



Sandoval County Senior Program Administration

CENTER LOCATION

NOVEMBER 2021

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

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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Hours of Operation:
Monday—Friday 8-5pm

ADMINISTRATION STAFF

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

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Health & Wellness

Diabetes and Your Eyes

Your eyes might not be the first thing that come to mind when you think of diabetes, but diabetes can affect many parts of the body and the eyes are no exception. That's because diabetes affects the body's ability to control blood sugar (glucose) levels.

When blood sugar levels stay high over time, they can cause damage in the body. In the eyes, this excess blood sugar can start changing and damaging the tiny blood vessels that bring in oxygen and nutrients.

This change to your eyes from diabetes may cause you to develop a condition called diabetic retinopathy. (pronounced reh-tih-NAH-pah-thee), or DR, as well as a complication called diabetic macular edema (MACK-you-lar ed-EEM-ah), or DME-both of which can eventually cause vision loss and even blindness.

Diabetic Retinopathy

Diabetes can cause a number of eye problems, but diabetic retinopathy, or DR, is the most common, and it can lead to vision loss or even blindness. In fact, diabetic retinopathy is the most common cause of new cases of blindness in working age us adults. Anyone with any type of diabetes is at risk of developing DR and its complications like diabetic macular edema and the risk increases the longer you have diabetes.

Diabetic retinopathy happens inside your eyes and may not show symptoms until its later stages but even though you can't see it, there is something you can do about it. If you have diabetes, it's very important to get your eyes checked at least once annually by an eye doctor, even if your vision seems normal.

There's a possibility that diabetic retinopathy can progress even if you're managing your blood sugar levels, that's why it's important to go to your eye doctor regularly. By performing some test, your eye doctor can find out what's happening inside your eyes and, if needed, suggest actions that can be taken.

Diabetic retinopathy can be broken up into two stages: non-proliferative diabetic retinopathy, or NPDR (which can go from mild to moderate to severe) and proliferative diabetic retinopathy, or DPR.

Non-Proliferative Diabetic Retinopathy (NPDR)

In the early stages of diabetic retinopathy, excess sugar levels start affecting the tiny blood vessels in the back of your eye.

Health & Wellness continued

This part of the eye, called the retina, is what senses light and sends signals that your brain interprets as images.

At first, there might be no changes in your vision at all, but over time, NPDR can progress through mild, moderate, and severe stages. This happens as the blood vessels become increasingly swollen, and leak fluid or bleed, leaving the retina without enough oxygen or nutrients.

At this point, there still may be no changes in your vision – so there might not be warning signs you can notice on your own.

If NPDR is not slowed by treatment, bleeding and other changes can occur, and you may notice symptoms like blurriness around the edges of vision, difficulty reading, or seeing an increase in “floaters” in one or both eyes (it’s important to know that floaters can be signs of eye conditions not related to diabetes).

Proliferative Diabetic Retinopathy (PDR)

Over time, in response to the changes that NPDR causes, the body produces a substance called vascular endothelial growth factor, or VEGF. VEGF is thought to promote the growth of new blood vessels in the retina to try to get the blood flow it needs. These new vessels are not normal, though. They are fragile and easily damaged, and this adds to the swelling and leaking.

This advanced stage of diabetic retinopathy is called proliferative diabetic retinopathy because of the “proliferation” or quick increase of these new blood vessels. Visual symptoms like blurry vision or seeing dark spots are usually present at this stage.

It’s important to know that there are treatment options that may help slow down and even reverse some of the damage that may be happening inside the eyes.

Diabetic Macular Edema

Diabetic Retinopathy DR can lead to Diabetic Macular edema (DME), which is a complication of Diabetic retinopathy. This happens when the macula – the area of the retina that gives you sharp central vision – swells with the blood and fluid leaked from damaged blood vessels throughout the progression of DR. When the fluid gets into this area, the damage enters a critical area of your eye for sight, and changes to your vision can occur.

The symptoms of DME can include blurriness in the center of vision, straight lines that look wavy, and colors that look dull or washed out.

Health and Wellness continued

It's important to know: diabetic macular edema can actually happen at any stage of diabetic retinopathy, and may lead to vision loss or even blindness.

Diabetic retinopathy and diabetic macular edema can put your vision at risk. That's why getting your eyes check annually, or as often as your eye care professional recommends, is so important.

For more information go to noweyesee.com

Nutrition

Stomach Cancer and Gastrectomy Diet Gastrectomy Procedure diet

What is a Gastrectomy?

A gastrectomy is the removal of some or all of the stomach that holds food at the beginning of digestion. After surgery, your stomach will hold much less food, and won't stay in your stomach very long. It is very common to have symptoms of dumping syndrome.

What is post-gastrectomy dumping syndrome?

Dumping syndrome is a condition where your food leaves your stomach too quickly. This causes food to "dump" into the small intestine.

Up to one half of patients experience dumping syndrome after a gastrectomy procedure. The side effect can occur immediately after eating (early) or after several hours (late). Early dumping syndrome is caused by a shift of fluid in the small intestine. Later dumping syndrome is caused by a drop in blood sugar.

How do I know if I have dumping syndrome?

You may have early dumping syndrome if half an hour after eating you experience the following: nausea, vomiting, abdominal pain, cramping, diarrhea, dizziness, burping, fatigue, or rapid heart rate.

You may have late dumping syndrome if four hours after eating you experience the following: sweating, fatigue, dizziness, shakiness, anxiety, rapid heart rate, fainting, confusion, diarrhea, or low blood sugar.

Nutrition continued

Preventing Dumping Syndrome?

- Eat smaller meals five to six times a day.
 - ⇒ Your stomach cannot hold as much food after surgery.
 - ⇒ Eat no more than one cup of food at each meal or snack.
 - ⇒ Add new foods slowly to lower side effects of dumping syndrome.
 - ⇒ Chew food really well.
- Eat protein at every meal.
 - ⇒ Proteins include chicken, turkey, beef, pork, fish, cheese, eggs, nuts, seeds and soy foods.
- Choose low fiber grains.
 - ⇒ Low fiber grains are often grains from white, refined flour.
 - ⇒ Read the food labels and do not eat food with more than 2g of fiber per serving.
- Do not eat a lot of sugar.
 - ⇒ Avoid sweets such as cakes, candy, pies and cookies.
- Limit carbohydrates.
 - ⇒ Limit carbohydrates to reduce dumping syndrome
 - ⇒ Avoid, bread, cereal, rice, pasta, crackers, potatoes, corn, peas, squash, fruit and fruit juices.
- Avoid foods with natural laxatives.
 - ⇒ Do not eat prunes, figs, licorice, caffeinated foods/drinks and sugar alcohols. Do not eat or drink very hot or very cold foods. Drink only unsweetened drinks.
- Do not drink with snacks and meals.
- Wait 30 to 60 minutes after a meal before drinking.
 - ⇒ Avoid alcohol. Alcohol increases the risk of cancer recurrence and does not provide the body with any nutrients.
- Rest after eating.
 - ⇒ Lie down for 20-30 minutes after eating.

More information about the Gastrectomy Procedure

A gastrectomy may cause lactose intolerance. Avoiding dairy products such as milk, creamy soups, ice cream, yogurt and cheese. You may still be able to eat yogurt with “live, active cultures” on the label.

Nutrition continued

Your body may not be getting enough nutrients from food alone. In this case, you may need to take fiber, calcium, iron or vitamin B-12 supplements. Iron can prevent anemia, calcium can prevent osteoporosis and fiber supplements may lessen symptoms of dumping syndrome. Ask your surgeon or a registered dietitian what is best for you.

If you experience rapid weight loss, talk to your surgeon or a registered dietitian immediately. Losing more than one to two pounds per week is rapid weight loss. Rapid weight loss is dangerous even if you are overweight. Your body may not be getting the nutrients it needs.

What foods to avoid after a gastrectomy?

- **Milk and dairy**

- ⇒ Choose buttermilk, evaporated milk, one percent or skim milk. Eat plain yogurt without added sugar, powdered milk, low fat cheese and no sugar added ice cream.
- ⇒ Avoid chocolate milk. Avoid any milk product with added sugar.
- ⇒ If you are lactose intolerant, try lactose-free milk or soymilk.

- **Meat and protein**

- ⇒ Choose tender meats cooked without added fat, including chicken, turkey, beef, pork and lamb. Eat soy based meat products, eggs, fish and smooth nut butters.
- ⇒ Avoid fried meats. Avoid processed meats like salami, bologna, bacon, sausages or hot dogs. Avoid tough or chewy meats.
- ⇒ Avoid beans, peas, lentils, nuts or chunky nut butters.

- **Grains**

- ⇒ Choose white breads and cereals made with white flour.
- ⇒ Avoid high fiber grains and cereals or foods with more than two grams of fiber per serving.

- **Vegetables**

- ⇒ Choose cooked vegetables without seeds or skin. Eat potatoes without the skin. Eat lettuce. Drink strained vegetable juice.
- ⇒ Avoid vegetables except for iceberg lettuce. Avoid cooked vegetables with seeds or skin.
- ⇒ Avoid beets, broccoli, cauliflower, cabbage, brussels sprouts, collard greens, mustard, greens, turnip greens and corn.

- **Fruits**

- ⇒ Choose canned and soft fruits without added sugar. Choose bananas and melons.
- ⇒ Avoid any fruits except bananas and melons. Avoid dried fruits such as raisins and prunes. Avoid fruit juices.
- ⇒ Do not eat canned fruit in syrup with added sugar.

Nutrition continued

- **Fats**
 - ⇒ Choose oils, butter, no-trans-fat margarine, cream, cream cheese and mayonnaise.
- **Drinks**
 - ⇒ Choose water, decaf coffee, decaf tea and diet, sugar-free, caffeine free soft drinks.
 - ⇒ Avoid caffeinated tea, coffee or sodas.
 - ⇒ Avoid alcohol
 - ⇒ Avoid fruit juice.
 - ⇒ Avoid sweetened drinks that contain sugar, corn syrup or honey.
- **Sweeteners**
 - ⇒ Use stevia as a natural artificial sweetener
 - ⇒ Avoid any foods made with artificial sweeteners, including saccharin, aspartame, sucralose and acesulfame potassium.
 - ⇒ Avoid food with sugar, honey, syrup, sorbitol, or xylitol listed as one of the first three ingredients.

For more information go to sarahcannon.com Fighting Cancer Together

Staying Active

How to Stay Physically Fit When You are a Caregiver

Caregivers lead busy lives. Most care for a senior loved one while also working at least part-time and raising a family of their own. When the days are long and time is short, it's easy to put exercise off until "tomorrow."

Fatigue can also play a role. Getting motivated to workout when you already feel exhausted isn't easy, but it is important. Exercise is the best way to protect your own health and well-being during this stressful time in life.

Why Caregivers Need to Make Time for Exercise

Here are a few of the benefits of exercising when you are a caregiver:

- **Relieves pain:** Caregivers report higher levels of neck and back pain, headaches, and stomach problems than their non-caregiving peers. Exercise is one of the best ways to relax tight muscles, while also increasing strength.

Staying Active continued

- **Increases stamina:** Improving cardiovascular fitness and core strength helps to increase stamina. Greater stamina aids in managing the demanding and often exhausting days caregivers face.
- **Reduces stress:** Exercise decreases stress hormones in the body. For caregivers, stress is a part of daily life. Finding healthy ways to manage it can lower the risk for depression and anxiety.
- **Promotes happiness:** Physical activity releases endorphins, the “happy hormones” that boost mood, strengthen the immune system, and modulate appetite.

As a busy caregiver, what can you do to stay physically fit when time is short? Or when you can't leave your loved one alone to go to the gym or yoga studio?

We have a few suggestions you might find useful.

Physical Activities for Busy Caregivers

- **Morning exercise:** If possible, schedule exercise in to your morning routine. Set your workout clothes and shoes by your bedside each night to prompt you to tackle it before the day begins. It's much more tempting to avoid exercising if you wait until the end of a busy day when you are tired.
- **Split the time:** Busy caregivers might struggle to find 30 continuous minutes to workout during the day. The good news is that research shows splitting your workout up into two shorter sessions will help you reap the same health benefits. So you could ride your recumbent bike for 15 minutes first thing in the morning, and take a 15 minute walk later in the day.
- **Better breathing:** Some forms of exercise like, yoga and Pilates, also teach better breathing techniques. Working these types of exercise in to your day a few times a week can help you better manage anxiety and caregiver stress.
- **Seated activities:** Another way to increase your physical activity is by engaging in exercise you and the senior you are a caregiver for can do together. Chair yoga, Sittercise, and other forms of seated exercise can all help you stay fit.

Caregivers

Are like Angels Without Wings

Helping

Out With So Many Things



Us



**Sandoval County Treasurer's Office Offers Easy
Property Tax Opportunities for Seniors
Questions and Answers—Property Tax Payments**

November Schedule

Wednesday November 3, 2021	11am - 1pm	Cuba Senior Center
Thursday November 4, 2021	11am - 1pm	Pena Blanca Community Center
Friday November 5, 2021	11am - 1pm	Placitas Community Center
Monday November 8, 2021	11am - 1pm	Jemez Community Center
Tuesday November 9, 2021	11am - 1pm	Corrales Senior Center
Tuesday November 9, 2021	1pm - 3pm	Meadowlark Senior Center
Wednesday November 10, 2021	11am - 1pm	Bernalillo Senior Center

December Schedule

Friday December 3, 2021	10am - 12pm	Corrales Senior Center
Friday December 3, 2021	1pm - 3pm	Meadowlark Senior Center
Monday December 6, 2021	11am - 1pm	Placitas Community Center
Tuesday December 7, 2021	11am - 1pm	Cuba Senior Center
Wednesday December 8, 2021	11am - 1pm	Pena Blanca Community Center
Thursday December 9, 2021	11am - 1pm	Jemez Community Center
Friday December 10, 2021	11am - 1pm	Bernalillo Senior Center