



CITY OF SANTA FE  
SENIOR SERVICES

SEPTEMBER 2023

# SENIOR SCENE





*Hatititude  
in spades!*



*Ready to  
knit!*



*Sam &  
his hat*



*Tea time!*



*Dancing Couples ♡*

# ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

## In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs


Ask Stan

September 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](mailto: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 1-3PM
Haircuts by Fabiola: Monday, Sept. 25, 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, Sept. 18, 10AM-1PM 				

**Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)**  
Contact: Albert Chavez 505-955-4715, [wachavez@santafenm.gov](mailto: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 1-3PM	Tai Chi/Qi Gong 8:30-9:30AM  Jewelry Class 9-11AM  Computer, Mobile Phone, & Table Instruction w/Jesse Kain 9-11AM  Guitar Class 10-11:30AM  Oil Painting w/Judy 12:30-2:30PM Sept. 5 & Sept. 19  Yoga Class* 2:30-3:30PM	Enhanced Fitness 9:30-10:30AM  BINGO 1-3PM  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  Sept. 7: MEG will close @ 1PM for Baile de Oro!	Enhanced Fitness 9:30-10:30AM  MEG Page Turners Book Club: "Killers of the Flower Moon" by David Grann Sept. 15  Knitting Class 1-3:00PM  Japanese Dance Class w/ Chizuko Matsumoto 3-4:00 PM
*No Yoga on Sept. 19 & 26	**No Meditation on Sept. 7	***No Tai Chi/Qi Gong on Sept. 7	Haircuts by Fabiola: Monday, Sept. 11, 10AM-2PM 	

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

**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: 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**

**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 - 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,

As we enter the Fall months and activities that go along with the change of seasons, I would like to wish everyone a Happy Fiestas. I enjoy seeing all of you here at the MEG center participating in the activities scheduled and interacting with each other from ceramics, fitness, wood carving, meditation, jewelry-making, dances, sewing, knitting, the game room, and movies. Thank you all for participating.

*Manuel Sanchez*

Division Director



## RSVP SERVICE PROJECT

## EMPLOYEE SPOTLIGHTS

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** 20 years, 3 months
- **What's the most exciting part of your job?** I enjoy working with Seniors, they have a special place in my heart. Walk in with a smile on your face and try and make your time with them special.
- **Do you have any hidden talents or hobbies?** No talents or hobbies. But some things I enjoy doing are dancing, going on scenic drives, going to the casino and hanging out on the beach!
- **Are you a sports fan?** No, not really.
- **What's something you're proud of?** My family.



### ADMINISTRATIVE SECTION

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

# EMPLOYEE SPOTLIGHTS



*Ray Dominguez*

## NUTRITION SECTION

- **What's your job title?** Nutrition Administrative Assistant
- **How many years have you worked for the City?** 9 years, going on 10!
- **What's the most exciting part of your job?** Communicating with seniors and providing services to make their lives better.
- **Do you have any hidden talents or hobbies?** Just spending time with my sweet daughter and wife.
- **Are you a sports fan?** Yes. I am.
- **Who are your favorite teams?** The Denver Broncos.
- **What's something you're proud of?** I am proud of my work, the family I have, and the help I can provide people.

- **What's your job title?** RSVP & Community Relations Administrator
- **How many years have you worked for the City?** 14 years!
- **What's the most exciting part of your job?** Meeting and greeting all the seniors that come for lunch at the MEG; getting to know our wonderful volunteers and hearing about all the great work that they do for our community; putting the newsletter together every month; taking pictures of our seniors participating in activities! I love my job!
- **Do you have any hidden talents or hobbies?** My hobbies consist of running, spinning, hiking and pickleball. My hidden talents are nicknaming all my co-workers, cooking and styling hair!
- **Are you a sports fan?** Yes! I enjoy watching all sports! My favorite is tennis!
- **Who are your favorite teams?** My favorite NFL team are the Buffalo Bills, MLB are the Dodgers, and my favorite tennis player of all-time is the GOAT-Rafael Nadal-"RAFA"!!
- **What's something you're proud of?** I am most proud of raising my three amazing children. They have grown up to be hardworking and kind adults! They are wonderful! Also, running a marathon in 2019!



*Mona Baca*

## ADMINISTRATIVE SECTION

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 1 year and 8 months.
- **What's the most exciting part of your job?** Helping people.
- **Do you have any hidden talents or hobbies?** Ex-military, mechanic
- **Are you a sports fan?** Yes
- **Who are your favorite teams?** Cowboys
- **What's something you're proud of?** Serving my country in the Army, wife, and daughters.



*Oscar Lucero*

## TRANSPORTATION SECTION

# 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 Sept.

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

- **Luisa:** Friday, Sept. 1 @ 11AM
- **Pasatiempo:** Wednesday, Sept. 6 @ 11AM
- **MEG:** Monday, Sept. 25 @ 11AM

## September Food Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, September 14 & 28**



**Echo Commodity Distribution**  
**Sept. 12, 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, September 12 & 26**

### 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., Sept. 19 @ 11AM**  
**MEG ICAN Class: Weds., Sept. 20 @ 11AM**  
**Luisa Center ICAN Class: Thurs., Sept. 21 @ 11AM**

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

## September Activities @ Luisa Center

**Grandparents Day Celebration:** Join us at Luisa Senior Center, 1500 Luisa St. (off Columbia) Friday, September 15 at 11AM.

**All Seniors will receive a candy bar in observance of Grandparents Day!**



**Baile de ORO**  
 2 - 4 p.m.  
 Thur., Sept. 7, 2023  
 Come and enjoy music by Legacy de Santa Fe!  
 Free 55+ event  
 The Santa Fe Community Convention Center

Logos at the bottom: TRU (at santa fe properties), Garcia Tires, Inc., CHRISTUS ST. VINCENT, and the Santa Fe County Seal.

# NEWS & VIEWS

## Movie Day at Luisa Center



**River Wild**  
Thursday, Sept. 21 @ 1PM

*Follows a pair of siblings who love but distrust each other as they embark on a white-water rafting trip with a small group. One of their friends from childhood turns out to be more dangerous than he appears.*

## Santa Fe Civic Housing Authority Upcoming Events

### Villa Hermosa Center Events (1510 Luisa Street)

- **Sept. 14:** Blood Pressure & Oxygen Screening @ 1PM
- **Sept. 25:** Computer/Smartphone Q&A @ 9:30AM

## Poem by Patti Merrill

### SEPTEMBER MOON

Sunflowers, Russian sage, hollyhocks, roses.  
A variety of lovely trees in graceful poses.  
A walk in the park. Sweet kisses after dark.  
A shimmering September moon.  
Why does summer have to be over so soon?

## Join the Senior Services Division trip to the New Mexico State Fair!

**Thursday, Sept. 14** (NM True and Gathering of Countries). Trip will depart at 9:00 a.m. from the Mary Esther Gonzales Senior Center and will return at approximately at 3:30pm.

- Bus Ride (suggested donation): \$5.00
- State Fair Admission: \$7.00



*To sign up, please contact Cristina Villa @ 505-955-4725 as space is limited.*

## AARP "Smart Driver" Course

The AARP Smart Driver Course will be held on **Tues., Sept. 12**, 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 dining room.

Volunteer instructors will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

**Call 505-500-4555 to register. Leave your name and phone number.**

## Flora's Corner

*To bear up under loss, to fight the bitterness of defeat and the weakness of grief, to be victor over anger, to smile when tears are close, to resist evil*

*men and base instincts, to hate hate and love love, to go on when it would seem good to die, to seek ever after the glory and the dream, to look up with unquenchable faith in something evermore about to be, that is what any man can do, and so be great.*

**Zane Grey**



## Conference on Aging Postponed

The New Mexico 45th Annual Conference on Aging has been postponed due to unforeseen circumstances. A new date is forthcoming. The organizers apologize for the inconvenience and thank you for your patience as they formulate a strong path forward to best serve seniors and their providers!



# NEWS & VIEWS

## ❖ Fiesta Fashion Show & Merienda

**Saturday, Sept. 9 @ 3PM | 555 Camino de La Familia (\$10 admission at entrance)**

While looking at Holland's Magazine in 1935, Mrs. Cleofas Jaramillo was drawn to an article about Southern Belles who had gotten dresses belonging to their mothers and grandmothers and were having a fashion show at teatime. This sparked a great idea - why couldn't we do the same? So, she called a few friends who



dug into their trunks of beautiful antique dresses, instead of calling it a tea, it would be called a Merienda and in place of serving tea and small cakes and cookies, they would serve our Northern New Mexico chocolate and biscochitos made by the members. The first Merienda was held in the patio of the Fine Arts Museum and began the tradition of the Merienda as we know it today.

For 89 years, La Sociedad Folklorica has collected beautiful items such as dresses, purses, shawls, shoes, hats, and more. The collection is quite large and for this reason they can alternate from year to year, giving the audience the opportunity to view something new each year. Many dresses are donated and are greatly appreciated by La Sociedad. Some of the dresses are from private collections and used only during that day. Some years, a theme is chosen. One year, we had wedding dresses dating from the years 1900 to 1950. Another year, uniforms of service men from the Civil War to the Korean War were shown.

Since it was founded in 1935, La Sociedad Folklorica has continued with its main goals of preserving the Spanish language, songs, food, cuentos and traditions. Activities are held through the year, starting with the Balle de Cascarones held a week after Easter, Velorio where a Mass and Novena are held in honor of our patron St.

Anne and our great Northern New Mexico food is served. The Merienda is held during the Santa Fe Fiestas. For several years, the Sociedad has had award-winning floats during the Fiesta parade and also sponsored a candidate for Queen and DeVargas. The Sociedad also continues its traditions by making delicious biscochitos that are sold at Rancho Golondrinas during each spring and fall festivities.

During the Christmas season, a Novena known as Las Posadas are held at the San Miguel Church. On the last night, children and grandchildren of the members portray the Nativity. The Sociedad has published four books ranging from Religion, Adivinanzas (Riddles), Colchas, a cookbook of old and new recipes, and wonderful stories of years past. The books will be sold at the Merienda.



**After the fashion show, enjoy some chocolate and homemade biscochitos!**

*La Sociedad welcomes anyone with a beautiful dress to contact us if they want to show the dress or maybe even to donate it.*

Written by Gloria C. Kahn

## ❖ Volunteer Tutors Needed

Are you passionate about literacy and enjoy helping people one on one? Become a BL (Basic Literacy) or ESL (English as a Second Language) tutor today!

Tutors and students meet twice a week for about 90 minutes (based on their schedules). A 9-month commitment is needed. Apply online: <https://lvsf.org> or call 505-428-1353 for more info.

### ELS Training:

Orientation: 9/21, 4-6PM

Session 1 & Session 1:  
9/22 & 9/23, 9AM-1PM

### BL Training:

Orientation: 10/5, 4-6PM

Training: 10/7, 8:30AM-5PM (with lunch break)

*Orientation will be held online, and training sessions will take place at SFCC. An introductory meeting and all sessions are required.*

# VOLUNTEER PROGRAMS

## ❖ In Loving Memory

*Tillie  
Kitchens*

*Born January 6, 1928  
passed away peacefully  
August 13, 2023*



Tillie was a mother of five children, 13 grandchildren, 32 great grandchildren and 11 great grandchildren. Tillie volunteered with the Foster Grandparent Program for over 20 years. Her love for mentoring children and being a second grandma to many was unwavering. Tillie was a regular for lunch at the MEG Center and everyone knew her by name. She loved to dance and although her eyesight was fading she never sat one out at the Senior Dances! We will miss your smile and gentle disposition.



*Andres  
Romero*

*Born March 8, 1936  
passed away on  
August 7, 2023*

Andres was a life-long resident of Santa Fe. He retired after twenty-six years and eight months with the State of New Mexico on December 31, 1998. He volunteered with the RSVP Program for 17 years. He also devoted much of his time and energy working with seven non-profits. His hobbies included history, oral history and photography. Andres was working on video documentaries, including an oral history of World War II, the Low Riders, and the youth mariachi movement. Andres was typically one of the first to arrive for lunch at the MEG Center. He would have a book in hand and sit with a cup of coffee before lunch was served. He sat with the same friends every day, and they all enjoyed a meal and great conversation. The dining room does not feel the same without Andres. We miss you.

## ❖ Happy Birthday, Sept. Volunteers!

Ginger Blackmar	9/01
Barbara Chamberlin	9/02
Peggy Rudberg	9/05
Thomas Spencer Wright	9/05
Amelia Garcia	9/06
Sandra Kendall	9/08
Evelyn "Evie" Baca Hilde	9/10
Sharon Key	9/10
Roy Trujillo	9/10
Mary Lou Van Ness	9/12
Elizabeth Hinds	9/13
Stan Cooper	9/15
Sophia M. Gallegos	9/16
Richard Martinez	9/16
Barbara Anderson-Acosta	9/17
Celina "Sally" Roybal	9/18
Socorro Arroyo	9/19
Phyllis Qualls	9/22
Charles Cover	9/23
Caroline Evans	9/24
Frances Gomez	9/24
Lucy R. Brown	9/25
Frank P. Johnson	9/26
Patricia Szopinski	9/27
Kathleen Wise	9/27
Kim Martinez	9/28

## ❖ Join the RSVP Volunteer Program

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



**If you are interested in volunteering please contact Mona Baca:**  
505-955-4760 or  
[mabaca@santafenm.gov](mailto:mabaca@santafenm.gov)

## HEALTH & SAFETY

### ❖ Suicide Prevention

September is Suicide Prevention Month. Suicide is a problem among older adults with rates particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. Suicide attempts by older adults are much more likely to result in death than among younger persons.

#### Ways to prevent suicide for older adults:

- Develop a strong connection to family and community support.
- Encourage family members to look out for warning signs of suicide.
  - Signs include hoarding medication, talking about being with dead loved ones soon, being preoccupied with death, withdrawing from friends and/or activities they once enjoyed and increased use of alcohol or pain medications.
- Develop skills in problem solving and conflict resolution.
- Remove firearms from the home. If the older adult will not allow this, unload the firearm, store the ammunition in another part of the home and place a trigger lock on the gun.
- Dispose of out-of-date medications. If necessary, medications should be monitored by someone who can recognize potentially lethal dosages or combinations of medications and can properly dispose of them if needed.

#### SUPPORT HOTLINES:

**988:** This is the national suicide and crisis lifeline, available 24 hours a day in English and Spanish.

**1-855-NMCRISIS (662-7474):** If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week.

## NUTRITION EDUCATION

### ❖ Grilled Lamb Salad



Grilled lamb is delightful with any green salad, especially this Asian-inspired version. Source: [MyPlate.Gov](https://www.myplate.gov)

#### Makes 4 Servings

Cooking Lamb: 145 °F (medium-rare); 160 °F (medium); 170 °F (well-done)

#### Ingredients:

- 3 green onions, sliced
- 12 oz. boneless leg of lamb, cut into 1-inch cubes (if cubed lamb is not available, ask the butcher to prepare it for you)
- 4 bamboo skewers
- 6 c. shredded Savoy, Napa, or green cabbage
- 2 carrots, shredded
- 2 tbsp. black or white sesame seeds
- 1 small jicama, julienned (optional)

#### For the Dressing

- 2 tbsp. sugar
- 2 tbsp. rice vinegar
- 3 tbsp. soy sauce, low sodium
- 1/4 c. water
- 1 tbsp. veg. oil

#### Directions

- Mix dressing ingredients; divide evenly.
- Place lamb cubes in a glass dish; pour half of the dressing over the lamb. Cover and refrigerate for at least two hours.
- Soak bamboo skewers in water for 30 minutes
- In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds.
- Remove lamb and discard marinade. Divide lamb among the 4 skewers.
- On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness).
- Remove lamb from skewers, add to salad, and toss.
- To serve, divide salad evenly on four plates. Drizzle with remaining dressing.

# WORD SEARCH

## Pizza

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

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

- DOUGH
- EAT
- FREEZER
- HERBS
- MOZZARELLA
- MUSHROOM
- NAPOLI
- OIL
- OLIVES
- ORDER
- OREGANO
- OVEN
- PARMESAN
- PEPPER
- PIECE
- PINEAPPLE
- ROUND
- SALAMI
- SALT
- SEAFOOD
- SLICE
- TOMATO
- TUNA
- YEAST

- ANCHOVIES
- BAKE
- BASIL

- BROCCOLI
- CALZONE
- CAPERS

- CRUST
- CUT
- DELICIOUS

### DELETE ONE

Delete one letter from WINTERY LOFT and scoop up a prize.

# CROSSWORD PUZZLE

## ACROSS

- 2.** Quite intoxicated
- 9.** For nearly all audiences
- 11.** Gretchen of *Boardwalk Empire*
- 12.** Firefighter's tool
- 13.** *Anna Karenina* author
- 16.** Ice mass
- 19.** Type of insurance
- 22.** Silent siren Pola
- 23.** *Today* rival
- 24.** Author Chaim
- 26.** Scottish topper
- 27.** Aromas
- 29.** Champion racehorse
- 31.** Homer Simpson's favorite beverage
- 32.** Fox-hunting cry
- 35.** Gym class
- 36.** Peeper
- 38.** "That hurts!"
- 39.** How the disreputable are held

1		2		3		4	5	6			7	8
9	10					11					12	
13		14			15			16		17		
												18
19				20		21		22				
23				24				25		26		
27				28		29	30					
	31					32		33			34	
35				36	37						38	
39												

## DOWN

- 1.** Nefarious
- 3.** Acquired
- 4.** Poehler or Tan
- 5.** *Just \_\_\_ Stories*
- 6.** 1950s veep Barkley
- 7.** Price spot
- 8.** Former

- 10.** First Monopoly square
- 14.** Abandoned
- 15.** Wise bird
- 17.** STAT!
- 18.** Become calm
- 20.** Diamond ref
- 21.** Emblematic object
- 25.** Relations
- 28.** Shakespeare title word
- 30.** Attorney group
- 31.** Affleck or Kingsley
- 32.** Casual shirt
- 33.** Mauna \_\_\_\_
- 34.** Syllable from Santa
- 35.** 3.14
- 37.** Twelve mos.



CONSUMER & LEGAL



Newsletter:  
Ask Stan Medicare Questions



Volume 3, Issue 8 August 2023

Dear Stan

*I live alone and I have some health issues that make it impossible for me to drive a car. If I needed to go to a hospital for an emergency, would Medicare pay for my trip by ambulance?*

*Also my doctor is recommending some major surgery. I would like to get a second opinion. Will Medicare cover the cost of a second opinion?*

William  
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 William,

You pose some good questions. Let's first talk about **ambulance services**. Medicare Part B covers emergency ambulance services and, in a few situations, non-emergency ambulance services.

Part B covers **emergency ambulance services** if:

- An ambulance is medically necessary, meaning it is the only safe way to transport you
- The reason for your trip is to receive Medicare covered services or to return from receiving care
- Following Medicare coverage guidelines, you are transported to and

from certain locations and the transportation supplier meets Medicare ambulance requirements.

For eligibility of coverage for **non-emergency services**, you must:

- Be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair)
- Need vital medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions.

Original Medicare does not cover

*(Continued on page 7)*

# CONSUMER & LEGAL

ambulance transportation just because you lack access to alternative transportation and does not cover ambulette services. An ambulette is a wheelchair accessible van that provides non-emergency transportation.

If you have a Medicare Advantage Plan your plan may have varying cost and coverage rules for non-emergency transportation. Contact your plan for more information.

Now let's discuss **second opinions**. Medicare covers second opinions if a

doctor recommends that you have surgery or a major diagnostic or therapeutic procedure. Medicare will cover a third opinion, if the first two opinions are different from one another.

If you have a Medicare Advantage Plan your plan may have varying cost rules for second and third opinions. Contact your plan for more information.

Stan  
Volunteer Counselor, SHIP and SMP

**OPEN ENROLLMENT PERIOD**  
**OCTOBER 15<sup>th</sup> THRU DECEMBER 7**

You can join, switch or drop a Medicare Health Plan during Open Enrollment. Contact the New Mexico **State Health Insurance Assistance Program (SHIP)** at **1-800-432-2080** to schedule an appointment with a SHIP Counselor.

**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 8 septiembre de 2023

Estimado Stan,

Vivo solo y tengo algunos problemas de salud que me impiden conducir un automóvil. Si tuviera que ir a un hospital por una emergencia, ¿Medicare pagaría mi viaje en ambulancia? Además, mi médico me recomienda una cirugía mayor. Me gustaría obtener una segunda opinión. ¿Medicare cubrirá el costo de una segunda opinión?

William  
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 ayudarle a PROTEGERSE, DETECTAR, y REPORTAR fraude, errores, y abusos contra Medicare.

Estimado William,

Planteas algunas buenas preguntas. Hablemos primero de los **servicios de ambulancia**. La Parte B de Medicare cubre los servicios de ambulancia de emergencia y, en algunas situaciones, los servicios de ambulancia que no son de emergencia.

La Parte B cubre los servicios de **ambulancia de emergencia** si:

- Una ambulancia es médicamente necesaria, lo que significa que es la única forma segura de transportarlo
- El motivo de su viaje es para recibir servicios cubiertos por Medicare o para regresar de recibir atención
- Siguiendo las pautas de cobertura de Medicare, lo transportan hacia y desde

ciertos lugares y el proveedor de transporte cumple con los requisitos de ambulancia de Medicare.

Para ser elegible para la cobertura de **servicios que no son de emergencia**, debe:

- Estar confinado a su cama (sin poder levantarse de la cama sin ayuda, incapaz de caminar e incapaz de sentarse en una silla o silla de ruedas)
- Necesita servicios médicos vitales durante su viaje que solo están disponibles en una ambulancia, como administración de medicamentos o control de funciones vitales.

Medicare Original no cubre el transporte

(Continuación en la página # 2)



## CONSUMER & LEGAL

en ambulancia solo porque no tiene acceso a transporte alternativo y no cubre los servicios de "ambulette". Una ambulette es una camioneta accesible para sillas de ruedas que brinda transporte que no es de emergencia.

Si tiene un Plan Medicare Advantage, su plan puede tener costos y reglas de cobertura variables para el transporte que no sea de emergencia. Comuníquese con su plan para obtener más información.

Ahora hablemos de **segundas opiniones**. Medicare cubre las segundas opiniones si

un médico recomienda que usted se someta a una cirugía o a un procedimiento diagnóstico o terapéutico importante. Medicare cubrirá una tercera opinión, si las dos primeras opiniones son diferentes entre sí.

Si tiene un plan Medicare Advantage, su plan puede tener reglas de costo variable para la segunda y tercera opinión. Comuníquese con su plan para obtener más información.

Stan  
Voluntario SHIP y SMP

**EL PERÍODO DE INSCRIPCIÓN ABIERTA es  
DEL 15 DE OCTUBRE AL 7 DE DICIEMBRE**

Puede unirse, cambiar o cancelar un plan de salud de Medicare durante la inscripción abierta. Comuníquese con el Programa de Asistencia de Seguro Médico de Nuevo México

**State Health Insurance Assistance Program (SHIP)**

al **1-800-432-2080**

Para programar una cita con un consejero de SHIP

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 & WORD SEARCH SOLUTIONS

## ❖ CROSSWORD

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

## ❖ WORD SEARCH

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

**DELETE ONE**

Delete F and find LOTTERY WIN



# SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Senior Meal Suggested Donation: Lunch \$1.50</b>  <b>10:30 a.m. – 12:30 p.m.   Monday through Friday</b>                      Milk is served with each meal. Menu is subject to change.</p>				<p><b>1</b>  <b>Meatloaf</b>                      Scalloped Potatoes                      Steamed Broccoli                      Carrot Raisin Salad                      Roll                      Fresh Orange</p>
<p><b>4</b>  <b>All Centers Closed for Labor Day</b>                      No City Trash Pickup*</p>	<p><b>5</b>  <b>Hawaiian Chicken</b>                      Steamed Rice                      Peas &amp; Carrots                      Hawaiian Roll                      Tropical Fruit</p>	<p><b>6</b>  <b>Chicken Tenders</b>                      Buffalo Sauce                      Seasoned Fries                      Green Beans                      Biscuit                      Yogurt</p>	<p><b>7</b>  <b>Ham &amp; Cheese Sandwich</b>                      Garnish                      Baby Carrots                      Potato Salad                      Diced Peaches</p>	<p><b>8</b>  <b>Chicken Salad Sandwich</b>                      Croissant                      3 Bean Salad                      Sliced Pears                      Meals on Wheels Only - City Offices Closed @ Noon for Fiestas</p>
<p><b>11</b>  <b>Chicken Fettuccini Alfredo Sauce</b>                      Italian Veggies                      Garlic Bread                      Baked Cinnamon Apples</p>	<p><b>12</b>  <b>BLT</b>                      Garnish                      Macaroni Salad                      Spinach Salad                      Mixed Fruit in Jello</p>	<p><b>13</b>  <b>Green Chile Chicken Enchiladas</b>                      Refried Beans                      Vegetable Medley                      Tossed Salad                      Applesauce</p>	<p><b>14</b>  <b>Salmon Patty</b>                      Tomato Macaroni                      Asparagus Roll                      Lemon Bar</p>	<p><b>15</b>  <b>Baked Fish</b>                      Onion Rings                      Mixed Veggies                      Cucumber &amp; Tomato Salad                      Roll                      Chocolate Pudding</p>
<p><b>18</b>  <b>Hot Roast Beef &amp; Swiss Sandwich</b>                      Au Jus Sauce                      Green Beans                      Potato Chips                      Garden Salad                      Fresh Apple</p>	<p><b>19</b>  <b>Carne Adovada Burrito</b>                      with Red Chile                      Spanish Rice                      Chuck Wagon Veggies                      Sherbet</p>	<p><b>20</b>  <b>Country Style Ribs</b>                      Baked Beans                      Buttered Carrots                      Spinach Salad                      Cornbread                      Cinnamon Roll</p>	<p><b>21</b>  <b>Beef Ravioli with Marinara</b>                      Sauce                      Italian Veggies                      Garlic Toast                      Plums</p>	<p><b>22</b>  <b>Chicken Taco</b>                      Garnish                      Chile Beans                      Calabacitas                      Oatmeal Cookie</p>
<p><b>25</b>  <b>Frito Pie</b>  <b>Pinto Beans</b>                      Garnish                      Mexicorn                      Spanish Slaw                      Cherries in Cobbler</p>	<p><b>26</b>  <b>Pork Roast</b>  <b>Pork Gravy</b>                      Mashed Potatoes                      5 Way Veggies                      Roll                      Fresh Pear</p>	<p><b>27</b>  <b>Green Chile Cheeseburger</b>                      Garnish                      Pork &amp; Beans                      Potato Chips                      Watermelon</p>	<p><b>28</b>  <b>Soft Fish Taco</b>                      Salsa                      Spanish Slaw                      Black Beans                      Tapioca Pudding</p>	<p><b>29</b>  <b>Pork Posole With Red Chile Sauce</b>                      Spanish Rice                      Mixed Veggies                      Tortilla                      Ice Cream</p>

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

Call 505-955-2200 to learn more.



**CITY OF SANTA FE  
SENIOR SERVICES**

**MARY ESTHER GONZALES (MEG)**  
1121 Alto St.  
Santa Fe, NM 87501

**PASATIEMPO**  
664 Alta Vista St.  
Santa Fe, NM 87505

**LUISA CENTER**  
1500 Luisa St. (enter on Columbia St.)  
Santa Fe, NM 87505

**VILLA CONSUELO**  
1200 Camino Consuelo  
Santa Fe, NM 87507

**Legend:** = Center open for meals!

**QR Code**

505-955-4271 | [santafenm.gov/division\\_of\\_senior\\_services](http://santafenm.gov/division_of_senior_services)

*Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page 4 for the appropriate contact.*