



CITY OF SANTA FE
SENIOR SERVICES

AUGUST 2023

SENIOR SCENE



JULY ACTIVITY HIGHLIGHTS



Volunteer Event

Making jewelry!

Japanese Dance Class!

Volunteer Event

Jerome & the roses

ONGOING ACTIVITIES AT SENIOR CENTERS

All activities are open to registered seniors. Schedule is subject to change. Please print your name on our activity sheets every time you participate in an activity. You can choose to wear a mask at any time in the senior centers.

Senior Scene Highlights

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

August Senior Center Lunch Menu


Newsletter Production:
Mona Baca, Editor/Distribution

City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center
1500 Luisa Street
(entrance on Columbia Street)


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

Fitness Room & Computer Lab Open:
Monday through Friday | 10:30AM – 12:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		BINGO 1-3PM
 Haircuts by Fabiola: Monday, Aug. 28th, 10AM-1PM				

Pasatiempo Senior Center
664 Alta Vista Street


Contact: Cristina Villa
505-955-4725

Mon-Fri	Fitness Room Open: 10:30AM – 12:30PM		
Tues	Line Dancing Beginner 10AM Intermediate 11:30AM	Questions? Judi Beare: 505-474-8044	
 Haircuts by Fabiola: Monday, Aug. 21st, 10AM-1PM			

Mary Esther Gonzales (MEG) Senior Center
1121 Alto Street

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

Pool/Cards/Billiards Room, Computer Lab, Fitness Room: 8:00AM - 4:30PM
Craft Room Open- Activities TBA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Qi Gong 8:30-9:30AM Enhanced Fitness 9:30-10:30AM BINGO 1-3PM	Tai Chi/Qi Gong 8:30-9:30AM Jewelry Class 9-11AM Computer Instruction w/Jesse Kain 9-11AM Yoga Class 9:30-10:30AM Guitar Class 10-11:30AM Oil Painting w/Judy 12:30-2:30PM Aug. 8 & Aug. 22	Enhanced Fitness 9:30-10:30AM BINGO 1-3PM Quilting 1-3PM	Wood Carving 9:30 - 11:00AM Meditation for Seniors by Upaya 1-2PM Tai Chi/Qi Gong 2:30-3:30PM	Enhanced Fitness 9:30-10:30AM Book Club "MEG Page Turners" No Aug. Meeting Sept. Book: "Killers of the Flower Moon" by David Grann Knitting Class, 1-3PM Japanese Dance Class w/ Chizuko Matsumoto 3-4 PM
 Haircuts by Fabiola: Monday, Aug. 7th, 10AM-2PM, Exercise Room				



Toll-Free Administration: 866-824-8714

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

Mary Esther Gonzales Senior Center - 1121 Alto St.

- **Admin Offices: 505-955-4721**

Senior Services Administration & Registration: 505-955-4721

- Cristy Montoya, Administrative Secretary
cjmontoya@santafenm.gov
- Cara Alunno, Receptionist

Division Director, Senior Services

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

Transportation Reservations: 505-955-4700

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

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

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

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

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739

Raymond Dominquez, Administrative Assistant: 505-955-4749

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

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

Senior Services Navigator: Vacant

Senior Center Programming Activities: 505-955-4711

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

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

Activities: MEG Center, Ventana de Vida Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

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

Cristina Villa: cavilla@santafenm.gov

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

Cristina Villa: cavilla@santafenm.gov

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

In-Home Support Services Program Manager

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

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

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

Senior Volunteer Programs

Program Manager - Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo, Project Administrator: tptrujillo@santafenm.gov

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

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

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

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

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

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

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

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

Mary Esther Gonzales Center (MEG): 1121 Alto St.
Pasatiempo Senior Center – 664 Alta Vista St.
Villa Consuelo Senior Center – 1200 Camino Consuelo
Luisa Senior Center – 1500 Luisa St.



Director's Note

Dear Senior Services Community,

I hope everyone had a great Independence Day and enjoyed the celebrations with friends and family.

We have implemented a new sign-in-and-out program here at the MEG. This has been put in place as a safety measure to ensure we can account for each person who enters and leaves the building in case of an emergency. I want to thank you all for your cooperation and understanding.

I also would like to let you know we will be introducing you to the Senior Services staff. Each month we will choose a staff member

from each of our teams: Administrative/Volunteer, In Home, Nutrition and Transit.

I want you all to meet the people who work to keep the Senior Services Division operating daily and provide the services for all of you to take part in and enjoy.

Manuel Sanchez

Division Director



EMPLOYEE SPOTLIGHTS



NUTRITION SECTION

- **What's your job title?** Cook
- **How many years have you worked for the City?** Sixteen Years
- **What's the most exciting part of your job?** Helping the elderly
- **Do you have any hidden talents or hobbies?** Not really
- **Are you a sports fan?** Yes
- **Who are your favorite teams?** Chicago Bears Fan
- **What's something you're proud of?** See all of my seniors enjoy the meals and seeing them with their friends

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



EMPLOYEE SPOTLIGHTS

- **What's your job title?** Administrative Assistant
- **How many years have you worked for the City?** 21 years in the fall, all of which were with the Division of Senior Services. The first 7 years were with RSVP office and remainder have been in the administrative offices with the MEG Center.
- **What's the most exciting part of your job?** Meeting seniors from all walks of life, with all kinds of backgrounds, from all over the country, who are now part of our community here in Santa Fe.
- **Do you have any hidden talents or hobbies?** The world will never know-that's why they're hidden...apparently juggling-LOL. Having to answer phones and assisting seniors and staff members simultaneously at times.
- **Are you a sports fan?** No, I fancy animals, plants, and seniors.
- **Who are your favorite teams?** Team Grumpy & Team 3 Amigos
- **What's something you're proud of?** Making things just a little less difficult for the senior population who often have to endure many difficult things in their lifetime, maybe someone will extend the same courtesy to me someday. Sometimes it's the little things in life that can make a big difference to someone, make them smile, make them feel comfortable in a new place (like the senior center) and make them understand the services that are available to them. *"God gave you a fingerprint that no one else has, so you can leave an imprint that no one else can."*



ADMINISTRATIVE SECTION

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 4+ years
- **What's the most exciting part of your job?** My job is not terribly exciting, as a matter of fact, the less exciting the day the better off everyone is. I do laugh a lot with many of our clients. Hearing their stories and laughing along with them is pretty great.
- **Do you have any hidden talents or hobbies?** MANY-I only show them off for special people. I'll let you in on one of them, I know how to make the PERFECT scrambled egg. And, NO I do not give lessons.
- **Are you a sports fan?** HUGE
- **Who are your favorite teams?** Las Vegas RAIDERS own my heart. LAKERS, DODGERS, AVALANCHE, NMSU AGGIES, U.S. WOMEN'S SOCCER TEAM, ISOTOPES, FUEGO, and any team playing against the Broncos.
- **What's something you're proud of?** My ability to fix anything except a broken heart.



TRANSPORTATION SECTION



IN-HOME SUPPORT SECTION

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** 13 months
- **What's the most exciting part of your job?** Being a companion to seniors that are sick and alone a lot. As well as helping those that can no longer take care of themselves and feel helpless and humiliated that someone has to help them with their basic needs and hygiene. It's important that they maintain their pride and dignity. We should help them to do that as much as possible.
- **Do you have any hidden talents or hobbies?** I'm a terrific grandmother, reading and dancing!
- **Are you a sports fan?** Some what....during the Super Bowl...LOL!
- **Who are your favorite teams?** Seattle Seahawks & Seattle Mariners
- **What's something you're proud of?** My daughter!

NEWS & VIEWS

MEG Transportation Program Update

Transportation services are fully operational from 8:30AM to 4:15PM. We provide transportation services to anywhere within city limits with a few exceptions. Reservations must be called in; no email requests. Masks are suggested, but not required. Drivers must clean and sanitize their vehicle after each patron is dropped off. Customers need to schedule their reservation at least 3 to 5 days in advance by providing their location, destination, designated time as well as a contact number. Please note: **The first Tuesday of the month Senior Services closes at 2:45PM for mandatory staff meetings/trainings.** Contact Linda Quesada-Ortiz at 505-955-4700 with any questions!

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

MEG BIRTHDAY CELEBRATIONS!

Everyone is welcome to enjoy a slice of birthday cake for all August Birthdays during lunch on August 1st!

AUGUST FOOD DISTRIBUTIONS



The Food Depot at 1222 Siler Road offers drive-through grocery distributions from **7:00 – 9:00 a.m.** **Thursdays, Aug. 3rd, 17th, & 31st**



Echo Commodity Distribution
Aug. 15, 9:30AM - 12:00PM
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (3552 Agua Fria St.)
Every other Tuesday, 4 to 6 p.m.
(begins Tuesday, Aug. 1st)

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+



THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



ICAN Class 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 how to:

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



Pasatiempo ICAN: Tues. Aug. 15th at 11AM

MEG ICAN Class: Weds. Aug. 16th at 10:30AM

Luisa Center ICAN Class: Thurs. Aug. 17th at 11AM

For more info, contact Renee with the SF County Extension Office at **505-417-4711**

Aug. Activities at the Luisa Center

- **How do you spell fun? B.I.N.G.O!** Join us on Friday, August 18th @ 1PM for special BINGO. Will you be the lucky winner?!
- **You Scream, I Scream, We All Scream for Ice Cream!** Join us for ice cream sundaes on Friday, Aug. 25th from 11:30 a.m. to 12:30 p.m. \$2.00/person!

AUG. DANCE!

Join us on Thursday, Aug. 24th from 1-4PM at the Fraternal Order of the Eagles on **833 Early St.**

- Music by Northern Revolution
- \$2.00 admission
- Light refreshments

Don't miss out on a great band!

Sponsored by Luisa Center



NEWS & VIEWS

Movie Days at Luisa & MEG!

You can choose to wear a mask at any time.



Luisa Center

The Son

Thursday, Aug. 3rd @ 1PM

Peter's hectic life gets further upended when his ex-wife tells him their teenage son, Nicholas, is deeply troubled. He soon tries to take care of Nicholas the same way he would have wanted his own father to have taken care of him



MEG Center

Elvis

Tuesday, Aug. 15th @ 1PM

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla

Annual NM State Fair Trips

Join the Senior Services Division for two trips to the New Mexico State Fair!

- Monday, Sept. 11th (Senior Day)
- Thursday, Sept. 14th (NM True and Gathering of Countries)

Both trips will depart at 9:00 a.m. from the Mary Esther Gonzales Senior Center and will return at approximately at 3:30pm.

- Bus Ride (suggested donation): \$5.00
- State Fair Admission: \$7.00

To sign up, please contact Cristina Villa @ 505-955-4725 as space is limited.



Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events - 1510 Luisa Street

- **AUG 2:** Computer/Smartphone Q & A @ 2:00 p.m.
- **AUG 14:** SHIP (State Health Assistance Program) by Aging and Long-term Services Dept. @ 1:30 p.m.
- **AUG 22:** End of Life Pre-Planning @ 2:00 p.m.
- **AUG 29:** "Smoke Free NM" @ 2:00 p.m.
- **AUG 30:** LERP (Legal Resources for the Elderly) @ 1:30 p.m.

Pasatiempo Center - 664 Alta Vista Street

- **AUG 7:** "Smoke Free NM" @ 2:00 p.m.
- **AUG 9:** Alzheimer's Association @ 2:00 p.m.
- **AUG 11:** LERP (Legal Resources for the Elderly) @ 1:30 p.m.
- **AUG 18:** End of Life Pre-Planning @ 2:00 p.m.



More info & maps:
sfct.org/vamonos
(505) 989-7019

Sat., August 5th | 9 to 11 a.m.

Vámonos Hike (Family Day): Randall Davey Audubon and Sanctuary Bear Canyon to Nature Discovery Area loop. Continue to Nature Conservancy on your own. Limited parking onsite, carpool from SF Water History Park. (No Dogs Permitted). Meet at 1209 Upper Canyon Rd.

Tues., August 8th | 6 p.m.

Take a Walk on the South Side: Southside Library to Arroyo Chamiso Trail. Meet at 6599 Jaguar Dr.

Thurs., August 10th | 5:30 p.m.

Find a New Path: River Trail @ Romero Park Trailhead to ReUnity Farms. Meet at 2145 Caja del Oro Rd.

Weds., August 16th | 5:30 p.m.

Wellness Walk: Acequia Trail from Larragoite Park to Ashbaugh Park. Meet at 1464 Cristobal Colon.

Fri., August 25th | 10 a.m.

Walk with our Elders: River Trail @ Bicentennial /Alto Park Meet at MEG Senior Center 1121 Alto St.

NEWS & VIEWS

SAVE THE DATE!
45th Annual Conference on Aging
 September 11, 2023 - State Fair Senior Day
 September 12-13, 2023 - Conference

3 Ways to Participate in the Conference

- Online virtual conference
- Watch Parties at senior centers throughout NM
- In Person Conference
 - National Hispanic Cultural Center
 1701 4th Street SW
 Albuquerque, NM 87102

Sign Up for the AARP Smart Driver Course:

The AARP Smart Driver Course will be held on **Tues., Aug. 15th** at the Mary Esther Gonzales Senior Center (MEG) dining room. Classes run from 1PM-5PM, with sign-in at 12:30PM. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 individuals.

All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the MEG dining room.

Volunteer instructors 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 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.

Call 505-500-4555 to register. Leave your name and phone number.

Flora's Corner



“Your fire lights the Sacred Path, allowing your spirits to see, the constant fire of Creation, and our infinite longing...to be.”

Thirteen Original Clan Mothers

Free Live Legal Webinar @ MEG

The Legal Resources for the Elderly Program will be presenting monthly free Legal Webinars to all who are interested. We will host a virtual presentation on August 15th at 11:00 a.m. in the Board Room at the Mary Esther Gonzales Center. Please arrive 15 minutes early.

Meet Elmer Leslie!

Mr. Elmer Leslie has been a volunteer at Santa Fe Habitat for Humanity for 22 years. He was born in 1938, which makes him 85 years old! Elmer is the oldest and the longest serving volunteer at Habitat. He has helped build over 130 houses for worthy Santa Fe families. When asked what he enjoys about volunteering he says, “Four things, first, the exercise, second, meeting people and being social, third, learn something new every day and finally, it is a worthwhile effort.”



Elmer plans to continue his work with Habitat as long he is physically and mentally able! Thank you, sir, for taking the time to do this interview and for giving a tour of this amazing new home!

VOLUNTEER PROGRAMS

Volunteer Opportunities at SF Animal Shelter

The Santa Fe Animal Shelter maintains an active and vital volunteer program that encourages volunteers to participate at the Shelter, our satellite locations and in the greater community.



- K-9 Walker/Socializer
- K-9 Nose Work
- New Hope Foster
- Mobile Adoptions
- PETSMAK Kitty Keeper
- Fearless Flyer
- Cat Store Volunteer

If you are interested in volunteering at The Santa Fe Animal Shelter, please contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov.

Join the FGP Volunteer Program

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

Income-eligible FGP volunteers earn a modest stipend, mileage reimbursement and other benefits. Volunteers must pass criminal background checks, training and commit to a minimum of five hours of service a week. To learn more, contact Theresa Trujillo at (505) 955-4745 or tptrujillo@santafenm.gov.



Happy Birthday, August Volunteers! ¡Feliz Cumpleaños!

Elizabeth Valdez	8/02
Genevieve Maes	8/04
Carolyn Minton	8/05
Carlos Ortiz	8/05
Rose Marie Lenahan	8/06
Cecilia Roybal	8/07
Lonnie Trimarche	8/07
Rose Ortega	8/10
Annette Strom	8/10
Francine Foster	8/15
Evelyn Jimenez-Iyow	8/15
Jesse Kain	8/16
Michael Evans	8/19
Bella Lucero	8/21
William Buchanan	8/23
Laura Santini-Smith	8/25
Lisa Bronowicz	8/27
Barbara de Tourris	8/28

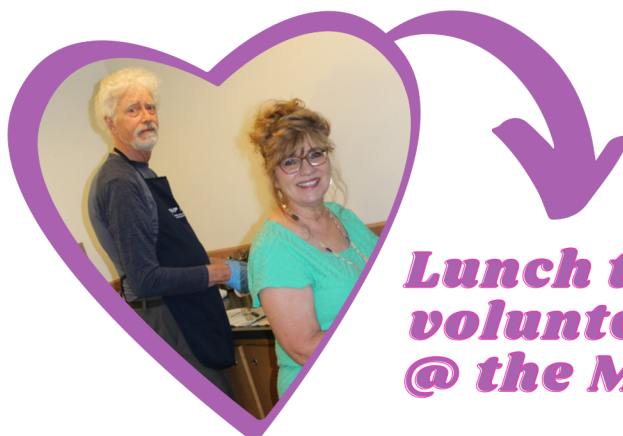


Join the RSVP Volunteer Program

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



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



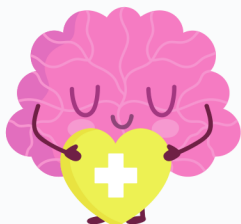
Lunch time volunteers @ the MEG!

HEALTH & SAFETY

MENTAL HEALTH RESOURCES IN NEW MEXICO

There are many resources for mental health support in New Mexico for everyone to access.

Check out these organizations to get assistance for yourself and your loved ones and neighbors.



Santa Fe Survivors of Suicide Support Group: (505) 690-1698

- Welcomes all persons affected by the suicide of another person to their bi-monthly support group.

Santa Fe Community Guidance Center: (505) 986-9633

- The Santa Fe Community Guidance Center is a health center of Presbyterian Medical Services. Located at 2960 Rodeo Park Dr. W in Santa Fe, it offers both primary care and behavioral health services.

New Mexico Crisis and Access Line: 1-855-NMCRISIS (1-855-662-7474)

- If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer- to-Peer Warmline.

University of New Mexico: mentalhealth.unm.edu

- Visit the UNM website to access many different resources for mental health.

NM 988: Call 988 or visit 988nm.org

- The 24/7 Lifeline for Emotional, Mental, or Substance Misuse Support

NUTRITION EDUCATION

FANCY FLAVORED WATER



Staying hydrated during the hot summer months is important! Source: [MyPlate.Gov](https://www.myplate.gov)

Makes 8 Servings | Prep Time: 10 Minutes

Try these flavor combinations or create your own!

Watermelon Lime:

- 1 cup watermelon
- 1 lime
- 5 mint leaves (optional)

Cucumber Lemon or Lime:

- 1/2 cucumber
- 1 lemon or lime

Berry Orange:

- 10 strawberries or blackberries
- 1 orange

Make flavors pop:

- Watermelon: Cut into small pieces (1 to 2 inches).
- Citrus fruit: Remove rinds, and slice into thin pieces.
- Cucumber: Slice into thin pieces.
- Mint: Tear leaves.
- Berries: Remove top (strawberries only). Slice into small pieces.

Directions

- Wash hands with soap and water.
- Wash all produce.
- Collect, slice, and measure all ingredients before starting to prepare the recipe.
- Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
- After you drink the water, you can eat the fruit or blend it into a smoothie!

WORD SEARCH

Kitchen Utensils

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

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

FORK
 GLASS
 GRATER
 GRILL
 ICE CREAM SPOON
 JUICER
 KETTLE
 MEASURING CUP
 MIXER
 OPENER
 PEELER
 PIE TIN
 PLATE
 ROLLING PIN
 SCALES
 SPATULA
 STRAINER
 TIN FOIL
 WAFFLE IRON
 WHISK

APPLE CORER
 BAKING TIN
 BREAD KNIFE

BRUSH
 CASSEROLE
 CHOPPING BOARD

COFFEE FILTER
 CUTLERY
 FISH PAN

DELETE ONE

Delete one letter from UNREGULATED POSER and find somewhere to wait.

CROSSWORD PUZZLE

ACROSS

- 1. Far from fashionable
- 4. **Month of Canada's Thanksgiving**
- 9. Actress Ling
- 10. **Ornamental Thanksgiving staple**
- 13. Healer
- 15. Earl "_____" Hines
- 18. Famous stone
- 22. 2009 animated hit
- 23. **Home to the town of Turkey**
- 25. "____ my!"
- 26. Denial
- 28. Light brown
- 31. Stone Age comic
- 33. **America's favorite Thanksgiving pie, per a 2018 poll**
- 38. Utilize
- 40. **First department store to sponsor a Thanksgiving Day parade**

41. Extreme

DOWN

- 1. "____ Hear a Waltz?"
- 2. Tie the knot
- 3. Thumbs-up vote
- 4. Trash-can dweller
- 5. Fantasy publisher
- 6. King of music
- 7. Singer's tool
- 8. ____ Tin Tin
- 11. Hoops group
- 12. "____ bin ein Berliner"
- 14. Hun honcho
- 15. More delicate
- 16. Careful spending
- 17. Dumas swashbuckler
- 19. Yours and mine
- 20. *Star Trek* officer
- 21. Sega rival
- 24. Half a Latin dance
- 27. ____ lazuli

- 29. Harrison's breakout role
- 30. Japanese pond fish
- 31. Creepy crawler
- 32. CBS drama franchise
- 34. Hawaiian string instrument
- 35. Debtor's initials
- 36. Sajak or Boone
- 37. Historic time
- 39. Dorothy Gale's aunt

1		2		3		4		5		6	7	8
										9		
10	11		12									13
										14		
15		16		17		18	19	20				21
							22					
23					24							
				25								
26						27		28	29		30	
31	32		33	34				35		36		37
38		39										
40								41				

CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 7 August 2023

Dear Stan

I recently signed up for Medicare Parts A and B. A friend said I should also consider purchasing a Medigap policy. What is a Medigap policy and why should I consider one?

*Samantha
Sunland Park*

**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 Samantha,

Congratulations on signing up for Medicare. Medicare pays on average about 80% of a beneficiary's medical costs. In addition to Medicare Parts A and B, seniors have the opportunity to buy a gap policy (Medicare Supplemental Insurance or Medigap) to cover the 20% difference in costs not paid by Original Medicare. It is important to note that Medigap policies do not offer additional benefits, they only pay the remaining 20% of costs. If Medicare pays, so does your Medigap, if Medicare denies a claim, your Medigap will not pay either. Also - you cannot buy a Medigap policy if you have Medicare Advantage.

Medigap plans are sold by private insurance companies, and they can only sell you a "standardized" Medigap policy. There are 12 different policy types to

choose from. Each policy has a different set of standardized benefits covering Part A and B deductibles, coinsurances, copayments and in some cases foreign travel. To find out about the different Medigap types go to www.Medicare.gov:

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Do not enter your Zip Code
- To the right of 'Step 1' click on 'See benefits of each plan'

It's important to compare Medigap policies at different insurance companies because monthly premiums will vary. Generally, the only difference between Medigap policies sold by different insurance companies is the cost. The

CONSUMER & LEGAL

premiums are based on either an 'attained age rating' or an 'issue age rating'. Attained age rating means premiums will be lower when you are younger but can go up as you get older. Issue age rating means premiums are lower for younger buyers and will not go up as you get older.

To search for Medigap Plans and premiums go to www.Medicare.gov:

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Enter your Zip Code and click 'Start'
- Put in your age, sex and whether you smoke or not
- Select 'Update Prices'
- Sort through the alphabetical listings, select one of the standardized policy types to review
- Click on 'View Policies' and you will see the different insurance carriers and estimated monthly costs
- Contact the insurance carrier to get an official quote.

People who are just starting with Medicare have a Right of Guaranteed Issue period during which companies are not allowed to require a health screening or deny a beneficiary based on pre-existing conditions. If you initially opt for a Medicare Advantage plan and later decide Original Medicare with a Medigap would better suit your needs, you will have a Right of Guaranteed Issue only if you are in the first year of Medicare. However, if you try to enroll in a Medigap policy when you do not have a Right of Guaranteed Issue you may have trouble finding a plan that will accept you.

If you want to talk to someone in person, please call the New Mexico **Aging and Disability Resource Center** at **1-800-432-2080**. Ask to speak with either an options counselor or a NM **State Health Insurance Program (SHIP)** volunteer. They can help you sort out Medigap policies.

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!**





CITY OF SANTA FE

RIVER TALKS 2023

A free series of presentations and tours for community members to learn more about our river, watershed, fireshed, and other related topics.

2023 SCHEDULE

August 9 | Water History Museum | 6PM

Planning for Our Future, Water Planning in the State of New Mexico

August 12 | Santa Fe County Fairgrounds | 10AM

Learn more about Santa Fe County's Green Initiatives

August 16 | Water History Museum | 6PM

Environmental Flows and the Santa Fe River

August 19 | Ricardo Pedestrian Bridge | 10AM

Santa Fe River Repairs, One Year Later

August 23 | Water History Museum | 6PM

Fire Ecology of the Santa Fe Fireshed

August 26 | Water History Museum | 10AM

The History of the Santa Fe River

August 30 | Water History Museum | 6PM

Fire Adapted Communities in the Santa Fe Fireshed



Sponsored by the City of Santa Fe & the Santa Fe River Commission.
For more info visit lead.me/rivertalks or scan the QR code.



45th Annual Conference on Aging!

September 12–13, 2023

Re—acquaint...Re—Connect...Re—commit...

This **HYBRID** conference will highlight *regional watch parties!*

REGISTER NOW at

<https://coa.altsd.state.nm.us/>

Featuring!

Governor Michelle Lujan-Grisham

Lieutenant Governor Howie Morales

Secretary Katrina Hotrum-Lopez

Keynote Speakers

Bill Benson, Benson has held senior leadership positions in the U.S. Congress, the U.S. Administration on Aging, and the California Department of Aging.

Audrey Herrera-Castillo Audrey is a native New Mexican, born and raised in Santa Fe. She began a career in state government through a high school work study program. In 2018, she retired as deputy cabinet secretary from the NM Tourism Department with 30 years of service.

National Hispanic Cultural Center

1701 4th Street SW, ABQ, NM 87102

In order to fund the conference, a minimal charge of a \$10 entrance fee is requested.



Tentative Conference Workshop Titles

A Glimpse inside Parkinson's Disease
AARP Veteran, Military & Families Program—An Overview
Aging and Vision Loss
Cannabis Use and Older Individuals
Caring for Our Wisdom Keepers: Supporting Native Elders
Common Legal Issues for Senior Citizens
Cyber Safety 101
DETERMINED to improve nutrition status and decrease falls risk as we age
Elder Abuse in New Mexico: Prevention, Intervention and Harm Reduction
Falling and Hearing Loss: Are they connected?
Falls and Cognition: Considerations for prevention and intervention
Grief as a Risk Factor for Abuse: Why the Grieving are at Higher Risk
Home and Personal Safety
How Medicare Works With The Indian Health Service
Intro to your iPad/iPhone
Let's Talk About Fall Prevention: Preparing for a Visit with Your Doctor
Let's Talk About Respite
Making the Most of Medicare: Preparing for Fall Open Enrollment
Managing Money - A Caregivers Guide to Finances
Medicare 101
Medicare 101 with a Deep Dive into What are My Options
Medicare Workshop
Molina—Win a Food Box!
New Mexi-CARE
Preventing Falls: Effective Balance and Movement Programs
Programs and Advocacy for New Mexico Caregivers
Protect Yourself and Medicare From Scams and Fraud
Re-Connecting with your Loved One with Alzheimer's or other Dementias
Reducing Shame and Stigma of Problem Gambling
Resources for Independence in Aging
Revisited: Resident Sex, and Intimacy in Assisted Living and Long-Term Care
Senior Care Navigation: What it is, why you need it and how to get it!
Senior Community Health Workers: Peers Networking Care and Benefits
Strategies and resources for gardeners, farmers and ranchers
Take an Educational Ride into Reverse Mortgage Outer Space!
The 10 Warning Signs of Alzheimer's Disease

CROSSWORD PUZZLE SOLUTIONS

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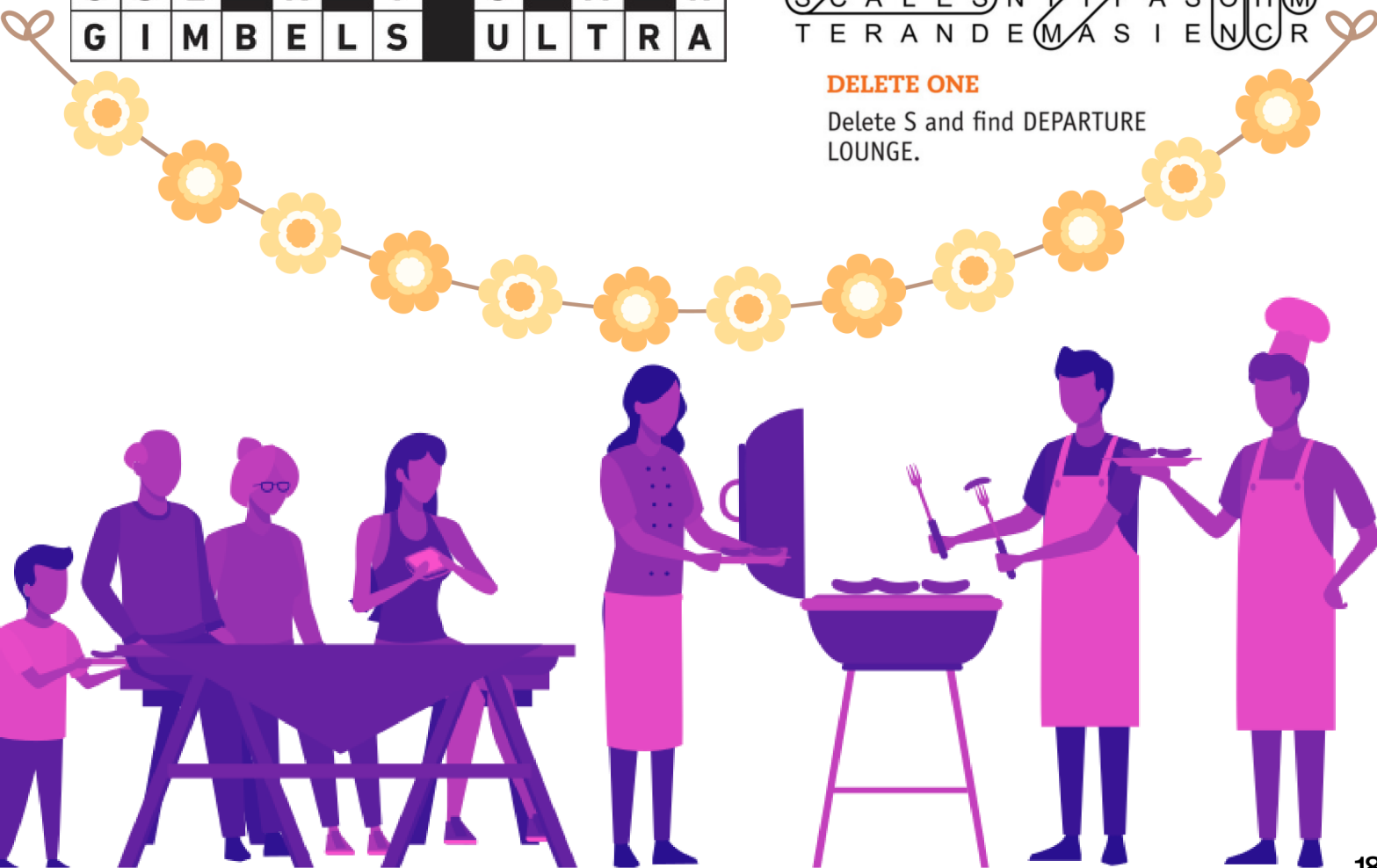
WORD SEARCH SOLUTIONS

Solution: Kitchen Utensils

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DELETE ONE

Delete S and find DEPARTURE LOUNGE.



SENIOR CENTER LUNCH MENU - AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fettuccini Cauliflower & Broccoli Garlic Toast Sliced Apples	2 Turkey Sandwich with Garnish Macaroni Salad Carrots & Celery Sticks Tropical Fruit	3 Red Chile Beef Enchiladas Pinto Beans Salsa Corn Tossed Salad Fresh Orange	4 Chicken Fried Chicken Chicken Gravy Mashed Potatoes Asparagus Roll Plums
7 Tilapia Scalloped Potatoes Mixed Veggies Roll Banana	8 Cheese Tortellini Meaty Marinara Italian Veggies Cucumber/Tomato Salad Garlic Bread Ice Cream	9 Beef Tips over Egg Noodles Buttered Peas Spinach Salad Roll Apple Cobbler	10 Pepper Steak ½ Baked Potato Broccoli & Cauliflower Cheese Sauce Biscuit Cantaloupe	11 Cobb Salad with Bacon, Chicken & Boiled Egg Dressing Breadstick Cake
14 Polish Sausage Sauerkraut Sauerkraut Parsley Potatoes Butted Carrots Roll Pears & Jello	15 Beef Burrito Supreme Green Chili Spanish Rice Calabacitas Fresh Grapes	16 Chicken & Rice Casserole Peas & Carrots Tossed Salad Roll Applesauce	17 Turkey Roast Turkey Gravy Yams Vegetable Medley Roll Pineapple Tidbits	18 Fish Sandwich with Tartar Sauce California Veggies Hushpuppy Coleslaw Tapioca Pudding
21 Baked Chicken Mushroom Sauce Rice Pilaf Green Beans & Corn Roll Chocolate Chip Cookie	22 Roast Beef Brown Gravy Mashed Potatoes Asparagus Roll Watermelon	23 Teriyaki Chicken Fried Rice Asian Veggies Roll Fortune Cookie Mandarin Oranges	24 Beef Fajita with Pepper & Onions Fajita Veggies Refried Beans Salsa Mixed Veggies Fresh Pear	25 Tuna Salad Coleslaw Cold Peas Crackers Cherries in Strudel
28 Chile Relleno Meaty Green Chili Sauce Black Beans 5 Way Veggies Tortilla Apricots	29 BBQ Chicken Strips Sweet Potato Fries Green Beans Spinach Salad Fresh Strawberries	30 Red Chili Cheese Dog Onion Rings Chuck Wagon Veggies Sherbet	31 Sweet & Sour Pork Brown Rice Asian Veggies Egg Roll Vanilla Pudding	

Senior Meal Suggested Donation: Lunch \$1.50

10:30 a.m. – 12:30 p.m. Monday through Friday

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

**City of Santa Fe
Senior Center
Locations**

**MARY ESTHER
GONZALES (MEG)**
1121 Alto St.
505-955-4721



**MEG
Open for
Meals!**

**Pasatiempo
Open for
Meals!**

PASATIEMPO
664 Alta Vista Street
(505) 955-4721



LUISA
1500 Luisa
Street
(505)
955-4721
(entrance on Columbia St.)



**Luisa
Open for
Meals!**

VILLA CONSUELO
1200 Camino Consuelo



Genoveva
Chavez
Community
Center



[santafenm.gov/
division of senior services](http://santafenm.gov/division-of-senior-services)

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