



CITY OF SANTA FE
SENIOR SERVICES

NOVEMBER 2023

SENIOR SCENE





ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

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Ask Stan

November Senior
Center Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution


City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)

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


Monday through Friday | 10:30AM – 12:30PM

Fitness Room & Computer Lab Open!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		Bingo Postponed Until Further Notice
Haircuts by Fabiola: Monday, Nov. 20, 10AM-1PM 				

Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725

Mon-Fri	Fitness Room Open: 10:30AM – 12:30PM		
Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM)	Weds	Live music: Grupo Cielo Azul, 11:45AM-2:00PM
Haircuts by Fabiola: Monday, Nov. 13, 10AM-1PM			

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)

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

Monday through Friday, 8:00AM – 4:30PM

Pool/Cards/Billiards Room, Computer Lab, Fitness Room Open | Craft Room Open- Activities TBA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Qi Gong 8:30-9:30AM Enhanced Fitness 9:30-10:30AM Bingo Postponed Until Further Notice	Tai Chi/Qi Gong 8:30-9:30AM Jewelry Class 9AM Computer, Mobile Phone, & Tablet Instruction w/ Jesse Kain 9-11AM Guitar Class 9-11AM Ukemi (Art of Falling)* 10-11AM Oil Painting w/Judy 12:30-2:30PM Nov. 21	Enhanced Fitness 9:30-10:30AM Bingo Postponed Until Further Notice Quilting 1-3PM	Wood Carving 9:30-11:00AM Smartphone & Computer Instruction w/ Jane Yuster 9:30-11:30AM Meditation for Seniors by Upaya** 1-2:00PM Tai Chi/Qi Gong 2:30-3:30PM	Enhanced Fitness 9:30-10:30AM MEG Page Turners Book Club: "The Forest Lover" by Susan Vreeland Nov. 17, 1-2PM Knitting Class 1-3:00PM
*No class on Nov. 7 **No session on Nov. 30		Haircuts by Fabiola: Monday, Nov. 6, 10AM-1PM 		

All activities are open to registered seniors. **Schedule is subject to change.**
Please sign in on our activity sheets every time you participate in an activity. Masks are optional.

CONTACT INFORMATION

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

ADMIN OFFICES: 505-955-4721

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

**Senior Services Administration & Registration:
505-955-4721**

- Cristy Montoya, Administrative Secretary
cjmontoya@santafenm.gov

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

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

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

Senior Services Navigator: Vacant

Senior Center Programming Activities: 505-955-4711

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

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

Activities: MEG Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

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

Cristina Villa: cavilla@santafenm.gov

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

Cristina Villa: cavilla@santafenm.gov

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

In-Home Support Services Program Manager

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

- 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

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs

Program Manager - Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4745

Theresa Trujillo, Project Administrator: tptrujillo@santafenm.gov

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

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

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

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

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

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

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

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

DIRECTOR'S NOTE

Dear Senior Services Community,

Fall is in full swing, and the seasons are changing. We will also begin to see changes at our Senior Center. The expansion of the MEG Center is about to begin. We will be expanding our Fitness Room and adding new ADA Accessible Bathrooms, a new Crafts room, and a new Game room. Part of the building will not be accessible during the construction. Access to the Dining area, Board Room and Enhanced Fitness area will be through an office near the Administration area. We will be relocating the Jewelry and Ceramics classes to the Pasatiempo Center. The Computer Class will be held at the Luisa Center and the Smart Phone classes, Guitar Class, Meditation, Book Club and card games will be held in the Board Room. We will place the Fitness equipment and Billiards tables in storage until the completion of the project. Exercise machines are available at both the Pasatiempo and Luisa Centers. We ask for your patience during the project.

We are also working diligently on bringing Bingo back to the MEG center by evaluating and reviewing the program to ensure that everyone that participates enjoys their experience.

I would like to also take this opportunity to thank all our Veterans for the sacrifices you have made for our country, your valor, keeping our country safe and for protecting our Freedoms.

I hope everyone has a great Thanksgiving.

Manuel Sanchez

Division Director



EMPLOYEE SPOTLIGHTS

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 12 years
- **What's the most exciting part of your job?** Not exciting but rewarding. Executing the day's job with no issues or problems.
- **Do you have any hidden talents or hobbies?** Smoking fish and meat; Gardening; Pyrotechnics. Searching for a 63 Split Window, a 69 Stingray and for a 1969 Camaro pace car.
- **Are you a sports fan?** Of course.
- **Who are your favorite teams?** NFL-Indianapolis Colts; MLB-NY Yankees; NHL-NY Rangers; NCAA-Norte Dame
- **What's something you're proud of?** Collecting Corvettes



TRANSPORTATION SECTION

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

EMPLOYEE SPOTLIGHTS



Gerald Jimenez

NUTRITION SECTION

- **What's your job title?** Cook/Driver
- **How many years have you worked for the City?** 8 months
- **What's the most exciting part of your job?** Getting to meet and know my seniors.
- **Do you have any hidden talents or hobbies?** Love riding and working on my Harley!
- **Are you a sports fan?** Yes. Basketball and Football.
- **Who are your favorite teams?** LA Lakers & NY Giants.
- **What's something you're proud of?** Having this job and getting to know my seniors. Sometimes it turns out we're related!

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** 9 years.
- **What's the most exciting part of your job?** Making new friends with the seniors and helping them.
- **Do you have any hidden talents or hobbies?** I love to garden. I also like to can my fruit and vegetables from my garden!
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** Football: San Francisco 49ers; Baseball: Los Angeles Dodgers.
- **What's something you're proud of?** Raising and taking care of my family.



Darlene George

IN-HOME SUPPORT SECTION



Jebrina Roibal

ADMINISTRATIVE SECTION

- **What's your job title?** Project Administrator
- **How many years have you worked for the City?** 5.5 years
- **What's the most exciting part of your job?** The Seniors! I enjoy watching the seniors interact with each other along with their smiling faces every day.
- **Do you have any hidden talents or hobbies?** Yes. I am a blackbelt in TaeKwonDo. I enjoy making tattoos/art. I love going camping/traveling and doing basically anything with my beautiful family.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** I like the Cowboys and Raiders (split household); LA Lakers and LA Dodgers
- **What's something you're proud of?** My husband and I have been married for 23 years, together 26 years! We have 6 beautiful kids, 4 boys and 2 girls along with 7 beautiful and amazing grandchildren that we truly adore! 😊

NEWS & VIEWS

❖ MEG Transportation Program

Transportation services are fully operational from 8:30AM to 4:15PM. Reservations must be called in; no email requests. Customers need to schedule their reservation at least 3 to 5 days in advance. Contact Linda Quesada-Ortiz at 505-955-4700 with any questions!

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

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

❖ Birthday Celebrations for Nov.

Everyone is welcome to enjoy a slice of birthday cake for all November Birthdays during the lunch hour at the following Senior Centers:

- **Luisa:** Friday, Nov.3 @ 11AM
- **Pasatiempo:** Wednesday, Nov. 8 @ 11AM
- **MEG:** Tuesday, Nov. 21 @ 11AM

❖ November Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, November 9 & 16**



Echo Commodity Distribution
November 14, 9:30AM - 12:00PM
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (3552 Agua Fria St.)
4 to 6PM, November 7 & 21

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 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 you how to:

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



Pasatiempo ICAN: Mon., Nov. 13 @ 11AM

MEG ICAN Class: Weds., Nov. 15 @ 11AM

Luisa Center ICAN Class: Thurs., Nov 16 @ 11AM

For more info, contact Renee with the SF County Extension Office at **505-471-4711**

Thanksgiving Dance
Thursday, Nov. 16
1-4PM
Fraternal Order of the Eagles
(833 Early St.)

Admission: \$2.00 | Light Refreshments
Music by: Los Malcriados
Come enjoy the music and company!!

Sponsored by: Pasatiempo

NEWS & VIEWS

❖ Movie Day at MEG & Luisa Centers



Hacksaw Ridge (Luisa) Thursday, Nov. 2 @ 1PM

World War II American Army Medic Desmond T. Doss, serving during the Battle of Okinawa, refuses to kill people and becomes the first man in American history to receive the Medal of Honor without firing a shot.



The Guardian (MEG) Monday, Nov. 20 @ 1PM

A Coast Guard rescue swimmer (Kevin Costner), who still mourns losing his crew in a fatal accident, copes by dedicating his life to training new recruits. He meets swimming champion Jake Fischer (Ashton Kutcher), molds the cocky young man into his protégé and takes him on a dangerous mission.

The New Mexico Conference on Aging offers older adults, caregivers, and the specialists who work with them a chance to learn, have fun, and unite. Programs support independence, dignity, support, and access to community services and resources throughout the state.

November 13 & 14
National Hispanic
Cultural Center
1701 4th Street SW,
Albuquerque

DANCE: Nov. 13
5:30-8PM
The Clyde Hotel
330 Tijeras Ave NM,
Albuquerque

❖ AARP "Smart Driver" Course

Hello, Dominic here with the AARP Smart Drivers Program. Our classroom instruction remains on temporary hold for the month of November. Once we can resume regular monthly classes you can read about it in the city's Senior Scene Newsletter. Also, you can learn about classes being offered weekly and monthly in Los Alamos and Albuquerque at the AARP website: www.aarp.org/auto/driver

Classes are also offered online if you're in a real hurry and unable to travel.

New in 2024, you will be able to register for classes online using the Smart Driver Classroom Online Registration (SDCOR). This on-line program will allow you to identify a class, register, pay online and offer a host of other features to make your registration easier with no more phone calls to different numbers and voicemails! We are hopeful this will make your participation easier in Smart Driver classes.

Should you need more immediate information or have other questions, I can be reached at promandel@gmail.com or leave a message at 505 490 2489. Stay well and have your vehicle ready to drive safely as we enter the winter months!

❖ Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events (1510 Luisa Street)

- **Nov. 14** – Alzheimer's Awareness presentation followed by Q&A | 2PM

❖ Flora's Corner

*Age alone does not make
for Wisdom.
From the tasting of both bitter
and sweet fruits of life;
Wisdom is born.*

The Talmud



NEWS & VIEWS

❖ He Will Be Missed

Leonard (Lee) Manning, 82, of Santa Fe, NM passed away suddenly on August 7, 2023. He was born on February 12, 1941, in Roanoke, VA. Lee served in the Air Force in Vietnam, earning the Bronze Star Medal for "meritorious service... exemplary leadership, personal endeavor and devotion of duty."



Lee's lifelong love of photography began in 1964 while living in an Inuit village in the Yukon. When he entered the Air Force, he traveled extensively, always with his camera. He quickly produced an impressive portfolio and through the decades had well over 50 exhibitions and workshops throughout the USA, and in Italy and Portugal.

Lee had lived in Milwaukee, and Colorado Springs before settling in Santa Fe in 2007. He wasted no time meeting artful people and becoming involved with the community. He spearheaded a motley crew of photographers who met for road trips and breakfasts and, when Covid hit, weekly Zoom meetings. He arranged for the group to exhibit at the Santa Fe Library and Tularosa Basin Gallery of Photography. The State of New Mexico chose one of Lee's works for their Art in Public Places program.

Lee had an ongoing respect and love for the people of the Ohkay Owingeh pueblo and was entrusted with documenting many of their ceremonial dances. They sponsored an exhibition of those photographs at Ohkay Casino.

For three years, Lee led the La Cienega Studio Tour and was a longtime volunteer at The Food Depot. He was a beloved & valued docent at the New Mexico Museum of Art since 2015. He consistently contributed more volunteer hours than any touring docent in history, with hundreds of hours each year spent sharing his love and knowledge of the collection.

❖ Exciting New at the MEG Center!

Join us on Monday, November 13, for a delightful treat during lunchtime! We are thrilled to welcome back the musical talents of Ken Hendricks from Home Instead homecare. Ken will be serenading us with beloved old-time rock and roll classics that are sure to get your toes tapping and spirits soaring.

But that's not all! **Starting this November, you can look forward to Ken's musical performances every 2nd Monday of the month**, bringing the joy of music and togetherness to our Senior Center regularly.



To learn more about the exceptional services offered by Home Instead, visit their website at www.homeinsteadsantafe.com or reach out to them at (505) 471-2777.

Don't miss this fantastic opportunity for good food, great music, and even better company. We can't wait to share this memorable experience with you!

❖ Diabetes Awareness Month

November is Diabetes Awareness Month, and November 14, 2023 is World Diabetes Day.



VOLUNTEER PROGRAMS

❖ Featured Volunteer Station: Bienvenidos Outreach



Volunteers are the lifeblood of our organization. We simply could not do what we do without the help of our dedicated volunteers. Individuals and groups are always welcomed at Bienvenidos Outreach! Volunteers can choose from a number of activities and hours are flexible to fit your schedule, however, a minimum of a two-hour commitment is appreciated.

Some of the activities volunteers help us to do are:

- Food Box Preparation and Distribution
- Lunch Sacks for the Homeless Preparation and Distribution
- Clothing Room Attendant
- Storage Room Organizer
- Food donation Pickup: (SUV or Truck required)
- Office help/Client Intake (basic knowledge of computers is desirable)

Volunteer Hours:

Monday-Thursday | 7:30AM to 1:00PM

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

❖ Happy Birthday, Nov. Volunteers!

Jose "Joe" Maestas	11/01
Al Castillo	11/02
Elmer Leslie	11/02
Victor Teng	11/02
Barrett Markland	11/04
Richard "Dick" Fox	11/05
David Schell	11/06
Karon Hanrahan	11/07
Bonnie Hong	11/08
Judith Karolick	11/08
Cecilia Lopez	11/09
Randy Murray	11/09
Carmen L. Ortiz	11/09
William Glaser	11/12
Kay Jenkins	11/12
Mary A. Sandoval	11/15
Bernadette Sandoval	11/16
Jon Peck	11/17
Anna Mae Gallegos	11/19
Joyce A. Roberts	11/19
Anne Shute	11/22
Antonette Shuck	11/25
Victor Luboyeski	11/28
Timothy Pemberton	11/28
Karen Hubbard	11/29
David McCaffrey	11/29

❖ Join the RSVP Volunteer Program

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



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

HEALTH & SAFETY

❖ Combating Loneliness

Loneliness impacts 20 million older adults and can go hand in hand with social isolation. Lack of social connection can be harmful to our physical health. Loneliness and



social isolation are growing problems that can be hard to combat, but a growing body of research shows small group programs, either online or in person, can go a long way toward improving people's sense of social connectedness. And fostering social connectedness is important for everyone's overall health and well-being.

Social isolation is defined as the existence and structure of interpersonal connections and social relationships in one's life, such as a partner or spouse, a group of friends, or a room/house mate. Loneliness, commonly defined as a state of solitude or being alone and impacts approximately 20 million older adults. While many people associate loneliness with literally being alone, it is about someone's subjective feelings of being alone or isolated. Social disconnectedness puts adults at greater risk for underlying health issues such as dementia, heart disease, and even premature death.

Ways to Combat Loneliness:

- Reading can improve mental health & well-being
- Listening to music can improve our mood
- Watching or creating visual storytelling can help alleviate stress and connect you with others
- Writing and journaling can help to foster gratitude and resilience
- Making art reduces anxiety and feelings of loneliness

NUTRITION EDUCATION

❖ Apple Sandwiches



Vary your apple "sandwich" using different nut butters and dried fruits! Source: **MyPlate.Gov**

Makes 2 Servings

Ingredients:

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions:

- Wash hands with soap and water.
- Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 slices and cut out the core.
- Spread 1/2 teaspoon peanut butter on one side of each apple slice.
- Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
- Continue with remaining apple slices and serve.



Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola along with the raisins!

WORD SEARCH

Printing

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

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

FILM
 IMAGE
 INK
 LABELS
 LEAD
 LITHOGRAPHY
 MAGAZINE
 MARGIN
 MATERIALS
 NEGATIVE
 OFFSET
 PAGE
 PHOTO
 PROOF
 QUICK-DRYING
 QUIRE
 RUBBER
 SHEETS
 SILK-SCREEN

AUTOMATIC
 BOOK
 BUSINESS CARDS

COMPUTER
 CONFIGURATION
 CUSTOMERS

DIGITAL
 DRY
 ENGRAVING

DELETE ONE

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

CROSSWORD PUZZLE

ACROSS

1. Thrower of parties
 4. With 36 Across, 1973: pre-*Star Wars* comedy from George Lucas
 9. European peak?
 11. Foolish
 12. Rising star
 14. Academic wall covering
 15. With 27 Down, 1996: saving the planet from aliens

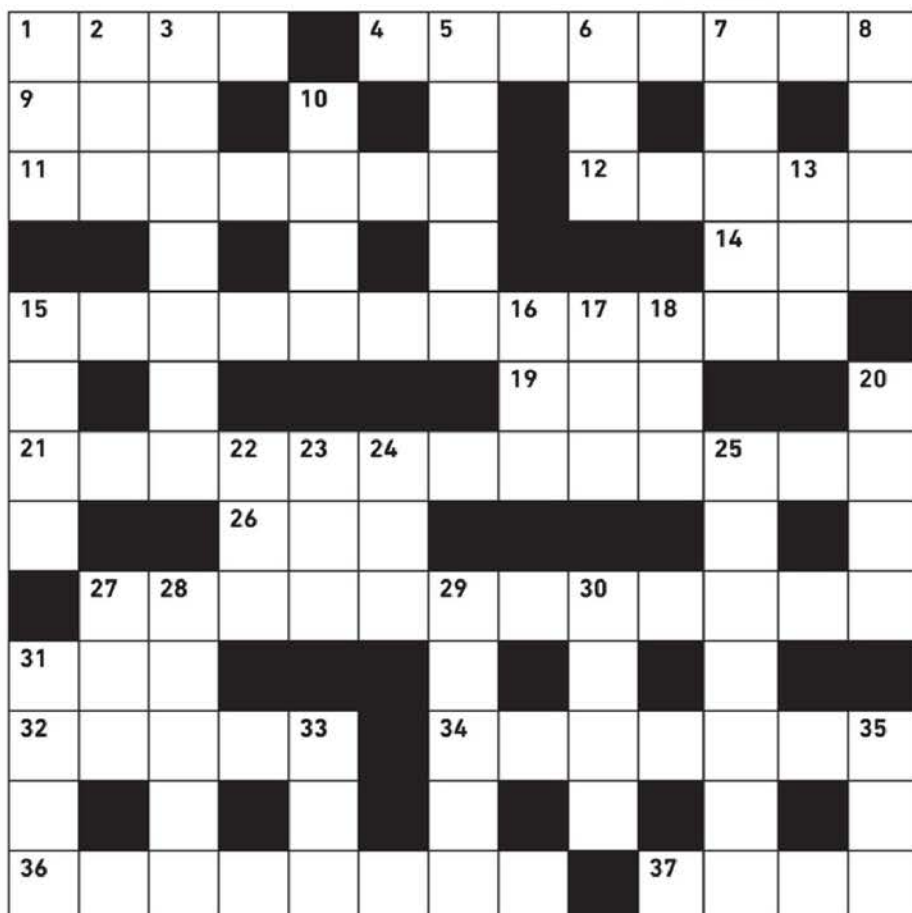
19. "_____ live and breathe!"

21. 1961: Hayley Mills as mischievous twins
 26. *The Name of the Rose* author
 27. 1987: Baby finds love at a resort
 31. Ecru cousin
 32. Mythological water snake
 34. Math branch
 36. See 4 Across
 37. Influence

DOWN

1. "Bali _____" (*South Pacific* song)
 2. Long-lived
 3. Danger for *Sleeping Beauty*
 5. City in central Georgia
 6. Ocasek of the Cars
 7. _____ relief
 8. Not any
 10. Octagonal road message
 13. First lady
 15. _____ the Woods

16. Rather or Quayle
 17. Superlative suffix
 18. Minuscule pest
 20. Take someone down _____
 22. It precedes *cent* or *capita*
 23. Play part
 24. Acuff or Orbison
 25. Colored rays
 27. See 15 Across
 28. Democratic country in Asia
 29. Distributed
 30. Close by
 31. Hooligan
 33. Fido comment
 35. Klobuchar of Minnesota



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 10 November 2023

Dear Stan,

*I have a Medicare Advantage plan, and I received a notice called "Annual Notice of Change" informing me that one of my medically necessary medications will **not** be covered by the plan next year. When can I make changes to my Medicare coverage? What tips do you have when considering new coverage? Where can I receive free help with understanding my options?*

Kathy

Santa Fe, NM

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Kathy,

Thank you for your questions. Each fall Medicare Advantage and Part D plans will send a document called the "**Evidence of Coverage**" (EOC) about the costs and benefits for the coming year. In addition, plans will send the "**Annual Notice of Change**" (ANOC) informing members of any changes in coverage, costs or service area that will be effective January 1, 2024.

Members who do not receive the **EOC** and the **ANOC** should contact their plans right away. Read more about these documents here: <https://www.medicare.gov>

Medicare Open Enrollment begins October 15 and ends December 7. If your current

Medicare Advantage plan does not meet your needs for the coming new year, then you can change to better coverage. Here is what you can do during Medicare Open Enrollment:

- You can switch to a different Medicare Advantage Plan with or without drug coverage. If you are taking prescription drugs, you should consider enrolling in a plan with drug coverage.
- You can switch back to Original Medicare and enroll in a stand-alone Part D prescription drug plan (PDP).

It is important to remember that any changes you make during Open Enrollment

CONSUMER & LEGAL

will take effect January 1, 2024. Please note, if you choose to go without a drug plan next year, Medicare will assess a Part D late enrollment penalty. Read more here about the Part D late enrollment penalty here:

<https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/part-d-late-enrollment-penalty>.

During Open Enrollment you can compare your plan's new deductibles, premiums, and drug costs with other plans to determine the best option for you in 2024. Before you make a change, consider the following questions:

- Will my doctors still be in my plan's network?
- Will my plan increase my copays?
- How much will my medical and prescription drug premiums cost next year?
- Will my prescription medications still be covered in the plan's list of covered drugs also known as formulary?
- Will the plan impose restrictions (e.g., prior authorization) before I can access my medications?
- Will the plan offer additional benefits such as dental, vision or access to gyms (e.g., Silver Sneakers)?

For assistance during Open Enrollment, call the **Aging & Disability Resource Center (ADRC)** and request to schedule an appointment with a **State Health Insurance Assistance Program (SHIP)** Counselor at **1-800-432-2080**. SHIP Counselors are trained to provide objective Medicare information, assist with plan comparisons, and assist with benefits that can help save you money. You can also chat with a counselor at www.nmaging.state.nm.us.

Stan,
New Mexico SHIP SMP Counselor

Open Enrollment Period

October 15 thru December 7

For assistance and questions about your options during Open Enrollment, contact the

New Mexico State Health Insurance Assistance Program (SHIP) at **1-800-423-2080**.

SHIP is a national program that offers one-on-one assistance, unbiased counseling, and education to Medicare beneficiaries.

In December Ask Stan Newsletter will not be published due to the Christmas holidays



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

CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 10 noviembre de 2023

Estimado Stan,

Estoy inscrito en un plan Medicare Advantage, y recibí una notificación titulada "Aviso de cambio anual" y dice que mis medicamentos recetados no serán cubiertos el próximo año. ¿Cuándo podré hacer cambios a mi cobertura de Medicare? ¿Qué debo considerar antes de hacer un cambio a mi cobertura? ¿Dónde puedo recibir ayuda gratis para entender mejor mis opciones?

Kathy

Santa Fe, NM

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

1-800-432-2080

El SMP de Nuevo México está disponible para proveerle la información para ayudarle a **PROTEGERSE, DETECTAR, y REPORTAR** fraude, errores, y abusos contra Medicare.

Estimado Kathy,

Gracias por sus preguntas. Cada otoño los planes Medicare Advantage o de la Parte D mandarán la notificación titulada **"evidencia de cobertura" (EOC, por sus siglas en inglés)** sobre los costos y beneficios para el próximo año. Además, planes privados también mandarán la notificación titulada **"Aviso de cambio anual" (ANOC, por sus siglas en inglés)** sobre los cambios en cobertura, costo o servicios que serán efectivo el primero de enero del 2024.

Los miembros que no reciban ambas notificaciones **EOC** o **ANOC** deben comunicarse con sus planes. Lea más sobre estas notificaciones acá:

<https://es.medicare.gov>

El periodo de inscripción abierta de Medicare empieza el 15 de octubre hasta el 7 de diciembre. Si su plan Medicare Advantage no lo cubre de manera que necesite el próximo año, podrá iniciar un cambio a cobertura que le funcione mejor. Vea en esta sección los cambios que podrá iniciar durante el periodo de inscripción abierta:

- Podrá cambiarse a un plan Medicare Advantage con o sin cobertura de medicamentos. Atención: Si está usando medicamentos recetados, considere inscribirse en un plan con cobertura de medicamentos.
- Podrá cambiarse a Medicare Original e inscribirse en un plan de la Parte D que solamente cubre medicamentos

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recetados (PDP, por sus siglas en inglés).

Recuerde que los cambios que haga durante el periodo de inscripción abierta tomarán efecto hasta el primero de enero del 2024. Atención: si decide no elegir cobertura de medicamentos, y decide inscribirse después, Medicare le impondrá una multa por inscribirse tarde en un plan de la Parte D. Lea más sobre esta multa acá: <https://es.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/part-d-late-enrollment-penalty>

Durante el periodo de inscripción abierta, podrá comparar su plan incluyendo sus deducibles, primas, y los costos de sus medicamentos con otros planes para determinar que le funcionará mejor en 2024. Antes de iniciar un cambio con su plan, considere las siguientes preguntas:

- ¿Mis médicos seguirán cubiertos dentro de la red del plan?
- ¿El plan aumentará mis copagos?
- ¿Cuánto aumentarán las primas de cobertura médica y de medicamentos el próximo año?
- ¿Mis medicamentos recetados estarán incluidos en la lista de medicamentos cubiertos por el plan?
- ¿El plan impondrá restricciones como autorización previa antes de que me cubran mis medicamentos?
- ¿El plan ofrecerá beneficios adicionales

como cobertura dental, de la vista, ¿o acceso a gimnasios?

Comuníquese con el **Centro de recursos para las personas mayores y discapacitadas (ADRC, por sus siglas en inglés)** para recibir ayuda y evaluar sus opciones este otoño al **1-800-432-2080**. Cuando llame al ADRC, pida una cita con una consejera del **Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés)**. Las consejeras del SHIP brindan información objetiva, dan servicios de consejería gratis, le pueden ayudar a comparar diferentes planes y evaluar si es elegible para recibir beneficios estatales y federales que le pueden ahorrar dinero. También, puedes chatear con un/a consejero/a a www.nmaging.state.nm.us

Stan,

Consejero de **New Mexico SHIP SMP**

Promoción Abierta del 15 de octubre al 7 de diciembre

Para ayuda y preguntas sobre sus opciones durante el Promoción Abierta, contacte a

**New Mexico State Health Insurance
Assistance Program (SHIP) a**

1-800-423-2080

y hagan una cita con un SHIP consejero/a.

En diciembre no se publicará el Newsletter Ask Stan debido a las vacaciones de Navidad

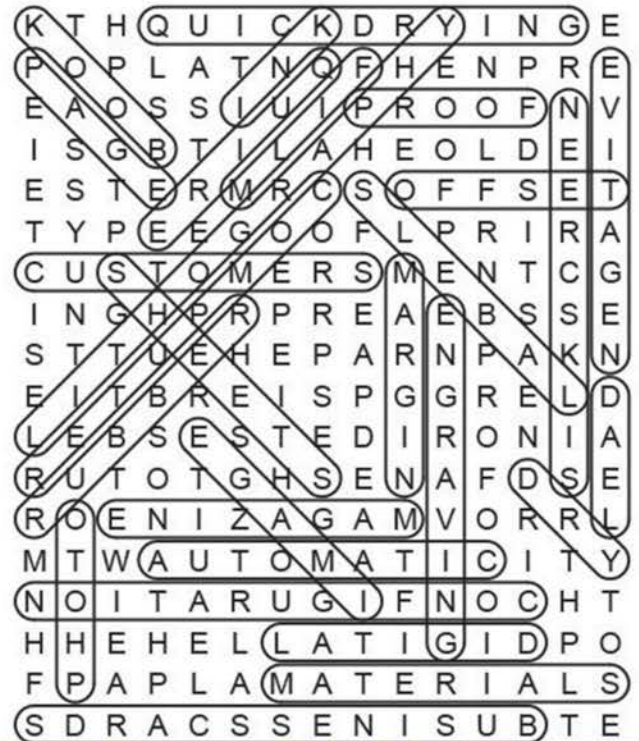


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SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Meal Suggested Donation: Lunch \$1.50 10:30AM – 12:30PM M-F Milk is served with each meal. Menu is subject to change.		1 Fish Taco Salsa Black Beans Mixed Veggies Mexican Slaw Fresh Apple	2 Cheese Tortellini Meaty Marinara Italian Veggies Garlic Toast Mixed Fruit	3 Sweet & Sour Pork Brown Rice Asian Veggies Egg Roll Mandarin Oranges
6 Chili Relleno Meaty Green Chili Sauce Refried Beans Calabacitas Tortilla Tropical Fruit Salad	7 Buffalo Chicken Tenders French Fries Green Beans Baby Carrots & Celery Sticks Roll	8 Sloppy Joe California Veggies Potato Chips Coleslaw Peach Cobbler	9 Chicken Salad Croissant 3 Bean Salad Cold Peas Strawberries on Shortcake	10 All Centers Closed
13 Salisbury Steak Mashed Potatoes Mushroom Gravy Sliced Carrots Roll Fresh Orange	14 Cobb Salad with Bacon, Chicken & Egg Baby Carrots Bread Stick Brownie	15 Thanksgiving Dinner Turkey Roast Turkey Gravy Bread Stuffing Mixed Veggies Cranberry Salad Roll / Pumpkin Pie	16 Beef & Bean Burrito with Red Chili Sauce Spanish Rice Chuck Wagon Veggies Apricots	17 Chicken Fettuccine with Alfredo Sauce Broccoli & Cauliflower Garlic Bread Sliced Peaches
20 Breaded Chicken Sandwich Garnish Potato Salad Spinach Salad Chocolate Chip Cookie	21 Red Chili Pork Enchiladas Pinto Beans Calabacitas Cucumber & Tomato Salad Jello	22 Meatball Sub with Marinara Sauce California Veggies Potato Chips Sliced Apples	23 All Centers Closed <div>No City Trash Pickup*</div>	24 All Centers Closed
27 Fish Sandwich Tartar Sauce Vegetable Medley Hushpuppy Lemon Bar	28 Baked Chicken Chicken Gravy Wild Rice French Style Green Beans Ice Cream	29 Green Chili Pork Posole Refried Beans Capri Veggies Tortilla Pineapple	30 Beef Roast ½ Baked Potato California Veggies Tossed Salad Roll Banana Pudding	

*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	TUESDAY COLLECTION	WEDNESDAY COLLECTION	HOLIDAY: City offices closed NO COLLECTION	THURSDAY COLLECTION



505-955-4721 | santafenm.gov/division_of_senior_services

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