



STATE OF NEW MEXICO
Aging & Long-Term Services
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Katrina Hotrum-Lopez, Cabinet Secretary
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State Medicare Experts Launch Medicare 101 to Help New Medicare Beneficiaries Navigate the Program

New Mexico's Aging and Long-Term Services Department [ALTSD] will be hosting Medicare 101 segments for beneficiaries, their caregivers, and their family

NEW MEXICO — Starting Medicare can be confusing and overwhelming. People are bombarded by high-pressure sales tactics and need to know where to turn for information they can trust. New Mexico Aging and Long-Term Services Department's State Health Insurance Assistance Program (SHIP) offers New Mexico residents free, expert, unbiased information and assistance with their Medicare decisions. Get the information you need to make the best decision for your situation through these new, free virtual Medicare 101 workshop.

This program is the first of its kind for the state. The free Medicare 101 workshop will introduce Medicare beneficiaries, their caregivers and family members to the benefits and how to navigate the complexities of the program.

After attending a recent workshop, participant Jennifer Pruett said, "Thank you for all your help. My husband and I are on the way to an exciting future, and your seminar, support and contacts really helped us get there. We would not be nearly as confident and relaxed as we are now if we had not attended your class. What a resource!"

ALTSD SHIP Benefit Counselor and Regional Coordinator Kris Winterowd, who leads the workshop, said, "There are no right or wrong answers when it comes to Medicare, it's a matter of understanding the options and choosing the type of coverage that best fits your needs. It's a pleasure to offer people the unbiased information and assistance they need to move forward confidently with their Medicare decisions."

MEDIA ADVISORY:

Medicare 101 workshops will be offered the first Wednesday of every month starting June 2, 2021 from 9:30 – 11:00

People can join via Zoom on their computer, tablet, or smartphone:

<https://altsd.zoom.us/j/85872586363?pwd=QmooN3hBUmR4eXJiR2dZeXhESnRRZz09>

Meeting ID: 858 7258 6363, Passcode: 800301

Or by phone: 833 548 0276 US Toll-free, Meeting ID: 858 7258 6363

Programs to help reduce health care costs will also be covered. Whether you are looking to understand your Medicare coverage better or just getting started, this workshop will have something for you. Caregivers and family members assisting loved ones will also gain valuable information. For more information, contact the SHIP program at 800-432-2080.

The State of New Mexico Aging and Long-Term Services Department [ALTSD] serves more than 200,000 seniors, adults with disabilities, and caregivers across the state with support, services, and resources. Throughout the pandemic, ALTSD provided more than 3 million meals to seniors and adults with disabilities and continues to provide approximately 21,000 grab-n-go meals each day. With a dedicated staff and the help of 4,700 senior volunteers, the department strives to help thousands of New Mexicans achieve healthy aging, attain lifelong independence, and maintain their dignity.

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