



Sandoval County Senior Program Administration

CENTER LOCATION

OCTOBER 2021

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

Sponsorship

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Economic Development District
Area Agency on Aging

Phone: 867-7535
Fax: 867-7606

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ADMINISTRATION STAFF

Senior Program Administrator
Janice Mortensen

Accounting Specialist
Elaine Jaramillo

Administrative Assistant
Jennifer Stivers

Transportation Drivers
Thomas Alderete (**Scheduler-Driver**)
Shannon Cassidy (**Driver**)
Tony Gonzales (**Driver**)

Food Service Manager
Donald Ravizza

SAMS Data Coordinator
Megan Siegfried

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

Health & Wellness

Healthy Lung Month October 2021

We rarely think about breathing except when we have trouble doing so and that's why every October is Healthy Lung Month. Numerous organizations have joined forces to educate the public about the importance of protecting our lungs against general neglect, bronchitis, mold, air pollution, and smoking. The bottom line is if we take care of our lungs, our lungs will take care of us.

History of Healthy Lung Month

Lung health has been a concern throughout human history and a phenomenon that has intrigued doctors, health workers, and scientists. Diseases such as tuberculosis, the flu, and many other airborne ailments have been around for a long time, looming over societies like a deadly blanket.

Tuberculosis, or TB, has been among the most prominent lung diseases in history, with traces of it even being found in ancient Egyptian mummies. It was tuberculosis that prompted the start of the American Lung Association in 1904.

More recently anti-smoking movements have joined in the healthy lung movement. Cigarette packaging warnings were established in 1966 and years of campaigning have successfully led to the change in perception of smoking among the American public, with Americans now realizing smoking is a major cause of cancer.

Lung disease affects a huge number of Americans. Around 10 million are diagnosed with chronic bronchitis each year, 25 million are believed to be living with asthma, and over 150,000 die from lung cancer annually. Our lungs are important and Healthy Lung Month is an opportunity to create awareness around healthy lifestyle choices.

How to Observe Healthy Lung Month

1. Give up Smoking

Leaving tobacco behind is a hard feat to accomplish but once you do, your efforts will pay off with an improved ability to breathe deeper and longer, and healthier life can soon begin. Your body (and lungs) will thank you.

2. Get a check-up

The best way to know if your lungs are functioning properly is to check in with your doctor. Discuss any shortness of breath and be honest about any symptoms.

Health & Wellness continued

Pretending that symptoms don't exist won't make them go away. With a good bill of health and an action plan for better lung maintenance, you'll breathe easier in October and beyond.

3. Clean your house

Lots of people have allergies, especially to dust and animal dander. Make sure that you are regularly dusting your house, washing your blankets and rugs, and brushing your dogs and cats for any excess hair they shed. Change your household cleaners to gentler, non-toxic varieties. They may cost more but in the long run, you'll be helping yourself and the environment.

5 Lung Facts to Help you Breathe Easier

1. They take in a lot of air

During a normal day we breath nearly 25,000 times according to the National Institutes of Health.

2. Animals' lungs are different

Most animals with spines are called vertebrates and they usually have not one, but two lungs

3. You can get by with only one

Having only one won't stop you from living a pretty normal life.

4. They're different sizes

Because of your heart, the right lung is larger than the left lung.

5. They Float

Human lungs have that rare quality of being the only organs that can float on water.

Why Healthy Lung month is Important

1. October pollen

Millions of people with lung problems struggle with pollen during the entire month of October. Raking up dry leaves and working outside in unstable weather makes people susceptible to asthma and bronchitis. Anything that interferes with the lungs' job of circulating oxygen throughout our bodies can cause lungs to fail.

2. Learn why smoking is deadly

Make a commitment to stop smoking. Respiratory conditions like COPD (Chronic Obstructive Pulmonary Disease) and asthma can end up as lung cancer. Smoking exacerbates the blockage of clean air to the lungs. Give your lungs a break and quit smoking once and for all.

Health & Wellness continued

3. Know the warning signs

If you have a cough that won't go away, see your doctor. It may be nothing but it could be an early warning sign of a respiratory condition affecting your lungs. Other symptoms include tightness of the chest, wheezing, and ongoing shortness of breath, especially when physically exerting yourself. During Healthy Lung Month in October, discover Community resources (Many at low or no cost) that can help you breathe easy for years to come.

Nutrition

10 Ways Malnutrition Can Impact Your Health and 6 Steps to Prevent It

Good nutrition is vital at every stage of life, but as you age, staying well-nourished is even more important!

Muscle and Bones

Your body naturally loses muscle and bone as you age; however, malnutrition can accelerate these losses and impact your independence and ability to be active.

1. **MOBILITY:** Weak muscles and bones can make it harder to do everyday tasks like walking, dressing, and bathing. Regular physical activity and a diet high in protein, calcium, and vitamin D are critical to help you maintain and rebuild muscle and bone.
2. **POSTURE:** Muscles and bones are needed to help keep you upright. If they are weak, you may strain your neck, back, and shoulder muscles, causing you to feel pain.
3. **STRENGTH:** Poor muscle strength may make it more difficult to do your favorite activities.
4. **FALLS:** Bone and joint problems are major risk factors for falls—the leading cause of death and injury among older adults.

Immune System and Healing

When your body lacks nutrition, your white blood cell count can decrease, making it harder for your body to heal and fight illnesses.

Nutrition continued

5. HEALING: Your body's nutrition influences your recovery, since wounds need energy, protein, vitamins, and minerals to heal.

6. CANCER: If you are malnourished, it is more difficult to tolerate chemotherapy.

7. ILLNESS: A poor immune system can increase your risk for illnesses and infections.
Organs

Not having enough protein and other nutrients can harm your organs.

8. EYES: Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and/or macular degeneration.

9. BRAIN: Nutrient deficiencies may speed up the rate at which your brain loses neurons, which can impair your speech, coordination, and memory.

10. KIDNEYS: A deficiency of fluids and electrolytes can cause your kidneys to overwork and affect their ability to function. This can lead to dehydration, joint pain, and heart issues.

6 Steps to Prevent Malnutrition in Older Adults

The good news is that there are simple steps you can take to stay well-nourished. Here are some tips to get started:

1. Understand what malnutrition is and isn't. Malnourished individuals come in all sizes and can even be obese.
2. Make smart food choices. Learn how to eat well after 60, including how to make a well-balanced plate, identify foods highest in key nutrients like protein, and more.
3. Try an oral nutritional supplement. Supplements have protein, calories, and vital nutrients that can help provide complete and balanced nutrition for individuals at any stage of life.
4. Take care of your teeth. Poor oral health can lead to gum disease and other dental problems that may limit your ability to eat well or eat certain foods that are vital for good nutrition.
5. Consult your health care provider. Talk to your doctor if you're experiencing unintentional weight loss, poor appetite, difficulty chewing or swallowing, problems with ill-fitting dentures, or other problems that affect eating.

Nutrition continued

6. Find help. If it's difficult for you to drive, prepare, or purchase food, enlist a friend or family member to help or contact your local senior center to see if you qualify for home-delivered meals. If you need help paying for groceries, try applying for the Supplemental Nutrition Assistance Program (SNAP). Millions of older adults use SNAP to supplement their monthly food budget.

More information can be found at NCOA.org

Staying Active

Making Exercise Part of Your Metastatic Breast Cancer Treatment Plan

Many organizations, including the American Cancer Society, recommend that people diagnosed with cancer complete 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise, plus two sessions per week of strengthening and flexibility/stretching movements. Research has shown that these same recommendations are safe and effective for people diagnosed with metastatic disease, including metastatic breast cancer.

Why should people with metastatic breast cancer exercise? Among other things, exercise can:

- reduce your risk of falling and breaking a bone
- help you keep doing daily activities such as shopping, walking, and driving
- reduce your risk of osteoporosis
- boost your self-esteem
- reduce the risk of anxiety and depression
- improve your sleep quality
- ease treatment side effects such as nausea, fatigue, and pain

Still, it can be hard to create and stick to an exercise plan if you're tired and sore from treatment or have to spend time traveling to and from treatment centers.

Sami Mansfield, a certified cancer exercise trainer and CrossFit Level 1 coach with extensive exercise and nutrition experience, offers the following six tips to help you start and keep exercising. However, you should talk to your doctor before starting an exercise plan.

Tip 1: Think about what you want exercise to do for you

Do you want to improve your strength? Do you want to have more endurance for your daily tasks? Do you want to improve your body composition? Do you want to control or lessen a specific side effect?

Staying Active continued

“I usually ask someone I’m working with to choose a top two,” Mansfield said. “Then we can talk about exercises that will achieve those goals. It’s important to understand that not all exercises are the same. Given time and energy limitations that people with metastatic disease commonly have, you want to focus on your priority goals first.”

Tip 2: Do you have any barriers to exercise?

Do you have side effects from treatment, such as neuropathy (numbness and/or pain), that may be causing balance challenges? If so, you may need to do seated exercises or work on exercises that use the muscles in your feet to gain strength and improve balance.

“I ask about side effects,” Mansfield said. “Maybe holding a barbell overhead doesn’t seem feasible. Does the person have access to a gym? Does she or he need to exercise at home? Does someone have lung metastases that compromise their cardiovascular function? We take all these things into account and then come up with a plan.”

Tip 3: Try these three exercises that are safe and effective for everyone

Mansfield recommends the following exercises for everyone.

- Use a chair to do stand-to-sit and sit-to-stand movements. Mansfield explained that this exercise is basically a squat, an important movement that’s necessary for using the toilet, getting out of bed, getting dressed, getting into a car, and other daily activities. “Strengthening the muscles used for squatting movements is key to so many things in life,” she said. “No matter where the metastasis locations are, it’s a very safe and effective exercise.”
- Strengthen your core by sitting on the edge of your chair for 20 to 30 seconds at a time. “Use your core muscles to keep yourself sitting up straight,” Mansfield said. “Don’t lean on the back of the chair, and really engage the center of your body. That’s going to help everything from walking, to turning a corner, to carrying a purse or a child.”
- Work on lifting your arms all the way overhead to a full extension. “In the exercise world, that’s known as a shoulder press,” she said. “But it’s a really important movement for things like washing your hair, or putting a coffee mug on the top shelf, or being able to reach around the seat of a car to buckle in a child.

“A great way to do this is to stand against a wall, or sit in a chair if that’s more comfortable, put your arms at 90 degrees — so your upper arms are parallel to the floor, your elbows are bent at 90 degrees, and your hands are pointing up — and then work on stretching your arms all the way overhead, so that the inner part of your arm is close to your ear. You may realize that you have compromised

Staying Active continued

flexibility. This could be because of surgeries or treatments. So you start where you are and keep working on it.”

Tip 4: Know the difference between exercise soreness and other pain

To gain strength and muscle mass, you need to make your muscles work. According to Mansfield, it’s OK for someone with metastatic disease to “feel the burn” from exercise. This is short-term burn due to lactic acid build-up when a muscle is worked.

When you work a muscle effectively, small tears are created in the muscle tissues that are signals to the brain to build up these muscles, she explained. This pain, known as DOMS (delayed onset muscle soreness), lasts about 2 to 3 days and is a dull, achy feeling or stiffness in the muscles. As your muscles get stronger and more developed, this soreness will ease, but keep in mind that when you do a more vigorous or more intense workout, you’ll likely feel this pain again, even when you’re in better physical condition.

“Just because someone has metastatic breast cancer doesn’t mean that the exercise should be gentle or easy,” Mansfield said. “I think we can all agree that cancer is not easy, so we need to find the right intensity so that someone feels the burn, but is not doing so much that she or he is sore for more than 2 or 3 days.”

Mansfield emphasized that any shooting, stabbing, or searing pain, or pain that comes from joints catching, is concerning. If you feel any sharp pain like this, stop what you’re doing and lessen the intensity.

Tip 5: Include resistance training in your program

Resistance training is simply overloading a muscle to make it stronger. For some people, sitting in and standing up from a chair multiple times may be enough resistance training. For other people, this may not be challenging enough, so they may need to hold on to a weight or another object.

“Resistance training is the most important place to focus your exercise if you are feeling any fatigue or deconditioning,” Mansfield said. “Muscles atrophy, meaning they get smaller, through lack of use or more sedentary behaviors. While walking is a great form of exercise, it’s not as effective to reduce fatigue and in many cases, it’s not as safe.”

Tip 6: Start small and work up

Doing 150 minutes of moderate exercise per week can seem daunting if you haven’t exercised in a while, so many people don’t even try. Mansfield recommends starting with small exercise “snacks,” such as spending a minute or two every morning sitting up straight on the edge of your bed or the edge of a chair.

Staying Active continued

“Even though that doesn’t feel like you’re exercising, you’re actually exercising muscles that you need to support you in everything that you do,” she said. “Doing that multiple times per day makes a much greater impact and is much more attainable and sustainable than trying to hit the gym for 20 to 30 minutes or more.

“People say to me, ‘Sami, seated exercise?’ And I say, try it. Even for me, if I’m sitting down and I’m having to isolate, you can’t cheat and use your legs. You really have to have strength, and it’s hard. You can grab a set of small soup cans and put them by a chair in your dining room, and you go to your chair and you do one exercise 10 times and you’re done. I think those truly attainable little exercise snacks, done frequently over time, are going to build up more energy and muscle mass that will contribute to doing longer and larger exercise programs.”

For more information go to breastcancer.org



Introduction to Fused Glass Class taught at the Community Center

Kiln-fired glass is an ancient art form that employs special glass called dichroic glass which sparkles with the metals with which it is made. Two layers or more provide a canvass where you can create with every color of the rainbow. Fused glass jewelry pieces are easy to create.

Instructor for this fun class will be Cathryne Richards

Beginner's classes are as follows.

1st class: Thursday, October 21, 2021

First class, you will learn how to cut glass, design and lay up glass into glorious jewelry pendants, brooches, brace- and earrings.



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2nd class: October 28, 2021

Second class, you will have instruction on using the special jewelry kiln, firing schedules.

3rd Class: November 4, 2021

Third and final class you will be learning about other special finishing techniques, including "cold working".

Time: 2:00pm - 4:00pm

Location: Placitas Community Center, 41 Camino de Las Huertas, Placitas NM

You must attend all three classes.

Materials to finish your first project will be provided for a \$10 fee. Glass, dichroic glass and tools for glass cutting and shaping will also be available for sale at the third class.

Artists who have been through the classes will bring and display their items. A field trip to gather supplies and ideas will be scheduled later in the year.

Call the Placitas Community Center to reserve your space at 867-1396.

