



# Sandoval County Senior Program Administration

## CENTER LOCATION

OCTOBER 2020

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

## Health & Wellness

Have you ever wanted to write your life story for your children or grandchildren? What better time than now to do just that.

Writing your life story can be one of the most complex forms of storytelling. It could involve emerging themes, narrative flow, and re-creating dialogue from memory. Or it can be surprisingly easy and fun. What if I was to show you a powerful and unique method of capturing a dynamic life by using legacy themes? It involves just ten of these. Best of all, these legacy themes are easy to write with only 2-3 pages for each. If you have ever written a high school term essay, you can write your life story.

### **The 10 core legacy themes are:**

- Forks in the Road
- My Family, My Self
- The Meaning of Wealth
- My Life's Work
- Self-Image and Well-Being
- The Male-Female Equation
- The End of Life
- From Secular to Spirit
- My Life Goals
- My Legacy Letter

### **Legacy Theme 1: Forks in the Road**

We all have dozens of turning points in our childhood years, events that often take us in unexpected directions. Some are huge – the death of a parent – or they may be sublime – suddenly knowing what you will excel at for the rest of your life. Here are two points to help jog your memory. If something else comes to mind, perfect!

- Did something happen to you as a child that changed the course of your life? It could have been a family crisis, or it could have been a positive experience.
- Sometimes we make choices that take us down roads we later regret. Does any particular one experience stand out?

### **Legacy Theme 2: My Family, My Self**

We all have family, in whatever context that might mean. It could be our family of birth or one we created later on in life.

- What was it like to grow up in your household?
- Is there one family member that stands out for you? How did this person influence you?

### **Legacy Theme 3: The Meaning of Wealth**

Money dominates our culture and is a recurring theme throughout our lives.

- From childhood through adolescence and into adulthood, how did your view of financial security evolve?
- What does money mean to you? Is it a means of getting what you want? Power? Safety? Freedom?

### **Legacy Theme 4: My Life's Work**

This can be your professional or volunteer work, looking after a household, or any combination thereof. It is what we do or have done in life.

- Has there been a dominant trade or profession that has taken you through your work history? How did this come about and where has it led you?
- Did your early dreams have any influence on what work you would end up performing?

### **Legacy Theme 5: Self-Image and Well-Being**

The mind-body connection is a challenge we all face at one time or another. Most of us have faced a health crisis.

- How has your emotional and physical health affected the life you live?
- Have you struggled with body image? What was that like?

### **Legacy Theme 6: The Male–Female Equation**

Gender identity is a powerful biological life force. The male-female equation is a shifting balance that can cause confusion.

- During your adult years, have you noticed a blurring of gender roles in your own life, or are you solidly male or female? How does this balance work for you?
- Over the course of your life time, have your ideas of gender changed? How so?

### **Legacy Theme 7: The End of Life**

Time always runs out. We often ponder the meaning of life and as it nears its end, we wonder what we have accomplished and if it was all worth it.

- What was your very first experience with death? How did it affect you?
- Did you discuss death and dying as a child or adolescent? Is it something that you have come to terms with as an adult?

### **Legacy Theme 8: From Secular to Spirit**

It is natural to wonder what lies after death. Religion offers hope to some, while others embrace spirituality in a broader scope, or believe that death is final.

- Did your earliest religious or spiritual beliefs follow you into adulthood? What changed, and how?
- Did you ever fall away from your beliefs? What happened?

### **Legacy Theme 9: My Life Goals**

As children we all had our hopes and dreams. Some of us were lucky to build these into reality.

- What have been your main life achievements so far?
- Did you have support from others for your life goals? Did you primarily have to rely on yourself?

### **Legacy Theme 10: My Legacy Letter**

We all wish to be remembered. A Legacy Letter is your opportunity to pass down life lessons you have learned along the way.

- If you were to write a Legacy Letter, who would be the recipients? Your children, grandchildren, your community?
- What values have you lived by and how have they guided you to this moment in your life?

That's it. Writing these ten themes will result in a concise story that covers all essential aspects of a life well lived. For added context to your story, additional themes, including those on your life values, greatest personal achievements, your cultural heritage, life after retirement, and life miracles.

It can be your quarantine project to create the perfect gift to your children or grandchildren.

## Nutrition

### 9 Fall Produce Picks to Add to Your Plate

The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a cozy idea. This is the perfect time to celebrate the seasonal gems of autumn! Head to your local market and fill your basket with these fall produce picks.

#### **Pumpkin**

Pumpkin is full of fiber and beta-carotene, which provides it vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

#### **Beets**

Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

#### **Sweet Potato**

Sweet potatoes charge ahead of white potatoes in terms of fiber and vitamin A. Sweet potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

#### **Spaghetti Squash**

Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Voilà! Toss with pesto or marinara sauce for a quick veggie side dish.

#### **Kale**

Kale — we can't get enough of this luscious leafy green and with good reason. Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January!

One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

### **Pears**

When we can buy fruits year-round, we tend to forget they do have a season. However, pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese and wine. If you eat the peel too, one medium pear has 6 grams of fiber.

### **Okra**

Okra commonly is fried, but also is wonderful in more nutritious dishes. Around the world, chefs cherish the thickening properties of the seed pods in dishes from Louisiana gumbo to Indian curries and other stews. If you wish to minimize the thickening property, try okra briefly stir-fried. The pods are high in vitamins K and C, a good source of fiber and folate and low in calories. At the market, look for pods that are no longer than 4 inches and are bright green in color and firm to the touch.

### **Parsnips**

Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of fiber (3 grams) and contains more than 10 percent of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes!

### **Cranberries**

Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Cranberries may help protect from urinary tract infection. They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw but often are cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.