

# MID-RIO GRANDE RETIRED & SENIOR VOLUNTEER PROGRAM RSVP Newsletter

719 S. Main Street Belen, NM



## RSVP Senior Health Fair



**Mid-Rio Grande Retired & Senior Volunteer Program (RSVP) hosted a senior health fair on October 13th at the Belen Business Center. There was a total of 19 vendors along with a blood donation bus and a shot clinic. A total of 70 people got their flu shot at this event. A total of 15 people donated blood. We also offered free shredding for any confidential documents. Hair Innovations gave free haircuts to seniors as well. RSVP would like to thank all of our vendors, volunteers, and the community for a successful health fair!**



# MEDICARE TO COVER WIDESPREAD USE OF ALZHEIMER'S DRUG

**F**or the first time, the Food and Drug Administration (FDA) has approved for general use a drug found to slow the progress of Alzheimer's disease, opening the door for people over 65 in the early stages of the disease to have most of their expenses covered by Medicare.

The FDA has OK'd widespread use of the drug lecanemab, sold as Leqembi. Previously, the drug had been approved only for people participating in clinical trials. "This is a big deal," says Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center. "We've been waiting for this kind of breakthrough for many, many years."

The Centers for Medicare & Medicaid Services promised to pay a large share of the cost of taking the drug once the FDA issued its broad approval. Leqembi has a projected annual cost of \$26,500. That means patients with traditional Medicare or a typical Medicare Advantage plan, each of which covers 80 percent

of Part B drug costs, could still pay more than \$5,000 out of pocket annually to use the drug, says an estimate from KFF, a non-profit health care research group.

The medication significantly reduced the amount of fibrous deposits known as amyloids in patients' brains, and slowed the loss of thinking and memory skills in people with early to mild Alzheimer's by 27 percent over an 18-month period.

"Today's action is the first verification that a drug targeting the underlying disease process of Alzheimer's disease has shown clinical benefit in this devastating disease," said Teresa Buracchio, acting director of the Office of Neuroscience at the FDA, when the approval was issued in July.

The drug is not for people already deeply affected by Alzheimer's, experts say.

The medication is given by intravenous infusion every two weeks at a hospital or medical center. Side effects ranged from flu-like symptoms to swelling and bleeding in the brain.

## SENIOR DAY AT THE STATE FAIR

On Monday, September 11th, RSVP and the Belen Senior Center provided a school bus to transport seniors to the NM State Fair for Senior Day. The bus transported a total of 43 seniors to and from the fair. The NM State Fair had several vendors for seniors with information such as Presbyterian, NM Aging and Long-Term Services, Senior Olympics, AARP, along with the opportunity to get a flu shot.

On behalf of RSVP and the Belen Senior Center, we would like to thank all the seniors that joined us!

**VA**



U.S. Department of Veterans Affairs

24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.



The Field Services Division's veterans service officers (VSOs) assist veterans and their eligible dependents with filing VA claims and obtaining federal and state benefits. Our VSOs also help connect veterans to vital community resources, such as transitional housing and medical and behavioral health care. Information and assistance on federal and state benefits, local veterans' programs, and referral services are available at Belen Business Center.

719 S. Main Street  
Belen, NM 87002

For more information, please contact Rob Miller (505) 537-9339 [rob.miller@dvs.nm.gov](mailto:rob.miller@dvs.nm.gov)

**Food Services in Valencia County**

Please call before going to check what documents are needed and dates/times of distribution and/or for more information.

- **Abundant Life Christian Center**  
105 Avendia del Fuego, Belen, NM 87002  
(505) 480-6017
- **Belen Area Food Pantry**  
116 S. 6th Street, Belen, NM 87002  
(505) 459-2069
- **Christian Family Fellowship Church of God**  
318 S. 6th Street, Belen, NM 87002  
(505) 463-3498
- **CYFD of Valencia County**  
12 Thomas Rd, Los Lunas, NM 87031  
(505) 450-8953
- **First Assembly of God—Belen**  
19398 Hwy 314, Belen, NM 87002  
(505) 865-7957
- **First Baptist Church of Los Lunas**  
914 Los Lentos Rd SE, Los Lunas, NM 87031  
(505) 865-7957
- **Peralta Memorial United Methodist Church**  
25 Wesley Rd, Peralta, NM 87042  
(505) 865-9334
- **SVDP—Peralta**  
3466 Hwy 47, Los Lunas, NM 87031  
(505) 866-1984
- **SVDP—San Clemente Parish**  
960 E. Main St., Los Lunas, NM 87031  
(505) 565-1218
- **Valencia Spanish SDA Church**  
28 El Cerro Rd, Los Lunas, NM 87031  
(505) 974-2047
- **Valencia Community Action Network Mobile Food Pantry**  
100 Cuervo Lane, Los Lunas, NM 87031  
(505) 315-8367
- **West Side Family Chapel**  
630 Taylor Rd NE, Los Lunas, NM 87031  
(505) 720-2492
- **Mid-NM Community Action Program (CAP) of Los Lunas**  
549 Don Pasqual Rd, Los Lunas, NM 87031  
(505) 865-9697

New Mexico 45th Annual Conference on Aging was postponed on August 16th due to unforeseen circumstances. The New Mexico Aging and Long-Term Services department have new dates for this years conference.

**SAVE the DATE:**

Monday, November 13th &  
Tuesday, November 14th

8:30 am—4:30 pm

National Hispanic Cultural Center

1701 4th St SW

Albuquerque, NM 87102



**FRIDAY, NOVEMBER 17TH**

**1:00 p.m. - 3:00 p.m.**

**Belen Senior Center**

**715 S. Main Street Belen**

**\$5 per card**

**\*All proceeds will go to the Belen Senior Center Activity Fund**





# Newsletter:

## Ask Stan Medicare Questions



Volume 3, Issue 7 August 2023

*Dear Stan*

*I recently signed up for Medicare Parts A and B. A friend said I should also consider purchasing a Medigap policy. What is a Medigap policy and why should I consider one?*

*Samantha  
Sunland Park*

**Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at**

**1-800-432-2080**

**The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.**

Dear Samantha,

Congratulations on signing up for Medicare. Medicare pays on average about 80% of a beneficiary's medical costs. In addition to Medicare Parts A and B, seniors have the opportunity to buy a gap policy (Medicare Supplemental Insurance or Medigap) to cover the 20% difference in costs not paid by Original Medicare. It is important to note that Medigap policies do not offer additional benefits, they only pay the remaining 20% of costs. If Medicare pays, so does your Medigap, if Medicare denies a claim, your Medigap will not pay either. Also - you cannot buy a Medigap policy if you have Medicare Advantage.

Medigap plans are sold by private insurance companies, and they can only sell you a "standardized" Medigap policy. There are 12 different policy types to

choose from. Each policy has a different set of standardized benefits covering Part A and B deductibles, coinsurances, copayments and in some cases foreign travel. To find out about the different Medigap types go to [www.Medicare.gov](http://www.Medicare.gov):

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Do not enter your Zip Code
- To the right of 'Step 1' click on 'See benefits of each plan'

It's important to compare Medigap policies at different insurance companies because monthly premiums will vary. Generally, the only difference between Medigap policies sold by different insurance companies is the cost. The

*(Continued on page 2)*

premiums are based on either an 'attained age rating' or an 'issue age rating'. Attained age rating means premiums will be lower when you are younger but can go up as you get older. Issue age rating means premiums are lower for younger buyers and will not go up as you get older.

To search for Medigap Plans and premiums go to [www.Medicare.gov](http://www.Medicare.gov):

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Enter your Zip Code and click 'Start'
- Put in your age, sex and whether you smoke or not
- Select 'Update Prices'
- Sort through the alphabetical listings, select one of the standardized policy types to review
- Click on 'View Policies' and you will see the different insurance carriers and estimated monthly costs
- Contact the insurance carrier to get an official quote.

People who are just starting with Medicare have a Right of Guaranteed Issue period during which companies are not allowed to require a health screening or deny a beneficiary based on pre-existing conditions. If you initially opt for a Medicare Advantage plan and later decide Original Medicare with a Medigap would better suit your needs, you will have a Right of Guaranteed Issue only if you are in the first year of Medicare. However, if you try to enroll in a Medigap policy when you do not have a Right of Guaranteed Issue you may have trouble finding a plan that will accept you.

If you want to talk to someone in person, please call the New Mexico **Agging and Disability Resource Center** at **1-800-432-2080**. Ask to speak with either an options counselor or a NM **State Health Insurance Program (SHIP)** volunteer. They can help you sort out Medigap policies.

Stan  
Volunteer Counselor, SHIP and SMP

**SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**.**

**We provide training on Medicare content, and can work with your schedule. We can serve more people together!**



**SHIP**

State Health Insurance  
Assistance Program





# Winter Word Search

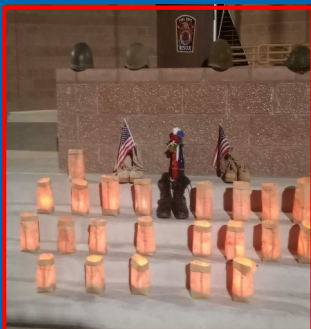
## WORD LIST

- BLANKET
- BLIZZARD
- BOOTS
- BRISK
- COZY
- FEBRUARY
- FIREPLACE
- FROST
- HAT
- ICE
- JACKET
- MIGRATION
- SKATING
- SLEET
- SNOWBOARDING



## Veterans Day Ceremony November 11, 2023 Program at 2 PM 305 Eagle Lane Belen

(Photos from 2022 Veterans Day Ceremony)



Refreshments will be served after ceremony

# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5  Fall Back	6	7  ELECTION DAY	8	9	10 RSVP CLOSED	11  VETERANS DAY
12	13	14	15	16	17	18
19	20	21	22	23  RSVP CLOSED	24 RSVP CLOSED	25
26	27	28	29	30		

# DECEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5  International Volunteer Day	6	7  PEARL HARBOR REMEMBRANCE DAY	8	9
10	11	12	13	14	15	16
17	18  HAPPY HANUKKAH	19	20	21	22  Winter Begins	23
24  Christmas Eve	25  RSVP CLOSED	26  HAPPY KWANZAA	27	28	29	30
31  NEW YEAR'S EVE						

# January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1  RSVP CLOSED	2	3	4	5	6
7	8	9	10	11	12	13
14	15  RSVP CLOSED	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





# FREE FOOD FOR SENIORS 60 AND OLDER



**Belen Community Center**  
 (Next to Belen High School)  
 305 Eagle Lane  
**8:00am -12:00pm**

- To Register, Please Bring:**
- **Picture ID**
  - **Proof of age. Must be at least 60 years old**
  - **Proof of New Mexico Residency**
  - **Income for entire household REQUIRED**

Household Size	Maximum Gross Income/ Month
1	\$1,575
2	\$2,135
3	\$2,690
4	\$3,250

\*For each additional family member add \$557/Mo.

**For more Information Call:**  
**Bertha Flores**  
**505-966-2567**

**DISTRIBUTION DATES 2023**

<del>February 7th</del>	<del>May 9th</del>	<del>August 8th</del>	<b>November 7th</b>
<del>March 7th</del>	<del>June 6th</del>	<del>September 5th</del>	<b>December 5th</b>
<del>April 4th</del>	<del>July 11th</del>	<del>October 10th</del>	

## Chicken Rice Skillet

**Prep/Total Time: 30 min. Makes: 4 servings**

### Ingredients

- 4 boneless skinless chicken breast halves (4 ounces each)
- 2 tbsp. canola oil
- 2 celery ribs, chopped
- 4 green onions, thinly sliced
- ½ cup chopped sweet red pepper
- ½ cup chopped sweet yellow pepper

- 2 cups frozen green beans, thawed
- 1 jar (4-½ ounces) sliced mushrooms, drained
- 1 can (14-½ ounces) chicken broth
- ¼ cup water
- 3 garlic cloves, minced
- ½ tsp salt
- ¼ tsp lemon-pepper seasoning

- 1/8 tsp garlic powder
- 1/8 tsp pepper
- 2 cups uncooked instant rice

### Directions

1. In a large skillet, cook chicken over medium heat in oil for 3-4 minutes on each side or until a thermometer reads 165 degrees. Remove from pan; keep warm. Add the celery, onions and peppers; cook until vegetables are crisp-tender. Stir in beans and mushrooms until heated through.
2. Stir in the broth, water, garlic, and seasonings. Bring to a boil. Stir in rice; cover and remove from the heat. Let stand for 5 minutes or until rice is tender; fluff with a fork. To serve, top rice mixture with chicken breasts.



# What's new & important?



Medicare strives to improve access to affordable treatments to keep you healthy. Check out what's new this year to help you manage your health.

## **Saving money on your prescription drugs**

Starting January 1, 2024, if you have Medicare drug coverage (Part D) and your drug costs are high enough to reach the catastrophic coverage phase, you don't have to pay a copayment or coinsurance. Extra Help—a program that helps cover your Part D drug costs—will expand to cover more drug costs for certain people with limited resources and income. Go to pages 83 and 92.

Coinsurance amounts for some Part B-covered drugs may be less if a prescription drug's price increased higher than the rate of inflation. Go to page 40.

## **Lower costs for insulin and vaccines**

Your Medicare drug plan **can't charge you more than \$35** for a one-month supply of each insulin product Part D covers, and you don't have to pay a deductible for it. Go to page 88.

If you take insulin through a traditional pump that's covered under Medicare's durable medical equipment benefit, that insulin is covered under Medicare Part B. You won't pay more than \$35 for a month's supply and the Medicare deductible no longer applies. Go to pages 39 and 88.

Recommended adult vaccines are also now available at no cost to you. Go to page 50.

## **Changes to telehealth coverage**

You can still get telehealth services at any location in the U.S., including your home, until the end of 2024. After that, you must be in an office or medical facility located in a rural area to get most telehealth services. There are some exceptions, like for mental health services. Go to page 51.

## **Managing and treating chronic pain**

Medicare now covers monthly services to treat chronic pain if you've been living with it for more than 3 months. Go to page 34.

## **Better mental health care**

Starting January 1, 2024, Medicare will cover intensive outpatient program services provided by hospitals, community mental health centers, and other locations if you need mental health care. Go to pages 46–47.

## **More times to sign up for Medicare**

If you recently lost (or will soon lose) Medicaid, you may be able to sign up for Medicare or change your current Medicare coverage. There are other special situations that allow you to sign up for Medicare. Go to page 18.

## **COVID-19 care**

Medicare continues to cover the COVID-19 vaccine, and several tests and treatments to keep you and others safe. Go to page 37.

### **Find us on Facebook at**

<https://www.facebook.com/Belen-RSVP-274996122966821/>

### **Find us on the City of Belen website at**

<https://www.belen-nm.gov/departments/senior-living-rsvp/>

*Bertha Flores*  
*RSVP Director*  
*505-966-2567*

[bertha.flores@belen-nm.gov](mailto:bertha.flores@belen-nm.gov)

*Chantel Apodaca*  
*Clerical Specialist I*  
*505-966-2566*

[chantel.apodaca@belen-nm.gov](mailto:chantel.apodaca@belen-nm.gov)