



Sandoval County Senior Program Administration

CENTER LOCATION

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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

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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
Sandra Ramos

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

Health & Wellness

Consider Setting Intentions for 2022 Rather Than Resolutions

The year 2022 sounds like something out of a futuristic science fiction movie.

It is hard to believe this is the year upon us, especially after all we have been through. The New Year is often a time to reflect and move forward in our lives. It feels like an opportunity to reset and make the changes we aspire for.

There is always talk about making New Year's resolutions. But this year, I intend to focus instead on setting New Year's intentions.

A resolution is usually meant to be a statement about something you wish to change or fix about your lifestyle. The most common resolution is to exercise more or lose weight. Resolutions focus on the outcome rather than the journey.

Resolutions are more finite, and we have the ability to fail them. How many people never achieve their New Year's resolutions?

Studies show the majority of resolutions do not last past Valentine's Day. Do you remember what your resolutions were last year and how long they lasted?

An intention, on the other hand, is more focused on inspiring you to be better, without implying that anything needs to be changed. It allows you to focus on your motivation and your purpose.

Setting a New Year's intention means committing to yourself. Start by reviewing the past year and reflect on the positive things. Take a minute and list two ways that you showed resilience. Then think about two things that brought you joy. Finally, consider two things from the year you are grateful for.

By finding the good in the past year it will help you know where to focus your intention. Where do you want to grow and where can you focus your purpose? What makes you feel fulfilled and meaningful?

Think of intentions as planting seeds where you want your life to grow. They are not specific goals that you can measure, but ways that you wish to live. Think broadly first and then narrow it down if needed.

Your intention may be to lower your stress. Think through ways to work toward that intention, like learning to say no more, changing your schedule, practicing mindfulness, or improving your sleep habits.

Health & Wellness continued

Perhaps your intention is to allow yourself to accept help more. This may be an area you struggle with and so setting it as an intention gives yourself permission to do it. You will learn to value the support of others and work to see it as a gift of friendship.

Once you have decided on your intention say it out loud and write it down. Consider posting on your refrigerator as a reminder. Think of it like a mantra that you will live by and cannot fail.

In the times we live in it is easy to allow ourselves to believe that we have lost control over so many things. The pandemic and other troubles we see on the news can make it feel like we are only just surviving.

But we have more control over our daily lives than we sometimes give credit. Take back that feeling of control by thinking about how you want to see this next year for yourself.



From Our Family To Yours.

Nutrition

Healthy Winter Foods for Seniors

A healthy, nutrient-rich diet is essential for seniors, especially during the winter months when we are all more susceptible to catching a cold or virus. With the COVID-19 pandemic still in full effect, it is important to make your health a priority. Eating the right foods will not only make you healthier and improve your immune system but also improve your fitness, mental focus, and mood.

It's important to focus on good foods and not highly processed or fast foods. Processed foods tend to have less nutrients and benefits for your health. Even though they taste great, they're not doing benefiting your body in a healthy way.

Stay healthy and boost your immune system this winter with these nutrient and vitamin rich foods for seniors.

Fresh or frozen fruits and veggies

Fresh or frozen fruits and vegetables are loaded with essential vitamins for a healthy immune system. Power foods like blueberries, avocados, kale, and broccoli contain high levels of Vitamin C, antioxidants, and anti-inflammatories that are an important addition to anyone's diet in the winter months. Try to get a serving of fruits and vegetables in with every meal throughout your day and aim for the vibrant bright colors in the grocery store when shopping. In addition to their vitamin contents, fruits and vegetables also are high in fiber content, which benefits your digestive system as well.

Lean Proteins

If your body is strong and healthy, it will experience shorter and less severe colds or illnesses. Good, lean proteins help strengthen your body and its immune system functions. Lean proteins that boost your immune system in the winter include turkey, skinless chicken breast, lean beef and steaks, and fish and seafood like salmon, tuna, and oysters. Lean proteins with healthy fats and omega-3 fatty acid also has been shown to boost brain functions and cardiovascular health.

Yogurt & Probiotics

Yogurt is an excellent option to improve your gut health and in turn, your immune system health. As we age, the natural levels of healthy bacteria in our guts decline, and yogurt is a probiotic that can help build back our healthy bacteria. When looking for yogurt, go with a Greek yogurt containing live and active cultures. Other foods that promote gut health include buttermilk, kimchi, and sauerkraut; all are probiotics.

Nutrition continued

Soups

Getting your fluids is important during any season, and soups are the perfect way to get them during the winter. Stay healthy and warm up at the same time with a homemade soup. Soups can be made with just about anything. Add some immune-boosting spices for taste and zest that is also great for you.

Supplement Your Nutritional Intake with Vitamins

Getting plenty of Vitamin D, Vitamin C, and Vitamin B6 is an excellent way for seniors to boost their immune systems. Ideally, your vitamin intake will be covered by a healthy diet, but if you're looking for more or you aren't able to eat certain foods, vitamins are the perfect way to make sure you cover all the bases.

Live A Happy Healthy Life

Your body is a fine-tuned machine with a network of functions and systems working together to keep you healthy and happy. We hope these food suggestions help on your health journey. Remember, exercise is just as important as the food you eat. Make the right choices and your immune system will be stronger than ever this winter.

Staying Active

6 Effective Ways To Stay Healthy After Retirement

Retirement is a major life change for most people, resulting in nervousness, excitement, fear, and many other emotions. Working full-time or even part-time and then suddenly not working can mean that life slows down tremendously.

Work can keep many people active both physically and mentally, and without the stimuli that work provides, it can be difficult for retired seniors to stay active and cognitively alert. However, there are ways that a retired senior can stay happy, healthy, and active during this lifestyle change.

1. Get Moving

Exercising daily can lead to many benefits, particularly in retired seniors. Exercising can seem like a daunting task, but it's easier to be active than one might think.

Staying Active continued

Some examples of ways to get moving include going walking, playing a yard game, or join an exercise class. However one chooses to get moving, it's important to get your blood pumping.

Exercising can help prevent heart disease and diabetes as well as other diseases. Not only does it help improve one's physical well-being, but exercise can improve one's cognitive ability as well.

2. Do Brain Exercises

The brain needs regular exercise, too. Activities like doing word puzzles and learning a new skill or hobby can be great ways to get a person's brain working.

Being creative is another great way to stimulate cognitive abilities. In fact, research has linked trying new and creative activities to a decreased chance of development of Alzheimer's disease.

Another way to stay cognitively active is through education. Auditing a class at a local college or university, going to vocational school, or taking a non-credit course are all ways to stay mentally active without breaking the bank.

3. Watch Good Television

Everyone has probably heard that television rots the brain (most of it does). While this is true in most cases, there are some instances when watching television is actually good for the brain.

Another way to stay cognitively active is through education. Auditing a class at a local college or university, going to vocational school, or taking a non-credit course are all ways to stay mentally active without breaking the bank.

4. Game Night, Anyone?

Invite some friends over to play card games. Researchers have linked playing card games to better immunity in older adults.

This is because players have to engage their brains in order to be successful in the game.

5. Hang Out With Friends

Being connected with others is clearly important to one's overall health at any age. Particularly in retirement, staying connected is important.

Many people have their social connections through their job, so retiring can lead to a weakening or even loss of those social connections.

Staying Active continued

It's important to stay connected with people in order to stay happy and healthy. Staying connected can actually help decrease a person's chances of developing a variety of diseases.

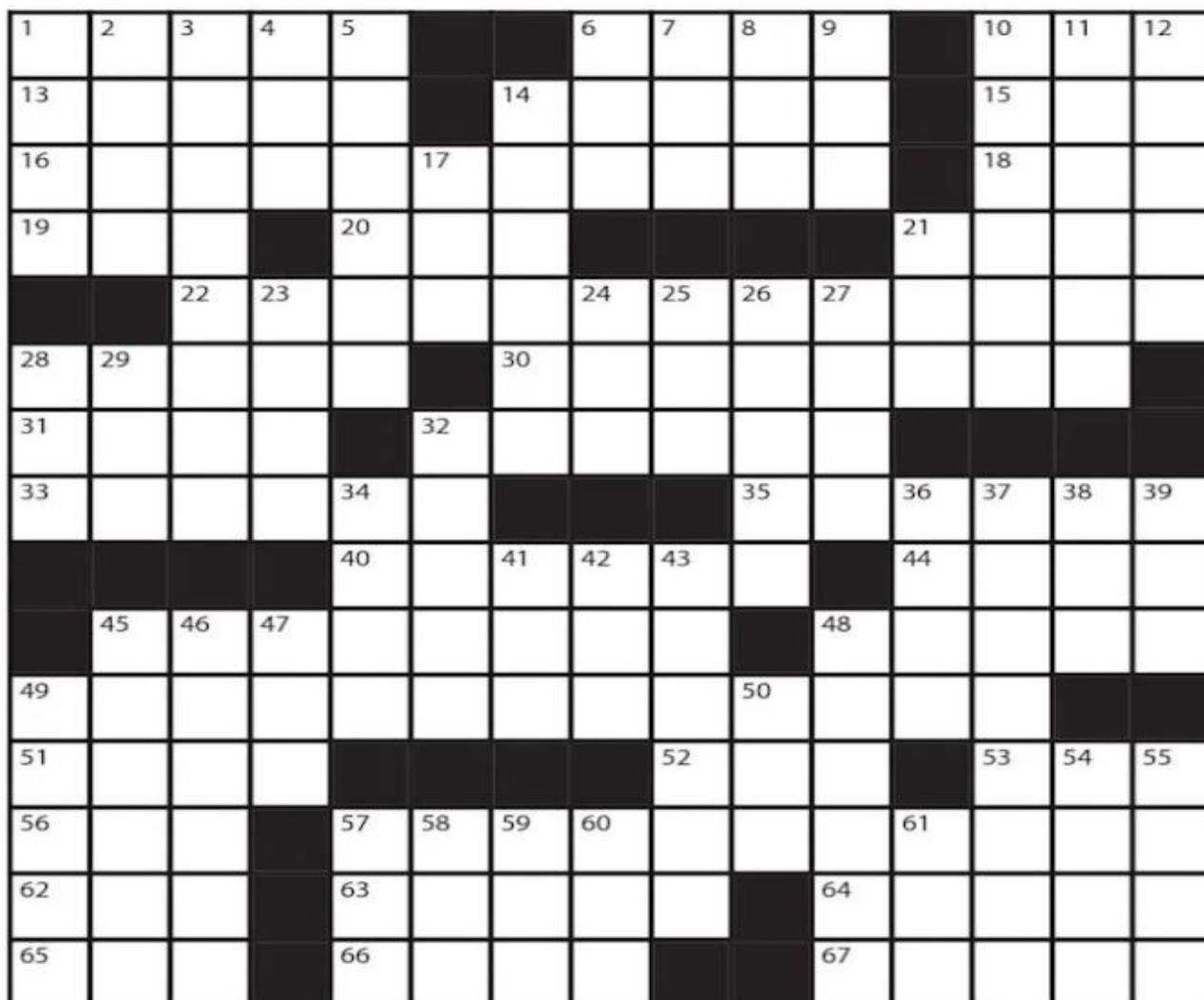
Planning outings with friends and making sure to keep those connections strong can help a person live longer.

6. Find Purpose

With more time in the day, retirees might find it difficult to feel a sense of purpose. Often, getting up and going to work each day fulfills that purpose, and without that, it's important for retirees to find ways to make their lives and activities feel meaningful.

Purposeful activities could include volunteering or spending more time with family members. Research has shown that having a purpose in life can lead to a longer life

Crossword No. 627: The Grand Old Grammys by Matt Gaffney



ACROSS

- 1 Jennifer Lopez–Ben Affleck bomb of 2003
 6 Grammy nominations were announced on Nov. 23; this iconic quartet (average age: 74) received their first-ever nom
 10 Hailed ride
 13 Starting players
 14 Shaquille or Tatum
 15 Partook of
 16 This 95-year-old singer received five nominations, for duet work with Lady Gaga
 18 Scribble (down)
 19 Before, in poems
 20 Spike in a theater
 21 Littlest in a litter
 22 This 79-year-old legend got two nominations this year; he won his first Grammy back in 1965
 28 Investigation
 30 Just to ballpark it
 31 Woodwind member
 32 Attach, in a way
 33 With 35-Across: Norah Jones idolizes this 88-year-old Texan, whom she's up against this year in the Best Traditional Pop Vocal category
 35 See 33-Across
 40 What sunrise brings
 44 College funder Elihu
 45 Author's journey
 48 Did a cobbler's job

- 49 This 73-year-old "Running on Empty" singer was nominated for Best Americana Album
 51 Dance and drawing, e.g.
 52 Mimic
 53 Place for pedicures
 56 Wrath
 57 This 75-year-old country great scored a nomination for her recent Christmas album
 62 With, in Wiesbaden
 63 Stores with dressers
 64 Breakfast slice
 65 Aurora, to the ancient Greeks
 66 These hard-rocking Aussies (average age: 68) received three nominations
 67 *Battle of the ___* (2017 tennis movie)

DOWN

- 1 Fence entrance
 2 "Believe ___ not..."
 3 Breeder's concern
 4 Get the ___ of the land
 5 Statement of sadness
 6 ___ Arbor, Mich.
 7 Spelling event
 8 Flying mammal
 9 Hip prefix
 10 Many bayou fiddlers
 11 Makes amends
 12 White who turns 100 in January
 14 Like some bobsleds

- 17 Sushi that's never served raw
 21 Hwy.
 23 Cain's victim
 24 Civil War side, briefly
 25 Put a limit on
 26 Opposite of "ecstasy"
 27 Ancient letter
 28 Hitting sound effect
 29 Stat for Shohei Ohtani
 32 Take care of
 34 Printer cartridge fillers
 36 France's third-biggest city
 37 Extra charge
 38 "Outstanding job!"
 39 Flanders of Springfield
 41 Notched a victory
 42 Decide against subtitles
 43 Impressive selections
 45 Bodega's neighborhood
 46 Some singing groups
 47 Gives approval to
 48 Jogging wear
 49 Teacher Escalante
 50 Person you're playing against (abbr.)
 54 Position for a photographer
 55 Marching insects
 57 Todo el ___ (Spanish for "all day")
 58 Home to the NBA's Thunder
 59 Had more points than
 60 Fond du ___, Wis.
 61 Fish eggs

