The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies.

It is also available online at www.santafenm.gov. Simply type “Senior Scene” into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

**PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED**

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**In Home Support Services:**
- **Homemaker and Respite Care,**
  - Theresa Trujillo, Program Supervisor 955-4745
  - Saul Carta, Program Coordinator 955-4735

**Foster Grandparent/Senior Companion Program**
- Anya Alarid, Volunteer Prog. Manager 955-4744

**Retired Senior Volunteer Program (RSVP)**
- Kristin Slater-Huff, Public & Community Relations Officer 955-4760
- Marisa Romero, Program Coordinator 955-4743

**50+ Senior Olympics**
- Cristina Villa, Program Coordinator 795-3817

**Miscellaneous**
- Craft Room
- Pool (Billiard) Room 955-4730

**Other Important Numbers**
- Santa Fe Civic Housing Authority 988-2859
- Santa Fe County Information 992-3069
- Santa Fe Ride 473.4444

**Newsletter Production**
- Kristin Slater-Huff, Editor/Distribution 955-4760
  - kwslater-huff@santafenm.gov
- Gil Martinez, Graphic Artist
- Linda Miller, Proofreader

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**Front Desk Reception**
- (505) 955-4721

**Toll-Free Administration Line**
- (866) 824-8714

**Gino Rinaldi, DSS Director**
- 955-4710

**Administration**
- Cristy Montoya, Administrative Secretary 955-4721
- Cara Alunno, Receptionist 955-4741
- FAX Machine - Administration 955-4797

**Senior Services Registration**
- Kim Crowder, Administrative Assistant 955-

**Transportation Ride Reservations**
- 955-4700
- Linda Quesada-Ortiz, Project Specialist / Dispatch 955-4700
- Erika Cuellar, Administrative Assistant 955-4702

**Nutrition**
- Yvette Sweeney, Program Manager 955-4739
- Enrique DeLora, Inventory Supervisor 955-4750
- Tebrina Roibal, Administrative Assistant 955-4749
- FAX Machine - Nutrition 955-4794

**Meals On Wheels (for homebound individuals)**
- Carlos Sandoval, Program Supervisor 955-4748

**Senior Center Programming (Activities)**
- Lugi Gonzales, Center Program Manager 955-4711
- Albert Chavez, Program Coordinator 955-4715
  - Mary Esther Gonzales (MEG), Ventana de Vida
- Cristina Villa, Program Coordinator 955-4725
  - Luisa, Pasatiempo, Villa Consuelo
“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” —F. Scott Fitzgerald, The Great Gatsby

“The summer night is like a perfection of thought.” —Wallace Stevens

I think it is safe now to say happy summer. May was a bit crazy as far as weather goes. I was however glad to see the moisture. We really needed it. I even saw the river running during my walks.

I have been getting many questions about when we are reopening the senior centers and comments about how much folks miss coming here. We miss seeing you too, and we look forward to the day when we can safely welcome you all again.

We are developing a reopening plan and soon, we will let everyone know how it will work. Please keep in mind that, even though over 50% of New Mexicans are vaccinated and new infection rates are down, we will still have to follow the current indoor COVID-19 safety guidelines.

There are many logistical challenges to reopening. The biggest question is how we can safely transition folks from home-delivered meals back to congregate meals (eaten at the centers). The other issue is how we increase Transportation’s role beyond medical trips and still meet the staffing needed for meals. Most staff currently play a role in preparing and delivering over 1,100 meals a day, so they are needed to support the Nutrition program. Unfortunately, we will not be able to bring back activities for a while.

Many of you may have noticed the disruption in the parking lot at MEG Center. We are doing some much needed repairs and changes. Please be aware the curbside meals has permanently moved to the back area on the east side of the building. The parking lot will be finished by the end of June.
**NEWS & VIEWS**

**JUNE 2021**

**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 two for the appropriate contact.

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**Senior Centers Remain Closed due to COVID**

The Division of Senior Services continues to provide limited services to seniors age 60+ within City limits, but our senior centers are not yet open.

Curbside meals are offered at the MEG Senior Center at 1121 Alto St., weekdays from 10:30 a.m. to 12:30 p.m. Just show up any day. Please note: curbside meals are now served from the BACK SIDE of the MEG Center. Enter from Alto street and follow the signs.

If you cannot get to the MEG Center, or you would just rather stay home and receive your meal there, let us know. For home delivered meals while senior centers are closed, you do not need to be homebound. To sign up, call (505) 955-4721.

For all meals, we ask for a suggested donation of $1.50, if you are able. Please see the menu on the last page of this newsletter.

Senior Services continues to take seniors to doctor appointments and pharmacies, preferably with 2-3 day notice and maximum of a week notice. There is a suggested donation of .50¢ per one-way trip. To schedule your ride, please call (505) 955-4700.

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**June Food Depot Distributions**

Beginning in June, the Food Depot will discontinue its distributions at Santa Fe Place Mall.

The following are upcoming dates for drive-through distributions at The Food Depot at 1222 Siler Road, all on Thursdays, 7:00 – 9:00 a.m.:

- June 10
- June 24
- July 8
- July 22

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**Flora’s Corner**

“Happiness is not what makes us happy. It is gratitude that makes us happy!”  -Anonymous

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**6-Week Grief Recovery Program**

**Fridays, 2-3 p.m. June 4 – July 9**

This free group program is for those who have experienced deaths of family, friends, or colleagues. It is facilitated by Eileen Joyce, Certified Coach and Grief Recovery Specialist, with 25 years of experience. The purpose of this program is to learn and share in a confidential setting. Each week the group will discuss grief and loss and how they affect work and relationships.

Over the six weeks they will cover: • Losses and how we deal with them • The myths about grief, loss, and healing • How unresolved grief affects our capacity for happiness • Creating resilience even in times of greatest challenges

The program is made possible through a donation by Berardinelli Family Services to New Mexico Foundation and The Memory Care Alliance.

This will be an in-person group meeting at the Unitarian Church. Attending all 6 weeks is recommended but not required. Please contact Eileen at 505.428.0670 or ej@eileenjoyce.com to reserve your place.

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**Spring & Fiber Festival June 5 – 7**

El Rancho de las Golondrinas
334 Los Pinos Rd
(505) 471-2261 www.golondrinas.org

Watch crafters shear sheep, dye wool and weave. Celebrate spring at the (mostly outdoors) living history museum. Check it out.
Do You Want to Get a COVID Vaccination?

If you have not yet received your COVID vaccination and you want one, we can help. Senior Services staff can enroll you in the Department of Health database and/or can schedule you an appointment to get whichever vaccine you would like.

It is free and it won’t take long. The more people who get the vaccine, the better off we will all be. Please contact Kristin at Senior Services at (505) 955-4760.

Playful loving collaboration:

A friend sees me for who I am and sees and says I don’t have a mean bone in my body and I say yes life broke them all, ha ha as they weren’t useful to protect me anymore and since they were my rage and anger bones who needs them! Halleluiah!

So I use their holy energy for the courage and the strength to change the things I can change about our very wounded world with love, collaboration and playfulness; love is the reason we are all here and is the only reason

for living, and collaboration is a deep-democracy and the end of hierarchy and patriarchy And Play makes it all sacred loving fun once again;

Yippee!

By Robert Francis Mudman Johnson

A “Send Us Your Old Photos” Submission

Send an old photo you would like to share to Kristin at kwslater-huff@santafenm.gov, or call 955-4760. Here’s the most recent one I received:

“I worked in theater as a Theatrical Wardrobe Attendant (Dresser) for 33 years in Chicago.

“In 1999 the pre-Broadway production of “Elton John’s Aida” was built and performed for a brief run at Chicago’s Palace Theater. At the end of the run, Sir Elton threw a party for the cast and crew at the Four Seasons Hotel.

“In this photo I was telling him that I had seen him in Anaheim about 20 years previous to that party when he was the opening act for Leon Russell and how incredible his performance had been. He was a very friendly and down-to-earth person.”

No Yardwork Assistance Available This Year

Unfortunately, the Student Life Camp that often assists seniors with summer yardwork has been cancelled again this year, due to COVID.

Thank you for your understanding.
Local Benefits Counseling Available by Phone

Before the COVID-19 virus caused the Mary Esther Gonzales (MEG) Senior Center to close, volunteers would meet on Wednesday afternoons with seniors who needed help with Medicare, Social Security and a host of other public benefits.

While it is unclear when the city will re-open the center, volunteer benefits counseling will begin in June, by telephone.

If you have questions about the above-mentioned programs including transportation, legal services, Medicaid and housing, call 955-4721 to make an appointment. You may have to leave a message.

Rodeo de Santa Fe
June 23-26
(505) 471-4300
$17.00
httpsrodeodesantafe.org

Rodeo de Santa Fe is fun for the entire family. The Mutton Bustin' and youth barrel racers continue to be a crowd favorite of young and old alike. Not to mention the carnival midway, concessions, vendors and a beer garden. The Rodeo de Santa Fe began in 1949 and today it is one of the top 60 PRCA Rodeos in the nation.

Native Pottery Demonstration June 9

Museum of Indian Arts and Culture 710 Camino Lejo
(505) 476-1269

June’s Native Pottery Demonstration Series, hosted by the Museum of Indian Arts and Culture features Aaron Cajero, a member of the Fire Clan, from Jemez Pueblo.

She will be missed...

Agnes (Aggie) Cardenas passed away peacefully surrounded by her loving family on May 17, 2021. She was born August 1, 1937. She attended Loretto Academy and received a Bachelor of Arts Degree from the College of Santa Fe, then a Master’s Degree from the University of New Mexico. She taught in the Santa Fe Public Schools for 5 years, then 33 years with Pojoaque Valley School District.

Aggie was a member of Catholic Daughters at St. Anne's Parish, the Retired Senior Volunteer Program, St. John’s Soup Kitchen, Hospice and City Different Retired Educators. She absolutely loved being a volunteer and enjoyed devoting her time and energy to each activity.

Adopt-a-Highway Clean Up Event

You are invited to join Senior Volunteer Program staff and Advisory Council members in our semi-annual Adopt-a-Highway cleanup event.

We will meet at Fort Marcy Complex parking lot and (socially distanced) shuttle up the hill to the section of Artist's Road where the Volunteer Program sign is. We will pick up debris for an hour or two, and leave the roadside all clean.

We will provide safety vests, grabbers, trash bags, gloves, hats, water, snacks and good humor. You provide a willingness to help out and gain satisfaction. Wear your mask, please.

Thursday, June 3rd 10:00 a.m. – noon
Call Kristin to participate: (505) 955-4760.
"Commodities" means this site distributes US Dept. of Agriculture TEFAP (The Emergency Feeding Assistance Program) foods. Commodities are co-owned and income based. Clients receiving food will need to provide name and address and certify income is within guidelines. Clients should be residents of the county in which they seek commodities.

FOOD PANTRIES IN SANTA FE COUNTY

Santa Fe Public Distributions
Feeding Santa Fe & The Food Depot
Drive-Thru Distribution
1222 Siler Rd, behind the Col Green Angel Depot - enter from the North entrance
Drive Thru Thursday *June 10 & 24
7 am - 9 am (Not Commodity) Or until food runs out

Bag N Hand Food Pantry
St John United Methodist Church 505 982-5397
1200 Old Pecos Trail
Distributes each Tuesday (Commodities)
*May-October 10:30 am - 12 noon

Bienvenidos Outreach
1511 5th St. 505 986-0583
Offers a twice-monthly grocery box program. (Commodities)
Provides a free box lunch Monday - Thursday
8 am - 1:15 pm

Cerrillos MFP
Dirt area near railroad tracks across from the Cerrillos Hills State Park
Distributes the first & third Thursday of the month from 11:30 am - 1 pm

Christ Lutheran Church
170 Arroyo Chamiso 505 983-9461
Distributes Thursdays from 9:30 - 10:30 am

Fruit of the Spirit Ministries
3382 Lopez Lane 505 660-6448
Distributes Sunday, Monday or Thursday
Call to schedule emergency box pick-up

Our Lady of Guadalupe Soup Kitchen
417 Agua Fria St, Lower parking lot (505) 983-8868 Provides a free meal Monday, Wednesday, Friday 10:30 am - 12:30 pm

St John the Baptist Catholic Church
1301 Osage Ave. (Lamy Building) 505 983-5034
Free lunch Monday, Tuesday, Thursday 11:15 AM - 12:15 PM. Distributes commodity food box the third Thursday of the month from 3 - 4 PM. Bring your own bags/box

Salvation Army - Santa Fe
525 W Alameda St 505 988-8054
Free breakfast Monday - Friday 8 AM
Lunch on Thursdays 11 AM - 1 PM
Commodity emergency pantry food as needed

San Isidro Catholic Church
3552 Agua Fria St 505 471-0710
Food bag distribution every other Tuesday 3 -5 PM. Call to register first.

Edgewood MFP
Valley View Christian Church
170 St Rd 344, NM-344 in Edgewood
Distributes the 4th Thursday from 4 to 6 pm. They will ask for a photo ID-RRFB agency

Pojoaque MFP
Pojoaque Pueblo Plaza
5 W. Gutierrez Ste 9, Santa Fe, NM 87506
Distributes the first Tuesday of the month from 2:30 - 3:30 pm.

La Cienega MFP
El Rancho de las Golondrinas
334 Los Pinos Rd., Santa Fe, NM 87507 Distributes the second Wednesday of the month from 2:30 - 3:30 pm.

Nambe MFP
Nambe Community Center
180 A SR 503, Nambe, NM 87506
Distributes the third Thursday of the month from 2:30 - 3:30 pm.

* Please note that food is first come first serve basis, and distribution is subject to end when the food runs out.

These institutions are equal opportunity providers

Public Distributions - The Food Depot 5/12/2021
Please Join RSVP

We invite you to join the Retired Senior Volunteer Program (RSVP) and support an organization you admire. RSVP members receive a variety of free benefits, including mileage reimbursement, excess auto liability and personal accident insurance coverage, recognition events and gifts, and educational opportunities. You can meet people who care about the same things you do.

To learn about all our volunteer locations and completely enroll in our program, go online to www.rsvpsantafe.org. Or, contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760.

What Would You Like to Volunteer to Do?

If you’re ready to give a little of your time to a worthy cause, meet great people, and receive all the RSVP program benefits, read on!

Are you a Handy Man or Woman?

The RSVP program is in need of a few more volunteers to go to the homes of income-challenged seniors and perform odd jobs. The client pays for materials and RSVP reimburses for mileage. The logistics are worked out by the RSVP office and we do not give out the volunteer’s phone number. The volunteer has the right to decline any job that is out of his or her abilities. Think of the difference you could make in someone’s life with just a little skill and willingness. A background check may be required.

Do you Enjoy Children? Gardening?

The Santa Fe Children’s Museum is looking for volunteers to help out in various ways:

Opportunities are a mixture of virtual-remote or in-person, following the All Together COVID-Safe Practices for the State of New Mexico.

Visitor Services and Engagement – Help facilitate playful experiences outside in their acre-plus space and garden for visitors of all ages.

Virtual Opportunities – Assist their Planetarium Coordinator with virtual visits to schools and their education team with presentations. Added plus if you have an astronomy, science or STEM background.

Educational Programs Assistant – Assist with assembling hands-on activity Grab and Go Kits (remote or in-person) which are distributed complimentary to children and families in rural and Tribal areas of NM, facilitation during in-person programs, and COVID-safe camps and classes.

Special Activities Facilitator – Do you have a special skill to share? Help facilitate activities related to a specific area of interest. Teach yoga to toddlers or develop hands-on science/art activities or more! Learn about activity development and their educational philosophy.

Garden Assistant – Do you have a green thumb? Help them beautify their Community Garden! This is a great opportunity to learn all there is to know about gardening or teach others about landscaping, sustainable gardening, cooking, and naturalized play. Participate in gardening activities or help facilitate gardening programs for children.

Marketing and Public Relations – Do you love social media? Have skills in media relations or marketing? They are looking for skilled volunteers to help with a variety of projects.

Volunteers must pass a background check and participate in a volunteer orientation.
Do you like to Take Walks?

Join the SF Conservation Trust and help lead ‘Vámonos: Santa Fe Walks’. These are free, hour-long walks on paved urban trails, at the pace of the walkers.

Volunteers ensure everyone signs in and stays on the correct trails, watch out for cyclists, take photos if possible and distribute evaluations at the end of the walk.

Do You Enjoy Holding Babies?

Volunteers at Many Mothers receive orientation and support to go into a home and help new mothers cope, whether it is practical advice, comfort, or holding the baby so the mother can shower.

Do You Support Residents' Rights?

Ombudsmen are highly trained volunteers who advocate on behalf of residents of long-term care facilities, making sure they are receiving all the rights to which they are entitled. Currently, Ombudsmen work over the telephone and video chats, since they cannot enter facilities in person.

Do You Like to Drive Your Car?

You could help income-challenged seniors by escorting them to doctor appointments in your car, waiting while they have a certain procedure, and taking them back home. Some folks have nobody who can do this for them and without RSVP, they cannot get important medical procedures. RSVP does not give out the volunteer’s phone number, and we reimburse for mileage.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

THE VOLUNTEER PROGRAMS

WISH A VERY

Happy Birthday

to all volunteers born in JUNE

RSVP Voluntarios

- Arlene Mayer  6/01
- Lillian O. Phillipovich  6/01
- Diana Mamalaki  6/03
- Rosella Fleming  6/04
- Pauline Pino  6/05
- Dan Rusthoi  6/05
- Joan-Ann Ryan-Murphy  6/05
- Geraldine L. Trujillo  6/05
- Alfonso “AL” Ulibarri  6/07
- Bernardo C de Baca  6/08
- Olivia M. Trujillo  6/10
- Michael M. Reilly  6/12
- Bob Peck  6/13
- Eileen C de Baca  6/14
- Helen Whitfill  6/14
- Florence Cromwell  6/15
- Kia Mudge  6/17
- Thomas Minton  6/18
- Sylvia Tyndall  6/18
- Mary A. Catanach  6/19
- Kristine Dorris  6/21
- Joseph Shain  6/21
- Christine Mendoza  6/22
- Gilbert J. Alarid  6/23
- Marie Newsom  6/23
- Katherine Kozik  6/25
- Julienne Tolen  6/25
- Celine Sena  6/26
- Genevieve Armijo  6/27
- Cheryl Alexandre  6/30

FGP/SCP Voluntarios

- Danna Metzger  6/10
- Aurora Rodriguez  6/14
- Eileen C de Baca  6/14
- Christine Mendoza  6/22
- David Lucero  6/23

Please note that the above names are people who are enrolled in the Senior Volunteer Programs and who turn in their reports of hours served.

RSVP  (RETIRED SENIOR VOLUNTEER PROGRAM)

JUNE  2021
How to Eat Well on a Budget

1. **Plan out a few meals** you want to prepare the next week before shopping.

2. **Consider meatless meals.** Plant-based proteins are highly nutritious and generally more affordable than meats and fish. You can still have meat but save money by incorporating smaller amounts as a base for flavor or as a condiment, while focusing on plant proteins like beans or tofu so that you can save on cost, increase volume of the meal, and boost nutrition and heartiness.

3. **Purchase satiating and filling snacks** - nuts or fruit are better options than chips!

4. **Don’t shop on an empty stomach.**

5. **Allow for flexibility in your shopping list** if items like fresh produce or poultry and fish are on sale. If they are foods you enjoy, you might purchase extra quantities and freeze them for later use.

6. **Consider purchasing nonperishable staple foods in bulk.** Even though it may cost more upfront to buy “family-sized” package products like whole grains, lentils, and dried beans, the cost per unit is usually cheaper.

7. **Buy generic or store-brand;** you will notice when comparing the ingredients list that similar if not identical ingredients are used. The generic brand is generally cheaper because less money is spent on advertising and creating fancy food labels.

8. **Scan the discounted produce cart** that usually sits in a corner; this is filled with produce starting to age but which is still tasty if you can eat it soon.

9. **Don’t buy more highly perishable items than you can use in one week** (unless you plan to freeze them), or else you run the risk of food spoilage and waste.

10. **Stretch your fresh herbs, spices, and alliums.** While alliums like onions and garlic have a longer shelf life, bagged herbs in the supermarket are particularly perishable. One idea is to chop and freeze herbs in an ice cube tray filled with herbs, then filled with olive oil—ready to be popped in a pan to sauté vegetables.

11. **Use what you have before buying more.** Take inventory of all the food in your kitchen twice a month. Plan meals based on ingredients you have had longest.

12. **Eat attentively.** Practicing mindfulness during meals can increase enjoyment of the food, and you may be satisfied with smaller portions. Conversely, eating while distracted can lead to a higher intake of food later on.

Adapted from [https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/](https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/)
Both Candidates Agree: New Mexico Should Stop Taxing Social Security Income
By Fred Nathan of Think New Mexico

In the New Mexico Legislature, an important area of bipartisan common ground has emerged: both Democratic Representative Melanie Stansbury and Republican Senator Mark Moores are emphasizing their support for repealing New Mexico’s tax on Social Security income.

During the last two legislative sessions, nine bills were introduced to repeal this tax, sponsored by lawmakers from across the political spectrum. Yet New Mexico remains one of 13 states that taxes Social Security benefits, costing the average Social Security recipient nearly $700 a year.

New Mexico has taxed Social Security benefits since 1990, when the legislature imposed the tax to close a $13 million shortfall in the state budget. The tax was enacted as a single line on the second to last page of a long and complex tax bill, and it received no public scrutiny until seniors began filing their taxes the following year.

Two years ago, Think New Mexico published a policy report detailing the history and impact of New Mexico’s tax on Social Security income. In that report, we recommended that the state repeal the tax as part of a larger strategy to enhance retirement security for New Mexico seniors.

The tax on Social Security income is particularly unfair because the majority of seniors are trying to survive on Social Security alone. Nearly 2/3 of New Mexicans have nothing saved for retirement.

Taxing Social Security benefits undermines the purpose of the Social Security Act, which was designed to lift seniors out of poverty – not to fund state government. Because Social Security is a federal program, state governments do not administer the program and have no costs for administering or any justification for taxing it. No other public benefits, like Medicare, Medicaid, TANF, and food stamps, are taxed by the state.

New Mexico’s tax on Social Security benefits is a double tax on individuals. When New Mexicans are working, the state taxes the money that is taken out of their paychecks for Social Security. Then, when they retire, they are taxed again on the benefits they receive.

Most of the people paying this tax in New Mexico are middle and lower income. The tax is particularly burdensome for the 55,000 grandparents who are the primary guardians for their grandchildren. More than one out of every ten children in New Mexico is being raised by their grandparents, and many of these seniors are sacrificing to meet the financial needs of their grandchildren without outliving their savings.

All New Mexicans would benefit from the economic development boost of repealing our tax on Social Security income. If seniors were able to keep the money that they now pay in taxes on their Social Security, much of it would be spent immediately and those dollars would go back into New Mexico’s economy, supporting local jobs.

We hope the governor and the rest of the legislature will follow the lead of Senator Moores, Representative Stansbury, and the legislators who have sponsored bills to repeal the tax on Social Security income. These include Senators Pete Campos (D-Las Vegas), David Gallegos (R-Eunice), Michael Padilla (D-Albuquerque), Liz Stefanics (D-Cerrillos), and Bill Tallman (D-Albuquerque), and Representatives Gail Armstrong (R-Magdalena), Jack Chatfield (R-Mosquero), Randy Kotto (R-Clovis), Rebecca Dow (R-Truth or Consequences), Daymon Ely (D-Albuquerque), Day Hochman-Vigil (D-Albuquerque), Candy Spence Ezzell (R-Roswell), Randall Pettigrew (R-Lovington), and Linda Serrato (D-Santa Fe).

Repealing New Mexico’s tax on Social Security income should be at the top of the agenda for next year’s legislative session. Learn more and email your legislators and the governor from Think New Mexico’s website at: www.thinknewmexico.org.

Fred Nathan is Executive Director of the independent, nonpartisan, results-oriented think tank Think New Mexico.
Dear Stan,

I am 70 years old, and I only have Medicare Part A coverage. I was laid off from my job in December 2020, and I no longer have access to employer coverage. I am on a fixed income receiving only Social Security benefits. My income is too high for Medicaid, and I can’t afford COBRA. I’m worried about how I will pay for my prescription medications. What steps do I need to take to enroll in Medicare Part B? How can I get drug coverage?

Sandy G.
Taos, NM

Dear Sandy,

Thank you for your question. You are in a good position now to apply for Medicare Part B and avoid a late enrollment penalty by using the Part B Special Enrollment Period (SEP). The Part B SEP is available to Medicare eligible people who had employer group health benefits either through their own active employment or through their spouse’s employment. The Part B SEP allows people an 8-month window to enroll in Part B via Social Security Administration (SSA) to avoid a Part B late enrollment penalty.

SSA is the government agency that you will need to reach for Part B enrollment.

However, due to the coronavirus, Social Security offices have suspended face to face services. According to Medicare, people who have Part A, have a few options to enroll in Part B during the pandemic. You can apply online or apply by mail or fax. Here are a few resources to assist you:

- Find your local office by using the online Social Security locator here: [https://secure.ssa.gov/ICON/main.jsp](https://secure.ssa.gov/ICON/main.jsp)
- To apply for Part B online, visit the SSA website and follow the instructions. You can also contact the national SSA helpline to receive assistance directly from an SSA employee.

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080

The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.
federal agent at 1 (800) 772-1213. See the SSA link here: https://secure.ssa.gov/mpboa/medicare-part-b-online-application/

- For more information, see Medicare’s blog about Part B enrollment during the COVID-19 public health emergency link here: https://www.medicare.gov/blog/coronavirus-medicare-enrollment

Note: You will need to complete two required forms: the application for enrollment in Part B called the CMS 40B form, and the employer verification form called the CMS L-564 form. To avoid Part B late enrollment penalties, it will be important for you to show proof that you were receiving employer group health benefits through active employment by completing the CMS L-564 form. The CMS L-564 form should be completed by your former employer’s human resources department. If you cannot get your former employer to sign the form, you can send evidence of employment and health insurance like health insurance cards with policy effective dates and pay stubs showing health insurance premium deductions. The forms are linked here for your information.
  - CMS 40B form
  - CMS L-564

You also asked about your prescription drugs. You have options to explore. Since you are already enrolled in Medicare Part A, you are eligible to sign up for a Medicare Part D plan which would provide you with outpatient prescription drug coverage. For assistance with finding a suitable Part D drug plan, contact the New Mexico Aging & Disability Resource Center (ADRC) and request to speak with a State Health Insurance Assistance Program (SHIP) counselor right away. The SHIP counselor can assist you with finding a suitable drug plan that meets your needs and can screen you for important costs savings benefits that can help you pay for your Medicare costs. For example, depending on your income and assets, you may qualify for a federal Extra Help Program.

If you need assistance with Part B enrollment, with finding a Part D drug plan, or with applying to Extra Help, contact the ADRC and request to speak with a SHIP counselor by calling 1-800-432-2080.

Stan,
SHIP SMP Volunteer Counselor
# Choosing Safer Activities

## Outdoor

<table>
<thead>
<tr>
<th>Unvaccinated People</th>
<th>Your Activity</th>
<th>Fully Vaccinated People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk, run, roll, or bike outdoors with members of your household</td>
<td>Attend a small, outdoor gathering with fully vaccinated family and friends</td>
<td></td>
</tr>
<tr>
<td>Attend a small, outdoor gathering with fully vaccinated and unvaccinated people</td>
<td>Dine at an outdoor restaurant with friends from multiple households</td>
<td></td>
</tr>
<tr>
<td>Attend a crowded, outdoor event, like a live performance, parade, or sports event</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Indoor

<table>
<thead>
<tr>
<th>Unvaccinated People</th>
<th>Your Activity</th>
<th>Fully Vaccinated People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit a barber or hair salon</td>
<td>Go to an uncrowded, indoor shopping center or museum</td>
<td></td>
</tr>
<tr>
<td>Ride public transport with limited occupancy</td>
<td>Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households</td>
<td></td>
</tr>
<tr>
<td>Go to an indoor movie theater</td>
<td>Attend a full-capacity worship service</td>
<td></td>
</tr>
<tr>
<td>Sing in an indoor chorus</td>
<td>Eat at an indoor restaurant or bar</td>
<td></td>
</tr>
<tr>
<td>Participate in an indoor, high intensity exercise class</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Prevention Measures

- **Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).**
- **CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.**

- **Fully vaccinated people:** wear a mask
- **Unvaccinated people:** wear a mask, stay 6 feet apart, and wash your hands.

---

**Get a COVID-19 vaccine**
ACROSS
1) 6-Down et al. 40) Sushi go-with
6) Revolutionary War battle site 41) Primatologist's study
11) Capture, slangily 43) Superman, on Krypton
14) In the air 44) Pre-liftoff words
15) Big shows 46) Fished with a hook
16) Novelist Levin 47) One of the Barrymores
17) Stemwinder 49) Sub commander of fiction
19) Boxcar unit 51) Laurel and Hardy toppers
20) Signs up 54) Deductions from judgments, in law
21) Golf bag attachment 59) ___ Tome
23) Bearded bloomer 60) 57th, to Broadway
25) States with conviction 62) Bullpen stat
26) Place a value on 63) Campaign concern
30) "Honest!" 64) Caught congers
33) Henhouse feature 65) WWII vessel
34) Kick out 66) Bite-sized baked goods
35) Avocado center 67) Nitwits
38) O.K. Corral name
39) Largish combo

DOWN
1) Bank feature
2) Lena of "Hollywood Homic
3) Active sort
4) Hairstyle for Daveed Diggs
5) Salon worker
6) Old "Hits the spot" slogan
7) Firehouse tool
8) Part of Ali Baba's command
9) "Livin' La Vida ___"
10) "Moby-Dick" narrator
11) Hard thing to swallow
12) Like a stadium crowd, at tir
13) Jets and Sharks
18) Some cameras, briefly
22) Mendes of "Stuck on You"
24) A perfect square
26) Circle statistic
27) Hotel freebie
28) Strep consequence
29) Unexplained skill
31) Hightailed it
32) Prohibitionist's foe
34) Keynes subj.
36) "So that's it!"
37) Let the cat out of the bag
39) "What have we here?"
40) GQ or O, for short
42) Drum up
43) Tied up
45) Fly trap
46) Home of Iowa State
47) Son of Henry Ford
48) Signs of sorrow
50) Tricky curves
52) Aunt with a "Cope Book"
53) Go paragliding
55) "Biscuit" introduced in 191
56) Hit bottom
57) Tootsies
58) Norm (Abbr.)
61) Bilko's rank (Abbr.)

ANGRY WORDS
By Victor Fleming
PUZZLE
JUNE 2021

DÍA DEL PADRE

AMIGOS  COMPUTADORA  NIÑOS
AMOR   CORBATA   PAPÁ
ASADO  DOMINGO  PICNIC
BESOS  ELECTRÓNICO  REGALOS
CAMISA  FAMILIA  RELÓJ
CARTERA  GOLF   ROMántICO
CELEBRACIÓN.  HERRAMIENTAS  TARJETAS
CENA  HIJOS  TELÉFONO
COCINAR  JUEGOS  TRANQUILÓ
COMIDA  MÚSICA  VECINOS
Weird and Wacky Medical Facts
(From mdlinx.com)

The human nose can remember 50,000 different scents, and experts say that the memories evoked by our sense of smell are some of the oldest and most potent we have. Think of how you feel when you smell a flower that used to grow in your grandmother’s garden, or the shaving cream your father used when you were a child. Researchers have found that brain waves connect smells through memories via an associative process that links neural networks through synchronized brain waves. The result? Smell is the strongest memory retainer.

Did you know that the children of identical twins are genetically siblings rather than cousins? This is because they share 25% of their DNA. Full siblings share 50% of their DNA, half-siblings share 25%, and cousins share 12.5%. Thus, they are the genetic equivalent of half-siblings.

The human body has incredible regenerative powers. For example, your entire brain replaces itself every 2 months; your liver, every 6 weeks; and your epidermis, every 35 days. Even your stomach lining replaces itself every 3 to 4 days. If your body didn’t do this, the strong acids used by your stomach to digest food would also digest your stomach! And speaking of your stomach, did you know that your stomach acids are so strong that they can dissolve razor blades?

Babies are born with about 300 bones, but by the time they reach adulthood, these bones will have fused together to form 206 bones. Babies are born with more cartilage than bone. With time, the cartilage is replaced by bone matrices, and the calcium salts babies get from their diets are laid to form hardened bone through a process known as endochondral ossification, or the conversion of cartilage into bone.

Having a good cry really is good for you. The tears you shed when you cry contain stress hormones. Crying itself may actually stimulate the production of endorphins — the body’s natural painkiller — as well as feel-good hormones such as oxytocin.

Medication Tips
(From BeMedWise.org)

1. When your healthcare provider writes you a prescription, make sure you can read it. If you can’t read the handwriting on the prescription, your pharmacist might not be able to either. Ask your healthcare provider about e-prescribing, in which your prescription is electronically sent to your pharmacy.

2. Ask for information about your medicines in terms you can understand.

3. When you are being given a medicine at the hospital or picking up a medicine from the pharmacy, confirm it is medicine that your doctor prescribed.

4. Make sure your doctor knows about any allergies and adverse reactions you have had to medicines.

5. Read the side effects listed on the information that comes with your prescriptions so you can more quickly recognize if you are experiencing one and alert to your healthcare provider.

6. Make sure that all of your doctors know all the medicines you are taking, including prescription and over-the-counter medicines, and dietary supplements such as vitamins and herbs.

Adapted from “20 Tips to Help Prevent Medical Errors,” Agency for Healthcare Research and Quality Publication No. 00-PO38, Feb. 2000. AHRQ, Rockville, MD.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>Swedish Meatballs</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td></td>
<td>over Egg Noodles</td>
<td>Cheesy Baked Ziti</td>
<td>Red Chile Beef Enchiladas</td>
<td>Chicken Tenders</td>
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<tr>
<td></td>
<td>California Veggies</td>
<td>with Meaty Marinara Sauce</td>
<td>Salsa Corn</td>
<td>Country Gravy</td>
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<tr>
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<td>Garlic Bread</td>
<td>Italian Veggies</td>
<td>Refried Beans</td>
<td>French Fries</td>
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<tr>
<td></td>
<td>Strawberries in</td>
<td>Tossed Salad</td>
<td>Cucumber &amp; Tomato Salad</td>
<td>Coleslaw</td>
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<tr>
<td></td>
<td>Yogurt</td>
<td>Breadstick with Margarine</td>
<td>Fresh Strawberries</td>
<td>Biscuit with Margarine</td>
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<tr>
<td>7</td>
<td>Hawaiian Chicken</td>
<td>8</td>
<td>9</td>
<td>11</td>
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<tr>
<td>Salad</td>
<td>Steamed Rice</td>
<td>Pork Rib Sandwich</td>
<td>Roast Beef</td>
<td>Chicken Salad on Croissant</td>
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<td>Green Beans</td>
<td>Pork &amp; Beans</td>
<td>Mashed Potatoes</td>
<td>Cold Peas with</td>
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<tr>
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<td>Hawaiian Roll with</td>
<td>Steamed Corn</td>
<td>Mushroom Gravy</td>
<td>Peppers</td>
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<tr>
<td></td>
<td>Margarine</td>
<td>Coleslaw</td>
<td>California Veggies</td>
<td>Potato Chips</td>
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<tr>
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<td>Tropical Fruit</td>
<td>Fresh Pear</td>
<td>Roll with Margarine</td>
<td>Bananas in Pudding</td>
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<td>15</td>
<td>16</td>
<td>18</td>
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<tr>
<td></td>
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<td>Carne Adovada</td>
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<td>Ham &amp; Cheese Sandwich</td>
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<td>Tartar Sauce</td>
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<td>Chuckwagon Veggies</td>
<td>Onion Rings</td>
<td>Cole Peas</td>
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<td>Vegetable Medley</td>
<td>Pickle Spear</td>
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<td>Polish Sausage</td>
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<td>Baked Cod</td>
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<td>Salsa</td>
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<td>3 Bean Salad</td>
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<td>Mixed Fruit in Jell-O</td>
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<tr>
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<td>Cottage Cheese</td>
<td>Oatmeal Cookie</td>
<td>Honeydew Melon</td>
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<td>Chicken Provencal</td>
<td>29</td>
<td>30</td>
<td>JULY 1</td>
</tr>
<tr>
<td></td>
<td>with Veggie Sauce</td>
<td>Hot Dog</td>
<td>Turkey Sandwich</td>
<td>Red Chile Chicken Enchiladas</td>
</tr>
<tr>
<td></td>
<td>Steamed Rice</td>
<td>Tater Tots</td>
<td>with Garnish</td>
<td>Mexi Corn</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
<td>Peas &amp; Carrots</td>
<td>Macaroni Salad</td>
<td>Refried Beans</td>
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<td>Watermelon</td>
<td>Potato Chips</td>
<td>Spinach Salad</td>
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<td>Green Grapes</td>
<td>Fresh Orange</td>
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<td>Hot Dog</td>
<td>30</td>
<td>31</td>
<td>JULY 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turkey Sandwich</td>
<td>Red Chile Chicken Enchiladas</td>
<td>BLT</td>
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<tr>
<td></td>
<td></td>
<td>with Garnish</td>
<td>Mexi Corn</td>
<td>with Garnish</td>
</tr>
<tr>
<td></td>
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<td>Macaroni Salad</td>
<td>Refried Beans</td>
<td>Bow Tie Pasta</td>
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<td>Spinach Salad</td>
<td>Salad</td>
</tr>
<tr>
<td></td>
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<td>Green Grapes</td>
<td>Fresh Orange</td>
<td>Baby Carrots</td>
</tr>
</tbody>
</table>

Senior Meal Suggested Donation: Lunch $1.50
Lunch is served curbside at MEG Center
10:30 am – 12:30 pm Monday through Friday

Milk is served with each meal. Menu is subject to change.