

# ***THE SENIOR SCENE***



Photo by: Ted Yamada  
Medio Fire of 2020



Offered by: **Division of Senior Services**  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**JUNE  
2021**

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

JUNE 2021

## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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](http://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.

### PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services:</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker and Respite Care,</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	<b>Foster Grandparent/Senior Companion Program</b>	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog.Manager	955-4744
FAX Machine - Administration	955-4797		
<b>Senior Services Registration</b>		<b>Retired Senior Volunteer Program (RSVP)</b>	
Kim Crowder, Administrative Assistant	955-	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
<b>Transportation Ride Reservations</b>	<b>955-4700</b>	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	<b>50+ Senior Olympics</b>	
Erika Cuellar, Administrative Assistant	955-4702	Cristina Villa, Program Coordinator	795-3817
<b>Nutrition</b>		<b>Miscellaneous</b>	
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	<b>Other Important Numbers</b>	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Ride	473.4444
<b>Senior Center Programming (Activities)</b>		<b>Newsletter Production</b>	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	<b><a href="mailto:kwslater-huff@santafenm.gov">kwslater-huff@santafenm.gov</a></b>	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

JUNE 2021

# By Gino

*A message from the Division Director*



“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” —F. Scott Fitzgerald, *The Great Gatsby*

“The summer night is like a perfection of thought.” —Wallace Stevens

I think it is safe now to say happy summer. May was a bit crazy as far as weather goes. I was however glad to see the moisture. We really needed it. I even saw the river running during my walks.

I have been getting many questions about when we are reopening the senior centers and comments about how much folks miss coming here. We miss seeing you too, and we look forward to the day when we can safely welcome you all again.

We are developing a reopening plan and soon, we will let everyone know how it will work. Please keep in mind that, even though over 50% of New Mexicans are vaccinated and new infection rates are down, we will still have to follow the current indoor COVID-19 safety guidelines.

There are many logistical challenges to reopening. The biggest question is how we can safely transition folks from home-delivered meals back to congregate meals (eaten at the centers). The other issue is how we increase Transportation's role beyond medical trips and still meet the staffing needed for meals. Most staff currently play a role in preparing and delivering over 1,100 meals a day, so they are needed to support the Nutrition program. Unfortunately, we will not be able to bring back activities for a while.

Many of you may have noticed the disruption in the parking lot at MEG Center. We are doing some much needed repairs and changes. Please be aware the curbside meals has permanently moved to the back area on the east side of the building. The parking lot will be finished by the end of June.



# NEWS & VIEWS

JUNE 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 open.

Curbside meals are offered at the MEG Senior Center at 1121 Alto St., weekdays from 10:30 a.m. to 12:30 p.m. Just show up any day. Please note: curbside meals are now served from the BACK SIDE of the MEG Center. Enter from Alto street and follow the signs.

If you cannot get to the MEG Center, or you would just rather stay home and receive your meal there, let us know. For home delivered meals while senior centers are closed, you do not need to be homebound. To sign up, call (505) 955-4721.

For all meals, we ask for a suggested donation of \$1.50, if you are able. Please see the menu on the last page of this newsletter.

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.



## Spring & Fiber Festival June 5 – 7

El Rancho de las Golondrinas  
334 Los Pinos Rd  
(505) 471-2261 [www.golondrinas.org](http://www.golondrinas.org)  
Watch crafters shear sheep, dye wool and weave. Celebrate spring at the (mostly outdoors) living history museum. Check it out.

## June Food Depot Distributions



Beginning in June, the Food Depot will discontinue its distributions at Santa Fe Place Mall.

The following are upcoming dates for drive-through distributions at The Food Depot at 1222 Siler Road, all on Thursdays, 7:00 – 9:00 a.m.:

June 10 and June 24 and July 8 and July 22

## Flora's Corner

"Happiness is not what makes us happy. It is gratitude that makes us happy!"  
-Anonymous



## 6-Week Grief Recovery Program Fridays, 2-3p.m. June 4-July 9

This free group program is for those who have experienced deaths of family, friends, or colleagues. It is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist, with 25 years of experience. The purpose of this program is to learn and share in a confidential setting. Each week the group will discuss grief and loss and how they affect work and relationships.

Over the six weeks they will cover: • Losses and how we deal with them • The myths about grief, loss, and healing • How unresolved grief affects our capacity for happiness • Creating resilience even in times of greatest challenges

The program is made possible through a donation by Berardinelli Family Services to New Mexico Foundation and The Memory Care Alliance.

This will be an in-person group meeting at the Unitarian Church. Attending all 6 weeks is recommended but not required. Please contact Eileen at 505.428.0670 or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place.

# NEWS & VIEWS

JUNE 2021

## A "Send Us Your Old Photos" Submission



Elton John chatting with Michael Brown

Send an old photo you would like to share to Kristin at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov), or call 955-4760 . Here's the most recent one I received:

"I worked in theater as a Theatrical Wardrobe Attendant (Dresser) for 33 years in Chicago.

"In 1999 the pre-Broadway production of "Elton John's Aida" was built and performed for a brief run at Chicago's Palace Theater. At the end of the run, Sir Elton threw a party for the cast and crew at the Four Seasons Hotel.

"In this photo I was telling him that I had seen him in Anaheim about 20 years previous to that party when he was the opening act for Leon Russell and how incredible his performance had been. He was a very friendly and down-to-earth person."

## No Yardwork Assistance Available This Year

Unfortunately, the Student Life Camp that often assists seniors with summer yardwork has been cancelled again this year, due to COVID.

Thank you for your understanding.



## Do You Want to Get a COVID Vaccination?

If you have not yet received your COVID vaccination and you want one, we can help. Senior Services staff can enroll you in the Department of Health database and/or can schedule you an appointment to get whichever vaccine you would like.

It is free and it won't take long. The more people who get the vaccine, the better off we will all be. Please contact Kristin at Senior Services at (505) 955-4760.



## Playful loving collaboration:

A friend sees me for who I am  
and sees and says  
I don't have a mean bone in my body  
and I say yes life broke them all, ha ha  
as they weren't useful to protect me anymore  
and since they were my rage and anger bones  
who needs them! Halleluiah!  
So I use their holy energy for the courage and  
the strength  
to change the things I can change about our  
very wounded world  
with love, collaboration and playfulness;  
love is the reason we are all here and is the  
only reason  
*for living, and collaboration is a deep-  
democracy and the end of hierarchy and  
patriarchy And Play  
makes it all sacred loving fun once again;  
Yippee!*

By Robert Francis Mudman Johnson

# NEWS & VIEWS

JUNE 2021

## Local Benefits Counseling Available by Phone

Before the COVID-19 virus caused the Mary Esther Gonzales (MEG) Senior Center to close, volunteers would meet on Wednesday afternoons with seniors who needed help with Medicare, Social Security and a host of other public benefits.

While it is unclear when the city will re-open the center, volunteer benefits counseling will begin in June, by telephone.

If you have questions about the above-mentioned programs including transportation, legal services, Medicaid and housing, call 955-4721 to make an appointment. You may have to leave a message.



## Rodeo de Santa Fe June 23-26

(505) 471-4300

\$17.00

<https://rodeodesantafe.org>

Rodeo de Santa Fe is fun for the entire family.

The Mutton Bustin' and youth barrel racers continue to be a crowd favorite of young and old alike. Not to mention the carnival midway, concessions, vendors and a beer garden. The Rodeo de Santa Fe began in 1949 and today it is one of the top 60 PRCA Rodeos in the nation.

## Native Pottery Demonstration June 9

Museum of Indian Arts and Culture 710 Camino Lejo

(505) 476-1269

June's Native Pottery Demonstration Series, hosted by the Museum of Indian Arts and Culture features Aaron Cajero, a member of the Fire Clan, from Jemez Pueblo.



## She will be missed...

Agnes (Aggie) Cardenas passed away peacefully surrounded by her loving family on May 17, 2021. She was born August 1, 1937. She attended Loretto Academy and received a Bachelor of Arts Degree from The College of Santa Fe, then a Master's Degree from the University of New Mexico. She taught in the Santa Fe Public Schools for 5 years, then 33 years with Pojoaque Valley School District.



Aggie was a member of Catholic Daughters at St. Anne's Parish, the Retired Senior Volunteer Program, St. John's Soup Kitchen, Hospice and City Different Retired Educators. She absolutely loved being a volunteer and enjoyed devoting her time and energy to each activity.



## Adopt-a-Highway Clean Up Event



You are invited to join Senior Volunteer Program staff and Advisory Council members in our semi-annual Adopt-a-Highway cleanup event.

We will meet at Fort Marcy Complex parking lot and (socially distanced) shuttle up the hill to the section of Artist's Road where the Volunteer Program sign is. We will pick up debris for an hour or two, and leave the roadside all clean.

We will provide safety vests, grabbers, trash bags, gloves, hats, water, snacks and good humor. You provide a willingness to help out and gain satisfaction. Wear your mask, please.

Thursday, June 3rd 10:00 a.m. – noon

Call Kristin to participate: (505) 955-4760.

# FOOD PANTRIES

JUNE 2021

"Commodities" means this site distributes US Dept. of Agriculture TEFAP (The Emergency Feeding Assistance Program) foods.

Commodities are county and income based.

Clients receiving food will need to provide name and address and certify income is within guidelines. Clients should be residents of the county in which they seek commodities.

Commodity Household Size / Annual Income

1 person = Less than \$23,606 per year

2 people = Less than \$31,894 per year

3 people = Less than \$40,182 per year

4 people = Less than \$48,470 per year

5 people = Less than \$56,758 per year

For each additional family member, add \$8,288 to determine eligibility

## FOOD PANTRIES IN SANTA FE COUNTY

### Santa Fe Public Distributions

Feeding Santa Fe & The Food Depot

Drive-Thru Distribution

1222 Siler Rd, behind the Col Green Angel Depot - enter from the North entrance

**Drive Thru Thursday \*June 10 & 24**

7 am - 9 am (Not Commodity) Or until food runs out

### Bag N Hand Food Pantry

St John United Methodist Church 505 982-5397

1200 Old Pecos Trail

Distributes each Tuesday (Commodities)

\*May-October 10:30 am - 12 noon

### Bienvenidos Outreach

1511 5th St. 505 986-0583

Offers a twice-monthly grocery box program. (Commodities)

Provides a free box lunch Monday - Thursday

8 am - 1:15 pm

### Cerrillos MFP

Dirt area near railroad tracks across from the Cerrillos Hills State Park

Distributes the first & third Thursday of the month

from 11:30 am - 1 pm

### Christ Lutheran Church

170 Arroyo Chamiso 505 983-9461

Distributes Thursdays from 9:30 - 10:30 am

### Fruit of the Spirit Ministries

3382 Lopez Lane 505 660-6448

Distributes Sunday, Monday or Thursday

Call to schedule emergency box pick-up

### Our Lady of Guadalupe Soup Kitchen

417 Agua Fria St, Lower parking lot (505) 983-8868

Provides a free meal Monday, Wednesday, Friday 10:30 am

- 12:30 pm

### St John the Baptist Catholic Church

1301 Osage Ave. (Lamy Building) 505 983-5034

Free lunch Monday, Tuesday, Thursday 11:15 AM - 12:15

PM. Distributes commodity food box the third Thursday of

the month from 3-4 PM. Bring your own bags/box

### Salvation Army - Santa Fe

525 W Alameda St 505 988-8054

Free breakfast Monday - Friday 8 AM

Lunch on Thursdays 11 AM - 1 PM

Commodity emergency pantry food as needed

### San Isidro Catholic Church

3552 Agua Fria St 505 471-0710

Food bag distribution every other Tuesday 3-5 PM. Call to

register first.

### Edgewood MFP

Valley View Christian Church

170 St Rd 344, NM-344 in Edgewood

Distributes the 4th Thursday from 4 to 6 pm. They will ask

for a photo ID-RRFB agency

### Pojoaque MFP

Pojoaque Pueblo Plaza

5 W. Gutierrez Ste 9, Santa Fe, NM 87506

Distributes the first Tuesday of the month from 2:30

- 3:30 pm.

### La Cienega MFP

El Rancho de las Golondrinas

334 Los Pinos Rd., Santa Fe, NM 87507

Distributes the second Wednesday of the month from 2:30 -

3:30 pm.

### Nambe MFP

Nambe Community Center

180 A SR 503, Nambe, NM 87506

Distributes the third Thursday of the month

from 2:30 - 3:30 pm.

*\* Please note that food is first come first serve basis, and distribution is subject to end when the food runs out.*

*These institutions are equal opportunity providers*

*Public Distributions - The Food Depot 5/12/2021*



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JUNE 2021



## Please Join RSVP

We invite you to join the Retired Senior Volunteer Program (RSVP) and support an organization you admire. RSVP members receive a variety of free benefits, including mileage reimbursement, excess auto liability and personal accident insurance coverage, recognition events and gifts, and educational opportunities. You can meet people who care about the same things you do.

To learn about all our volunteer locations and completely enroll in our program, go online to [www.rsvpsantafe.org](http://www.rsvpsantafe.org). Or, contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or (505) 955-4760.

## What Would You Like to Volunteer to Do?

If you're ready to give a little of your time to a worthy cause, meet great people, and receive all the RSVP program benefits, read on!



## Are you a Handy Man or Woman?

The RSVP program is in need of a few more volunteers to go to the homes of income-challenged seniors and perform odd jobs. The client pays for materials and RSVP reimburses for mileage. The logistics are worked out by the RSVP office and we do not give out the volunteer's phone number. The volunteer has the right to decline any job that is out of his or her abilities. Think of the difference you could make in someone's life with just a little skill and willingness. A background check may be required.

## Do you Enjoy Children? Gardening?



The Santa Fe Children's Museum is looking for volunteers to help out in various ways:

Opportunities are a mixture of virtual-remote or in-person,

following the All Together COVID-Safe Practices for the State of New Mexico.

Visitor Services and Engagement – Help facilitate playful experiences outside in their acre-plus space and garden for visitors of all ages.

Virtual Opportunities – Assist their Planetarium Coordinator with virtual visits to schools and their education team with presentations. Added plus if you have an astronomy, science or STEM background.

Educational Programs Assistant – Assist with assembling hands-on activity Grab and Go Kits (remote or in-person) which are distributed complimentary to children and families in rural and Tribal areas of NM, facilitation during in-person programs, and COVID-safe camps and classes.

Special Activities Facilitator – Do you have a special skill to share? Help facilitate activities related to a specific area of interest. Teach yoga to toddlers or develop hands-on science/art activities or more! Learn about activity development and their educational philosophy.

Garden Assistant – Do you have a green thumb? Help them beautify their Community Garden! This is a great opportunity to learn all there is to know about gardening or teach others about landscaping, sustainable gardening, cooking, and naturalized play. Participate in gardening activities or help facilitate gardening programs for children.

Marketing and Public Relations – Do you love social media? Have skills in media relations or marketing? They are looking for skilled volunteers to help with a variety of projects.

Volunteers must pass a background check and participate in a volunteer orientation.



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JUNE 2021

## Do you like to Take Walks?



Join the SF Conservation Trust and help lead 'Vámonos: Santa Fe Walks'. These are free, hour-long walks on paved urban trails, at the pace of the walkers.

Volunteers ensure everyone signs in and stays on the correct trails, watch out for cyclists, take photos if possible and distribute evaluations at the end of the walk.

## Do You Enjoy Holding Babies?

Volunteers at Many Mothers receive orientation and support to go into a home and help new mothers cope, whether it is practical advice, comfort, or holding the baby so the mother can shower.

## Do You Support Residents' Rights?

Ombudsmen are highly trained volunteers who advocate on behalf of residents of long-term care facilities, making sure they are receiving all the rights to which they are entitled. Currently, Ombudsmen work over the telephone and video chats, since they cannot enter facilities in person.

## Do You Like to Drive Your Car?

You could help income-challenged seniors by escorting them to doctor appointments in your car, waiting while they have a certain procedure, and taking them back home. Some folks have nobody who can do this for them and without RSVP, they cannot get important medical procedures. RSVP does not give out the volunteer's phone number, and we reimburse for mileage.



The Volunteer Programs wish a very

# Happy Birthday

## to all volunteers born in JUNE

### RSVP *Voluntarios*

Arlene Mayer	6/01
Lillian O. Phillipovich	6/01
Diana Mamalaki	6/03
Rosella Fleming	6/04
Pauline Pino	6/05
Dan Rusthoi	6/05
Joan-Ann Ryan-Murphy	6/05
Geraldine L. Trujillo	6/05
Alfonso "AL" Ulibarri	6/07
Bernardo C de Baca	6/08
Olivia M. Trujillo	6/10
Michael M. Reilly	6/12
Bob Peck	6/13
Eileen C de Baca	6/14
Helen Whitfill	6/14
Florence Cromwell	6/15
Kia Mudge	6/17
Thomas Minton	6/18
Sylvia Tyndall	6/18
Mary A. Catanach	6/19
Kristine Dorris	6/21
Joseph Shain	6/21
Christine Mendoza	6/22
Gilbert J. Alarid	6/23
Marie Newsom	6/23
Katherine Kozik	6/25
Julienne Tolen	6/25
Celine Sena	6/26
Genevieve Armijo	6/27
Cheryl Alexandre	6/30

### FGP/SCP *Voluntarios*

Danna Metzger	6/10
Aurora Rodriguez	6/14
Eileen C de Baca	6/14
Christine Mendoza	6/22
David Lucero	6/23

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

## How to Eat Well on a Budget

1. **Plan out a few meals** you want to prepare the next week before shopping.
2. **Consider meatless meals.** Plant-based proteins are highly nutritious and generally more affordable than meats and fish. You can still have meat but save money by incorporating smaller amounts as a base for flavor or as a condiment, while focusing on plant proteins like beans or tofu so that you can save on cost, increase volume of the meal, and boost nutrition and heartiness.
3. **Purchase satiating and filling snacks** - nuts or fruit are better options than chips!
4. **Don't shop on an empty stomach.**
5. **Allow for flexibility in your shopping list** if items like fresh produce or poultry and fish are on sale. If they are foods you enjoy, you might purchase extra quantities and freeze them for later use.
6. **Consider purchasing nonperishable staple foods in bulk.** Even though it may cost more upfront to buy "family-sized" package products like whole grains, lentils, and dried beans, the cost per unit is usually cheaper.
7. **Buy generic or store-brand:** you will notice when comparing the ingredients list that similar if not identical ingredients are used. The generic brand is generally cheaper because less money is spent on advertising and creating fancy food labels.
8. **Scan the discounted produce cart** that usually sits in a corner; this is filled with produce starting to age but which is still tasty if you can eat it soon.
9. **Don't buy more highly perishable items than you can use in one week** (unless you plan to freeze them), or else you run the risk of food spoilage and waste.
10. **Stretch your fresh herbs, spices, and alliums.** While alliums like onions and garlic have a longer shelf life, bagged herbs in the supermarket are particularly perishable. One idea is to chop and freeze herbs in an ice cube tray filled with herbs, then filled with olive oil—ready to be popped in a pan to sauté vegetables.
11. **Use what you have before buying more.** Take inventory of all the food in your kitchen twice a month. Plan meals based on ingredients you have had longest.
12. **Eat attentively.** Practicing mindfulness during meals can increase enjoyment of the food, and you may be satisfied with smaller portions. Conversely, eating while distracted can lead to a higher intake of food later on.



Adapted from <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>



## CONSUMER & LEGAL

JUNE 2021

### **Both Candidates Agree: New Mexico Should Stop Taxing Social Security Income**

By Fred Nathan of Think New Mexico

In the New Mexico Legislature, an important area of bipartisan common ground has emerged: both Democratic Representative Melanie Stansbury and Republican Senator Mark Moores are emphasizing their support for repealing New Mexico's tax on Social Security income.

During the last two legislative sessions, nine bills were introduced to repeal this tax, sponsored by lawmakers from across the political spectrum. Yet New Mexico remains one of 13 states that taxes Social Security benefits, costing the average Social Security recipient nearly \$700 a year.

New Mexico has taxed Social Security benefits since 1990, when the legislature imposed the tax to close a \$13 million shortfall in the state budget. The tax was enacted as a single line on the second to last page of a long and complex tax bill, and it received no public scrutiny until seniors began filing their taxes the following year.

Two years ago, Think New Mexico published a policy report detailing the history and impact of New Mexico's tax on Social Security income. In that report, we recommended that the state repeal the tax as part of a larger strategy to enhance retirement security for New Mexico seniors.

The tax on Social Security income is particularly unfair because the majority of seniors are trying to survive on Social Security alone. Nearly 2/3 of New Mexicans have nothing saved for retirement.

Taxing Social Security benefits undermines the purpose of the Social Security Act, which was designed to lift seniors out of poverty – not to fund state government. Because Social Security is a federal program, state governments do not administer the program and have no costs for administering or any justification for taxing it. No other public benefits, like Medicare, Medicaid, TANF, and food stamps, are taxed by the state.

New Mexico's tax on Social Security benefits is a double tax on individuals. When New Mexicans are working, the state taxes the money that is

taken out of their paychecks for Social Security. Then, when they retire, they are taxed again on the benefits they receive.

Most of the people paying this tax in New Mexico are middle and lower income. The tax is particularly burdensome for the 55,000 grandparents who are the primary guardians for their grandchildren. More than one out of every ten children in New Mexico is being raised by their grandparents, and many of these seniors are sacrificing to meet the financial needs of their grandchildren without outliving their savings.

All New Mexicans would benefit from the economic development boost of repealing our tax on Social Security income. If seniors were able to keep the money that they now pay in taxes on their Social Security, much of it would be spent immediately and those dollars would go back into New Mexico's economy, supporting local jobs.

We hope the governor and the rest of the legislature will follow the lead of Senator Moores, Representative Stansbury, and the legislators who have sponsored bills to repeal the tax on Social Security income. These include Senators Pete Campos (D-Las Vegas), David Gallegos (R-Eunice), Michael Padilla (D-Abuquerque), Liz Stefanics (D-Cerrillos), and Bill Tallman (D-Abuquerque), and Representatives Gail Armstrong (R-Magdalena), Cathrynn Brown (R-Carlsbad), Jack Chatfield (R-Mosquero), Randal Crowder (R-Clovis), Rebecca Dow (R-Truth or Consequences), Daymon Ely (D-Abuquerque), Day Hochman-Vigil (D-Abuquerque), Candy Spence Ezzell (R-Roswell), Randall Pettigrew (R-Lovington), and Linda Serrato (D-Santa Fe).

Repealing New Mexico's tax on Social Security income should be at the top of the agenda for next year's legislative session. Learn more and email your legislators and the governor from Think New Mexico's website at: [www.thinknewmexico.org](http://www.thinknewmexico.org).

**THINK NEW MEXICO**   
*A Results-Oriented Think Tank Serving New Mexicans*

Fred Nathan is Executive Director of the independent, nonpartisan, results-oriented think tank Think New Mexico.



# Newsletter: Ask Stan Medicare Questions



Volume 1, Issue 3 June 2021

Dear Stan,

I am 70 years old, and I only have Medicare Part A coverage. I was laid off from my job in December 2020, and I no longer have access to employer coverage. I am on a fixed income receiving only Social Security benefits. My income is too high for Medicaid, and I can't afford COBRA. I'm worried about how I will pay for my prescription medications. What steps do I need to take to enroll in Medicare Part B? How can I get drug coverage?

Sandy G.

Taos, 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 Sandy,

Thank you for your question. You are in a good position now to apply for Medicare Part B and avoid a late enrollment penalty by using the [Part B Special Enrollment Period \(SEP\)](#). The Part B SEP is available to Medicare eligible people who had employer group health benefits either through their own active employment or through their spouse's employment. The Part B SEP allows people an 8-month window to enroll in Part B via Social Security Administration (SSA) to avoid a Part B late enrollment penalty.

SSA is the government agency that you will need to reach for Part B enrollment.

However, due to the coronavirus, Social Security offices have suspended face to face services. According to Medicare, people who have Part A, have a few options to enroll in Part B during the pandemic. You can apply online or apply by mail or fax. Here are a few resources to assist you:

- Find your local office by using the online Social Security locator here: <https://secure.ssa.gov/ICON/main.jsp>
- To apply for Part B online, visit the SSA website and follow the instructions. You can also contact the national SSA helpline to receive assistance directly from an SSA

*(Continued on page 2)*

# ASK STAN

JUNE 2021

federal agent at 1 (800) 772-1213. See the SSA link here: <https://secure.ssa.gov/mpboa/medicare-part-b-online-application/>

- For more information, see Medicare's blog about Part B enrollment during the COVID-19 public health emergency link here: <https://www.medicare.gov/blog/coronavirus-medicare-enrollment>

Note: You will need to complete two required forms: the application for enrollment in Part B called the CMS 40B form, and the employer verification form called the CMS L-564 form. To avoid Part B late enrollment penalties, it will be important for you to show proof that you were receiving employer group health benefits through active employment by completing the CMS L-564 form. The CMS L-564 form should be completed by your former employer's human resources department. If you cannot get your former employer to sign the form, you can send evidence of employment and health insurance like health insurance cards with policy effective dates and pay stubs showing health insurance premium deductions. The forms are linked here for your information.

- [CMS 40 B form](#)
- [CMS L-564](#)

You also asked about your prescription drugs. You have options to explore. Since you are already enrolled in Medicare Part A, you are eligible to sign up for a Medicare Part D plan which would provide you with outpatient prescription drug coverage. For assistance with finding a suitable Part D drug plan, contact the New Mexico Aging & Disability Resource Center (ADRC) and request to speak with a State Health Insurance Assistance Program (SHIP) counselor right away. The SHIP counselor can assist you with finding a suitable drug plan that meets your needs and can screen you for important costs savings benefits that can help you pay for your Medicare costs. For example, depending on your income and assets, you may qualify for a federal [Extra Help Program](#).

If you need assistance with Part B enrollment, with finding a Part D drug plan, or with applying to Extra Help, contact the ADRC and request to speak with a SHIP counselor by calling **1-800-432-2080**.

Stan,  
SHIP SMP Volunteer Counselor




























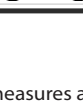
**For assistance with your Medicare questions contact SHIP at the ADRC**

**1-800-432-2080**



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.

# Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		<b>Outdoor</b>	
<b>Safest</b>		Walk, run, roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
<b>Less Safe</b>		Dine at an outdoor restaurant with friends from multiple households	
<b>Least Safe</b>		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		<b>Indoor</b>	
<b>Less Safe</b>		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
<b>Least Safe</b>		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

## Get a COVID-19 vaccine



**Prevention measures not needed**



**Take prevention measures**

Fully vaccinated people: wear a mask  
 Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

# PUZZLE

JUNE 2021

## ACROSS

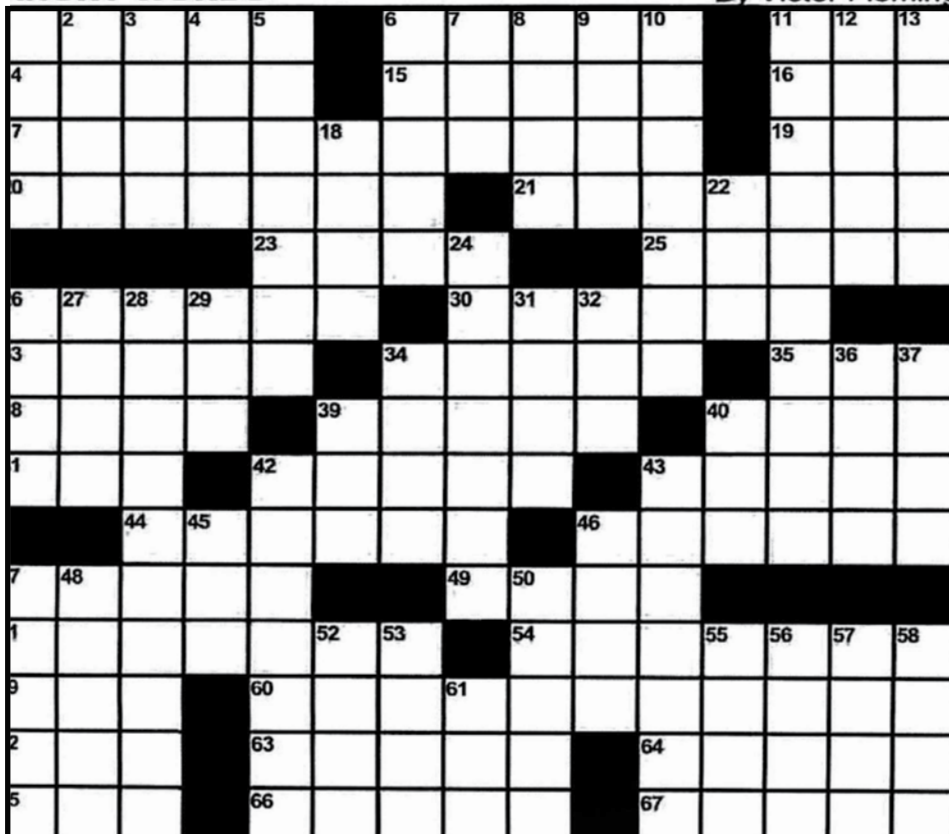
- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1) 6-Down et al.                 | 40) Sushi go-with                     |
| 6) Revolutionary War battle site | 41) Primatologist's study             |
| 11) Capture, slangily            | 42) Did a smith's work                |
| 14) In the air                   | 43) Superman, on Krypton              |
| 15) Big shows                    | 44) Pre-liftoff words                 |
| 16) Novelist Levin               | 46) Fished with a hook                |
| 17) Stemwinder                   | 47) One of the Barrymores             |
| 19) Boxcar unit                  | 49) Sub commander of fiction          |
| 20) Signs up                     | 51) Laurel and Hardy toppers          |
| 21) Golf bag attachment          | 54) Deductions from judgments, in law |
| 23) Bearded bloomer              | 59) ___ Tome                          |
| 25) States with conviction       | 60) 57th, to Broadway                 |
| 26) Place a value on             | 62) Bullpen stat                      |
| 30) "Honest!"                    | 63) Campaign concern                  |
| 33) Henhouse feature             | 64) Caught congers                    |
| 34) Kick out                     | 65) WWII vessel                       |
| 35) Avocado center               | 66) Bite-sized baked goods            |
| 38) O.K. Corral name             | 67) Nitwits                           |
| 39) Largish combo                |                                       |

## DOWN

- 1) Bank feature
- 2) Lena of "Hollywood Homicide"
- 3) Active sort
- 4) Hairstyle for Daveed Diggs
- 5) Salon worker
- 6) Old "Hits the spot" slogan
- 7) Firehouse tool
- 8) Part of Ali Baba's command
- 9) "Livin' La Vida \_\_\_"
- 10) "Moby-Dick" narrator
- 11) Hard thing to swallow
- 12) Like a stadium crowd, at tirade
- 13) Jets and Sharks
- 18) Some cameras, briefly
- 22) Mendes of "Stuck on You"
- 24) A perfect square
- 26) Circle statistic
- 27) Hotel freebie
- 28) Strep consequence
- 29) Unexplained skill
- 31) Hightailed it
- 32) Prohibitionist's foe
- 34) Keynes subj.
- 36) "So that's it!"
- 37) Let the cat out of the bag
- 39) "What have we here?"
- 40) GQ or O, for short
- 42) Drum up
- 43) Tied up
- 45) Fly trap
- 46) Home of Iowa State
- 47) Son of Henry Ford
- 48) Signs of sorrow
- 50) Tricky curves
- 52) Aunt with a "Cope Book"
- 53) Go paragliding
- 55) "Biscuit" introduced in 1911
- 56) Hit bottom
- 57) Tootsies
- 58) Norm (Abbr.)
- 61) Bilko's rank (Abbr.)

## ANGRY WORDS

By Victor Fleming



# PUZZLE

JUNE 2021

## DÍA DEL PADRE

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

AMIGOS  
AMOR  
ASADO  
BESOS  
CAMISA  
CARTERA  
CELEBRACIÓN  
CENA  
COCINAR  
COMIDA

COMPUTADORA  
CORBATA  
DOMINGO  
ELECTRÓNICO  
FAMILIA  
GOLF  
HERRAMIENTAS  
HIJOS  
JUEGOS  
MÚSICA

NIÑOS  
PAPÁ  
PICNIC  
REGALOS  
RELOJ  
ROMÁNTICO  
TARJETAS  
TELÉFONO  
TRANQUILO  
VECINOS



# HEALTH & SAFETY

JUNE 2021

## Weird and Wacky Medical Facts

(From mdlinx.com)

The human nose can remember 50,000 different scents, and experts say that the memories evoked by our sense of smell are some of the oldest and most potent we have. Think of how you feel when you smell a flower that used to grow in your grandmother's garden, or the shaving cream your father used when you were a child. Researchers have found that brain waves connect smells through memories via an associative process that links neural networks through synchronized brain waves. The result? Smell is the strongest memory retainer.



Did you know that the children of identical twins are genetically siblings rather than cousins? This is because they share 25% of their DNA. Full siblings share 50% of their DNA, half-siblings share 25%, and cousins share 12.5%. Thus, they are the

genetic equivalent of half-siblings.

The human body has incredible regenerative powers. For example, your entire brain replaces itself every 2 months; your liver, every 6 weeks; and your epidermis, every 35 days. Even your stomach lining replaces itself every 3 to 4 days. If your body didn't do this, the strong acids used by your stomach to digest food would also digest your stomach! And speaking of your stomach, did you know that your stomach acids are so strong that they can dissolve razor blades?

Babies are born with about 300 bones, but by the time they reach adulthood, these bones will have fused together to form 206 bones. Babies are born with more cartilage than bone. With time, the cartilage is replaced by bone matrices, and the calcium salts babies get from their diets are laid to form hardened bone through a process known as endochondral ossification, or the conversion of cartilage into bone.

Having a good cry really is good for you. The tears you shed when you cry contain stress hormones. Crying itself may actually stimulate the production of endorphins – the body's natural painkiller – as well as feel-good hormones such as oxytocin.



## Medication Tips

(From BeMedWise.org)

1. When your healthcare provider writes you a prescription, make sure you can read it. If you can't read the handwriting on the prescription, your pharmacist might not be able to either. Ask your healthcare provider about e-prescribing, in which your prescription is electronically sent to your pharmacy.
2. Ask for information about your medicines in terms you can understand.
3. When you are being given a medicine at the hospital or picking up a medicine from the pharmacy, confirm it is medicine that your doctor prescribed.
4. Make sure your doctor knows about any allergies and adverse reactions you have had to medicines.
5. Read the side effects listed on the information that comes with your prescriptions so you can more quickly recognize if you are experiencing one and alert to your healthcare provider.
6. Make sure that all of your doctors know all the medicines you are taking, including prescription and over-the-counter medicines, and dietary supplements such as vitamins and herbs.

*Adapted from "20 Tips to Help Prevent Medical Errors," Agency for Healthcare Research and Quality Publication No. 00-PO38, Feb. 2000. AHRQ, Rockville, MD.*

# PUZZLE ANSWERS

JUNE 2021

1	S	2	O	3	D	4	A	5	S		6	P	7	A	8	O	9	L	10	I		11	B	12	A	13	G	
14	A	L	O	F	T					15	E	X	P	O	S						16	I	R	A				
17	F	I	E	R	Y			18	S	P	E	E	C	H							19	T	O	N				
20	E	N	R	O	L	L	S			21	N	A	M	E	T	A	G				22							
							23	I	R	I	S					24					25	A	V	E	R	S		
26	A	S	S	E	S	S				30	I	S	W	E	A	R												
33	R	O	O	S	T					34	E	X	P	E	L						35	P	I	T				
38	E	A	R	P						39	O	C	T	E	T						40	M	I	S	O			
41	A	P	E							42	S	H	O	E	D						43	K	A	L	E	L		
			44	T	W	O	O	N	E							46	A	N	G	L	E	D						
47	E	T	H	E	L					49	N	E	M	O														
51	D	E	R	B	I	E	S			53					54	S	E	T	O	F	F	S						
59	S	A	O							60	C	R	O	S	S	S	T	R	E	E	T							
62	E	R	A							63	I	M	A	G	E						64	E	E	L	E	D		
65	L	S	T							66	T	A	R	T	S							67	D	O	L	T	S	

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

# SENIOR CENTER LUNCH MENU

## JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Swedish Meatballs</b> over Egg Noodles California Veggies Garlic Bread Strawberries in Yogurt	<b>2</b> <b>Cheesy Baked Ziti</b> with Meaty Marinara Sauce Italian Veggies Tossed Salad Breadstick with Margarine Cinnamon Spiced Apples	<b>3</b> <b>Red Chile Beef Enchiladas</b> Salsa Corn Refried Beans Cucumber & Tomato Salad Fresh Strawberries	<b>4</b> <b>Chicken Tenders</b> Country Gravy French Fries Coleslaw Biscuit with Margarine Fresh Plum
<b>7</b> <b>Hawaiian Chicken Salad</b> Steamed Rice Green Beans Hawaiian Roll with Margarine Tropical Fruit	<b>8</b> <b>Pork Rib Sandwich</b> Pork & Beans Steamed Corn Coleslaw Fresh Pear	<b>9</b> <b>Roast Beef</b> Mashed Potatoes Mushroom Gravy California Veggies Roll with Margarine Whipped Fruit Salad	<b>10</b> <b>Frio Pie</b> Pinto Beans Mexicorn Mexican Slaw Peach Cobbler	<b>11</b> <b>Chicken Salad on Croissant</b> Cold Peas with Peppers Potato Chips Bananas in Pudding
<b>14</b> <b>Baked Chicken</b> Mushroom Cream Sauce Wild Rice Steamed Carrots & Green Beans Roll with Margarine Chocolate Pudding	<b>15</b> <b>Carne Adovada</b> Refried Beans Chuckwagon Veggies Tortilla Pineapple in Jell-O	<b>16</b> <b>Breaded Fish Sandwich</b> Tartar Sauce Onion Rings Vegetable Medley Cake	<b>17</b> <b>Pork Roast</b> Mashed Potatoes Pork Gravy Asparagus with Onions Roll with Margarine Applesauce	<b>18</b> <b>Ham &amp; Cheese Sandwich</b> with Garnish Cole Peas Pickle Spear Potato Chips Ice Cream
<b>21</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes Roll with Margarine Peaches on Cottage Cheese	<b>22</b> <b>Breaded Chicken Sandwich</b> with Garnish Sweet Potato Fries 3 Bean Salad Oatmeal Cookie	<b>23</b> <b>Beef Fajita</b> Fajita Veggies Chile Beans Salsa Tortilla Honeydew Melon	<b>24</b> <b>Chicken Cordon Bleu</b> Rice Pilaf Broccoli & Cauliflower Chilled Apricots	<b>25</b> <b>Baked Cod</b> Scalloped Potatoes Brussels Spouts Roll with Margarine Mixed Fruit in Jell-O
<b>28</b> <b>Chicken Provencal</b> with Veggie Sauce Steamed Rice Spinach Roll with Margarine	<b>29</b> <b>Hot Dog</b> Tater Tots Peas & Carrots Watermelon	<b>30</b> <b>Turkey Sandwich</b> with Garnish Macaroni Salad Potato Chips Green Grapes	<b>JULY 1</b> <b>Red Chile Chicken Enchiladas</b> Mexi Corn Refried Beans Spinach Salad Fresh Orange	<b>JULY 2</b> <b>BLT</b> with Garnish Bow Tie Pasta Salad Baby Carrots Sugar 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.*

City of Santa Fe

# Senior Center Locations



**Legend**

- City Senior Center Location
- Down Town
- City Limits

# ALL SENIOR CENTERS TEMPORARILY CLOSED

**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)

Gonzalez Chavez Community Center

