



CITY OF SANTA FE
SENIOR SERVICES

JUNE 2024

SENIOR SCENE



Carol Sanford Enjoying the Zoo



The Three Amigos



Daytrip to the ABQ Biopark



Knitting Club-Women's Club
Baby Shower



Senior Olympics Horseshoes



ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs


Ask Stan

June Senior Center Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution

City Communications Team,
Graphic Design/Copy Editing


Luisa Senior Center (1500 Luisa St. -Center on Columbia St.)
Lugi Gonzales 505-955-4721 lgonzales@santafenm.gov

| Monday through Friday 10:30 AM – 12:30 PM Fitness Room & Computer Lab Open! | | | | |
|-------------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered! | | NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered! | | |
| Haircuts by Fabiola: Monday, June 20, 10 AM-1 PM Haircuts by Catalina: Monday, June 17, 9:30 AM-12:30 PM | | | |  |

Pasatiempo Senior Center (664 Alta Vista St.)
Lugi Gonzales 505-955-4721 lgonzales@santafenm.gov

| | | | |
|----------------------------------------|------------------------------------------------------------------|--------------------------------------|---------------------------------------------|
| Mon-Fri | Fitness Room Open: 8 AM– 1 PM | | |
| Tues | Line Dancing (Beginner 10 AM, Intermediate 11:30 AM) Full | Weds | Live music: Grupo Cielo Azul, 11:45 AM-2 PM |
| Haircuts by Molly: June 13, 10 AM-1 PM | | Thursdays: Japanese Dance 10-11 a.m. | |

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Lugi Gonzales 505-955-4721 lgonzales@santafenm.gov

| Monday through Friday, 8 AM – 4:30 PM Pool/Cards/Billiards Room, Computer Lab, Fitness Room Closed Craft Room Closed | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Tai Chi/Short Form 8:30-9:30AM Enhanced Fitness 9:30-10:30AM Cribbage All skill levels welcome. All materials provided. Monday, June 3 1-3 PM | Tai Chi/Short Form 8:30-9:30AM No class on April 4 Guitar Class 9-11AM | Enhanced Fitness 9:30-10:30AM Bingo 1:30-3:30 pm No Bingo June 12 | Wood Carving 9:30-11:00AM Meditation for Seniors by Upaya 1-2:00PM Tai Chi/Qi Gong 3:30-4:30PM No Class June 20, 27 | Enhanced Fitness 9:30-10:30AM MEG Page Turners Book Club: <i>Book of Choice</i> June 14 1-2 PM Knitting Class 1-3 PM |
|  Haircuts by Fabiola: June 3 and June 17 10:30 AM Sun Room | | | | |

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

CONTACT INFORMATION

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES
1121 ALTO STREET, SANTA FE, NM, 87501
HOURS 8 AM-5PM MONDAY-FRIDAY**

ADMIN OFFICES: 505-955-4721

Toll-Free Administration: 866-824-8714

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

Division Director, Senior Services
Manuel Sanchez: 505-955-4710,
mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700
Linda Quesada, Senior Transportation Manager
lmquesada@santafenm.gov

- Must be 60+
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required

Congregate Meals: 505-955-4739
Yvette Sweeney, Nutrition Manager: 505-955-4739
Ray Dominquez, Admin Assistant: 505-955-4749
Manny Padilla, Nutrition Inventory Sup.: 505-955-4750

- Must be 60+
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748
Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Must be within City Limits & Homebound
- Requires an In-Home Assessment

Senior Services Navigator: Vacant

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

Senior Center Programming Activities: 505-955-4711
Lugi Gonzales, Center Program Manager:
lgonzales@santafenm.gov

- Must be 60+
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center: 505-955-4715
Lugi Gonzales 505-955-4711 lgonzales@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo

In-Home Support Services Program Manager
Vicki Hernandez: 505-955-4704 |
vmhernandez@santafenm.gov

- Must be 60+
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

In-Home Supportive Services Program Coordinator
Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs Manager
Theresa Trujillo - 505-955-4745 |
tptrullio@santafenm.gov

Senior Companion/Foster Grandparent: 505-955-4744
Roberta Armijo, Project Administrator:
rparmijo@santafenm.gov

- Must be Age 55+
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

**Grandparents Raising Grandchildren Fund:
505-955-4745**
Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Services are Free
- Annual Reimbursement Available

**Retired Senior Volunteer Program (RSVP):
505-955-4760**
Mona Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

**RSVP Volunteer Program Coordinator:
505-955-4722**
Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Services are Free
- Requires a Background Check

DIRECTOR'S NOTE

Dear Senior Services Community,

As we enter the summer months, we will see temperatures rise and want to remind you that you are welcome to visit the Senior Center to cool off and enjoy the activities we offer on those hot days and every day.

I would also like to give you an update on the MEG center Expansion project. It is progressing well, and we will see more activity around the building. I would like to ask everyone to please avoid the construction area, as there will be larger equipment on site, and to please remember that the safety signs and barriers are there for your safety.

The Senior Services will have a van in the Pride Parade this month, and if you would like to participate, please see Mona Baca at 505-955-4760 for more information.

I want to wish all our fathers a Happy Father's Day and hope you enjoy your special day. Thank you for being our Fathers, Dads, Daddies, Pops, Papas and Grandpas!

"Today we celebrate the fathers who always figured it out. The fathers who found a way to survive and thrive, and who helped us learn to do the same. Their resilience is a forever reminder of what we are capable of." - Komal Minhas



Manuel Sanchez

Division Director



iVámonos!

SANTA FE WALKS

Explore Santa Fe's trails! Get some fresh air! Meet your community!

30 Free Walks & Hikes from May through October



Thank you Santa Fe Walking Collaborative!

NM Aging & Long-Term Services Dept.
 BBBS Mountain Region
 AmeriCorps Seniors Santa Fe RSVP
 NMDOH
 New Vistas
 City of Santa Fe
 Randall Davey Audubon Center
 La Familia Health



JULY

9 - Tuesday @ 6:00 PM
 Take a Walk on the South Side
 Southside Library to Arroyo Chamiso Trail
 Meet at 6599 Jaguar Dr

13 - Saturday @ 8:30 to 10:30 AM
 Vámonos Hike - Norsk Trails
 NM-475/Hyde Park Rd just past Vista Grande Overlook and before Ski Basin.
 Ride the Blue Bus for Free! (Mtn Trail Route 255) Leave South Capital at 7:30am

18 - Thursday @ 5:30 PM
 Find a New Path
 Frenchy's Field Park to SF River Trail
 Meet at Frenchy's Field TH/Agua Fria

24 - Wednesday @ 5:30 PM
 Wellness Walk
 Acequia Trail from Larragoite Park to Railyard Park. Meet at 1464 Cristobal Colon

26 - Friday @ 10 AM
 Walk with our Elders
 Bicentennial/Alto Park to SF River Trail
 Meet at MEG Senior Center 1121 Alto St

AUG

6 - Tuesday @ 6:00 PM
 Take a Walk on the South Side
 Southside Library to Arroyo Chamiso Trail
 Meet at 6599 Jaguar Dr

10 - Saturday @ 9 to 11 AM
 Vámonos Hike
 SFCT's Galisteo Property Loop
 Meet at Cottonwood Trailhead on Thornton Ranch Rd, Lamy, NM

14 - Wednesday @ 5:30 PM
 Wellness Walk
 Acequia Trail from Larragoite Park to Ashbaugh Park. Meet at 1464 Cristobal Colon

22 - Thursday @ 5:30 PM
 Find a New Path
 Romero Park to River Trail & Re-Unity Farm
 Meet at Romero Park off Caja del Oro Grant Rd

23 - Friday @ 10 AM
 Walk with our Elders
 Bicentennial/Alto Park to SF River Trail
 Meet at MEG Senior Center 1121 Alto St

For more information and maps of the walks, visit:
sfct.org/vamonos
 (505) 989-7019

TEXT SFWALKS TO 833-243-6033 FOR WALK REMINDERS

EMPLOYEE FAREWELLS



After 24 years of working with the seniors, I have moved on to a new chapter.

This was a hard decision to make. I have met thousands of seniors throughout my time here. I have also seen a lot of seniors leave.

Working with the senior program taught me patience, compassion, and, most of all, endearment.

This job was very rewarding, and I will cherish all the memories I've made with you all. I will truly miss you all, and I hope to see you around town.

My Dear Seniors, I am so heartfelt to say that I am considering another job offer. I am saddened that I will miss each and every one of you.

Through the 10 years that I have been here, I have gotten close to most of you, whom I consider family. What I loved about my job was seeing the smiles on the faces of those I would see daily and being able to carry on a conversation, even if it was just for a minute or two. I will dearly miss all of you and will never forget you, and I will always keep you in my prayers. Hope to come by and visit when I am able. Love you all.

Also, to the wonderful staff that I also got along with, I will miss you all.



NEWS & VIEWS

❖ MEG Transportation Program

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

Please note: On the third Wednesday of the month we will close at 2:30 PM for mandatory staff meetings/training. Thank you.

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

❖ June Birthday Celebrations

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

- **MEG-Wednesday, June 4, 11 am**

❖ June Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9 AM on Thursdays, June 6 and June 20.**



San Martin de Porres Distribution
Free, no application required!
Dixon House (2148 San Ysidro Crossing) **4 to 6 pm. June 4 and 18**

❖ Sign Up for Yard Assistance Now

Do you need help cleaning your yard? Youth volunteers with Generate 360 are available June 18-20 to assist you! Assistance is only available in the City of Santa area on a first-come, first-served basis.

Reserve your spot by June 7. To register, contact Mona Baca at 505-955-4760 and leave your name and phone number.

❖ ICAN Nutrition Classes

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

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



MEG-Tuesday June 25, 11 am
Pasatiempo-Wednesday June 26, 11 am
Luisa-Thursday June 27 at 11 am

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

❖ AARP “Smart Driver” Course

Sign up for the AARP Driver Course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG).

Sign up for the AARP Smart Driver course today! Classes are held in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1-5 p.m. but please arrive at 12:30 p.m. to check in.

The class is taught by volunteer instructor(s) who will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$25, but if you are an AARP member the cost is \$20, with your AARP card. All attendees must have a valid driver's license and present it on the day of the class. Only cash and checks are accepted for payment. We also advise that you dress in layers as temperatures fluctuate in the MEG dining room.

The number of participants for this class is limited to 10 individuals. To pre-register please call Edna Sandoval at 505-690-4350 and leave your name and phone number. Your call will be returned. The upcoming date is June 4, 2024.

NEWS & VIEWS

❖ Movie Day at MEG



The Milagro Beanfield War (MEG) Tuesday, June 18, 1 pm

In the tiny town of Milagro, New Mexico, where the local water is a premium resource, shady developer Ladd Devine has conceived a glitzy resort that will ultimately siphon off all the water from the neighboring fields. When handyman and farmer Joe Mondragon accidentally breaks a water valve reserved for major companies, he inadvertently sets off a small-scale water-rights war between the farmers and the developers.

❖ The Transition Network

The Transition Network (TTN) is a national organization for women 50 or older whose mission is to empower them to thrive across life's transitions. The Santa Fe chapter is the only one in New Mexico.

TTN offers the opportunity to develop new friendships, find support, explore new interests, make meaningful contributions to our community, and share wisdom and expertise.

Meetings are usually held on the last Monday of each month at 5:45 p.m. at Montezuma Lodge, 431 Paseo de Peralta (behind the Scottish Rite Center). To learn more about TNN, please visit ttnwomen.org, contact Elena at (310) 367-6573, or email santafe@ttnwomen.org.

❖ Hikes for Active Seniors

EASY HIKE - JUNE 24 (3RD MONDAY) SUN AND MOON MOUNTAIN TRAIL (Behind St. John's College)

PLEASE NOTE THE SCHEDULE CHANGE:
Beginning in June 2024, all hikes will be scheduled on the third Monday of each month (NOT as previously scheduled on the first Monday).

Our hike for June 24 will be to the saddle between the Sun and Moon Mountains. It is rated as easy as it is short: less than three miles and less than 500 feet of elevation gain. This will be a comfortable way to begin our hiking season.

During our snack break at the saddle the hike leader (Bernie) will give a short presentation on the essential items you should have with you on future hikes.

General item:

- ARRIVE at MEG between 8:30 and 8:45 am.
- REQUIRED: you must be registered with the Senior Center.
- DEPARTURE at 9 am sharp and return by approximately by 12:30 pm. (We will carpool as the city can no longer provide transportation.)
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket, and gloves (even if you think you will not wear them).



NEWS & VIEWS

❖ Pride Drive 2024

Senior Services will participate in the Pride Parade on June 29, 2024.

Let me know if you are interested in riding in one of our passenger vans with staff and other seniors.

Contact Mona Baca for more details: mabaca@santafenm.gov or 505-955-4760.

❖ Technology Assistance

Need help with your smartphone or tablet?

You can call Jesse @ 505-699-3597 and set up an appointment to meet with him at the MEG Center.

❖ Flora's Corner



Whether the weather is cold, or, whether the weather is hot, we'll weather the weather, whatever the weather, whether we like it or not.

❖ Meet with Teresa Leger's Staff

Staff will be on hand to answer questions about Federal agencies, such as Veterans, Social Security, IRS, and more.

For more information, please call the Congresswoman's Santa Fe office at 505-428-4680.

**Mobile Office Hours with
Staff of Representative Teresa Leger
Fernandez**
Friday, June 28, 2024
11:30a-1:00p
Mary Esther Gonzales Senior Center
1121 Alto Street, Santa Fe

❖ Learn the Guitar at the MEG



Beginners Class!

- Tuesdays from 9 am-11 am at the Mary Esther Gonzales Center.

❖ Poem By Patti Merrill

Blue heron stands on edge of stream statue-like. Get the camera. Click!

❖ Free New Mexico Legal Aid



Attorneys with New Mexico Legal Aid will host a free info session on advance planning issues. Learn how to create a power of attorney for medical and financial decision-making in case you lose the capacity to make those decisions down the road. The session will include directions on how to fill out the basic forms yourself.

There is no need to RSVP just show up.

Date: Monday, June 17, 2024
Time: 1:30 pm-3 pm
Location: Mary Esther Gonzales Center
1121 Alto St. Santa Fe, NM 87501

VOLUNTEER PROGRAMS

❖ AARP Friendly Voice Program



We are looking for Friendly Voice volunteers dedicated to our English or Spanish lines ready to share a kind and caring voice with those who seek social connection. This opportunity is for someone who enjoys chatting on the phone, is eager to listen, or is willing to say hello on a friendly phone call. You must engage actively and show you care as you help your new friend brighten up their day and connect with someone new. Please note that this volunteer position requires a 3-hour-a-week commitment, the use of a computer, and the ability to participate in training to be considered.

If you are interested in the Friendly Voice volunteer opportunity, please call 1-888-281-0145 to let us know. Please note that you must be bilingual to volunteer for the Spanish line. One of our volunteers will contact you!

If you have any questions about the Friendly Voice program, you can contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

❖ Happy Birthday, June Volunteers!

| | |
|-----------------------|------|
| Lillian Phillipovich | 6/1 |
| Ian Dunn | 6/3 |
| Ernest Madrid | 6/3 |
| Rosella Fleming | 6/4 |
| Jonni Lu Pool | 6/5 |
| Maria Varela | 6/5 |
| Colleen Davis | 6/6 |
| Alfonso "Al" Ulibarri | 6/7 |
| Danna Metzger | 6/10 |
| Olivia Trujillo | 6/10 |
| Anne Hammond | 6/11 |
| Marcy Leavitt | 6/12 |
| Michael Reilly | 6/12 |
| Eileen CdeBaca | 6/14 |
| Pamela Reynolds | 6/16 |
| Thomas Minton | 6/18 |
| Wesley Sandel | 6/18 |
| Kristine Dorris | 6/21 |
| Daisy Welch | 6/21 |
| Christine Mendoza | 6/22 |
| Therese Pare | 6/22 |
| Gilbert Alarid | 6/23 |
| June English | 6/23 |
| David Lucero | 6/23 |
| Marie Newson | 6/23 |
| Kevin McCoy | 6/24 |
| Genevieve Armijo | 6/27 |
| Pedro Martinez | 6/27 |
| Diane Solano | 6/30 |

❖ Senior Centers Need Volunteers

MEG, Pasatiempo, and Luisa Centers need help in the kitchen and dining room. If you enjoy serving and helping in the kitchen, we need you! Please get in touch with Mona Baca at 505-955-4760 or mabaca@santafenm.gov. Thank you!

Congratulations to Rosario Torres and the RSVPers who received the City's Heritage Preservation Award for their work on Our Lady of Guadalupe Cemetery. We are very proud of this achievement!

HEALTH & SAFETY

❖ Learning Brain Basics

The brain is the most complex part of the human body. This three-pound organ is the seat of intelligence, interpreter of the senses, initiator of body movement, and controller of behavior. Read Brain Basics pages to learn more about how the brain works, and its important role in human health.

The brain is one of the hardest-working organs in the body. When the brain is healthy, it functions quickly and automatically. But when problems occur, the results can be devastating.

Know Your Brain

A primer on the brain and brain structure for non-scientists, compiled by the National Institute of Neurological Disorders and Stroke. This educational resource is a basic introduction to the human brain; it may help readers understand how a healthy brain works.

Understanding Sleep

Do you ever feel sleepy or "zone out" during the day? Do you find it hard to wake up on Monday mornings? We've all felt the powerful need for sleep, but you may not realize that sleep is as important for your well-being as food and water!

Preventing Stroke

Strokes, one of the leading killers in the United States, occur when the brain fails to get enough blood. A stroke can be devastating to individuals and their families, robbing them of their independence. Learn about this common cause of disability – and how to prevent it

NUTRITION EDUCATION

❖ Vidalia Onion Tomato Salad and Tuna



Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna. Perfect for a backyard luncheon. [Source: MyPlate.Gov](https://www.mypplate.gov) | Makes 2 servings

Ingredients:

For the Salad:

- 1/2 pound ahi (yellowfin) tuna steak (fresh or frozen)
- 1/2 teaspoon olive oil
- 2 tomatoes, cut into wedges
- 1 large head lettuce (Boston, Romaine or Bibb) (washed, dried, and torn into bite-sized pieces)
- 1/2 Vidalia onion, thinly sliced

For the Dressing:

- 1 1/2 tablespoons olive oil
- 1/4 cup lemon juice, fresh or bottled
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram

Directions:

- Heat grill.
- Whisk together the dressing ingredients in a small bowl.
- Cut tuna into 1" chunks, skewer, and place on two to three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
- Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
- In a large bowl, toss dressing with all vegetable ingredients.

SUMMER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Barbecue
Baseball
Boating
Camping
Canoeing
Festivals
Gardening

Hammock
Hiking
Holiday
Mower
Outdoors
Picnic
Pool

Sandals
Summer
Sunburn
Sunglasses
Sunshine
Swimming
Travel

CROSSWORD PUZZLE

WILDLIFE

ACROSS

- 1 Small drum
- 6 Avenue
- 9 Indonesian island
- 13 Playing field
- 14 Fruit
- 15 Midwestern state denizen
- 16 Flower stalk leaf
- 17 Wall plant
- 18 Averages
- 19 Reside
- 20 Covered
- 22 Still
- 23 First woman
- 24 Ball holder
- 25 Firm
- 27 Jagged
- 29 Distributing
- 33 Impair
- 34 Small nocturnal mammal with large wings covered in skin
- 35 Bed or living ending
- 36 Operate
- 39 Hotdog holder
- 40 Hinder normal growth
- 41 Recount
- 42 Actor
- 43 Buddy
- 44 Upset (2 wds.)
- 46 Avoid
- 49 Drudge
- 50 Vane direction
- 51 Summer mo.
- 53 Bill
- 56 Affray
- 58 Syrian bishop
- 59 Water retention
- 61 Annoy
- 62 Picture book
- 63 Tyrants
- 64 10 liters (abbr. for dekaliter)
- 65 Beam
- 66 Not his
- 67 Visualize
- 68 Dislikes

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| 66 | | | | | | 67 | | | | 68 | | | |

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Delay
- 2 Get to your destination
- 3 Rodent with wide flat tail that builds dams
- 4 ___ upon a time
- 5 Rodent with long tail, pointed face, and sharp teeth
- 6 On fire
- 7 Brand of milk
- 8 Of Egypt
- 9 Hiss
- 10 Askew
- 11 Crippled
- 12 Institution (abbr.)
- 15 Ancient river valley
- 20 Mammals with hooves that can run very fast
- 21 Asia
- 24 Tyrant
- 26 Reptile with a soft body covered by a hard shell
- 28 Breakfast egg
- 30 Promissory note
- 31 Not (prefix)

- 32 Greenwich Time
- 34 Lazy person
- 36 Short-term memory
- 37 Thirst quencher
- 38 Large deer with large spreading antlers
- 39 Barren Lands
- 40 Lay aside money
- 42 Pony tail stuff
- 43 Cooking utensils
- 45 Couches
- 47 Herbivore with long ears, back legs and front teeth
- 48 Small tube
- 50 Bird of prey larger than a hawk
- 52 Sports
- 53 High ___
- 54 Cutting tool
- 55 Large furry omnivore that hibernates in winter
- 57 Coat
- 58 ___ matter
- 60 Married woman
- 62 Tree



ASK STAN



Newsletter: New to Medicare Ask Stan Medicare Questions



Volume 4, Issue 5 June 2024

Dear Stan,

In four months I will turn 65. I hear I am eligible for Medicare. The business I work for now is so small it doesn't have a human resources department. Now I have several health insurance questions. What do I need to do to properly sign up for Medicare?

*Alicia
Los Lunas*

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 Alicia,

More than 11,000 people in the U.S. turn 65 every day. One of the milestones of this birthday is the opportunity to join Medicare, the federal health care insurance program for older Americans and people with disabilities of any age. It was enacted by Congress in 1965 to give seniors the health care coverage they badly needed.

Alicia, you are entering the Initial Enrollment Period which says you can sign up for Medicare three months before the month of your 65th birthday, the month of your 65th birthday or three months after your 65th birthday. If you wait too long you may face penalties for **Part A** (hospitalization services) and **Part B** (doctor visits and laboratory tests).

How to Sign Up and What is Covered
Some people who turn 65 continue working.

If you are one of those workers and your employer provides creditable coverage, you should still enroll in Part A (which is free) and possibly delay signing up for Part B. You will not be subject to penalties if you continue with credible coverage. A company must have more than 20

- Part A—Hospitalization**
- Part B—Doctors and Lab Tests**
- Part C—Medicare Advantage**
- Part D—Prescription Drugs**

employees for their coverage to be credible. If you are already collecting your Social Security retirement, Social Security will automatically enroll you in **Original Medicare (OM)** when you turn 65, otherwise go to [SocialSecurity.gov](https://www.SocialSecurity.gov) to enroll.

(Continued on page 2)

ASK STAN

Once you have enrolled in **OM** you will receive a red, white and blue **OM** card which notes when **Part A** and **Part B** are effective.

OM, on average, pays 80% of a Medicare beneficiary's bill. You have the option to purchase a Medicare supplemental policy to help cover the other 20%. An alternative to **OM** is to enroll in a private Medicare insurance plan known as a **Medicare Advantage Plan (MAP)**.

Under **OM** you will be enrolled in Medicare **Part A** and Medicare **Part B**. You will also need to purchase a separate **Part D** (prescription drug) plan. A **MAP** is **Part A, B and D** all rolled into one and is called **Part C**. A **MAP** generally must provide the same or better benefits as **OM**. A tool that can help you contrast and compare all Medicare plans in your area is available at www.Medicare.gov. Click on 'Plan Finder', enter your zip code and look at the options that are available.

Options to Consider and Costs

Under **OM** you do not need referrals for specialists, but in a **MAP** you typically do. You can visit doctors anywhere in the U.S. in **OM** whereas in a **MAP** you can only visit doctors in your plan's service area. **OM** does not

cover vision, hearing, or dental services. A **MAP** may cover these services.

Everyone on Medicare (**OM** or **MAP**) must pay a **Part B** premium. If you have a limited income, you may qualify for a government program that pays your premium and possibly even copays. Most beneficiaries **Part B** premium in 2024 is \$174.70. The average cost for a **Part D** premium is \$32.24.

If you worked 10 years or paid 40 quarters into Social Security, you will not have a premium for your Medicare **Part A** coverage. If you worked fewer years or had fewer quarters you will pay a monthly premium.

Medicare is complex and often confusing, so you may well need assistance to walk you through your options. The **State Health Insurance Assistance Program (SHIP)** which is a part of **New Mexico Aging and Disability Resource Center (ADRC)** provides unbiased Medicare counseling and assistance. Call the **ADRC** at **1-800-432-2080** and ask to speak to a **SHIP** Counselor to help you. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan

New Mexico SHIP SMP Counselor

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



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❖ WORD SEARCH

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SENIOR CENTER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 3 Spaghetti With Meat Sauce Italian Veggies Garden Salad Breadstick Fresh Orange | 4 Beef Fajita Fajita Veggies Black Beans Salsa Diced Mango | 5 Chicken Salad Cold Peas Cucumber Tomato Salad Croissant Jello with Fruit | 6 Frito Pie Pinto Beans Chuckwagon Veggies Garnish Mexican Slaw Ice Cream | 7 Fish Sandwich Tartar Sauce French Fries Vegetable Medley Coleslaw Peanut Butter Cookie |
| 10 Turkey Sandwich Garnish Carrot Raisin Salad Celery Sticks Fresh Pear | 11 Soft Beef Taco Garnish Refried Beans 5 Way Veggies Salsa Fresh Apple | 12 BBQ Rib Sandwich Pickles Ranch Beans Asparagus Brownie | 13 Meaty Lasagna Italian Veggies Tossed Salad Garlic Toast Yogurt | 14 Hawaiian Chicken Brown Rice Oven Roasted Okra Hawaiian Roll Pineapple |
| 17 Salisbury Steak Mushroom Gravy Mashed Potatoes Steamed Carrots Roll Diced Pears | 18 Pork Stir Fry Asian Veggies Egg Roll Fried Rice Tapioca Pudding | 19 ALL CENTERS CLOSED | 20 Polish Sausage Sauerkraut California Veggies Parsley Potatoes Peaches | 21 Chicken Provencal Veggie Topping Steamed Rice Vegetable Medley Roll Sliced Apples |
| 24 Swedish Meatballs over Egg Noodles Mixed Veggies Roll Tropical Fruit | 25 Baked Chicken Mushroom Sauce Wild Rice Spinach Roll Mandarin Oranges | 26 Hot Dog Tater Tots Peas & Carrots Baked Beans Vanilla Pudding with Cinnamon | 27 Red Chili Beef Enchiladas Capri Veggies Spanish Rice Plums | 28 Chicken Strips French Fries Country Gravy Green Beans Biscuit Applesauce |

Senior Meal Suggested Donation: Lunch
 \$1.50

10:30 AM – 12:30 PM | Monday to Friday
 Milk is served with each meal.
 The menu is subject to change.

**CITY OF SANTA FE
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Santa Fe, NM 87505

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Santa Fe, NM 87505

VILLA CONSUELO
1200 Camino Consuelo
Santa Fe, NM 87507

Legend: = Center open for meals!

QR Code:

505-955-4721 | santafenm.gov/division_of_senior_services

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