



# Sandoval County Senior Program Administration

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**Hours of Operation:**  
Monday—Friday 8-5pm

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

## Health & Wellness

### Top 10 Healthy Living Tips for Seniors this Fall

As the amount of sunshine decreases and temperatures drop, many people experience feelings of depression and sluggishness. Appetite cravings might change to dense foods high in carbohydrates and calories, and physical activity tends to decline. All of this can lead to lower energy levels.

Many of these symptoms, which can negatively affect health, are common in seasonal affective disorder, a type of depression related to the changing seasons.

Let's take a look at some healthy living tips for older adults that will help them break out of this cycle during the fall.

#### 10 Healthy Living Tips for Seniors this Fall

##### 1. EXERCISE

Keep your body in motion during fall and winter months. This can include household chores as well as indoor workouts.

Nurse Next Door provides information on safe and easy indoor exercises for older adults to improve strength, balance, and flexibility.

Walking is great cardiovascular exercise. If the weather does not permit walking outside, there are indoor cardio routines for seniors to try.

Consult with your physician before beginning any exercise program.

##### 2. EAT SEASONALLY

While some fresh produce will disappear from the grocery store as winter approaches, there are still plenty of nutrient-rich fruits and vegetables from which to choose.

The Upside lists some fall favorite produce and ways to prepare and eat them. It includes:

- Winter squash
- Beets
- Figs
- Apples
- Leeks
- Carrots
- Dark leafy greens

Sweet potatoes contain fiber and vitamins A, C, B6, and manganese. Cruciferous vegetables like Brussels sprouts and cabbage are also rich in vitamins and minerals.

Be mindful of the tendency to take in too many additional calories through snacking during the fall/winter. Delish offers several healthy fall soup recipes.

Health & Wellness continued

Seniors need to stay hydrated even as the weather cools, even though they may feel less thirsty. Every cell in the human body needs water to work properly. Herbal tea on cold days counts toward fluid intake, as does vegetable or fruit juices.

### **3. SPICE THINGS UP**

If a senior is craving more flavor in his or her fall food selection, spices can be good for a person's health as well as their taste buds, according to Johns Hopkins Medicine.

Here are some of the benefits:

- Cinnamon lowers blood sugar, and may provide heart-healthy benefits by reducing cholesterol and triglyceride levels.
- Turmeric has been linked to reducing inflammation, pain, and swelling in people with arthritis.
- Studies have shown that garlic may keep blood vessels flexible and reduce cholesterol and triglycerides.
- Cayenne eases pain and restricts the growth of ulcer-causing bacteria.

### **4. GET ENOUGH VITAMIN D**

Vitamin D helps maintain strong bones and muscles, and is manufactured in the body through sunlight. As the amount of sunlight decreases in the fall, other food sources for the vitamin may need to be found. Below are some of these food sources:

- White mushrooms
- Salmon, herring, sardines, tuna
- Milk or orange juice fortified with Vitamin D
- Fortified cereals

### **5. REDUCE THE RISK OF FALLS**

According to the National Institute on Aging, thousands of seniors injure themselves in falls each year. When an elderly person is injured during a fall, that may cause a cascade of serious consequences that can lead to disability and even death.

Fall and winter, with its rain-slicked or icy sidewalks, steps, and driveways are seasons prime for increased fall risks. Problems with balance, reflexes, coordination, or vision make falls more likely, as do certain medications.

There are some things that can be done by seniors and family members that will reduce fall risks:

- Determine if there have been any recent downturns in the senior's health
- Find out when the senior had his or her last eye exam
- Notice if the senior is holding onto walls, furniture, or another person while they are walking

Health & Wellness continued

- Consult with a physician to find out if the senior's medications could be effecting balance
- Check the home for tripping hazards—exposed electrical cords on the floor, uneven floors, upturned corners on throw rugs, etc.
- Look into the possibility of canes, walkers, or other assistive devices.
- Assess if stairs or poor lighting could be a problem.

## **6. DON'T TAKE UNNECESSARY RISKS**

Seniors need to be prepared for colder weather, so as to minimize the need to expose themselves to the cold and potentially hazardous conditions.

Their home should be well-stocked with supplies, including food and medications. This would include non-perishables like water, candles, fresh batteries, and extra blankets.

Furnaces should be inspected and smoke and carbon monoxide detectors tested.

Set up services for fall leaf raking and winter snow removal, especially for seniors with chronic conditions who should not be performing these tasks.

## **7. KEEP WARM**

It's recommended that seniors set their home thermostats at a minimum of 68 to 70 degrees.

When seniors go outside in cold weather, they should dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too.

Illnesses like diabetes can inhibit blood flow that would normally provide warmth, and thyroid conditions can also make it hard to maintain normal body temperature. And some prescriptions or over-the-counter medications can effect body heat. Talk to a physician about all the medications and supplements being taken.

Stay inside on windy days which can quickly lower body temperature.

## **8. MINIMIZE EXPOSURE TO COVID-19 AND THE FLU**

Has the senior had his or her flu vaccine? Even while there is great concern surrounding COVID-19, a flu shot is something that senior adults should not omit.

Flu and COVID-19 prevention is much the same, which means limiting contact with others, frequent handwashing, and, in the case of COVID-19, wearing masks when in public.

## **9. CONTINUE TO MANAGE CHRONIC CONDITIONS**

Seniors should not neglect chronic conditions like heart disease, diabetes, chronic obstructive pulmonary disease, high blood pressure, and dementia during fall and winter months. Pneumonia is especially harmful during colder weather, especially in seniors with chronic conditions.

Health & Wellness continued

Older adults need to monitor their health, take their medications correctly, and stay in contact with their physician.

## **10. STAY POSITIVE**

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests and connected with family and friends are great healthy living tips that encourage and energize seniors to maintain their physical health.

Also, studies have linked positive thinking to better protection from the inflammatory effects of stress and the energy needed to maintain a healthier lifestyle.

Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love, and turn off the news from time to time to listen to music, read a book, or call to chat with a friend or family member.

## **Nutrition**

### **Winter Nutrition Tips for Seniors**

The colder months can pose challenges for older adults when it comes to healthy eating when cold weather and dangerous snowy roads can mean less trips to the grocery store for fresh fruits and vegetables. It's easy to get our required daily dose of fresh produce in the summer when delicious tomatoes and peaches are in season, but it's equally important to eat fresh in the winter months.

**Below are some tips to keep you eating healthy in the winter months:**

- **Take Advantage of Root Vegetables.** Winter is peak season for root vegetables, considered to be some of the most nutrient rich veggies you can eat. Parsnips, yams, beets, and carrots are just some of the root vegetables readily available from fall to spring that are easy to cook and that pack a nutritional punch. Root vegetables are high in vitamins A, B, and C as well as iron. Plus, they are high in fiber and slow-burning carbohydrates, so you'll stay fuller longer after a meal.
- **Stock up on Citrus.** Oranges, grapefruit, pineapple and all other citrus fruits are in season during the winter months, so you can often find top quality citrus fruits at the best prices. High in vitamin C, citrus is a great addition to winter diets for seniors, to help you keep cold and flu at bay.
- **Omega Three Fatty Acids.** Next time you visit the grocery store, consider adding walnuts, avocados, and flax seed to your cart. These foods are full of omega three fatty acids, known to reduce inflammation and help curb heart disease, arthritis, and even cancer. Flax seeds can be crushed in a food processor or with a mortar and pestle then added to cereals, yogurt and even salads.

Nutrition continued

- **Include Dark, Leafy Vegetables.** The winter months are a great time to add more dark leafy vegetables that are high in vitamins and antioxidants to your diet. Include spinach, broccoli or chard to your meals for extra fiber, and stock up on green veggies by keeping plenty of frozen or canned selections readily available.
- **Less Sunlight, More Vitamin D Rich Foods.** Our main source of Vitamin D is sunlight. During winter months, nutritionists recommend older adults add more Vitamin D rich foods to their diet, including egg yolks, seafood, healthy grains, and Vitamin D fortified milk.
- **Simple Beet, Carrot, Spinach & Quinoa Salad.** Looking for winter salad that is nourishing and simple to prepare? This recipe for a beet, carrot, spinach and quinoa salad is full of nutrient rich ingredients to keep you healthy during the colder months. Beets, carrots and spinach are a great source of vitamin A, walnuts are rich in omega fatty acid, and quinoa is high in fiber, magnesium and calcium. Top it with grilled salmon or chicken for extra protein or add goat cheese or feta for a little decadence.

## Staying Active

### **Ways for seniors to remain active during winter**

Physical activity is good for people of all ages, especially seniors. It can reduce your risk of chronic health conditions, and improve your mood, strength and balance.

Seniors should aim for 2½ hours of moderate-intensity exercise per week. Achieving this can be a challenge during the winter's cold, dark days. In addition, COVID-19 guidelines have led to more time spent at home and restricted access to some previously available indoor spaces. Even with these challenges, seniors can do many things to remain active during the winter.

**Here are some tips to get you started:**

**Find resources at a public library.**

Most public libraries have a wide selection of exercise videos, books and e-books that focus on low-impact movement.

**Attend a virtual fitness class.**

Today's seniors are more connected than ever. Use of technology has grown during the COVID-19 pandemic, with more use of virtual technology to connect with friends and family. Why not use the same technology to participate in an exercise class? Local fitness clubs, and county aging and disability resource centers offer low-impact virtual classes or one-on-one training services using Zoom or other virtual technology.

Check with your health insurance company about virtual fitness class coverage, as some plans pay for some or all of class expenses.

Staying Active continued

### **Follow an online video.**

There are thousands of exercise videos online, but don't just scan through social media sites and try to complete the first workout you find. Search for exercise programs specifically created for seniors, and incorporate stretching, strengthening and low-impact cardio. This may include chair yoga, seated strengthening exercises or chair stretching.

### **Schedule movement into your day.**

A body at rest tends to stay at rest. This is especially true when the weather outdoors is bad.

Plan a specific time each day to move. Many people find it best to complete a workout in the morning when they feel the freshest and the day hasn't gotten away from them.

You can incorporate additional movement throughout your day, such as completing 10 squats while preparing lunch or coffee, putting away laundry one item at a time to walk extra steps, march in place during commercial breaks of your favorite TV show or getting up out of your chair every hour to walk a short distance in your home. Try these 15-minute workouts you can do at home.

### **Use what you have.**

You don't need expensive fitness equipment at home to get a total body workout.

### **Consider these examples:**

- Use cans of soup or water bottles as hand weights.
- Go from a sitting to a standing position out of a dining room chair two to three times in a row instead of just once.
- Walk up and down a hallway or large open space.
- Go up and down your stairs multiple times.
- Turn up the music and dance in your kitchen.

### **Get outdoors.**

Winters can be cold and dark, but with the proper preparation and equipment, seniors can safely enjoy exercising outdoors. On days when it is icy or there is inclement weather and you do not need to go anywhere, stay inside to prevent falls or slips.

### **When venturing out, remember these tips:**

- Wear proper footwear.
- Wear a pair of lightweight tennis shoes or boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.

Staying Active continued

### **Take your time.**

Walks in winter are not a race, and there is no need to hurry. Take small steps, and watch for, and avoid, icy spots.

Walk with a friend.

Catch up with a friend while exercising, but don't forget to wear a mask.

### **Incorporate variety.**

People tend to focus on only one type of exercise, such as walking. Variety in your routines, incorporating five elements of fitness, reduces boredom and lowers the risk of injury.

Try to incorporate these types of exercise into your routines:

#### **Endurance**

These activities increase your breathing and heart rates. Examples include dancing, climbing stairs and brisk walking.

#### **Strength**

Strong muscles help seniors remain independent and make everyday activities easier. Examples include lifting weights and using resistance bands.

#### **Balance**

These activities reduce the risk of falls. Examples include standing with your feet next to each other, standing on one foot and then the other, and tai chi.

#### **Flexibility**

Flexibility improves your joints' range of motion and makes daily tasks easier. Chair yoga and stretching can improve flexibility.

If you have heart disease, diabetes, a history of falls, vertigo or other chronic health conditions, talk with your health care provider about the types and amount of physical activity that is right for you.

Don't view winter as an excuse to stop exercising. There still are many things that you can do to safely incorporate exercise and movement into your routine.





## Volunteer

***Many hands make light work-proverb first recorded in English in the 1300's***

**The meaning of many hands makes light work is easy to understand. It means that with collaboration, a workload will be much lighter. It is another way of saying that when people work together to reach a goal, getting there will be much easier than going it alone.** It is a proverb that has been used since ancient times to help encourage collaboration and cooperation.

The volunteers in RSVP, Senior Companions and Foster Grandparents know this to be true. **Volunteers are essential!** In the many organizations where volunteers work and share their time, their work helps boost organizations power, lighten the load, and exponentially increase the impact that any group can make. Best of all, volunteers join in because they believe in the cause and want to help.

While volunteerism has declined over the years, 63 million Americans report volunteering their time. On average, individuals spend 52 hours per year volunteering and the national value of volunteer time is estimated to be \$29.95 per hour. That's a **HUGE** amount of unpaid support! But with everyone having a busy schedule, how do we find more enthusiastic superstars willing to give their time, energy, and expertise?

Undoubtedly, the best source of recruiting volunteers still remains, **YOU**, our current volunteers. No one can advocate better for the cause you have chosen than you. As a volunteer for your organization, you are instrumental in helping to bring in more volunteers.

***Will you help us increase our volunteer membership by asking your friends and neighbors to volunteer with us?***

You may think it's self-evident to everyone that you are benefitting from and enjoying your volunteer experience. But you'd be surprised to know how many people in your circle don't know how you spend your time. When a friend asks why you're so invigorated, tell them about how volunteering impacts your energy and vitality. Or, when a friend tells you they are lonely or bored, ask them to join you in your volunteer work. Here's some key points to share about why you volunteer and what you actually do.

- Explain what your cause or program is and does
- Discuss in specifics what you do in your volunteer work
- Talk about the impact you are making for others and in our community

Volunteer continued

- Describe the sense of belonging and camaraderie that volunteering brings.
- Describe how your volunteer work makes you feel, and how your friends and neighbors can achieve that sense of purpose and fulfillment too.
- Please ask your friend if it is alright to share their contact information with the volunteer recruitment team.

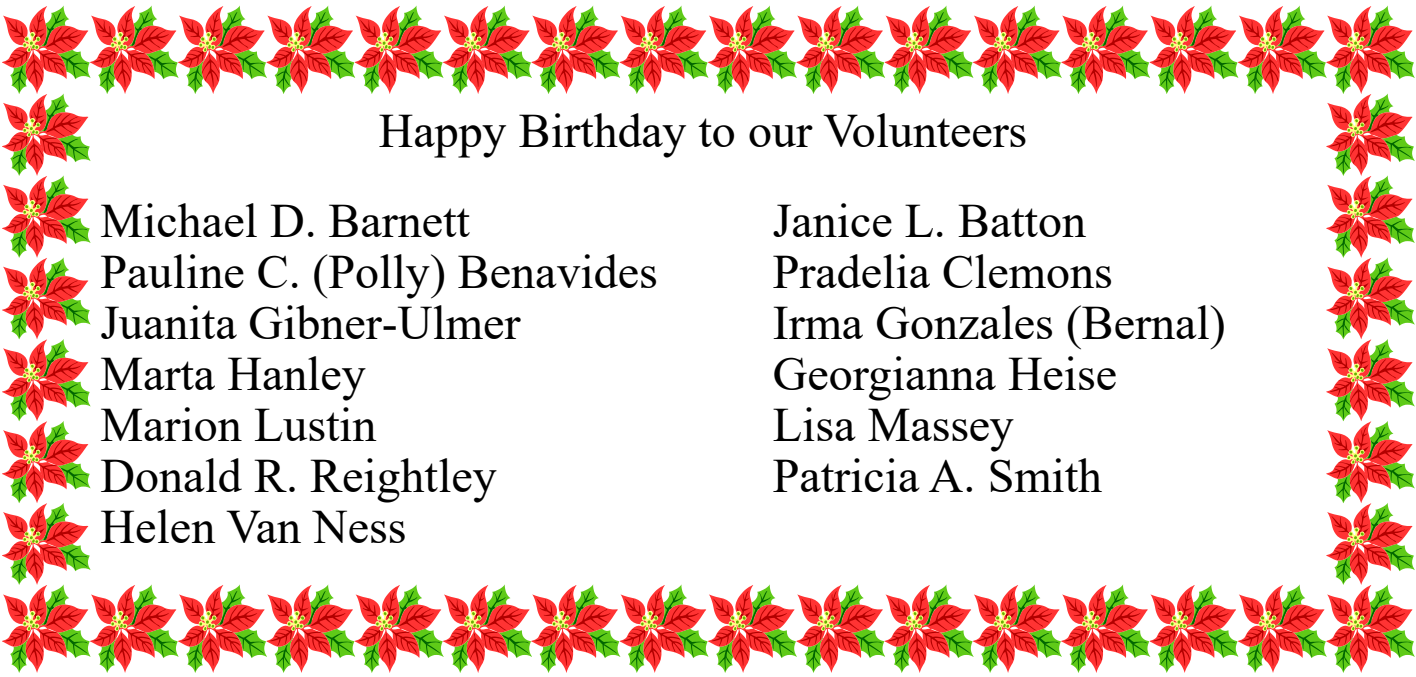
By sharing this important information with your friends and neighbors, I am confident we can increase the number of volunteers in our programs and help to “*make light work!*”

Ashley, Lynn and myself, are here to help you in your recruiting efforts.

Please reach out with any questions you have regarding our volunteer opportunities or to share new volunteer names with us. We are always excited to talk with perspective volunteers and we’ll help to make the onboarding process easy!

Thank you again for all you do for our community!

In Service,  
Marta Chavez  
Program Coordinator  
Sandoval County Senior Program



### Happy Birthday to our Volunteers

Michael D. Barnett

Pauline C. (Polly) Benavides

Juanita Gibner-Ulmer

Marta Hanley

Marion Lustin

Donald R. Reightley

Helen Van Ness

Janice L. Batton

Pradelia Clemons

Irma Gonzales (Bernal)

Georgianna Heise

Lisa Massey

Patricia A. Smith

## Featured Volunteer Spotlight

Our featured RSVP Volunteer site for December is St. Anthony's Kitchen in Bernalillo. As a ministry of the Our Lady of Sorrows Catholic Church located at 301 S. Camino Del Pueblo, St. Anthon's volunteers strive to feed hungry people.

The volunteers provide high-quality, nutritious food in a community setting. They strive to create an environment of dignity, compassion and respect for all people. The kitchen provides lunch each week, Monday thru Thursday.

The team is looking for volunteers for meal prep, serving and clean up as well as a cook for Thursday's.

The hours are from 8:00 am till approximately 1:00pm while meals are served from approximately 11:30am till 12:30pm.

Another way you can support St. Anthony's is by financial or food donations made by contacting the Our Lady of sorrow Parish office at 505-867-5252.

## NeedleCrafters Looking for Donations

NeedleCrafters of Rio Rancho is asking for donations of yarn to help them create the blankets, hats, scarves and mittens that they knit or crochet and donate to a variety of different charities throughout the county.

If you have yarn you'd like to donate, call the volunteer office at 505-404-5818 and we will help get it to this group who are following their motto of "keeping their neighbors warm, one stitch at a time!"

