

THE SENIOR SCENE



Offered by: **Division of Senior Services**
www.santafenm.gov/senior_scene_newsletter



**AUGUST
2021**

Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

AUGUST 2021

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies.

It is also available online at www.santafenm.gov. Simply type “Senior Scene” into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Vacant, Program Supervisor	955-
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog.Manager	955-4744
FAX Machine - Administration	955-4797	Theresa Trujillo, Project Administrator	955-4745
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Erika Cuellar, Administrative Assistant	955-4722	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Kim Crowder, Administrative Assistant	955-4754	Marisa Romero, Program Coordinator	955-4743
Transportation Ride Reservations	955-4700	50+ Senior Olympics	
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	Cristina Villa, Program Coordinator	795-3817
Nutrition		Miscellaneous	
Yvette Sweeney, Program Manager	955-4739	Craft Room	Not in service
Enrique DeLora, Inventory Supervisor	955-4750	Pool (Billiard) Room	955-4730
Tebrina Roibal, Administrative Assistant	955-4749	Other Important Numbers	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
Meals On Wheels (for homebound individuals)		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Newsletter Production	
Senior Center Programming (Activities)		Kristin Slater-Huff, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	kwslater-huff@santafenm.gov	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (MEG), Ventana de Vida		Linda Miller, Proofreader	
Cristina Villa, Program Coordinator	955-4725		
Luisa, Pasatiempo, Villa Consuelo			

By Gino

A message from the Division Director



“The best thing one can do when it’s raining is to let it rain.” Henry Wadsworth Longfellow

“Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby.” Langston Hughes

“Rain is grace; rain is the sky descending to the earth; without rain, there would be no life.” John Updike

I guess you can see the trend from the quotes; rain is the word for the month of July, and I hope and pray it is for the month of August. It has been so nice, especially since June was so hot.

I hope everyone has been able to get his or her vaccination. If you still need help registering for or scheduling a vaccination, please contact Senior Services and we can help you. I cannot stress enough how important it is for everyone to be vaccinated, especially with the increase in the COVID-19 Delta Variant. I think as a society we have gotten used to a quick fix to everything, but we know better. No one can say for sure how things will look in 6 months, but the more of us who are fully vaccinated, the better.

We are moving towards reopening our senior centers. But, first we have to return the home delivered meals process to what it was before COVID-19, when only those seniors who were truly homebound were receiving meal delivery. Our staff is calling meal recipients to complete assessments over the phone. The State defines a “homebound” person as one who gets above a certain score on the assessment form we use. Only those people will be eligible for home delivered meals. Others will need to get meals at our curbside service or come to our meal sites, when we are able to reopen them. The first senior center to open will be Mary Esther Gonzales. We are currently using Pasatiempo as the preparation site for meals for our traditional homebound seniors.

At this point, we have to use almost all of our staff to run the curbside program and deliver all of the meals we have been delivering to homes. We need to free up staff in order to resume our other services, such as Transportation to the grocery store or homemaker services. Our reopening date depends on reducing the number of home delivered meals.

Keep doing what you are doing to stay safe.



NEWS & VIEWS

AUGUST 2021

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 Centers Remain Closed due to COVID

The Division of Senior Services continues to provide limited services to seniors age 60+ within City limits, but our senior centers are not yet officially open.

We offer curbside meals at the back of the MEG Senior Center at 1121 Alto St., M-F from 10:30 a.m. to 12:30 p.m. Just pull up and let us serve you.

Senior Services continues to take seniors to doctor appointments and pharmacies, preferably with 2-3 day notice and maximum of a week notice. There is a suggested donation of .50¢ per one-way trip. To schedule your ride, please call (505) 955-4700.



The 2021 New Mexico State Fair will be at Expo NM September 9-19.

Healthy Living/Seniors Celebration Day is September 13.

Military & Veterans Day to honor active-duty service members and veterans is September 14. Tickets to the fair are available online at statefair.exponm.com

Flora's Corner

The top "secrets" of people who live to 100+ Part 2

- Follow a regular daily schedule; live efficiently.
- Cherish and preserve your independence.
- Eat and drink in moderation.
- Lighten your emotional load.

-From the Canyon Ranch Guide to Living Younger Longer



GFNY Bike Race Seeks Volunteers

GFNY Santa Fe bike race is a 75 - mile course on Sunday, September 19, 2021. GFNY has held several races around the world during the pandemic in COVID-safe conditions.



They are looking for volunteers interested in helping from the sidelines or at registration. Volunteer perks include a t-shirt, lunch, and the fun of being part of this exciting event. To sign up to volunteer, call Kristin at 955-4760. For more information, see page 10.

Santa Fe Indian Market

August 21 & 22, 2021

Attracting over 200,000 visitors from around the world, the Santa Fe Indian Market is recognized as the largest and most prestigious juried Native arts show in the world. The same weekend, look for Sovereign Santa Fe, which features talented Native American artists whose work highlights New School Native American Art and its elusive relationship between traditional and contemporary.



NEWS & VIEWS

AUGUST 2021

Emergency Broadband Benefit (EBB)

The Emergency Broadband Benefit is a new Federal Communications Commission (FCC) program. The \$3.2 billion temporary benefit will help to lower the cost of broadband service for eligible households during the on-going COVID-19 pandemic.



Benefits of the program include:

Up to \$50 per month discount for broadband services per household;

Up to \$75 per month discount for broadband services per household on tribal lands;

A one-time discount of up to \$100 for a laptop, desktop, or tablet computer purchased through a participating provider.

A household is eligible if one member of the household meets at least one of these criteria:

- Has an income that is at or below 135 percent of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or the FCC's Lifeline program;
- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income through job loss or furlough since Feb. 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

Additional information is available at www.fcc.gov/broadbandbenefit or by calling 833-511-0311 between 9 a.m. and 9 p.m. any day of the week.

Join the Senior News Email List

Allow Senior Services to email you with news about exciting events, important activities, reopening updates and more.

We often receive information about relevant, interesting upcoming events. But if the news arrives and occurs between newsletter publication dates, we can't share it with you. If we have your email address, we can alert you to these happenings, so you don't miss out. We will not email you more than three times a month.

Email kwslater-huff@santafenm.gov to get on our contact list. We will not share your information.

He will be missed



Richard Montoya, 80, beloved husband, father, grandfather, and great-grandfather, passed away on June 3, 2021 surrounded by his loving family, following a brief illness.

Richard was born in Santa Fe, and worked for the State Highway Department for over 33 years before retiring to his ranch. He lived simply and proudly, sharing the knowledge he acquired over his lifetime with others. He is survived by Senaida, his wife of 44 years, children and grandchildren. He was a familiar presence in the MEG Center poolroom.

"Color! What a deep and mysterious language, the language of dreams."

-Paul Gaugin, submitted by James Urioste

Upcoming Food Depot Distributions



Thursdays,
August 5 & 19
and September 2
7:00 – 9:00 a.m. at
Food Depot 1222 Siler Rd.

National Night Out - August 3

The Santa Fe Police Department is planning an event to strengthen their connection with the community. National Night Out will be at Franklin Miles Park 5:00 – 9:00 p.m. on Tuesday, August 3rd. There will be information booths and games, and it will be a busy event. You are invited to attend.



Online Fall Prevention Workshop
with Ann Church and Maria Francis



Falls are the leading cause of death for seniors. Many can be prevented. Join Ann and Maria to discuss falls and learn how to age without injury. Sponsored by Villages of Santa Fe.

Tuesday, August 17th, 10:30 am MT, 90 minutes

Register at: <https://villages.punchpass.com>

This workshop is designed to reduce fear of falling and increase activity levels, focusing on:

- The importance of an exercise routine
- The importance of speaking up and being assertive
- Reviewing medications, hearing, and vision issues
- Positive interaction with healthcare providers and family
- Making the home environment safer

Burning of Zozobra!

Tickets are on sale now for the September 3rd Burning of Zozobra at Fort Marcy Park. There is general admission as well as premium viewing areas, including a seating area with valet drop off and pick up.

Go to www.burnzozobra.com for tickets.

**Making Effective Changes:
The Four-Week Support and Action Program**

The first 4 weeks in August:
Tuesdays, 1-2pm, on Zoom
or
Fridays, 2-3pm, at the Unitarian Church,
107 W. Barcelona Rd.

Changes are an inevitable part of life. There are the ones we need to do and the ones we sure didn't ask for. After any devastating loss, you might find yourself overwhelmed with grief, as well as dealing with the hardship of having to do all the things that need to get done.

Making Effective Changes is an action program that supports you in coping with your daily challenges by planning, taking rests, and doing projects one action at a time.

This coaching program supports you in:

- Defining your projects
- Prioritizing your challenges
- Clarifying what you can and cannot change
- Creating your action plan

Join this small group, four-week program for \$90 (attending one or all four weeks).

Email Eileen at ej@eileenjoyce.com or call her at (505) 428-0670 to reserve your place online or in person, or to ask about private coaching and grief recovery. Eileen has 25 years of experience as a Certified Coach/Grief Recovery Specialist.

As one door closes or is closed
many more open.

Often, we spend so much time trying to get
back in the closed door we fail to see doors
stretching open to infinity.

—“Mudman” Smith/Johnson

NEWS & VIEWS

AUGUST 2021



NM-NEW is a budding non-profit (also known as a “social profit”) organization. Its mission is to capture the genius of and provide pathways of engagement for New Mexico’s age 50+ professionals from private and public sectors. They aim to do this by purposefully using the 50+ participants’ skills to help encourage the startup community, further strong social causes, learn new skills, and provide access to ways to supplement their income if needed.

NM-NEW is hosting an interactive educational event on Zoom designed by Dr. Steve Poland.

“Happiness & the Art of Flourishing”

August 20 11:30 a.m. -1:00 p.m. online via Zoom

The event is sponsored by AARP and Nusenda Credit Union and is free to participants. To register, go online to [NM-NEW.org/events](https://www.nm-new.org/events)



Genoveva Chavez Community Center Update

The GCCC no longer requires a reservation, except for the recreational swimming pool. The therapy pool is open Mondays - Fridays in sessions. Sessions are 9:30 – 10:30 a.m. or 11:30 a.m. – 1:30 p.m. or 2:00 – 3:00 p.m. You must have a membership to GCCC and must sign in. Masks are required until you climb in the pool.

www.chavezcenter.com or (505) 955-4090.

Santa Fe Wine Festival

The 27th annual Santa Fe Wine Festival at El Rancho de las Golondrinas will be held on August 14th, starting at noon, rain or shine. Tickets are \$18 for adults (includes a wine glass) and \$5 for children 13-20, free for those 12 and under. Go to <https://tickets.holdmyticket.com/tickets/376047> or call (505) 471-2261.



Shakespeare in the Garden

Shakespeare in the Garden returns to Santa Fe for a 16-performance run through August 22, 2021. Presented by Santa Fe Classic Theater, this year’s annual outdoor production in the Santa Fe Botanical Garden is “As You Like It.” In Shakespeare’s pastoral comedy, Rosalind and her cousin escape into the forest to find Orlando, Rosalind’s love. Disguised as a boy shepherd, Rosalind has Orlando woo her under the guise of “curing” him of his love for her. Performances are Thursdays – Sundays, beginning at 6:45 p.m. Picknicking in the Garden begins at 5:15. Tickets are \$35 – \$45 and can be purchased on the website www.santafebotanicalgarden.org or call (505) 466-1358.



Trivia Night Fundraiser

The Santa Fe Memory Care Alliance is hosting Brain Teasers “Trivia Goes to Hollywood Night” on August 14th. Reserve a table of eight seats for \$250.00 for this event at the Montecito.



The Memory Care Alliance provides education, support and resources for families living with dementia-related illnesses. Get more information at director.memorycarealliance@gmail.com or (505) 310-9752.



Newsletter: Ask Stan Medicare Questions



Volume 1, Issue 4 July 2021

Dear Stan,

My Medicare Advantage plan with drug coverage ended last month because I moved to a different county, and I did not realize that I needed to enroll in a new plan. Currently, I do not have drug coverage. I found a new plan, but it starts the beginning of next month.

I cannot afford to pay the full costs for my medications. I am enrolled in the Extra Help program, but without a drug plan this month, how can I receive assistance to ensure that I can get my prescriptions?

Rhonda L.
Bloomfield, NM

**Report Medicare Related Fraud by calling the
New Mexico Senior Medicare Patrol (SMP) at**

1-800-432-2080

**The New Mexico SMP will provide you with the
information you need to PROTECT
yourself from Medicare fraud, errors, and abuse.**

Dear Rhonda,

Thank you for your question. Medicare has a program called Limited Income Newly Eligible Transition Program (LINET). LINET is a temporary Medicare prescription drug program designed to eliminate gaps in prescription coverage for limited income Medicare beneficiaries. When a person enrolled in Extra Help like you experiences a gap in Part D coverage, the LINET program will cover all Part D covered drugs at the Extra Help cost sharing with no

restrictions.

You qualify for LINET because you are enrolled in Extra Help, the federal program that helps with Medicare Part D prescription drugs. To qualify for Extra Help in 2021, a single person can receive a monthly income up to \$1,630 (\$2,198 for a couple) and have up to \$14,790 in assets (\$29,520 for a married couple).

Note: For people who have limited income, but high assets, they may still be eligible for Extra Help by applying to the state administered benefits called the Medicare Savings Programs (MSP). The highest income limit for the MSPs in 2021 is \$1,469 for a single person (\$1,980 for a couple). If approved for an MSP, the Medicare beneficiary would be automatically enrolled in the Extra Help program regardless of their assets. In this way, the MSPs in New Mexico function as a backdoor to accessing full Extra Help.

LINET also provides retroactive coverage for people who pay out of pocket for their drug costs. If you paid out of pocket for your prescription medications, you can be reimbursed by LINET. If you need assistance, I encourage you to call the Aging & Disability Resource Center (ADRC) and request to speak with a State Health Insurance Assistance (SHIP) counselor.

The number to the ADRC is **1-800-432-2080**.

If you find that your pharmacist is not aware of the LINET program, there are important provider resources that you can share to educate them. See the LINET document for pharmacy providers [HERE](#).

Stan,
SHIP SMP Volunteer Counselor

To read more about the LINET program, see the link here :

<https://www.humana.com/provider/pharmacy-resources/medicare-limited-income-net-program>

For assistance with your Medicare questions contact SHIP at the ADRC

1-800-432-2080

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!**



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST 2021



AmeriCorps Seniors

RSVP

Santa Fe



Volunteers needed for GFNY Bike Race September 14-19

All volunteers will receive a race t-shirt, Sunday volunteers may have lunch at the Convention Center after the race, and everyone will have a great time, being a part of this exciting international event.

Thursday: Prepare Racer Packets

- Packet Stuffing 10am-2pm

Friday: Registration

- Info Desk 3:30-7pm
- Store 3:30-7:00 pm: These volunteers will sell store items and process on-site registrations. Volunteers will take credit cards and cash.

Saturday: Registration

- Saturday Info Desk 12:30pm-6pm
- Registration 12:30pm-6:00pm:
- Store 12:30pm-6:00pm:

Sunday: Race

- Temporary Roadblock volunteers 6:00 am-7:15am:
- Flaggers at Race Route intersections with side roads 6:00am-3:00pm:
- Ham radio operators 6:45am-3:15 pm:
- Bag Drop off 5:15am-7:15am, 9:30am-1:00pm (medium finish), 10:00am-3:30pm (long finish):
- Aid Stations various times between 5:30am-4:00pm:
- Course Sweep Vehicles 6:45am-4:00pm:
- Awards Helpers 1:30pm-3:00pm:
- Race lead vehicles 6:45am-3:30 pm: one a car; the other a lead motorcycle.
- Motorcycle Rider to drive Photographer 6:45am-3:30 pm:

To sign up, email kwslater-huff@santafenm.gov or call 955-4760.

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.

rsvpsantafe.org
(505) 955-4760

Non-Profit Organizations Seeking Volunteers:

To learn more or sign up, please contact Kristin Slater-Huff at 505-955-4760 or kwslater-huff@santafenm.gov



Catholic Charities' **Partnering For Seniors**

Catholic Charities runs many programs. "Partnering for Seniors" is one of them. It aims to provide rides and escort to doctor appointments for seniors who need them.

They are seeking more volunteers to use their own cars to drive other seniors to appointments. Orientation and support are provided. Volunteers can choose their own schedules. Mileage is reimbursed through RSVP. COVID-safety protocols are mandated.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

AUGUST 2021



Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home. We believe affordable housing plays a critical role in strong and stable communities.

They need volunteers in their ReStore which sells donated building materials and furniture to raise funds for the organization. They also need volunteers to build houses. All volunteers must show proof of full vaccination against COVID-19.

Kitchen Angels

Kitchen Angels prepares and delivers free, nutritious meals to Northern New Mexicans who are homebound and facing life challenging illnesses and conditions.



They need volunteers for cooking, meal prep and delivery routes, and especially substitute drivers for delivery routes. Unvaccinated volunteers and all drivers at a client's home must wear a mask.



This museum seeks to strengthen public understanding of how military conflicts have shaped the state of New Mexico as well as the national experience.

They are looking for volunteer gallery docents to interact with guests, take attendance, and answer questions to the best of their ability. Curatorial staff will provide a docent guide and will train volunteers.



To all volunteers
born in **AUGUST**

RSVP *Voluntarios*

Frances Rodriguez-Robles	8/01
Joe Archuleta	8/03
Manuelita Gurule	8/03
Judy Maes	8/04
Carolyn Minton	8/05
Carlos J. Ortiz	8/05
Rose Marie Lenahan	8/06
Barak Wolff	8/06
Lonnie Trimarche	8/07
Annie L. Valdez	8/08
Rose Ortega	8/10
Lorraine Pike	8/10
Annette Strom	8/10
Tonie Ann Gallegos	8/11
Xochitl Romero	8/12
Beverly A. Ireland	8/14
Evelyn Jimenez-Iyow	8/15
Jesse Kain	8/16
Lucille Martinez	8/16
Gustav Kocsis	8/17
Jackie Cooper	8/19
Michael Evans	8/19
Lois Marie Gacher	8/19
Gail Takeshita	8/19
Corinne P. Willison	8/19
Ralph Nava	8/20
Bella Lucero	8/21
William Buchanan	8/23
Christina Gale	8/23
Smitty Santini-Smith	8/25
Angie P. Mireles	8/24
Cecilia Romero	8/27
Scott Sheldon	8/27
Beverly Hollander	8/30
Thomas Van Kampen	8/30
Karen Kopel	8/31

FGP/SCP *Voluntarios*

Genevieve Maes	8/4
Annette Strom	8/10
Bella Lucero	8/21

Please note that the above names are people who are enrolled in the Senior Volunteer Program and who turn in their reports of hours served.

KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



Stay in the know.

Go to [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to

[ftc.gov/complaint](https://www.ftc.gov/complaint)



Choose a Representative Payee for Social Security to Consider Before You May Need One

By Rhonda Romero, Public Affairs Specialist,
Social Security Administration

The future can be uncertain. However, the Social Security Administration's (SSA) Advance Designation program can help you if a time comes when you need a representative payee to help manage your Social Security benefits or Supplemental Security Income payments. Advance Designation enables you to identify up to three people, in priority order, who you would like to serve as your potential representative payee.

SSA recently celebrated the one-year anniversary of their Advance Designation program. Since its launch in March 2020, more than one million eligible individuals have opted to participate.

Adults and emancipated minors who do not have representative payees may make advance designations whether they are applying for, or receiving, benefits. If you are eligible, you may provide and update Advance Designation information when you:

- File a claim for benefits online.
- Use the application available in your personal my Social Security account at www.ssa.gov/myaccount.
- Call us by telephone at 1-800-772-1213 (TTY 1-800-325-0778).

You may also change your Advance Designation(s), including the priority order, at any time if you are still capable of making your own decisions. In the event that you can no longer make your own decisions, you and your family will have peace of mind knowing you have already chosen someone you trust to manage your benefits.

What is Advance Designation?

From www.faq.ssa.gov

Advance Designation allows you to choose an individual(s) you deem has genuine concern for your well-being to manage your benefits should the need arise. The law requires Social Security to select the designated individual with certain policy exemptions. Capable adults and emancipated minors, who are beneficiaries or claimants and who do not have a representative payee may advance designate.

If you are receiving benefits, you may advance designate at any time. If you have filed a claim for benefits, you may advance designate with the initial claim or while the claim is pending at the initial, reconsideration, hearing, or Appeals Council levels. Choose anyone you believe has genuine concern for your well-being. You may not designate an organization to be an advance designee. Advance Designation is voluntary.

If we deny your claim or you stop receiving benefits, your advance designation will remain in our records, so we can access it again if you reapply for benefits, file an appeal, or begin receiving benefits again.

NOTE: Advance Designation is NOT:

- An indication of your capability to manage or direct the management of your benefits.
- An indication of someone's suitability to serve as a payee. (If you need a representative payee to assist with the management of your benefits, we will first consider your advance designees, but we must fully evaluate them and determine their suitability at that time.)
- An appointment of a representative payee.
- Power of attorney. In addition, a person named in a power of attorney cannot advance designate on behalf of an incapable or capable beneficiary or claimant.



NUTRITION EDUCATION

AUGUST 2021



Healthier Baking Ingredients

From: SNAP-Ed. Eat Together PA.

Plain, Low-Fat Yogurt- Using yogurt in place of oil or butter is one of the best ways to cut the fat, and you can hardly taste the difference. Works best in: Cakes, breads, muffins

How to do it:

- For every one cup of butter you take out, replace it with $\frac{1}{4}$ cup yogurt and $\frac{1}{2}$ cup of butter.
- Cut the recipe's amount of oil by half.
- Add $\frac{3}{4}$ cup of yogurt for every cup of oil that you remove from the recipe.
- $\frac{1}{4}$ cup of yogurt can also replace one egg.

Banana- Replacing butter in a recipe with banana makes a rich, dense product. Works best in: Cakes, breads, muffins, cookies

How to do it:

- Using banana for butter may reduce cooking time by up to 25%, so keep an eye on your sweets!
- $\frac{1}{4}$ cup of mashed banana can replace 1 egg. This works well with
- banana or zucchini bread.
- Substitute the same amount of mashed banana for the butter in the recipe. If a recipe calls for $\frac{1}{2}$ cup softened butter, use $\frac{1}{2}$ cup with mashed banana.



Evaporated Milk (low-fat or skim)- Replacing heavy creams with evaporated milk is another great way to cut fat and calories. Works best in: Sweet Desserts

How to do it: Cook with the same amount of evaporated milk as you would cream.

Applesauce

For cakes and bakes, you can reduce the sugar and fat content by adding applesauce. Works best in: Cakes, cookies, muffins, fruit dishes



How to do it:

- Cut the sugar in half; then, add the same amount of applesauce plus about $\frac{1}{3}$ more.
- Take out $\frac{1}{2}$ cup of the fat (butter or oil) in baked goods. Add $\frac{1}{4}$ cup of applesauce instead
- $\frac{1}{3}$ cup applesauce is the same as adding 1 egg in baked goods like cakes.

PUZZLE

AUGUST 2021

ACROSS

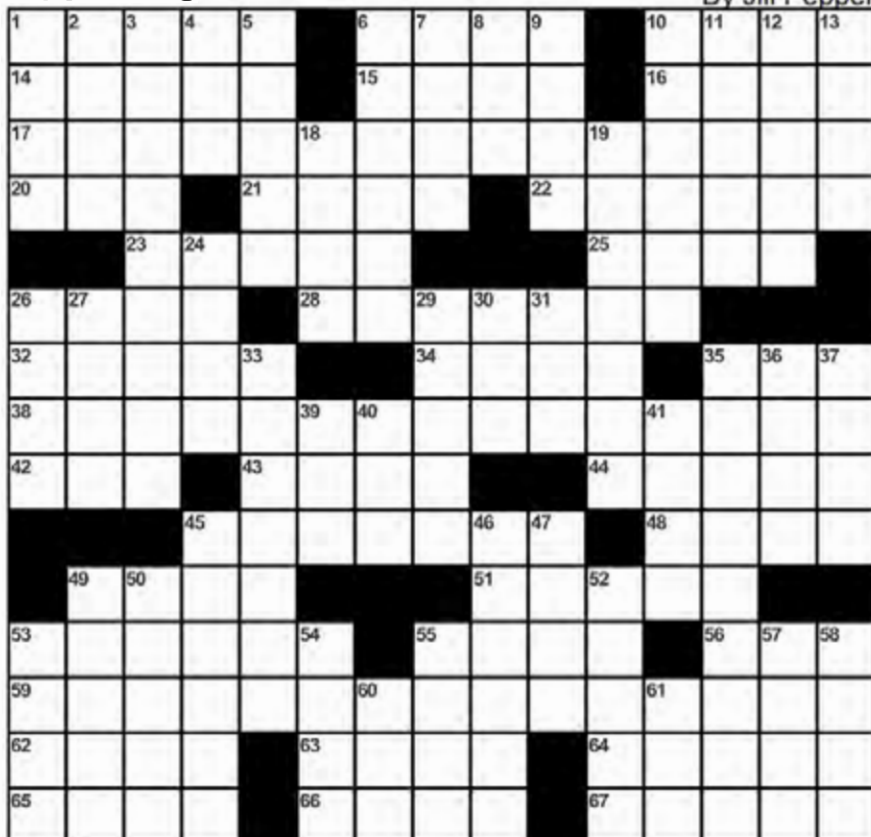
- | | |
|-----------------------------------|------------------------------|
| 1) Met squarely | 42) "It's no ___!" |
| 6) Rubberneck | 43) Missing from the Marines |
| 10) Numbered Beethoven work, e.g. | 44) Add up |
| 14) Domicile | 45) Farewells from a tyke |
| 15) Lotion additive | 48) 100 centavos |
| 16) Deepest sleep | 49) "General Hospital," e.g. |
| 17) Crash program? | 51) Burdened |
| 20) Popular street name | 53) Build up |
| 21) Fingerboard ridge | 55) Cracker spread |
| 22) Edmonton skaters | 56) Darned spot? |
| 23) Old Roman port | 59) Convincer's activity |
| 25) Mixologist's supply | 62) 1996 candidate Bob |
| 26) Arm bone | 63) Crude bed, in Britain |
| 28) Corrupt | 64) Slow, musically |
| 32) Opposite of fronts | 65) Recipe directive |
| 34) Northernmost Japanese | 66) Pot starter |
| 35) Quid ___ quo | 67) Certain palms |
| 38) Features of some modern signs | |

DOWN

- 1) Fall out of contention
- 2) Biblical shepherd
- 3) Joint use of anything
- 4) Tokyo, once
- 5) Dutch pottery city
- 6) French pastry
- 7) Came down to the ground
- 8) Court
- 9) Gambler's game
- 10) Feral feline
- 11) ___ over (studied)
- 12) Eclipse-viewing spot
- 13) "___ who?"
- 18) "The Black Prince" author Murdoch
- 19) Cause a disturbance
- 24) Indian attire
- 26) Language of Lahore
- 27) Island rings
- 29) "Men Behaving ___" (Old TV show)
- 30) Seven on a sundial
- 31) Starfleet Academy grad.
- 33) "Don't move!"
- 35) Making legal, as an invention
- 36) Rugs from Sweden
- 37) Christiania, now
- 39) Wonderment
- 40) Tennis ploy
- 41) Bound
- 45) Seville notable
- 46) Go by, as time
- 47) Fill to the brim
- 49) Go quickly
- 50) Dome-top openings
- 52) Glens
- 53) Comments further
- 54) Icelandic epic
- 55) "Check this out!"
- 57) "I'm ___ you!"
- 58) Centers of pride
- 60) Charged bit
- 61) Grassland

DOUBLE DS

By Jill Pepper



PUZZLE

AUGUST 2021

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

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

DORMER WINDOW
 DRAINPIPE
 FIRE ESCAPE
 FLOOR
 FOUNDATIONS
 GARAGE
 GUTTER
 HAT RACK
 HOLLOW WALL
 KITCHEN
 OFFICE
 PATIO
 SHUTTER
 SITTING AREA
 STOVE
 STUDIO
 TURRET
 WALL ANCHOR
 WELL
 WINDOWSILL

ARCADE
 BATHROOM
 BEDROOM

BEDSTEAD
 CEILING
 CHIMNEY

COLONNADE
 CORRIDOR
 DOORSTEP

TRIANAGRAM

Three-word groups of anagrams are called triplets or trianagrams.
 Complete the group:

A S L E E P _ _ _ _ _



Medical Aid in Dying Authorized in NM

By Barak Wolff

Starting in March 2020, just when we were all beginning to hear about a possible new flu-type illness that might spread throughout the land and impact us all, I began a series of monthly articles about end-of-life issues. The objective was to improve your chances of having the kind of death you wish to have. They covered topics such as:

- thinking through and documenting our advance directives and sharing them with our loved ones and caregivers;
- understanding the basic elements of the medical care system that supports seniors as we approach the end of life, including treatment, palliative care, and hospice;
- becoming familiar with the full range of end-of-life options so that as need be, and for us who desire, we can be pro-active and make good choices about how to achieve that "good death".

Here is a link to the archive of Senior Scene newsletters: [Senior Scene Newsletters](https://www.santafenm.gov/senior_scene_newsletter)
https://www.santafenm.gov/senior_scene_newsletter



I noted that the 2021 NM Legislative Session would consider a bill to authorize "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. The Elizabeth Whitefield End-of-Life Options Act passed the legislature, was signed into law by Governor Grisham in April, and went into effect on June 18, 2021.

As a refresher, to qualify for medical aid in dying a patient must have a terminal diagnosis of six months or less, must have the 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.

Interestingly, the data from 20+ years in Oregon and 20 additional years of combined experience in other states shows that very few terminal patients (less than 1/2 of 1%) request medical aid in dying. For many it provides peace of mind knowing that if their illness becomes unbearable, they have an alternative and may be able to avoid any further pain and suffering. Some feel that the mere existence of a medical aid in dying law allows those with serious illness to live more fully, knowing they have a measure of control, until they die, either naturally or with assistance from medication. The data also show that the practice is effective and that there have been no cases of abuse or misuse involving medical aid in dying.

Compared to other state laws, our NM End-of-Life Options Act is very efficient. It allows not just Physicians, but also Nurse Practitioners and Physician Assistants to be the prescribing or consulting providers. Our law significantly reduces the waiting period to only 48 hours between a prescription being written and it being filled. Our law also recognizes that patients in hospice have already been evaluated as having a terminal condition and thus do not need a second referral in most cases.

A new non-profit corporation, End of Life Options New Mexico, has been established to assist with the implementation of this new law. It provides resources and explanations of 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.

**To learn more or request assistance,
visit their website:
<https://endoflifeoptionsnm.org>
or send an email to
info@endoflifeoptions.org
or by calling and leaving a message at
(505) 393-1321.**

PUZZLE ANSWERS

AUGUST 2021

1	F	2	A	3	C	4	E	5	D		6	G	7	A	8	W	9	K		10	O	11	P	12	U	13	S
14	A	B	O	D	E					15	A	L	O	E					16	C	O	M	A				
17	D	E	M	O	L			18	I	T	I	O	N		19	D	E	R	B	Y							
20	E	L	M			21	F	R	E	T			22	O	I	L	E	R	S								
			23	O	24	S	T	I	A						25	S	O	D	A								
26	U	27	L	N	A			28	S	U	B	29	V	30	E	31	R	T									
32	R	E	A	R	S					33			34	A	I	N	U			35	P	36	R	37	O		
38	D	I	G	I	T			39	A	L	D	I	S	P	41	L	A	Y	S								
42	U	S	E			43	A	W	O	L					44	T	O	T	A	L							
					45	B	Y	E	B	Y	46	E	S		47			48	P	E	S	O					
		49	S	50	O	A	P					51	L	A	D	E	N										
53	A	C	C	R	U	E				54			55	P	A	T	E			56	T	57	O	58	E		
59	D	O	U	B	T	D			60	I	S	P	E	L	61	L	I	N	G								
62	D	O	L	E				63	D	O	S	S			64	L	E	N	T	O							
65	S	T	I	R				66	A	N	T	E			67	S	A	G	O	S							

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

SENIOR CENTER LUNCH MENU

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fettuccini Alfredo Sauce Cauliflower & Broccoli Garlic Bread Sliced Apples	3 Sweet & Sour Pork Brown Rice Asian Veggies Egg Roll Fresh Strawberries	4 Red Chili Beef Enchiladas Pinto Beans Salsa Corn Tossed Salad Fresh Apple	5 Chicken Fried Chicken Chicken Gravy Garlic Mashed Potatoes Asparagus Roll	6 Turkey Sandwich Garnish Macaroni Salad Carrot & Celery Sticks Tropical Fruit
9 Breaded Baked Cod Scalloped Potatoes Mixed Veggies Roll Banana	10 Cheese Tortellini Marinara Sauce Italian Veggies Cucumber Tomato Salad Garlic Bread Ice Cream	11 Swedish Meatballs Over Egg Noodles Buttered Peas Spinach Salad Roll Tapioca Pudding	12 Pepper Steak ½ Baked Potato Broccoli & Cauliflower Cheese Sauce Biscuit Cantaloupe	13 Cobb Salad Chicken, Bacon & Egg Low Fat Dressing Breadstick Brownie
16 Polish Sausage Sauerkraut Parsley Potatoes Buttered Carrots Roll Pears in Jello	17 Beef Burrito Supreme Garnish Spanish Rice Calabacitas Fresh Grapes	18 Chicken & Rice Casserole Peas & Carrots Tossed Salad Roll Applesauce	19 Baked Ham with Pineapple Yams Vegetable Medley Roll Pineapple Tidbits	20 Fish Sandwich Tartar Sauce Mixed Veggies Hushpuppy Coleslaw Tapioca Pudding
23 Baked Chicken Mushroom Sauce Rice Pilaf Green Beans & Corn Roll Chocolate Chip Cookie	24 Salisbury Steak Brown Gravy Mashed Potatoes Asparagus Roll Watermelon	25 Beef Fajita with Peppers & Onions Fajita Veggies Refried Beans Salsa Mixed Fruit	26 Teriyaki Chicken Fried Rice Asian Veggies Roll Mandarin Oranges Fortune Cookie	27 Tuna Salad Coleslaw Cold Peas Crackers Cherries in Strudel
30 Chili Relleno with Green Chili Meat Sauce Black Beans 5 Way Veggies Tortilla Chilled Apricots	31 Chili Cheese Dog Onion Rings Chuck Wagon Veggies Sherbet	1 Meatloaf Scalloped Potatoes Steamed Broccoli Carrot Raisin Salad Roll Fresh Orange	2 Chicken Soft Taco with Garnish Chile Beans Calabacitas Oatmeal Cookie	3 Ham & Cheese Sandwich with Garnish Baby Carrots Potato Salad Diced Peaches

Senior Meal Suggested Donation for Lunch \$1.50 Non-Senior Price: \$7.00

Lunch is served at MEG Center curbside 10:30 – 12:30

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

City of Santa Fe

Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

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

PASATIEMPO
 664 ALTA VISTA STREET

VENTANA DE VIDA
 1500 PACHECO STREET

LUISA
 1500 LUISA STREET
 (entrance on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

ALL SENIOR CENTERS TEMPORARILY CLOSED

