



Happy Autumn NM!



Alegria News

From the CEO

Wow! We are already into Fall. It feels like the year is going by fast. Again the good ship Alegria is sailing in smooth waters. We anticipate no changes from DDS. Once again we appreciate your taking this voyage with us. We wouldn't be here without you. If you have any questions or concerns our staff is ready to assist you. We hope you are enjoying the change in the weather and that rest of the year is a great one for you and your family!

Larry

Remember: *If you are still submitting IHLS Monthly Documentation on paper, it must be in by the 5th of each month to insure payment in a timely manner. Also, be sure to save the revised client activity form you will find at the end of this newsletter.*

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Social Security, SSI Likely To See Increase for 2024

The Senior Citizens League announced that the Social Security cost of living adjustment, or COLA, will likely be 3.2% for 2024. That would add about \$57 to monthly benefits, raising them to \$1,790 for the average recipient, according to the group's estimates.

The cost of living adjustment is calculated based on an average of the inflation readings for the months of July, August and September. Specifically, it's based on the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) published by the Bureau of Labor Statistics.

Using this calculation provided a bit more of an increase than was expected, however, according to the Senior Citizens League, this will fall far short of what is needed to keep up with inflation.

If you would like more information, you may visit The Senior Citizens League website at seniorsleague.org.

SOCIAL SECURITY COLA

(COLA) provision aims to periodically increase Social Security and Supplemental Security Income (SSI) benefits to maintain purchasing power and prevent erosion from inflation.



The New Mexico health care market place: BeWellnm.com

On April 1st 2023 the federal government ended the Medicaid continuous coverage requirement that was established during the COVID-19 pandemic. The end of this flexibility means all 978,207 New Mexicans covered by Medicaid will have to renew their coverage, and potentially many thousands may be denied. If you or someone you know lost their Medicaid coverage go to the official New Mexico health care market place at BeWellnm.com. You can also reach them by phone at 1-833-862-3935.



THE ALEGRIA MONTHLY GIVE-A-WAY.

To date, AFS has given away 24 drawing prizes ranging from Tablet PCs, restaurant and movie outings, and groceries and home improvement. Congratulations to our latest winners!

Our June winners were:

Cindy Sisneros—1st place
John Bundrant—2nd place
Julieta Morales—3rd place

Our July winners were:

Belynda Wester—1st place
Victoria Baca—2nd Place
David Rose—3rd Place

Our August winners were:

Grisela Palacios—1st place
Camille Corley—2nd Place
Mildred Baca—3rd Place

Our final drawing this quarter will be held towards the end of September so check out our website at alegriafamily.com for full details.

Happy anniversary Medicaid and Medicare! July 30, 1965

In what we now call the progressive era at the beginning of the twentieth century, reformers with an interest in labor legislation understood the need for something they called sickness insurance. If a worker became ill, the reasoning went, his family needed protection against the costs of his absence from work, and the medical costs that may be incurred.

Even with the support of nearly every president since 1905, including Presidents Roosevelt and Truman, congress could not cobble together a national insurance program that all could agree on. However, the idea had taken hold. After years of deliberation, 2 world wars, the Korean War, and 60 years of change, President Lyndon B. Johnson signed the Social Security Amendments of 1965 into law. Medicare and Medicaid would become two of America's most enduring social programs.

Income Support Division (ISD) Contact Information

It is very important that Mi Via participants contact information is always current with ISD. If participants have a change of address or phone number, these changes need to be reported within 10 days to ISD. This ensures that if a participant needs to be contacted for any reason, they are not missing important calls, correspondence, or visits such as In-Home Living Assessments. To update your contact information with ISD:

- Call 1-800-283-4465 and speak with an agent between 7am-6:30pm.
- Log into your account on YesNM portal and report changes using the link below: <https://www.yes.state.nm.us>

- Or you can go into the local ISD office and fill out a Report of Changes form (ISD 109) and submit in the drop box, mail, or fax in. ISD mail: CASA, PO Box 830, Bernalillo, NM 87004 ISD Fax: 1-855-804-8960

In addition, please keep Alegria Family Services advised of any contact information changes. Alegria is responsible for keeping accurate and up to date contact information on all participants receiving Mi Via services and their providers. While EORs are not directly associated with AFS, we kindly request that EORs please keep us advised of any changes as well. You can call or email any AFS staff member to report your changes, or come by the office during normal business hours. Thank you for your help.

DDSD Ongoing Wellness Visits



DDSD will continue performing "Wellness Visits" for the foreseeable future. DDSD plans to visit 9,000 participants receiving DDSD services 2 times per year, and will include individuals on the DD Waiver, Mi Via Waiver, the Medically Fragile Waiver, and the Supports Waiver. According to information provided by DDSD, only DDSD and DHI staff who have completed ANE training will be assigned to make visits. Wellness visits will be scheduled in advance, (preferably one or two days) and will be conducted during normal business hours unless otherwise requested by the participant or guardian. This is an effort to be as unobtrusive as possible, and to avoid being a disruption in the lives of the individuals receiving services. The only exception would be for those individuals who do not respond to multiple attempts to schedule (phone calls, emails, contacting the Case Manager, Consultant, direct service agency, MCO, etc.). These situations may warrant an unannounced visit

Wellness Checks



Please be aware that no other state agencies should be performing Wellness Visits. Visitors will always have state issued identification to share with the participant. i.e., agency badge and/or business card. Guardians and participants are encouraged to verify the identity of anyone visiting the home, and if proper identification is not presented, participants, guardians, or in home staff can refuse to allow the visit. Whenever possible DDSD/DHI staff will conduct visits in pairs, focusing only on the health and safety of the individual/participant receiving services. "Head to Toe" body assessments will not be completed, and the dignity and privacy of the individual and their home will be respected.

You will be asked if you know how to report Abuse, Neglect, and Exploitation. The ANE brochure distributed to each provider and participant will contain all current reporting information. If you have misplaced this brochure, you can contact staff at Alegria Family Services for a replacement or you can find it at the following link: nmhealth.org/publication/view/general/6798/



Do you know how great the month of August is? The month of August contains some of the best national and international observances and celebrations of the year. In August we can celebrate Coloring Book Day, Beer and IPA Day, Root-Beer Float Day and Watermelon Day. International Indigenous Peoples Day, Woman's Day, and Senior Citizens Day are also in August!



National Hispanic Heritage Month

Many Hispanic Americans can trace their roots back to the cultures of the Americas' indigenous peoples, including the Aztecs (Mexico), Arawaks (Puerto Rico), Incas (South America), Maya (Central America) and Tainos (in Cuba and Puerto Rico).

Some of their roots can be traced back to the Spanish explorers, who set out in the 1400s to find a cheaper and easier way to trade with the Indies. Others Latinos can trace their roots back to African slaves brought to the New World.

Hispanic Americans are today identified by the countries from which they or their ancestors originated. This includes Mexico, Puerto Rico and Spain.

Designated time to recognize the contributions of Hispanic and Latinx Americans began in 1968 under President Lyndon Johnson as Hispanic Heritage Week. President Ronald Reagan expanded it in 1988 to include a 30-day period that



started on September 15th and ended on October 15, and it was officially made into law on August 17, 1988.

Hispanic Heritage Month is dedicated to raising awareness of the contributions of Americans with Mexican, Puerto Rican, Cuban, Central or South American, and other Latin American heritage.

No matter your own personal ancestry, take time this month to learn about and celebrate the vast contributions of Hispanic and Latinx Americans to culture, art, music, literature, and science. Their contributions are permanently imbedded in the culture and landscape of America.

September derives its name from the Latin word "septem," which means "seven". This is because, in the original Roman calendar, September was actually the seventh month of the year. It was only later that the calendar was adjusted to include the months of January and February.

Concerning Your Budget...

When planning a participants budget, keep in mind the following:

Internet and phone services are a covered goods under the Mi Via program. When asking for Internet or phone services on your budget, it is very important to attach an itemized bill or invoice for these services. The service bill must be very clear and show what cost is being asked for. The Mi Via program cannot pay for internet or phone services for family members, EOR's or employees.

Items not covered:
• Equipment charges

- Google Play
- Disney Plus
- Apple music/arcade
- International texting
- Other streaming services
- Insurance
- More than one phone line.

Add on items may show on your internet or phone bill, but Mi Via cannot pay for them. If you already have phone services on your budget, no additional add on items can be included in your Internet request.



The last word...

The Alegria Family Services newsletter is published quarterly and, because of this, we are often late to recognize holidays and celebrations that are important to us and our providers. Well, we almost forgot to mention our nations Independence Day. An oversight of this magnitude is unthinkable! So, Happy Belated Forth of July Alegria Family! We at AFS hope yours was fun, safe, and filled with family and friends.

Thanks for Reading!

You can find past issues of our newsletter at:
<https://www.alegriafamily.com/news-letter->



Alegria Billing Dates and Pay Dates.

New providers often experience some confusion concerning the actual billing date, the dates documentation is submitted, and the date they can expect to be paid. Remember that a billing week begins on Sunday and ends on Saturday. Any timesheets submitted Monday—Wednesday will reflect billing up to the previous Saturday. Please reference the following for your expected pay dates.



Submission Date	Pay Date
9/27/23	10/17/23
10/4/23	11/7/23
10/11/23	11/7/23
10/18/23	11/7/23
10/25/23	11/21/23
11/1/23	11/21/23
11/8/23	12/5/23
11/15/23	12/5/23
11/22/23	12/19/23
11/29/23	12/19/23
12/6/23	1/2/24
12/13/23	1/2/24
12/20/23	1/16/24
12/27/23	1/16/24
1/3/24	2/6/24

DDSD's Ongoing changes to VPRs

Alegria would like to take a moment to thank our providers and EORs for your continued patience and understanding as DDSD makes changes to VPRs, often without much warning. Your flexibility and quick responses have made the implementation of these changes much easier than we could have hoped. Thank You!



