



CITY OF SANTA FE
SENIOR SERVICES

JUNE 2023

SENIOR SCENE



MAY ACTIVITIES

Check out upcoming June events & activities on page 3 & in News & Views!



ABQ BioPark Trip!



Having Fun @ the Older Americans Dance!



Having Fun @ the Older Americans Dance!



Quilting Class



Lunchtime Smiles



Birthday Roses



Ceramics Class



May Birthday Celebration!


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 1PM-3PM	Computer Assistance 10:30AM-12:30PM		BINGO 1PM-3PM
 Haircuts by Fabiola: Monday, June 12th, 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 - Starts June 6th Beginner 10AM Intermediate 11:30AM	Questions? Judi Beare: 505-474-8044
Weds	Live Music by Grupo Cielo Azul: 11:45AM - 2PM	

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 8:30AM-9:30AM <i>NO CLASS ON 6/8 & 6/15</i> Enhanced Fitness 9:30AM-10:30AM BINGO 1PM-3PM	Tai Chi 8:30AM-9:30AM <i>NO CLASS ON 6/8 & 6/15</i> Jewelry Class 9AM-11AM Computer Instruction w/Jesse Kain 9AM-11AM Guitar Class 10AM - 11:30AM Oil Painting w/Judy 12:30PM-2:30PM June 6 & June 20	Enhanced Fitness 9:30AM-10:30AM BINGO 1PM-3PM Quilting 1PM-3PM	Wood Carving 9:30AM - 11:00AM Meditation for Seniors by Upaya 1PM-2PM <i>NO CLASS 6/22 & 6/29</i> Sitting Tai Chi/ Qi Gong 2:30PM-3:30PM	Enhanced Fitness 9:30AM-10:30AM Book Club "MEG Page Turners" June 9th, 1PM-2PM <ul style="list-style-type: none"> June: "The Life and Times of the Thunderbolt Kid" by Bill Bryson July: "Untold Power" by Rebecca Roberts Knitting Class 1PM - 3PM
 Haircuts by Fabiola: Monday, June 5th 10AM-2PM, Exercise Room				

Senior Scene Highlights

News & Views

Volunteer Programs

Senior Olympics Recap

Ask Stan

June Senior Center Lunch Menu

Newsletter Production
Mona Baca, Editor/Distribution
Desiree Valdez, Graphic Design





CITY OF SANTA FE
SENIOR SERVICES

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, 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

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 only. 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.

LINE DANCING & LIVE MUSIC AT PASATIEMPO SENIOR CENTER

Get your dancing shoes on and come to Line Dancing at the Pasatiempo Senior Center, 664 Alta Vista St., every Tuesday starting June 6th. Beginners meet at 10AM. Intermediate classes meet at 11:30AM. Questions? Contact instructor Judi Beare at 505-474-8044.

Every Wednesday we will have live music by Grupo Cielo Azul from 11:45AM to 2:00PM! Come by and enjoy the band starting Wed. June 7th!

JUNE FOOD DISTRIBUTIONS



The Food Depot at 1222 Siler Road offers drive-through grocery distributions from **7:00 – 9:00 a.m.** **Thursdays, June 8th & 22nd**



Echo Commodity Distribution June 13th
This service has switched to an every other month schedule.
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.

Silver
HORIZONS
Plus More

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. June 14th at 10:30AM**
- **Luisa Center ICAN Class: Thurs. June 27th at 11AM**
- **Pasatiempo ICAN: Thurs. June 22nd at 11AM**

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

June Activities at the Luisa Center

- **\$1 Root Beer Floats! Fri, June 9th, 11AM-12:30PM**
- **Father's Day Celebration, Fri, June 16th @11AM**
Candy bars will be given to all dads!
- **Jackpot Bingo! Fri, June 23rd at 1PM**

Don't miss out! You could be the lucky winner!

DAY TRIP TO NEW MEXICO MUSEUM OF NATURAL HISTORY & SCIENCE

Join us on **Wednesday, June 21st**, for a trip to the New Mexico Museum of Natural History and Science for a day of checking out museum exhibits, the DynaTheater, and Planetarium. Don't miss a fun-filled day! The museum displays spectacular exhibits of New Mexico's prehistoric life when dinosaurs roamed where we now live.

The bus will depart at 9AM sharp from the Mary Esther Gonzales Center. Bring your own lunch.

Field trip fees:
\$5.00 bus ticket & \$12.00 admission fee

Contact Cristina Villa for reservations:
505-955-4725



NEWS & VIEWS

Movie Days at Luisa & MEG!

You can choose to wear a mask at any time in our senior centers.

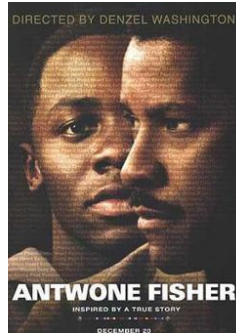


Luisa Center

A Man Called Otto

Thursday, June 8th
1:00PM

When a young family moves nearby, Otto, a grumpy widower, meets his match in quick-witted Marisol, leading to a friendship that turns his world around.



MEG Center

Antwone Fisher

Tuesday, June 20th
1:00PM

Antwone Fisher, a young Navy man, confronts his painful past when forced to see a psychiatrist after a violent outburst against a fellow crewman.

PARKING LOT SALE!

Saturday, June 24th 9AM-1PM
Ventana de Vida Senior Apartments
@1500 Pacheco Street

Parking located across the street.
No early arrivals.



Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events - 1510 Luisa Street

- **Thurs. June 1st, 1:30PM** - Senior Medicare Patrol presentation by NM Dept. of Aging and Long-Term Services
- **Tues. June 13th, 1:30PM** - Legal Resources for the Elderly presentation
- **Thurs. June 29th, 2PM** - 10 Warning Signs of Alzheimer's presentation

Villa Consuelo Center Events - 1200 Camino Consuelo

- **Tues. June 6th, 1:30pm** - ICAN Program NMSU Ideas for Cooking and Nutrition.
- **Fri. June 9th & Mon. June 12th, 1PM-4PM:** 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!
- **Weds. June 21st, 2PM:** 10 Warning Signs of Alzheimer's presentation
- **Fri. June 30th, 2PM:** Financial Literacy Class

For more info on these events contact: 505-930-5901

MEG PAGE TURNERS BOOK CLUB



Join us on Fri., June 9th for our discussion of "The Life and Times of the Thunderbolt Kid" by Bill Bryson. In July, we will discuss "Untold Power" by Rebecca Roberts. This new book club meets the second Friday of the month in the MEG Center Conference Room, led by Adrienne Ruscavage.

NEWS & VIEWS

Sign Up for the AARP Smart Driver Course

The AARP Smart Driver Course will be held on **Tues, June 13th** 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.

In-Home Respite Services for Caregivers

Caring for a loved one diagnosed with Alzheimer's or Dementia-related disorder?

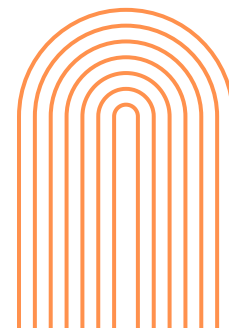
The City of Santa Fe's Division of Senior Services provides In-Home Respite (relief) services for primary caregivers, to allow the caregiver time to do other activities. Our Respite Care Providers provide companionship to the care-receiver as well as additional support to include homemaker or non-medical personal care services. To be placed on our list for this service, call Vicki Hernandez at 505-955-4704.

Flora's Corner



**“Accept no one’s
definition of your
life; define
yourself.”**

Harvey Fierstein



Poem by Patti Merrill

FATHERS...THEY GIVE A QUIET
STRENGTH TO OUR HOMES JUST BY
BEING THERE, AND WE HONOR THEM
TODAY.

DADS MAKE US FEEL SPECIAL. WE LOVE
THEM A LOT. THEY ARE IN OUR HEARTS
TO STAY.

UNCLES, DADS, AND BROTHERS WHO
ARE KIND AND SMART-TO ENCOURAGE
US ALONG LIFE'S WAY.

SO-HERE'S TO DAD AND THE MEN IN
OUR LIVES. WE THINK YOU'RE
WONDERFUL. HAPPY FATHER'S DAY!



2023 Senior Olympic Highlights by Cristina Villa

I would like to express my gratitude to all those of you who participated in 2023 Senior Olympics! We had a great turnout and lots of new faces. I really enjoyed all the camaraderie at all the events. You all make my job enjoyable. Santa Fe's athletes rock! I would like to thank all the volunteers and event managers who helped with the Senior Olympics. I appreciate all the help! Finally, I want to say good luck to all the athletes who plan to compete at the State Senior Olympics in Las Cruces from June 7th through June 11th. Go, Santa Fe!

Good luck to the following athletes who are competing at the 2023 National Senior Olympic Games in Pittsburgh, PA, from July 7 through 18. We are rooting for you all! Represent Santa Fe!

Santa Fe Senior Olympic Athletes Competing in the 2023 National Senior Olympic Games:

- Swimming – Women's 50 Back (85-89) **Ann Aceves**, age 89
- Golf – Women's (70-74) **Marylou Anderson**, age 73
- Track & Field Men's Discus (60-64) **Shawn Chafins**, age 61
- Track & Field Men's Javelin (70-74) **Wayne Lloyd**, age 73
- Bowling, Men's Double (75-79) **John Miles**, age 75
- Basketball Women's (70+) **Christine Savilla**, age 73
- Race Walk - Women's 1500M (65-69) **Kerri Segell**, age 67
- Track & Field – Women's 1500M (55-59) **Rita Vigil**, age 56
- Track & Field – Men's 400M (55-59) **Timothy Vigil**, age 59



VOLUNTEER PROGRAMS

Volunteer with Many Mothers



MANYMOTHERS
Strengthening Our Families, One Baby at a Time

Many Mothers is a small non-profit organization pairing committed volunteers with any family with a new baby living in the Santa Fe, Los Alamos or Espanola area. We believe the time right after birth is not only a precious time, but also a very tender time and the better a caregiver is taken care of, the better they can take care of a new baby. We rely heavily on the support of volunteers to both keep our organization running smoothly, as well as (and most importantly) to provide direct in-home support for caregivers and their newborn babies.

With the recent opening of the Parenting Center, we have new opportunities for volunteering. In partnership with The Birthing Tree, Many Mothers has established a Parenting Center with a focus on providing support to children aged 0-3 and their families. Additionally, the Center provides prenatal, perinatal, and postpartum support for birthing mothers and their families. The Parenting Center will offer Parent Education programs and classes and emergency support in the form of basic needs supplies like food, diapers, and clothing; navigation referral support; behavioral health services; and a community space for camaraderie. There are many ways volunteers can help.

For more information and to start volunteering with Many Mothers contact: anita@manymothers.org

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.

www.rsvpsantafe.org

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

Happy Birthday, June Volunteers! ¡Feliz Cumpleaños!

Lillian O. Phillipovich	6/01
Ian Dunn	6/03
Ernest Madrid	6/03
Rosella Fleming	6/04
Joan-Ann Ryan-Murphy	6/05
Maria D. Varela	6/05
Colleen Davis	6/06
Alfonso "AL" Ulibarri	6/07
Ron Martinez	6/08
Danna Metzger	6/10
Olivia M. Trujillo	6/10
Marcy Leavitt	6/12
Michael Reilly	6/12
Eileen C de Baca	6/14
Pamela Reynolds	6/16
Thomas Minton	6/18
Wesley Sandel	6/18
Kristine Dorris	6/21
Daisy Welch	6/21
Christine Mendoza	6/22
Gilbert J. Alarid	6/23
David E. Lucero	6/23
Marie Newson	6/23
Kevin McCoy	6/24
Genevieve Armijo	6/27
Pedro V. Martinez	6/27
Diane Solano	6/30



MEG Center Needs Volunteers!

We are currently serving over 100 meals a day at the Mary Esther Gonzales Center. Our kitchen needs a volunteer who loves to wash dishes and help with end of lunch service clean up! If you are interested in volunteering a few hours a week, please contact **Mona Baca at 505-955-4760**. Thank you!



**AmeriCorps
Seniors**

Give a little time.
Get a lot back.

HEALTH & SAFETY

SENIOR HEALTH FAIR - JUNE 15

The Aging and Long-Term Services Department, along with other agencies, will provide information, resources and swag about services for seniors at the Senior Health Fair taking place in Santa Fe on Thursday, June 15 from 10:30 a.m. to 12:00 p.m. at the MEG.

Mayor Alan Webber will read an Adult Awareness proclamation as well. Seniors and their family members, friends or caregivers are welcome to attend.

June is Elder Abuse Awareness Month. The event's purpose is to raise awareness about elder abuse in our community. **If you suspect an adult is being abused, neglected, or exploited, call Adult Protective Services Statewide Intake, toll-free at 1-866-654-3219.**



NUTRITION EDUCATION

ASIAN MANGO CHICKEN WRAPS

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this wrap. Dinner's ready in 30 minutes or make ahead for a tasty portable lunch.



Notes: Mangoes are an excellent source of vitamin A & C.

*Source: **MyPlate.Gov***

Makes 4 Servings

Cooking Time: 30 minutes

Ingredients

- 2 ripe mangos, peeled, pitted, and diced
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions, sliced
- 2 tablespoons fresh basil, chopped
- 1/2 red bell pepper, chopped
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots, grated
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter, unsalted
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas 8"

Directions

- Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
- In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
- To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
- To serve, cut each wrap in half.
- If not serving immediately, refrigerate; the wraps keep well overnight.

Source: Produce For Better Health Foundation

WORD SEARCH

Magic

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

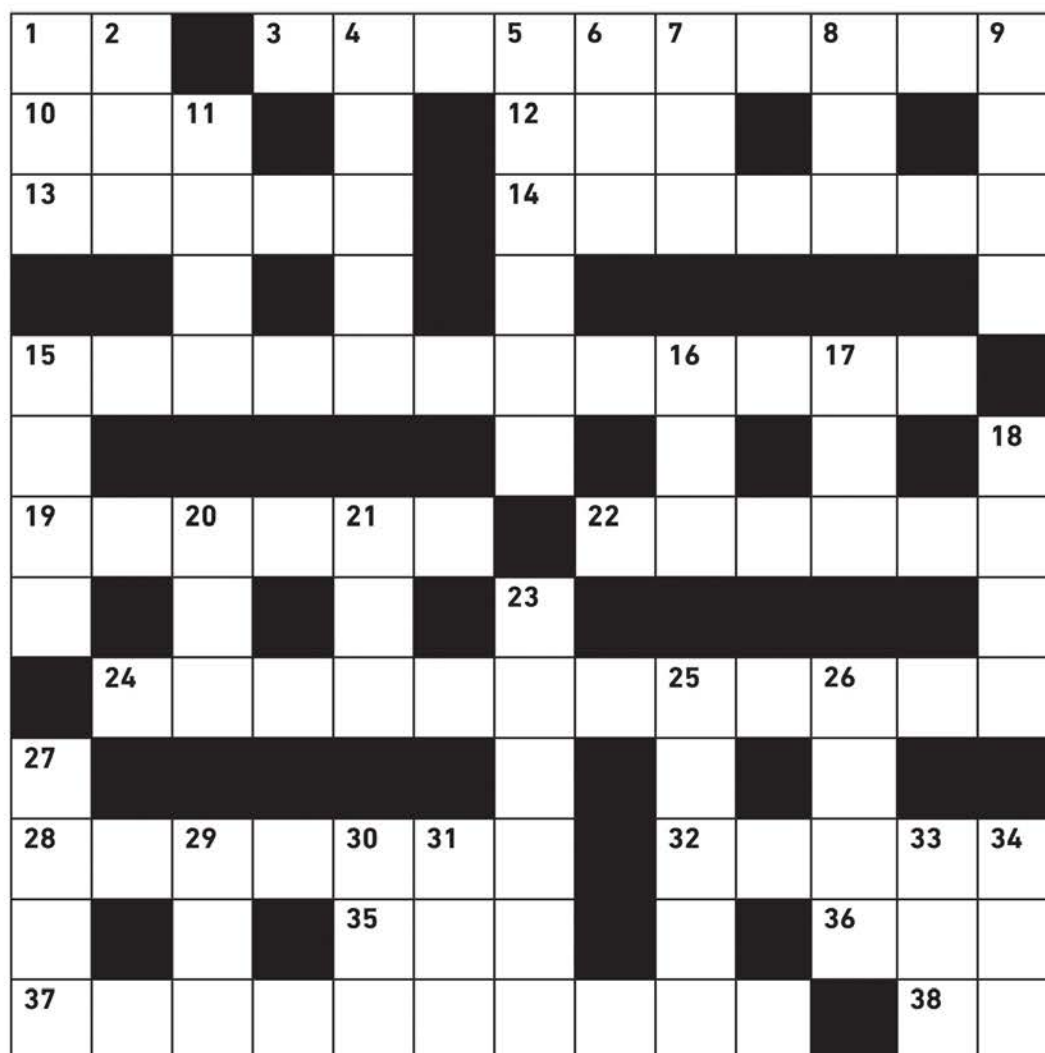
CIRCUS
 CLIMAX
 COFFIN
 COINS
 DEXTEROUS
 DOVES
 EXCITING
 FIRE
 HOUDINI
 HYPNOSIS
 LEVITATE
 PODIUM
 RABBIT
 RINGS
 ROPE
 SECRET
 SHOW
 SPECTATORS
 SPEED
 STAGE
 STREET
 UNDERWATER ACT
 VANISH

SANDWICH

What three-letter word belongs between the word on the left and the word on the right, so that the first and second word, and the second and third word, each form a common compound word or phrase?

FALL _ _ _ CROP

CROSSWORD PUZZLE



ACROSS

- 1.** Biggest city in CA
- 3.** Yarns that you're sick of hearing?
- 10.** Amin of Uganda
- 12.** Fleischer or Shapiro
- 13.** Kick off
- 14.** Echo
- 15.** Snake in the grass?
- 19.** Waist maker
- 22.** Trojan champion
- 24.** Elfin verve?
- 28.** Cheerful
- 32.** Flashy jewelry
- 35.** Fleming or McShane
- 36.** Neither partner
- 37.** Parole board?
- 38.** I, editorially

DOWN

- 1.** Ad ____
- 2.** Fruit beverage
- 4.** Hint of hue
- 5.** Texas city
- 6.** Before
- 7.** ' ____ the season ...
- 8.** Bud's comic partner
- 9.** Slaw or fries
- 11.** Young Frankenstein servant
- 15.** Slimy stuff
- 16.** Science guy Bill
- 17.** Gobble
- 18.** Spoiled sort
- 20.** Agent, in brief
- 21.** Peyton's bro
- 23.** Western capital
- 25.** Mammal found in Asia
- 26.** Precipitation
- 27.** Trade
- 29.** Sister
- 30.** Water's enemy
- 31.** Travel guide
- 33.** ASAP!
- 34.** Admissions test



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 5 June 2023

Dear Stan

Last week I had a doctor's appointment and was given a new prescription. I went to my pharmacy to pick up the new prescription and even with my Medicare Part D plan, it cost me \$200 for a month's supply. I am on a fixed income and can't afford this additional cost each month. What can I do to reduce the cost?

Thanks,

Rick

Rio Rancho

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 Rick,

High drug prices affect many people enrolled in Medicare. Here are five options that may help you reduce your prescription costs.

1. Consider switching to generics or a lower-cost alternative drug.

There may be generic or other prescriptions in the same class (that work in the same way) that could treat your condition just as well at a much lower cost. Talk to your doctor to find out if this is an option for you.

2. Apply for Extra Help.

"Extra Help" is a Medicare program to help people with limited income pay Medicare drug coverage premiums, deductibles, coinsurance, and other costs. If you qualify for Extra Help, in 2023 you could pay no more than:

- \$4.15 for each generic covered drug
- \$10.35 for each brand-name covered drug.

To find out more about Extra Help, call the **State Health Insurance Assistance Program (SHIP)** at **1-800-432-2080**.

CONSUMER & LEGAL

3. Choose a Medicare drug plan that offers additional drug coverage.

There may be a Part D or Medicare Advantage plan that offers more coverage than your current plan but may charge a higher monthly premium. There are special enrollment periods that allow you to change plans during the year if you qualify. Call Medicare at **1-800-633-4227** for more information.

4. Pharmaceutical Assistance Programs.

Many pharmaceutical companies have drug assistance programs that offer free or low-cost medications if you can't afford your medication and qualify for the program. You can contact the pharmaceutical company by phone or on their website to see if you qualify, or you can contact the **New Mexico Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and speak with a Prescription Drug Assistance Program counselor to help with the process and to look for other Rx assistance that may be available.

5. Discount Drug Cards.

There are several discount drug cards available to you for free. These drug cards offer discounts on drug costs but cannot be used as a supplement to Medicare drug plans. You must use one or the other. To see if they offer a lower price for your prescriptions visit their websites. An example is www.GoodRx.com.

For additional information about these options contact the **ADRC** at **1-800-432-2080** and request to speak with a **SHIP** counselor.

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!



SHIP

State Health Insurance
Assistance Program



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 5 junio de 2023

Querido Stan,

La semana pasada tuve una cita con el médico y me dieron una nueva receta. Fui a mi farmacia a recoger la nueva receta y incluso con mi plan de la Parte D de Medicare, me costó \$200 por el suministro de un mes. Tengo un ingreso fijo y no puedo pagar este costo adicional cada mes. ¿Qué puedo hacer para reducir el costo?

Gracias,

Ricardo
Rio Rancho

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 Ricardo,

Los altos precios de los medicamentos afectan a muchas personas inscritas en Medicare. Aquí hay cinco opciones que pueden ayudarlo a reducir los costos de sus medicamentos recetados.

1. Considere cambiar a medicamentos genéricos o a un medicamento alternativo de menor costo.

Puede haber recetas genéricas o otras de la misma clase (que funcionan de la misma manera) que podrían tratar su condición igual de bien a un costo mucho menor. Hable con su médico para buscar si esta es una opción para usted.

2. Solicite ayuda adicional.

"Ayuda adicional" es un programa de Medicare para ayudar a las personas con ingresos limitados a pagar las primas, los deducibles, el coseguro y otros costos de la cobertura de medicamentos de Medicare. Si califica para la Ayuda Adicional, no podría pagar más de:

- \$4.15 por cada medicamento genérico cubierto en 2023
- \$10.35 por cada medicamento de marca cubierto en 2023.

Para obtener más información sobre la Ayuda Adicional, llame al **Programa Estatal de Asistencia con el Seguro Médico (SHIP)** al **1-800-432-2080**.

CONSUMER & LEGAL

3. Elija un plan de medicamentos de Medicare que ofrezca cobertura de medicamentos adicional.

Puede haber un plan de la Parte D o Medicare Advantage que ofrezca más cobertura que su plan actual, pero puede cobrar una prima mensual más alta. Hay períodos especiales de inscripción que le permiten cambiar de plan durante el año si califica. Llame a Medicare al **1-800-633-4227** para obtener más información.

4. Programas de Asistencia Farmacéutica.

Muchas compañías farmacéuticas tienen programas de asistencia de medicamentos que ofrecen medicamentos gratuitos o de bajo costo si no puede pagar su medicamento y califica para el programa. Puede comunicarse con la compañía farmacéutica por teléfono o en su sitio web para ver si califica, o puede comunicarse con el **Centro de Recursos Para Personas Mayores y Discapacitadas de Nuevo México (ADRC)** al **1-800-432-2080** y hablar con un consejera/o del Programa de asistencia de medicamentos recetados para ayudar con el proceso y buscar otra asistencia Rx que pueda estar disponible.

5. Tarjetas de descuento para medicamentos.

Hay varias tarjetas de descuento para medicamentos disponibles para usted de forma gratuita. Estas tarjetas de medicamentos ofrecen descuentos en los costos de los medicamentos, pero no se pueden usar como complemento de los planes de medicamentos de Medicare. Debes usar uno u otro. Para ver si ofrecen un precio más bajo para sus recetas, visite sus sitios web. Un ejemplo es www.GoodRx.com.

Para obtener información adicional sobre estas opciones, comuníquese con el **ADRC** al **1-800-432-2080** y solicite hablar con un consejera/o de **SHIP**.

Stan,

New Mexico SHIP, SMP Voluntario

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!

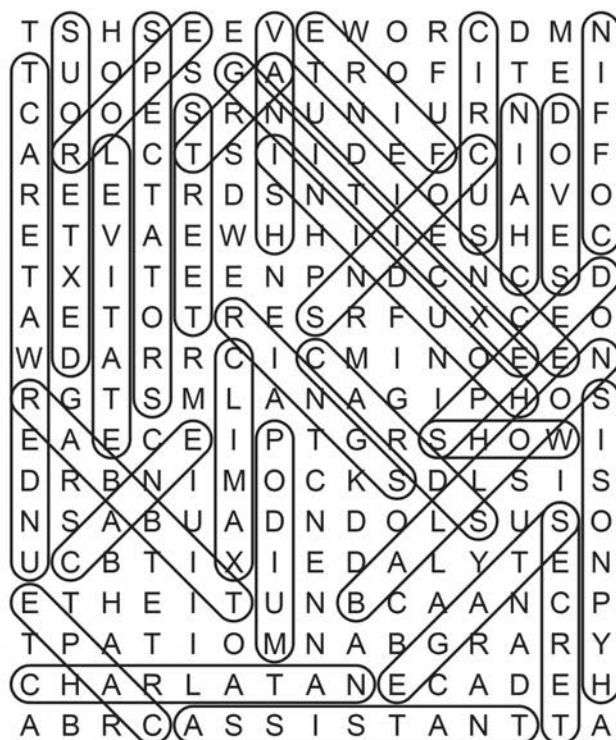


CROSSWORD PUZZLE SOLUTIONS



WORD SEARCH SOLUTIONS

Solution: Magic



SANDWICH

OUT



iVámonos!

SANTA FE WALKS

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



30 Free Walks & Hikes from May through October

Sponsored by the
Santa Fe Walking Collaborative &
convened by the Santa Fe Conservation Trust.
Spanish-language schedule available at
sfct.org/vamos



MAY

- 9 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 13 - Saturday @ 6:30 PM to 8 PM**
Vámonos Hike-Birding w/ Audubon Society
Leonora Curtain Preserve (no dogs please)
49A W Frontage Rd
- 18 - Thursday @ 5:30 PM**
Find a New Path
Rail Trail @ Zia Rd Trailhead to Siringo Rd
and back. Meet at Zia Railrunner Station
parking lot on Zia Rd west of St Francis Dr
- 24 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon
- 26 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

JUNE

- 3 - Saturday @ 9 AM to 11 AM**
Vámonos Hike - National Trails Day
& "Take a Kid Hiking Day" with Nature
Scavenger Hunt and Ice Cream!
Arroyo Hondo Open Space Loop
Park at Old Agua Fria Rd E Trailhead
(end of road, off Old SF Trail exit)
- 6 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 15 - Thursday @ 5:30 PM**
Find a New Path
Arroyo Chamiso Trail
Meet at Villa Linda Park on the east side of
SF Place Mall. Walk to GCCC and back.
- 21 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon
- 23 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

JULY

- 11 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 13 - Thursday @ 5:30 PM**
Find a New Path - Hike
Las Estrellas Trails, park in dirt lot next to
Thornburg Investment's entrance,
2300 N Ridgetop Rd
- 15 - Saturday @ 9 AM to 11 AM**
Vámonos Hike - Find a View
Dale Ball to Picacho Overlook. Park and
carpool from SF Water History Park,
1209 Upper Canyon Rd
- 19 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon
- 28 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

AUG

- 5 - Saturday @ 9 AM to 11 AM**
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
- 8 - Tuesday @ 6:00 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 10 - Thursday @ 5:30 PM**
Find a New Path
River Trail @ Romero Park Trailhead to
ReUnity Farms
Meet at 2145 Caja del Oro Rd
- 16 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon
- 25 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial /Alto Park
Meet at MEG Senior Center 1121 Alto St

SEPT

- 9 - Saturday @ 10 AM to noon**
Vámonos Hike
SFCT Conservation Homestead Loop
Meet at Cottonwood Trailhead on
Thornton Ranch Rd, Lamy, NM
- 12 - Tuesday @ 5:30 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 14 - Thursday @ 5:30 PM**
Find a New Path
River Trail from El Camino Real Trailhead
out and back
Meet at 3600 Constellation Dr
- 20 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon
- 22 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St

OCT

- 3 - Tuesday @ 5:30 PM**
Take a Walk on the South Side
Southside Library to Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr
- 7 - Saturday @ 10 AM to noon**
Vámonos Hike - Pecos Nat'l Monument
South Pasture Loop trail (3.8 miles)
Registration required to info@sfct.org for
free bus transportation to trailhead
- 12 - Thursday @ 5:30 PM**
Find a New Path
Rail Trail @ Rabbit Rd Trailhead
Meet at 249-251 Rabbit Rd
- 18 - Wednesday @ 5:30 PM**
Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon
- 20 - Friday @ 10 AM**
Walk with our Elders
River Trail @ Bicentennial/Alto Park
Meet at MEG Senior Center 1121 Alto St



iVámonos!

SANTA FE WALKS

COLOR CODE LEGEND

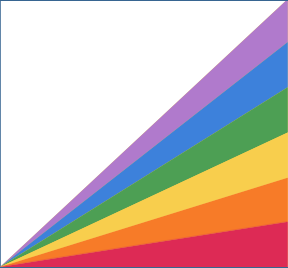
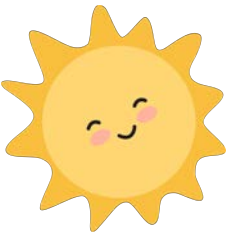


- Easy
- Moderate
- Difficult
- ADA Accessible Trail
- Dirt / Rough Trail

- Weekday walks last an hour
- Saturday walks last 2 hours

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

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

SENIOR CENTER LUNCH MENU- JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Sandwich Garnish Macaroni Salad Celery Sticks Fresh Pear	2 Chicken Salad Cold Peas Potato Chips Crackers Banana Pudding
5 Breaded Chicken Sandwich Garnish Potato Salad Carrots Sticks Oatmeal Cookie	6 Spaghetti w/ Meaty Marinara Sauce Italian Veggies Garden Salad Bread Stick Fresh Apple	7 Pork Rib Sandwich Pork & Beans Steamed Corn Cole Slaw Diced Pears	8 Cod Scalloped Potatoes Brussels Sprouts Roll Mixed Fruit in Jello	9 Frito Pie Pinto Beans Garnish Mexicorn Mexican Slaw Ice Cream
12 Beef Fajitas Fajita Veggies Chili Beans Salsa Tapioca Pudding	13 Breaded Fish Sandwich Tartar Sauce Onion Rings Vegetable Medley Strawberries on Shortcake	14 Soft Beef Taco Garnish Spanish Rice 5 Way Veggies Salsa Whipped Fruit Salad	15 Ham & Cheese Sandwich Garnish 3 Bean Salad Pickle Spear Potato Chips Chocolate Chip Cookie	16 Cheesy Baked Ziti w/ Meaty Marinara Sauce Italian Veggies Roll Cinnamon Spiced Apples
19  All Kitchens Closed for Juneteenth Holiday	20 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll Chilled Peaches	21 Hawaiian Chicken Steamed Rice Green Beans & Corn Roll Tropical Fruit	22 Meatloaf Potatoes Au Gratin Buttered Carrots Roll Fruit in Jello	23 Baked Chicken Mushroom Cream Sauce Wild Rice Steamed Spinach Roll Chocolate Pudding
26 Chicken Provençal w/Veggie Sauce Steamed Rice Carrots & Green Beans Roll Fruit Cocktail	27 Red Chile Beef Enchiladas Salsa Corn Refried Beans Plums	28 Swedish Meatballs over Egg Noodles California Veggies Roll Pineapple	29 Hot Dog Tater Tots Peas & Carrots Vanilla Pudding w/ Cinnamon	30 Chicken Nuggets Country Gravy French Fries Mixed Veggies Biscuit 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.

**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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