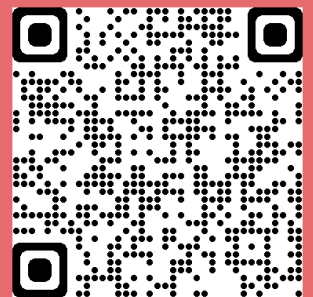


SENIOR SCENE

FEBRUARY 2023



[www.santafenm.gov/
senior scene newsletter](http://www.santafenm.gov/senior-scene-newsletter)





CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES, 1121 ALTO STREET, SANTA FE, NM, 87501



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

Position Vacant

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz: 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/Grab-N-Go Meals: 505-955-4739

Yvette Sweeney: yasweeney@santafenm.gov

- 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: 505-955-4735

Saul Carta: scarta@santafenm.gov

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

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+: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

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

In-Home Support Services Program Supervisor: VACANT

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: dcdevaca@santafenm.gov

- 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: 505-955-4744

Anya Alarid, Program Manager: aalarid@santafenm.gov

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

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 St.

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. Masks are encouraged, but not required.

Luisa Senior Center

1500 Luisa Street (entrance on Columbia Street)

- **Mon - Fri: 8:00AM – 1:30PM**
Fitness Room & Computer Lab OPEN
- **Bingo Sundays:** February 5th & 19th - 1:00PM-3:00PM
- **Mon & Weds: Computer Assistance** - 10:30AM - 12:30PM
- **Tues & Fri: BINGO** - 1:00PM - 3:00PM

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street

- **Mon - Fri: 8:00AM - 4:30PM**
Pool/Cards/Billiards Room & Fitness Room OPEN
- **Mon & Wed: BINGO** - 1:00PM - 3:00PM
- **Tues: Guitar Class** - 10:00AM - 11:30AM
- **Thurs: Wood Carving** - 9:30AM - 11:00AM
- **Thurs: Sitting Tai Chi/Qi Gong** - 2:30PM-3:30PM
- **Fri: Knitting Class** - 1:00PM - 3:00PM

MEG Center Activities

Albert Chavez

505-955-4715

wachavez@santafenm.gov

Luisa Center Activities

Cristina Villa

505-955-4725

cavilla@santafenm.gov

CITY OF SANTA FE
COMMUNITY SERVICES
SENIOR SERVICES

Senior Scene Magazine Highlights

News & Views

Volunteer Programs

Tax Aide Program

Heart Health

February Senior Center Lunch Menu



Offered by:

Division of Senior Services
Programs And Activities for
Older Adults

Newsletter Production

Mona Baca, Editor/Distribution
Desiree Valdez, Graphic Design



NEWS & VIEWS

Register for the 2023 Senior Olympics!

Registration continues through February 17, 2023, 8:30AM to 4:00PM, at the Mary Esther Gonzales Senior Center at 1121 Alto St.

You can also register at the Genoveva Chavez Community Center at 3221 Rodeo Rd on the following dates:

- Fri. February 3rd: 8AM - 12PM
- Weds. February 15th: 8AM - 12PM

\$20 registration fee includes the 2023 T-shirt

Participants who compete in one or more events will receive a 15-punch pass to any of the three City of Santa Fe recreational centers. Passes will be issued in June.

Share this information with your friends!

Questions? Contact Cristina Villa
(505)795-3817 | cavilla@santafenm.gov

Haircuts by Fabiola
Mondays - February 6th & 20th
10:00AM to 2:00PM
Exercise Room at the
Mary Esther Gonzales Center



Free COVID-19 Omicron Booster Shots

New Mexico Department of Health is giving free COVID-19 Omicron booster shots:

- Luisa Senior Center - Wed, Feb. 1st, 1PM - 4PM
- Pasatiempo Senior Center, Wed, Feb. 15, 1PM - 4PM

February Grocery Distributions



Drive-through grocery distributions are offered at The Food Depot at 1222 Siler Rd. 7:00 – 9:00 a.m. Thursdays, February 2nd & 16th



Echo Commodity Distribution
Tuesday, February 14th, 2023



MEG Transportation Program Update

Transportation services are currently available for trips to: Grocery stores, Banks and Post Office, Non-medical appointments (Salons, Barber Shops and Social Security Office), Luisa Center Congregate Lunch

Masks are encouraged and not required. Drivers are required to clean and sanitize their vehicle after each patron is dropped off. Customers need to schedule their reservation 3 to 5 days in advance by providing their location, destination, designated time, and contact number.

Thank you for your patience. If you have any questions, please feel free to contact Linda Quesada-Ortiz at 955-4700.

Valentine's Dance featuring Los Malcriados



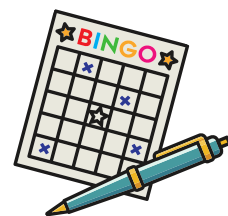
The Valentine's Dance will be hosted by the Luisa Senior Center on **Tues, February 14, 2023 from 1:00PM - 4:00PM at the Fraternal Order of the Eagles Club - 833 Early St.**

Admission is \$2.00 and light refreshments will be served. Masks are encouraged and not required. Transportation will be available for rides home from the Fraternal Order of the Eagles.

Bingo Sundays Fundraisers @Luisa Senior Center!

Join us for weekend Bingo sessions at the Luisa Senior Center located at 1500 Luisa St. (off Columbia). \$20 per person with cards and specials included! Everyone is welcome! All proceeds go to the Luisa Senior Center.

- Sun, February 5th @1:00pm
Frito Pie - \$5.00
- Sun, February 19th @1:00pm
Green Chili Stew/Posole - \$5.00



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.

Silver HORIZONS
Floor Program

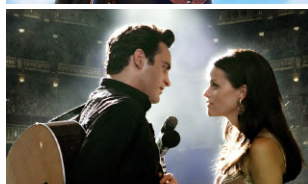
NEWS & VIEWS

Movie Days at MEG & Luisa!

Masks are encouraged and not required.



Luisa Center
Walk. Ride. Rodeo.
Thursday, February 9th
1:00PM



MEG Center
Walk the Line
Tuesday, February 21st
1:00PM

Sign Up for the AARP Smart Driver Course

AARP Smart Driver Courses will be held on **Tues, Feb. 14, Tues. March 14, and Tues, April 11** 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.

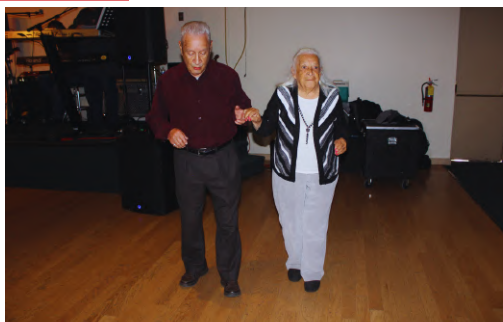
Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be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

To register: Call 505-490-2489 and leave your name, phone number and the month of the class you want to attend.

January Activities Highlights



The Winter Dance



Cutting a Rug at the Winter Dance



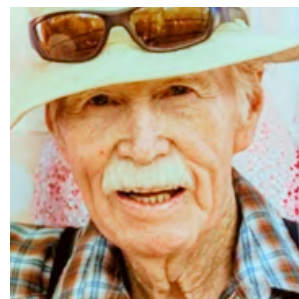
Senior Day at the Roundhouse

Grandparents Raising Grandchildren

The City of Santa Fe Division of Senior Services currently has funds to assist grandparents providing out-of-pocket expenses like medical related expenses, food, clothing, etc., for their grandchildren. Senior citizens 55 years+ who live in the city/county of Santa Fe and show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive financial assistance annually for up to two grandchildren, per grandparent/household. **For more information, please contact Theresa Trujillo at 505-955-4745 or tptujillo@santafenm.gov**



We Will Miss You!



Alex Vargas, 84, passed away peacefully at home, surrounded by family on Tuesday, January 3, 2023 from his three month battle with leukemia. Alex was born October 16, 1938, in Chimayo, NM, to Eulogio and Salome Vargas.



NEWS & VIEWS

Los Coloniales de Santa Fe Celebrate 75th Anniversary by Leo M. Kahn

Intense love of dancing is an integral part of the culture of Spanish people, especially in Northern New Mexico. The Los Coloniales de Santa Fe is a group of dedicated members who preserve traditional cultural dances by teaching them to the public to keep them alive for future generations. Members of the Coloniales range in age from mid-80s to early 90s and love dancing because it allows them to stay young at heart through exercise.

Cultural dances in New Mexico started when refugees fled from their European homelands to Mexico and continued performing dances like Viennese waltzes, Polish varsovianas, French cutillos, ScotchGerman schottische, and European cuadrillas. When Mexico declared independence from Spain and France in 1844, a law was passed declaring the end of the performing any dances connected to European culture. Northern New Mexico was still part of Mexican territory but allowed the dances to continue as part of the village life. Dancing celebrated the end of the week, bautismos, weddings, fiestas, and all types of special events in the community.

According to Mary Martinez, a longtime Los Coloniales member, a group entertained friends and families by performing these dances with local modifications at different homes on Saturdays in Pecos – they would roll up the carpets, move the furniture, and local musicians would provide music. Don Alejandro Flores was on the violin and Evaristo Lucero on the guitar. Later, Don Alejandro invited Don Gregorio Ruiz to play for the dances, so Don Alejandro could dance with his wife, Anna Maria. After dancing, they would enjoy a merienda with food and drinks. This group was the spark starting Las Coloniales and in 1948 La Sociedad Colonial Espanola was formed, inspired by their first president, Bonnie Apodaca. The name of the group was suggested by Agapita Quintana. As the group became popular, they added “de Santa Fe” to indicate where the “Coloniales” were from.



**To request an appearance or to join the
Los Coloniales, contact Helen Quintana at 505-470-7425**

Los Coloniales have performed at fiestas, county and state fairs, nursing homes, several Senior Centers, and special events. They teach dances to students in Northern New Mexico. Thousands of students have enjoyed learning the dances and have performed them in assemblies and recitals. The Coloniales have shared their dances in New Mexico along the Rio Grande Valley and the Camino Real from San Juan to the Camino Real Museum in the southern part of the state. They have participated in historical celebrations: the 400th anniversary of the Camino Real, the 400th anniversary of Santa Fe's founding, the 300th anniversaries of Albuquerque's founding and the San Felipe Church, Hilos de Colturales in Alamosa, Colorado, as well as performing at Rancho de las Golondrinas. The members also performed at the 300th anniversary of the Fiestas de Santa Fe and the 100th anniversary of New Mexico's statehood.

Participating with the Santa Fe Sister Cities Committee they have honored officials from Parral, Chihuahua, Mexico and, in 1999, the Coloniales accompanied the committee on a trip to Spain where they danced at Palacios, Santa Fe de La Vega and at the U.S. Embassy in Madrid. In 2004, the Coloniales again went to Europe to invite the Spanish towns of Santa Julia, Andorra, and Oñate to be Friendship Cities to Santa Fe. The State of New Mexico recognized the organization's cultural preservation accomplishments by presenting them with the State's outstanding Cultural Award. The National Hilos Culturales also honored the Coloniales as recipients of the prestigious Premio Award of the Hilos Culturales.

VOLUNTEER PROGRAMS

Martin Luther King Service Project

We distributed donated items: blankets, scarves, gloves and hats on Tuesday, January 17, 2023 at the Mary Esther Gonzales and Luisa Centers. Thank you to everyone who helped make this service project a success! We made many seniors very warm and happy!



Join the RSVP Volunteer Program

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



**AmeriCorps
Seniors**

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. www.rsvpsantafe.org. If you are interested in volunteering please contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

Become an ESL Tutor



Literacy Volunteers of Santa Fe's 12-hour training workshop prepares volunteers to tutor adults in English as a Second Language (ESL). Orientation will be held on Thurs, February 16th from 4PM to 6PM, and the training will be on Friday and Saturday, February 17th and 18th from 9AM -1PM. (There will also be an hour follow up workshop.)

For more information, please call 505-428-1174, or visit www.lvsf.org to apply to be a tutor.

Volunteer Fitness Instructors Needed!

Senior Services is seeking volunteer fitness instructors to teach Enhance Fitness, Chair Exercise, or Strength Training classes. **If you are interested please contact Cristina Villa at 505-955-4725 or cavilla@santafenm.gov**

Happy Birthday, February Volunteers! ¡Feliz Cumpleaños!

Patricia Moeller	2/04
Yolanda Garcia	2/09
Laura Cowan	2/10
Juanita Quintana	2/11
Leonard "Lee" Manning	2/12
Edward E. Mose Sr.	2/14
Irene Moyes	2/14
Grace DeAguiro	2/15
Catherine Roybal	2/15
Susan Cover	2/16
Shirley Knarr	2/16
Theodore Pomeroy	2/17
Maria Rios	2/17
James Dorris	2/19
Daniel Earp	2/19
Steven Cary	2/20
Steve Rogers Jr.	2/20
Elora Martinez	2/20
Louis Baca	2/22
Ross Quintana	2/22
Connie Kinsey	2/23
Valerie Alarid	2/26
Ann Lindsay	2/26
Kate Allen	2/27
Margie Gurule	2/28



HEALTH & SAFETY

FEBRUARY IS AMERICAN HEART MONTH: HEART-HEALTHY TIPS FOR SENIORS

American Heart Month is an opportunity to focus on maintaining heart health. Many people believe cardiovascular diseases (CVD) comes with old age, but seniors can do a lot to strengthen their heart and circulatory system.

What Is Heart Disease?

“Heart disease” and “cardiovascular disease” are used interchangeably to describe various conditions affecting your heart. Cardiovascular diseases include blood vessel diseases, heart rhythm problems, and congenital heart defects. The most common form of heart disease in the U.S. is coronary artery disease (CAD), which occurs when arteries supplying blood to the heart become hardened and narrowed due to a buildup of cholesterol, known as plaque. CAD can lead to health issues such as heart attack, heart failure, angina (chest pain), stroke, and irregular heartbeat.

Every year, one in four people will die from heart disease. Common risk factors include:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Poor diet
- Inactive lifestyle
- Cigarette smoking
- Excessive alcohol consumption

Heart disease symptoms causing an emergency may include:

- Chest pain, discomfort or an uncomfortable pressure in the chest
- Shortness of breath
- Pain in the upper body, arms, back, neck, jaw or upper stomach
- Feeling nauseous or vomiting
- Sweating; or cold sweats
- Weakness, light-headedness, feeling faint or dizzy
- Feeling very full or having indigestion
- Fatigue or exhaustion
- An irregular heartbeat, palpitations, or increased heart rate

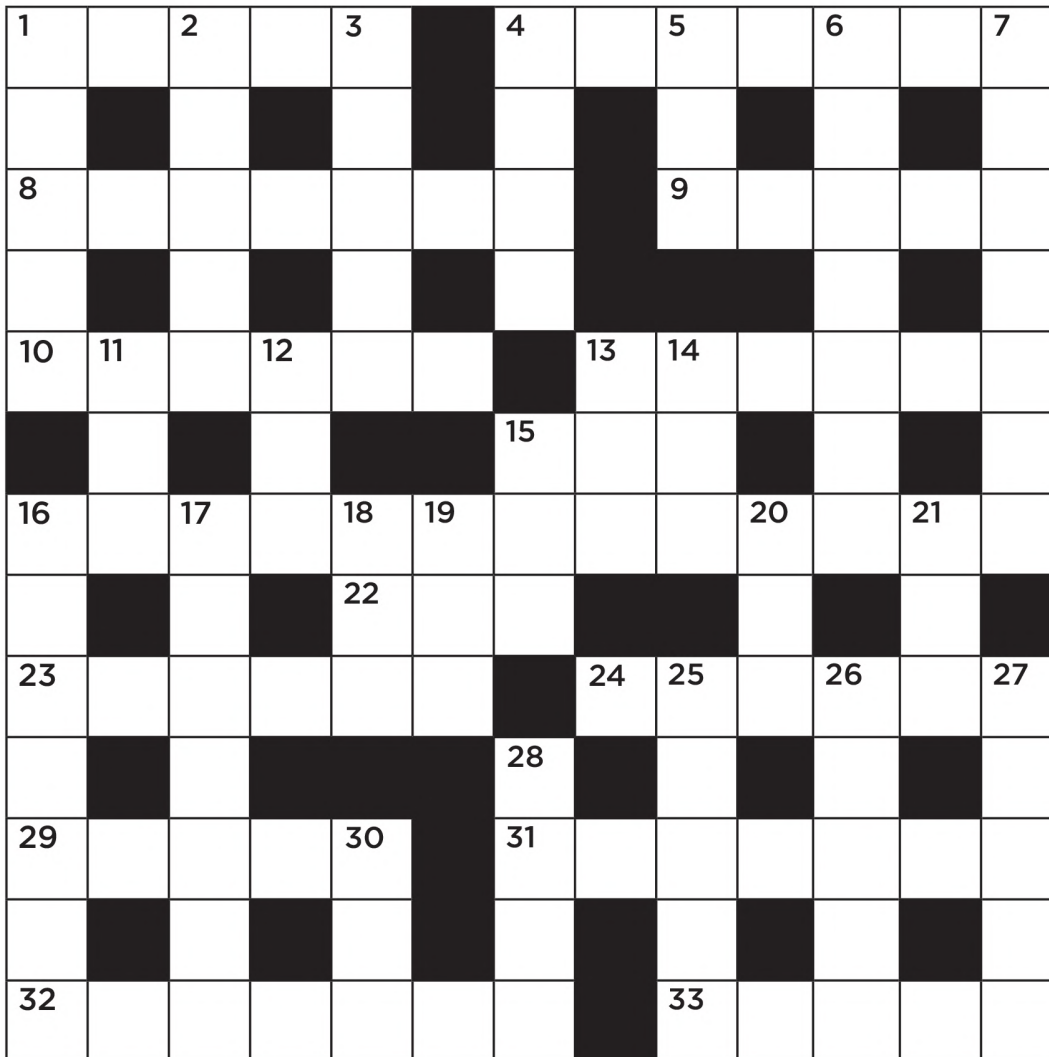
Preventing Heart Disease

You can keep your heart healthy no matter how old you are by changing your everyday habits. Here's how to get started:

- **Get enough exercise.** Perform at least 150 minutes per week of moderate exercise.
- **Quit smoking.** If you're still smoking, it's time to quit. [QuitNowNM.com](https://www.quitnownm.com)
- **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables and limit saturated fats, salt, and foods containing cholesterol, like fatty meats.
- **Watch your numbers.** Get regular check-ups to monitor health conditions affecting the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- **Reduce your alcohol intake.** Excess alcohol consumption worsens health conditions contributing to heart disease, like high blood pressure, arrhythmias, and high cholesterol levels.
- **Watch your weight.** To help prevent heart disease, maintain a healthy body weight for your size.
- **Get better sleep.** It's critical for seniors (and everyone) to sleep between seven and nine hours each night.
- **Reduce stress factors.** Stress can compound many heart disease risks that older adults already face, like high blood pressure. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.



CROSSWORD PUZZLE

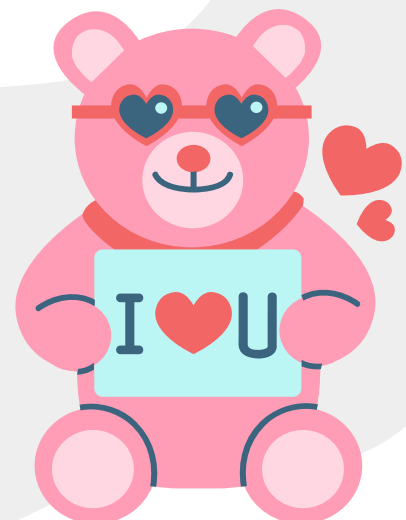


DOWN

1. Breakfast meat
2. Leggy wading bird
3. Two-spot
4. Location
5. "See ya!"
6. Devoured
7. Swap
11. University of North Texas, for short
12. Banged Stooze
13. Speak sweetly
14. Attila the ____
15. Yang partner
16. Video game parlors
17. Filling in
18. Author Anaïs
19. Price place
20. ____ Paulo
21. Onassis who wed Jackie
25. Elm, cherry, and maple, for example
26. Flick
27. Military academy student
28. Secondhand
30. Caboodle sidekick?

ACROSS

1. Thick cookie
4. Brief documentary film
8. 1986 Ally Sheedy movie
9. Additional
10. CT's favorite spice
13. Cheat
15. Not me, but ...
16. Goldfish are said to have this
22. Bond creator Fleming
23. Deficiency
24. Type of energy
29. Imbibe
31. A T-shirt, for example
32. Myopic
33. Play a trick on a roommate



WORD SEARCH

Flirt

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

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

ADMIRATION
 ADVENTURE
 AFFECTION


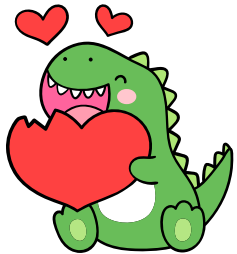

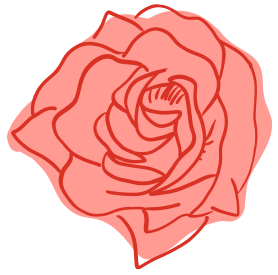


BLINK
 BLUSH
 CANDLE LIGHT

CHARMING
 CONQUEST
 DINE
 DISCOVERY
 DRINK
 ENCOUNTER
 ENVY
 FAREWELL
 FLEETING
 GLANCE
 HEALTHY
 HEART
 INTIMATE
 JOKES
 KISS
 LETDOWN
 LISTEN
 LOVE
 NEED
 POEM
 REJECTION
 ROMANTIC
 SHY
 SMILE
 TALK
 TENSION
 TOUCH

DELETE ONE

Delete one letter from MANLY AS IF FATE and let your imagination run wild.

SENIOR CENTER LUNCH MENU- FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Provencal w/Tomato Topping White Rice Spinach & Onions Wheat Roll w/Margarine Mixed Fruit in Jello	2 Pork Chop Scalloped Potatoes Broccoli Florets Wheat Roll w/ Margarine Fresh Apple	3 Beef & Potato Stew w/Celery, Tomatoes & Carrots Mexican Slaw Crackers Peanut Butter Cookie Fresh Pear
6 Creamy Chicken over Spinach & Tomato Linguini Buttered Carrots Breadstick Chocolate Cake	7 Pork Stir Fry Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Wheat Roll Mandarin Oranges	8 Breaded Chicken Sandwich Garnish Pasta Salad Cold Peas Tropical Fruit	9 Chili Cheese Dog w/Meaty Red Chili Mixed Veggies Onion Rings Fresh Orange	10 Baked Ham with Pineapple Yams Vegetable Medley Pineapple Tidbits Yogurt with Granola
13 Sweet & Sour Chicken Brown Rice Asian Veggies Egg Roll Brownie	 14 BBQ Ribs Pork & Beans California Veggies Corn Bread Sherbet	15 Baked Cheese Ziti w/Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Toast Bananas in Pudding	16 Open Face Turkey Sandwich Turkey Gravy Bread Stuffing Capri Veggies Spinach Salad Oatmeal Cookie	17 Salisbury Steak Mushroom Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Pears in Jello
20 Baked Chicken Breast Mushroom Sauce Baked Potato Mixed Veggies Wheat Roll Tapioca Pudding	21 Frito Pie Pinto Beans Garnish Mexicorn Yogurt w/ Graham Crackers	22 Beef Roast Mashed Potatoes Brown Gravy 5 Way Veggies Wheat Roll Plums	23 Green Chili Cheeseburger Garnish Ranch Beans Potato Chips Sliced Apples	24 Chicken Tenders Pepper Gravy French Fries Coleslaw Biscuit Ice Cream
27 Salmon Patty Tomato Macaroni Asparagus Apricots	28 Spaghetti w/ Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Toast Applesauce			

Senior Meal Suggested Donation: Lunch \$1.50

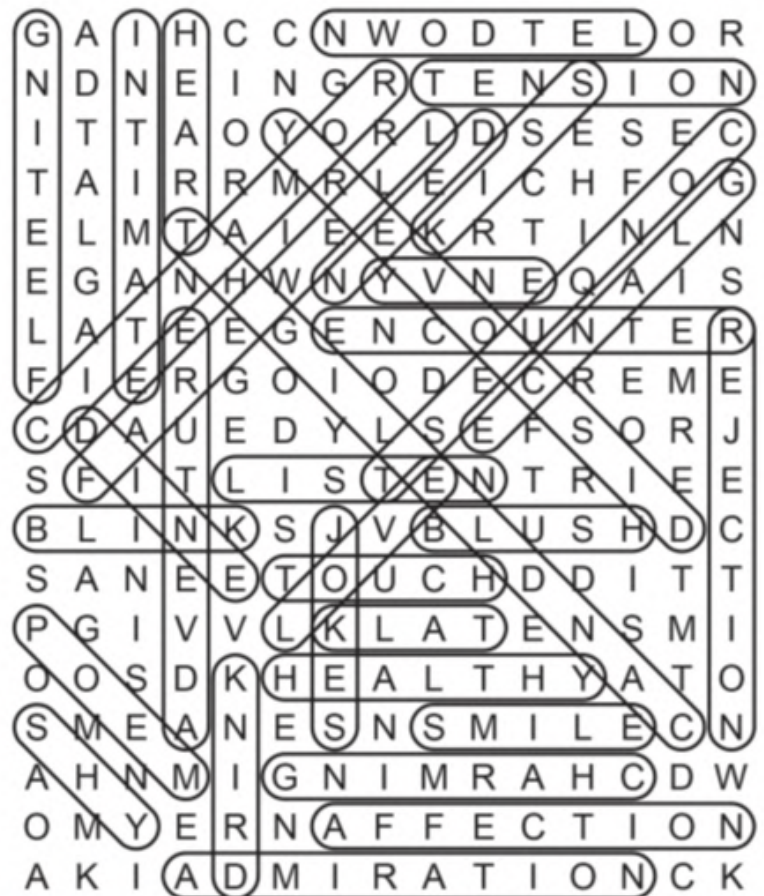
10:30 a.m. – 12:30 p.m. Monday through Friday

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

CROSSWORD PUZZLE SOLUTIONS

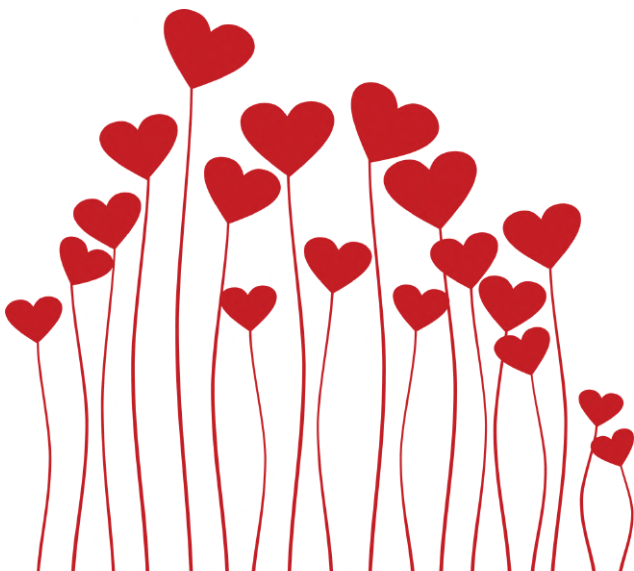
B	R	E	A	D		S	U	B	J	E	C	T
A		G		E		I		Y		A		R
C	I	R	C	U	I	T		E	X	T	R	A
O		E		C		E				E		D
N	U	T	M	E	G		C	H	A	N	G	E
	N		O			Y	O	U		U		I
A	T	T	E	N	T	I	O	N	S	P	A	N
R		E		I	A	N			A		R	
C	O	M	I	N	G		A	T	O	M	I	C
A		P				U		R		O		A
D	R	I	N	K		S	L	E	E	V	E	D
E		N		I		E		E		I		E
S	I	G	H	T	E	D		S	H	E	E	T

WORD SEARCH SOLUTIONS



DELETE ONE

Delete E and find A FANTASY FILM.

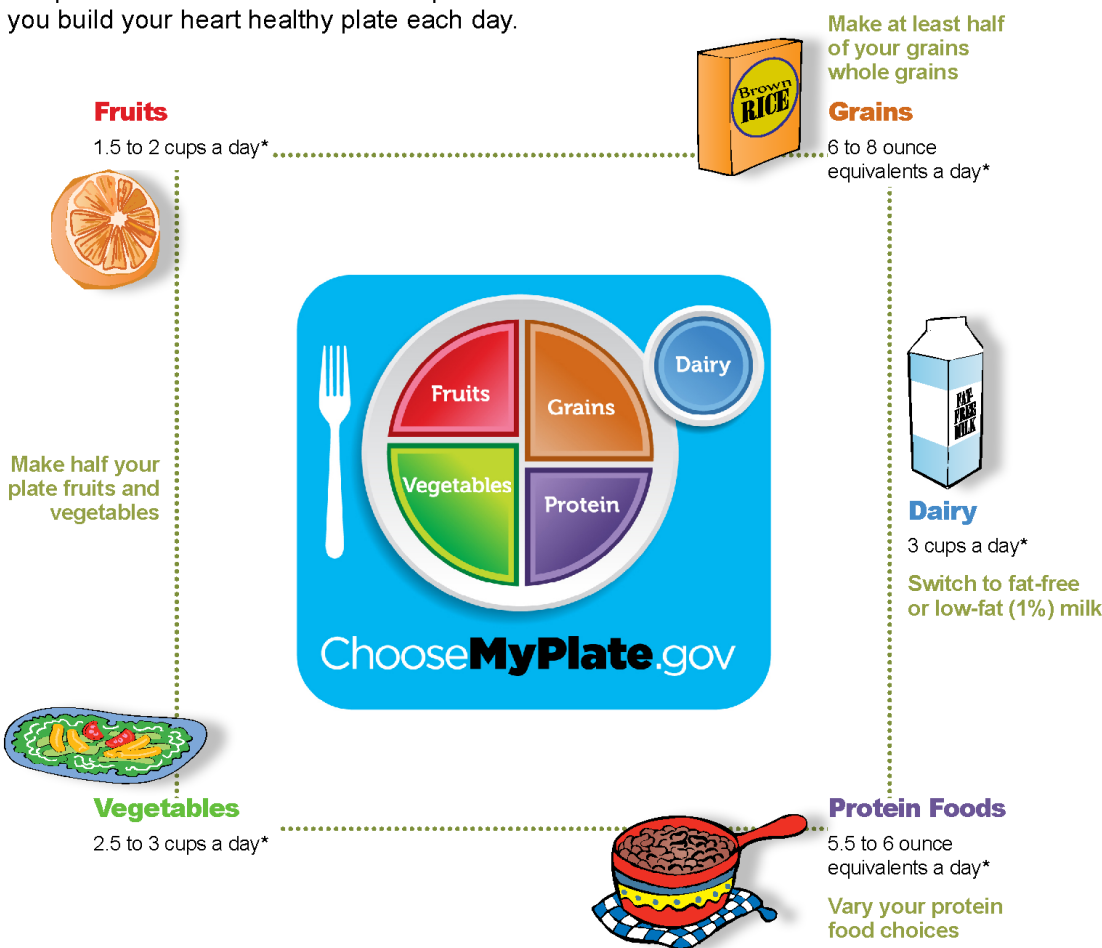


NUTRITION EDUCATION

HEART HEALTHY EATING PLAN

Before you eat, think about what goes on your plate, cup, or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need to maintain a heart healthy eating plan.

Keep these recommendations and tips in mind as you build your heart healthy plate each day.



VEGETABLES & FRUITS

Fresh, frozen, or no-salt added canned vegetables like green beans, carrots, cabbage, tomatoes, squash, broccoli, and okra. Fresh, frozen, canned (packed in fruit juice), or dried fruits without added sugar (such as oranges, papaya, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail, and raisins.)

Fresh, frozen, or no-salt added canned vegetables like green beans, carrots, cabbage, tomatoes, squash, broccoli, and okra. Fresh, frozen, canned (packed in fruit juice), or dried fruits without added sugar (such as oranges, papaya, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail, and raisins.)

GRAINS

Sliced whole grain bread (whole wheat or rye), sandwich buns, dinner rolls, pita bread, pan de sal (salt bread), and bagels. Unsalted low fat crackers (like graham crackers), unsalted pretzels, and plain popcorn. Cooked hot cereals (not instant) and whole grain cold cereals. Rice & pasta (whole grain noodles, spaghetti, and macaroni). Noodles and steamed brown rice.

PROTEIN FOODS

Chicken or turkey without skin. Fish. Lean cuts of meat (Beef - round, sirloin, chuck, loin, & extra lean ground beef) (Pork - leg, shoulder, tenderloin, & lean ham). Eggs (no more than 4 yolks a week). Tofu. Beans & peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, and lentils). Nuts and seeds.

DAIRY

Fat-free or low-fat (1%) milk. Fat-free or low-fat yogurt. Cheese lower in fat & sodium.

GO TO MYPLATE.GOV FOR MORE INFORMATION

CONSUMER & LEGAL

AARP TAX AIDE PROGRAM

Need help filing your taxes? The AARP Foundation provides free tax assistance and preparation through its Tax-Aide program. Appointments are required and individual appointments must be made for each member of a household or group filing a return.

To make an appointment call (505) 428-1780 (volunteers will return calls when possible) or go to www.sfcc.edu/taxaide

For taxpayers, who are married and filing jointly, both individuals must be present to sign documents. Exceptions may be made only when a spouse is unable to be present due to health issues. Intake and other forms will be available at the site.

The program will be closed due to any COVID-related closures, HEC observed holiday closures, and SFCC/HEC Spring Break - Mar. 20 through Mar. 24. HEC weather delays or closures will take place and appointments affected by weather delays or closures will be rescheduled.

THE AARP FOUNDATION TAX AIDE PROGRAM CANNOT PREPARE RETURNS INCLUDING:

- Rental income
- Married individuals who file separately
- Self-employment returns with expenses of more than \$35,000 or more, home office deduction, employees, inventory or operating loss
- Royalty income with associated expenses
- Casualty loss
- Out-of-state or multi-state returns, except for states with no state income tax (Alaska, Florida, Nevada, South Dakota, Texas, Washington, and Wyoming)

**SANTA FE COMMUNITY COLLEGE MAIN BUILDING
6401 RICHARDS AVE.**

ROOMS 408 & 410

**WEDS., FEB. 1, 2023 – TUES., APR. 18, 2023
MONDAY THROUGH FRIDAY | 8:30AM – 3:00PM**

BRING TO YOUR APPOINTMENT:

- Copy of prior year return
- Driver's License or State ID of the primary filers
- Social Security Card or ITIN Letters for all taxpayers and dependents
- Social Security Year End Statement
- Bank information (routing and account numbers) for direct deposit or direct debit
- Income documents: W-2s; 1099's for retirement income or self-employment; interest, dividend, capital gains or brokerage statements; Unemployment (form 1099-G); gambling wins (form W2-G and related loss documentation)
- Individuals eligible for State/County Rebates or Credits— bring 2022 property tax bill(s) or rent information, out-of-pocket medical expenses (no over the counter or medical cannabis-related expenses) and other household income
- Supporting documents for itemized deductions or credits: childcare, college, or vocational training information (1098-T), medical expenses not covered by insurance – including mileage, charity donations, property tax bills or receipts and mortgage interest paid

BRING THIS DOCUMENTATION IF IT APPLIES TO YOU:

- Self-employed Income and Expenses Documentation: 1099 NEC or other income, employment related expenditures, business miles. Determine if claiming COVID eligible sick or family leave and provide number of days claimed; and, decide whether you will be deferring self-employment taxes.
- Market Place insurance documents (1095-A)



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 1 February 2023

Dear Stan,

I have been enrolled in the same Medicare Advantage Plan for two years. The same plan worked for me last year, and now it doesn't. In mid-January, I went to see my primary care doctor and my cardiologist, and I was told neither accepts my plan anymore. Also, I went to my local pharmacy to fill an expensive blood thinner prescription and I was told that it is no longer covered by my plan. My pharmacist informed me that I would have to pay over \$500 out of pocket for my medically necessary medication. Is there anything I can do now to get my medical and prescription needs covered by Medicare?

*Michael
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 Michael,

Thanks for your question. Since you are enrolled in a Medicare Advantage plan, you have the option to change coverage during the **Medicare Advantage Open Enrollment Period (MAOEP)** that starts January 1 through March 31. Unfortunately, people who have Original Medicare with a standalone Part D plan will not be able

to use the **MAOEP** to switch coverage. During the **MAOEP** you can enroll in another Medicare Advantage Plan or switch back to Original Medicare and pick up a standard Part D plan. The changes you make during the **MAOEP** will be effective the first of the following month following the enrollment.

If you need assistance reviewing your options, call the **Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and request to speak with a **State Health Insurance Assistance Program (SHIP)** counselor. **SHIP** counselors can help you navigate the **MAOEP**.

If you are income eligible, you can apply for the **Medicare Savings Program (MSP)**. If you are single and earn \$1549 a month or less or a couple earning \$2080 a month or less, you may qualify for one of three **MSP** programs that can help with the Part B monthly premium costs. Call the **ADRC** at **1-800-432-2080** and request to be screened for an **MSP**.

Stan,
Volunteer Counselor, SHIP and SMP

Important Reminders about Medicare Private Plan Marketing Rules

Insurance Agents & plans **MAY NOT**:

- ♦ “Cold” Call, use door-to-door marketing, or market plans using any other unsolicited contact
- ♦ Enroll people in plans without their permission
- ♦ Lie to get a beneficiary to enroll in a plan
- ♦ Sign someone up for a plan over the phone unless that person called them

If you experience a Medicare private plan marketing violation, call the **SMP** at **1-800-432-2080** to report the issue.

General Enrollment Period Alert

People who missed their opportunity to enroll in Part B can use the General Enrollment Period (GEP) that starts January 1 through March 31. Coverage starts the next month. Call the ADRC at **1-800-432-2080** and request the help of a SHIP 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!





Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 1 febrero de 2023

Estimado Stan,

He estado inscrito en el plan llamado plan Medicare Advantage por dos años. Este plan funcionó el año pasado, y ahora no me cubre. A medio mes de enero, fui a visitar a mi médico de cabecera y mi cardiólogo, y me informaron que ninguno de los dos acepta el plan este año. También, fui a mi farmacia para pedir mi medicamento diluyente de la sangre, y me informaron que el plan no cubrirá este medicamento. Mi farmacéutico me informó que tendré que pagar más de \$500 de mi bolsillo para recibir este medicamento necesario. ¿Hay algo que puedo hacer ahora para que mis servicios médicos y medicamentos sean cubiertos por Medicare?

*Miguel,
Albuquerque, NM*

Reporte fraude relacionado a Medicare con la Patrulla de Medicare para las Personas Mayores (SMP, por sus siglas en inglés) de Nuevo México al:

1-800-432-2080

El SMP está disponible para proveerle la información para ayudarlo a PROTEGERSE, DETECTAR, y REPORTAR fraude, errores, y abusos contra Medicare.

Estimado Miguel,

Gracias por su pregunta. Ya que está inscrito en un plan Medicare Advantage, tendrá la opción de cambiar su cobertura durante el Periodo de Inscripción Abierta de planes Medicare Advantage (MAOEP, por sus siglas en inglés) que empieza el primero de enero hasta el 31 de marzo. Desafortunadamente, las personas que tienen Medicare Original con un plan de medicamentos separado de la Parte D no podrán usar el MAOEP para hacer

cambios a su cobertura de Medicare.

Durante el MAOEP podrá inscribirse en otro plan Medicare Advantage o regresarse a Medicare Original e inscribirse en un plan de medicamentos separado de la Parte D. Los cambios que hace durante el MAOEP serán vigentes el primero del siguiente mes.

Si necesita ayuda para evaluar sus opciones, comuníquese con el **Centro de**

Recursos para las personas Mayores y Discapacitadas (ADRC, por sus siglas en inglés) al 1-800-432-2080 y pida hablar con una consejera del Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés). Las consejeras del SHIP le podrán ayudar a navegar el MAOEP.

Si es elegible, podrá solicitar a los **Programas de Ahorros de Medicare (MSP, por sus siglas en inglés)**. Si usted es soltero y recibe \$1549 mensual o menos, o si está casado y reciben \$2080 mensual o menos como pareja es posible que sea elegible para uno de los tres programas MSP que le pueden ayudar a cubrir el costo mensual de la prima de la Parte B. Comuníquese con el ADRC al **1-800-432-2080** y pida que lo evalúen por un MSP.

Stan
Consejero Voluntario, Programas SHIP y SMP

Recordatorios importantes sobre las reglas de marketing de Medicare para los planes privados

Agentes de seguros y representantes de planes **no podrán:**

- Llamar sin cita, ir de puerta en puerta, o hacer marketing de planes usando otros métodos no solicitados
- Inscribir a las personas sin permiso
- Mentir para que un beneficiario se inscriba en un plan privado
- Inscribir a una persona en un plan por teléfono a menos que la persona haya iniciado la llamada

Si necesita ayuda para reportar fraude relacionado al marketing de un plan privado, comuníquese con el programa **SMP** al **1-800-432-2080**.

Alerta sobre el Periodo de Inscripción General

Las personas que no se inscribieron en la Parte B a tiempo podrán usar el Periodo de Inscripción General (GEP, por sus siglas en inglés) que empieza el primero de enero hasta el 31 de marzo. Si usa el GEP para inscribirse en la Parte B, su cobertura comenzará el próximo mes. Comuníquese con el ADRC al **1-800-432-2080** y pida hablar con una consejera del programa SHIP.

El programa de voluntarios de SHIP y SMP: Si le interesa aprender más sobre el programa de Medicare y quiere descubrir otras maneras de ayudar al público, llámenos y pregunte sobre las oportunidades para ser voluntario en los programas de SHIP y SMP al **1-800-432-2080**. Nosotros proveemos entrenamiento, y nos acomodamos a su horario. ¡Juntos podemos ayudar a más personas!



COVID Guidelines

(as of Jan. 2023)



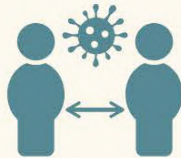
Continue to wash
& sanitize hands



Masks suggested
(Not required)



Temperature
screening
not required



Social distancing
not required



Stay up-to-date
on vaccinations



Stay home if you
feel unwell



City of Santa Fe Senior Center Locations

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



MEG
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!

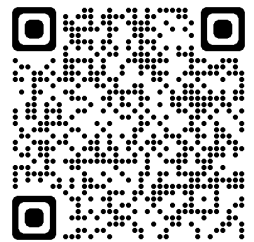
VENTANA DE VIDA
1500 Pacheco Street



VILLA CONSUELO
1200 Camino Consuelo
505-955-4721



Genoveva
Chavez
Community
Center



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

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.