



Alegria News

From the CEO

As we enter the last months of 2022, Alegria wishes you and your family the best and safest of holiday seasons. We also send along our best wishes for a safe and productive new year to each and every one of you.

As I said in the last newsletter, here at Alegria we do not expect any new changes. And, we are not hearing of any significant changes coming from DDSD about the Mi Via Waiver. Moving steadily forward is the pace we have set and we like that pace.

Speaking of moving forward, did you know that we have initiated monthly raffles to add interest to things for our providers. We will be giving away several holiday turkey meals in November and December. If you have not already done so, please go to our website to register. Winners will be announced on the website so keep checking to see if you have won. These raffles will continue monthly in 2023 with a different item each month that you can register to win.

In addition, in recognition of the large number of providers with us who are most comfortable speaking Spanish, starting next year our website will have a Spanish version. Also, we will soon publish our newsletter in Spanish, and soon we will have a version of our daily digital documentation in Spanish.

We thank you all for continuing on this journey with us. We are here to serve you, so let us know if you have suggestions or concerns.

Larry

Who SHOULD GET A FLU SHOT? EVERYONE.

If you're a New Mexican, you should get your flu shot this year – but particularly if you are a member of one or more of the following groups:

- People aged 65 and older
- Young children, especially those under 2 years old
- American Indian and Alaska natives
- People with chronic health conditions such as asthma, diabetes, and heart disease
- Pregnant women up to 2 weeks postpartum

Go to [Vaccines.gov - Search for flu vaccine locations](https://www.vaccines.gov) to find a vaccine location near you.



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November 1st and 2nd is DIA DE LOS MUERTOS, MEXICO!

The Dia de Los Muertos (Day of the Dead) in Mexico is one of the world's most popular events, and all because of its colorful costumes and iconic skull makeup. Originally celebrated in Mexico it is now observed around the world, Dia de Los Muertos celebrates the dead with lots of food — but they're mostly for weary souls that have descended from heaven to join their families. Home altars are stocked with fruit, meat, beverages, and pan de muerto (bread of the dead), while toys are left for children who have passed away. In cemeteries, graves are adorned with Aztec marigolds.



"Night to Shine" sponsored by The Tim Tebow Foundation

For most individuals with special needs, being able to socialize in a safe, caring, and supportive environment is essential to their health and overall well-being. With this in mind Alegria Family Services staff are always looking for opportunities for our families and individuals to participate in activities throughout our communities.

Night to Shine is a religious based program sponsored by the Tim Tebow Foundation and is being hosted this year by three Christian churches in New Mexico. Legacy Church in Albuquerque, Cowboy Junction Church in Hobbs, and the Oasis Church in Farmington.

People with special needs are often some of the most vulnerable and overlooked members of

our community, and according to the programs website "An estimated 80% to 85% of churches do not currently have a ministry for individuals and families living with disability." The goal of this program is to change that statistic.

Night to Shine takes place annually on the Friday before Valentine's Day. This coming year, the event will be held around the globe on Friday, February 10, 2023.

Alegria does not specifically endorse or recommended any religion or religious activity. We hope you will look carefully at the information provided in the link below and make decisions based on what is right for you and your family.

<https://www.timtebowfoundation.org>

November 8 is election day in New Mexico:

Absentee ballot deadlines

Request ballot - Nov 3

Return ballot by mail (received by) - By 7 PM on Nov 8

Return ballot in person - By 7 PM on Nov 8

Voting deadlines

Early voting—October 11, 2022 - November 05, 2022 (closing time varies)

In-person—Nov 8 By 7 PM

What about November?

November was the ninth month of the ancient Roman calendar and has retained its name from the Latin *novem*, meaning "nine."

November 11, Veterans Day is held in honor of all military veterans, including both the fallen and the living, who have served in the United States Armed Forces, during wartime or peacetime.

Thursday, 17 November 2022, The Great American Smokeout is observed every year on the third Thursday of November. This event, organized by the American Cancer Society, aims to encourage people in America to quit smoking, or at least make a plan to quit. On this day, smokers are challenged to not smoke for at least 24 hours, in what will hopefully inspire them to take the first step in quitting.

<https://www.cancer.org>

Alegria Family Services Holiday Schedule

Thanksgiving

Holiday Hours:

11/23/2022—Closed at 12:00 pm

11/24/2022—Closed Thanksgiving Day

11/25/2022—Closed for Thanksgiving

Christmas

Holiday Hours:

12/6/2022—Closed for AFS holiday party.

12/23/2022—Closed at 12:00 pm

12/24/2022—Christmas Eve

12/25/2022—Christmas Day

12/26/2022—Closed for Christmas

New Years

Holiday Hours:

12/30/2022—Closed at 12:00 pm

12/31/2022—New Years Eve

1/1/2023—New Years Day

1/2/2023—Closed for New Years



Here is a list of holiday bank closures:



Veterans Day
Thanksgiving
Christmas Day (observed)
New Years 2023

Friday
Thursday
Monday
Monday

November 11
November 24
December 26
January 2, 2023

Airlines Pledge To Better Serve Travelers With Disabilities

In a joint statement signed in October 2022, American, Delta, United and other major air carriers are committing to a series of new steps to improve travel for people with “mobility, cognitive and social disabilities.”

Seven of the nation's passenger airlines are part of a new pledge organized through the industry trade group Airlines for America to increase accessibility in plane travel.

Specifically, the airlines say they will each create a passenger accessibility advisory group to work with the disability community to improve policies and operations. They will also work to improve passenger transfers and their handling of wheelchairs and other mobility aids, enhance disability training for employees and back further study and development of accessibility features.

“Passengers with disabilities represent one of the fastest growing traveler segments, and we recognize the importance of facilitating a safe, seamless journey for them,” reads the statement. “We recognize the need for a specific commitment to remove barriers to safe, accessible air travel.”

The pledge is signed by the CEOs of Alaska Air Group, American Airlines, Delta Air Lines, Hawaiian Airlines, JetBlue Airways and United Airlines Holdings as well as the executive chairman of Southwest Airlines.

The effort comes amid increasing pressure on the airline industry to improve the travel experience for those with disabilities. Read the full pledge here: www.airlines.org

Are you still doing daily documentation on paper or PDF? Would you like to be using the AFS digital documentation system? Contact AFS today.

Alegria Family Services Digital Updates.

AlegriaFamily.com is going Bilingual

After the successful launch of our newly branded website this year, along with the updated color and logo scheme, we at AFS felt we should continue to look for more ways to reach the providers throughout New Mexico who depend on our services. With this in mind, Alegria is pleased to announce that beginning early January 2023, our website and newsletter will be published in both English and Spanish.

This idea was obvious at its core when we realized that, although most could easily speak English, about 50 percent of Alegria Providers were more comfortable communicating in Spanish. Since Alegria Family Services has always taken pride in our Spanish speaking staff members, it was a logical choice to make the move to bilingual publications.

With the publication of the Spanish version of the newsletter and website, we at AFS hope to be a more inclusive organization, and to better represent the diverse make up of the people who live in New Mexico.

DDSD Training (again)

Yes, once again we are touching on DDSD's required training. This is an important conversation because it affects all of us who depend on the Mi Via waiver. Although DDSD may have extended the certification time requirements, we are acutely aware that an audit could come with many providers still needing to complete the basic trainings. AFS will continue to send reminders and updates on your training compliance, so please keep up the good work and make every effort to complete training in a timely manner. So many of you have made great progress, and we are confident that with your continued help, we will be at 98% compliance soon.

If you need access to a computer and a quiet place to complete your trainings, please remember that Richard can schedule a time with you to be at our offices to take your trainings. Many providers have already taken advantage of this opportunity.

[NM Training Requirements | Alegria \(alegriafamily.com\)](#)

THE ALEGRIA THANKSGIVING TURKEY GIVEAWAY.

As a way of saying Thank You for all you do for your individuals and for AFS, Alegria held a Turkey Dinner give away just in time for Thanksgiving.

The Contest Rules and the entry form have been posted on our website at AlegriaFamily.com and we are happy to say that we had a wonderful response. So many providers entered for a chance to



win and the drawing was held on November 11th. Due to a purchasing error, we were able to draw 4 winners instead of 3 as planned.

Using a random number wheel spun four times, our four winners are:

**Isidro Acosta (1st)
Patricia Anzures (2nd)
Kathy Gallegos (3rd)
Annette Earle (4th)**

Congratulations to all our winners. Prize delivery arrangements were made the same day as the drawing and speedy deliveries have been made.

We at AFS hope everyone enjoyed the event, and we are planning a similar drawing for December, and then each month through 2023! A prize list, entry form, and contest rules will be posted on our [website](#) each month, and on our Digital Documentation login page, so watch for your chance to win!

Financial Planning for Your Individual

NEW MEXICO ADAPTIVE PROGRAMS (part 1 of series)

A Park Above

Program Description:

A Park Above provides a sensory and socially rich environment, full of sounds, color, art and accessible play equipment. Open free to everyone of all ages and abilities .

rnm.gov/2710/A-Park-Above

Adaptive Sports Program of NM

Program Description:

Year-round opportunities to enjoy a variety of adaptive activities including skiing, snowboarding, watersports, yoga, cycling, rock-climbing and more.

Who is Eligible to Participate:

Individuals 5 years & older with a wide array of disabilities.

adaptivesportsprogram.org

Financial Planning is an important step for all of us. As we enter a new year, perhaps it is time to start planning for your individual's future. While mapping out a financial plan takes time, checking off these six steps early might bring peace of mind down the road:

1.Create a special-needs trust:

This is where you can place savings, gifts of money to your individual, or monies from an insurance settlement. It won't interfere with your individual's eligibility for federal benefits such as Medicaid and Supplemental Security Income (SSI).

2.Write a will

A will specifies what you wish to be done with your assets upon your death. Without a will, a probate judge could name your individual as a beneficiary, which could make your individual ineligible for federal benefits.

3.Name a guardian

A guardian will care for your individual if you were to die. The person you select as guardian should be named in a legal document.

4.Name a trustee

A trustee will be responsible for managing your individual's special-needs trust upon your death. It can be a family member, friend, professional trustee, or even a bank or lawyer.

5.Write a letter of intent

Is your individual's daily routine very important? Write down things that are particular to your individual and be highly detailed. Do this for weekly and monthly schedules, things that your individual likes and dislikes, plus helpful resources in the community.

6.Apply for guardianship or power of attorney

Once the individual turns 18, they're considered adults in the eyes of the law. If he or she is not capable of making medical and financial decisions or needs your guidance, consider assuming legal guardianship or power of attorney and health care proxy.

If you are not responsible for your individual's future, consider showing this article to the appropriate family member or guardian.



Have a Happy Holiday Season 2022!
~Alegria Family Services~

Alegria Family Services could not have made it to another holiday season without you! Serving you has helped us to grow our business and guarantee we will be here to serve you for years to come. Together we have learned to navigate the many changes the Mi Via Waiver program has thrown our way, and prepared us for new challenges along the way. Our entire staff wishes you and your family a wonderful holiday season.

Have a warm and love filled Thanksgiving, a joyful Christmas, a Happy Hanukkah, and no matter how you celebrate, may the year that will soon come, be better and brighter, than the year that will soon pass! All of us at AFS look forward to a continued and lasting relationship with all our providers and individuals.



Free New Year's Eve in New Mexico!

Santa Fe ~ On The Plaza

Ring in the New Year in Santa Fe, NM, on Saturday, December 31, 2022 at a FREE, fun, festive party as The City Different says ¡Adios! to 2022 at the 8th Annual New Year's Eve on the Santa Fe Plaza.



Las Cruces ~ Chile Drop (New Year's Eve Celebration)!

An evening celebration outdoors anticipating the midnight Chile Drop at New Year's eve. Food trucks, vendors, entertainment ... a full on street party! Downtown Plaza de Las Cruces, 100 N. Main St. Free admission.

Albuquerque ~ New Year's Eve Before Dark!

Celebrate New Year's Eve with the entire family at Albuquerque Museum! Create a new-year-inspired artwork. Tour the Museum galleries. December 31, 2022. 2000 Mountain Rd. N.W., Albuquerque, NM 87104. Time: 10:00 AM to 2:00 PM Free admission.

Red River Ski & Summer Area ~ New Years Eve Torchlight Parade & Fireworks

Offering a special Torchlight Parade at the Lift House starting 7 PM on Sunday, December 31, 2022, complete with a grand fireworks display! There is no charge for this entertainment.

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