THE SENIOR SCENE

MAY 2021

Offered by: Division of Senior Services
www.santafenm.gov/senior_scene_newsletter

WE REMEMBER WITH GRATITUDE AND HONOR

EPIFANIO HERMINIO MARTINEZ
CPL US ARMY
WORLD WAR II
APR 7 1925   JAN 1 2017
IN LOVING MEMORY
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

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
Vacant, Database Specialist  955-4722
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
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  Not in service
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
"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.
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 12:30 p.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 31st

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

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 22nd 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. 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 or call her at 503-789-2248.
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

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.
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

“Feeling alone is a trick we play on ourselves when we’re afraid.”

- Robert-Francis “Mudman” Johnson

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
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.
¡Vámonos! 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

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, Frigoles 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

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)

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

25 - 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 Honda 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)

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)

#VamonosSantaFe

sfct.org/vamonos
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 or (505) 955-4760.

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!

¡Vámonos! SANTA FE 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!
Here are some RSVP volunteer stations that will soon be accepting new volunteers:

- Aging and Disability Resource Center
- Ambercare 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 Frauwirth  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.
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.

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.
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. 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.
• 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
15) Postal delivery
16) Freak out
17) "__" 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) Tuila'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) Hawn 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) Chowed down
59) Pigskin prop

TURN YOUR LIFE AROUND
By Elizabeth C. Gorski
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
- VIDOIR, Charles
- WILDER, Billy

Yes You Cannes!
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

**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

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**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.
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.

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.

Remember to Stay Active!

Tufts University
HRCAN
AARP Foundation
# SENIOR SERVICES LUNCH MENU  
**MAY 2021**

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

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 935-4721)

PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

VILLA CONSUELO
1200 CAMINO CONSUELO
(closed for renovation)