

Resources for Seniors

A collection of items that may concern Seniors

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Alzheimer/Dementia

National Council on Aging <https://www.nia.nih.gov/health/memory-loss-and-forgetfulness/memory-problems-forgetfulness-and-aging>

Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/memory-loss/art-20046326>

Stanford University <https://med.stanford.edu/news/insights/2024/03/memory-age-dementia-healthy-brain.html>

Alzheimer's Association https://www.alz.org/alzheimers-dementia/10_signs

Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/9170-dementia>

YouTube

Is it dementia or normal aging? <https://www.youtube.com/watch?v=SkjPoXTkZ8o>

How to communicate with someone with dementia <https://www.youtube.com/shorts/713VmEHlYUg>

How to manage aggressive behavior <https://www.youtube.com/shorts/qzGjRtxg7tY>

Improve memory by avoiding these drugs <https://www.youtube.com/watch?v=16n80OQCVSM>

Miracle drug <https://www.youtube.com/watch?v=8wAwQ6F7yWA>

Alzheimer's Starts in the liver <https://www.youtube.com/watch?v=kScFxH9ZOYI>

Best tip for Dementia and Alzheimer <https://www.youtube.com/shorts/U1M4wF73yPc>

Shocking root cause <https://www.youtube.com/watch?v=rL86t0O61JY>

Clench right hand then left –brain will not forget https://www.youtube.com/watch?v=S8XVmT_jJZ0

Arthritis

Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772>

Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/12061-arthritis>

Arthritis Foundation <https://www.arthritis.org/>

National institute of arthritis and musculoskeletal and skin diseases <https://www.niams.nih.gov/health-topics/arthritis-and-rheumatic-diseases>

Johns Hopkins Medicine <https://www.hopkinsmedicine.org/health/conditions-and-diseases/arthritis>

YouTube

Over 60? 5 best arthritis drinks <https://www.youtube.com/watch?v=CCJ5DnyLCgQ>

The #1 yogurt for seniors to boost muscles and stop arthritis

<https://www.youtube.com/watch?v=Q0sO7-ID1PI>

Say good bye to joint pain with this natural remedy <https://www.youtube.com/watch?v=PppO9BPt78Q>

Seniors over 60: 4 must eat yogurts to stop arthritis pain and boost muscles

<https://www.youtube.com/watch?v=JgNkWRdV3c0>

How I reversed my arthritis naturally as a rheumatologist <https://www.youtube.com/watch?v=pebiu-PnqA>

My arthritis cure 4 years so far <https://www.youtube.com/watch?v=vYDnDg5nPcA>

Top 3 minerals every arthritis sufferer needs to know

<https://www.youtube.com/watch?v=h3YwMJb7Uvk>

7 superfoods that crush rheumatoid arthritis <https://www.youtube.com/watch?v=LGBEBglHtTY>

Balance

Balance problems and remedies <https://my.clevelandclinic.org/health/diseases/21021-balance-problems>

Older adults balance problems and possible help <https://www.nia.nih.gov/health/falls-and-falls-prevention/older-adults-and-balance-problems>

Symposium on balance <https://www.youtube.com/watch?v=i8gjLgqN1ZI>

Non evidence based resources

Treatment <https://www.youtube.com/watch?v=-powpduUqZQ>

Top balance exercises for seniors 70+ https://www.youtube.com/watch?v=e4HD_5UQjag

3 of the best balance exercises for seniors <https://www.youtube.com/shorts/iUy0JsL2HuQ>

Only 5 exercises seniors need <https://www.youtube.com/watch?v=TsSq7r02yv0>

After 60! Do THESE 3 Exercises Daily To Stay Strong & Move Pain Free
<https://www.youtube.com/watch?v=ULrSBEebO5Y>

Brain Fog

Brain Fog caused by menopause <https://onlinemenopausecentre.com/brain-fog/>

Brain fog and possible remedies <https://my.clevelandclinic.org/health/symptoms/brain-fog>

Brain fog vs Dementia <https://my.clevelandclinic.org/health/symptoms/brain-fog>

Training to remove brain fog

https://v4.brainhq.com/land/brainfog?utm_source=google&utm_medium=cpc&utm_campaign=brain_fog&utm_content=21342607380+701188322601&utm_term=brain%20fog&gad_source=1&gad_campaignid=21342607380&gclid=EAlaIQobChMI96eV_fLEkAMVOAWtBh2jNQioEAMYASAAEgKdsPD_BwE#

Non evidence based resources

Six steps to reduce brain fog <https://www.youtube.com/watch?v=tCeh-1UhYuo>

More brain fog remedy <https://www.youtube.com/watch?v=O-fkHLFvwkg>

Breath exercise for brain fog <https://www.youtube.com/watch?v=wjZL0llp5Ac>

Brain tapping for remedy (headaches too) <https://www.youtube.com/watch?v=okfSE627UpE>

The hidden reason you have brain fog <https://www.youtube.com/shorts/cGesfcTgHbo>

Business

Small Business Administration <https://www.sba.gov/business-guide/10-steps-start-your-business> 10 steps to start a business

Internal Revenue Service (IRS) <https://www.irs.gov/businesses/small-businesses-self-employed/starting-a-business> Starting a business

USA Gov <https://www.usa.gov/start-business> How to start and fund your own business

NM Gov <https://www.nm.gov/business/> Business in NM

NM EDD <https://edd.newmexico.gov/business-development/start/> Business start

NOLO <https://www.nolo.com/legal-encyclopedia/start-own-business-new-mexico-seven-steps-need-take.html> How to start a business in NM

Quicken <https://quickbooks.intuit.com/r/new-mexico/how-to-start-a-business-in-new-mexico/> How to start a business in NM

Accepting credit cards:

Suggest Square (<https://squareup.com/us/en>) as you can start for free and you can accept Ccards on iphones or android phones. Fee per sale is pretty reasonable.

Suggest Paypal (<https://www.paypal.com/us/home>) for internet sales around the world.

Website development:

Wix, you can start for free, but gets pricy. Good for information display

Bluehost.

Network solutions. – lowest cost per month

Hostinger. Low rates

Accounting Software

US Chamber of Commerce <https://www.uschamber.com/co/run/finance/free-accounting-tools-for-small-businesses> Free accounting tools for small business

Quicken <https://quickbooks.intuit.com/accounting/> accounting software (what a lot of people use)

CNBC <https://www.cnn.com/select/best-accounting-software-for-small-businesses/> software for small businesses

Youtube <https://www.youtube.com/watch?v=zSWcjU3DYig> bootcamp for small business

Youtube <https://www.youtube.com/watch?v=vtbh6QJBqzs> tax write offs

Youtube <https://www.youtube.com/watch?v=Ndb7Pq5zZck> which accounting software is best?

Taxes

IRS <https://www.irs.gov/businesses/small-businesses-self-employed> small business and self-employed

IRS <https://www.irs.gov/businesses/business-taxes> business taxes

SBA <https://www.sba.gov/business-guide/manage-your-business/pay-taxes> paying taxes

Youtube <https://www.youtube.com/watch?v=Rz0l57A2iEk> small business taxes for beginners and new LLC owners

Youtube <https://www.youtube.com/watch?v=XJ798CtjzKM> small business taxes

Payroll and hiring employees

SBA <https://www.sba.gov/business-guide/manage-your-business/hire-manage-employees> hire and manage employees

Dept of Labor <https://www.dol.gov/agencies/whd/compliance-assistance/small-business> wages

US Equal employment <https://www.eeoc.gov/employers/small-business/small-business-requirements> requirements for equal employment

Weberman Lae <https://www.dhweberman.com/post/employment-laws-impacting-small-businesses-what-you-need-to-know/> Laws you need to know

10 best payroll services for free https://10bestpayrollsoftware.com/small-business/?utm_source=google&keyword=payroll%20for%20small%20business%20free&campaignid=22662281992&adgroupid=182201320953&targetid=kwd-297030575229&device=c&loc_physical=9030505&net_type=g&mt=e&gad_source=1&gad_campaignid=22662281992&gclid=EAlaIqObChMIu4uWr6PMkAMV4AetBh0MMjs5EAAYAiAAEgLvD_BwE

Indeed https://www.indeed.com/hire/c/info/free-payroll-software-tools?gad_source=1&gclid=EAlaIqObChMIu4uWr6PMkAMV4AetBh0MMjs5EAAYBCAAEgJ-6vD_BwE&gad_campaignid=696031637&acid=&gclsrc=aw.ds free payroll systems

Consumer reporting https://consumerrating.org/payroll/adp-comparison/?utm_source=google&utm_medium=cpc&utm_id=21880739205&utm_content=168005708297&utm_term=best%20payroll%20for%20small%20business&creativeId=720398229247&adgroupid=168005708297&targetid=kwd-19124009608&gad_source=1&gad_campaignid=21880739205&gclid=EAlaIqObChMIq_ur56PMkAMVTTGtBh3dhTONEAAYASAAEgJthvD_BwE best payroll for small business

Top5 https://top-payrollservices.com/smb/?network=g&gad_source=1&gad_campaignid=22605933796&gclid=EAlaIqObChMIq_ur56PMkAMVTTGtBh3dhTONEAAYAAEgJfX_D_BwE

Quickbooks <https://quickbooks.intuit.com/>

Youtube https://www.youtube.com/watch?v=W_olKBT4oTc employment laws

Youtube <https://www.youtube.com/watch?v=CJhRXBpXTPI> HR basics

Youtube <https://www.youtube.com/watch?v=5j0Eab92kKE> how to run payroll

Youtube <https://www.youtube.com/watch?v=3VsargKk16o&t=61s> payroll process

Youtube <https://www.youtube.com/watch?v=8RYQj1TKyPU&t=372s> best payroll for small business

Youtube <https://www.youtube.com/watch?v=tFt1Sfp3ilc> best payroll software services 2025

Cataract Surgery

Mayo Clinic <https://www.mayoclinic.org/tests-procedures/cataract-surgery/about/pac-20384765>

American Academy of Ophthalmology <https://www.aao.org/eye-health/diseases/what-is-cataract-surgery>

Cleveland Clinic <https://my.clevelandclinic.org/health/treatments/21472-cataract-surgery>

John Hopkins University <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/cataract-surgery>

Youtube

Cataract surgery animation https://www.youtube.com/watch?v=n_3cG9oeuNo

Still blurry after cataract surgery? <https://www.youtube.com/watch?v=NrsLe2opB14>

What causes blurry vision after cataract surgery? <https://www.youtube.com/watch?v=fswxoB9HWVo>

Expect these 4 things after cataract surgery! https://www.youtube.com/watch?v=S9_WZXNC2CM

Cell Phone Service

Lifeline is a service provided by the Federal Communication Commission. It offers a low rate for home or mobile service. You must be income qualified or be on SNAP or FDPIR or Medicaid. Your benefit for a tribal member is a reduction of your mobile line of \$34.25 per month and up to \$100 reduction for installation.

Qualify here: <https://www.lifelinesupport.org/>

You can choose from the following providers:

Assurance Wireless	888-321-5880	Mobile Service
SafeLink, Straight Talk, Total Wireless, Simple Mobile, Walmart Family Mobile, TracFone	833-333-9227	Mobile Service
Choice Wireless	800-246-4239	Mobile Service
CenturyLink	800-201-4099	Home Service

Here are inexpensive phone companies

Mint Mobile for starter plan of \$15 per month (unlimited plan at about \$30 month)

<https://www.mintmobile.com/>

T mobile has prepaid plans starting at \$40 per month

Redpocket mobile has plans starting at \$10 month <https://www.redpocket.com>

Tello has plans starting as low as \$5 and unlimited at \$25 <https://tello.com/>

Boost has \$25 unlimited plan <https://www.boostmobile.com/>

Visible has unlimited plan for \$19 <https://www.visible.com/plans>

<https://www.primewayfcu.com/blog/compare-phone-plans-verizon-tmobile-att-vs-mint-visible-google-fi>

Physical Phones

You will want to purchase unlocked phones, so you can switch carriers.

Get phones off of Ebay for lowest price – most are used.

Walmart has unlocked phones starting at \$139

Gazelle has unlocked phones <https://buy.gazelle.com/collections/unlocked>

Iphone or Android is going to be based on preference.

Youtube <https://youtu.be/ilpMwYFSCwo> Iphone or Android

Youtube <https://youtu.be/HW7RQS3J2x0> why I switched to flipphone

Watch for the Operating system (OS) version on the phone. If you have a favorite application (like Dominos), that application will require a certain version of the OS (Android or Apple) to work. Over time, the applications will require higher OS versions and your application may not work on your phone if the OS cannot be updated. This happens with all phones.

Here is what you need to do to get cell phone service (prepaid –lowest cost)

1. Ask a family member for a used phone
 - a. Must be able to use VOLTE
 - i. Check here: <https://www.gci.com/support/volte-supported-devices>
 - b. Can be locked to T-Mobile or Verizon (will be more expensive to get a plan)
2. Purchase (search for “Unlocked smart phone”)
 - a. Ebay
 - b. walmart
3. If you do not have a credit or debit card, open a bank account at Los Alamos Enterprise bank
 - a. Get the Liberty account
 - b. \$100 minimum to open
 - c. No monthly fees
 - d. Ask for a debit card – you will need this
4. You will need an email to sign up with a cell service
 - a. Signup with google.com or Mail.com or Yahoo.com
 - i. Choose user name
 - ii. Choose password
5. Contact a discount phone service and sign for a monthly plan using your debit card
 - a. Red Pocket \$10/month (<https://www.redpocket.com/>)
 - i. They will send you a sim card free of charge so choose one of the following
 1. Choose GSMT (T-Mobile network)
 2. Choose CDMA (Verizon network)
 - ii. You must use your new email to sign up
 - b. T-mobile \$15/month (<https://prepaid.t-mobile.com/connect>)
 1. They will send you a sim card but you have to pay \$10 for it

Install sim card into phone

Phone will activate within 15 minutes

Pay monthly using your debit card

Child Support

Yes NM – Child support portal https://yes.nm.gov/nmhr/s/child-support-services-application?language=en_US For parents who have divorced and need support from spouse

NM Temporary assistance for needy families
https://www.hca.nm.gov/lookingforassistance/temporary_assistance_for_needy_families/

Becoming a foster parent/family <https://www.cyfd.nm.gov/protective-services/foster/>

Family Resource Centers <https://www.cyfd.nm.gov/family-services/family-resource-centers/> one-stop shop for connecting families with services and support

Family Outreach <https://www.cyfd.nm.gov/family-services/family-outreach/> Getting help to find resources

Diabetes

Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/7104-diabetes>

Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>

American Diabetes Association <https://diabetes.org/>

Wikipedia <https://en.wikipedia.org/wiki/Diabetes>

YouTube

Molasses stops insulin resistance <https://www.youtube.com/watch?v=a6DAqwkyNa0>

Molasses stops insulin resistance almost immediately
<https://www.youtube.com/watch?v=spdv3WQSc8A>

10 early signs of diabetes <https://www.youtube.com/watch?v=wcQCmX8fHW0>

Top 10 foods to lower blood sugar quickly <https://www.youtube.com/watch?v=C49aNI9YNaQ>

This lowers blood sugar faster than anything else <https://www.youtube.com/watch?v=vfs1KENW4PQ>

Better than medicine – dates <https://www.youtube.com/watch?v=Ul-nYmhqdtY>

These 2 spicy foods naturally reduce 95% of sugar https://www.youtube.com/watch?v=QtA_35hKUxk

Dizziness

What is it and remedies <https://my.clevelandclinic.org/health/symptoms/6422-dizziness>

More treatments <https://www.healthline.com/health/treatments-for-dizziness>

More discussion <https://www.ama-assn.org/public-health/prevention-wellness/what-doctors-wish-patients-knew-about-vertigo>

Exercise as treatment https://www.google.com/search?client=firefox-b-1-d&sca_esv=ee794735903e3348&udm=7&fbs=AlljpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tmWITc7uy4Klei oyp3OhN11EY0n5qfq-zENwnGygERInUV_Og0XKeHGJRAdFPaX_SSIJt7xYUfpm-75IA8Uar42yNWdqGuJIUAnI4Voyle9TvlZo00AnzLuo73CKalUXQ8cWgmottQs4BXh0bU9aRqLPpzWejdabGFvk-MuP83mUuK41Ro6dMLX7Czip9A&q=dizzy+treatment&sa=X&ved=2ahUKEwiVprzt9MSQAxVODjQIHSUsDAcQtKgLegQIFRAB&biw=1920&bih=955&dpr=1#fpstate=ive&vld=cid:18727d92,vid:iP-UYhAk6tA,st:0

Non Evidence Remedies

Home remedies <https://www.youtube.com/watch?v=czCtjDCM6-o>

Vertigo <https://www.youtube.com/watch?v=MCPPrEZun6hY>

Exercise

Medline Plus <https://medlineplus.gov/exerciseforolderadults.html>

National Institute on aging <https://www.nia.nih.gov/toolkits/exercise>

Planet Fitness <https://www.planetfitness.com/blog/articles/exercises-for-seniors>

National Council on Aging <https://www.ncoa.org/older-adults/health/exercise-fitness/>

Heathline <https://www.healthline.com/health/everyday-fitness/senior-workouts>

Harvard Health <https://www.health.harvard.edu/exercise-and-fitness/chair-exercises-for-seniors-boosting-strength-flexibility-and-stamina>

Youtube

Exercise routine is perfect for seniors https://www.youtube.com/shorts/DkXTi_k2wc8

Balance exercises for seniors https://www.youtube.com/shorts/DkXTi_k2wc8

Stair climbing for seniors and limited mobility <https://www.youtube.com/shorts/V223zjkoYf0>

5 daily exercises if above 60 https://www.youtube.com/shorts/nlD_ZEW3T_E

5 doctor approved exercises better than walking <https://www.youtube.com/shorts/IlZbXszHt-A>

5 essential exercises for seniors over 60 <https://www.youtube.com/watch?v=IL3E0SGEWl0>

The only 5 exercises seniors over 60 need to do <https://www.youtube.com/watch?v=TsSq7r02yv0>

Eye sight

Senior vision American Optometric Association <https://www.aoa.org/healthy-eyes/eye-health-for-life/senior-vision>

Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/common-age-related-eye-problems>

National Institute on Aging <https://www.nia.nih.gov/health/vision-and-vision-loss/aging-and-your-eyes>

John Hopkins <https://www.hopkinsmedicine.org/health/wellness-and-prevention/best-way-to-age-proof-your-vision>

Baylor college of medicine <https://www.bcm.edu/news/aging-eyesight-issues-and-treatment>

YouTube

How to reverse poor eyesight over 50 <https://www.youtube.com/watch?v=nCnZX8zs4LI>

Seniors, failing eyesight? Do these 3 tricks https://www.youtube.com/watch?v=S_MtgCq7bsY

The #1 fruit you should eat <https://www.youtube.com/watch?v=rT4euUA51h0>

Improve eyesight instantly by eating just 1 spoonful https://www.youtube.com/watch?v=acR67Ge0G_Y

Eye Floaters

May clinic <https://www.mayoclinic.org/diseases-conditions/eye-floaters/symptoms-causes/syc-20372346>

Cleveland clinic <https://my.clevelandclinic.org/health/symptoms/14209-eye-floaters-myodesopias>

American Diabetes Foundation <https://diabetes.org/health-wellness/eye-health/when-be-concerned-about-floaters-your-vision>

Web MD <https://www.webmd.com/eye-health/benign-eye-floaters>

You Tube

Eye Floaters no more <https://www.youtube.com/watch?v=SoMPJWhsb2U>

Eye Floaters Treatments <https://www.youtube.com/watch?v=RVsXa62Kddl>

Eye floaters: how to get rid of black spots <https://www.youtube.com/watch?v=1cHjvtp1vc4>

Best treatment for eye floaters <https://www.youtube.com/watch?v=qxbCNepGhP8>

Food

Food Pantry deliveries once a month, delivered 9-11 usually at the senior center. Notice broadcasted. Must fill in application, which can be done at the time of delivery.

ENIPC has a food storehouse and once a month delivers food at the senior center.

<https://sites.google.com/enipc.org/enipcdfpir/home> You can go to the warehouse (go pass the turn off to Nambe Pueblo and go about 1/10 of a mile) to get an application, or fill one out at the delivery site. Must be income qualified. If you sign up for this program, you will not be able to get into the CSFP (food boxes) program as they are either one or the other, not both.

SNAP (food stamps) https://yes.nm.gov/nmhr/s/yesnm-food-and-nutrition?language=en_US is a federal funded state program to provide food to those who qualify by income. You receive a card and can use that to purchase food. Apply online at YES.NM.GOV

CSFP <https://www.hca.nm.gov/wp-content/uploads/HCA-General-CSFP-Flyer-ENGLISH-Sept-2025.pdf> is a federal program to provide food boxes to seniors. Must be 60+ and income qualified. You will need to contact ECHO in Albuquerque 505-242-6777 to get qualified.

NM WIC has a farmer's market card where you can receive a card with a money balance which you can use at any of the farmer's markets in the area (Santa Fe, Los Alamos, Pojoaque, Espanola, Albuquerque) but only if the vendor accepts the card. You can apply on line here: <https://www.nmwic.org/fmnp/>

There are a number of places in Santa Fe where you can drop in and get a food box:

Food Depot 1222 Siler Rd A · (505) 471-1633

Santa Fe Community Fridge 1829 San Ysidro Crossing · (505) 490-1047

Bag N Hand 1200 Old Pecos Trail · (505) 982-5397

Bienvenidos Outreach 1511 Fifth Street +1 505 986 0583 and may be able to provide hydroponic gardens for food production

Discounts

Albertsons and MarketStreet at Devargas Mall have 10% off each 1st Wednesday of the month. Must be 55+

Center Market has 20% off every Tuesday for seniors 60+

NM Connect (<https://www.santafecountynm.gov/community-services/hhsd/ahc>) offers help for food, housing and transportation. You must fill in an application online.

Getting rid of used drugs

FOR IMMEDIATE RELEASE

October 16, 2025

Prescription drugs cause one quarter of overdose deaths

SANTA FE – New Mexico had the sixth-highest drug overdose death rate in the nation, and nearly one quarter of these deaths were caused by prescription drugs (including prescription opioids, sedatives, stimulants, and others), based on 2023 data.

The New Mexico Department of Health (NMDOH) is raising awareness of this issue through two upcoming events: Lock Your Meds Day (October 23) and National Prescription Take Back Day (October 25). These events provide residents with practical ways to secure medications and safely dispose of unused prescriptions, preventing them from being misused or accidentally ingested.

“Now is a great time to do an inventory of your prescriptions and take any that you no longer use or are expired to a drop-off location,” said Dr. Miranda Durham, NMDOH Chief Medical Officer.

[Lock Your Meds Day](#) is sponsored by the National Family Partnership, which notes nearly 45% of those who misuse prescription drugs obtain them from family or friends, often from unlocked medicine cabinets at home.

[National Prescription Take Back Day](#), sponsored by the United States Drug Enforcement Administration, offers free, anonymous, and convenient opportunities to safely dispose of

expired or unused medications at thousands of **drop-off locations**

nationwide. New Mexicans can also check with their local pharmacy for drop-off locations, as many provide them year-round.

People can help combat the opioid crisis, prevent misuse, and protect the environment from improper medication disposal by participating.

Consider these recommended tips for keeping medications secure:

Lock up all medications: Store prescription and over-the-counter drugs behind locked cabinet doors or in lockboxes. Do not leave medications on bathroom counters or nightstands where children can reach them.

Take regular inventory: Maintain an updated count of all medications, especially controlled substances.

Educate and communicate: [Teach children and teens](#) about the risks of prescription drugs and remind them to only take medicines given by a parent or caregiver and to never share medications with others.

Dispose responsibly: Never flush unused medications or throw them in the trash, where they can cause accidental poisoning or environmental harm. A better method is to mix medications with something unpalatable, like coffee grounds or kitty litter before disposing of them.

Health

The National Resource Center on Native American Aging (NRCNAA) <https://www.nrcnaa.org/well-balanced> program to help elders stay healthy

National Institute of Health <https://www.nia.nih.gov/health/caregiving/healthy-aging-tips-older-adults-your-life> Healthy aging tips for seniors

Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070> what to expect as getting older

Sequoia health <https://sequoialiving.org/2025/01/06/healthy-habits-for-seniors/> 9 Healthy habits for seniors

AARP https://www.aarp.org/health/healthy-living/60-health-habits-to-try-now/?cmp=V2ALI0RGJS&gclsrc=aw.ds&gad_source=1&gad_campaignid=13517611816&gclid=EAlaIQobChMivZK04pLMkAMVtyhECB1rzwOJEAMYASAAEgIZ9_D_BwE 60 ways to live longer, stronger and better

Non evidence based resources

5 doctor approved exercises better than walking <https://www.youtube.com/shorts/IlZbXszHt-A> and <https://www.youtube.com/shorts/YZ29MaOYmw>

7 fruits not to eat if over 60 https://www.youtube.com/shorts/MrHb6K_5x34

Reversing muscle loss over 70 <https://www.youtube.com/shorts/4iIXjwXel4o>

Seniors Over 60: These Vegetables Could Raise Stroke Risk Overnight <https://www.youtube.com/watch?v=ARXeAGTMthc>

Doctors Are Shocked: THIS Vegetable Raises Stroke Risk Overnight <https://www.youtube.com/watch?v=laIRVtclYFg>

Most anti-inflammatory food <https://www.youtube.com/shorts/wgV7DUro8Qw>

Healthy Eating

Mayo clinic diet https://diet.mayoclinic.org/us/personalized-plan/?utm_medium=cpc&utm_term=&utm_source=google&utm_campaign=&gad_source=2&gad_campaignid=21821729950&gclid=EAIaIQobChMlofvdsP3gkAMV-LcDAB29VyZIEAEYASAAEgIftvD_BwE

American heart association <https://www.heart.org/en/healthy-living/healthy-eating>

Eat healthy with myplate <https://www.myplate.gov/>

Nutrition. Gov <https://www.nutrition.gov/topics/basic-nutrition/healthy-eating>

Eating well <https://www.eatingwell.com/>

Youtube

6 power seeds https://www.youtube.com/shorts/lx2Cve7_O3A

How to master healthy eating habits <https://www.youtube.com/watch?v=mcdzK8BOfBY>

Healthy eating on a budget <https://www.youtube.com/watch?v=5jc1NGlnYQk>

Top foods to clean arteries and prevent heart disease
https://www.youtube.com/watch?v=9bA_Bgs7kD0

Over 60? Reverse Muscle Loss <https://www.youtube.com/watch?v=otA1AJXi1K8> tells what not to eat, and 5 foods to eat (Full fat greek yogurt, eggs, avocado, lean meats- turkey or chicken, nuts or seeds)

Hearing

NIH <https://www.nia.nih.gov/health/hearing-and-hearing-loss/hearing-loss-common-problem-older-adults>

American Academy of Audiology <https://www.audiology.org/consumers-and-patients/seniors-hearing-loss/>

John Hopkins <https://www.hopkinsmedicine.org/health/conditions-and-diseases/presbycusis>

NCOA <https://www.ncoa.org/older-adults/health/physical-health/hearing-health/>

Medbox – complete guide to hearing aids <https://medbox.com/a-complete-guide-to-hearing-aids-for-seniors/>

Mayo clinic – how to choose a hearing aid <https://www.mayoclinic.org/diseases-conditions/hearing-loss/in-depth/hearing-aids/art-20044116>

Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/5840-age-related-hearing-loss>

Note: Some medicare advantage plans help with hearing aids

Youtube

Trick to hear better <https://www.youtube.com/shorts/oluFp44jk6I>

Medicare cover hearing aid? <https://www.youtube.com/shorts/yDltguKjAEo>

Best hearing aids for seniors <https://www.youtube.com/watch?v=4oS4oFUtV0c>

Best OTC hearing aids <https://www.youtube.com/watch?v=xialcSQTl8A>

Best way to reverse hearing loss https://go.medilisk.com/hearing-restoration-spray/article?cmpid=6836eb4a51c42bbf27a09bb5&utm_campaign=%7Breplace%7D&sub2=&sub3=&sub4=&sub5=&sub6=22686299666&sub7=c&sub8=&sub9=x&sub10=&utm_source=Google&wbraid=Cj4KCAiA5abIBhBUEi4AWQurn6a63ed1v_0AQbv94eNN540dr4CoxvbViDsIzJAMyXULtIFg05W8v-WmGgJidg&gbraid=0AAAAA9kCEHyjWsrBPsaviPq87XG579YsH&ref_id=EAlaIQobChMI_trFIdXbkAMVLFN_AB22tBcgEAEYASAAEgJGivD_BwE&gad_source=2&gad_campaignid=22680286524&gclid=EAlaIQobChMI_trFIdXbkAMVLFN_AB22tBcgEAEYASAAEgJGivD_BwE&cc_custom_gclid=EAlaIQobChMI_trFIdXbkAMVLFN_AB22tBcgEAEYASAAEgJGivD_BwE&cc_redirected=1

5 things I wish I knew before getting hearing aids <https://www.youtube.com/watch?v=3FK3B-khvzw>

Internet Service

NMSurf has a discount for San I members. However, you must pay for equipment up front which is about \$300. Their phone is 505-986-1669.

At this time there are no other internet providers that can match NMSurf for speed and availability.

The tribe has a reimbursement program for tribal members living on the reservation. This amount is about \$42. Contact Rhonda Cata at 505-455-4160 to sign up.

Lifeline is a service provided by the Federal Communication Commission. It offers a low rate for home Internet service even if you live off the reservation. You must be income qualified or be on SNAP or FDPIR or Medicaid. Your benefit for a tribal member is a reduction of your internet service of \$34.25 per month and up to \$100 reduction for installation.

Qualify here: <https://www.lifelinesupport.org/>

NMSurf can assist you to qualify, or if you are qualified, just give them your lifeline # (not phone #).

The other internet service providers in this area are:

<https://www.xfinity.com> – limited to areas with cable

<https://www.hughesnet.com/> - Satellite feed, may not be available at your address

<https://starlink.com/> - Satellite feed, may not be available at your address

<https://www.t-mobile.com/home-internet/> -works off cellular data – may not be available at your address

<https://www.verizon.com/home/internet/> -works off cellular data – may not be available at your address

Jobs

<https://www.dol.gov/agencies/eta/seniors> Senior Community Service Employment Program (SCSEP)

<https://www.jobs.state.nm.us/vosnet/Default.aspx> NM Job portal

<https://www.nicoa.org/programs/scsep/> - training program by NICOA for NA

<https://sharenm.org/goodwill-industries-of-new-mexico/veteran-family-services-w-paid-training>
goodwill - with training

Online jobs

Joblist <https://www.joblist.com>

Flexjobs <https://www.flexjobs.com>

Indeed <https://www.indeed.com>

Youtube <https://www.youtube.com/shorts/uDYC3AScpPE> 10 sites

Youtube <https://www.youtube.com/watch?v=QFZIGbFTAs4> 10 companies always hiring 2025

Youtube <https://www.youtube.com/shorts/bccpH1UAarw> remote jobs do at night

Legal Help

NM Legal Aid website <https://newmexicolegalaid.org/>

NM Center on Law and poverty https://www.nmpovertylaw.org/nmclp_resources/legal-help/

University of NM resources listed <https://loborespect.unm.edu/resources/resource-guide1/legal-aid.html>

Law Help NM <https://www.lawhelpnewmexico.org/>

Free legal answers website <https://nm.freelegalanswers.org/OtherHelp>

NM Courts help <https://lawlibrary.nmcourts.gov/wp-content/uploads/sites/34/2024/03/Legal-Resources-in-New-Mexico-Guide.pdf>

Chat with an attorney https://www.askalawyeroncall.com/lp/legal-aid?r=ppc|galpa|28|Legal-Generic-Search-Askalawyeroncall-Exact|Legal-Aid|&JPMCC=8154793046&JPKW=legal%20aid%20nm&JPDC=S&JPST=&JPAD=500101731093&JPMT=e&JPNW=g&JPAF=txt&JPRC=1&JPCD=&JPOP=&cmpid=1944906238&agid=83515194190&fiid=&tgtid=kw_d-390355154848&ntw=g&dvc=c&gad_source=1&gad_campaignid=1944906238&gclid=Cj0KCQiAiKzIBhCOARIsAKpKLAMgbz5c56ujK0eXmVFIWrbm5slk9b8eStr3nQek_YHF-9UJbULf_MaAnsIEALw_wcB

NM State bar helpline <https://www.sbnm.org/For-Public/Modest-Means-Helpline>

Law Access NM <https://lawaccess.org/node/154/new-mexico-legal-aid>

ACLU get help <https://live-aclu-new-mexico.pantheonsite.io/en/get-legal-help>

Pueblo law library <https://law.sanipueblo.org/>

Tribal Court Clerk – ask for self help forms from Justine Fender, 505-455-7500, tribalcourts@sanipueblo.org, clerk cannot give legal advice – read the forms

Youtube help

Custody <https://www.youtube.com/shorts/AWzIA6YYbUg>

What to do after a wreck <https://www.youtube.com/shorts/M2mIQ-t-V-Is>

Divorce mistakes <https://www.youtube.com/shorts/onMprjnXhGo>

How long before filling a claim https://www.youtube.com/shorts/vB4pd_ZtBVg

Consequences of a DWI <https://www.youtube.com/watch?v=OmoHeG8MgLI>

Understanding alimony support in NM <https://www.youtube.com/watch?v=cKoqMK4DfoA>

Losing Weight

Center for Disease Control <https://www.cdc.gov/healthy-weight-growth/losing-weight/index.html>
Losing weight

John Hopkins <https://www.hopkinsmedicine.org/health/wellness-and-prevention/8-ways-to-lose-belly-fat-and-live-a-healthier-life> Losing fat

Hopkins Medical center <https://www.hopkinsmedicine.org/health/wellness-and-prevention/8-ways-to-lose-belly-fat-and-live-a-healthier-life> Losing weight fast

Non Evidence Resources

Youtube https://www.wegovy.com/about-wegovy/how-wegovy-works.html?showisi=true&gclid=aw.ds&&utm_source=google&utm_medium=cpc&utm_term=obesity%20medicine&utm_campaign=3%20All%20Shared%20UB%20Obesity&mkwid=s-dc_pcrd_761539074657_pkw_obesity%20medicine_pmt_b_slid_product_&pgrid=181867697757&ptaid=kwd-318858390440&gad_source=1&gad_campaignid=19569590562&gclid=EAlaIqobChMIxOCnu_fEkAMVOyNECB2DHQX_EAMYAyAAEgJ7E_D_BwE Drug that seems to work

Youtube <https://www.youtube.com/watch?v=Oyu5FngADeo> Anshul Gupta MC
<https://www.youtube.com/watch?v=FE6j38dPfk8> and burn fat overnight
<https://www.youtube.com/watch?v=Oyu5FngADeo> one cup as powerful as Ozempic

Youtube <https://www.youtube.com/watch?v=stF25xFdeMI> Dr Eric Berg – Berberine

Youtube <https://www.youtube.com/watch?v=tEaK7bawyfs> Apple cider vinegar

Youtube <https://www.youtube.com/watch?v=fes2cXCXpa8> Keto vs Atkins

Eat Bread, potatoes, rice without blood sugar spikes <https://www.youtube.com/watch?v=BxEUCTIXS9Q>

Medicare

Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Part A (Hospital Insurance) helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care.

Part B (Medical Insurance) helps cover: Services from doctors and other health care providers, Outpatient care, Home health care, Durable medical equipment (like wheelchairs, walkers, hospital beds, and other equipment), Many preventive services (like screenings, shots or vaccines, and yearly "Wellness"

Part D (Drug coverage) helps cover the cost of prescription drugs (including many recommended shots or vaccines). You join a Medicare drug plan in addition to Original Medicare, or you get it by joining a Medicare Advantage Plan with drug coverage. Plans that offer Medicare drug coverage are run by private insurance companies that follow rules set by Medicare.

Medicare Supplemental Insurance (Medigap) Extra insurance you can buy from a private company that helps pay your share of costs in Original Medicare. Policies are standardized, and in most states named by letters, like Plan G or Plan K. The benefits in each lettered plan are the same, no matter which insurance company sells it.

Your options on signup:

You can sign up for Original Medicare which includes Part A and Part B. You can join a separate Medicare drug plan to get Medicare drug coverage (Part D). You can use any doctor or hospital that takes Medicare, anywhere in the U.S. You can also shop for and buy supplemental coverage that helps pay your out-of-pocket costs (like your 20% coinsurance

You can sign up for a Medicare Advantage (also known as Part C) which is a Medicare-approved plan from a private company that offers an alternative to Original Medicare for your health and drug coverage. These "bundled" plans include Part A, Part B, and usually Part D. In many cases, you can only use doctors who are in the plan's network. Plans often have different out-of-pocket costs than Original Medicare or supplemental coverage like Medigap. You may also have an additional premium. Plans may offer some extra benefits that Original Medicare doesn't.

You can sign up for Medicare during your Initial Enrollment Period (IEP), which is the seven-month window around your 65th birthday (three months before, your birthday month, and three months after). If you have employer health coverage through your job or your spouse's job, you may have a Special Enrollment Period (SEP) to sign up when that coverage ends, typically within eight months of stopping work or losing that coverage. If you miss both of these periods, you can sign up during the General Enrollment Period (GEP) from January 1 to March 31 each year but you may face a late enrollment penalty for Part B if you sign up during the GEP. The specific penalties are a **10% increase**

on your Part B premium for each full 12-month period you delayed and a Part A penalty of 10% of the monthly premium for twice the number of years you waited if you have to pay a premium. If you fail to sign up when you turned 65, an insurance broker may be able to waive the penalty.

How to sign up:

Contact a licensed Medicare insurance agent or broker. Or go online to <https://www.medicare.gov/>

Medicare website <https://www.medicare.gov/>

Planning for Medicare by SSA <https://www.ssa.gov/medicare>

Sign up for Medicare by SSA <https://www.ssa.gov/medicare/sign-up>

Medicare comparison site <https://www.medicare.gov/plan-compare/#/?year=2026&lang=en>

NM Aging <https://www.aging.nm.gov/consumer-and-elder-rights/medicare/> Medicare

Yes, Medicare covers substance abuse treatment, including both outpatient and inpatient services, through programs like

[Part B](#) for treatments like counseling and medication-assisted treatment, and [Part D](#) for prescription drugs. Coverage includes services such as individual and group therapy, hospital stays, partial and intensive outpatient programs, and opioid treatment programs. Individuals with [Medicare Advantage](#) plans have different rules, costs, and coverage, so they should contact their plan directly.

What Medicare Part B covers

Opioid Use Disorder Treatment: Services through an enrolled [Opioid Treatment Program](#) (OTP), including approved medications, counseling, and assessments.

Mental Health Services: Individual and group therapy, as well as counseling sessions with various providers.

Hospital Stays: Inpatient psychiatric and general hospital care for substance use disorders.

Partial Hospitalization: Full-day, part-time mental health care.

Screenings: Free annual screenings for alcohol misuse, as well as counseling for tobacco cessation.

What Medicare Part D covers

Prescription Drugs: Some medications used to treat substance abuse may be covered under Part D, but it's important to check with the specific plan, as some drugs may not be covered.

Important considerations

[Medicare Advantage:](#) If you have a Medicare Advantage plan, you must contact your plan provider for specific details on coverage, costs, and provider networks.

Dual Eligibility: If you are eligible for both Medicare and Medicaid, your Medicaid benefits may provide additional coverage.

- **Costs:** You are responsible for costs like the Part B deductible and a 20% coinsurance for services covered by Part B. Part D has its own deductibles, premiums, and copayments/coinsurance.
- **Providers:** Some services may be covered when provided by specific types of providers, and starting in 2024, Medicare directly reimburses mental health counselors and marriage and family therapists for mental health services.

Youtube

<https://www.youtube.com/watch?v=sshK1P7qkoc> Medicare Part A B C D explained

<https://www.youtube.com/watch?v=Wtb7O36Gcu8> Medicare Advantage vs Medicare Supplement cost comparison

<https://www.youtube.com/watch?v=1hYy9LTGjdw> Medigap traps

<https://www.youtube.com/watch?v=8B7zMzFV17k> Medicare dental

Respite Care

New MexiCare has expanded to serve families in all counties in New Mexico. New MexiCare provides financial assistance and training to caregivers who are assisting friends or family members with activities of daily living due to physical or cognitive limitations. Our goal is to help aging adults thrive in their homes and communities as an alternative to nursing home placements and to help reduce emergency department visits.

Eligibility requirements are as follows:

- Applicant must be age 60+
- Have cognitive or physical limitations requiring assistance with two or more activities of daily living such as: feeding, dressing, personal hygiene, incontinence, toileting, and/or ambulating (walking)
- Monthly Income Level:
Up to \$3,387/Mo for Individuals
Up to \$6,774/Mo for Couples
- Resource Limits (total for savings plus checking accounts)
Up to \$20,322/Mo for Individuals
Up to \$40,644/Mo for Couples

Eligibility requirements are as follows:

- Applicant must be age 60+
- Have cognitive or physical limitations requiring assistance with two or more activities of daily living such as: feeding, dressing, personal hygiene, incontinence, toileting, and/or ambulating (walking)
- Monthly Income Level:
Up to \$3,387/Mo for Individuals
Up to \$6,774/Mo for Couples
- Resource Limits (total for savings plus checking accounts)
Up to \$20,322/Mo for Individuals
Up to \$40,644/Mo for Couples

If you have questions, please contact New MexiCare via phone at 800-432-2080 or via email at newmexicare@altsd.nm.gov

National Respite Network <https://archrespice.org/>

US Department of Veterans Affairs <https://www.caregiver.va.gov/support/Respite.asp>

ENIPC respite program <https://sites.google.com/enipc.org/seniors/home>

Social Security

Social Security Administration (SSA) <https://www.ssa.gov/>

1922 5th St · (866) 571-8130

SSA appointment website <https://www.ssa.gov/manage-benefits/make-an-appointment>

US Gov <https://www.usa.gov/social-security> Social Security

US Gov <https://www.usa.gov/what-is-social-security> how to apply

IRS <https://www.irs.gov/faqs/social-security-income> SS Income

AARP website on social security <https://www.aarp.org/social-security/>

Non Evidence Resources

Youtube <https://www.youtube.com/watch?v=symA6Bf3ac0> 8 good reasons to file at age 62

Youtube <https://www.youtube.com/watch?v=QFJ1eW5ugyU> when to start SS

Youtube <https://www.youtube.com/watch?v=ww5C2tb12DY> 4 common mistakes

Wills and trusts

A site to make a will for free <https://plan.freewill.com/>

Another site <https://www.lawdepot.com/>

Fee based starting at \$129 <https://www.legalzoom.com>

Fee based starting at \$109 <https://www.willmaker.com/>

Free for NM <https://www.12law.com/>

Other resources on Wills

Youtube <https://www.youtube.com/watch?v=AhWm1qiJDAk> Do I need an attorney or can I use a service?

Youtube <https://www.youtube.com/shorts/Pza-1HNsE74> will vs living trust

Youtube <https://www.youtube.com/watch?v=99-RjX5VVhs> how to make a will in 4 minutes

Youtube <https://www.youtube.com/watch?v=sBbZRkAAvXg> common mistakes when creating a will

Living Trusts

Investopedia <https://www.investopedia.com/terms/l/living-trust.asp> what is a living trust?

LawDepot https://www.lawdepot.com/contracts/living-trust/?loc=US&pid=googleppc-17243398273-535165884460_sl-ggkey_living%20trusts&gad_source=1&gad_campaignid=255423553&gclid=EAlaIQobChMI4jtzLPMkAMV7gutBh2SnBbbEAAYAyAAEgl92fD_BwE Free Living trust

Legalzoom <https://www.legalzoom.com/articles/create-a-living-trust-in-new-mexico> creating a living trust

NM State University https://pubs.nmsu.edu/_g/G256/index.html comparison of living trust vs will

Other Resources on Living Trusts

Youtube <https://www.youtube.com/watch?v=cvLPbIWw71o> wills vs trust the real difference

Youtube <https://www.youtube.com/watch?v=UsQzAzysehI> living trusts explained in under 3 minutes

Youtube https://www.youtube.com/watch?v=58_TYglpkUU living trusts 101

Youtube <https://www.youtube.com/watch?v=Ja1kAohJVXo> how much does it cost

Youtube <https://www.youtube.com/watch?v=LaZiXLG98ok> why you need a pour over will to a trust