



CITY OF SANTA FE
SENIOR SERVICES

MAY 2023

SENIOR SCENE



— — — — — APRIL ACTIVITIES — — — — —

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



Chimayo Field Trip!



El Baile de Cascarones



El Baile de Cascarones



Colorful Cascarones!



Chimayo Field Trip!

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)

- **Mon - Fri:** 10:30AM – 12:30PM, **Fitness Room & Computer Lab**
- **Mon & Weds:** **Computer Assistance** - 10:30AM - 12:30PM
- **Fri:** **BINGO** - 1:00PM - 3:00PM
- **Haircuts by Fabiola:** Monday, May 22nd, 10AM-1PM

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street

- **Mon - Fri:** **Pool/Cards/Billiards Room & Fitness Room** - 8:00AM - 4:30PM
- **Mon & Tues:** **Tai Chi** - 8:30AM-9:30AM
- **Mon & Wed:** **BINGO** - 1PM - 3PM
- **Tues:** **Computer Instruction w/Jesse Kain** - 9AM-11AM, Computer Lab. **Starts May 2nd.** First come first served. Some websites may be blocked, no printer available currently.
- **Tues:** **Jewelry Class** - 9AM-11AM, Craft Room
- **Tues:** **Guitar Class** - 10:00AM - 11:30AM
- **Tues:** **Oil Painting w/Judy** - 12:30PM-2:30PM, first & third Tuesday of the month. Craft Room. **Starts May 2nd.**
- **Weds:** **Quilting** - 1PM-3PM
- **Thurs:** **Wood Carving** - 9:30AM - 11:00AM
- **Thurs:** **Sitting Tai Chi/Qi Gong** - 2:30PM-3:30PM: Sit or stand as you practice movements used for thousands of years to balance the mind and body. We will discuss relaxation principles to add quality to your life.
- **Thurs:** **Meditation for Seniors by Upaya.** 1PM-2PM, Conference Room
- **Fri:** **Knitting Class** - 1PM - 3PM
- **Haircuts by Fabiola:** Mon. May 8th, 10AM-2PM. Exercise Room
- **Craft Room Open-** Activities TBA
- **Enhanced Fitness:** Mon, Wed, Fri. 9:30AM-10:30AM
- **Book Club "MEG Page Turners"** 1PM-2PM, **starts May 12th.** Conference Room. All book lovers welcome! Led by Adrienne Ruscavage.

Luisa Center Activities
Cristina Villa
505-955-4725
cavilla@santafenm.gov

MEG Center Activities
Albert Chavez
505-955-4715
wachavez@santafenm.gov

Senior Scene Highlights

News & Views

Volunteer Programs

Anxiety & Older Adults

Ask Stan

May 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



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 Dominquez, Administrative Assistant: 505-955-4749

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

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

Senior Services Navigator: 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

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

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.

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.

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

DAY TRIP TO THE ABQ BIOPARK ZOO

Sign up for a fun-filled day trip to the ABQ BioPark Zoo in Albuquerque on **Tuesday, May 16th**. The first 50 seniors to sign up get to visit the amazing animals at the zoo! **Contact Albert Chavez to reserve your spot: 505-955-4715**

TRAVEL DETAILS:

- Arrival at MEG by 8:30AM. Departure time is 9AM.
- Bus fee is \$5.00
- Zoo entrance fee is \$5.50.
- Bring a sack lunch or purchase lunch at the zoo café.

MAY FOOD DISTRIBUTIONS



The Food Depot at 1222 Siler Road offers drive-through grocery distributions from **7:00 – 9:00 a.m.** **Thursdays, May 11th & 25th**



Echo Commodity Distribution has switched to an every other month schedule. Next distribution is in June.

Pasatiempo Senior Center will open on May 1st, 2023 for meals only!



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.

Flour
HORIZONS
New Mexico

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. May 10th at 10:30AM**
- **Luisa Center ICAN Class: Tues. May 23rd at 10AM**

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

May Activities at the Luisa Center

- **Cinco de Mayo Celebration:** Fri, May 5th at 11AM. Free non-alcoholic margaritas!
- **Mother's Day Celebration:** Fri, May 12th at 11AM. All mothers will receive a flower in observance of Mother's Day.
- **"Let's Talk About Chromebooks" Discussion:** Wed, May 17th from 12PM-1PM. Come learn about the Chromebook OS, a more economical way to email and browse the internet for entertainment and shopping! Theodore Pomeroy will host a one-time discussion.

SENIOR +50 OLYMPICS - COME TO AN EVENT!

Everyone is invited to come watch the events! For more information about Senior Olympics, contact Cristina Villa at **505-795-3817**

May Events Calendar

5/9: Fun Events @Alto Park - 9AM
5/11: 8-Ball Pool @MEG Center- 9AM
5/12: Tennis @Alto Park- 9AM
5/17: Golf @Marty Sanchez Links de Santa Fe - 9AM
5/18: Horseshoes @Alto Park - 9AM
5/19: Horseshoes @Alto Park - 9AM
5/25: Archery @Rugby Fields - 9AM



Thank you Coca Cola!

A special shout out to Coca Cola for donating 20 cases of water for the Senior Olympic events! We greatly appreciate your generosity.

Santa Fe Civic Housing Authority Upcoming Events

- **Senior Medicare Patrol Presentation by NM Department of Aging and Long-Term Services:** Tuesday May 2nd at 1:30pm - Villa Consuelo Center.
- **Free Covid-19 Omicron Booster Clinic:** Mon, May 8th from 1PM - 4PM at Pasatiempo Center
- **NMSU ICAN Program Presentation:** Tues, May 23rd at 12:30pm - Villa Hermosa Center

NEWS & VIEWS

Movie Days at Luisa & MEG!

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



Luisa Center

Where Hands Touch

Thursday, May 4th

1:00PM

A biracial teenage girl falls in love with a member of the Hitler Youth and struggles for survival in Nazi Germany.



MEG Center

Jerry & Marge Go Large

Tuesday, May 23rd

1:00PM

A long-married couple win the lottery and use the money to revive their small town. Based on a true story!

JOIN THE MEG CENTER BOOK CLUB

Come to the MEG Center on **May 12th at 1PM** to find out more about the new book club, "MEG Page Turners"! Led by Adrienne Ruscavage.

Poem
by
Patti
Merrill

LILACS BLOOMING
NEAR THE OLD BRICK WALL.
HUMMINGBIRDS.
ORANGE BUTTERFLY.



We Will Miss You! ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Gloria "Punky" Dofflemyer, 78, went home with our Lord on February 23, 2023 surrounded by her family.

As a single mother, Gloria completed her studies in cosmetology, operating her own hair salon in Pecos, NM for a few years. In 1975, she began a waitressing career at Tia Sophia's, serving locals and tourists for over 25 years. Her commitment to service was reflected in the special care she showed everyone. She also enjoyed acrylic painting and always looked forward to attending ceramics class and spending quality time with her friends at the senior center. Above all, she loved being a grandmother and her precious dog, Snuggles.



Celebrating Life 2023! May 6 -14 The Ageless Living/Longevity Series

An Unprecedented Global...Virtual...Non-Profit Event



Discover the secrets to living your authentic life, a life unrestricted by the boundaries of time and not limited by negative beliefs. Attend a free celebration and conference including more than 100 best-selling authors, experts, musicians, film and documentary makers and other luminaries. Register today at CelebratingLife2023.Org.

2023 Women Veterans Conference: Still Making a Difference

- Saturday, June 10, 2023
- 8AM to 3PM
- UNM's Travelstead Hall, 2000 Las Lomas Rd NE, Albuquerque
- Contact theresa.figueroa@dvs.nm.gov to RSVP early and reserve your seat today! Space is limited.

Older Americans Dance

Join us for our annual Older American Dance!

Thursday, May 18th | 1PM-4PM
Fraternal Order of the Eagles @ 833 Early St.

Free admission with music by Sangre Joven
Don't miss out on a great band!

Transportation available.



NEWS & VIEWS

Sign Up for the AARP Smart Driver Course

The AARP Smart Driver Course will be held on **Tues, May 9th** 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.**

Meals-on-Wheels Assessments

All Meals-on-Wheels assessments will be conducted in person and no longer over the phone. In-person assessments begin May 1st. If you have questions, **contact Carlos Sandoval at 505-955-4748 or cesandoval@santafenm.gov.**

Sign-up for Yardwork Assistance Now

Do you need help cleaning your yard? Youth volunteers with Generate 360 are available from June 20th to June 22nd to assist you! Assistance is only available in the City of Santa Fe area on a first come first served basis. **Reserve your spot by May 31st. To register, contact Mona Baca at 505-955-4760 and leave your name and phone number.**

In-Home Respite Services for Caregivers

Caring for a loved one who has been 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 Lugi Gonzales at 505-955-4711**

Flora's Corner



Rock Me to Sleep. Mother by Elizabeth Akers Allen

Backward, turn backward, O Time, in your flight,
Make me a child again just for tonight!
Mother, come back from the echoless shore,
Take me again to your heart as of yore;
Kiss from my forehead the furrows of care,
Smooth the few silver threads out of my hair;
Over my slumbers your loving watch keep,
Rock me to sleep, mother, rock me to sleep.

Backward, O tide of the years!
I am so weary of toil and of tears;
Weary of sowing for others to reap;
Rock me to sleep, mother, rock me to sleep.

Tired of the hollow, the base, the untrue,
Mother, O mother, my heart calls for you!
Many a summer the grass has grown green,
Blossomed and faded our faces between,
Yet, with strong yearning and passionate pain,
Long I tonight for your presence again;
Come from the silence so long and so deep,
Rock me to sleep, mother, rock me to sleep.

Backward, O tide of the years!
I am so weary of toil and of tears;
Weary of sowing for others to reap;
Rock me to sleep, mother, rock me to sleep.

Mother, dear mother, the years have been long
Since last I listened your lullaby song;
Sing, then! and unto my soul it shall seem
Years that are gone have been only a dream.
Held to your heart in a loving embrace,
With your light lashes just sweeping my face,
Never hereafter to wake or to weep,
Rock me to sleep, mother, rock me to sleep.

Backward, O tide of the years!
I am so weary of toil and of tears;
Weary of sowing for others to reap;
Rock me to sleep, mother, rock me to sleep.



NATIONAL DANCE INSTITUTE NEW MEXICO 2023 GALAS



Dress Rehearsal is on Wednesday, May 3rd at 12:45PM. We will meet at MEG in the waiting room by 12:30PM and then walk across the street to join the performance.

VOLUNTEER PROGRAMS

Volunteer with Assistance Dogs of the West



If you love puppies and dogs and enjoy volunteering, then Assistance Dogs of the West (ADW) is the place for you. You will work with dedicated canines who change lives. ADW volunteers can be Puppy Sitters, Puppy Raisers, Rail Trail Walkers and more.

ADW serves a variety of clients, including people with mobility challenges, seizure disorders, or diabetes; veterans with PTSD and children with autism. ADW places Facility, Courthouse Facility Dogs and Crisis Response Canines, who work with at-risk and traumatized populations. ADW is considered an expert in the placements of these high-skilled working dogs. They are partnered with professionals from law enforcement, special victims' advocates, first responders and others who work with family assistance after mass casualty incidents, as well as the investigation and prosecution of crime.

ADW's programmatic offerings teach diverse student populations to support the work of professional dog trainers. We teach students of all ages and abilities to train dogs to help people. These programs build skills and nurture empathy; and fortify emotional self-regulation skills. ADW Student Trainers include mainstream and at-risk youth; people with a wide range of disabilities; and military veterans facing challenges with reintegration to civilian life through our Warrior Canine Connection program. Since 1995, more than 3,500 people in New Mexico have taken part in ADW's Student Trainer program.

For more information and to start volunteering with ADW, go to assistancedogsofthewest.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



AmeriCorps
Seniors

April 2023 Volunteer Appreciation Month Governor's Proclamation



Happy Birthday, May Volunteers! ¡Feliz Cumpleaños!

| | |
|---------------------|------|
| Fabiola Guillen | 5/03 |
| Carmen Baca | 5/05 |
| Rebecca Haffenden | 5/06 |
| Helen (Bunny) Brown | 5/08 |
| Robert Moore | 5/08 |
| Mary Anne Ryan | 5/09 |
| Ted Yamada | 5/09 |
| Mathew Frauworth | 5/11 |
| Maurice Lierz | 5/12 |
| Linda Muzio | 5/13 |
| Susan Yanda | 5/20 |
| Erin Blair | 5/22 |
| Bernadette Montoya | 5/22 |
| Maria Bella Campos | 5/24 |
| Flora Leyba | 5/28 |
| Yolanda Cerrillo | 5/30 |



HEALTH & SAFETY

ANXIETY & OLDER ADULTS

Anxiety disorders affect 4% of older adults worldwide, but severe anxiety isn't an inevitable part of aging. With the right treatment, relief from symptoms is possible. Anxiety disorders can interfere with daily functioning and sometimes require medical treatment like diabetes or high blood pressure. Signs of anxiety include uncontrollable feelings of panic, fear, or apprehension, obsessive thoughts, restlessness, insomnia, and refusal to engage in routine activities. Physical signs can be racing heart, trembling, headaches, tense muscles, cold or sweaty hands, and dry mouth.

Generalized Anxiety Disorder (GAD) is the most common anxiety disorder among older adults. People who experience GAD fear the worst in every situation, even if that fear is unfounded. Social anxiety also affects older adults. Adults experiencing social anxiety feel extreme nervousness and self-consciousness in everyday scenarios involving others. They fear judgement from others, worry they'll embarrass themselves, and actively avoid social situations making it harder to make and maintain friendships.

Physiological risk factors for anxiety disorders in older adults are genetic or a chemical imbalance brought on by extreme stress. Other risk factors include stressful life events (e.g., death of a loved one), limited physical mobility, financial insecurity, sleep disturbances, chronic health conditions (e.g., diabetes, heart disease), medication side effects, substance use disorder or excessive alcohol use, and childhood trauma.

Speak to your healthcare provider if anxiety is impacting your life. They'll give you a physical exam to rule out medical causes of your symptoms. If there are no signs of physical illness, your provider may refer you to a licensed mental health counselor, psychologist, or psychiatrist. These professionals are trained to diagnose anxiety, depression, and other mental health disorders. Talk therapy, medication, or both, can treat anxiety disorders.

Try these lifestyle practices to manage anxiety:

- Join an online or in-person support group for people experiencing anxiety disorders, or talk with a trusted friend, family member, or spiritual leader.
- Practice meditation, yoga, mindfulness, and other stress management techniques.
- Avoid caffeine, nicotine, over-the-counter cold medications, alcohol, and certain herbal supplements.
- Maintain good sleep habits.

NUTRITION EDUCATION

BROCCOLI OMELET

This omelet is lower in fat and cholesterol than a traditional omelet and stuffed with a vibrant mix of broccoli florets, red bell pepper and mushrooms. Top it with reduced-fat cheese!



Broccoli is high in folate and Vitamins C, A and K and also a good source of potassium and dietary fiber.

Source:
MyPlate.Gov

Makes: 4 Servings

Cook Time: 20 minutes

Ingredients

- 3 cups broccoli florets
- 1 large red bell pepper, cut into strips
- 16 button mushrooms, sliced
- 4 eggs
- 8 egg whites from 8 eggs
- 1/4 cup fat-free milk
- 1/2 cup ricotta cheese
- 2 tbsp. grated parmesan cheese
- 1/8 tsp. salt
- 1/8 tsp. pepper

Directions

1. Whisk eggs and milk in a medium mixing bowl.
2. Spray 10-inch non-stick skillet with cooking spray; heat.
3. Add broccoli, peppers, and mushrooms; sauté 3-5 minutes then remove from pan.
4. Add cooking spray to skillet.
5. Add 1/4 of the egg-milk mixture to hot skillet, and let spread to cover bottom of pan.
6. When egg begins to thicken on top, sprinkle with 1/4 of the parmesan cheese.
7. Dab half of the omelet with ricotta cheese and spread a portion of the vegetable mixture.
8. Fold the other half of omelet over the vegetables and let cook 1 more minute.
9. Slide onto plate. Season lightly with salt and pepper.
10. Repeat steps 1-6 to cook all omelets.
11. Garnish omelets with remaining vegetable sauté mix.
12. Serve with melon and whole-wheat toast.

WORD SEARCH

Mammals

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

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

GNU
 GORILLA
 HARP SEAL
 HORNBILL
 HORSE
 HYENA
 INDRI
 KANGAROO
 KUDU
 LION
 MOUNTAIN HARE
 MUSKRAT
 OKAPI
 PIG
 PLATYPUS
 POLAR BEAR
 PORPOISE
 RED DEER
 RINGED SEAL
 SABLE
 TARPAN

AARDVARK
 ALPINE SHREW
 BINTURONG

BISON
 DOLPHIN
 ELK

FERRET
 FIELD VOLE
 GIRAFFE

DELETE ONE

Delete one letter from RANT REGALLY and find a cultural spot.

CROSSWORD PUZZLE

ACROSS

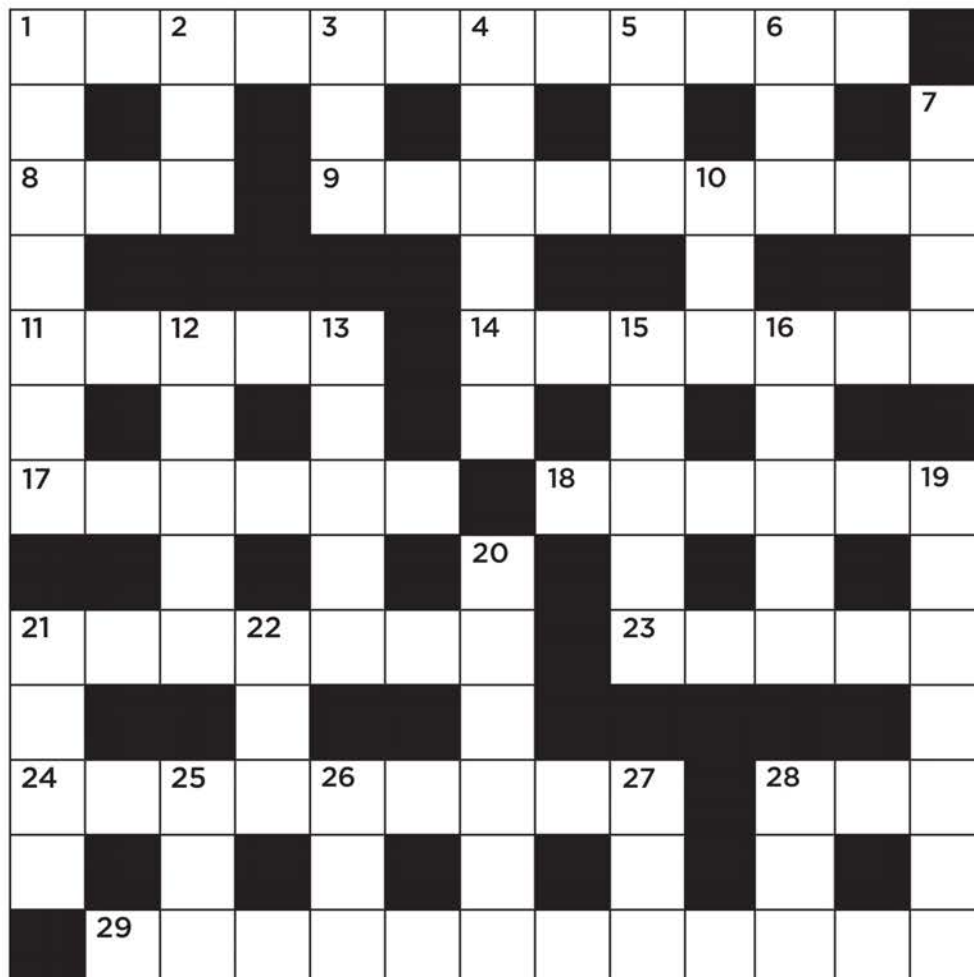
1. Dracula's home
8. Lad
9. Quasimodo's place
11. Clan's emblem
14. Independence
17. Reddish brown
18. Manservant
21. Classic Marilyn Monroe flick
23. Authority
24. Sofa
28. Baby bear
29. What 1, 9, 17, 18, 21, and 24 Across all are

DOWN

1. TV witch
2. ____ way you slice it
3. Gluttony, for one
4. In recent days
5. *Is* plural
6. Garten of foodie fame
7. To the extreme
10. Color
12. Fibula neighbor
13. Loy of old Hollywood
15. Rhythm sidekick?
16. Team race

19. A type of parallelogram

20. Love, en français
21. Unclad
22. "Golly!"
25. Boxlike vehicle
26. The Silver State, for short
27. ____ chi
28. CBS hit drama



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 4 May 2023

Dear Stan,

I have been seeing stories in the news that fraud in Medicare costs us significant amounts of money each year. Medicare, the federal health care program for seniors and the disabled, is a good program. How can I as a health care consumer help protect the program from fraud?

Phillip

Albuquerque

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 Phillip,

You raise a very good question. Nationally each year Medicare loses billions of dollars to unscrupulous medical providers. The U.S. Department of Health & Human Services has a nationwide program called the **Senior Medicare Patrol (SMP)**. In New Mexico it is a part of the New Mexico Aging and Long-Term Services Department. Its mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect and report health care fraud, errors, and abuse. This is done through outreach, counseling, and education.

Examples of Medicare fraud include:

- ◆ Billing for services, supplies, or equipment that were not provided

- ◆ Billing for excessive medical supplies
- ◆ Obtaining a Medicare number for “free” services.

Examples of Medicare abuse include:

- ◆ Improper coding to obtain a higher payment
- ◆ Unneeded or excessive x-rays and lab tests
- ◆ Claims for services that are not medically necessary
- ◆ Using another person’s Medicare number, or letting someone else use your number
- ◆ Misusing codes on a claim
- ◆ Charging excessively for services or supplies.

One thing you and your family can do is check your quarterly Medicare Summary Notice (if you have Original Medicare) or

CONSUMER & LEGAL

check your Explanation of Benefits (if you have a Medicare Advantage Plan). If there are charges for services, supplies, or equipment that you didn't get or a billing for the same service twice that were not ordered by your doctor, report them to **SMP**. Call the provider and ask them about charges you are suspicious about. If you are not satisfied with your provider's response, contact the **SMP**.

Here are two scams going around New Mexico right now:

- 1) Compromised ID numbers - this is when Medicare beneficiaries give out their Medicare ID number to a caller claiming to be from Medicare offering new microchip or plastic ID cards.
- 2) Marketing violations - this is when Medicare beneficiaries give out their Medicare ID number to a caller wanting them to switch plans and they promise extra or free benefits such as a free debit card. The beneficiary gets switched to another plan and as a result loses access to their providers and/or necessary medications. Sometimes the beneficiary says no and gets switched anyway.

Treat your Medicare and Social Security numbers like credit card numbers. Do not give out your Medicare number except to your doctor or other Medicare provider. Be aware Medicare does not call or visit to sell you anything. Do not carry your Medicare card unless you need it. **If you think you have been defrauded, call Senior Medicare Patrol at 1-800-432-2080 and report your concerns.**

Stan,
Volunteer Counselor, SHIP and SMP

\$35 Insulin

The cost of a one-month supply of each Part D-covered insulin is capped at \$35, and you don't have to pay a deductible for insulin.

The drug must be listed on the Part D formulary to get the \$35 price.

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 4 mayo de 2023

Estimado Stan,

Yo estado viendo historias en las noticias de que el fraude en Medicare nos cuesta cantidades significativas de dinero cada año. Medicare, el programa federal de atención médica para personas mayores y discapacitadas, es un buen programa. ¿Cómo puedo yo, como consumidor de atención médica, ayudar a proteger el programa contra el fraude?

*Phillip
Albuquerque*

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 Phillip,

Planteas una muy buena pregunta. Cada año, a nivel nacional, Medicare pierde miles de millones de dólares en manos de proveedores médicos sin escrúpulos. El Departamento de Salud y Servicios Humanos de Estados Unidos, tiene un programa nacional llamado **Senior Medicare Patrol (SMP)**. En Nuevo México es parte del Departamento de Servicios a Largo Plazo y Envejecimiento de Nuevo México. Su misión es empoderar y ayudar a los beneficiarios de Medicare, sus familias y cuidadores a prevenir, detectar y denunciar fraudes, errores y abusos en la atención médica. Esto se hace a través de la divulgación, el asesoramiento y la educación.

Ejemplos de fraude de Medicare incluyen:

- Facturación de servicios, suministros o equipos que no se proporcionaron
- Facturación de suministros médicos excesivos
- Obtener un número de Medicare para servicios “gratuitos”

Ejemplos de abuso de Medicare incluyen:

- Codificación incorrecta para obtener un pago más alto
- Radiografías y pruebas de laboratorio innecesarias o excesivas
- Reclamos por servicios que no son médicamente necesarios
- Usar el número de Medicare de otra persona o permitir que otra persona use su número
- Uso indebido de códigos en un reclamo

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- Cobrar en exceso por servicios o suministros.

Una cosa que usted y su familia pueden hacer es consultar su Resumen de Medicare (si tiene Medicare Original) o su Explicación de Beneficios (si tiene un Plan Medicare Advantage). Si hay cargos por servicios, suministros o equipos que no recibió o una facturación por el mismo servicio dos veces que su médico no ordenó, infórmelo a **SMP**. Llame al proveedor y pregúntele sobre los cargos de los que sospecha. Si no está satisfecho con la respuesta de su proveedor, comuníquese con el **SMP**.

Aquí hay dos estafas que circulan por Nuevo México en este momento.

- 1) Números de identificación comprometidos: esto es cuando los beneficiarios de Medicare dan su número de identificación de Medicare a una persona que llama que dice ser de Medicare y ofrece nuevas tarjetas de identificación de plástico o microchip.
- 2) Infracciones de marketing: esto es cuando los beneficiarios de Medicare dan su número de identificación de Medicare a una persona que llama y les pide que

cambien de plan y prometen beneficios adicionales o gratuitos, como una tarjeta de débito gratuita. El beneficiario es cambiado a otro plan y como resultado pierde acceso a sus proveedores y/o medicamentos necesarios. A veces, el beneficiario dice que no y lo cambian de todos modos.

Trate sus números de Medicare y Seguro Social como números de tarjetas de crédito. No proporcione su número de Medicare excepto a su médico u otro proveedor de Medicare. Tenga en cuenta que Medicare no llama ni visita para venderle nada. No lleve consigo su tarjeta de Medicare a menos que la necesite. **Si cree que ha sido estafado, llame a la Patrulla de Medicare para Personas Mayores al 1-800-432-2080 y informe sus asuntos.**

Stan,
Consejero Voluntario, Programas 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!

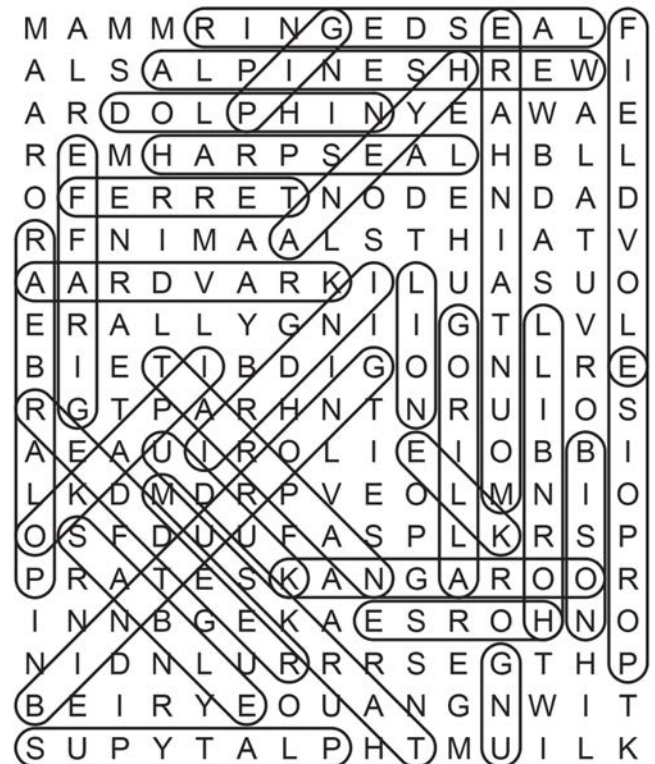


CROSSWORD PUZZLE SOLUTIONS



WORD SEARCH SOLUTIONS

Solution: Mammals



DELETE ONE

Delete N and find ART GALLERY.



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- MAY 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 Sloppy Joe Tater Tots Peas & Carrots Diced Peaches | 2 Chicken & Potato Burrito w/ Red Chile Sauce Chuck Wagon Veggies Fruit Cocktail in Jello | 3 Pork Stir Fry Fried Rice Stir Fry Veggies Spinach Salad Fresh Orange | 4 Meatloaf Scalloped Potatoes Buttered Carrots Roll Cinnamon Spiced Apples | 5 Baked Pork Chop Rice Pilaf Emperor Veggies Roll Chocolate Pudding |
| 8 Salisbury Steak Mashed Potatoes Mushroom Gravy 5 Way Veggies Roll Tropical Fruit | 9 Soft Fish Taco Black Beans Spanish Slaw Vegetable Medley Tapioca Pudding | 10 Hot Roast Beef & Swiss Sandwich Au Jus Sauce 3 Bean Salad Potato Chips Fresh Banana | 11 Baked Chicken Chicken Gravy Wild Rice Asparagus & Onions Biscuit Apricots | 12 Cheese Tortellini w/Meaty Marinara Sauce Italian Veggies Tossed Salad Roll Oatmeal Cookie |
| 15 Chili Cheese Dog w/ Red Chile Meat Sauce Onion Rings Green Beans & Corn Fresh Grapes | 16 Chicken Fettuccini w/ Alfredo Sauce Broccoli & Cauliflower Roll Fresh Pear | 17 Boneless Country Style Ribs Baked Beans Country Blend Veggies Cornbread Pineapple | 18 Green Chile Chicken Enchiladas Pinto Beans Calabacitas Plums | 19 Meatball Sub Mixed Veggies Potato Chips Ice Cream |
| 22 Teriyaki Chicken White Rice Asian Veggies Roll Mandarin Oranges Fortune Cookie | 23 Baked Cod French Fries Vegetable Medley Cole Slaw Sherbet | 24 Pork Posole w/Red Chile Sauce Spanish Rice Mixed Veggies Tortilla Sliced Pears | 25 Beef Ravioli Marinara Sauce California Veggies Roll Applesauce | 26 Ham & Cheese Sandwich Garnish Macaroni Salad Cold Peas Watermelon |
| 29  | 30 Green Chile Cheeseburger Garnish Ranch Beans Seasoned Fries Fresh Apple | 31 Chicken & Rice Casserole Peas & Carrots Roll Tossed Salad Diced Peaches |  |  |

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
505-955-4721



VENTANA DE VIDA
1500 Pacheco Street



**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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