



CITY OF SANTA FE
SENIOR SERVICES

JANUARY 2024

SENIOR SCENE



Holiday Basket Giveaway!



Christmas Tree at DeVargas Mall



Enhanced Fitness Holiday Party



Guitar Class Christmas Concert



Randy and Teresina Holiday Lunch



Happy Birthday, Dotty!
97 Years!



ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

January Senior Center
Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution


City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)

Contact: Cristina Villa 505-955-4725, cavilla@santafenm.gov


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

Fitness Room & Computer Lab Open!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		Bingo Postponed Until Further Notice
Haircuts by Fabiola: Monday, Jan. 22, 10 AM-1 PM 				

Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725

Mon-Fri	Fitness Room Open: 10:30AM – 12:30PM		
Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM)	Weds	Live music: Grupo Cielo Azul, 11:45AM-2:00PM
Haircuts by Fabiola: Monday, Jan. 8, 10 AM-1 PM 			

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

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

Monday through Friday, 8:00AM – 4:30PM

Pool/Cards/Billiards Room, Computer Lab, Fitness Room Open | Craft Room Open- Activities TBA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30AM Enhanced Fitness 9:30-10:30AM <i>Bingo Postponed Until Further Notice</i>	Tai Chi/Short Form 8:30-9:30AM Jewelry Class 9AM Computer, Mobile Phone, & Tablet Instruction w/ Jesse Kain 9-11AM Guitar Class 9-11AM Ukemi (Art of Falling)* 10-11AM Oil Painting w/Judy 12:30-2:30PM January 9 and 23	Enhanced Fitness 9:30-10:30AM <i>Bingo Postponed Until Further Notice</i> Quilting 1-3PM	Wood Carving 9:30-11:00AM Meditation for Seniors by Upaya 1-2:00PM Tai Chi/Qi Gong 3:30-4:30PM	Enhanced Fitness 9:30-10:30AM MEG Page Turners Book Club: <i>In the Garden of the Beasts</i> -By Erik Larson January 12, 1-2 PM Knitting Class 1-3 PM
 Haircuts by Fabiola: No haircuts due to construction!				

All activities are open to registered seniors. **Schedule is subject to change.**
Please sign in on our activity sheets every time you participate in an activity. Masks are optional.

CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES ADMINISTRATION OFFICES

1121 ALTO STREET, SANTA FE, NM, 87501

ADMIN OFFICES: 505-955-4721

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m.
- Services are free
- Free registration & reassessment required

Senior Services Administration & Registration: 505-955-4721

- Cristy Montoya, Administrative Secretary
cjmontoya@santafenm.gov

Division Director, Senior Services

Manuel Sanchez: 505-955-4710,
mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz, Senior Transportation Manager
lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739

Raymond Dominquez, Administrative Assistant: 505-955-4749

Manny Padilla, Nutrition Inventory Supervisor: 505-955-4750

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Services Navigator: Vacant

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-795-3817

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Manager

Vicki Hernandez: 505-955-4704 | vmhernandez@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs

Program Manager - Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4744

Roberta Armijo, Project Administrator: rparmijo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

Santa Fe Civic Housing: 505-930-5901
Santa Fe County Senior Programs: 505-992-3069

DIRECTOR'S NOTE

Dear Senior Services Community,

Happy New Year, I hope everyone enjoyed the Holiday Season. I would like to thank all of you that participated in decorating our Centers and to the ceramics and knitting groups that made beautiful ornaments for the trees located at our centers and at DeVargas Mall. I also want to thank everyone that attended our holiday meal, the music from our talented piano players and the guitar class for the recital performances, and all that visited our wonderful Senior Centers this year. I enjoy seeing everyone taking part in the activities we offer.

This year we also had some very generous groups that came to our Centers and donated turkeys, Giving Baskets, purchased meal tickets for our seniors, sang for us and made Christmas cards for our seniors to enjoy. I would like to say thank you to Kaune's Neighborhood Market and the Be the Blessing group along with Blaze Christian Fellowship for the donations they made to our seniors. To the students from both McCurdy Charter School and the Santa Fe Teen Center for the beautiful Christmas Cards they made for the seniors and

the Student Choir from Nina Otero Community School for their performance.

I would also want to thank all the Senior Services Division Staff in: Administration/Activities, Nutrition, Respite, In-Home, Transportation and Volunteer programs for all their hard work and dedication to our Senior Centers and making all the programs possible for our community.

As we enter this new year I do look forward to seeing everyone and for us to welcome new visitors to our centers in 2024. I would like to invite our 60 and over community to come by visit and enjoy the activities we have available at our Senior Centers.

Manuel Sanchez

Division Director



EMPLOYEE SPOTLIGHTS

- **What's your job title?** Project Specialist
- **How many years have you worked for the City?** 6 years
- **What's the most exciting part of your job?** Working with our wonderful seniors.
- **Do you have any hidden talents or hobbies?** I love being outside.
- **Are you a sports fan?** I enjoy going to Isotopes games.
- **Who are your favorite teams?** Team Seniors!
- **What's something you're proud of?** Raising two wonderful and amazing boys.



Angel Gonzalez

**TRANSPORTATION
SECTION**

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

EMPLOYEE SPOTLIGHTS



ADMINISTRATIVE SECTION

- **What's your job title?** Office Assistant
- **How many years have you worked for the City?** One month.
- **What's the most exciting part of your job?** Learning the policies and procedures also meeting new people such as the seniors and coworkers.
- **Do you have any hidden talents or hobbies?** Traveling to new places, fishing, video games. My talent is being bilingual!
- **Are you a sports fan?** Yes. I like football, basketball, baseball, boxing and UFC.
- **Who are your favorite teams?** Los Angeles Chargers, Los Angeles Lakers, and Los Angeles Dodgers.

- **What's something you're proud of?** Being allowed to work at the MEG and for the City of Santa Fe.

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** 9 years.
- **What's the most exciting part of your job?** Taking care of the seniors and cleaning for them.
- **Do you have any hidden talents or hobbies?** I love shopping!
- **Are you a sports fan?** Yes. Football & Basketball.
- **Who are your favorite teams?** Jacksonville Jaguars and the Denver Nuggets
- **What's something you're proud of?** I am very proud of my eight grandchildren.



IN-HOME SUPPORT SECTION



NUTRITION SECTION

- **What's your job title?** Meals on Wheels Driver
- **How many years have you worked for the City?** 7 months
- **What's the most exciting part of your job?** Meeting new clients and getting to know them.
- **Do you have any hidden talents or hobbies?** I love fishing and being outdoors.
- **Are you a sports fan?** Yes. I love football and baseball. Surfing is my favorite.
- **Who are your favorite teams?** The 49ers and Celtics.

- **What's something you're proud of?** Raising my two amazing kids. I am participating in a body-building show.

NEWS & VIEWS

❖ MEG Transportation Program

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

Please note: **The first Tuesday of the month Senior Services closes at 2:45PM for mandatory staff meetings/trainings.**

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

❖ Birthday Celebrations for January

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

- Luisa-Friday, Jan. 5 at 11AM
- Pasatiempo-Wednesday, Jan. 17 at 11AM
- MEG-Friday, Jan. 19 at 11AM

❖ January Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, January 4 & 18**



Echo Commodity Distribution
Jan. 16, 9:30AM to 12PM
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (2148 San Ysidro Crssng)
4 to 6PM, January 2, 16, & 30

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+



THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



❖ ICAN Nutrition Classes

ICAN (Ideas for Cooking and Nutrition) is a free NMSU Cooperative Extension class offered by the Santa Fe County Extension Office to teach you how to:

- Choose low-cost nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits and whole grains
- Maintain a healthy weight



Pasatiempo: Tuesday Jan. 16 @ 11AM

MEG: Wednesday Jan. 17 @ 11AM

Luisa: Thursday Jan. 18 @ 11AM

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

New Year's Dance



**Thursday, January 11
1 to 4PM**

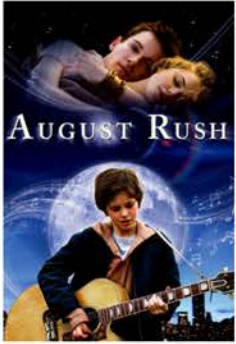
The Fraternal Order of the Eagles, 833 Early St.

FREE admission.
Light refreshments.
Music by: Bandalegre!

Don't miss out on a great band!

NEWS & VIEWS

❖ Movie Day at MEG & Luisa Centers



August Rush (MEG)
Tuesday, Jan. 16 @ 1PM

A musically gifted orphan, Evan, runs away from his orphanage and searches NYC for his birth parents.



The Secret: Dare to Dream (Luisa)
Thursday, Jan. 18 @ 1PM

As she endures a storm of struggle, a widow meets an uplifting professor who hesitates to deliver a message that could change her life.



The Last Letter From Your Lover (Luisa)
Thursday, Jan. 25 @ 1PM

They were swept up in a passionate affair, until an accident changed everything. Now a stray letter will unlock their story and kindle a new romance



❖ "Smart Driver" Course Update

As we enter 2024, we expect to resume monthly classes as early as February at the MEG Center.

Remember to visit us online at <https://www.aarp.org/auto/driver-safety/> to register for classes and access all of the AARP programs of benefit to you.

Or contact Dominic at promandel@gmail.com or 505.490.2489 for more detailed information.

School Supply Drive

Items needed:

- #2 Pencils
- Erasers
- Wide-ruled notebooks
- Highlighters
- Colored pencils
- Crayons
- Pencil Boxes
- Glue Sticks
- Kids' Scissors
- 2-Pocket Folders
- Kleenex
- Etc.!



Drop off at MEG Senior Center (1121 Alto St.).

Questions? Call 505-955-4722 or email eccuellar@santafenm.gov

Donations accepted until Jan 10, 2024.



Thank you to everyone who has donated so far!

NEWS & VIEWS

❖ She Will Be Missed....



Juanita (Jane) Sandoval passed on November 12, 2023. Jane enjoyed giving back and was a volunteer. She valued all the friends she made as a Senior Companion and loved all her students she met as a Foster Grandparent.

She is survived by her five children, eighteen grandchildren, 26 great-grandchildren and one great, great child. Everyone at the MEG Center will miss you dearly. Thank you for all you did for our community.

❖ Tax Help New Mexico-Santa Fe (United Way)

Location: Santa Fe Main Library, 145 Washington Ave.

Hours: Monday & Tuesday 10AM-2PM;
Wednesday 12-4PM

Dates: February 5-April 15, 2024

Appointments: 505-465-9776 or online at taxhelpnm.org.

❖ Tax Help Santa Fe

Location: Santa Fe Place Outlet Mall, 8380 Cerrillos Rd. #112

Hours: Monday-Saturday, 9AM-4:30PM

Dates: January 25-April 15, 2024

Appointments: 505-990-7431 or online at www.taxhelpsantafe.com

❖ Thank You Kaune's Market

A big thank you to Kaune's Market for donating a generous number of turkeys for our seniors to enjoy for the holiday season. They were grateful for a local vendor giving back to the community. Thank you, Cheryl and Staff!

❖ Flora's Corner

We may give advice, but we cannot give conduct.

-Benjamin Franklin



❖ Senior Olympic Spotlight

Kick-Off for Local Games

Monday, January 8, 2024

Mary Esther Gonzales Senior Center
9AM-Noon

Deadlines and Fees

Jan. 8-Feb. 16: Registration Fee \$25

Feb. 19-Feb. 23: Late Registration Fee \$35

COMPETITION

April-May 2024

Register at the following locations:

Mary Esther Gonzales Senior Center

- January 8-Feb. 16, 8-10AM and 3-5PM

Genoveva Chavez Community Center

- Wednesday, January 10, 8AM-Noon
- Tuesday, January 16, 8AM-Noon
- Monday, January 22, 8AM-Noon
- Thursday, February 1, 8AM-Noon
- Friday, February 9, 8AM-Noon
- Wednesday, February 14, 8AM-Noon

\$25 registration fee includes 2024 T-shirt.

Share this information with your friends!

Questions? Contact Cristina Villa
(505)795-3817 | cavilla@santafenm.gov



VOLUNTEER PROGRAMS

❖ Volunteer of the Year



Edye Dorman RSVP Volunteer receives Keep Santa Fe Beautiful Volunteer of the Year award. Congratulations Edye, we appreciate you!

❖ Join the FGP Volunteer Program

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

Income-eligible FGP volunteers earn a modest stipend, mileage reimbursement, and other benefits. Volunteers must pass criminal background checks and training, and commit to a minimum of five hours of service a week.

To learn more, contact Theresa Trujillo at (505) 955-4745 or tptrujillo@santafenm.gov

❖ Volunteer at Feline and Friends

Can you spare 2-3 hours one day a week to care for the cats at our Adoption Center inside Petco? Are you able to transport cats to/from fosters homes or vets? Do you have organizational, administrative, or computer skills and would like to help from home? Contact Mona Baca: 505-955-4760 or mabaca@santafenm.gov.

❖ Happy Birthday, Jan. Volunteers!

Edward Narlesky	01/01
Jack M. Jackson	01/02
Patricia Kohler	01/06
Jamie Song	01/07
Carol Ashcraft	01/09
Rose Blackson	01/11
Genevieve Rodriguez	01/11
Dolores Vigil	01/14
Virginia Lopez	01/16
Carol Montoya	01/16
Maria (Antonia) Salazar	01/17
Teresa Martinez	01/19
Susan M. Sheldon	01/21
Sue Mason Angel	01/24
Joe Preston	01/24
Maria Carta	01/26
Michael Mier	01/26
Pauline Orosco	01/26
Perfilia M. Martinez	01/28
Caro Waterman	01/28
Frances Padilla	01/29
Deborah Chapman	01/30

❖ Join the RSVP Volunteer Program

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. rsvpsantafe.org



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

HEALTH & SAFETY

❖ Gratitude Practices

Gratitude affirms the good things we've received and acknowledges the role other people play in providing goodness in our lives. Here are some simple practices to help you keep gratitude in the center of your life.

Keep a gratitude journal

At the end of each day, take a few minutes to reflect on what happened that day that you feel grateful for. Jot down a few quick notes or write about how this experience or event made you feel.

Practice the "three things" routine

Consider taking time each day to think of three good things that you're grateful for. Take time to savor the feelings of thankfulness and joy that these memories bring.

Be mindful of the things that bring you joy

Practicing gratitude each day could be as simple as slowing down and appreciating the little things — the weight of a favorite blanket, a cool breeze, the warmth of the sun, the sound of a loved one's voice on the phone, the sight the seasons outside your window.

Give back, however you can

This could mean donating to your favorite charity or volunteering with a local community organization.

Say thank you every day

Saying "thank you" helps train our bodies and minds to be more receptive to feelings of gratitude. Don't be shy about showing your appreciation!

Share messages of thanks with your friends and loved ones

When you can't say "thank you" in person, consider writing letters or creating care packages for the most important people in your life

NUTRITION EDUCATION

❖ Easy Stuffed Pasta Shells



Spinach, a mixture of low-fat cheeses, and herbs combine for a delicious filling in these stuffed shells.

Source: MyPlate.Gov | Makes 8 servings

Ingredients:

- 1 10-oz. package frozen chopped spinach, thawed
- 12-oz. cottage cheese, low-fat
- 1 1/2 c. mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 tsp. dried oregano
- 1/4 tsp. black pepper
- 1 26-oz. jar light tomato basil pasta sauce, low sodium
- 1 c. water
- 6-oz. large pasta shells, uncooked

Directions:

- Wash hands.
- Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
- Drain spinach in a sieve or colander, pressing with a spool to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
- Add the cottage cheese, 1 c. of mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
- Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
- Spoon about 3 tbsps. cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
- Sprinkle with remaining 1/2 c. mozzarella cheese evenly over sauce.
- Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

WORD SEARCH

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.

```

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

By Jimmy and Evelyn Johnson - www.qets.com

Blanket	Frosty	Quilt
Blizzard	Garnet	Resolution
Blustery	Hibernate	Ski
Boots	Ice	Snow
Carnation	January	Storms
Earmuffs	Mittens	Winter
Frostbite	Parka	Woolens

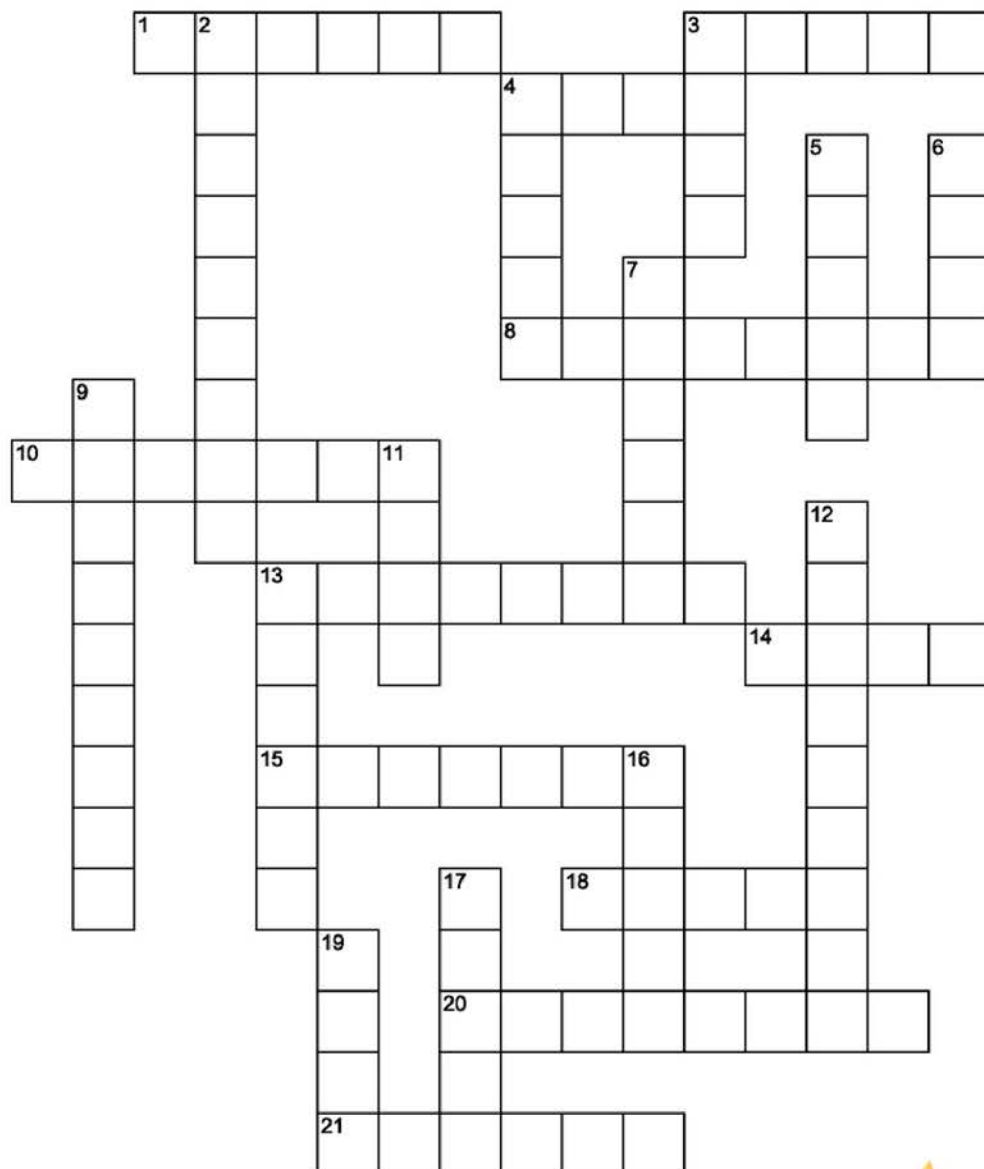
CROSSWORD PUZZLE

ACROSS

- 1 Long handled scoop for digging
- 3 Long narrow garment worn around the neck for warmth
- 4 Hollow metal cup with a clapper that makes a ringing sound
- 8 Having a slick surface that is difficult to move upon without sliding
- 10 Hand coverings
- 13 Violent windstorm producing heavy snow
- 14 Without warmth
- 15 Tapered spikes of ice formed by dripping water
- 18 Warm outer jacket with a hood
- 20 Twelfth month of the year
- 21 Heat

DOWN

- 2 Remain dormant over winter in a den
- 3 Flat platform of wood mounted on runners
- 4 Coverings for the feet
- 5 Freezing rain
- 6 Achromatic color between black and white
- 7 Season of the year between autumn and spring
- 9 Hearth
- 11 Worn attached to boots for gliding over snow
- 12 A single flake of snow
- 13 Cook in an oven using dry heat
- 16 Shoe with blade attached to sole
- 17 Juice pressed out of apples
- 19 Precipitation that falls as ice crystals in the form of flakes



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 4, Issue 1 January 2024

Dear Stan,

I have been enrolled in the same Midtown Medicare Advantage Plan for two years. Now in early January I have learned that my primary care doctor and oncologist no longer accept my plan. My pharmacist also told me an expensive cancer drug I take is no longer covered and I would have to pay hundreds of dollars out of pocket.

Is there anything I can do now to get my medical and prescription needs covered by Medicare?

Felix
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 Felix,

Thanks for your question. Since you are enrolled in a Medicare Advantage plan, you have the option to change coverage during the **Medicare Advantage Open Enrollment Period (MAOEP)** that starts January 1 through March 31. Unfortunately, people who have Original Medicare with a standalone Part D plan will not be able

to use the **MAOEP** to switch coverage. During the **MAOEP** you can enroll in another Medicare Advantage Plan or switch back to Original Medicare and pick up a standard Part D plan. The changes you make during the **MAOEP** will be effective the first of the following month following the enrollment.

CONSUMER & LEGAL

If you need assistance reviewing your options, call the **Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and request to speak with a **State Health Insurance Assistance Program (SHIP)** counselor. **SHIP** counselors can help you navigate the **MAOEP**.

If you are income eligible, you can apply for the **Medicare Savings Program (MSP)**. If you are single and earn \$1660 a month or less or a couple earning \$2239 a month or less, you may qualify for one of three **MSP** programs that can help with the Part B monthly premium costs. New Mexico does not require an assets test for the **MSP** program. Call the **ADRC** at **1-800-432-2080** and request to be screened for an **MSP**.

Stan,
Volunteer Counselor, SHIP and SMP

Important Reminders about Medicare Private Plan Marketing Rules

Insurance Agents & plans **MAY NOT**:

- ♦ “Cold” Call, use door-to-door marketing, or market plans using any other unsolicited contact
- ♦ Enroll people in plans without their permission
- ♦ Lie to get a beneficiary to enroll in a plan
- ♦ Sign someone up for a plan over the phone unless that person called them

If you experience a Medicare private plan marketing violation, call the **SMP** at **1-800-432-2080** to report the issue.

General Enrollment Period Alert

People who missed their opportunity to enroll in Part B can use the General Enrollment Period (GEP) that starts January 1 through March 31.

Coverage starts the next month. Call the **ADRC** at **1-800-432-2080** and request the help of a **SHIP** counselor.

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!



SHIP

State Health Insurance
Assistance Program



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 4, Número 1 enero de 2024

Estimado Stan,

He estado inscrito en el plan llamado plan Medicare Advantage por dos años. Este plan funcionó el año pasado, y ahora no me cubre. A medio mes de enero, fui a visitar a mi médico de cabecera y mi cardiólogo, y me informaron que ninguno de los dos acepta el plan este año. También, fui a mi farmacia para pedir mi medicamento diluyente de la sangre, y me informaron que el plan no cubrirá este medicamento. Mi farmacéutico me informó que tendré que pagar más de \$500 de mi bolsillo para recibir este medicamento necesario. ¿Hay algo que puedo hacer ahora para que mis servicios médicos y medicamentos sean cubiertos por Medicare?

Félix,
Albuquerque, NM

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.

Estimado Félix,

Gracias por su pregunta. Ya que está inscrito en un plan Medicare Advantage, tendrá la opción de cambiar su cobertura durante el **Periodo de Inscripción Abierta de planes Medicare Advantage (MAOEP, por sus siglas en inglés)** que empieza el primero de enero hasta el 31 de marzo. Desafortunadamente, las personas que tienen Medicare Original con un plan de medicamentos separado de la Parte D no podrán usar el **MAOEP** para hacer

cambios a su cobertura de Medicare.

Durante el **MAOEP** podrá inscribirse en otro plan Medicare Advantage o regresarse a Medicare Original e inscribirse en un plan de medicamentos separado de la Parte D. Los cambios que hace durante el **MAOEP** serán vigentes el primero del siguiente mes.

Si necesita ayuda para evaluar sus opciones, comuníquese con el **Centro de**

CONSUMER & LEGAL

Recursos para las personas Mayores y Discapacitadas (ADRC, por sus siglas en inglés) al **1-800-432-2080** y pida hablar con una consejera del **Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés)**. Las consejeras del SHIP le podrán ayudar a navegar el MAOEP.

Si es elegible, podrá solicitar a los **Programas de Ahorros de Medicare (MSP, por sus siglas en inglés)**. Si usted es soltero y recibe \$1660 mensual o menos, o si está casado y reciben \$2239 mensual o menos como pareja es posible que sea elegible para uno de los tres programas **MSP** que le pueden ayudar a cubrir el costo mensual de la prima de la Parte B. Nuevo México no requiere una prueba de activos para el programa MSP. Comuníquese con el **ADRC** al **1-800-432-2080** y pida que lo evalúen por un **MSP**.

Stan
Consejero Voluntario, Programas SHIP y SMP

Recordatorios importantes sobre las reglas de marketing de Medicare para los planes privados

Agentes de seguros y representantes de planes **no podrán:**

- Llamar sin cita, ir de puerta en puerta, o hacer marketing de planes usando otros métodos no solicitados
- Inscribir a las personas sin permiso
- Mentir para que un beneficiario se inscriba en un plan privado
- Inscribir a una persona en un plan por teléfono a menos que la persona haya iniciado la llamada

Si necesita ayuda para reportar fraude relacionado al marketing de un plan privado, comuníquese con el programa **SMP** al **1-800-432-2080**.

Alerta sobre el Periodo de Inscripción General

Las personas que no se inscribieron en la Parte B a tiempo podrán usar el Periodo de Inscripción General (GEP, por sus siglas en inglés) que empieza el primero de enero hasta el 31 de marzo. Si usa el GEP para inscribirse en la Parte B, su cobertura comenzará el próximo mes. Comuníquese con el **ADRC** al **1-800-432-2080** y pida hablar con una consejera del programa SHIP.

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



❖ WORD SEARCH



Blue Zones Bound
Live to 100 in New Mexico

Make YOUR VOICE heard by Policymakers at the Capitol

AFTERNOON ADVOCACY Aging Well in NM Day

January 24, 2024

11:30 am - 1:30 pm

New Mexico State Capitol

Advocate for a brighter future by speaking with your elected officials in support of programs, services, and initiatives that foster a thriving environment for aging well in New Mexico. **Lunch will be provided.**



SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All Centers Closed No City Trash Pickup*	2 Swedish Meatballs Egg Noodles Vegetable Medley Bread Stick Pineapple	3 Teriyaki Chicken Fried Rice Asian Veggies Fortune Cookie Mandarin Oranges	4 Spaghetti with Meaty Sauce Italian Veggies Tossed Salad Garlic Toast Vanilla Ice Cream	5 Soft Chicken Taco Garnish/Salsa Refried Beans Chuck Wagon Veggies Chocolate Cake
8 Green Chile Cheeseburger Garnish Ranch Beans French Fries Bananas in Pudding	9 Chicken Alfredo Fettuccine Noodles Broccoli & Cauliflower Garlic Toast Peaches	10 Turkey Roast Bread Stuffing California Veggies Cucumber & Tomato Salad Roll/Jello	11 Red Chili Pork Tamale Red Chili Sauce Pinto Beans Calabacitas Pears	12 Turkey & Swiss Sandwich Garnish Carrot & Celery Sticks Apple Strudel
15 All Centers Closed No City Trash Pickup*	16 Sloppy Joe Onion Rings Steamed Spinach Coleslaw Fresh Orange	17 Baked Chicken Chicken Gravy Wild Rice Asparagus & Onions Biscuit Plums	18 Meatloaf with Veggie Topping Potatoes Au Gratin Green Beans Tossed Salad Roll Fresh Apple	19 Beef Fajita Fajita Veggies Spanish Rice Black Beans & Corn Tortilla Brownie
22 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Veggies Roll Apricots	23 Country Style BBQ Ribs Ranch Beans Sliced Carrots Spinach Salad Cornbread Applesauce	24 Frito Pie Garnish Zucchini w/ Tomatoes Spanish Slaw Tropical Fruit	25 Chicken & Rice Casserole French Style Green Beans Tossed Salad Roll Cherry Cobbler	26 Ham & Cheese Sandwich Garnish 3 Bean Salad Sun Chips Mixed Fruit in Jello
29 Sweet & Sour Pork Brown Rice Stir Fry Veggies Egg Roll Mandarin Oranges	30 Chicken & Potato Burrito with Green Chili Sauce 5 Way Veggies Grapes	31 Hot Dog Pork & Beans Green Beans & Corn Coleslaw Oatmeal Cookie	Senior Meal Suggested Donation: Lunch \$1.50 10:30AM – 12:30PM Monday to Friday Milk is served with each meal. Menu is subject to change.	

*The City of Santa Fe no longer collects residential trash/recycling on holidays. Your collection will occur one day later after a holiday closure!

Call 505-955-2200 to learn more.



**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

PASATIEMPO

LUISA CENTER

MARY ESTHER GONZALES (MEG)

= Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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 4 for the appropriate contact.