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CENTER LOCATION

Sandoval County Senior Program
1500 Idalia Rd., Bldg. D
P O Box 40
Bernalillo NM 87004

Phone: 867-7535
Fax: 867-7606

Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

Funding for this newsletter is provided by
Sandoval County Commission and
Non Metro New Mexico
Economic Development District
Area Agency on Aging

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Tony Gonzales (Driver)

Food Service Coordinator
Donald Ravizza

SAMS Data Coordinator
Megan Siegfried

All Sites individualize their newsletters to their local area information, activities calendars and games.
10 WAYS TO LOVE YOUR BRAIN

www.alzheimers.org

BREAK A SWEAT: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

BUTT OUT: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

HEADS UP!: Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

CATCH SOME ZZZ’S: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

BUDDY UP: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

STUMP YOURSELF: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

HIT THE BOOKS: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

FOLLOW YOUR HEART: Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
Health & Wellness continued

**FUEL UP RIGHT:** Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

**TAKE CARE OF YOUR MENTAL HEALTH:** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It’s never too late or too early to incorporate healthy habits.

**The Recommended Diet for Hernia Patients**  
[www.articles.mercola.com](http://www.articles.mercola.com)

Although they haven’t been proven to eliminate a hernia, healthy dietary changes can assist with addressing symptoms of this disease.

**What Should You Eat if You Have a Hernia?**

Consume unrestricted amounts of fresh, organically grown and GMO-free fruits and vegetables, moderate portions of high-quality protein from organically raised, grass fed or pastured animals and increased quantities of healthy fats from sources like avocados, grass fed butter, coconut oil and pastured egg yolks.

It’s also advisable to eat foods that are low in acid to reduce your risk of an acid reflux and other indicators of gastroesophageal reflux disease (GERD). Examples of low-acid foods you can eat if you have hernia include:

- Organic fruits like apples and bananas
- Vegetables such as artichokes, carrots, broccoli, asparagus, squash, pumpkin, peas, green beans and leafy greens
- Grass fed ground beef or lean cuts of grass fed beef
- Skinless pasture-raised chicken cuts
- Organic turkey breasts
- Whole nuts and seeds
- Yogurt made from raw grass fed milk
- Other probiotic foods like kefir, kombucha, kimchi and sauerkraut
Nutrition continued

Don’t forget to drink enough high-quality filtered water to promote hydration and help prevent stomach acid buildup in the affected area.

Foods to Avoid if You Have Hernia

Avoid these foods if you have a hernia, as they can cause discomfort and potentially worsen GERD:

- Onions, garlic, leeks and chives
- Citrus fruits like lemons, grapefruits and oranges
- Tomatoes and tomato-based foods like salsa and spaghetti sauce
- Spicy foods
- Fried foods
- Foods high in sodium
- Chocolate
- Peppermint and spearmint

Meanwhile, avoid drinking beverages such as:

- Alcoholic beverages
- Coffee
- Caffeinated or decaffeinated teas
- Carbonated drinks
- Whole milk and other dairy products

Other Diet Tips to Remember if You Have Hernia

Try evenly spreading out the volume of food you consume throughout the day. Instead of eating three usual large or heavy meals, portion your meals to smaller amounts. Avoid eating anything three hours before going to sleep, and don’t lie down or bend after a meal. This may help prevent acid reflux by disallowing food and stomach acids from moving into the esophagus, and lower your heartburn risk.

It’s advised that you do not use a straw because you may end up swallowing air, causing excess stomach gas production. This may also occur if you constantly chew gum, so stop doing this too. Lastly, use healthy fats like coconut oil for cooking instead of easily oxidized vegetable oils. Making healthy choices when it comes to cooking and eating can make a huge difference in avoiding hernia symptoms.
Respect for Senior Citizens

In North America, society as a whole is encouraged to be productive. Always! Many of us grew up hearing from our parents and teachers, don’t just sit there – do something! We may have also heard stop and smell the roses, but we seldom slow down enough to do so. As people age, they tend to do just that. They slow down, sometimes to the point of being maddening to those of us who are in a hurry.

Recently, I observed an elderly woman in a grocery store. She was quiet frail and was using a walker. She stopped in the middle of the floral aisle, looked wistfully at a bouquet of yellow roses and bent to smell them. The couple behind her, impatiently, rushed around her rolling their eyes with looks of disgust on their faces. What if they had stopped and looked into the woman’s wizened face? What if they had smiled and spoken to her? The encounter would have taken the harried couple less than a minute, yet it may have greatly impacted them and it could have been the highpoint of the elderly woman’s day. Is there a lesson to be found in this anecdote? Taking the time to listen and to offer words of kindness to people, particularly the elderly is a habit we need to cultivate. Our older citizens deserve our compassion and respect. When we give of our time and our attention respect is shown.

Senior citizen have a wealth of experience and knowledge to pass on to younger generations. The world isn’t the same as the one they grew up in, but seniors can give first-person accounts of events that may help younger generations understand how the world became what they know now. There are many reasons to show respect for senior citizens, who are a treasured resource.

Listen.

Listening carefully to what someone says conveys respect and makes the person feel valued, says Deborah Tannen, author and professor of linguistics at Georgetown University, in a Chicago Tribune article. Seniors can provide a wealth of knowledge about the past because they lived through it. Their first-person accounts may interest younger generations who wish to learn history from a perspective different than that presented in most history books. The insight offered by seniors can be keen. Ask questions and learn their stories. Encourage seniors to talk about things they have witnessed and changes they have seen. Ask for advice and weigh it carefully you might learn something.
Be Respectfully

For many years, it was common practice to give up one’s seat to an older adult and let the older person sit while the younger one stood. That’s still a good policy, as is holding the door to let a senior adult enter or exit and offering assistance when a task may seem beyond the abilities of a senior, such as opening a child-proof lid or lifting a heavy load. Respect their feelings while you do so because you don’t want to communicate that you think they are infirm or incapable of doing things for themselves.

Support Independence.

Most of seniors are capable of living on their own, handling their own finances, driving and accomplishing daily tasks. Some return to school in their later years or begin a new career. Respect and support a senior citizen’s desire to live independently and capably. Take advantage of their skills by allowing them to do as much for themselves as they can. Offer assistance only when asked or when you know that something is outside their abilities, suggests Dr. Richard D. Dobbins, a clinical psychologist and minister.

Be Authentic.

Seniors can spot a fake smile or attitude, so be yourself, notes Dawn Schultz, a 75-year-old volunteer in a Charlottesville senior center and active aging presenter. She suggests that you hang out with some seniors and get to know them as individuals to become fully comfortable with older adults. She also suggests that you talk directly to a senior as you would to any other adult, rather than talking to family members about the senior adult when the senior adult is present.

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn’t for you. But as you grow older, an active lifestyle becomes more important than ever to your health. Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. And regular exercise is also good for your mind, mood, and memory. No matter your age or your current physical condition, these tips can show you simple, enjoyable ways to become more active and improve your health and outlook.
Staying Active continued

**What are the benefits of exercise for older adults?**
A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life even if you don’t start exercising until your senior years. But getting active is not just about adding years to your life, it’s about adding life to your years. You’ll not only look better when you exercise, you’ll feel sharper, more energetic, and experience a greater sense of well-being.

**Physical health benefits**

**Helps you maintain or lose weight.** As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

**Reduces the impact of illness and chronic disease.** People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer’s disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

**Enhances mobility, flexibility, and balance.** Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

**Mental health benefits**

**Improves sleep.** Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed.

**Boosts mood and self-confidence.** Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.

**Does amazing things for the brain.** Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can help brain functions as diverse as multitasking and creativity and can help prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer’s disease.
Staying Active continued

**Overcoming obstacles to getting active as you age**

Starting or maintaining a regular exercise routine can be a challenge at any age and it doesn’t get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you’ve never exercised before, you may not know where to begin, or perhaps you think you’re too old or frail, and can never live up to the standards you set when you were younger. Or maybe you just think that exercise is boring.

While these may seem like good reasons to slow down and take it easy as you age, they’re even better reasons to get moving. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. And reaping the rewards of exercise doesn’t have to involve strenuous workouts or trips to the gym. You can gain the benefits from adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it’s never too late to get your body moving, boost your health and outlook, and improve how you age.

**St. Felix Rural Regions Mobile Food Pantry**

**Pena Blanca Community Center** will host the mobile food pantry on the **first and third Monday from 10am - noon**

**Cuba Village Senior Center** will host the mobile food pantry on the **second and fourth Monday from 9:30am - 11:00am**

**Jemez Valley Center** will host the mobile food pantry on the **second and fourth Monday from 1:00pm - 2:30pm**

While there are no age restrictions for this service, County residency is required and you must meet low-income guidelines. To see if you might qualify or to learn more, please contact **St. Felix at 891-0285**.
RISE TO THE OCCASION
VOLUNTEER TODAY!

June 14 - 25, 2019

Albuquerque is delighted to be the host city for the 2019 National Senior Games presented by Humana. The Games take place June 14-25, 2019, and approximately 10,000 athletes from all 50 states and some international countries are expected to participate in 20 sports for women and men ages 50+.

WE NEED YOUR HELP!
In order to make this event possible, more than 3,000 volunteers are required to assist at more than 15 indoor and outdoor venues, in roles such as:
- Hospitality
- Scorekeeping
- Venue Coordination
- Athlete Registration
- Awards, etc.

Each Volunteer will receive a free t-shirt and admittance into the volunteer hospitality area. Volunteers typically serve a minimum of four hours and will receive training.

As a volunteer at the largest sporting event for seniors, you will be supporting the mission of the National Senior Games to promote physical fitness for seniors nationwide, provide year round opportunities, and motivate adults age 50 and older to push themselves while having fun. All within the Albuquerque area!

Contact Volunteer@NSGA.com for more information
Learn About State Benefits:

- Veteran Property Tax Exemption
- Disabled Veteran Property tax Waiver
- Veteran License Plates
- Disabled Veteran Parks and Museums
- Plus Much More!

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<tr>
<th>Date</th>
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<tr>
<td>June 13, 2019</td>
<td>11am to 4pm</td>
<td>Bernalillo Senior Center 801 Rotary Park Bernalillo, NM  87004</td>
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<td>July 11, 2019</td>
<td>11am to 4pm</td>
<td>Corrales Senior Center 4324-A Corrales Rd. Corrales, NM  87048</td>
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<td>August 8, 2019</td>
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<td>September 9, 2019</td>
<td>11am to 4pm</td>
<td>Placitas Community Center 41 Camino de la Huertas Placitas, NM  87043</td>
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Don’t Forget to Bring Your DD-214!!!

Joseph Dorn  
505-383-2414  
josephm.dorn@state.nm.us

THANK YOU VETERANS!
THE SANDOVAL COUNTY SENIOR VOLUNTEER PROGRAM AND YOUR COMMUNITY NEEDS YOU!

...to share your time, experience, and compassion. The Foster Grandparent Program and Senior Companion Program is looking for YOU.

If you are interested in becoming a volunteer please call
Melissa at (505) 404-5818
Jamie at (505) 404-5822
Or Lynn at (505) 404-5915

Have an awesome Summer!