



Sandoval County Senior Program Administration

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CENTER LOCATION

FEBRUARY 2023

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

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

National Cancer Prevention Month marked every February is upon us, ushering in yet another opportunity to spread the word and take action in order to live better, healthier, and happier lives. Cancer, said to be the world's leading cause of death, caused nearly 10 million deaths in 2020. Throughout the history of mankind, cancer has been in existence. Although not much was known about the human body, the earliest evidence was recorded via papyri that can be traced back to ancient Egypt in 1500 B.C. when tumors were found on the breast. Over the years, although no cure has been found, with landmark achievements recorded, we are closer than ever.

5 IMPORTANT FACTS ABOUT CANCER

1. Early detection and screening is key

Cancer is deadly, but the good news is thousands of cancer cases, and deaths can be prevented through early detection and screening.

2. Cancer is a leading cause of death

In 2019, cancer was said to be the world's second leading cause of death, with breast (2.26 million cases) and lung (2.21 million cases) being the most common types of cancer, according to the WHO.

3. Cancer research has decreased death rates

More effective cancer treatment has decreased the death rate according to the American Cancer Society and, more specifically, lung cancer.

4. Smoking increases your risk of lung cancer

The most effective preventative measure against the disease is to stop smoking. The more cigarettes you smoke, the higher your risk.

5. February 4 marks World Cancer Day

Founded in 2000 and led by the Union for International Cancer Control (U.I.C.C.), the day aims to increase global awareness about cancer and save many from suffering and death

Nutrition

A Heart Healthy Diet: Food Lists, Diet Tips, and More

Your heart is a complex organ that works continuously to provide your body with a constant supply of oxygenated blood. It's part of the cardiovascular system, which also includes arteries, veins, and capillaries.

One of the most important ways to keep your cardiovascular system healthy is by following a nutritious diet low in foods and beverages linked to poor heart health and increased cardiovascular disease risk.

In fact, research suggests that diet may be the most preventative factor in heart disease-related death, which accounts for one-third of global mortality.

Fortunately, following a heart-healthy diet can significantly reduce your risk of heart disease-related death and may even reverse heart disease risk factors, including high blood pressure, high blood sugar, and high blood fat levels.

In this article, it will explain how diet impacts heart health and share evidence-based ways to reduce heart disease risk and promote optimal cardiovascular health using simple, realistic dietary changes.

How your diet can affect your heart health

Your diet affects the health of every part of your body, including your heart. After all, food provides the nutrients your body needs to function optimally, including protein, carbohydrates, fats, vitamins, and minerals. The foods and beverages you consume on a daily basis may affect heart health, either positively or negatively, which is why diet is considered a modifiable risk factor for heart disease.

Heart disease risk factors are categorized as modifiable or non-modifiable.

Diet falls into the modifiable category because it's something that you can change. Other modifiable heart disease risk factors include:

- leading a sedentary lifestyle
- smoking
- high blood fat levels
- high blood pressure
- high blood sugar
- abdominal obesity
- psychosocial factors
- drinking alcohol

Nutrition continued

People can modify their diet in order to improve and protect the health of their heart. Your dietary choices can either increase or decrease your risk of some of these risk factors like obesity, high blood pressure, and high blood fat levels.

Blood pressure

Hypertension, or high blood pressure, occurs when there's a persistent elevation in the pressure measured within the large arteries. On the other hand, family health history and age fit into the non-modifiable risk factor category because they can't be changed.

Hypertension is currently defined as systolic blood pressure (the top number) of 130mmHg or higher and/or diastolic blood pressure (the bottom number) of more than 80 mmHg. Keeping your blood pressure within a healthy range is critical for heart health. High blood pressure can damage blood vessels and narrows arteries, which increases the workload on your heart. This can lead to an enlarged heart and increase the risk of heart failure.

Diet is an important part of keeping your blood pressure at a healthy level, since some nutrients including sodium, potassium, and magnesium affect blood pressure regulation. While diets high in calories, sugar, and salt can lead to high blood pressure, diets rich in nutritious foods like vegetables, nuts, olive oil, and fish can help promote healthy blood pressure regulation and may even help reduce high blood pressure.

One review of 28 studies found that avoiding foods linked with high blood pressure, like sugar-sweetened beverages and processed meat, was associated with 44% lower risk of hypertension.

Blood fat levels

Elevated levels of blood lipids (fats), including high levels of low-density lipoprotein (LDL, or "bad") cholesterol, can negatively affect heart health and increase your risk of heart disease.

Managing blood lipid levels is essential for keeping your heart healthy. Elevated levels of cholesterol and triglycerides can contribute to atherosclerosis, the accumulation of plaque along the artery walls.

Elevated LDL cholesterol is a major risk factor for atherosclerosis. When LDL levels get too high, it can lead to a buildup of plaque in the arteries, which contributes to inflammation and increases the risk of heart disease.

Having elevated triglyceride levels can also contribute to atherosclerosis and raise your risk of heart disease. Maintaining a healthy diet is one of the most important ways to manage blood fat levels.

Dietary patterns high in fiber-rich plant foods and low in added sugar and highly processed foods have been consistently associated with healthy blood fat levels and lower heart disease risk.

Nutrition continued

Blood sugar and insulin levels

Having elevated blood sugar and insulin resistance can take a serious toll on the heart. High blood sugar can cause an accumulation of compounds called advanced glycation end-products (AGEs) and create oxidative stress, which damages the cardiovascular system and causes blood vessel dysfunction.

Insulin resistance when cells don't respond appropriately to insulin and therefore can't take up sugar from the bloodstream also leads to cellular dysfunction, inflammation, and oxidative stress, which harm the heart.

That's why diabetes is considered an independent risk factor for heart disease. In fact, people with diabetes are at two to four times the risk of developing coronary artery disease (CAD) and heart attack.

Diet plays a critical role in both the prevention and management of type 2 diabetes. Dietary patterns high in ultra-processed foods and added sugar are significantly linked to an increased risk of type 2 diabetes and insulin resistance.

Remember that the term "processed foods" includes a wide variety of products, many of which are more convenient and less expensive than other foods. Not all foods that undergo processing are considered unhealthy or harmful.

Body weight

Obesity is considered a major risk factor for heart disease. Having too much body fat may contribute, both directly and indirectly, to heart disease.

The accumulation of body fat puts strain on the muscles of the heart, known as the myocardium, and can trigger the development of fibrosis, or a scarring of the heart tissue. This can lead to cardiac dysfunction and increase the risk of heart failure additionally, obesity may increase the risk of high blood pressure, high blood lipid levels, and diabetes, which are considered major risk factors for heart disease.

Importantly, even in people who aren't considered obese, having abdominal adiposity (or too much fat in the abdomen) can increase heart disease risk. Abdominal adiposity is usually measured by waist circumference. A higher WC indicates visceral adiposity, or a high level of body fat surrounding the organs in the abdominal cavity, which can promote systemic inflammation and contribute to atherosclerosis the buildup of fatty deposits along artery walls. Overconsumption of calories causes you to gain body fat, which can lead to obesity over time.

The standard Western diet, which is rich in calorie-dense foods like fried foods, sugary foods and beverages, and highly processed snack foods is significantly linked with obesity and heart disease risk

Staying Active

February is AMD Macular Degeneration Low vision Awareness Month!

February is national age related macular degeneration (AMD) and low vision awareness month. AMD is the leading cause of low vision and blindness in Americans age 60 years and older and affects 1.6 million Americans. As the Baby Boomer generation ages, the rates of AMD are expected to reach “epidemic proportions”. AMD is a progressive disease with no known cure. It slowly steals vision as it affects the retina, a paper-thin tissue lining the back of the eye, and causes the cells in the area to die. As a result, if you have AMD, you see blind spots, grayness and other distortions in the center frame of your vision.

Here’s what you need to know...

Risk Factors

The exact cause of AMD is not known. But there are a number of risk factors that may play a role. Some you can help control, some you can’t. The same things that put you at risk for heart disease and stroke also put you at risk for AMD. These include:

- High blood pressure
- High cholesterol
- Obesity
- Smoking
- Risks you cannot control include age, family history, gender and race.

Symptoms

AMD symptoms include blurriness, wavy lines, or a blind spot. You may also notice visual distortions such as:

- Straight lines or faces appearing wavy
- Doorways seeming crooked
- Objects appearing smaller or farther away

If you notice any of these symptoms, you should see an ophthalmologist as soon as possible. If you are diagnosed with wet AMD, it is important to see a Retina Specialist for the most appropriate care.

Reducing your risk for AMD

Even though there is no known cure for AMD, practicing healthy daily lifestyle habits can reduce your risk for it. A healthy diet, not smoking and maintaining healthy blood pressure are important first steps. Other healthy habits that can lower the risk of AMD include:

- Eat a diet with plenty of green, leafy vegetables such as kale, spinach, and collard greens, and fresh fruit.

Staying Active continued

- Fish that is high in omega-3 fatty acids is good for eye health. Try to include it in your diet at least once or twice a week. Types of fish that are high in omega-3 fatty acids include salmon, sardines, mackerel, herring, and albacore tuna.
- It's important to keep your body healthy. Maintain a healthy weight, exercise regularly, maintain healthy blood pressure and cholesterol levels. The healthier your body, the more it can foster good eye health.
- Protect your eyes. Wear sunglasses and a hat with a visor in bright sunlight to protect your eyes from potentially harmful ultra-violet (UV) light and blue light.

Living with AMD

Millions of people have macular degeneration and millions of them continue to do everything they always did. Because you never become blind with AMD, there is always sight available if you know how to use it.

Your peripheral vision helps you to get around the house and outside. There are devices and techniques for everything from reading to cooking to watching sports on TV. You may have to stop driving at some point, but for everything else, there is a solution.

If you are losing sight, there are some simple things you can do on your own to improve your ability to see. Don't become discouraged! You will probably need to try out multiple devices before you find one that works for you.

Things you can do on your own:

- Improve the lighting in your home and office. This may not necessarily mean that you should increase the lighting or the brightness, but instead reduce the glare, which is often a problem for people with low vision.
- Use high contrast for reading and writing. Write in large letters with a broad felt tip pen on white or light paper.
- Use large print books or try other media, like books on CD's or a e-reader.
- Use a hand held magnifier.

WHEN IS NATIONAL WEAR RED DAY 2023?



Be it a lipstick, dress, shoes, or accessory, wear your brightest reds on National Wear Red Day this **February 3**. Even though the day gives us the opportunity to wear more of this stunning color, it, more importantly, focuses on cardiovascular risks and diseases.

Volunteer

FEATURED VOLUNTEER STATION: New Mexico Long Term Care Ombudsman Program

WHAT IS AN OMBUDSMAN? Ombudsman (pronounced: am' budz m'en) is a Swedish word for a "citizen's representative" who protects a person's rights and encourages others to uphold and respect those rights. All states are required to have an Ombudsman program. In New Mexico, the Aging and Long-Term Services Department oversees the Long-Term Care Ombudsman Program (LTCOP). The NM LTCOP (for short) consists of dedicated Ombudsman volunteers who visit residents in long-term care facilities (nursing homes, assisted living facilities, etc.) The Ombudsman Program provides advocacy and assistance by offering residents a means to voice their concerns and have their complaints addressed. The Ombudsman Program works with all parties involved to resolve problems and improve both quality of life and quality of care for residents in long-term care facilities.

WHAT ARE SOME OF THE MAIN FUNCTIONS OF AN OMBUDSMAN? Advocate for the rights and wishes of residents, educate about residents' rights. Investigates information to resolve resident complaints. Collaborates with other to identify problem(s) and determine solutions. Visits to get to know the residents and build a rapport Negotiates with those involved to come up with agreed upon solutions. Respects the confidentiality and privacy of residents.

Most volunteers plan to work approximately 3 hours per week and work with 1 senior living community in their area. All training is provided as well as ongoing support.

If this sounds like something you would like to learn more about, please call Marta at the volunteer program office, 505-404-5818

Sandoval County Project Linus Volunteers are raffling five special quilts. *Project Linus* volunteers sew quilts to be given to children ages newborn to 18 who have been affected by a crisis. Raffle tickets can be purchased for **\$5.00 for one ticket or \$20.00 for five tickets.** *They will be on sale until Friday, February 24, 2023.* Drawings for these quilts will be on **Wednesday, March 8, 2023.**

All raffle proceeds go to *Project Linus* for the purchase of material, thread, and batting so that the volunteers can continue making these very special quilts.

To purchase tickets please call:

**Marta Chavez, Volunteer Program Coordinator,
505-404-5818**

Thank you for your support!



Here are the quilts that are being raffled:



Rose Quilt
72 1/2 x 60 1/2



Butterfly Quilt
62 1/4 x 63 1/4



Bunny Quilt
37 1/2 x 46



Christmas Tree Wall Hanging
33 1/2 x 52

**Project Linus S C
Chapter**

**QUILTS
and
WALL HANGING
to be
RAFFLED**



**Hawaiian Quilt
(Front & Back)**
40 1/2 x 41



A Nonagenarian and a Centenarian on Aging Well

Two who have enjoyed decades of success in their professional approaches to living well share their approaches to living well as those decades add up.

Clint Eastwood actor and director, age 92 was sharing a golf cart with country music star Toby Keith at Eastwood's charity tournament a few years ago. Keith asked how the movie legend keeps active in the business, and Eastwood replied, *"I just get up every morning and go out. And I don't let the old man in."* That statement inspired Keith to write the song, "Don't let the Old Man in," which appears on the soundtrack of Eastwood's 2018 movie, *"The Mule."*





Iris Apfel, 101 years old

Iris Apfel, the businesswoman, designer and model, 101, now calls herself a “geriatric starlet.” When she picks out her daily outfit, it’s to please only one person. I always dress for myself and don’t care what anybody thinks. When you don’t dress like everyone else, you don’t have to think like everyone else.” Don’t let age hold you back, stay positive, engaged in your community and especially, be authentic to who you are.

SANDOVAL COUNTY STAR VOLUNTEER FEBRUARY BIRTHDAYS

HAPPY BIRTHDAY AND MAY YOU HAVE MANY MORE!

JOYCE BURLONE

SHERRY ANN BURN

JAMES CALDWELL

BETTE DAVIS

PAULA A. EHMER

JOSEPH GRAINEY

MICHAEL HAGERTY

MARY LOU HEDRICK

DIEGO MARTINEZ

CYNTHIA F. MERRIMAN

MAUREEN MOYEN

GENOVEVA PEREYRA

JEAN POTABI

KAREN REINHOLD

KRISTINA RUBI

LINDA SOCHA

PATRICK VANDER WYDEN

BYRON VOIRIN

JANE ZAWKIEWICZ





**You may be able
to have your tax
return filed FREE!**

Some Important reasons to file:

1. The income level for the low-income tax credit has been raised. You may now qualify.
2. If you did not file a 2021 tax return and you did not receive the NM rebates in 2022, we may be able to help you now.
3. Future NM rebates *may* be based on filing your 2022 return.

Four Locations in Rio Rancho/Bernalillo:

- ⇒ Church of the Incarnation, 2309 Monterrey Rd NE, Rio Rancho Tuesdays
- ⇒ Bernalillo Senior Center, 801 Rotary Park Rd, Bernalillo Wednesdays
- ⇒ Loma Colorado Library, 755 Loma Colorado Blvd, Rio Rancho
Thursdays
- ⇒ Meadowlark Senior Center, 4330 Meadowlark Lane, Rio Rancho Fridays

APPOINTMENTS ARE REQUIRED:

- **Online** at aarp.org/taxaide. Look for a convenient location. If there are no appointments available, join the Wait List and you will be called.
- **Call** AARP Tax-Aide at 505-346-0076. Leave your name and phone number and a volunteer will call you back.
- **Stop by** the Bernalillo or Meadowlark Senior Center and sign-up to be called.

You do not need to be an AARP member and all ages are welcome. Please DO NOT make duplicate appointments. There are limited times and many taxpayers to serve.

(Please do not call the church or library offices. They are not able to make appointments.)
Thank you! We look forward to helping you!