



CITY OF SANTA FE
SENIOR SERVICES

OCTOBER 2023

SENIOR SCENE



Adopt-a-Highway Fall Cleanup Day



ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

October 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, Oct. 30, 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: Tuesday, Oct. 24, 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 Oct. 10 & 24	Enhanced Fitness 9:30-10:30AM Bingo Postponed Until Further Notice Quilting 1-3PM	Wood Carving 9:30-11:00AM 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: "Dracula" by Bram Stoker Oct. 13, 1-2PM Knitting Class 1-3:00PM Japanese Dance Class w/ Chizuko Matsumoto 3-4:00 PM
*No Meditation on Oct. 26	**No Tai Chi/Qi Gong on Oct. 26; rescheduled for Oct. 25	Haircuts by Fabiola: Monday, Oct. 2, 10AM-1PM 		

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.

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, 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+: 505-795-3817

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,

The month of October brings many changes; the leaves begin to change color, we usher in the Fall Harvest, and the colder weather moves in.

With that being said, the MEG is getting ready for some updates, and we are excited to share that we will begin a project to update and expand the MEG Center soon. We will be scheduling a meeting soon to show off the design.

Get more information
about vaccines at:
www.cdc.gov/vaccines/adults

Also, remember this is the time to get your heater checked out to ensure it is operating properly for winter.

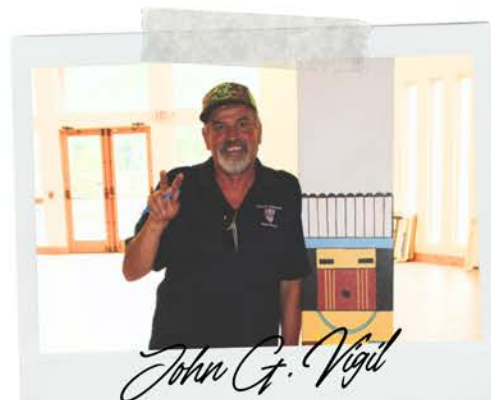
I feel the need to encourage everyone to do their best to stay vaccinated. Please consult with your physician and make sure to get your flu and pneumonia vaccinations. We look forward to seeing you healthy and happy at one of our Centers.

Manuel Sanchez
Division Director



EMPLOYEE SPOTLIGHTS

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 23
- **What's the most exciting part of your job?** Helping seniors.
- **Do you have any hidden talents or hobbies?** Hunting. I am a good hunter. One of my favorite things to do is take care of my horses.
- **Are you a sports fan?** Yes, I like football and baseball.
- **Who are your favorite teams?** Denver Broncos and New York Yankees.
- **What's something you're proud of?** Raising my sons, taking care of my grandkids, and vacationing with my wife.



TRANSPORTATION SECTION

EMPLOYEE SPOTLIGHTS



Diana Zapata

IN-HOME SUPPORT SECTION

- **What's your job title?** Respite Care Provider/Homemaker
- **How many years have you worked for the City?** One year and eight months
- **What's the most exciting part of your job?** Being a companion to seniors who are not able to do things that they used to do. It is very important to me that I can help them with their daily needs.
- **Do you have any hidden talents or hobbies?** No hidden talents. But for hobbies, I loved playing softball in my younger years, and I love fishing.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** WNBA Basketball Team-Las Vegas Aces, L.A. Dodgers, Las Vegas Golden Knights, San Francisco 49ers.
- **What's something you're proud of?** Being able to care for my mom when she was battling Alzheimer's. My beautiful kids and grandkids. My boyfriend for always being there for me and helping me out with the passing of my mom and sister.

- **What's your job title?** Meal on Wheels Driver
- **How many years have you worked for the City?** 16 years
- **What's the most exciting part of your job?** Delivering hot meals to homebound seniors.
- **Do you have any hidden talents or hobbies?** No
- **Are you a sports fan?** No
- **What's something you're proud of?** I am proud of raising my two daughters and a soon-to-be grandma for the first time!



Corrine Lovato



Roberta Armijo

ADMINISTRATIVE SECTION

- **What's your job title?** Project Administrator
- **How many years have you worked for the City?** Three years with the City, seven years at Harley Davidson Motor Co., and 13 years with the State as a tax examiner.
- **What's the most exciting part of your job?** Getting to talk and help our Seniors. I love to hear all about their lives and hear about their past.
- **Do you have any hidden talents or hobbies?** Mmmm-I like to listen to music (rock, oldies, rancheros and gangster rap LOL), and I love to cook.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** My grandson's football team-GO JAGS! Raiders. NASCAR, NHRA, Bagger Racing League.
- **What's something you're proud of?** My daughters and grandkids and being cancer free for 18 years.

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 Oct.

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

- **Luisa:** Friday, Oct. 6 @ 11AM
- **Pasatiempo:** Wednesday, Oct. 11 @ 11AM
- **MEG:** Tuesday, Oct. 17 @ 11AM

❖ October Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, October 12 & 26**



Echo Commodity Distribution
Oct. 17, 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, October 10 & 24

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: Tues., Oct. 24 @ 11AM

MEG ICAN Class: Weds., Oct. 25 @ 11AM

Luisa Center ICAN Class: Thurs., Oct. 26 @ 11AM

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

The Senior Olympic Committee is seeking several new members. The committee meets once a month!



If you are interested, please contact Cristina Villa @ 505-795-3817

HALLOWEEN DANCE



COSTUMES ARE ENCOURAGED!

Tuesday, Oct. 31 | 1 to 4PM

Fraternal Order of Eagles (833 Early St.)

Admission: \$2.00

Light Refreshments

Don't miss out on a great band!

Sponsored by: MEG

*Music by:
Peter & the
All-Star
Band!*

NEWS & VIEWS

❖ Movie Day at MEG & Luisa Centers



Love at First Sight (Luisa) Thursday, Oct. 5 @ 1PM

On their flight from New York to London, Hadley and Oliver fall in love with each other at customs and the possibility of ever meeting each other again seems improbable, but destiny may have a way of changing the odds.



A Beautiful Mind (MEG) Tuesday, Oct. 17 @ 1PM

A human drama inspired by events in the life of John Forbes Nash Jr. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim.

❖ Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events (1510 Luisa Street)

- **Oct. 3** – SHIP Presentation Medicare Open Enrollment, 1:30-2:30PM



Meet Sam Coddington! 100 years young!
Loves to line dance at Pasatiempo!

❖ AARP "Smart Driver" Course

Hi, this is Dominic Mandel, one of two instructors with the Santa Fe AARP Smart Driver's program. Due to family emergency, our classroom instruction will be on hold in the months ahead. We hope to resume regular monthly classes as soon as possible.

In the meantime, please visit the AARP website, www.aarp.org/auto/driver-safety to view upcoming classes both here in Santa Fe and statewide, look for updates in the Senior Newsletter or contact me at; 505 490 2489 for questions and I will return your call.

Thanks, and we look forward to resuming classes soon.

❖ Ukemi (Falling Techniques) Classes @ MEG 1121 Alto St.



Learn how to fall properly to help prevent injury! Classes will be held on Tuesdays from 10 to 11AM beginning Oct. 3. Questions? Contact instructor Robert Romero @ 505-920-1892

❖ Flora's Corner

The Clock of Life

The clock of life is wound but once, and no man has the power, to tell just when the hand will stop, At late or early hour. Now is the only time you own live, love, toil with a will, place no faith in tomorrow for the clock may then be still.

Mason Williams



❖ Free Flu Shot Clinic

Christus St. Vincent Hospital has scheduled their Free Flu Shot Clinic for Saturday, October 14. This is a drive-thru clinic that begins at 8 a.m. and runs until 2 p.m.

NEWS & VIEWS

❖ MEG Center Besties



Charlie Taylor, 97 and Neils Gould, 90 met about five years ago at a local church in Santa Fe. They have quite a bit in common. They both served in the Korean War and were both raised on farms.

"We are two old farm boys," said Neils when asked why their friendship works.

They are regulars at the MEG Center for lunch and their conversations can be heard throughout the lobby while Neils waits for Charlie's transportation to arrive.

We have observed the different friendships that are present here at the MEG and this one is a shining example of best friends for life!

❖ More Fall Highway Cleanup Fun!



❖ Go on a Museum Day Trip!



Visit the New Mexico Museum of Natural History and Science

Wednesday, October 25 | 8:30AM

The New Mexico Museum of Natural History and Science showcases with spectacular effect New Mexico's prehistoric life as it was millions of years ago when dinosaurs roamed where we now live. We are scheduled to see Museum exhibits, Dynatheater, and Planetarium. Don't miss out on a fun-filled day!

Join us on a day trip to the Museum of History and Science: **Wednesday, October 25, \$5.00 for bus ride, \$8.00 admission fee. Bus will depart at 8:30AM** from the Mary Esther Gonzales Center. Bring cash and we will eat at the restaurant close to the museum. Limited to 30 seniors. **Please contact Albert Chavez for reservations: 505-955-4715.**

iVámonos!

SANTA FE WALKS

Go on a fall walk in October with friends and neighbors from Santa Fe!

Tues., Oct. 3 @ 5:30PM

Walk on the South Side
Southside Library to
Arroyo Chamiso Trail
Meet at 6599 Jaguar Dr

Thurs., Oct. 12 @ 5:30PM

Find a New Path
Rail Trail @ Rabbit Rd
Trailhead
Meet at 249-251 Rabbit Rd

Sat., Oct. 7 @ 9:30AM

Vámonos Hike - Pecos
Nat'l Monument
South Pasture Loop
(3.8 mi)
Registration required to
info@sfct.org for free bus
transportation to trailhead

Weds., Oct. 15 @ 5:30PM

Wellness Walk
Acequia Trail from
Larragoite Park to
Ashbaugh Park
Meet at 1464 Cristobal
Colon

And more! Visit sfct.org/vamonos for details.

VOLUNTEER PROGRAMS

❖ Seeking Smiling Faces

CHRISTUS St. Vincent Hospital is looking for friendly, helpful, reliable folks to help us provide the highest quality service to our patients and their families. We invite you to join other dedicated volunteers in any of a variety of positions. We provide orientation, training, support and great benefits. **Volunteers are especially needed as:**

Front Desk Ambassadors: To greet people, hand out masks, look up patient room numbers on the computer, and walk guests to Registration.

Registration Escorts: To walk people from Registration to scheduled appointments (and you will get your healthy steps in!)

Because we respect volunteers at the same level as staff, volunteers receive a health screening, a criminal background check, a uniform, a badge, a full day of orientation, a free meal and Starbucks drink each shift, use of the hospital fitness center (after serving 50 hours), gifts and recognition events. *For more information, contact Kristin Slater-Huff at (505) 913-3952 or kristin.slater-huff@stvin.org.*



❖ Happy Birthday, Oct. Volunteers!

W. Peyton George	10/2
Cheryl Karo	10/2
Bradford Berge	10/8
Mercy Moreno	10/9
Sharlet Kemler	10/11
Dick Lueck	10/15
Carol Lachman	10/16
Maria Ornelas	10/17
Jane Steinberg	10/17
Susan Hill	10/18
Julie Jones	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Nancy Brace	10/22
Juliette Chateauneuf	10/23
Richard Furlanetto	10/23
Anna Chacon	10/24
Mary Lee Ortiz	10/27
Carmen M. Rodriguez	10/27
Janet Reffert	10/28
Patti Merrill	10/29
Rose Garcia	10/30
Linda Reid	10/30
Constance A. Bailey	10/31

❖ 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

❖ Cognitive Health & Older Adults

Cognitive health — the ability to clearly think, learn, and remember — is an important component of performing everyday activities. Cognitive health is just one aspect of overall brain health, and while some factors affecting brain health cannot be changed, there are many lifestyle changes that might make a difference!

Take Care of Your Physical Health: manage your sleep, stop smoking, limit alcohol use, & get recommended health screenings.

Manage High Blood Pressure: Routine visits to your doctor will help pick up changes in your blood pressure, even though you might feel fine. To control or lower high blood pressure, your doctor may suggest exercise, changes in your diet, and if needed — medications. These steps can help protect your brain and your heart.

Eat Healthy Foods: In general, a healthy diet consists of fruits and vegetables; whole grains; lean meats, fish, and poultry; and low-fat or nonfat dairy products. You should also limit solid fats, sugar, and salt. Be sure to control portion sizes and drink enough water and other fluids.

Be Physically Active: Get regular exercise, do household chores, or other physical activities to help your cognition.

Keep Your Mind Active: Being intellectually engaged may benefit the brain. People who engage in personally meaningful activities, such as volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too.

Stay Connected with Social Activities: Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you.

Manage Stress: Try relaxation techniques. Practices such as mindfulness — which involves focusing awareness on the present moment without judgment — or breathing exercises can help your body relax. These can help lower blood pressure, lessen muscle tension, and reduce stress.

NUTRITION EDUCATION

❖ Baked Trout



*Tangy lime, sweet tomatoes, and savory onions make this trout colorful and tasty. Source: **MyPlate.Gov***

Makes 6 Servings

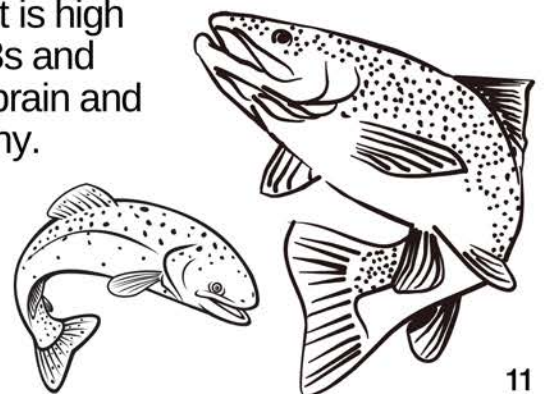
Ingredients:

- 2 lbs. trout fillets (or other fish, cut into six pieces)
- 3 tablespoons lime juice (2 limes worth)
- 1 tomato, chopped
- 1/2 onion, chopped
- 3 tbsp. cilantro, chopped
- 1/2 tsp. olive oil
- 1/4 tsp. black pepper
- 1/4 tsp. salt
- 1/4 tsp. red pepper (optional)

Directions

- Preheat oven to 350 degrees.
- Rinse fish and pat dry. Place in baking dish.
- In a separate dish, mix remaining ingredients together and pour over fish.
- Bake for 15 to 20 minutes or until fork tender.

Note: Trout is high in omega-3s and keeps the brain and heart healthy.



WORD SEARCH

Poetry

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

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

ECLOGUE
 ELEGY
 EPIGRAM
 EPITAPH
 HYMN
 IDYLL
 LAMENTATION
 LIMERICK
 MADRIGAL
 NONSENSE
 OCTET
 ODE
 PASTORAL
 PROSE
 RIDDLE
 ROMANCE
 SATIRE
 SEXTET
 SONNET
 STANZA
 VILLANELLE
 VISUAL POETRY
 VOCALIZE

ATONAL
 BALLAD
 BURLESQUE

CANTILENA
 CONCRETE
 COPLA

COUPLET
 DISTICH
 DITHYRAMB

DELETE ONE

Delete one letter from JIVE PATTERN and find a trapping of great wealth.

CROSSWORD PUZZLE

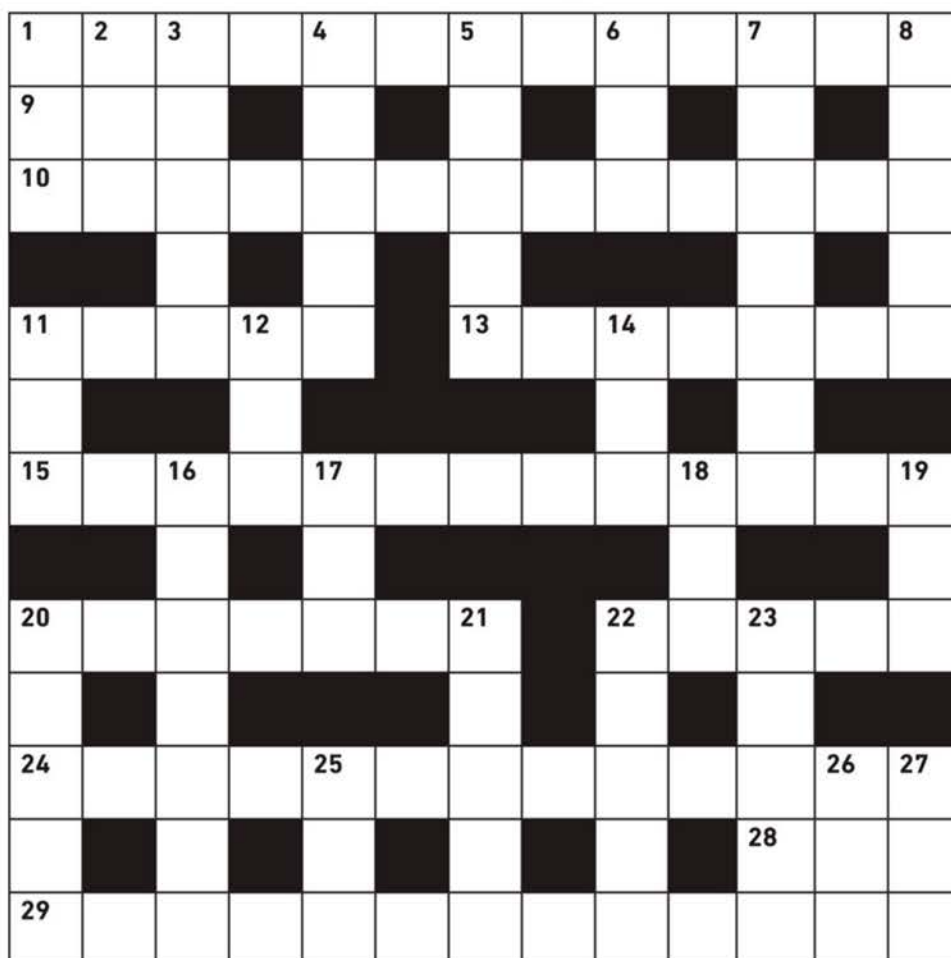
DOWN

1. ____ Talk
2. College web ending
3. Product info spot
4. Singer's pride
5. "Presto!"
6. That girl
7. Nonexpert
8. Soup server
11. Patel of *Lion*
12. Moving vehicle
14. Palindromic family member
16. Largest penguin
17. Prefix for *natal* or *classical*
18. Airline that folded in 2001
19. Author Rand

20. Lhasa's land
21. Nearsighted cartoon Mr.
22. Yank Yogi
23. Bow or Barton
25. *Newhart* setting
26. Silent assent
27. Congressional vote

ACROSS

1. **The Big Orange**
9. Author LeShan
10. **The Fair City**
11. Dig deep
13. Strict
15. **The City of Music**
20. Pint place
22. Something to bring home



CONSUMER & LEGAL



Newsletter:

Ask Stan Medicare Questions



Volume 3, Issue 9 October 2023

Dear Stan,

I have a Medicare drug plan that I am not really happy with. Some of my prescriptions are really expensive. Is there a way I can change my plan and get another one?

Adolfo

Las Vegas

**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 Adolfo,

Your question is very timely. Every year between October 15 and December 7, Medicare beneficiaries can change their plans. This is known as the **Annual Open Enrollment (AOE)**. If you change your plan, it will become effective January 1 of the following year.

During the **AOE** you can compare plans and do the following:

- Change from a private Medicare Advantage Plan and move to traditional Medicare, or vice versa
- Switch from one Medicare Advantage Plan to another
- Change from a Part D plan to another. Part D plans provide prescription drug coverage, and most are associated with traditional Medicare

- Drop Medicare Part D coverage entirely if you have other creditable prescription insurance
- Join a Medicare Part D drug plan if you do not previously have one.

You should compare your current drug plan with others that are available to make sure you are maximizing your Medicare prescription benefits and paying the lowest costs possible for your prescriptions. Consider these questions when choosing a Medicare Part D drug plan or a Medicare Advantage Plan to make sure that the prescription drug coverage meets your needs:

- Does the plan cover all the medications I take?

CONSUMER & LEGAL

- Does the plan have restrictions on my drugs (i.e. prior authorization, step therapy, or quantity limits?)
 - **Prior authorization** means that you must get approval from your Part D plan before the plan will pay for the drug.
 - **Step therapy** means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.
 - **Quantity limits** restrict the quantity of a drug you can get per prescription fill, such as 30 pills of Drug X per month.
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- What is the plan's star rating?

To learn more about comparing Medicare Advantage plans go to:

<https://www.medicare.gov/Pubs/pdf/12026-Understanding-Medicare-Advantage-Plans.pdf>

During this seven-week time frame, staff and volunteers of the New Mexico **Aging and Disability Resource Center (ADRC)** go all out to educate New Mexico Medicare beneficiaries so they can make informed decisions about their Medicare coverage. Many beneficiaries find it helpful to compare their current coverage with other Medicare plans. In many cases, beneficiaries find better coverage and lower costs so they change to a new plan.

To make a phone appointment or find an in-person counseling event near you during **AOE**, contact the New Mexico **ADRC** at **1-800-432-2080**. Please bring copies of your Medicare cards, medical insurance cards and a list of current medications.

Stan

Volunteer Counselor, SHIP and SMP

For assistance with all your Medicare questions contact SHIP at the ADRC

1-800-432-2080

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!



CONSUMER & LEGAL



Boletín informativo

Stan contesta sus preguntas de Medicare



Volumen 3, Número 9 octubre de 2023

Estimado Stan,

Tengo un plan de medicamentos de Medicare y no estoy muy contento con él. Algunas de mis recetas son realmente caras. ¿Hay alguna manera de cambiar mi plan y obtener otro?

*Adolfo**Las Vegas*

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 Adolfo,

Tu pregunta es muy oportuna. Cada año, entre el 15 de octubre y el 7 de diciembre, los beneficiarios de Medicare pueden cambiar sus planes. Esto se conoce como **Inscripción Abierta Anual (Annual Open Enrollment, AOE)**. Si cambia su plan, entrará en vigor el 1 de enero del año siguiente.

Durante el Inscripción Abierta (AOE) puedes comparar planes y hacer lo siguiente:

- Cambiar de un plan Medicare Advantage privado y pasar a Medicare tradicional, o viceversa
- Cambiar de un plan Medicare Advantage a otro
- Cambiar de un plan de la Parte D a otro. Los planes de la Parte D brindan cobertura de medicamentos recetados y la mayoría están asociados con Medicare tradicional
- Cancele por completo la cobertura de la

Parte D de Medicare si tiene otro seguro de recetas acreditable

- Inscríbase en un plan de medicamentos de la Parte D de Medicare si no ha tenido uno antes.

Debe comparar su plan de medicamentos actual con otros que estén disponibles para asegurarse de maximizar sus beneficios de medicamentos recetados de Medicare y pagar los costos más bajos posibles por sus medicamentos recetados. Considere estas preguntas al elegir un plan de medicamentos recetados de la Parte D de Medicare o un plan Medicare Advantage para asegurarse de que la cobertura de medicamentos recetados satisfaga sus necesidades:

- ¿El plan cubre todos los medicamentos que tomo?

CONSUMER & LEGAL

- ¿Tiene el plan restricciones sobre mis medicamentos (es decir, autorización previa, terapia escalonada o límites de cantidad?)
 - **Autorización previa** significa que debe obtener la aprobación de su plan de la Parte D antes de que el plan pague el medicamento.
 - **La terapia escalonada** significa que su plan requiere que pruebe una versión más económica de su medicamento antes de cubrir el más caro.
 - **Los límites de cantidad** restringen la cantidad de un medicamento que puede obtener por receta, como 30 pastillas del medicamento X por mes.
- ¿Cuánto pagaré por las primas mensuales y el deducible anual?
- ¿Cuánto pagaré en la farmacia (copago/ coseguro) por cada medicamento que tome?
- ¿Cuál es la calificación de estrellas del plan?

Para obtener más información sobre cómo comparar planes Medicare Advantage, visite: <https://www.medicare.gov/Pubs/pdf/12026-S-Understanding-Medicare-Advantage-Plans.pdf>

Durante este período de siete semanas, el personal y los voluntarios del Centro de Recursos para Personas Mayores y Discapacitadas de Nuevo México (**Aging and Disability Resource Center, ADRC**) hacen todo lo posible para educar a los beneficiarios de Medicare de Nuevo México para que puedan tomar decisiones informadas sobre su cobertura de Medicare. A muchos beneficiarios les resulta útil comparar su cobertura actual con otros planes de Medicare. En muchos casos, los beneficiarios encuentran una mejor cobertura y costos más bajos por lo que cambian a un nuevo plan.

Para programar una cita telefónica o encontrar un evento de asesoramiento en persona cerca de usted durante el **AOE**, comuníquese con el **ADRC** de Nuevo México al **1-800-432-2080**. Traiga copias de sus tarjetas de Medicare, tarjetas de seguro médico y una lista de medicamentos actuales.

Stan
Voluntario SHIP y SMP

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!

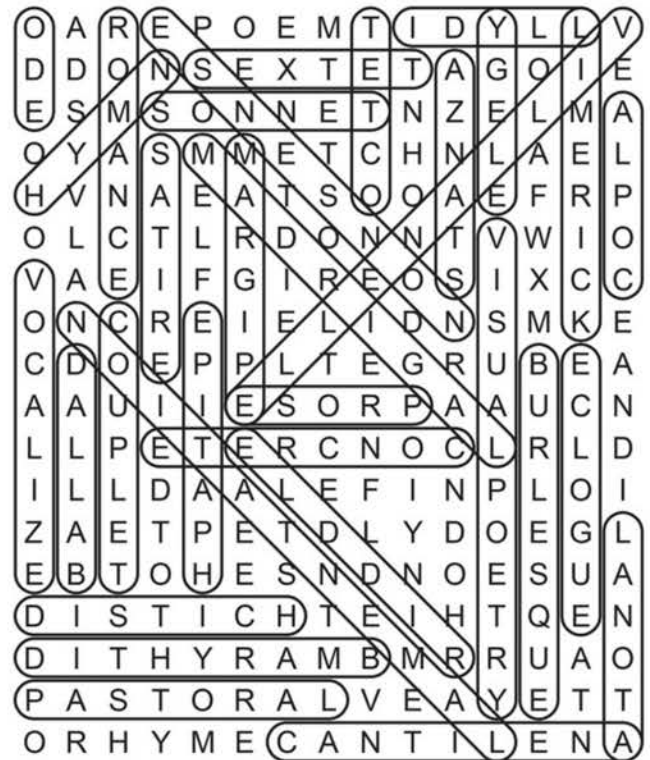


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SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded Chicken Sandwich Garnish 3 Bean Salad Potato Chips Diced Pears	3 Swedish Meatballs over Noodles Italian Veggies Garlic Bread Bananas in Pudding	4 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Strawberries on Shortcake	5 Soft Beef Taco Garnish Chile Beans Calabacitas Pineapple Tidbits	6 Baked Fish Scalloped Potatoes Veggies Roll Cinnamon Spiced Apples
9 All Centers Closed <div>No City Trash Pickup*</div>	10 Polish Sausage Buttered Carrots Sauerkraut Parsley Potatoes Roll Fresh Apple	11 Chicken Provencal Veggie Topping White Rice Spinach & Onions Roll Sherbet	12 Pork Tamale Red Chile Sauce Refried Beans Mixed Veggies Plums	13 Teriyaki Chicken Fried Rice Asian Veggies Egg Roll Fortune Cookie Fresh Orange
16 Chicken & Rice Casserole with Peas & Carrots Mixed Veggies Roll Fruit Salad	17 Spaghetti with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Yogurt	18 Pepper Steak Peppers Sauce Brown Rice 5 Way Veggies Roll Diced Peaches	19 Chicken Fried Chicken Mashed Potatoes Pepper Gravy Vegetable Medley Roll Mixed Fruit in Jello	20 Baked Tilapia Coleslaw Wild Rice Brussels Sprouts Roll Lemon Bar
23 Baked Chicken Chicken Gravy Buttered Noodles Green Beans Roll Fresh Banana	24 Pork Stir Fry Stir Fry Veggies Seasoned Rice Roll Mandarin Oranges	25 Green Chile Chicken Posole Capri Veggies Pinto Beans Tortilla Vanilla Pudding with Cinnamon	26 Ham & Cheese Sandwich Garnish Potato Salad Cold Peas Brownie	27 Meatloaf with Tomato Topping Potatoes Au Gratin Spinach Salad Roll Tropical Fruit
30 Pork Chop Pork Gravy ½ Baked Potato California Veggies Roll Apricots	31 BBQ Chicken Baked Beans Corn Coleslaw Cornbread Fresh Pear	Senior Meal Suggested Donation: Lunch \$1.50 10:30AM – 12:30PM Monday to Friday Milk is served with each meal. Menu is subject to change.		

*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.





505-955-4271 | santafenm.gov/division_of_senior_services

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