 7 days a week.



SHIP

State Health Insurance
Assistance Program



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This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

CONSUMER & LEGAL

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Helpful Contact Information

(Please save these pages for future reference. Note: This information is correct, to the best of our knowledge at the time of publication. Check with each organization for current services, times and coverage.)

Consumer Assistance

AARP

AARP offers free information on money management, legal services, caregiver tips, employment, adult education, and more, mostly through their website. Office is still closed. Call (866) 389-5363 or go online to www.aarp.org

Aging and Disability Resource Center (ADRC)

Part of the New Mexico Aging and Long-Term Services Department. Trained counselors assist adults age 60+, caregivers and adults with disabilities and their families to understand their options, guide them in the right direction, and advocate on their behalf. Call (800) 432-2080 or (505) 476-4846.

Consumer Protection

For problems such as facing foreclosure, Medicaid fraud, business fraud, complaint about a non-profit, call the N.M. Attorney General at (844) 255-9210 or (505) 490-4883.

Internet for \$10/mo. & Computers for \$150

The Comcast New Mexico Internet Essentials program provides eligible households with access to the internet at home for \$9.95 + tax per month. Discounted desktop computers and laptops are also available to Internet Essentials customers to purchase for about \$150. To learn more, please call 1 (855) 846-8376 or go online to <https://internetessentials.com>.

Financial Assistance, General

Help New Mexico

Financial, family and employment assistance, only for people with Social Security numbers. Call (505) 986-9003 or go online to www.helpnm.com. At 664 Alta Vista St. Suite C.

Rental Payment Assistance

State of NM rental helpline. Call (833) 485-1334 or you can apply online at www.RentHelpNM.org

Good Neighbor Fund (Salvation Army)

Helps pay utilities and other bills and can assist with transportation, clothing and medicine as resources are available. At 525 West Alameda (505) 988-8054.

Santa Fe Connect Fund

Help for Santa Feans hit hardest by the COVID-19 pandemic to cope financially and emotionally. Contact Jennifer Romero at (505) 995-9525, or jnromero@santafecountynm.gov or go online to <https://www.santafecountynm.gov/community/services/hhsd/ahc>

Santa Fe County Indigent Fund

Helps eligible clients pay medical and dental bills from La Familia and Southwest Care Center and at hospitals, as well as helping to pay the cost of cremation. Call (505) 992-9850

Food Assistance

ECHO Commodities

Supplemental food program for seniors 60+. Income gross may not exceed \$1,396 per month for household of 1. Distributions (usually) on the 3rd Tuesday of the month. At 1474 Rodeo Rd. 9:30 a.m.-12:30 p.m. Call (505) 242-6777 or go online to www.echoinc.org for eligibility guidelines.

Bag 'n Hand Food Pantry

A bag of food to each family Tuesdays 12:00-1:30 p.m. No income requirements. At St. John's United Methodist Church, lower level. At Cordova Rd. & Old Pecos Trail. Call (505) 982-5397

Bienvenidos Food Pantry

Grocery Boxes to those who qualify with a photo ID and proof of income; free clothing room for anyone; sack lunches for the homeless. Open Monday-Thursday. For food box first time pick-up, call to schedule an appointment. At 1511 Fifth St. Call (505) 986-0583

Christ Lutheran Church

They offer a bag of food Thursdays 9:15-10:30 a.m. (or until all food is given out) at least once per month per family. At 1701 Arroyo Chamiso. Call (505) 983-9461

Food Depot

Offers a bag of groceries, drive-through, generally every other Thursday 7:00-9:00 a.m. At 1221 Siler Road, behind Kitchen Angels. Call (505) 471-1633 ext. 112 or go online each month to www.thefooddepot.org for dates.

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Our Lady of Guadalupe Soup Kitchen

Serves free lunch Monday, Wednesday and Friday 10:30 a.m.-12:30 p.m. At 417 Agua Fria St. Call (505) 983-8868

Fruit of the Spirit Ministries

Provides emergency food as needed Sundays, Mondays and Fridays. At 3382 Lopez Ln. Call to schedule (505) 660-6448

St John the Baptist Catholic Church

Serves free lunch Monday, Tuesday and Thursday 11:15 a.m.-12:15 p.m. Also gives out a bag of food on the 3rd Thursday of the month 3:00 -3:30 p.m. Bring your own bag. At 1301 Osage Ave (505) 983-5034

Salvation Army

Breakfast 8:00 a.m. Monday-Thursday. Laundry and showers available specific hours only. Also food boxes and clothing. Help with utilities when funds are available. At 525 West Alameda. Call for an appointment (505) 988-8054.

San Isidro Catholic Church-San Martin de Porres Ministry

Provides a bag of food every other Tuesday 3:30 -5:00 p.m. but schedule changes so call first. (505) 471-0710 At 3552 Agua Fria St.

Health Services

Adult Protective Services

To report adult abuse, neglect (including self-neglect) or exploitation of an older adult. Call (866) 654-3219

Alzheimer's Association in Santa Fe

National organization dedicated to research for the causes, cures, treatments and prevention of Alzheimer's disease. They provide free education and support services to patients, families and caregivers. (800) 272-3900 24-hour helpline. At 1409 Luisa St. Call (505) 473-1297. Or go online to www.alz.org

Comfort Dental

Takes most insurance but no sliding scale. (505) 933-6872 3811 at Cerrillos Road #103

Coming Home Connection

Non-medical in-home care up to 24/7 if needed. (Not free) a variety of services for people homebound due to illness, end of life care and caregiver support.

Also has free medical equipment loan bank. Call (505) 988-2468 or go online to www.cominghomeconnection.org

La Familia Dental Clinic

Basic dentistry including exams, cleanings, x-rays, extractions. Monday-Friday 8:00 a.m.-5:00 p.m. Not currently accepting new patients. At SFCC, 6401 Richards Ave Call (505) 984-5048

La Familia Medical Center

Two locations, low cost sliding scale medical care. At 1035 Alto St & 2145 Caja del Oro Grant Rd. Call (505) 982-4425

N.M. Dept. of Health COVID Hotline

Contact them with questions regarding COVID-19 tests and test results, to talk to a nurse, to ask about job and school absences or closures due to COVID infections, and to schedule vaccinations and boosters. Call (855) 600-3453 or go online to <https://cvvaccine.nmhealth.org/registration.html>

Northside Dental

Low-cost dental services, but they do not take insurance and you must pay up front. No sliding scale. At 806 Calle Mejia (505) 820-3551

SF County Prescription Card

Anyone residing in Santa Fe County is eligible for the Coast2Coast Prescription Card. Prescriptions can be discounted by up to 75%. www.coast2coastrx/santafe

Home/Rental Assistance

Landlord/Tenant Hotline

Helps with questions about housing laws and regulations. Monday-Thursday 9:30-4:00. Leave a message for a call back. They are a resource, not attorneys. You must pay \$35 up front. Call (505) 930-5666.

Home Repair for Low Income Homeowners

Assistance to qualified low-income senior citizens and disabled individuals who own their homes but who lack the resources to make necessary repairs (minor, essential repairs on roof, floors, ADA bathrooms, etc.). Verification of income, proof of home ownership and insurance are required. Call Fritz Denny at (505) 986-5880 ext. 103 or email repairs@santafehabitat.org

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Santa Fe Civic Housing Authority

Affordable apartments for income-qualified seniors and people with disabilities. Two year waiting list. Works with Section 8 Housing. At 664 Alta Vista St. Call (505) 988-2959.

Santa Fe County Housing Authority

Affordable apartments for income-qualified seniors. Takes Section 8. Call (505) 992-3060.

Housing, Some Lower Cost Apartments

Bluffs at Tierra Contenta	(505) 471-3100
Country Club	(505) 471-1871
Las Palomas	(505) 984-8887
Paseo del Sol	(505) 473-5980
Tuscany at St. Francis	(505) 983-6666
Vista Linda	(505) 424-2926
Sangre de Cristo	(505) 984-1856
Santa Fe Apartments	(505) 983-2260
Village Sage Apartments	(505) 474-4226

Legal/Estate Assistance

Free Wills Online

Individuals can create your will, living will, durable financial power of attorney and beneficiary designations online for free. A will takes about 20 minutes. Go to www.freewill.com

Legal resources for the Elderly (LREP) Helpline

LREP is a free helpline staffed by the State Bar of N.M. for New Mexico residents 55+. LREP provides legal advice and brief services on topics including financial problems or bankruptcy; employment; foreclosure; kinship guardianship; grandparent visitation; landlord/tenant issues; long-term care; powers of attorney; probate; transfer on death deeds and estate planning. They deal in civil and not criminal issues. Call (800) 876-6657

Mental Health Support

The Life Link

The Life Link provides accessible, culturally appropriate, supportive and effective services to income-challenged people who are experiencing homelessness and/or behavioral health challenges. Se habla Español. At 2325 Cerrillos Rd. Walk-ins accepted M-F 8:00 a.m.-5:00 p.m. Call (505) 438-0010

Emergency Mental Health Support

Call the New Mexico Crisis & Access Line at 1 (855) NMCISIS = (855) 662-7474

Peer to Peer Mental Health Warm Line

Therapeutic support for day to day problems (855) 4NM-7100 = (855) 466-7100

Solace Trauma Treatment Center

For people who have experienced distress from violence or sexual violence. Hotline available 24/7. Call (505) 988-1951

N.M. Human Services Programs

SNAP (formerly Food Stamps) helps qualifying families buy food each month using an EBT card.

LIHEAP is assistance with heating or utility costs, once a year per household.

Medicaid is no cost health insurance for eligible individuals. Medicaid pays for doctor's visits, regular check-ups, hospital visits, mental health and counseling services, prescriptions, optional case management, medical supplies and, for some people, dental and vision services.

General Assistance Disability provides cash assistance to disabled adults who are not eligible for SSI or SSDI.

To apply for SNAP, LIHEAP, Medicaid or General Assistance Disability, call (800) 283-4465, download a paper application online at www.hsd.state.nm.us or complete an online application at www.yes.state.nm.us

Social Security

For help with your Social Security benefits, or to apply for SSI or SSDI, go online to www.ssa.gov At 1922 Fifth St. (866) 571-8130.

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Minimum Federal Eligibility Requirements For Medicare Savings Programs In 2022

If you have limited income and resources, you can get help from your state paying some or all of your Medicare premiums, deductibles, and coinsurance. If you have income from working, you still may qualify for these 4 programs even if your income is higher than the income limits listed below.

Medicare Savings Program	Individual Monthly Income Limits	Married Couple Monthly Income Limits	Helps Pay Your
Qualified Medicare Beneficiary (QMB) Program	\$1,153	\$1,546	<ul style="list-style-type: none">Part A premiumsPart B premiumsDeductibles, coinsurance, and copayments
Specified Low-Income Medicare Beneficiary (SLMB) Program	\$1,379	\$1,851	Part B premiums only
Qualifying Individual (QI) Program	\$1,549	\$2,080	Part B premiums only
Qualified Disabled & Working Individuals (QDWI) Program*	\$4,615	\$6,188	Part A premiums only

* This includes a \$20 general income exclusion.

Resource limits for QMB, SLMB, and QI are \$8,400 for an individual and \$12,600 for a married couple. Resource limits for QDWI are \$4,000 for an individual and \$6,000 for a married couple.

NOTE: If you qualify for QMB, SLMB, or QI, you automatically qualify to get Extra Help paying for Medicare prescription drug coverage.

This chart isn't applicable to Hawaii and Alaska (because they have higher limits). States have flexibility in determining income and resource limits for aged, blind or disabled applying for Medicare Savings Programs. They can disregard or have less restrictive limits for income and resources for these groups. However, they can't be more restrictive, or have higher limits for these groups when determining eligibility.

VISIT: [Medicare.gov/talk-to-someone](https://www.medicare.gov/talk-to-someone) to see your state's program.

SOURCE: For annual updates, visit [Medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs](https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs).



Revised February 2022



PUZZLE

April 2022

ACROSS

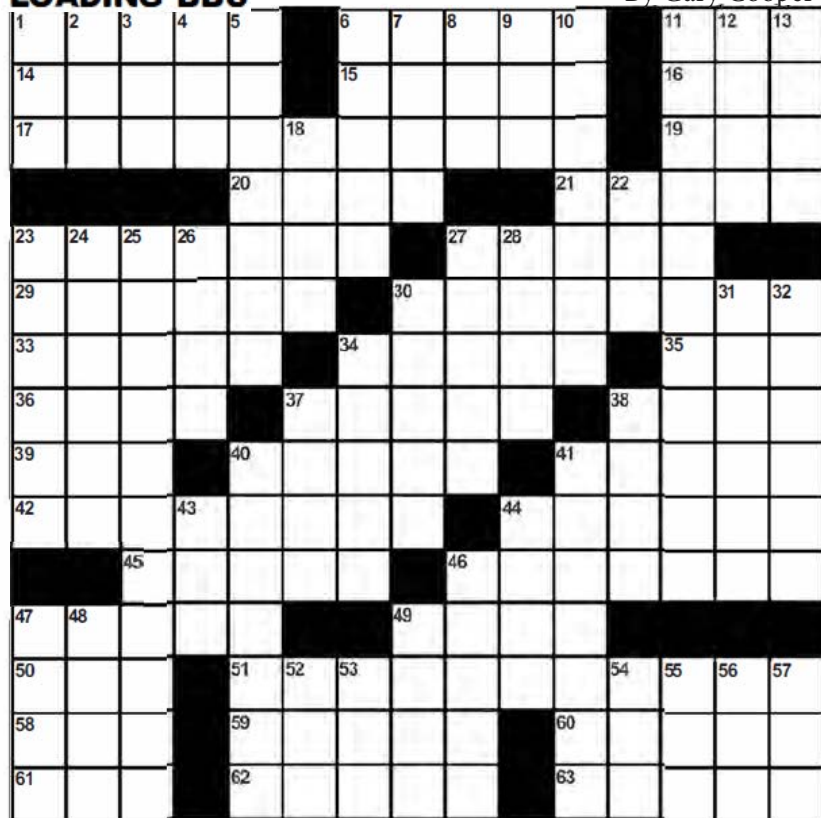
- 1) Gal's guy, slangily
- 6) Enjoyed a fine meal
- 11) Worker who serves a queen
- 14) Letter through a filter
- 15) Turn on the dramatics
- 16) "___ be an honor"
- 17) Some nice soaks
- 19) Blossom
- 20) Did one-third of a triathlon
- 21) Dr. Saban studied it
- 23) It goes around the world
- 27) ___ dog (zesty frankfurter)
- 29) Cedar tree
- 30) Sinks
- 33) Hot, glowing coal
- 34) Birthplace of Charles de Gaulle
- 35) Pod occupant
- 36) Turns on the waterworks
- 38) Fake bedding item
- 39) Full of trickery
- 40) Half a sawbuck
- 41) Engraved Fabric
- 42) Held as a dissolved substance
- 44) Ringlet producer
- 45) Corpulent
- 46) Sheens
- 47) Get-up-and-go
- 49) "Arf!" or "Woof!"
- 50) Pub pitcherful
- 51) Tall plant with tiny white or pink flowers
- 58) Lancelot's title
- 59) Foaming at the mouth
- 60) Licoricelike flavor
- 61) Call to the Coast Guard
- 62) Preoperative deliver of old
- 63) Part-time employees, for short

DOWN

- 1) Black History mo.
- 2) Bird in a herd
- 3) Certain retriever, briefly
- 4) "Ad" add-on
- 5) Dream team pick
- 6) Exclude from practice
- 7) Muslim chief
- 8) "___ too shabby"
- 9) Suffx on ordinal numbers
- 10) Be unable to stand
- 11) Lover of books
- 12) Vanity case for milady
- 13) Edible root of the taro
- 18) Still life subject, perhaps
- 22) Prehistoric
- 23) Texas oil city
- 24) Shape anew
- 25) Early Frank Sinatra fans
- 26) Bad day for Caesar
- 27) Use a crayon
- 28) Endangered one's cry
- 30) Was compatible
- 31) Eyeglass ___ (optometry patient)
- 32) Identifiers
- 34) Flood embankment
- 37) Babies' protectors
- 38) Work with mail
- 40) Comped thing
- 41) Marsh denizen
- 43) Belt's relative
- 44) Street part
- 46) Hig-tech surgery tool
- 47) Kind of production
- 48) Miscellany
- 49) Computer file measure
- 52) It may be modern
- 53) Cry of contempt
- 54) Ships dir., sometimes
- 55) Deadeye's fort
- 56) 1/6 of an ounce (Abbr.)
- 57) "___ just one of the guys"

LOADING BBS

By Gary Cooper



PUZZLE

APRIL 2022

Cars

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

FORK
GLASS
GRATER
GRILL
ICE CREAM SPOON
JUICER
KETTLE
MEASURING CUP
MIXER
OPENER
PEELER
PIE TIN
PLATE
ROLLING PIN
SCALES
SPATULA
STRAINER
TIN FOIL
WAFFLE IRON
WHISK

APPLE CORER
BAKING TIN
BREAD KNIFE

BRUSH
CASSEROLE
CHOPPING BOARD

COFFEE FILTER
CUTLERY
FISH PAN

HEALTH & SAFETY

APRIL 2022



End of Life Options NM Begins Services

By Barak Wolff, EOLONM Board of Directors

For the last several years, the Senior Scene has been kind enough to allow me to the opportunity to write about end-of-life issues. It's been an honor and a pleasure to share what I've been learning over the last decade about our right to make our own health decisions, the importance of advance care planning and how, if we choose to, we may be able to influence how our last chapter ends. There are no guarantees, but there is now a new nonprofit organization here in NM whose mission is to provide information and support for all end-of-life options, including medical aid in dying.

End of Life Options New Mexico (EOLONM), was established to assist with the implementation of NM's new medical aid in dying law and other issues relating to end of life. It provides resources and guidance about how the law works, arranges training for clinicians in the practice of medical aid in dying, and supports trained volunteers to assist patients and families understand their options and make good end-of-life decisions.

As a refresher, the Elizabeth Whitefield End-of-Life Options Act which passed last year authorized medical aid in dying, a practice that allows a qualified adult to request medications from a willing provider that they can take when and if they choose, to achieve a peaceful death.

To qualify for medical aid in dying a patient must have a terminal diagnosis of six months or less, must have mental capacity to be able to make informed healthcare decisions, and must be able to self-administer the medication. Medical aid in dying is entirely voluntary for all parties...no patients, no facilities or clinical providers have to participate. Our new law provides safeguards and

protections for everyone involved—patients, families, clinical providers and healthcare institutions.

To learn more about EOLONM or to request assistance or a speaker, visit our website: <https://endoflifeoptionsnm.org>, send an email to info@endoflifeoptions.org or call and leave a message at (505) 393-1321.

Please download the EOLONM Brochure from our website...one for your files and one to share with a friend.



HEALTH & SAFETY

APRIL 2022

Year-Round Health for Seniors 50+

Presented by New Mexico Senior Olympics!



Senior Olympics year-round mission is to motivate Seniors 50+ to be **active**



Fitness Opportunities for Senior Sports and Wellness:

- Local Games
- State Summer Games for 2022
- Team Tournaments
- FREE Fitness Classes for Seniors 55
 - Virtual Fitness Indoor Cycling 3x per week or Tai-Chi for Better Balance
 - In-Person EnhanceFitness Designed for Seniors who want results
 - Remote EnhanceFitness from the comfort of your home 3x per week
 - Hybrid EnhanceFitness Participants are both in-person and virtual
 - Fitness WALKING Class meets 3x per week - walk outdoors for 1 hour



EnhanceFitness are evidence-based group fitness classes that concentrate on strength training, flexibility, balance and aerobic cardio workouts! Classes are limited in size due to social distancing requirements. Visit our website at nmseniorolympics.org for class information. To sign up for a class, contact instructor for availability. Instructors are all nationally certified, trained in group fitness and experienced working with older adults.

Local Games

Offered statewide including Southern New Mexico: Las Cruces, Silver City, Mescalero Apache, Sierra County and City of Hobbs.

- Motivates Seniors 50+ to be active and involved in sports
- Held in early spring
- 5-year age divisions
- Competition schedule varies from site to site



- Statewide same rules for all games
- Opportunity to practice for the Annual State Games

41st Annual Summer Games

June 8-11, 2022

Las Cruces NM

18 Sports Offered for Seniors 50+ in divisions 50-54; 55-59; 60-64; ...95+

Open Registration, no pre-qualifying. Online registration opens January 2022.

\$60 Registration Fee 1-5 sports

Campus Housing and dining available

visit nmseniorolympics.org for complete info

"You don't stop playing because you grow old, you grow old because you stop playing."



PO BOX 2690 ROSWELL NM 88202-2690 • 1-888-623-6676 • WWW.NMSENIOROLYMPICS.ORG

NUTRITION EDUCATION

APRIL 2022



Cooking Requirements for Specific Types of Food

Minimum Internal Temperature	Type of Food																		
165°F (74°C) for 15 seconds	<ul style="list-style-type: none">• Poultry—including whole or ground chicken, turkey, or duck• Stuffing made with fish, meat, or poultry• Stuffed meat, seafood, poultry, or pasta• Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their minimum internal temperatures)																		
155°F (68°C) for 15 seconds	<ul style="list-style-type: none">• Ground meat—including beef, pork, and other meat• Injected meat—including brined ham and flavor-injected roasts• Mechanically tenderized meat• Ratites—including ostrich and emu• Ground seafood—including chopped or minced seafood• Shell eggs that will be hot-held for service																		
145°F (63°C) for 15 seconds	<ul style="list-style-type: none">• Seafood—including fish, shellfish, and crustaceans• Steaks/chops of pork, beef, veal, and lamb• Commercially raised game• Shell eggs that will be served immediately																		
145°F (63°C) for 4 minutes	<ul style="list-style-type: none">• Roasts of pork, beef, veal, and lamb• Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used:<table><tbody><tr><td>130°F (54°C)</td><td>112 minutes</td></tr><tr><td>131°F (55°C)</td><td>89 minutes</td></tr><tr><td>133°F (56°C)</td><td>56 minutes</td></tr><tr><td>135°F (57°C)</td><td>36 minutes</td></tr><tr><td>136°F (58°C)</td><td>28 minutes</td></tr><tr><td>138°F (59°C)</td><td>18 minutes</td></tr><tr><td>140°F (60°C)</td><td>12 minutes</td></tr><tr><td>142°F (61°C)</td><td>8 minutes</td></tr><tr><td>144°F (62°C)</td><td>5 minutes</td></tr></tbody></table>	130°F (54°C)	112 minutes	131°F (55°C)	89 minutes	133°F (56°C)	56 minutes	135°F (57°C)	36 minutes	136°F (58°C)	28 minutes	138°F (59°C)	18 minutes	140°F (60°C)	12 minutes	142°F (61°C)	8 minutes	144°F (62°C)	5 minutes
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135°F (57°C)	36 minutes																		
136°F (58°C)	28 minutes																		
138°F (59°C)	18 minutes																		
140°F (60°C)	12 minutes																		
142°F (61°C)	8 minutes																		
144°F (62°C)	5 minutes																		
135°F (57°C)	<ul style="list-style-type: none">• Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service																		

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PUZZLE ANSWERS

APRIL 2022

1	F	2	E	3	L	4	L	5	A		6	D	7	I	8	N	9	E	10	D		11	B	12	E	13	E			
14	E	M	A	I	L					15	E	M	O	T	E							16	I	T	D					
17	B	U	B	B	L					18	E	B	A	T	H	S					19	B	U	D						
						20	S	W	A	M						21	P	22	P	O	L	I	O							
23	O	R	B	I	T	E	R					27	C	H	I	L	I													
29	D	E	O	D	A	R						30	G	O	E	S	D	O	W	N		31				32	N			
33	E	M	B	E	R					34	L	I	L	L	E						35	P	E	A						
36	S	O	B	S						37	B	E	B	O	P					38	S	H	A	M						
39	S	L	Y							40	F	I	V	E	R					41	M	O	I	R	E					
42	A	D	S	O	R	B	E	D							44	C	U	R	L	E	R									
				45	O	B	E	S	E						46	L	U	S	T	E	R	S								
47	M	O	X	I	E										49	B	A	R	K											
50	A	L	E							51	B	A	B	Y	S	B	R	E	A	T	H		54		55		56		57	
58	S	I	R							59	I	R	A	T	E						60	A	N	I	S	E				
61	S	O	S							62	E	T	H	E	R						63	T	E	M	P	S				

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

SENIOR CENTER LUNCH MENU

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bean & Cheese Burrito Spanish Rice Chuck Wagon Veggies Chilled Apricots
4 Swedish Meatballs over Noodles Peas & Carrots Roll Fresh Pear	5 Sweet & Sour Pork Brown Rice Emperor Veggie Bread Egg Roll Tapioca Pudding	6 Soft Beef Tacos Garnish Salsa Chili Beans Calabacitas Tropical Fruit	7 Turkey & Cheese Sandwich Garnish Carrot & Celery Sticks Macaroni Salad Ice Cream	8 Creamy Green Chili Potato and Vegetable Stew Black Beans Tortilla Chilled Peaches
11 Polish Sausage Sauerkraut Butted Carrots Parsley Potatoes Fresh Banana	12 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Peaches in Cottage Cheese	13 Beefy Frito Pie with Red Chili Garnish Mixed Corn Pinto Beans Coleslaw Cherries in Strudel	14 Teriyaki Chicken Fried Rice Asian Veggies Roll Fortune Cookie Mandarin Oranges	15 GOOD FRIDAY (Curbside 10-11:30am) Tuna Salad Three Bean Salad Cold Peas chips / Crackers Cookie/Apple
18 Baked Chicken Mushroom Sauce Potatoes O'Brien French Style Greens Beans Roll Chilled Pineapple	19 Baked Cod French Fries Mixed Veggies Coleslaw Cornbread Fresh Grapes	20 Spaghetti with Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Bread Yogurt	21 Pork Roast Pork Gravy ½ Baked Potato California Veggies Roll Fresh Strawberries	22 Cobb Salad with Chicken, Bacon & Boiled Egg Low Fat Dressing Breadstick Brownie
25 Pork Red Tamale with Red Chili Sauce Spanish Rice Calabacitas Tortilla Vanilla Pudding with Cinnamon	26 Cabbage Roll Scalloped Potatoes 5 Way Veggies Carrot Raisin Salad Roll Sliced Apples	27 Salmon Patty Tomato Macaroni Asparagus Roll Mixed Fruit in Jello	28 BBQ Chicken Potato Salad Coleslaw Cornbread Fresh Orange	29 Green Chili Cheeseburger Garnish Pork & Beans Potato Chips Oatmeal Cookie

Senior Meal Suggested Donation: Lunch \$1.50
Lunch is served curbside at MEG Center
10:30 am – 12:30 pm Monday through Friday

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



THE MEMORY CARE ALLIANCE

Join us for our Annual Caregiver Day.

Saturday, April 9th 8:00 - 3:30.

Santa Fe Community College.

A day of education, resources, and community awareness.

Sponsored by our friends at Vista Living. Santa Fe's only dedicated all memory care residences.
Sierra Vista 505-986-9696. Vista Hermosa 505-474-8031. www.vistaliving.com



Keynote speaker:

Cristy Carbon-Gaul "The Legal/Financial Needs Every Caregiver Must Prepare For"

Judge Carbon-Gaul has practiced estate planning, guardianship and probate law in New Mexico for over 20 years. She is probate judge for Bernalillo County.

Also:

Janet Smith, Director. New Mexico Community Palliative Care. "Understanding Palliative Care".

Eileen Joyce, Grief and Recovery Coach. "Grief, Loss, and Caregiving".

Melissa Wilkinson-Smith, Caregiver Wellness Retreat, Santa Fe. "Breath!"

Author Harlan Flint will read from his new book: *From There to Eternity*. A story chronicling the care and eventual loss of his wife, Chris, from Alzheimer's.

And our panel of experts will answer questions during "Ask Us Anything".

Dr. Jytte Lokvig, author, dementia care expert and founder of the Alzheimer's Cafe movement in the USA

Ruth Dennis, Director of Education and Social Services for Vista Living. Author.

Dr. Ron Lucchino, Professor Emeritus of Biology / Director Institute of Gerontology Utica College.

.....plus professional and non-profit vendors all related to Alzheimer's and senior care.

Education • Compassion • Empowerment

www.thememorycarealliance.org

505-310-9752

Seats are limited. Reservations are required.
Suggested donation of \$20.00 includes all presentations
for the day and lunch. Register online via our website.
On site respite care available.

The Memory Care Alliance is funded by generous donations from people like you, and:
New Mexico Foundation • Anderson Foundation • Frost Foundation • Next50 Initiative • Christus/St. Vincent's
Santa Fe Community Foundation • Anchorum • Caregiver Wellness Retreat, Santa Fe.

City of Santa Fe Senior Center Locations

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 955-4721)



PASATIEMPO
664 ALTA VISTA STREET



VILLA CONSUELO
1200 CAMINO CONSUELO



VENTANA DE VIDA
1500 PACHECO STREET



LUISA
1500 LUISA STREET
(entrance on Columbia St.)



**All
Senior Centers
Temporarily Closed**

