

# SENIOR SCENE MAGAZINE



Photo by Ted Yamada

**MARCH 2022**



[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

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





# CONTACT INFORMATION

## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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



### **Toll-Free Administration** (866) 824-8714

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

### **Mary Esther Gonzales Senior Center, 1121 Alto St.**

**Admin Offices** (505) 955-4721

### **Senior Services Administration & Registration**

**Cristy Montoya, Administrative Secretary** (505) 955-4721

[cmontoya@santafenm.gov](mailto:cmontoya@santafenm.gov)

**Cara Alunno, Receptionist** (505) 955-4741



### **Division Director, Senior Services**

**Gino Rinaldi** (505) 955-4710

[earinaldi@santafenm.gov](mailto:earinaldi@santafenm.gov)



### **Transportation Reservations** (Dr & Pharmacy only)

**Linda Quesada-Ortiz** (505) 955-4700

[lmquesada@santafenm.gov](mailto:lmquesada@santafenm.gov)

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



### **Home Delivered Meals**

**Carlos Sandoval** (505) 955-4748

[csandoval@santafenm.gov](mailto:csandoval@santafenm.gov)

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



### **Congregate Meals, Curbside Meals**

**Yvette Sweeney** (505) 955-4739

[ysweeney@santafenm.gov](mailto:ysweeney@santafenm.gov)

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



### **Senior Services Navigator**

**Saul Carta** (505) 955-4735

[scarta@santafenm.gov](mailto:scarta@santafenm.gov)

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



### **Santa Fe Civic Housing**

(505) 988-2859

### **Santa Fe County Senior Programs**

(505) 992-3069

### **Senior Center Programming Activities**

**Lugi Gonzales, Center Program Manager** (505) 955-4711

[lgonzales@santafenm.gov](mailto:lgonzales@santafenm.gov)

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

### **Activities- MEG Center, Ventana de Vida Center**

**Albert Chavez** (505) 955-4715

[wachavez@santafenm.gov](mailto:wachavez@santafenm.gov)

### **Activities- Luisa, Pasatiempo, Villa Consuelo**

**Cristina Villa** (505) 955-4725

[cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)



### **Senior Olympics Events for Seniors Aged 50+**

**Cristina Villa** (505) 955-4725

[cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)

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



### **In-Home Supportive Services Program Supervisor**

**Vacant** (505) 955- -----

### **In Home Supportive Services Program Coordinator**

**Delilah CdeVaca** (505) 955- -----

[dcdevaca@santafenm.gov](mailto:dcdevaca@santafenm.gov)

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



### **Senior Volunteer Programs**

**Anya Alarid, Program Manager** (505) 955-4744

[aalarid@santafenm.gov](mailto:aalarid@santafenm.gov)

### **Senior Companion/Foster Grandparent**

**Theresa Trujillo, Project Administrator** (505) 955-4745

[ptrujillo@santafenm.gov](mailto:ptrujillo@santafenm.gov)

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



### **Grandparents Raising Grandchildren Fund**

**Theresa Trujillo** (505) 955-4745

[ptrujillo@santafenm.gov](mailto:ptrujillo@santafenm.gov)

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

### **Retired Senior Volunteer Program RSVP**

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

### **RSVP Volunteer Program Coordinator**

**Vacant** (505) 955-4743

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

**Pasatiempo Senior Center**

664 Alta Vista St.

**Ventana de Vida Senior Center**

1500 Pacheco St.

**Villa Consuelo Senior Center**

1200 Camino Consuelo

**Luisa Senior Center**

1500 Luisa Street

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

### **NEWSLETTER PRODUCTION**

Kristin Slater-Huff, Editor/Distribution - (505) 955-4760 - [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)

Gil Martinez, Graphic Artist - Linda Miller, Proofreader

# By Gino

*A message from the Division Director*



“Spring adds new life and new joy to all that is”

- Jessica Harrelson

“The magic in new beginnings is truly the most powerful of them all”

- Josiyah Martin

Spring begins March 20th. It might just be me, but this winter seems to have gone on and on. I’m so ready for the warmth of Spring, not necessarily the wind, but I’ll take it. I am happy we received some snow, but am very aware it’s not enough, maybe if we put our thoughts together, we’ll get more moisture.

As you know by now the mask mandate has been lifted, for how long, who knows, but it’s lifted. What does that mean for us here at Senior Services? As I am writing my report it’s less than 24 hours since the announcement. Our staff is still mandated to wear masks for now. There are a lot of things to pull together first, but I would like to reopen the MEG Senior Center in April. We will transition back, starting with meals and some transportation. We should have a more detailed process description in the April newsletter. Cross your fingers.

I wanted to announce the departure of Kristin Slater-Huff our beloved RSVP program administrator. She has taken another job, of course volunteering is part of it. We will miss her and have been very fortunate to have her. Please join me in wishing her the best.

In Kristin’s absence will be hiring a new RSVP administrator/newsletter editor. Please bear with us on the newsletter. We will do our best, but if we leave anything out know it was not on purpose.

Please be safe.





# NEWS & VIEWS

MARCH 2022

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

## Senior Services Schedule for March

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

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

Please call (505) 955-4700 for Transportation.

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

## March Grocery Distributions



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

March 3, 17 & 31.

## Choices

A sunflower laughing towards the sky growing in a pile of highway debris.

Who has time to see? Who has time to see!

Its beauty essential to our eyes our hearts our souls.

Always a choice, Always a choice!

-robert-francis "mudman" johnson  
[earthprayers@hotmail.com](mailto:earthprayers@hotmail.com)



## Daylight Savings

Daylight Savings begins March 13th. Turn your clock ahead one hour when before to bed on the 12th.



## 30 Years of Angels in the Kitchen

Local nonprofit organization Kitchen Angels is celebrating its 30 Year Anniversary with an array of events planned throughout 2022 including:

- Quarterly Cooking Classes at Kitchen Angels: Hands-on cooking classes at Kitchen Angels with local premiere chefs. Prepare an Inter-national culinary dish to be enjoyed afterward. March, May, August, October, 2022. \$45 fee includes cooking class and prepared meal. Limited to 16 guests/class.



- Benefit Concert at Santa Fe Opera: Exclusive Artist. August 2022. Stay tuned for details.

For the past 30 years, Kitchen Angels has enhanced the quality of life and supported the dignity of homebound individuals who are unable to prepare their own meals. Kitchen Angels is a community-based, volunteer-driven agency that provides free, home-delivered meals to people in Santa Fe who are homebound living with life-challenging health conditions.

For more information and to purchase tickets please visit [www.kitchenangels.org/30years](http://www.kitchenangels.org/30years).

## Flora's Corner

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to a big difference that we often cannot foresee." – Marian Wright Edelman



# NEWS & VIEWS

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## Do Not Call Registry

(From [www.portal.gov](http://www.portal.gov))



If you register with the national Do Not Call Registry through the Federal Trade Commission (FTC), you are protected from legitimate telemarketers calling with information and offers. Unfortunately, scammers and bad actors often ignore the Do Not Call Registry.

The Do Not Call Registry accepts registrations from both cell phones and landlines. Most legitimate telemarketers do not call your number once you've been registered for 31 days. You can register both your home land line and your cell phone. Your number stays on the registry until your phone service is disconnected, or until you request the number be removed. Federal Communications Commission (FCC) regulations prohibit telemarketers from using automated dialers to call cell phone numbers without prior consent from the consumer.

### Exemptions to the "Do Not Call" Registry:

- A business about an existing debt, contract, or payment.
- A business that has opened within the last year.
- Prerecorded messages or emergency calls needed for health and safety.
- Calls for which you have given prior consent.
- Calls that you have opted in to receive. Calls by, or on behalf of, tax-exempt non-profit organizations.
- Calls from political campaigns.

To Register for the National Do Not Call Registry:

Visit <https://www.donotcall.gov/register/reg.aspx>

Call toll-free from the phone you want to register: 1-888-382-1222.

**"When you have a dream,  
you've got to grab it and never let go."  
- Anonymous**

## Online Senior Scam Jam: Common Frauds and Identity Theft

Don't be a victim to scams. Learn why scammers target older adults and how to become more money savvy. Scam Jam will help you identify widely used scams which defraud over 1/3 of older adults in the U.S. Money Smart New Mexico will share practical tips to protect yourself, and resources if you've been a victim to this type of crime.

Free class from the Bernalillo County Office of Senior & Social Services and Money Smart N.M. Wednesday, March 23 12:00 – 1:30 p.m.

A class on credit card; credit or debt repair; mortgage assistance rescue/foreclosure assistance; tax relief; home repair; reverse mortgage proceeds; health, Medicare & Medicaid; funeral & burial.

Register at <https://bit.ly/3z7aFPt> or email [BCOSSS@bernco.gov](mailto:BCOSSS@bernco.gov) for information.

## Join an Alzheimer's Research Study

Have you or someone you know been diagnosed with mild Alzheimer's disease? A study researching a different approach for mild Alzheimer's disease using a neurosurgical procedure called Deep Brain Stimulation (DBS) is seeking participants who: Are age 65+; are in general good health; have mild Alzheimer's disease; and have a caregiver or family member who can accompany to doctor visits.

Participants will receive: Reimbursement for time and travel; Medicare coverage for treatment; and study-related care and psychological testing at no cost for 4 years. The company running the trial, Functional Neuromodulation, is not making a profit off this study. **Note:** Senior Services does not endorse this study. For more information, call (321) 307-9407 or go to [www.MildAlzheimersStudy.com](http://www.MildAlzheimersStudy.com)

**They may forget...  
But never let them  
be forgotten!**

## **2021 TAX INFORMATION**

MARCH 2022

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

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

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

### **TAX HELP SANTA FE**

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

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

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

**Make an appointment online at [www.taxhelpsantafe.com](http://www.taxhelpsantafe.com) or call 505-990-7431**  
**Walk-ins available but please make an appointment**

### **TAX HELP NEW MEXICO**

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

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

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

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

### **AARP Foundation Tax-Aide Program Santa Fe**

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

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

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

**Call (505) 428-1780 or go to [www.sfcc.edu/taxaide](http://www.sfcc.edu/taxaide) for details.**



## RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

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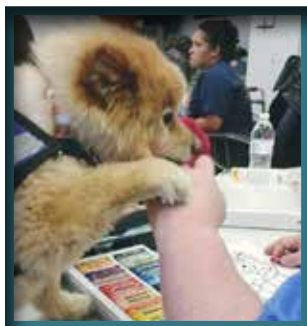
**AmeriCorps Seniors**  
**RSVP** *Santa Fe*

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

You are invited to join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. [www.rsvpsantafe.org](http://www.rsvpsantafe.org)

Featured Volunteer Station:

### Assistance Dogs of the West (ADW)



ADW raises and trains dogs to build successful working partnerships with clients that empower people and open doors to new opportunities. To serve clients with disabilities, ADW dogs complete one of the most demanding fields of dog training. From puppy selection through

training and matching dogs with clients, they focus on mental, physical and emotional well-being of dogs in their care. Through their **Courthouse Facility Dogs** program, they place dogs in criminal justice settings where they help to foster a safer and more comfortable setting to children who must testify in court. Their **Warrior Canine Connection** teaches warriors with combat injuries how to train service dogs for other veterans with disabilities.

### Their volunteer Opportunities include:

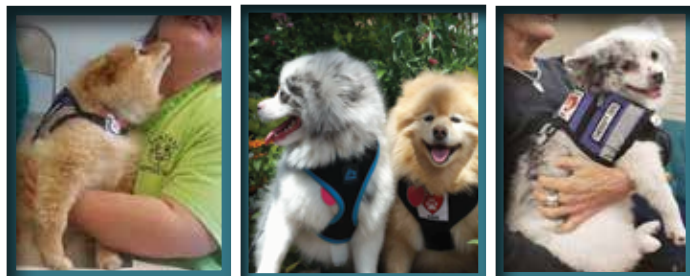
**Puppy Sitters** (from when a litter is born until 16 weeks old). Ensure the health, wellness and safety of the mother and puppies at the Puppy Enrichment Center (off Dinosaur Trail). Monitor the feeding and rotation of the puppies and feed them. Document their activities throughout the 2hr 45 min shift.

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

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

**Puppy Raisers** (with dog 6 months-1 year old) After extensive vetting and training, volunteers may raise a puppy, reinforcing all the trainings and providing a home setting. Full or Part-Time.

To enroll with ADW through RSVP, go to our website or call Anya Alarid at (505) 955-4744.



### To all MARCH Senior Volunteers!

Harriet Levine	3/1
Michele Chabot	3/2
Terry Ortega	3/2
Alfredia Quick	3/2
Rita Walker	3/2
Carol Scheinman	3/4
Howard Turner	3/4
Nola Spencer	3/5
Richard Wagner	3/5
Preston Ellsworth	3/6
Jenny Mire	3/8
Bill Morrison	3/8
Andres V. Romero	3/8
Frank C. Valencia	3/9
Rosemary Carrillo	3/10
Molly Clark	3/10
Suzanne Shaw	3/12
JoAnn Senna	3/13
Terri Gonzales	3/14
Mary Lou Martinez	3/14
Carole Van Valkenburg	3/14
Patricia Chavez	3/17
Loggie Romero	3/18
Carson Fenimore-Hecker	3/20
Meri Farnworth	3/20
Pamela Valdez	3/20
Warren Kennedy	3/21
Jane Sandoval	3/21
Anke Mihalas	3/22
Joseph Montoya	3/23
Jay Bush	3/24
Linda Williams	3/28
Waldo Anton	3/30

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



# Newsletter:

## Ask Stan Medicare Questions



Volume 2, Issue 2 March 2022

*Dear Stan,*

*I recently received my Social Security statement and noticed that my Medicare Part B premium had increased starting in January. Do you know why it changed and are there other Medicare costs that will go up that I need to know about? I've heard there is a 'Hold Harmless' provision for the Part B premium. What is it and how do I qualify? It seems like everything has gone up in price recently.*

*Sabrina,*

*Albuquerque, NM*

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

**1-800-432-2080**

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

Dear Sabrina,

Your Medicare coverage and costs can change each year. Medicare adjusts the amounts they charge for premiums, deductibles, and services based on the projected health services costs. You can read more about the Medicare benefit increases for 2022 by going to the Centers for Medicare and Medicaid Services (CMS) fact sheet here:

<https://www.cms.gov/newsroom/fact-sheets/2022-medicare-parts-b-premiums-and-deductibles2022-medicare-part-d-income-related-monthly-adjustment>

This year the Part B premium increased to \$170.10. Most beneficiaries will pay the increase as it will be offset by the Social Security 5.9% Cost of Living Adjustment (COLA). To read more about the COLA, see the

*(Continued on page 2)*



## ASK STAN

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Social Security link here:

<https://www.ssa.gov/cola/>.

A small number of beneficiaries will pay a lower Part B premium due to a provision called *Hold Harmless*. This provision protects you from having to pay the increase of \$170.10 in the Part B premium for 2022 if you meet the following conditions:

- You are entitled to Social Security benefits for November and December of 2021
- The Medicare Part B premium was deducted from your Social Security benefits in November 2021 through January 2022
- You do not have high income and are not subject to an Income Related Monthly Adjustment Amount (IRMAA)
- You do not receive a Social Security COLA large enough to cover the increased Part B premium

The *Hold Harmless* provision does not protect you from paying the higher

\$170.10 Part B premium if:

- You are new to Medicare in 2022
- You are subject to IRMAA
- You are enrolled in a Medicare Savings Program (MSP). However, the MSP should continue to pay your full Part B premium. You were enrolled in an MSP in 2021 but lost the program because your income rose, or you did not recertify for it
- Your Social Security COLA exceeded your Medicare Part B premium hike

If your Part B premium increased and you do not agree due to meeting the *Hold Harmless* provision criteria, call the **New Mexico Aging & Disability Resource Center (ADRC)** at **1-800-432-2080** and ask to speak to a **State Health Insurance Assistance Program (SHIP)** counselor for help.

Stan,

Volunteer Counselor, SHIP and SMP

**SHIP & SMP Program Volunteering:** Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!



**SHIP**

State Health Insurance  
Assistance Program



# CONSUMER & LEGAL

MARCH 2022

## Helpful Contact Information

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

## Consumer Assistance

### AARP

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

### Aging and Disability Resource Center (ADRC)

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

### Consumer Protection

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

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

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

## Financial Assistance, General

### Help New Mexico

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

### Rental Payment Assistance

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

### Good Neighbor Fund (Salvation Army)

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

### Santa Fe Connect Fund

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

### Santa Fe County Indigent Fund

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

## Food Assistance

### ECHO Commodities

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

### Bag 'n Hand Food Pantry

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

### Bienvenidos Food Pantry

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

### Christ Lutheran Church

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

### Food Depot

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



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## **Our Lady of Guadalupe Soup Kitchen**

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

## **Fruit of the Spirit Ministries**

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

## **St John the Baptist Catholic Church**

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

## **Salvation Army**

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

## **San Isidro Catholic Church-San Martin de Porres Ministry**

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

## **Health Services**

### **Adult Protective Services**

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

### **Alzheimer's Association in Santa Fe**

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

### **Comfort Dental**

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

### **Coming Home Connection**

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

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

### **La Familia Dental Clinic**

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

### **La Familia Medical Center**

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

### **N.M. Dept. of Health COVID Hotline**

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

### **Northside Dental**

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

### **SF County Prescription Card**

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

## **Home/Rental Assistance**

### **Landlord/Tenant Hotline**

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

### **Home Repair for Low Income Homeowners**

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

# CONSUMER & LEGAL

MARCH 2022

## **Santa Fe Civic Housing Authority**

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

## **Santa Fe County Housing Authority**

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

## **Housing, Some Lower Cost Apartments**

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

## **Legal/Estate Assistance**

### **Free Wills Online**

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

### **Legal resources for the Elderly (LREP) Helpline**

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

## **Mental Health Support**

### **The Life Link**

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

## **Emergency Mental Health Support**

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

## **Peer to Peer Mental Health Warm Line**

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

## **Solace Trauma Treatment Center**

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

## **N.M. Human Services Programs**

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

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

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

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

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

## **Social Security**

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





# NUTRITION EDUCATION

MARCH 2022

## Cinnamon Roll Overnight Oats

By Carolyn Casner

Source: EatingWell.com, October 2018



It takes just minutes to assemble this healthy no-cook breakfast and you'll have meal-prepped grab-and-go breakfasts on hand for the rest of the week. Top these delicious vegan oats--inspired by classic cinnamon bun flavors--with fresh or frozen fruit and your favorite nuts and seeds.

Active Time: 5 mins; Total Time: 8 hrs Servings: 5

### Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 8 teaspoons light brown sugar
- 2 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

### Directions

Stir oats, milk, brown sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.

Tip: People with celiac disease or gluten-sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

To make ahead: Refrigerate for up to 5 days.

**Nutrition Facts Per Serving:** 197 calories; protein 5.5g; carbohydrates 34.7g; dietary fiber 4.8g; sugars 7.7g; fat 4.3g; saturated fat 0.5g; vitamin a iu 251.9IU; folate 19.5mcg; calcium 251.9mg; iron 1.7mg; magnesium 40.7mg; potassium 173.5mg; sodium 317.8mg; thiamin 0.2mg; added sugar 6g.

## Foods to Help You Live Longer

From [www.eatingwell.com](http://www.eatingwell.com)

### Olive Oil

The monounsaturated fats in olive oil were largely responsible for the low rates of heart disease and cancer on the Greek island of Crete, and it contains polyphenols, powerful antioxidants that may help prevent age-related diseases.

### Yogurt

While the age-defying powers of yogurt never have been proven directly, yogurt is rich in calcium, which helps stave off osteoporosis and contains "good bacteria" that help maintain gut health and diminish the incidence of age-related intestinal illness. Yogurt is delicious as a snack but also elevates smoothies, salad dressings, muffins and more.

### Fish

Fish is an abundant source of omega-3 fats, which help prevent cholesterol buildup in arteries and protect against abnormal heart rhythms.

### Chocolate

Cocoa, which is unusually rich in flavanols, helps preserve the healthy function of blood vessels. Maintaining youthful blood vessels lowers risk of high blood pressure, type 2 diabetes, kidney disease and dementia

### Nuts

Nuts are rich sources of unsaturated fats, so they offer benefits similar to those associated with olive oil. They're also concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants.

### Wine

Drinking alcohol in moderation protects against heart disease, diabetes and age-related memory loss. Any kind of alcoholic beverage seems to provide such benefits, but red wine contains resveratrol, a compound that likely contributes to its benefits-and, according to animal studies, may activate genes that slow cellular aging.

### Blueberries

Compounds in blueberries (and other berries) mitigate inflammation and oxidative damage, which are associated with age-related deficits in memory and motor function.



# PUZZLE

MARCH 2022

## ACROSS

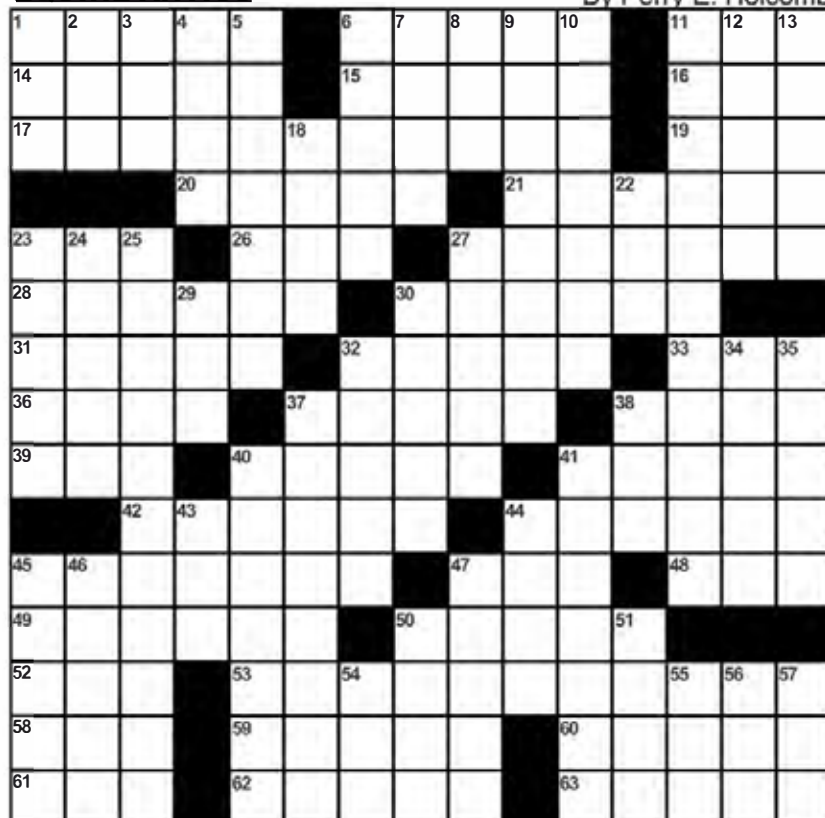
- 1) Pub order
- 6) Certain relative
- 11) Conditional word
- 14) Severe
- 15) Country bordering Tibet
- 16) Ending for "mod" or "nod"
- 17) Roughhouse
- 19) Auction offering
- 20) Late comic Williams
- 21) Mocha resident
- 23) "What, me worry?" magazine
- 26) Kind of gas (Abbr.)
- 27) Celebratory events
- 28) Chipped away at
- 30) Tattoo place
- 31) Jeans fabric
- 32) "Rawhide" role for Clint
- 33) "This tape will self-destruct ..." org.
- 36) Marker fillers
- 37) Items in a rack
- 38) "\_\_\_ the Rainbow"
- 39) Consumed
- 40) Shocked?
- 41) Summary of beliefs
- 42) Emitted long, loud cries
- 44) Mother-of-pearl sources
- 45) Word before "lies the rub"
- 47) Costa del \_\_\_
- 48) Calendar abbr.
- 49) Reduce the strength of
- 50) Blast from the past
- 52) Anvil's site
- 53) Jumping arachnid
- 58) Adam's mate
- 59) Blue book filler
- 60) Sister of Urania
- 61) Beatty of "Deliverance"
- 62) Rods' partners
- 63) Back-to-health program

## DOWN

- 1) "Stop talking!"
- 2) Confucian "way"
- 3) "Bobby Hockey"
- 4) "Back in the \_\_\_" (Beatles jam)
- 5) Formula to be proven
- 6) Strip of gear, as a ship
- 7) Gas light
- 8) "Brain" of a PC
- 9) Nautical ropes
- 10) Advanced in years
- 11) Some workers over rough terrain
- 12) "Home \_\_\_" (comedy classic)
- 13) Bigfoot relatives
- 18) Under the covers
- 22) Chairman with a "Red Book"
- 23) TV, radio, magazines, etc.
- 24) "\_\_\_ you ashamed of yourself?"
- 25) With a certain equine feature
- 27) Handled roughly
- 29) Prefix with "approve"
- 30) Used the elbow, in a way
- 32) Above the horizon
- 34) Euripides tragedy
- 35) Winter coating
- 37) Certain Indonesians
- 38) Certain whale
- 40) Buy-one-get-one-free item?
- 41) Brake part
- 43) Noah's craft
- 44) Agrees quietly
- 45) 11-year-old, in adspeak
- 46) "Ho!" preceder
- 47) Kills, as a dragon
- 50) Type of hygiene
- 51) Dublin's isle
- 54) Mad cow disease, for short
- 55) "Zip-A-Dee-Doo-\_\_\_"
- 56) Airport stat.
- 57) Knock off, as a bank

## EQUINE ANTICS

By Perry E. Holcomb





# PUZZLE

MARCH 2022

## Cars

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

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

AIRBAG  
BACK SEAT  
BODY  
BRAKE LIGHT  
BRAKES  
BUMPER  
CLUTCH  
COOLANT  
COUPÉ  
CYLINDER  
DASHBOARD  
DIESEL  
DOOR  
FOG LAMP  
HANDLE  
HEADLIGHT  
HORN  
INDICATORS  
MIRROR  
PEDALS  
PISTON  
RADIATOR  
RIMS  
SEAT  
SEAT BELT  
SPARK PLUG  
TUNING  
TURBO  
WHEEL  
WHEELS

# HEALTH & SAFETY

MARCH 2022

## Fire Extinguisher Education (from [www.usfa.fema.gov](http://www.usfa.fema.gov))

There are several classes of fire extinguishers:



For use with **ordinary materials like cloth, wood and paper.**  
*Often found in homes and businesses*



For use with **combustible and flammable liquids like grease, gasoline, oil and oil-based paints.**  
*Often found in homes and businesses*



For use with **electrical equipment like appliances, tools, or other equipment that is plugged in.**  
*Often found in homes and businesses*



For use with **flammable metals**  
*Often found in factories*



For use with **vegetable oils, animal oils and fats in cooking appliances.**  
*Often found in commercial kitchens (restaurants, cafeterias, catering businesses)*

There are also multi-purpose fire extinguishers that cover classes A through C. These are the most common household varieties.

Fire extinguishers can be helpful on a small fire.

### For larger fires, consider these questions in addition to possibly using your fire extinguisher:

- Have I alerted others in the building that there's a fire?
- Has someone called the fire department?
- Am I physically able to use a fire extinguisher?
- Is the fire small and contained in a single object (like a pan or a wastebasket)?
- Am I safe from the fire's toxic smoke?
- Do I have a clear escape route?

Use a fire extinguisher when all of these questions are answered "yes."

If you're unsure about whether or not it's safe to use a fire extinguisher, and for all other situations, alert others, leave the building, and call 911 from a mobile or neighbor's phone. It is not recommended that children use fire extinguishers.

### When operating a fire extinguisher, remember the word **PASS**:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

### Check your fire extinguishers for:

#### **Easy access in an emergency**

Be sure nothing is blocking or limiting your ability to reach it.

#### **The recommended pressure level**

Many extinguishers have gauges that show when pressure is too high or too low.

#### **Working parts**

Make sure the can, hoses and nozzles aren't damaged, dented, or rusted.

#### **Cleanliness**

Remove any dust, oil, or grease that might be on the outside of the extinguisher.

#### **Guidelines and instructions**

Some extinguishers need to be shaken monthly, others need to be pressure tested every few years.





# PUZZLE ANSWERS

MARCH 2022

1	S	2	T	3	O	4	U	5	T		6	U	7	N	8	C	9	L	10	E		11	M	12	A	13	Y
14	H	A	R	S	H		15	N	E	P	A	L		16	U	L	E										
17	H	O	R	S	E		18	A	R	O	U	N	D		19	L	O	T									
					20	R	O	B	I	N			21	Y	E	M	E	N	I								
23	M	A	D		24	R	E	G		25	P	A	R	A	D	E	S										
28	E	R	O	D	E	D		29	P	A	R	L	O	R													
31	D	E	N	I	M		32	R	O	W	D	Y		33	I	M	F										
36	I	N	K	S		37	B	I	K	E	S		38	O	V	E	R										
39	A	T	E		40	T	A	S	E	D		41	C	R	E	D	O										
		42	Y	A	W	L	E	D		43	N	A	C	R	E	S											
45	T	H	E	R	E	I	N		46	S	O	L		47	S	A	T										
49	W	E	A	K	E	N		50	O	L	D	I	E														
52	E	A	R		53	Z	E	B	R	A	S	P	I	D	E	R											
58	E	V	E		59	E	S	S	A	Y		60	E	R	A	T	O										
61	N	E	D		62	R	E	E	L	S		63	R	E	H	A	B										

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

# SENIOR CENTER LUNCH MENU

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Chicken Tempura</b> Orange Sauce White Rice Asian Veggies Fortune Cookie Mandarin Oranges	<b>2</b>  <b>Baked Tilapia</b> Seasoned Rice French Style Green Beans & Corn Roll Chilled Pears	<b>3</b> <b>Meatloaf</b> Potatoes Au Gratin Green Peas Carrot Raisin Salad Roll Yogurt	<b>4</b> <b>Fish Sandwich</b> Tartar Sauce Cucumber & Tomato Salad Mixed Veggies Hushpuppy Fresh Apple
<b>7</b> <b>Hot Ham &amp; Cheese Sandwich</b> Garnish Tater Tots Green Beans Pineapple	<b>8</b> <b>Carne Adovada Burrito</b> with Garnish Refried Beans Chuck Wagon Veggies Chilled Peaches	<b>9</b> <b>Turkey Roast</b> Turkey Gravy Bread Stuffing Asparagus Tossed Salad Roll Tapioca Pudding	<b>10</b> <b>Chicken Alfredo</b> over Fettuccini Noodles Broccoli & Cauliflower Garlic Bread Apricots	<b>11</b> <b>Green Chili Salmon Enchiladas</b> Spanish Rice Pinto Beans Tortilla Mixed Fruit
<b>14</b> <b>Beef Tips</b> over Egg Noodles Vegetable Medley Roll Cherries in Cobbler	<b>15</b> <b>BBQ Pork Patty</b> Baked Beans Steamed Spinach Carrot Raisin Salad Cornbread Fresh Grapes	<b>16</b> <b>Chicken Fajita</b> with Fajita Veggies Refried Beans Squash & Corn Apple Turnover	<b>17</b>  <b>Corned Beef</b> Steamed Cabbage Buttered Carrots Roll Lime Jello	<b>18</b> <b>Tuna Casserole</b> with Noodles Peas & Carrots Spinach Salad Crackers Tropical Fruit Salad
<b>21</b> <b>Green Chili Pork Posole</b> with Green Chili Sauce Calabacitas Tortilla Ice Cream	<b>22</b> <b>Breaded Chicken Sandwich</b> Garnish Coleslaw Celery & Carrot Sticks Potato Chips Fresh Pear	<b>23</b> <b>Pork Chop</b> Rice Pilaf California Veggies Roll Peaches in Cottage Cheese	<b>24</b> <b>Red Chili Beef Enchiladas</b> Black Bean Green Beans Tossed Salad Tortilla Fresh Orange	<b>25</b> <b>Egg Salad Sandwich</b> Croissant Three Bean Salad Pickle Fresh Strawberries
<b>28</b> <b>Salisbury Steak</b> Mashed Potatoes Mushroom Gravy Spinach & Onions Roll Chilled Plums	<b>29</b> <b>BBQ Beef Brisket</b> Pork & Beans Buttered Carrots Coleslaw Cornbread Oatmeal Cookie	<b>30</b> <b>Grilled Chicken Breast</b> over Garlic Noodles French Style Green Beans Tossed Salad Biscuit Fresh Banana	<b>31</b> <b>Beef Ravioli with Meaty Marinara Sauce</b> California Veggies Spinach Salad Garlic Toast Berries in Cobbler	

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.

# SENIOR OLYMPICS



**50+ Seniors still  
got GAME!**

## **New Mexico Senior Olympics**

**Ernesto Ramos State Summer Games – Las Cruces NM**

**June 8-11th, 2022**

**41st Annual State Summer Games**

**Limited Menu of Events due to COVID-19 • 18 Sports will be offered**



Largest multi-sport event for Seniors 50+  
Athletes compete in 5-year age divisions  
50-54, 55-59, 60-64.... 95+

Open registration – no pre-qualifying required  
Online registration opens January '22

\$60 registration entry fee for 1-5 sports  
Campus housing and dining will be available

'22 Summer Games is a qualifying event for the  
'23 National Senior Games scheduled for Pittsburgh, PA.



**Visit [www.nmseniorolympics.org](http://www.nmseniorolympics.org) for Game Schedule in early '22**

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





# City of Santa Fe Senior Center Locations

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



PASATIEMPO  
664 ALTA VISTA STREET



VILLA CONSUELO  
1200 CAMINO CONSUELO



VENTANA DE VIDA  
1500 PACHECO STREET



LUISA  
1500 LUISA STREET  
(entrance on Columbia St.)



**All  
Senior Centers  
Temporarily Closed**

Genoveva  
Chavez  
Community  
Center

