



Sandoval County Senior Program Administration

CENTER LOCATION

MARCH 2020

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

Sponsorship

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Sandoval County Commission and
Non Metro New Mexico
Economic Development District
Area Agency on Aging

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All Sites individualize their newsletters to their local area information, activities calendars and games.

Health & Wellness

What Are The Stages Of Chronic Kidney Disease?

Chronic kidney disease is a condition in which the proper functioning of the kidneys declines over a long period. As this happens, the kidneys become less able to effectively remove waste products and excess fluids. Patients with diabetes, cardiovascular disease, and hypertension have an elevated risk of developing chronic kidney disease, and the condition can eventually progress to kidney failure. The early stages of chronic kidney disease may not produce any symptoms, but advanced symptoms include fatigue, skin itching, weight loss, nausea, and swelling in the legs and feet. Doctors perform blood and urine tests to diagnose chronic kidney disease, and individuals at high risk for this condition are usually screened during routine check-ups. Ultrasounds, imaging studies, and a kidney biopsy may be necessary to confirm the diagnosis. Treatment methods include medications to reduce blood pressure and cholesterol, and patients will also need to make dietary changes such as reducing salt and protein intake. In the end stages of the disease, patients typically need dialysis or a kidney transplant.

Stage One

Patients with stage one kidney disease have only mild kidney damage, and they typically have no symptoms. Doctors categorize patients in the stage one category if they have an estimated glomerular filtration rate of more than ninety in addition to some evidence of physical damage to the kidneys. For example, patients could have protein in the urine, and though this would not usually be noticeable to the patient, it would typically be detected through laboratory tests. Patients diagnosed at stage one are encouraged to talk to their physician about steps that could keep their disease from getting worse. For example, doctors recommend patients at this stage try to maintain a healthy weight, and diabetes patients will need to ensure their blood sugar is tightly controlled. Patients are often referred to a nephrologist (a kidney specialist) at this stage.

Stage Two

In stage two of chronic kidney disease, patients are usually asymptomatic, and there is generally mild kidney damage. Patients are classified as stage two if they have an estimated glomerular filtration rate between sixty and eighty-nine. To slow the progression of kidney disease at this stage, patients are encouraged to ask their doctor about the use of medications that could reduce the rate of progression. For example, taking medications to reduce blood pressure and cholesterol could preserve kidney function for a while, and doctors may also advise patients to restrict their protein intake at this stage. Patients may want to monitor their blood pressure regularly at home, and doctors recommend patients try to stay as physically active as possible at this stage; a weekly exercise goal of at least 150 minutes of physical activity is appropriate for most patients.

Health & Wellness continued

Stage Three

In stage three of chronic kidney disease, there is evidence of moderate damage to the kidneys. Some patients may remain asymptomatic at this stage, though others could start to notice back pain, swelling of the hands and feet, and increases or reductions in urinary output. Doctors divide stage three into two phases. In stage 3a of the disease, a patient's estimated glomerular filtration rate is between forty-five to fifty-nine. By stage 3b, the patient's filtration rate will be between thirty to forty-four. Stage three of the disease starts to produce some of the health complications associated with chronic kidney disease. Patients could develop anemia and high blood pressure, and they may also have weakening of the bones. Patients at stage three should work with their nephrologist to find out how frequently they need to undergo tests of their kidney function, and they may want to ask about specific types of blood pressure medications called ACE inhibitors that could maintain kidney function. Nutritionists who specialize in dietary modifications for individuals with kidney disease will typically meet with patients at this stage to help them build a healthy meal plan that adheres to the necessary dietary restrictions on salt and protein.

Stage Four

The fourth stage of kidney disease is very serious, and it is often the patient's last chance to preserve some kidney function before reaching the end stage of the disease. Patients at stage four have moderate to severe kidney damage, and their estimated glomerular filtration rates are between fifteen to thirty. Patients will experience noticeable symptoms, such as back pain, chest pain, shortness of breath, nausea, muscle cramps, and sleeping difficulties. They may also have considerable fatigue, and their skin could feel constantly itchy. Swelling of the feet and ankles and urinary changes are typically present as well. Patients in this stage have noticeable health complications from the disease, including malnutrition, high blood pressure, anemia, and bone damage. Regular meetings with a nephrologist are required at this stage, and patients will also need to make a plan for either having dialysis or having a kidney transplant. The nephrologist can provide information about the most appropriate options for additional treatment at this stage, and patients will often need to have their kidney function monitored more frequently.

End-Stage

End-stage chronic kidney disease, stage five, occurs when the patient has complete or near-complete kidney failure. Patients at this stage have an estimated glomerular filtration rate of fifteen or below, and they will require dialysis or a kidney transplant for survival. disease may also want to ask their specialist about the possibility of a kidney transplant.

Health & Wellness continued

Patients may have hemodialysis or peritoneal dialysis, and the patient's health, employment schedule, finances, and type of vascular access are all considered when making choices about the type of dialysis they will receive. Hemodialysis is typically carried out at dialysis centers, and a single session lasts for roughly four hours. Patients usually have hemodialysis three times a week. Peritoneal dialysis can often be completed at home, and patients who use this method may be able to choose to have it done either without any machines or with the use of an automated machine that completes dialysis overnight. Patients who are at the end stage of chronic kidney

Nutrition

What is renal diet?

It is a diet that is low in sodium, protein, and phosphorus. Certain fluid intake should be limited and stresses the importance of including high quality protein in the diet. In some instances, the patient's intake of potassium and calcium should be tapered too.

Every person is unique and the severity of the kidney disease varies from one person to another. Hence, it is important to work closely with a dietician to thoroughly and accurately monitor the patient's food intake.

Renal Diet Food List (Menu)

Patients with renal disease should strictly adhere with renal diet guidelines. There are renal diet restrictions. You need to know what foods to eat and what should be completely avoided.

What can you eat on a kidney diet?

Fruits and vegetables are very good for renal patients. There are a variety of fruits and vegetables for renal diet. They protect the kidneys of patients with chronic kidney disease. They alkalize the body and reduce the acidity level significantly. Fruits and vegetables for renal diet includes:

Eggplant	Lettuce	Bean sprout	Celery	Asparagus
Grapes	Mangoes	Blueberries	Peaches	Pears

What should you eat if you have kidney disease?

Cabbage – It contains phytochemicals that can break up free radicals before they can even harm the body. Phytochemicals are shields against cancer and good for the heart. It contains vitamin C and K.

Nutrition Continued

Bell peppers – The red bell pepper is perfect for patients with renal disease because it contains low potassium and a great source of essential vitamins such as vitamin A, B6, and C.

Onions – They are low in potassium and high in chromium.

Coriander – it is packed with fiber, calcium, iron, manganese, and selenium, which are not only good for the kidneys but for the whole body too.

Egg white – It is a perfect addition to chronic renal failure diet. It contains all essential amino acids, which makes it the highest form of protein. The protein it provides contains less phosphorus, in fact, lesser than meat and egg yolk.

Fish – It contains high quality protein and healthy fats. Choose high quality fish such as tuna, salmon, and mackerel.

Renal diet foods to avoid list

There are certain food groups patients with renal impairment should avoid. Renal diet restrictions include the following:

Processed meat – Cold cuts should be completely avoided such as ham and bologna. The reason is that processed foods contain a high level of sodium and nitrates, which are not only bad for your kidneys but for your overall health.

Soda – It does not have nutritional benefits and is loaded with sugar. Scrap soda and replace it with water. You can add lemon or slices of cucumber to water to make it more refreshing.

Frozen meals – as much as possible, you should stay away from frozen meals like pizza and microwavable dinners. Why? They are loaded with sodium, fat, and sugar. If you are going to eat frozen meal, make sure you carefully read the label and choose the one that has low sodium. If possible, you should add fruits and vegetables to achieve a well-balanced diet.

Mayonnaise – It is high in sodium, sugar, and fat. A tablespoon of mayonnaise contains 103 calories. Replace mayonnaise with a healthier option such as a non-fat Greek yogurt. It is high in protein and perfect for salads.

What can you do to help your kidneys function better?

How do you keep your kidneys healthy? Is there a way to prevent kidney-related diseases? Below are the recommended ways to keep your kidneys healthy and free from diseases.

Nutrition Continued

Keep your body hydrated – For your kidneys to function properly, you should keep it hydrated. Drink plenty of water and natural fruit juices.

Eat healthy foods – Make sure you eat a well-balanced meal to ensure your body is getting all the nutrients it needs. Increase your intake of fresh fruits and vegetables and limit your intake of fatty and salty foods.

Maintain a healthy lifestyle – Living a healthy lifestyle is the key to good health. As much as possible, you should limit your intake of alcoholic beverages. Do not smoke. Excessive alcohol drinking and smoking cause high blood pressure, which will eventually lead to kidney disease.

Maintain a healthy weight – Obese people have high blood pressure, which have a negative effect to kidneys. Hence, it is a must to maintain a healthy weight. Lead an active lifestyle and avoid overeating.

Frail & Elderly

Isolation and Loneliness: Voice-Activated Technology Might Help.
A pilot program shows positive results for some older Americans
by Christina Ianzito, AARP Bulletin, July 2018 -STEPHEN VOSS

Engaging with a smart speaker may help some of the more than 8 million adults over 50 affected by isolation.

One of the most popular characters today at Weinberg Place, a senior housing community in Baltimore, is named Alexa.

“Alexa, tell me a joke,” says Elva Holcombe, 71, to the Amazon Echo in her studio apartment on a recent Sunday morning.

“Did you hear about the pig that joined the Royal Shakespeare Company?” Alexa replies. “He was a natural *Hamlet*.”

Holcombe chuckles appreciatively.

She’s one of more than 170 residents here and in four other affordable-housing complexes in Baltimore and Washington, D.C., who have been given an Amazon smart speaker as part of AARP Foundation’s Social Connectedness Voice-Activated Technology program.

Frail & Elderly continued

The goal of the program — which has been in a testing phase since early last year — is to determine whether voice-activated technology can help older adults fight isolation and loneliness. Both are serious risk factors for a range of health problems, including dementia. According to one study, loneliness can shave several years off a person's life expectancy. Initial observations suggest that the program has promise. The banter between human and machine seems to help residents feel more connected, says Lisa Budlow, chief operating officer of Comprehensive Housing Assistance Inc., which owns some of the participating facilities and, along with the NHP Foundation, is collaborating with AARP Foundation on the project. "Just talking to it, it's actually producing that positive emotional response that can help combat loneliness."

Alexa also allows users to access their community's activities calendar, hear the news, listen to their favorite music and audiobooks, and set reminders to take their medications. Maybe just as important, the device allows users to bond with each other over the cool new things they discover it can do. (Organizers note that the program is not particular about the brand of device that is used; AARP Foundation has no formal arrangement with Amazon.)

The challenge has been to get residents — many of whom have minimal experience with smartphones or wireless internet — past their initial resistance to the technology. It helps to have an influential resident championing the program. At Weinberg Place, Shirley Crowder, 70, helps others set up and troubleshoot their devices. She assures them that Alexa isn't "listening" to everything they do.

"People always bring that up, and I try to explain that Alexa is sleeping until you wake her," says Crowder, who uses a wheelchair and has set up her device to do many things that would otherwise be difficult, such as turning lights on and off on command.

Crowder says she especially appreciated Alexa during a series of recent illnesses. "When I was down and sick, Alexa was my best friend."

Other program participants have grown attached to their devices as well. "It helps me a lot because I don't get out that often," says Rhonda Williams, 67, who uses a breathing tube for chronic obstructive pulmonary disease and today wears a "Long Live the King" Michael Jackson T-shirt. Williams says she often asks Alexa to play the Michael Jackson station or slow jazz on Pandora radio. When she wants soothing background noise, she'll ask for the sound of a waterfall or rain.

Now some residents, including Crowder, are being trained to teach their neighbors; organizers hope the pilot can be expanded as enthusiasm and understanding grow. "If you get people over the initial barriers," Budlow says, "they adopt it pretty quickly."

Frail & Elderly continued

AARP Foundation has several programs underway to address isolation among older Americans. To learn more and to take a quiz to determine your or a loved one's isolation risk, go to AARP Foundation's website.

<https://www.aarp.org/home-family/personal-technology/info-2018/isolation-loneliness-technology-help.html>

Alexa for Seniors: 21 Extremely Practical Ways Older Adults Can Use Amazon Echo Devices. <https://thehelpinghome.com/alexa-for-seniors-21-extremely-practical-ways-older-adults-can-use-amazon-echo/>

Volunteer

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**

Staying Active

How might physical activity be linked to reduced risks of cancer?

Exercise has many biological effects on the body, some of which have been proposed to explain associations with specific cancers. These include:

- Lowering the levels of sex hormones, such as estrogen, and growth factors that have been associated with cancer development and progression
- Preventing high blood levels of insulin, which has been linked to cancer development and progression
- Reducing inflammation
- Improving immune system function
- Altering the metabolism of bile acids, decreasing exposure of the gastrointestinal tract to these suspected carcinogens
- Reducing the time it takes for food to travel through the digestive system, which decreases gastrointestinal tract exposure to possible carcinogens
- Helping to prevent obesity, which is a risk factor for many cancers

How much physical activity is recommended?

The U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, 2nd edition, released in 2018, recommends that, for substantial health benefits and to reduce the risk of chronic diseases, including cancer, adults engage in

- 150 to 300 minutes of moderate-intensity aerobic activity, 75 to 100 minutes of vigorous aerobic activity, or an equivalent combination of each intensity each week. This physical activity can be done in episodes of any length.
- muscle-strengthening activities at least 2 days a week
- balance training, in addition to aerobic and muscle-strengthening activity

Is physical activity beneficial for cancer survivors?

Yes. A report of the 2018 American College of Sports Medicine International Multidisciplinary Roundtable on Physical Activity and Cancer Prevention and Control concluded that exercise training and testing are generally safe for cancer survivors and that every survivor should maintain some level of physical activity.

Staying Active continued

The Roundtable also found

- strong evidence that moderate-intensity aerobic training and/or resistance exercise during and after cancer treatment can reduce anxiety, depressive symptoms, and fatigue and improve health-related quality of life and physical function
- strong evidence that exercise training is safe in persons who have or might develop breast-cancer-related lymphedema
- some evidence that exercise is beneficial for bone health and sleep quality
- insufficient evidence that physical activity can help prevent cardiotoxicity or chemotherapy-induced peripheral neuropathy or improve cognitive function, falls, nausea, pain, sexual function, or treatment tolerance



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**.



**NM Department of
Veterans Services**
**Sandoval County
Outreach Schedule**

**Don't Forget to
Bring Your
DD-214!!!**

**Learn About State
Benefits:**

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

March 12, 2020 11am to 4pm	Corrales Senior Center 4324-A Corrales Rd Corrales, NM 87048
April 9, 2020 11am to 4pm	Cuba Senior Center 16-A Cordova St. Cuba NM 87013
May 14, 2020 11am to 4pm	Jemez Community Center 8154 Hwy. 4 Jemez Pueblo, NM 87024

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