

PARTICIPANT CORNER

Spectacular artwork of Adam



Your Talent is in Demand!

Are you a poet, storyteller, artist or just want to share a picture of yourself doing a favorite activity or maybe some great news? Please submit pictures of your original artwork, short stories, or poems. Submissions to be featured in an upcoming Mi Via Newsletter. Submissions can be sent to: Rachel.gonzales@hds.nm.gov

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FMA-Conduent Contact Information:

Phone: 1-800-283-4465

Toll-free Fax: 1-866-302-6787

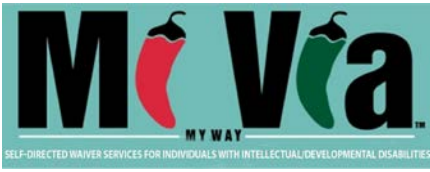
E-mail for Form Submission:

docprocessing@conduent.com

Physical Address:

1720-A Randolph Rd SE

Albuquerque, NM 87106



May 2024

Shining Star Employees of the Month

Do you have a Direct Support Professional (DSP) that you would like to spotlight and allow to shine? DDSD would like to recognize our DSPs who provide above and beyond support to Mi Via Participants. DDSD Mi Via Unit will feature Shining Stars in the Mi Via Newsletter monthly. Submit a brief note of why you would like to recognize your staff. Submissions can be sent to: rachel.gonzales@hsd.nm.gov

My name is Raquel Lopez, and my daughter is Marissa. We would like to recognize **Angela Soliz** for her outstanding dedication to her job. When she does her visits with us, she is always so very friendly and is always willing to help us out when we have issues. If she doesn't know the answer, she will find the answer and will let us know promptly. Angela will always return our phone calls or texts in a timely manner.

I would like to see **Karl Sena** highlighted as the Shining Star Employee of the month. He has worked with my granddaughter Christena, who is Downs. He comes to our home once a month and he has always been so good to her and myself. I have had to call him on several occasions, and he has always been very helpful and has taken care of any problem that I might have, or at the least, told me what to do. He has always been there for us, Thank you Karl

Way to go Angela and Karl! Thank you for outstanding service!

Updating Address Concerns

- If you receive social security benefits and need to update your address for your Income Support Division (ISD) case it is important that you contact the Social Security Administration for address updates in their system.
- You will then need to contact the Income Support Division to also update your address.
- If you do not update your address through the Social Security Administration your address update through ISD will keep returning to the address you have on file with the Social Security Administration.
- The Social Security Administration and ISD need to be contacted separately to update your address.

Social Security Administration contact information:

800-772-1213

https://www.ssa.gov/personal-record/update-contact-information?qad_source=1&qclid=Cj0KCQjwztOwBhD7ARIsAPDKnkBTsd-kbKRXFGYJfeDYVW_MHNw-3n_qR2ym6pfToH7wHO-sdFyR5xkaAhp5EALw_wcB

ISD Change of Address:

800-283-4465

www.yesnm.com



May 2024

Knowing Your Paycheck

Have you wondered what the difference between gross pay and net pay is?

- **Gross pay** is the amount before taxes, or any other deductions are taken out of your pay.
- **Net pay** is your take-home pay and is after taxes and any other deductions are taken out. It is good to think of net pay as what you will take home to rely on financially.

Your federal and state taxes are determined by what you fill out on your W4. If you are not sure what deductions you filled out, it is good to complete a new W4 and submit to ensure it is accurate to your personal situation. It is good practice to complete a new W4 each year.

If you claim too many dependents on your W4 or have the incorrect filing status you may have either too many taxes taken out or not enough. When you file taxes at the end of the year this can create the need for you to pay back federal and state taxes. It is also good practice to always review deduction on your check to ensure everything looks correct. If you have opted for direct deposit, you always have the right to view your check stubs. Ask your employer for details.

Federal and State W4:

<https://palcofirst.com/wp-content/uploads/2024/01/2024-Form-W-4.pdf>

https://palcofirst.com/wp-content/uploads/2024/01/2024_NM-W-4.pdf

IRS W4 FAQs:

<https://www.irs.gov/newsroom/faqs-on-the-2020-form-w-4>

Payroll Calculator:

<https://www.adp.com/resources/tools/calculators.aspx>

Other resources:

<https://www.forbes.com/advisor/business/what-is-pay-stub/>

<https://www.merriam-webster.com/dictionary/pay%20stub>

<https://palcofirst.com/wp-content/uploads/2023/01/2022-Payroll-Selection-Forms-MNC-NM-UPDATED.pdf>

MONTHLY ACTIVITIES IN YOUR COMMUNITY

Free on the 1st Sunday of the month for NM residents

www.NMHistoryMuseum.org

www.InternationalFolkArt.org

www.IndianArtsandCulture.org

www.NMArtMuseum.org

www.NMHistoricSites.org



May 2024

What To Do When a Money Network Card (MNC) is Lost or Stolen

- Lock your MNC by logging in at <https://www.moneynetwork.com/> or via the Money Network Mobile App.
- Locking your card stops other people from using your MNC while you look for it.
- If your MNC is stolen, or hacked, report it to the police immediately.
- You will then call 888-913-0900 right away and tell them your MNC has been lost or stolen.
- They will freeze your MNC, while a new one is being sent.

[Money Network FAQ's](#)

[Money Network Card EOR Request Form](#)

[Money Network Card Fee Reimbursement Request Form](#)

JUST FOR LAUGHS

Is it allergy season again?

You've got to be pollen my leg.

When is the best time to clean your slinky?

During Spring cleaning.

What do gardeners wear on their legs?

Garden hose.

POSITIVE THOUGHTS

I alone hold the truth of who I am.

I am proof enough of who I am and what I deserve.

I am optimistic because today is a new day.

Service Highlights:

Home health aide services:

- Home health aide services give total care or help participant in all activities of daily living to help improve quality of life and safe surroundings to support the participant's self-reliance and health needs in their home and in their community.
- Home health aide services can be provided in the participant's own home and outside the participant's home.
- Home health aide services do not duplicate homemaker services.
- Home health aide services may be provided long-term for the participant's habilitative support.
- Home health aides may provide basic non-invasive nursing assistant services within the range of their practice.
- Home health aides are supervised by a registered nurse (RN).
- Supervision by a RN will happen at least once every 60 calendar days in the participant's home.



May 2024

Community Resources:

Food resources:

USDA Commodities

<https://echoinc.org/wp-content/uploads/2018/08/New-Mexico-Commodity-Supplemental-Food-Program-Brochure.pdf>

SNAP

<https://www.yes.state.nm.us/yesnm/home/index>

Farmers Market Assistance

<https://farmersmarketsnm.org/resources/food-access/double-up-food-bucks/>

<https://www.newmexicofma.org/freshrx.php>

https://www.newmexicofma.org/senior_farmers_sfmnp.php

Food Banks

<https://www.nmfoodbanks.org/>

<https://www.rafb.org/find-help/find-food/>

<https://thefooddepot.org/food-assistance/>

<https://loborespect.unm.edu/support/resource-guide1/food-pantries--distribution-sites.html>

<https://www.fbenm.org/find-help>

<https://storehousenm.org/home/need-food/>

Women Infants and Children (WIC)

<https://www.nmwic.org/>

ACTIVITIES IN YOUR COMMUNITY

- Cinco de Mayo Carshow & Concert 5/5 @1pm Santa Fe Place Mall, 4250 Cerrillos Rd, Santa Fe
- Seven Nations at the Rio Grande Valley Celtic Festival 5/4-5/5 @9am, Balloon Fiesta Park, 9401 Balloon Museum Dr NE, Albuquerque
- The 18th Annual CrawDaddy Blues Fest! 5/18-5/20, 2846 NM-14, Madrid
- NM Jerky Fest 5/11 @1pm, Isleta Resort & Casino, 11000 Broadway Blvd SE, Albuquerque
- Tesuque Casino Presents The Selena & Santana Tribute 5/16-5/18, Tesuque Casino, 7 Tesuque Rd, Santa Fe
- Big Barn Dance 2024 5/3-5/5 Big Barn Dance, 211 Paseo del Pueblo Norte, Taos
- Free State of Socorro Ranch Rodeo 5/18 @6pm, Socorro Soccer and Rodeo Complex, Rodeo Dr, Socorro
- Art in the Park 5/18 @5pm, 315 N 4th St, Belen
- Mariachi Gran Victoria Concert 5/4 @2pm, Luna Community College, 366 Luna Dr, Las Vegas
- Expressions of Joy Spring Concert 5/17 @6:30pm, Netherwood Park Church of Christ, 5101 Indian School Rd NE, Albuquerque



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Mi Via Circle of Support

MI VIA DOH Website: <https://nmhealth.org/about/ddsd/pgsv/sdw>

Consultant Agency Name	Contact Name	Phone	E-mail
Active Advocates of New Mexico	Alicia Sisneros	505-353-1778	AliciaS@ActiveAdvocatesNM.com
CNRAG, Inc. (Care Network Resource Assistance Group)	Fallon Vincell	575-621-3645	fvincell@cnragusa.com
Consumer Direct Personal Care (CDPC)	Jacqueline Mares	505-553-5695	jacquelinem@consumerdirectcare.com
Excel Case Management, Inc.	Jennifer Pennington	505-324-8660 ext 102	jPennington@excelcasemanagement.com
Innovative Self Direction	Frank Aquila	505-850-7662	faquila@innovativeselfdirection.com
Los Amigos, LLC	Michelle Rutt	505-920-4511	Michelle@losamigosnm.com
Me Town Enterprises, LLC	Kimberly Riebsomer	505-310-9069	riebsomer@gmail.com
Merit Consulting, LLC	Melinda Broussard	505-288-2889	mbroussard.merit@gmail.com
Peak Developmental Services	Sarah Martinez	505-281-9962	smartinez@nmddwcm.com
Self-Directed Choices	Jacob Patterson	505-508-1663	Jacob@sdchoices.com
UNM Center for Development and Disability (CDD)	Carrie Roberts	505-280-6442	CnRoberts@salud.unm.edu
	Janelle Groover	505-401-9328	itorresgroover@salud.unm.edu
Visions Case Management	Charles Clayton	575-779-7419 888-588-9152	Charles@visionsnm.com



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Human Services Department / Medical Assistance Division – Exempt Services and Program Bureau

PO Box 2348, Santa Fe, NM 87504-2348

Toll-free Phone: 1-888-997-2583, Fax: 505-827-7277

HSD manages the FMA/Conduent contract and the TPA/Comagine contract

Deanna DeHerrera	Mi Via & Medically Fragile Waivers Staff Manager Functions: Mi via & Medically Fragile Waiver Oversight	505-629-7260	Deanna.DeHerrera@hsd.nm.gov
Rachel Gonzales	Mi Via Social & Community Coordinator Functions: Conduent, Billing, Payment issues	505-490-3721	MVWaiverHSD@hsd.nm.gov
Jennifer Romero	Mi Via Social & Community Coordinator Functions: Participant Eligibility Issues and Technical Assistance	505-469-8522	MVWaiverHSD@hsd.nm.gov

Department of Health / Developmental Disabilities Supports Division

5300 Homestead Rd. NE Suite 213, Albuquerque, NM 87110

Phone: 1-800-283-5548

DOH operates the Mi Via Program for Developmental Disability (DD) and Medically Fragile (MF) Populations
Oversees consultant agency contracts

Elaine Hill	Mi Via Waiver Program Manager Functions: Participant/Consultant Issues & Technical Assistance, & statewide MF WCF & MF CACF Contact for: Consumer Direct Personal Care	505-506-6103	elaine.hill@doh.nm.gov Fax: 505-841-6523
Krystal Armijo	Mi Via Waiver Program Coordination Functions: Participant/Consultant Issues & Technical Assistance Contact for: Peak, Visions & CNRAG	505-252-3087	krystal.armijo@doh.nm.gov Fax: 505-841-6523
Anthony Bonarrigo	Mi Via Waiver Program Coordination Functions: Participant/Consultant Issues & Technical Assistance Contact for: UNM-CDD, Innovative Self Direction, Merit & Active Advocates	505-709-7410	anthony.bonarrigo@doh.nm.gov Fax: 505-841-6523
Alicia Otolo	Mi Via Waiver Program Coordination Functions: Participant/Consultant Issues & Technical Assistance Contact for: Me Town, Self-Directed Choices & Los Amigos	505-218-1119	Alicia.otolo@doh.nm.gov Fax: 505-841-6523



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Comagine Health PO Box 20910, Albuquerque, NM 87154-0190 Phone: 1-866-962-2180 Comagine Health is the Third-Party Assessor (TPA) for Mi Via. They are responsible for reviewing and approving the Service and Support Plans (SSP).		
Blue Cross Blue Shield	866-689-1523	https://www.bcbsnm.com/turquoise-care-welcome/
Presbyterian	800-356-2219	https://www.phs.org/health-plans/turquoise-care-medicaid
Western Sky	844-543-8996	http://www.westernskycommunitycare.com/
NEW MCO's Starting July 1, 2024		
Molina	844-862-4543	https://www.molinahealthcare.com/members/nm/en-us/mem/Medicaid.aspx
United Health Care	Coming Soon!	https://www.uhc.com/communityplan/new-mexico/plans

Fun Easy Recipe

Raspberry Ice Cream in a Bag

Total time to make: 15 minutes

Makes 1 cup

Ingredients:

- 1 cup half-and-half cream
- 1/2 cup fresh raspberries
- 1/4 cup sugar
- 2 tablespoons evaporated milk
- 1 teaspoon vanilla extract
- 4 cups coarsely crushed ice
- 3/4 cup salt

Directions:

1. Using two 1-quart resealable plastic bags.
2. Place 1 bag inside the other.
3. Place 1 cup half-and-half cream, 1/2 cup fresh raspberries, 1/4 cup sugar, 2 tablespoons evaporated milk, and 1 teaspoon vanilla extract inside the inner bag.
4. Seal both bags, pressing out as much air as possible.

5. Place the 2 bags in a gallon-size resealable plastic freezer bag.
6. Add ice and salt.
7. Seal bag, again pressing out as much air as possible.
8. Shake and knead cream mixture until thickened, about 5 minutes. (You can wear mittens or wrap bags in a kitchen towel while shaking to protect hands from the cold ice.)

Send pictures of you making your treats and enjoying them!

Email to: Rachel.gonzales@hsd.nm.gov



May 2024

May 2024 Dates to Remember						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Global Love Day	2 International Harry Potter Day	3 Paychecks & vendor checks received or deposited, end of the pay period	4 Deadline for faxed timesheets & mileage for 5/17 payment & VPRs for vendor payments
5 Cinco de Mayo	6	7	8 National Have a Coke Day	9	10 Vendor checks received or deposited	11 Deadline to submit PRFs for 5/24 vendor payment
12 Mother's Day	13 National Apple Pie Day	14	15	16	17 Paychecks & vendor checks received or deposited, end of the pay period	18 Deadline for faxed timesheets & mileage for 5/31 payment & VPRs for vendor payments
19	20 World Bee Day	21 National Talk Like Yoda Day	22	23	24 Vendor checks received or deposited	25 Deadline to submit PRFs for 6/7 vendor payment
26 National Paper Airplane Day	27 Memorial Day	28	29	30	31 Paychecks & vendor checks received or deposited, end of the pay period	June 1 Deadline for faxed timesheets & mileage for 6/14 payment & VPRs for vendor payments