

# ***THE SENIOR SCENE***

MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY



**WE  
REMEMBER  
WITH  
GRATITUDE  
AND  
HONOR**

MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY



Offered by: Division of Senior Services  
[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**MAY  
2021**

**Programs and Activities for Older Adults  
Programas y Actividades para Adultos Mayores**

MAY 2021

## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

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](http://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

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services:</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker and Respite Care,</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	<b>Foster Grandparent/Senior Companion Program</b>	
Cara Alunno, Receptionist	955-4741	Anya Alarid, Volunteer Prog.Manager	955-4744
FAX Machine - Administration	955-4797		
<b>Senior Services Registration</b>		<b>Retired Senior Volunteer Program (RSVP)</b>	
Vacant, Database Specialist	955-4722	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
<b>Transportation Ride Reservations</b>	<b>955-4700</b>	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	<b>50+ Senior Olympics</b>	
Erika Cuellar, Administrative Assistant	955-4702	Cristina Villa, Program Coordinator	795-3817
<b>Nutrition</b>		<b>Miscellaneous</b>	
Yvette Sweeney, Program Manager	955-4739	Craft Room	Not in service
Enrique DeLora, Inventory Supervisor	955-4750	Pool (Billiard) Room	955-4730
Tebrina Roibal, Administrative Assistant	955-4749	<b>Other Important Numbers</b>	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Ride	473.4444
<b>Senior Center Programming (Activities)</b>		<b>Newsletter Production</b>	
Lugi Gonzales, Center Program Manager	955-4711	Kristin Slater-Huff, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	<b><a href="mailto:kwslater-huff@santafenm.gov">kwslater-huff@santafenm.gov</a></b>	
Mary Esther Gonzales (MEG), Ventana de Vida		Gil Martinez, Graphic Artist	
Cristina Villa, Program Coordinator	955-4725	Linda Miller, Proofreader	
Luisa, Pasatiempo, Villa Consuelo			

MAY 2021

*By Gino*  
A message from the Division Director



"The sun himself is weak when he first rises, and gathers strength and courage as the day gets on." Charles Dickens

"Every day may not be good...but there's good in every day." Alice Morse Earle

"Happiness is the only thing that multiplies when you share it." Albert Schweitzer

Happy May. Have you ever noticed that we celebrate many things in the month of May? May Day, Cinco de Mayo, Mother's day, and Memorial Day. Did you know May is Older Americans Month as well? It is also my granddaughter Clair's birthday, and my son Justin is finishing graduate school. There is a lot to look forward to and celebrate. I also will be happy if the wind finally calms down. I am even planting a garden this year.

I know COVID-19 has made things more challenging for all of us and I am sure you all have found new and innovative ways to deal with the many challenges. Our community is doing a great job in getting ourselves vaccinated. The more this happens the sooner we will be able to move forward with increasing services.

However, things will be a little different as we transition back. We will have to redefine normal and it will be a moving target. I want to remind everyone we are still in a pandemic and the importance of us practicing social distancing and following protective guidelines is critical to our reopening. It is also your responsibility to do the same.

I expect by the time you get the newsletter there will be changes to the CDC wearing of masks outside guidelines. The wearing of masks is and will continue to be required indoors, especially in City buildings. Please be safe and stay tuned for more updates on our gradual reopening plan.

**MES DE LOS  
ESTADOUNIDENSES DE  
EDAD AVANZADA**





## NEWS & VIEWS

MAY 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.

### Senior Centers Remain Closed due to COVID

We continue to provide limited services to seniors age 60+ within City limits.

Curbside meals are offered at the MEG Center at 1121 Alto St., weekdays from 10:30 a.m. to 12:30p.m. Come any day you would like a meal.

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 Transportation 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.

### Friends Reunited



Program Coordinator Albert Chavez reconnected with MEG Senior Center member Veet Deha after almost a year of the center being closed. Both vaccinated and masked, they very briefly disregarded social distancing guidelines to capture this photo. We will all reconnect soon!



### Senior Services Closed May 31<sup>st</sup>

All City offices will be closed for Memorial Day and Senior Services will not deliver or serve meals or provide transportation on Monday, May 31<sup>st</sup>.

On that day, we ask you to remember and honor the military personnel who have died in the performance of their military duties while serving in the United States Armed Forces.

Did you know: Albertsons gives a 10% discount to veterans on the first Saturday of each month.

### Parkinson's Walk



Join the first ever **Santa Fe Parkinson's Walk to benefit the Parkinson's Foundation**. The Parkinson's Foundation provides educational materials and webinars, resources, a Help Line, conferences and useful materials and information for people living with Parkinson's and their family and caregivers.

- The Moving Day Walk will take place on Saturday, May 22<sup>nd</sup> starting at 10:00 am.
- Meet at Las Soleras Senior Living at 5011 Las Soleras Drive, in the back parking lot.
- There will be vendor booths, music and demonstrations.
- The walk will be set up for different lengths from 1/2 mile to 1 1/2 miles.

To register for the Walk, go online to: [movingdaywalk.org](http://movingdaywalk.org). If you want to donate to a particular person who is already registered, scroll down and find their name and then click the "Donate" button next to their name.

If you have questions, please email Karen St. Clair, Parkinson's Foundation PPAC Member/Parkinson & Movement Disorder Alliance Ambassador at [kastclair@gmail.com](mailto:kastclair@gmail.com) or call her at 503-789-2248.

## NEWS & VIEWS

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### Are you in need of Utility Bill Assistance?

HelpNM can assist you, if you are a senior age 60 + and you do not exceed 200% of the Federal Poverty Level income. To learn more, call the Aging & Disability Resource Center at (800) 432-2080.

HELPNM employs a community-based approach to providing supportive housing opportunities and/or utility or rent assistance. The agency prioritizes services for families with children, seniors, and the disabled.

### Hats Off to COVID Vaccine Volunteers

Out of the blue, when Senior Services staff was overwhelmed, trying to register our seniors for the COVID-19 vaccination, **Richard Morgado** came forward to help. He took the mandatory 3-hour HIPPA training and spent countless hours helping us help you. He even spent a dusty, windy Saturday registering seniors at a drive-through event. That event was also staffed by RSVP volunteers **Evelyn Jimenez-Iyow** and **Abdi Iyow**. We thank you all very much!



### May is Older Americans Month



Carol (Coco) Blankenship and Margarita Vargas are two strong older workers improving our community, by making and serving meals.

"Communities of Strength" is theme for the 2021 Older Americans month, according to the Administration for Community Living. Connecting with others is one of the most important ways to reinforce our strength. It plays a vital role in our health and well-being. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others. Let's all celebrate the ways we are connected and strong.

### Haven't received your 3rd stimulus payment? (From AARP.org)

The IRS will continue to send checks via the Treasury. The majority who have received a first or second payment don't need to do anything more to get the third payment. Payments should be issued automatically to people who receive Social Security, Supplemental Security Income (SSI), or Railroad Retirement Board or Veterans Affairs (VA) benefits. Those receiving Social Security will generally receive this third payment the same way as their regular benefits.

The IRS Get My Payment Tool allows you to track payment status. Go to [www.irs.gov](https://www.irs.gov)

If you got your payment based on your 2019 return and find that you're entitled to more based on your 2020 return, the IRS will compute the additional amount owed to you.



## NEWS & VIEWS

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### Send us a Favorite Old Photo

Senior Services Staff member Cara Alunno sent in this photo from a trip to India years ago. The man blows his pipe to make the python rise up. She looks nervous!



Do you have a favorite old photograph you'd like to share with the readers of this newsletter? If so, please contact Kristin at 955-4760 or [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) to coordinate us copying it so we can get it right back to you.

### Are You Helping Raise Your Grandchildren?

Are you a grandparent age 55 or over, raising or providing financial support to your grandchild or grandchildren? Senior Services administers a "Grandparents Raising Grandchildren" fund to help offset your expenses.

We provide modest reimbursement (up to \$200 a year, per child up to \$400.00 annually) for receipts showing payments of medical bills, food, school supplies, clothing and similar expenses for grandchildren.

For more information, please contact Theresa Trujillo at (505) 955-4745 or [tptrujillo@santafenm.gov](mailto:tptrujillo@santafenm.gov)

**"Feeling alone is a trick we play on ourselves when we're afraid."**

**-Robert-Francis "Mudman" Johnson**

### Alzheimer's Association Support Groups

**Teleconference (on your telephone):** Alzheimer's and Dementia support group. Held on the first Wednesday and the third Friday of each month at 10:30 a.m.

**Video Conference (from your computer):** Introduction to Support Groups – Preview the many currently virtual (online) support groups and other resources that the Alzheimer's Association has to offer. Held on the first Monday of each Month at 1:00 p.m.

To register for either event, call 1 (800) 272-3900 or send an email to [nmprograms@alz.org](mailto:nmprograms@alz.org).

### Free Green Waste Days - May 1 and 2



Bring your unbagged green waste (branches, grasses, weeds, etc.) to the Buckman Road

Transfer Station on the first weekend of May or June and you will not be charged.

Also, free tire recycling is the first full weekend of every month.



### He Will be Missed

Eduardo Escudero passed away on January 12, 2021. He was a son, father, brother, uncle, Marine Sherriff and military reservist, as well as a woodcarver, drum-maker, painter, musician, and generous

soul. He enjoyed playing pool at the Mary Esther Gonzales Center.

### Flora's Corner

"Though we travel the world over to find the Beautiful, we must carry it with us or we will find it not"



–Ralph Waldo Emerson

## NEWS & VIEWS

MAY 2021



### More Movies that Older Adults Can Enjoy

By Carrie Robertson, Chicago Senior Living 2010

**Buena Vista Social Club** (1999-Documentary) Aging Cuban musicians, whose talents had been virtually forgotten following Castro's takeover of Cuba, are brought out of retirement by Ry Cooder, who travelled to Havana in order to bring the musicians together, resulting in triumphant performances of extraordinary music, and resurrecting the musicians' careers.

**Waking Ned Devine** (1998-Comedy) with Ian Bannen & David Kelly When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

**No Country for Old Men** (2007-Crime/Drama) with Tommy Lee Jones & Javier Bardem Violence and mayhem ensue after a hunter stumbles upon some dead bodies, a stash of heroin and more than \$2 million in cash near the Rio Grande.

**Nobody's Fool** (1995-Drama) with Paul Newman & Jessica Tandy Sully is a rascally ne'er-do-well approaching retirement age. While he is pressing a worker's compensation suit for a bad knee, he secretly works for his nemesis, Carl, and flirts with Carl's young wife Toby.

**To Dance with the White Dog** (1993-Drama) with Hume Cronyn & Jessica Tandy This is the touching story of an elderly widower trying to work through his grief. When Sam Peek's beloved wife, Cora, dies, a white dog suddenly materializes as his new companion and confidant.

**Grumpy Old Men** (1993-Comedy) with Jack Lemmon, Walter Matthau & Ann-Margret A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

**Driving Miss Daisy** (1990-Comedy) with Morgan Freeman & Jessica Tandy An old Jewish woman and her African-American chauffeur

in the American South have a relationship that grows and improves over the years.

**Cocoon** (1985-Adventure/Comedy) with Don Ameche & Wilford Brimley When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor.

**On Golden Pond** (1982-Drama) with Katharine Hepburn, Henry Fonda & Jane Fonda The loons are back again on Golden Pond and so are Norman Thayer, a retired professor, and Ethel who have had a summer cottage there since early in their marriage.

**About Schmidt** (2002-Comedy) with Jack Nicholson & Kathy Bates Warren Schmidt is a man in his 60's. While trying to run his daughter's life, he realizes that he wasted his.

**The Straight Story** (1999-Adventure) with Sissy Spacek & Richard Farnsworth An elderly man makes a long journey by tractor to mend his relationship with an ill brother.

**Secondhand Lions** (2003-Comedy/Drama) with Michael Caine & Robert Duvall A coming-of-age story about a shy young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.

**Something's Gotta Give** (2003-Comedy) with Jack Nicholson & Diane Keaton A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

**The Notebook** (2004-Drama) with James Garner & Gena Rowlands, Ryan Gosling & Rachel McAdams A poor and passionate young man falls in love with a rich young woman and gives her a sense of freedom. They soon are separated by their social differences.



**Calendar Girls** (2003-Comedy/Drama) with Helen Mirren & Julie Walters A Women's Institute chapter has a fundraising effort for a local hospital by posing nude for a calendar becomes a media sensation.



# iVámonos!

## SANTA FE WALKS

EXPLORE SANTA FE'S TRAILS! GET SOME FRESH AIR! MEET YOUR COMMUNITY!

### 2021 WALKS & EXPLORATIONS on SANTA FE TRAILS

Join us on free, hour-long walks and weekend hikes

May through October 2021

#VamonosSantaFe

[sfct.org/vamonos](http://sfct.org/vamonos)



Photo by Don Usner.



Sponsored by the Santa Fe Walking Collaborative & Convened by the Santa Fe Conservation Trust



For more information and  
maps of the walks, visit:

**sfct.org/vamonos**

**(505) 989-7019**

**TEXT SFWALKS TO 77948  
FOR WALK REMINDERS**

## MAY

### 18 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 26 - Wednesday @ 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

## JUNE

### 5 - Saturday @ 10 AM

Vámonos Hike, National Trails Day  
& "Take a Kid Hiking Day"  
*La Tierra Trails, Frijoles Trailhead*  
657-725 Camino de los Montoyas  
(Moderate hike on a dirt trail)

### 15 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 23 - Wednesday @ 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

### 25 - Friday @ 10 AM

Walk with our Elders  
*Bicentennial/Alto Park*  
(Meet at 1121 Alto St)

## JULY

### 10 - Saturday @ 10 AM

Vámonos Hike  
*County Rail Trail at Rabbit Rd Trailhead,*  
249-251 Rabbit Rd Santa Fe  
(Easy hike on a dirt trail)

### 13 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 21 - Wednesday @ 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

### 30 - Friday @ 10 AM

Walk with our Elders  
*Bicentennial/Alto Park*  
(Meet at 1121 Alto St)

## AUG

### 7 - Saturday @ 10 AM

Vámonos Hike  
*Dale Bale Trail, North Trailhead at Sierra Del  
Norte & Hyde Park Rd*  
(Moderate hike on dirt trail)

### 10 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 18 - Wednesday @ 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

### 26 - Friday @ 10 AM

Walk with our Elders  
*Bicentennial /Alto Park*  
(Meet at 1121 Alto St)

## SEPT

### 7 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 15 - Wednesday @ 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

### 18 - Saturday @ 10 AM

Vámonos Hike, "Scavenger Hunt!"  
*Arroyo Hondo Open Space*  
(Meet at Old Agua Fria Rd E)  
(Easy hike on dirt trail)

### 24 - Friday @ 10 AM

Walk with our Elders  
*Bicentennial/Alto Park*  
(Meet at 1121 Alto St)

### 30 - Thursday 5:30 PM

Walk along the River  
*Frenchy's Field at the intersection of Osage  
Ave and Agua Fria, to the River Trail to John  
Griegio Vietnam Memorial Park*

## OCT

### 5 - Tuesday @ 6 PM

Take a Walk on the South Side  
*Southside Library to Arroyo Chamiso Trail*  
(Meet at 6599 Jaguar Dr)

### 9 - Saturday @ 10 AM

"Walktoberfest" with AARP  
*Walk from Tumbleroot Brewery on River Trail  
to Frenchy's Field and back*  
2791 Aqua Fria St Santa Fe

### 13 - Wednesday 5:30 PM

Wellness Walk  
*Larragoite Park on Cristobal Colon to the  
Acequia Trail to Ashbaugh Park and back*

### 22 - Friday 10 AM

Walk with our Elders  
*Bicentennial/Alto Park*  
(Meet at 1121 Alto St)

### 23 - Saturday 10 AM

Vámonos Hike in Pecos National Historical  
Park  
RSVP required to [info@sfct.org](mailto:info@sfct.org) for bus  
transportation to trailhead

**[sfct.org/vamonos](http://sfct.org/vamonos)**

**#VamonosSantaFe**

## RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MAY 2021

Senior Corps is now:



**AmeriCorps  
Seniors**

### 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. While serving, volunteers are covered by excess auto liability and personal accident insurance. Volunteers are celebrated through recognition events and gifts, and educational opportunities.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or (505) 955-4760.



**Gerard's House**  
...for grieving children

### Virtual Support for Gerard's House

Gerard's House is a non-profit that provides grief support for children, adolescents and adults. Through art, play and connection they support youth who are grieving the loss of a loved one due to death, deportation, incarceration, abandonment, kidnapping or separation by borders.

They want to train you (online) to facilitate a support group in English or Spanish.

Eventually, support groups may resume in person, but for now, they are all online.

Their next mandatory training session is July 17, 18 & 31, and August 1. After training, they request that volunteers be prepared to commit 2 hours a week for 8-10 weeks.



### Santa Fe Botanical Garden

Join more than 400 friendly Garden volunteers to share your time and talents to serve the community, have some fun, and find new friends with common goals and interests.

Volunteers receive training, continuing education and library borrowing privileges as well as class discounts, free event tickets, and other benefits awarded based on service hours.

Volunteers at the Garden usually serve as docents, greeters, youth education program participants, gardeners, office assistance, outreach or special event helpers, or in the Visitor Service Center welcoming visitors. Due to the pandemic, the youth education is very limited and only the virtual Garden Sprouts programs is operating, the Udall Building and the Visitor Service Center are currently closed. But greeters are in high demand!

**iVámonos!**  
SANTA FE WALKS

### Vamonos Walks

Join the SF Conservation Trust and help lead 'Vámonos: Santa Fe Walks' in the beautiful outdoors. Please see pages 8 and 9 of this newsletter for 2021 Walk dates. Volunteers ensure everyone signs in and stays on the correct trails, watch out for cyclists, take photos if possible and distribute evaluations.

**Call Kristin at 955-4760 to become a volunteer for one of these opportunities. Thank you!**



## RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MAY 2021

Here are some RSVP volunteer stations that will soon be accepting new volunteers:

Aging and Disability Resource Center  
 Ambergare Hospice  
 American Red Cross  
 Bienvenidos Outreach  
 Catholic Charities Driving Program  
 Food Depot  
 Gerard's House  
 Our Lady of Guadalupe Soup Kitchen  
 Interfaith Shelter  
 Keep Santa Fe Beautiful  
 Kitchen Angels  
 Library for the Blind  
 Life Circle  
 Literacy Volunteers of SF  
 Long-Term Care Ombudsman  
 Many Mothers  
 NM Center for Therapeutic Riding  
 NM National Guard Museum  
 Presbyterian Medical Center Hospital  
 Railyard Park Conservancy  
 Randall Davey Audubon  
 Santa Fe Animal Shelter  
 Santa Fe Botanical Garden  
 Santa Fe Conservation Trust  
 Santa Fe Farmer's Market Institute  
 Santa Fe Habitat for Humanity  
 Santa Fe Public Library  
 St. John the Baptist Soup Kitchen  
 Vista Grande Public Library

Don't forget about the breakfast burrito drive-through event for all RSVP, FGP and SCP volunteers. Check the flier we mailed you for details. We hope to see you there!

And we thank you for sending back the pink page to update your RSVP volunteer information.

The Volunteer Programs wish a very

***Happy Birthday***  
 to all volunteers born in MAY

### RSVP *Voluntarios*

Madonna Verbiscar	5/01
Jamesfranis Bianca	5/02
Fabiola Guillen	5/03
Arcy Pena	5/03
Lucille Valdez	5/03
Carmen Baca	5/05
Linda Payne	5/05
Pablo F. Griego	5/07
Correen M. Najjar	5/09
Mary Anne Ryan	5/09
Teofila Valdez	5/09
Ted Yamada	5/09
Virginia Montoya	5/10
Anne Regensberg	5/10
Mathew Frauworth	5/11
Sarah Montoya	5/11
Maurice Lierz	5/12
Rose Marie Gonzales-Trujillo	5/12
Connie Howley	5/13
Linda Muzio	5/13
Connie Arriola	5/16
Patricia Marciano	5/19
Bernadette Montoya	5/22
Tilly K. Flood	5/26
Flora S. Leyba	5/28
Robert R. Montoya	5/30
Olivia Roybal	5/31

### FGP/SCP *Voluntarios*

Carmen Baca	5/05
Yolanda Cerrillo	5/30

*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.*

## CONSUMER & LEGAL

MAY 2021

### House Bill 98 Will Permanently End the Taxation of Delivered Groceries

By Fred Nathan, Executive Director,  
Think New Mexico

A year ago, as New Mexicans began staying at home to limit the spread of Covid-19, a disturbing fact came to light: some grocery stores, particularly large chains, were charging tax on the food they delivered to New Mexicans.

New Mexico was one of the last states to repeal its food tax, back in 2004. Food taxes are among the more regressive of taxes, since food is a necessity and since poor families spend a much larger share of their income on food – and thus on the food tax – than wealthier ones.

Surprisingly, many large grocery chains declined to support the legislation repealing New Mexico's food tax in 2004. We had assumed they would support it since repealing the tax would put more money back in the pockets of their customers, allowing them to purchase more groceries. We later learned that because grocers have up to 56 days to submit the tax dollars to the state, they were making money in the interim by keeping those tax dollars in their bank accounts and earning interest from it. This may explain why several large chains chose to tax the food that they delivered to New Mexicans, over and above any delivery charges.

The tax on delivered food, which was as high as 9% in some parts of the state, fell most heavily on the elderly, disabled, and immunocompromised New Mexicans who were most at risk of serious illness or death during the pandemic. It was wrong that they should have to pay higher prices for the same fruits, vegetables, and baby food that would be tax-free if they were able to risk the crowds in the grocery store and purchase them in person.

When Think New Mexico learned that some stores were taxing delivered groceries, we alerted Governor Michelle Lujan Grisham, and her Taxation and Revenue Secretary issued a directive clarifying that food sold for delivery should not be taxed. However, the Secretary also noted that, due to a change in the state tax code that is taking effect this summer to allow for the

taxation of internet sales, the law would need to be changed to permanently end the taxation of delivered groceries.

So we were pleased to work with Representative Javier Martinez, Chair of the House Taxation and Revenue Committee, and Representative Jason Harper, the ranking Republican on that committee to close the loophole during this most recent legislative session. Representatives Martinez and Harper sponsored House Bill 98, which included numerous minor corrections to the state's tax code. Among them was a fix to the food tax exemption, which we asked the sponsors to include. This fix will ensure that all food sold by grocery stores in New Mexico will not be taxed, regardless of whether the food items are purchased at the store or delivered to a customer's home. House Bill 98 passed the House and Senate unanimously, and Governor Lujan Grisham signed it into law.

**THINK NEW MEXICO**  
*A Results-Oriented Think Tank Serving New Mexicans*



### What is Think New Mexico?

Think New Mexico is a results-oriented think tank whose mission is to improve the lives of all New Mexicans, especially those who lack a strong voice in the political process. We fulfill this mission by educating the public, the media, and policymakers about some of the most serious challenges facing New Mexico and by developing and advocating for effective, comprehensive, sustainable solutions.

Our approach is to perform and publish sound, nonpartisan, independent research. Unlike many think tanks, Think New Mexico does not subscribe to any particular ideology. Instead, our focus is on promoting workable solutions.

Think New Mexico began its operations on January 1, 1999. It is a tax-exempt organization under section 501(c) (3) of the Internal Revenue Code. In order to maintain its independence, Think New Mexico does not accept state government funding. However, contributions from individuals, businesses, and foundations are welcomed, encouraged and tax-deductible.



# ASK STAN

MAY 2021



## Ask Stan Medicare Questions

Dear Stan, I am enrolled in a Medicare Advantage plan, and I am worried about the cost of the COVID-19 vaccine. How much is the COVID-19 vaccine going to cost me? How do I register to get the vaccine?  
-Joseph R. Las Cruces, N.M.

Dear Joseph,

Thank you for your questions. As a Medicare beneficiary, you pay \$0 for the COVID-19 vaccine. The COVID-19 vaccine is covered by Part B regardless of whether you are using a Medicare Advantage plan or Original Medicare to cover your healthcare. To register for the COVID-19 vaccine, go to the New Mexico Department of Health (DOH) website at [www.vaccinenm.org](http://www.vaccinenm.org). If you need assistance with vaccine registration, call the New Mexico Aging & Disability Resource Center (ADRC) at 1-800-432-2080.

Please Note: Public health officials assisting with vaccine registration will ask you questions about your health condition, and your health insurance information. Even though the vaccine is free for all New Mexicans, the collection of health insurance **information** is important so that Medicare Part B can cover the cost to administer the vaccine.

According to the New Mexico DOH, the **federal government requires that the COVID-19 vaccine be administered to all people free of charge and regardless of immigration or insurance status.** The cost of administering the vaccine to uninsured people will be covered by the federal Health Resources and Services Administration's (HRSA) Provider Relief Fund.

As you begin the process of obtaining the COVID-19 vaccine, be alert for scammers trying to steal your personal and financial information. Here are a few tips to keep in mind:

- You cannot pay to put your name on a list to get the vaccine.

- You cannot pay to get early access to the vaccine.
- Medicare will not call you about the vaccine. Follow the New Mexico DOH vaccine registration process.
- Public health officials will not call you asking for your Social Security number, credit card number or bank account information.
- Beware of emails claiming to be surveys about the COVID-19 vaccine that request your personal information and offer free rewards. This is a scam.
- Beware of providers offering products, treatments, or medicines to prevent the virus.

Check with your trusted health care provider before paying for or receiving any COVID-19 related treatments.

If you feel you have been scammed, report Medicare related fraud by calling the New Mexico Senior Medicare Patrol (SMP) at 1-(800)-432-2080.

-Stan, SHIP SMP Volunteer Counselor

For assistance with 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 through the RSVP volunteer program at (505) 955-4760. They provide training on Medicare content, and can work with your schedule. We can serve more people together!



Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at **1 (800) 432-2080. Changed to be consistent with #above.** The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.

# PUZZLE

MAY 2021

## ACROSS

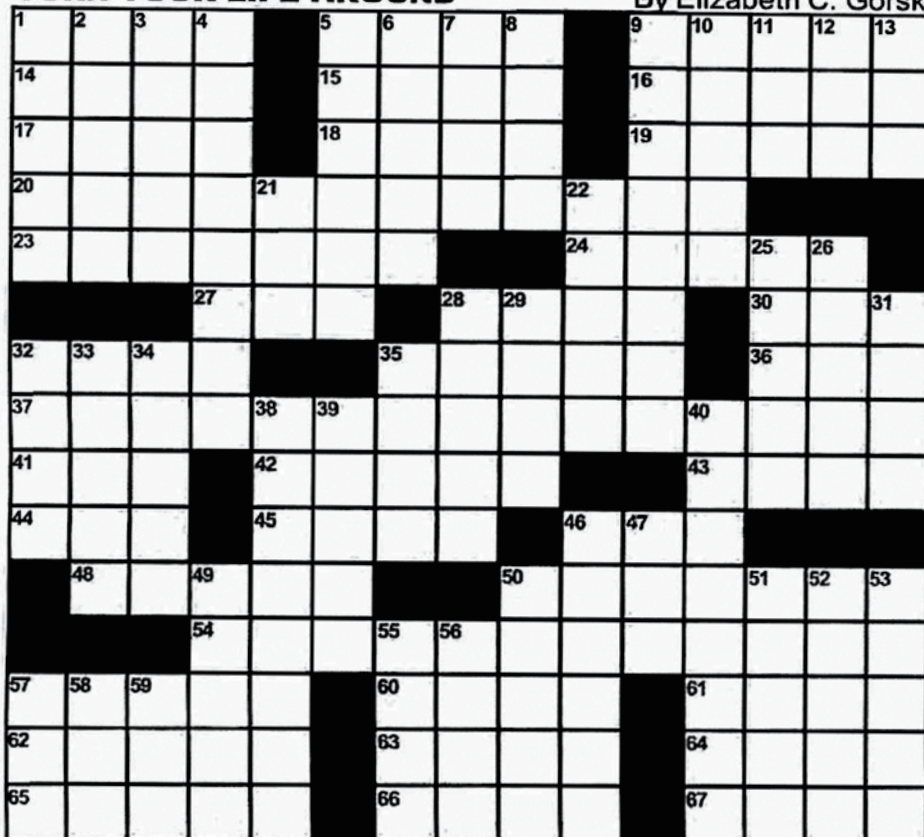
- 1) Deadly shark
- 5) Up to the task
- 9) Poker challenge
- 14) "The Good Wife" actor  
Cumming
- 15) Postal delivery
- 16) Freak out
- 17) Skimpy skirt
- 18) "\_\_\_ la Douce"
- 19) Amherst sch.
- 20) Exceeding one's wildest  
dreams
- 23) Harmony, to a zen master
- 24) "Bye Bye Bye" group
- 27) "Who \_\_\_?" (slangy query)
- 28) D.C. baseball team
- 30) "Got it!"
- 32) \_\_\_ Spumante
- 35) Strikes out
- 36) New Jersey's Fort \_\_\_
- 37) Stay out of public view
- 41) Chemical suffix
- 42) Hard as \_\_\_ (tough)
- 43) Like the Sahara
- 44) Court divider
- 45) Justice Dept. employee
- 46) Stubborn beast
- 48) Scarlett's guy
- 50) Serving dish
- 54) 2010 Denzel Washington  
thriller
- 57) Come clean?
- 60) Tulsa's state (Abbr.)
- 61) Oil cartel
- 62) Elite military unit
- 63) Face-to-face exam
- 64) Sty cry
- 65) Oscar winner Davis
- 66) Indian bride's dress
- 67) June 6, 1944

## DOWN

- 1) Dance originating in Cuba
- 2) Roswell visitor, supposedly
- 3) Kim's husband
- 4) Bowlful with chips
- 5) Surrounded by
- 6) Snarky comments
- 7) Key \_\_\_ pie
- 8) Airline to Israel
- 9) "Sounds right"
- 10) Warm and cozy
- 11) Tiny battery
- 12) CD predecessors
- 13) Guitar master Paul
- 21) PBS funder
- 22) Lay to rest
- 25) Very bottom
- 26) Cook-off dish
- 28) In recent days
- 29) Skiers' paradise
- 31) Unceremoniously let go
- 32) Related (to)
- 33) Passover meal
- 34) Gear parts
- 35) "No dawdling!"
- 38) Object of loathing
- 39) Coffee bar order
- 40) Whoppers and Big Macs, e.g.
- 46) High-pH substance
- 47) \_\_\_ Paulo, Brazil
- 49) Hawke of Hollywood
- 50) Of the Arctic
- 51) Not so hot?
- 52) Justice Kagan
- 53) Lucy's sitcom husband
- 55) Hecklers' chorus
- 56) Cajun veggie
- 57) Groceries holder
- 58) Chowd down
- 59) Pigskin prop

## TURN YOUR LIFE AROUND

By Elizabeth C. Gorski





# PUZZLE

MAY 2021

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## Yes You Cannes!

Inaugurated on September 20, 1946, the Cannes Film Festival made a splash in the South of France as a showcase of international films, competing for awards in various production categories. Titles of some films in the running for the Grand Prix du Festival top honor are included in this list about the inaugural event.

- ☐ AWARDS
- ☐ BENNETT, Compton
- ☐ "BRIEF Encounter"
- ☐ "CAESAR and Cleopatra"
- ☐ CANNES, France
- ☐ "CAPTIVE Heart, The"
- ☐ CUKOR, George
- ☐ DEARDEN, Basil
- ☐ DIRECTORS
- ☐ FILMS
- ☐ FRENCH Riviera
- ☐ "GASLIGHT"
- ☐ "GILDA"
- ☐ GRAND PRIX du Festival
- ☐ HITCHCOCK, Alfred
- ☐ INTERNATIONAL festival
- ☐ KNOWLES, Bernard
- ☐ LEAN, David
- ☐ "LOST Weekend, The"
- ☐ LUMIERE, Louis (jury president)
- ☐ "MAGIC BOW, The"
- ☐ NATIONS
- ☐ "NOTORIOUS"
- ☐ PASCAL, Gabriel
- ☐ RAPPER, Irving
- ☐ "RHAPSODY in Blue"
- ☐ "SEVENTH Veil, The"
- ☐ STARS
- ☐ VIDOR, Charles
- ☐ WILDER, Billy

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



Everett Collection®

## HEALTH & SAFETY

MAY 2021



### Overdose Prevention

Sexual Violence  
Substance Abuse  
Suicide Prevention

### Medical Cannabis

How to Apply  
Qualifying Conditions  
Dispensary Locations

### Public Health

Immunization  
Chronic Disease Prevention  
Infectious Disease Prevention

### Scientific Laboratory

Infectious Disease Testing  
Drinking Water Testing  
Impaired Driving Testing  
Dairy Testing  
Outbreak/Hazardous Materials Testing

### **New Mexico Department of Health**

[www.nmhealth.org](http://www.nmhealth.org)

The NM Department of Health deals with much more than just the COVID-19 pandemic. Their mission is "to promote health and wellness, improve health outcomes, and assure safety net services for all people in New Mexico." Did you know that you can access information, guidance and support on all of the following categories, and more, through their website?

### Administrative Services

Health Equity  
Inspection of Public Records

### Developmental Disabilities

Intake and Eligibility  
Autism Support  
Developmental Disabilities Waiver

### Epidemiology and Response

Birth and Death Certificates  
Health Data  
Infectious Disease Epidemiology

### Facilities

Nursing Home Care  
Treatment for Substance Misuse  
Mental Health Treatment  
Physical Rehabilitation  
Habitation for Disabled Individuals

### Health Improvement

Caregivers Criminal History Screening  
Health Facility Licensing  
Abuse, Neglect & Exploitation

### Injury Prevention

Mental Health  
Older Adult Falls  
Opioid Safety



### **Seniors 75+ Can Schedule Their Own COVID-19 Vaccine Appointments**

If you are 75 or over and you have registered for a vaccine at [www.vaccinenm.org](http://www.vaccinenm.org) but you are still waiting to receive it, you can go back into that website to schedule your vaccine appointment.

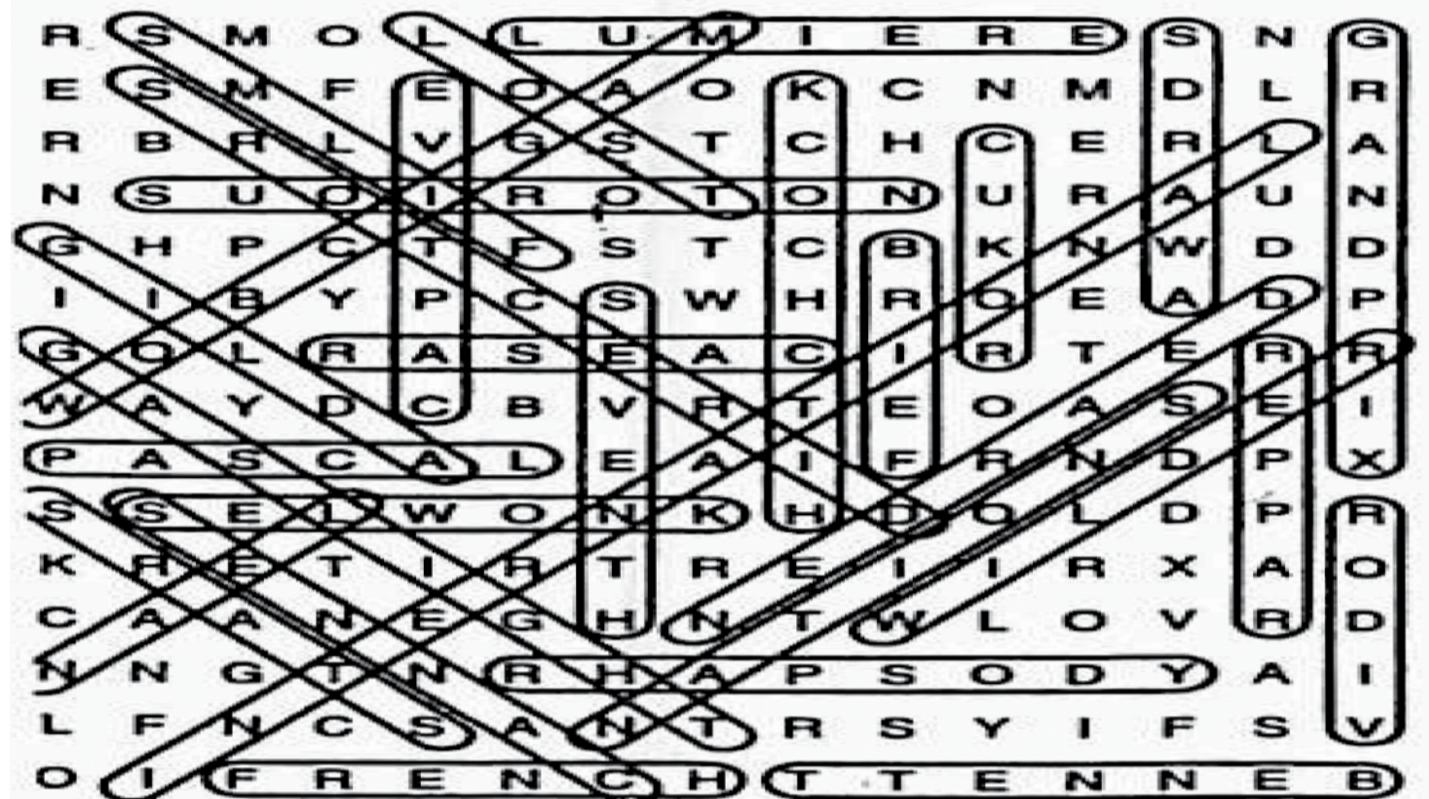
You will need the 7-digit conformation code the Department of Health assigned to you, as well as your birth date. That will open your "profile" on the website. Go to "Schedule Appointment" and enter your city. They will offer a list of locations within that city. Pick one, and they will tell you what dates are available. Pick a date and it will tell you which vaccine is being administered at that location. Select your time and you are all set.

If you need assistance, please call Kristin Slater-Huff at Senior Services at (505) 955-4760.



# PUZZLE ANSWERS

MAY 2021





## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.



Remember to Stay Active!



### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

**Tufts**  
UNIVERSITY

JEAN WATERS  
WIDA  
BOWMAN  
NUTRITION  
RESEARCH  
CENTER ON  
AGING

**HNRCA**

**AARP** Foundation



## SENIOR SERVICES LUNCH MENU MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Sloppy Joe</b> on White Bread Bun Tater Tots Peas & Carrots Chilled Peaches	4 <b>Chicken &amp; Potato Burrito</b> with Red Chile Sauce Chuck Wagon Veggies Fruit Cocktail in Jell-O	5 <b>Pork Stir Fry</b> Fried Rice Stir Fry Veggies Spinach Salad Roll with Margarine Fresh Orange	6 <b>Meatloaf</b> Scalloped Potatoes Carrot Raisin Salad Roll with Margarine Apples in Cobbler	7 <b>Baked Pork Chop</b> Rice Pilaf Green Beans & Corn Roll with Margarine Fresh Cantaloupe
10 <b>Salisbury Steak</b> Mashed Potatoes Mushroom Gravy Sliced Carrots Roll with Margarine Tropical Fruit	11 <b>Baked Chicken</b> Chicken Gravy Wild Rice Asparagus with Onions Biscuit with Margarine Apricots	12 <b>Hot Roast Beef Sandwich</b> with Swiss Cheese Au Jus Sauce 3 Bean Salad Tossed Salad Fresh Banana	13 <b>Soft Fish Taco</b> On Corn Tortilla Mexican Slaw Black Beans Tapioca Pudding Fresh Orange	14 <b>Turkey Cobb Salad</b> Boiled Egg Low Fat Dressing Crackers Brownie
17 <b>Chile Cheese Dog</b> with Red Chile Meat Sauce Onion Rings Mixed Veggies Fresh Grapes	18 <b>Chicken Fettuccini</b> with Alfredo Sauce Broccoli & Cauliflower Garlic Bread Fresh Pear	19 <b>Country Style Ribs</b> Baked Beans Peas & Carrots Cornbread with Margarine Pineapple	20 <b>Green Chile Chicken Enchiladas</b> Pinto Beans Spanish Rice Tossed Salad Fresh Apple	21 <b>Egg Salad Sandwich</b> Cold Peas Cucumber & Tomato Salad Croissant Strawberries on Shortcake
24 <b>Chile Relleno</b> with Green Chile Meat Sauce Refried Beans Calabacitas Tortilla Fruit Salad	25 <b>Baked Cod</b> French Fries Vegetable Medley Coleslaw Roll with Margarine Lemon Bar	26 <b>Pork Posole</b> with Red Chile Mexican Rice Mixed Veggies Tortilla Cherries in Strudel	27 <b>Green Chile Cheeseburger</b> with Garnish Pork & Beans Potato Chips Watermelon	28 <b>Teriyaki Chicken</b> Fried Rice Asian Veggies Roll with Margarine Mandarin Oranges Fortune Cookie
31 <b>ALL KITCHENS CLOSED IN HONOR OF MEMORIAL DAY</b>	JUNE 1 <b>Swedish Meatballs</b> over Egg Noodles California Veggies Garlic Bread Strawberries in Yogurt	JUNE 2 <b>Cheesy Baked Ziti</b> Meaty Marinara Sauce Italian Veggies Tossed Salad Breadstick Cinnamon Spiced Apples	JUNE 3 <b>Red Chile Beef Enchiladas</b> Salsa Corn Refried Beans Cucumber & Tomato Salad Fresh Strawberries	JUNE 4 <b>Chicken Tenders</b> Country Gravy French Fries Coleslaw Biscuit with Margarine Fresh Plum

Senior Meal Suggested Donation \$1.50

Curbside lunch is served at the MEG Senior Center at 1121 Alto St.  
10:30 am – 12:30 pm Monday through Friday

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

# ALL SENIOR CENTERS TEMPORARILY CLOSED

City of Santa Fe

## Senior Center Locations



**Legend**

- City Senior Center Location
- Down Town
- City Limits

**MARY ESTHER GONZALES (MEG)**  
1121 ALTO STREET  
(505 955-4721)

**PASATIEMPO**  
664 ALTA VISTA STREET

**VENTANA DE VIDA**  
1500 PACHECO STREET

**LUISA**  
1500 LUISA STREET  
(entrance on Columbia St.)

**VILLA CONSUELO**  
1200 CAMINO CONSUELO  
(closed for renovation)

Gonzalez Chavez Community Center

