



CITY OF SANTA FE
SENIOR SERVICES

JULY 2023

SENIOR SCENE



JUNE ACTIVITY HIGHLIGHTS

Line dancers extraordinaire @ Pasatiempo!

*MEG Enhanced
Fitness Class*



We ♥ Volunteers



*Rosario Torres-Cemetery
Clean-up Project*



Grupo Cielo Azul Live Music!



JULY 2023

CITY OF SANTA FE
COMMUNITY SERVICES
SENIOR SERVICES

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.

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	BINGO 1-3PM	Computer Assistance 10:30AM-12:30PM		BINGO 1-3PM

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
Weds	Live Music by Grupo Cielo Azul: 11:45AM - 2PM		
 Haircuts by Fabiola: Monday, July 10th, 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
Enhanced Fitness 9:30-10:30AM BINGO 1-3PM	Jewelry Class 9-11AM Computer Instruction w/Jesse Kain 9-11AM Guitar Class 10-11:30AM Oil Painting w/Judy 12:30-2:30PM July 11 & July 25	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 NO CLASS 7/6 Sitting Tai Chi/ Qi Gong 2:30-3:30PM	Enhanced Fitness 9:30-10:30AM Book Club "MEG Page Turners" July 14th, 1-2PM "The Ride of Her Life" by Elizabeth Letts Knitting Class, 1-3PM Japanese Dance Class w/ Chisoko Matsumoto Fridays (starts July 7th), 3-4 PM
 Haircuts by Fabiola: Monday, July 3rd, 10AM-2PM, Exercise Room				

Senior Scene Highlights

News & Views

Volunteer Programs

Ask Stan

July Senior Center
Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution

City Communications Team,
Graphic Design/Copy Editing



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 Dominguez, 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: 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

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.

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: 505-795-3817

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 Manager

Vicki Hernandez: 505-955-4704

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 - Position Vacant

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



Director's Note

Dear Senior Services Community,

I would like to thank all of you that have stopped by my office to welcome me as the Senior Services Director. I am excited to begin this journey in my new role within the Senior Services team. I met many of you while in the Interim Director position, and I look forward to meeting even more of you.

In the time I have been a part of the Seniors Division, the Senior Services team has successfully re-opened the Mary Esther Gonzales Center, the Pasatiempo Center, and the Luisa Street Center to provide Congregate Meals and activities for everyone to take part in and enjoy one another's company. We have seen participation in congregate meals go from an average of 500 meals per week to almost 900 meals. I would like to thank Yvette Sweeney and the Nutrition staff for their hard work in providing both Congregate and Home Delivered meals. The activities staff has filled the calendar with activities for everyone to participate in such as the Senior Olympics which had 257 participants in 15 events, thank you Cristina Villa and Albert Chavez for coordinating all these activities for our community at different sites in the Santa Fe area.

We have also started providing In-home Services again with the hire of our new In-Home Support Program Manager Vicki Hernandez. Vicki and her team have done a great job of getting this program started again after a three-year hiatus. The Transportation team also has a new Transportation Manager, Linda Quesada-Ortiz. Linda and her team have gone from providing a limited service to providing full service again. The Volunteer team has a new Volunteer Program Manager Theresa Trujillo. Recently, her team hosted a Volunteer Recognition event held at Alto Park which had over 100 participants. I cannot forget the Administrative staff that is overseen by Lugi Gonzales. They ensure reports and data are entered into the many reporting systems we have at the Seniors Division.

I am looking forward to this new adventure at this point of my career with all of you.

Wishing everyone a happy and safe Independence Day!

Manuel Sanchez

Division Director



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. Please note: **The first Tuesday of the month Senior Services closes at 2:45PM for mandatory staff meetings/trainings.**

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

MEG BIRTHDAY CELEBRATIONS!

We will resume our monthly MEG Birthday Celebration tradition beginning in July. On the first Tuesday of each month we will have cake during the lunch session for all birthdays. **Happy Birthday July Folks!**



JULY FOOD DISTRIBUTIONS



The Food Depot at 1222 Siler Road offers drive-through grocery distributions from **7:00 – 9:00 a.m.** **Thursdays, July 6th & July 20th**



Echo Commodity Distribution
July 18th, 9:30AM - 12:00PM
Contact: 505-242-6777

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

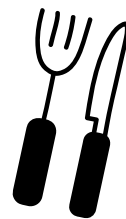
Signup Not Required. Simply Show Up.



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



MEG ICAN Class: Weds. July 12th at 10:30AM

Pasatiempo ICAN: Tues. July 18th at 11AM

Luisa Center ICAN Class: Weds. July 26th at 11AM

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

Free Omicron Boosters @ MEG

Free Omicron booster vaccines from the NMDOH.

Wednesday, July 12th, 10AM-2PM, at the MEG Center.
Walk-ins accepted, or schedule appt. at ItsTimeNM.org.

July Activities at the Luisa Center

- **Firecracker popsicles on Friday, July 7th from 11:00am-12:30pm.** Cool off with a cool treat - FREE!
- **How do you spell fun? B.I.N.G.O!** Join us on Friday, July 21 @ 1PM for special BINGO. Will you be the lucky winner?!

JULY DANCE!

Join us on Thursday, July 13th from 1-4PM at the Fraternal Order of the Eagles on **833 Early St.**

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

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 in our senior centers.



Luisa Center

The Choice

Thursday, July 6th @ 1PM

Travis Shaw (Benjamin Walker) is a veterinarian, living in the city of Wilmington, NC who falls in love on his first meeting with Gabby Holland (Teresa Palmer), who has moved into the house next door.



MEG Center

Walk the Line

Tuesday, July 18th @ 1PM

A chronicle of country music legend Johnny Cash's (Joaquin Phoenix) life, from his early days on an Arkansas cotton farm, to his time with his wife (Ginnifer Goodwin) and his rise to fame in Memphis, Tenn.

Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events - 1510 Luisa Street

- "Smoke Free New Mexico" - Thursday, July 20th at 1:30PM

Pasatiempo Center, Mon. July 3rd, 12-3PM:

Free COVID-19 Omicron Booster Clinic with NM Dept. of Health. **CDC recommends a second booster for adults 65+ if it has been four months since your last shot.** Protect yourself and others by getting your booster!



Welcome Vicki Hernandez to Senior Services!



Vicki Hernandez is the new In-Home Support Manager.

Vicki has a bachelor's degree in Sociology with an emphasis in Social Work from Grand Canyon University. After several years as Director of an Adult Day program in Colorado, she felt that the time was right for a move to New Mexico, and in April joined the MEG Center as the In-Home Support Manager. Vicki loves that she can combine her knowledge, education, and expertise in order to support a population she loves serving in Santa Fe. When she is not working with older adults and their families, she enjoys paddle boarding, kayaking, hiking, traveling, and dancing like no one is watching. Vicki has two children and lives with her husband in Northern New Mexico where they spend their free time outdoors. She is looking forward to getting to know all our seniors. If you have any questions about our services, please feel free to contact her at 505-955-4704.

Most adults would prefer to age in place—that is, remain in their home of choice for as long as possible. However, this can become more challenging as aging or illness occur. **In-Home Support Services** provides several programs designed to support aging in place (*see next page*):

NEWS & VIEWS

In-Home Support Services:

What is Respite Care? Respite care is a temporary break from the demands of caring for an individual with health challenges, social isolation, dementia, or special needs. Respite provides the caregiver an opportunity to manage their stress, maintain a job, engage in healthy lifestyle activities in the community, and helps preserve the family unit.

What are Homemaker Services? Homemaker Services helps older adults in need of homemaker assistance to remain in their homes and to live independently. Homemaker assistance consists of meal preparation, shopping, light housework, watering the plants, dusting of surfaces, picking up clutter, emptying the trash, vacuuming, and sweeping of main walk areas.

Sign Up for the AARP Smart Driver Course

The AARP Smart Driver Course will be held on **Tues, July 11th** 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



**“One touch of nature makes
the whole world kin.”**

William Shakespeare

Senior Olympic Standout Heads to Nationals



Allow me to introduce Christine Savilla (last on right). Christine has been a Santa Fe resident for 14 years. She has been competing in Senior Women's Basketball for seven years. Christine has participated in sports since grade school. "I like to be active" says Savilla. The team, The CanyonNets Zias, meet twice a week to practice. The Nationals will be in Pittsburgh, PA July 10th -15th. We are excited and proud of our Senior Women's Basketball Team! Good luck ladies!

Our Lady of Guadalupe Project

The RSVP Seniors serving on the MEG Senior Advisory Council and other volunteers started cleaning the Our Lady of Guadalupe Cemetery as a service project on May 16. We started this project as a way to contribute to a property that over the years has been "forgotten," and family members seldom visit. We are also looking to place a marker for an unmarked child's grave as part of the project.

Due to the hot temperatures, we will resume our clean-up project in September.

VOLUNTEER PROGRAMS

Americorps Senior Volunteers



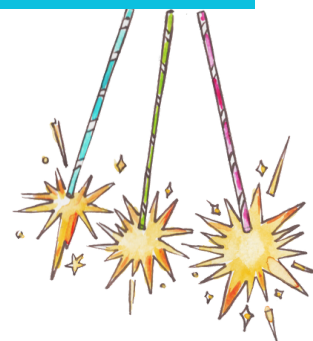
We hosted our Volunteer Recognition Event on June 10th at Alto Park! Over 100 volunteers attended. We honored our wonderful volunteers with lunch catered by Cowgirl and Oasis. Everyone was given a gift of appreciation. This was the first in-person event in two years. Our volunteers were excited to visit with friends they had not seen. **Thank you to all the staff and volunteers that made this event a success!**

THANK YOU TO THE FOLLOWING GENEROUS LOCAL BUSINESSES FOR THEIR PRIZE CONTRIBUTIONS:



Happy Birthday, July Volunteers! ¡Feliz Cumpleaños!

Celia (Sally) Roman	7/02
Thomas Pedersen	7/03
Dan Goin	7/04
David Reffert	7/05
Marvin Lachman	7/06
Mary Jo McBean	7/06
Carolyn (Carrie) Haag	7/07
Michaela Gallagher-Gonzales	7/08
Sherry Garcia	7/11
Maria Cocchia	7/19
Patricia Fordney	7/19
Vivian Heye	7/20
Isidra Pacheco	7/21
Barbara Mellers	7/22
Meena Sachdeva	7/22
Ann Aceves	7/25
Patricia Moya	7/25
Patricia Collins	7/26
Brenda Bestle	7/27
Dr. Ellen Rossell	7/27
Medardo Roybal	7/28
Michaela Shelly Valencia	7/28



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.



**AmeriCorps
Seniors**

Give a little time.
Get a lot back.

If you are interested in volunteering please contact Mona Baca:

505-955-4760 or
mabaca@santafenm.gov

www.rsvpsantafe.org

HEALTH & SAFETY

MINDFULNESS FOR SENIORS

Mindfulness is a form of meditation to maintain healthy physical, mental, and emotional well-being. It helps you achieve a relaxed state of mind by increasing your awareness of your thoughts, emotions, and feelings, while helping you stay grounded in the present moment. Doing these practices regularly will help you improve brain function and cognition, stabilize mental health, reduce risk from chronic stress, hypertension, and heart disease.

TRY SOME OF THESE MINDFULNESS ACTIVITIES:

1. **Breathing Exercises:** Mindful breathing is a popular form of meditation because you can do it anytime and anywhere.
2. **Body Scan:** Body scans allows you to focus your attention on the sensations you feel, head to toe.
3. **Mind Mapping:** Mindfulness mind mapping can reduce mental stress and worries. It can break negative thoughts or emotions into smaller pieces and prevent you from getting overwhelmed.
4. **Walking:** Find a quiet and peaceful place where you can walk or move around freely. As you walk, focus on your surroundings. Take note of what you hear, see, smell, or even feel beneath your feet.
5. **Journaling:** Expressing your thoughts, feelings, and emotions through writing allows you to examine your present self.
6. **Therapeutic Coloring:** There's a reason why adult coloring books became a trend these past few years, and that's because coloring is therapeutic!
7. **Connecting with Nature:** Being in the presence of the natural world and seeing its beauty can bring peace and happiness.
8. **Reciting Positive Affirmations:** Choose positive words or phrases that can make you feel good, powerful, and motivated.
9. **Music Therapy:** Music influences our feelings and emotions. Try a mellow tune you know or an instrumental song that's new to you.
10. **Guided Sleep Meditation:** Guided sleep meditation redirects your focus from negative thoughts to the sensations in your body. This type of meditation works by listening to an audio recording to guide you through a sleep meditation.

NUTRITION EDUCATION

ABOVE-AVERAGE CABBAGE SALAD



Notes: Dill, mustard, and lemon give this crunchy salad a zesty dressing. Make the dressing ahead to save time later.
Source: **MyPlate.Gov**

Makes 8 Servings

Ingredients

- 4 c. cabbage, shredded
- 1/4 c. carrot, grated
- 1/4 c. celery, thinly sliced
- 1/4 c. green pepper, chopped
- 1/3 tbsp. onion, finely chopped
- 1/2 tsp. dill or basil or parsley
- 1/2 c. mayonnaise, light or low-fat
- 1/2 c. yogurt, non-fat plain
- 1 tsp. mustard
- 1/2 tsp. lemon juice
- 1/2 tsp. sugar

Directions

- Wash hands with soap and water.
- Wash and prepare vegetables for chopping.
- Grate or slice all vegetables thinly with a sharp knife.
- Put in a large bowl and add herbs to taste.
- Mix mayo, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables, mix well. Keep in refrigerator until ready to eat.

Source: **From the Farm to the Table**, UConn Cooperative Extension, Hispanic Health Council

WORD SEARCH

Picnic

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

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

COOLER
 COUNTRY AIR
 DISH
 FOLDING CHAIRS
 FRENCH BREAD
 GLASSES
 HEAT
 INSECTS
 MARGARINE
 MEAT
 MILK
 PARK
 PEPPER
 SALAD
 SANDWICHES
 SAUCES
 SAUSAGE
 SHEET
 SNACKS
 SPICES
 STRAWBERRY JAM
 TOMATOES
 WINE

APPETITE
 BASKET
 BEVERAGES

BLANKET
 BUTTER
 CAMEMBERT

CAN OPENER
 CHEESE
 COFFEE

DELETE ONE

Delete one letter from NAME ALIGNED and find someone popular.

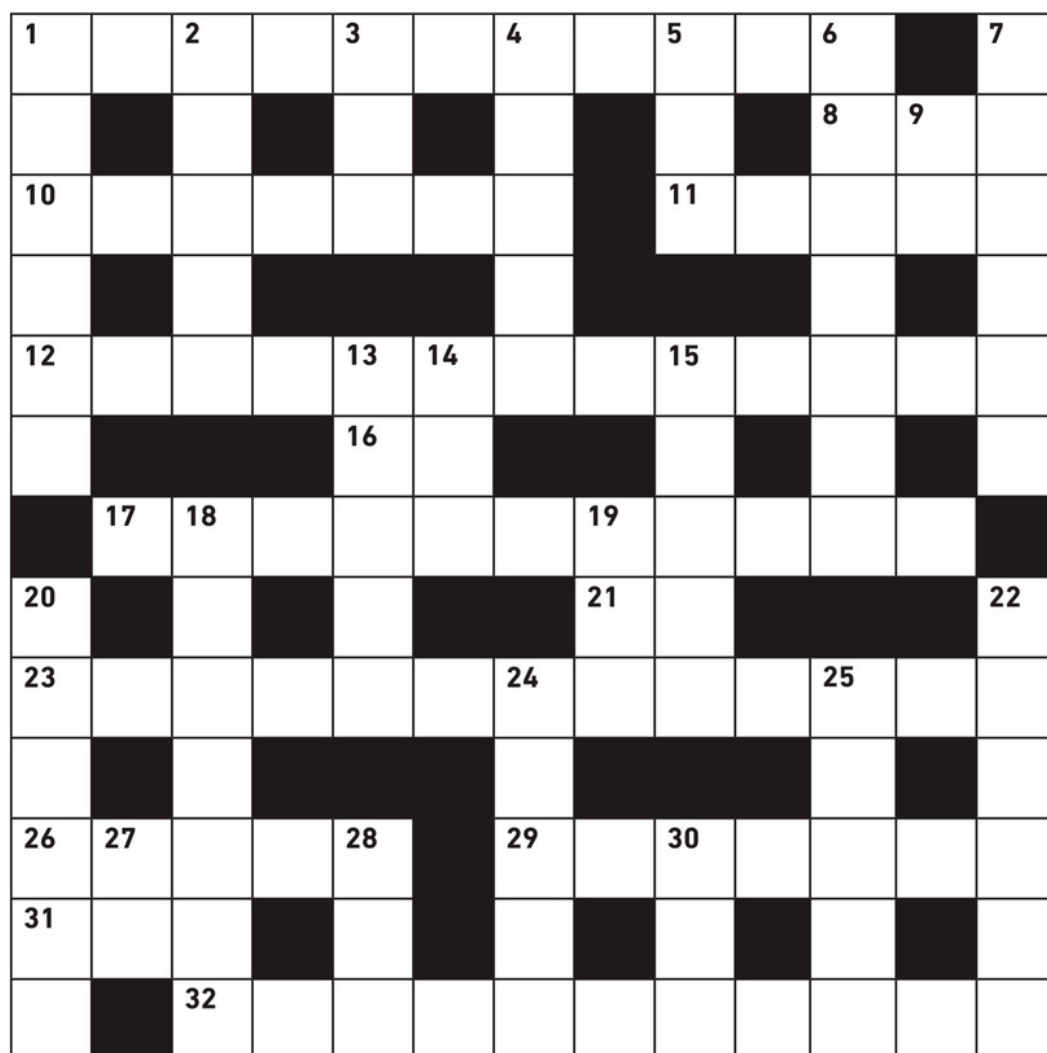
CROSSWORD PUZZLE

ACROSS

- 1.** Short respite from work
- 8.** Pollution watchdog
- 10.** She works in the OR
- 11.** City leader
- 12.** Powerful phrase from a famous Lincoln speech
- 16.** Pa's counterpart
- 17.** Blink of an eye
- 21.** ____, *Myself & Irene*
- 23.** Hack it
- 26.** Grown-up
- 29.** Lost
- 31.** Snapshot
- 32.** Wood-splitting moves

DOWN

- 1.** Share top billing
- 2.** Largest city in North Dakota
- 3.** First lady
- 4.** He ____ up for the quiz
- 5.** Tree type
- 6.** Entered data
- 7.** Float event
- 9.** Longest river in Italy
- 13.** Wesson partner
- 14.** Down



- 15.** Smoking and drinking
- 18.** Meal with many choices
- 19.** Speedy bird
- 20.** Skirmish
- 22.** Nike rival
- 24.** *Glengarry Glen Ross* playwright
- 25.** Texas landmark
- 27.** Harry and William's mother
- 28.** Besmirch
- 30.** Pouch



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 6 July 2023

Dear Stan

I am 75 years old and need hearing aids. Unfortunately Original Medicare does not cover hearing aids. I live on a low, fixed income and cannot afford hearing aids. Are there any programs that can help me?

Arturo

Gallup

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 Arturo,

You are not alone. According to the National Institute on Aging, one-third of all older adults have a hearing loss. Yet only 14.4% of those older adults own hearing aids. For many, buying hearing aids is simply unaffordable.

While original Medicare does not cover hearing aids, many **Medicare Advantage Plans** do offer hearing services coverage including hearing exams, fitness for the aids and hearing aid devices. If you have an Advantage Plan, call your insurer and ask what type of coverage and limits your policy has. If you would like to explore Advantage plans that might meet your hearing needs better than your current coverage, you can get assistance from

your **NM State Health Insurance Assistance (SHIP)** at **1-800-432-2080**.

Below are a few of the many hearing aid programs that may help you. Almost all programs require a hearing test and most include a hearing test as a part of their program. For a list of hearing aid programs go to Hearing Charities of America: hearingaid donations.org. Be sure to check eligibility requirements before applying.

The **Albuquerque Speech Language Hearing Center (ASLHC)** has a Hearing Aid Bank to help people with limited resources to obtain quality hearing aids at a reduced cost. This program is

CONSUMER & LEGAL

partially funded by the United Way of New Mexico. Contact **ASLHC** by phone at 505-247-4224 or email at inquiries@aslhc.org.

Veterans are eligible for hearing aids at the **Veterans Administration Medical Center**. The phone number for the audiology department is 505-265-1711 ext. 2733.

The **Lions Club** is another resource for hearing aids for those who are hearing challenged. To be considered eligible, the person must be low income and not have insurance that covers hearing aids. To get contact information for your local Lions Club go to <https://directory.lionsclubs.org>.

Miracle-Ear Foundation, based in Minneapolis, MN, helps give the gift of sound to people with hearing loss. There are income and asset qualifications and an application fee of \$150. For an application call 1-800-241-1372. This program may refer you to one of their local stores to start the process.

Help America Hear, based in Smithtown, NY is a program to contact only as a last resort. Income and asset guidelines are tiered. There is an application fee of \$300 to \$1,000. Visit their website at <https://helpamericahear.org> or call 1-888-580-8886.

For more information about hearing aid programs contact **ASLHC** by phone at 505-247-4224 or email at inquiries@aslhc.org.

Stan,

Volunteer Counselor, SHIP and SMP

State Health Insurance Assistance Programs (SHIPs) offer free and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

**To speak with a SHIP Counselor call
1-800-432-2080**

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!



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 6 julio de 2023

Estimado Stan,

Tengo 75 años y necesito audífonos. Desafortunadamente, Medicare Original no cubre los audífonos. Vivo con un ingreso fijo bajo y no puedo pagar audífonos. ¿Hay algún programa que pueda ayudarme?

*Arturo,
Gallup*

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 Arturo,

Usted no está solo. Según el Instituto Nacional sobre el Envejecimiento, un tercio de todos los adultos mayores tienen pérdida auditiva. Sin embargo, solo el 14,4% de esos adultos mayores tienen audífonos. Para muchos, comprar audífonos es simplemente inasequible.

Si bien Medicare original no cubre los audífonos, muchos **planes Medicare Advantage** sí ofrecen cobertura de servicios auditivos, incluidos exámenes de audición, aptitud para los audífonos y dispositivos de audífonos. Si tiene un Plan Advantage, llame a su aseguradora y pregunte qué tipo de cobertura y límites tiene su póliza. Si desea explorar los planes Advantage que podrían satisfacer sus necesidades auditivas mejor que su cobertura actual, puede obtener

asistencia de su **Asistencia de Seguro de Salud del Estado de NM (SHIP)** al **1-800-432-2080**.

A continuación se encuentran algunos de los muchos programas de audífonos que pueden ayudarlo. Casi todos los programas requieren una prueba de audición y la mayoría incluye una prueba de audición como parte de su programa. Para obtener una lista de los programas de audífonos, visite Hearing Charities of America: listeningaid.org. Asegúrese de verificar los requisitos de elegibilidad antes de presentar la solicitud.

El Centro Auditivo del Habla y Lenguaje de Albuquerque (ASLHC) tiene un banco de audífonos para ayudar a las personas con recursos limitados a obtener audífonos de calidad a un costo reducido. Este programa

CONSUMER & LEGAL

está parcialmente financiado por United Way of New Mexico. Comuníquese con **ASLHC** por teléfono al 505-247-4224 o envíe un correo electrónico a consultas@aslhc.org.

Los veteranos son elegibles para audífonos en el Centro Médico de la **Administración de Veteranos**. El número de teléfono del departamento de audiología es 505-265-1711 ext. 2733.

El **Club de Leones** es otro recurso de audífonos para personas con discapacidad auditiva. Para ser considerada elegible, la persona debe tener bajos ingresos y no tener un seguro que cubra audífonos. Para obtener información de contacto de su club de Leones local, vaya a <https://directory.lionsclubs.org>.

Miracle-Ear Foundation, con sede en Minneapolis, MN, ayuda a brindar el don del sonido a las personas con pérdida auditiva. Hay calificaciones de ingresos y activos y una tarifa de solicitud de \$150. Para una solicitud llame al 1-800-241-1372. Este programa puede referirlo a una de sus tiendas locales para iniciar el proceso.

Help America Hear, con sede en Smithtown, NY, es un programa para contactar solo como último recurso. Las pautas de ingresos y bienes están escalonadas. Hay una tarifa de solicitud de \$300 a \$1,000. Visite su sitio web en <https://helpamericahear.org/> o llame al 1-888-580-8886.

Para obtener más información sobre los programas de audífonos, comuníquese con **ASLHC** por teléfono al 505-247-4224 o envíe un correo electrónico a consultas@aslhc.org.

Stan,

Voluntario SHIP y SMP

Para recibir asistencia con sus preguntas relacionados a Medicare, comuníquese con el programa estatal SHIP al **1-800-432-2080**.

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!



SHIP
State Health Insurance
Assistance Program

NEW MEXICO
ADRC
AGING & DISABILITY
RESOURCE CENTER

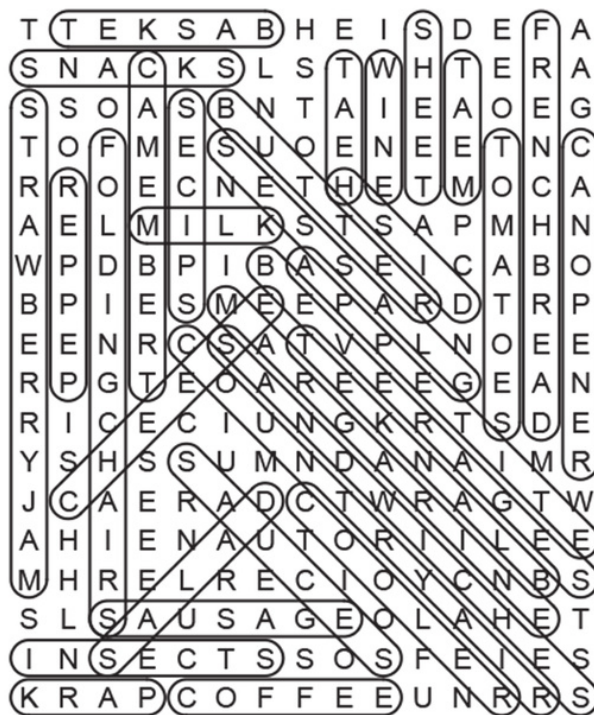
New Mexico
SMP
Empowering Seniors To
Prevent Healthcare Fraud
Senior Medicare Patrol

CROSSWORD PUZZLE SOLUTIONS



WORD SEARCH SOLUTIONS

Solution: Picnic



DELETE ONE

Delete E and find LEADING MAN





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deportation,
incarceration or
separation by borders.*

**REQUIRED TRAINING IS ON
JULY 22 & 23 AND AUG. 5 & 6**

**SATURDAYS: 9AM-5PM
SUNDAYS: 10AM-2PM**

Visit www.gerardshouse.org and
contact (505)424-1800 or
info@gerardhouse.com for details

SENIOR CENTER LUNCH MENU - JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatball Sub with Marinara & Mozzarella Meatball Sub with Marinara Sauce & Mozzarella Cheese	4  All Centers Closed for Fourth of July Holiday No City Trash Pickup*	5 BBQ Chicken Broccoli & Cauliflower Pork & Beans Cornbread Bananas in Pudding	6 Beef Soft Taco Garnish Peas & Carrots Spanish Rice Salsa Ice Cream	7 BLT Garnish Bow Tie Pasta Salad Baby Carrots Cantaloupe
10 Orange Chicken White Rice Asian Veggies Egg Roll Fortune Cookie Sherbet	11 Baked Tilapia Potatoes Au Gratin French Style Green Beans Roll Lemon Bar	12 Green Chile Cheeseburger Garnish Ranch Beans Onion Rings Watermelon	13 Buffalo Chicken Strips Bahama Veggies French Fries Coleslaw Applesauce	14 Chef Salad with Turkey, Ham & Cheese Dressing Crackers Brownie
17 Beef Ravioli with Marinara Sauce California Veggies Garlic Toast Plums	18 Beef Brisket Roasted Potatoes Buttered Carrots Tossed Salad Roll Banana	19 Green Chile Chicken Tamale Calabacitas Spanish Rice Coleslaw Chilled Peaches	20 Turkey Roast, Gravy, Stuffing Asparagus Roll Oatmeal Raisin Cookie	21 Meatloaf with Tomato Topping Scalloped Potatoes Vegetable Medley Roll Apples in Strudel
24 Breaded Chicken Sandwich Garnish Green Beans Tatar Tots Carrot Sticks Strawberries	25 Red Chile Chicken Enchiladas Mexi Corn Refried Beans Green Salad Fresh Orange	26 Spaghetti with Meaty Marinara Sauce 5 Way Veggies Tossed Salad Garlic Bread Stick Jello	27 Beef Roast Mushroom Gravy Mashed Potatoes Capri Vegetables Cucumber & Tomato Salad Roll Fresh Apple	28 Ham & Cheese Sandwich Garnish Potato Salad Cold Peas Chocolate Pudding
31 Pork Chop Pork Gravy Rice Pilaf Mixed Veggies Roll Honeydew Melon	<p align="center"> 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. </p>			

*The City of Santa Fe no longer collects residential trash/recycling on holidays. Your collection will occur one day later after a holiday closure!

Call 505-955-2200 to learn more.

MON	TUES	WED	THUR	FRI
MONDAY COLLECTION	HOLIDAY City Offices Closed NO COLLECTION	TUESDAY COLLECTION	WEDNESDAY COLLECTION	THURSDAY COLLECTION

City of Santa Fe Senior Center Locations

VILLA CONSUELO
1200 Camino Consuelo



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!

Genoveva
Chavez
Community
Center



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

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