

Sandoval County Senior Program Administration

CENTER LOCATION

MARCH 2023

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

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

Health & Wellness

March is Colorectal Cancer Awareness Month

Screening and Early Detection is Key to Effective Treatment

March is Colorectal Cancer Awareness Month, and a good time to learn more about colorectal cancer (cancer of the colon and rectum) and how it can be prevented or best treated.

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined. This year, approximately 140,000 new cases of colorectal cancer will be diagnosed and 56,000 people will die from the disease.

"But colorectal cancer is a disease that can be prevented through regular screenings, a healthy diet and regular exercise," explained colorectal surgeons

How can I lower my risk?

To lower your risk of colorectal cancer, the American Society of Colon and Rectal Surgeons recommends that you:

- Get regular colorectal cancer screenings after age 45. Between 80-90% of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stages.
- Eat a low-fat, high-fiber diet.
- If you use alcohol, drink only in moderation. If you use tobacco, quit. If you don't use tobacco, don't start. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.
- Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening or climbing steps may help.

Can colorectal cancer be cured?

Since there are very few symptoms associated with colorectal cancer, regular screening is essential. Screening is beneficial for two main reasons: colorectal cancer is preventable if polyps that lead to the cancer are detected and removed, and it is curable if the cancer is detected in its early stages.

"If detected, colorectal cancer requires surgery in nearly all cases for complete cure, sometimes in conjunction with radiation and chemotherapy," Doctors say. "Between 80-90% of patients are restored to normal health if the cancer is detected and treated in the earliest stages. However, the cure rate drops to 50% or less when diagnosed in the later stages."

In addition, studies have shown that patients treated by colorectal surgeons -- experts in the surgical and nonsurgical treatment of colon and rectal problems --

Health & Wellness continued

are more likely to survive colorectal cancer and experience fewer complications. This is attributed to colorectal surgeons' advanced training and the high volume of colon and rectal disease surgeries they perform.

Who is at risk for colorectal cancer?

The risk of developing colorectal cancer increases with age. All men and women aged 45 and older are at risk for developing colorectal cancer, and should be screened. Some people are at a higher risk and should be screened at an age younger than 45, including those with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer.

Current screening methods include fecal occult blood testing (a simple chemical test that can detect hidden blood in the stool), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon, performed in a doctor's office), double contrast barium enema (barium x-ray), colonoscopy (a visual examination of the entire colon) and digital rectal exam. Colorectal cancer screening costs are covered by Medicare and many commercial health plans. You should find out from your colorectal surgeon or other healthcare provider which screening procedure is right for you and how often you should be screened.

Nutrition

Tips for Growing a Prosperous New Mexico Garden

Gardening in New Mexico is not an easy feat. The dry climate, different soil type, and strong winds make it more challenging to garden in your area than in other areas in the country. But there are ways to grow a prosperous garden at your home.

What to plant? – New Mexico boasts a longer crop season. However, because of the low moisture, there are certain crops that fare better than others in this climate. Herbs such as basil, cilantro, mint, and oregano are great to plant. Vegetables like beets, cabbage, carrots, cucumbers, garlic, potatoes, pumpkin, radishes, tomatoes, sweet corn, and sweet peppers also thrive in the New Mexico climates. Chrysanthemum's, garbanzo beans, okra, pistachios, roses, sunflowers, and watermelon are also good to plant in New Mexico.

Create a plan – You should not go all willy-nilly when it comes to planting your garden. A successful garden is one that is planned out well. Figure out where everything should go. For example, more sunlight is needed for growing veggies. On the other hand, nothing you plant should be close to tree roots. There should also be enough space for everything to grow and spread out or up.

Nutrition continued

Get the soil ready – The better the soil the better the bloom. Soil in New Mexico has a lot of calcium. In fact, it may need more sulfur so doing a soil test is helpful. You most likely will discover it needs more organic matter to help your garden bloom.

Start planting – Begin planting seeds or transplanting according to the plan you created. Plant according to when everything should be planted – i.e. spring, summer, fall, or winter.

Water, water, and water some more – It is a good idea to water before you plant your seeds or transplant. Make sure you are properly watering your garden to make up for the dry climate in New Mexico. Just make sure you are not overwatering your garden because that can wreak havoc on the roots.

The tips above should help you have a prosperous garden.

Staying Active

6 of the Best Vacations for Seniors with Limited Mobility

You've worked long and hard for many years. Now that you're retired, it's your turn to explore, travel and go on some adventures. Whether you're single, married, have traveling companion, live alone or are in an assisted living, there are some great destinations and tours available designed especially for you, even for seniors with limited mobility issues. So where do you go and where do your start?

Here is a list of six favorite vacations for senior with limited mobility traveling in the United States:

1. Niagara Falls

The magnificence of Niagara Falls cannot be overstated. This breathtaking wonder is located on the border of Canada and the United States. If you're not going by car, the best way to get there is fly into the Buffalo Niagara International Airport. There is also Amtrak service to the falls.

For the best views and experience, take the famous river cruise (The Maid of The Mist Boat Tour) from the New York side of the falls. If you're feeling adventurous, you may want to check out the Cave of The Winds Tour (with an elevator ride that goes 175 feet down into the Niagara Gorge). These is also a trolley and bus tour.

Staying Active continued

2. Branson, Missouri

Branson has become one of the most popular vacation destinations for seniors and a favored location among travel groups for single seniors, especially if you're active and enjoy outdoor activities. Golf, museums, shopping, live shows and music are just some of the many activities you'll enjoy. Recently given the title "Live Music Show Capital of the World", Branson is the best Las Vegas Alternative. It is also much quieter and more affordable, and easier to get around.

3. Alaska

Alaska's breathtaking scenery with over 20,000 glaciers, wildlife, and 17 of America's 20 Highest mountain peaks, make it one of the most popular travel destinations for seniors.

One of the best ways to see this majestic state is hopping on one of the cruise lines from Seattle, Washington. For seniors with limited mobility, there are endless websites and deals to be found for a hassle-free vacation. To find exactly what you're looking for in a cruise at a great price, a simple Google search for senior travel tours in Alaska will lead to plenty of information regarding tourism in the area for older adults.

If cruising is not for you, there are many other options for exploring Alaska.

Alaska Marine Highway System

If you're adventurous and want to bring your own car, you can drive to Bellingham, Washington and board a ferry for various destinations in Alaska. The Alaska Ferry System is an affordable alternative to a cruise. Discounts are available for seniors and side trips in many port cities are available as well.

Alaska Railroad Corporation

Seeing Alaska by rail is a real treat for seniors with mobility issues or not. And if you're 65 or older you can travel at half fares during off season months. Watch the scenery from a train picture window while in the comfort of your forward-facing reclining seat.

4. Florida

For consistently warm weather you just can't beat the state of Florida. And while just soaking up the sun is always an option, Florida isn't just for shuffleboard anymore. More and more companies and resorts are catering to active retirees as well as those with mobility issues.

5. Colonial Williamsburg, Virginia

Once the capital of Virginia from 1699 to 1780, Colonial Williamsburg is now one of the best destinations for seniors on a budget and for seniors traveling alone to visit in the United States. Today you can visit the museums, homes, shops and churches that George Washington, Patrick Henry and Thomas Jefferson once wandered into. You can even watch craftsmen weave cloth, make wheels and shape silver into jewelry and utensils.

Staying Active continued

6. Hawaii

It's hard for anyone to resist the beauty of Hawaii. These days, more seniors than ever are heading to the islands for a well-deserved vacation. The good news is there are travel discounts and special packages designed specifically for you, like senior tours at a gentle pace allowing you to see the best of this tropical paradise. Enjoy learning about volcanoes and natural wonders as well as touring Pearl Harbor with a visit to the USS Arizona Memorial for some important US History.

If limited mobility makes traveling an issue for you or loved one, there are tours for seniors designed just for you. There are travel sites such as Wheelchair Travel Worldwide Resources that can help you research traveling in different parts of the world with a wheelchair. Even if you don't use a wheelchair, these resources will make it clear what sites have more accommodations for people with disabilities. You'll find many destinations and experiences to choose from, like trips to national parks, European cities, cruises, family vacation, train travel and even scuba diving vacations.

Did you Know?

Believe or not, there's more to life for those 65 and older other than game night and golf courses. You feel wiser. You know yourself better. And you also become a part of a powerful demographic. To celebrate this special time in your life, here are some interesting facts for seniors that may surprise you.

1. Age doesn't determine success.
The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders) started Kentucky Fried Chicken at the age of 65!
2. We lose a few bones along the way.
We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
3. Seniors hold the most voting power
When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.
4. Creativity doesn't diminish with age.
Laura Ingalls Wilder didn't publish *Little House in the Big Woods* until 65. Millard Kaufman didn't publish his first novel until 90!
5. Seniors are living longer.
Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.
6. and growing faster
According to the US Census Bureau, older adults make up the fastest growing age group within the United States.
7. Learning can save your brain.
In response to learning, senior citizens can grow new neurons over time which can help fight off dementia

Volunteer



Dolly Parton Imagination Library Partners with Friends of the Libraries and Literacy to bring free books to Sandoval County kids!

In 1995, Dolly Parton launched her exciting **Dolly Parton Imagination Library (DPIL)** to benefit the children of her home county in East Tennessee, USA. Motivated by her father's inability to read or write, Dolly's vision was to foster a love of reading among her county's preschool children and their families. By gifting each enrolled child a specially selected, age appropriate book each month free of charge, Dolly wanted children to be excited about books. Moreover, she wanted to ensure that every child would have books, regardless of their family's income.

The **Friends of Libraries and Literacy** in Rio Rancho are proud to join the worldwide family of non-profit organizations, as the Sandoval County partner to the Dolly Parton Imagination Library. National replication of the **DPIL**, which started in 2000, allowed more communities to partner with the program. International growth included Canada (2006), United Kingdom (2007) and Australia (2014). The first book order in 1995 totaled just over 1,700. Today, Dolly Parton's Imagination Library sends more than one million books per month to children around the world inspiring them to dream more, learn more, care more and be more. Now that the **Friends** have joined **DPIL**, New Mexico has coverage in every county which allows the program access to additional funding opportunities through the state of New Mexico early childhood development department.

The Imagination Library provides the infrastructure of the core program including managing the secure central database for the Book Order System and coordinating book selections and wholesale purchasing. It also incurs the cost of the program's administrative expenses and coordinates the monthly mailings.

Volunteer continued

While **Friends**, as the local affiliate partner, provide and input the completed registration forms so that children can begin receiving books each month. Additionally the **Friends** provide \$2.10 monthly for each child enrolled in Sandoval County to cover the cost of books and mailing. Of the approximately 7400 children age zero to five who reside in Sandoval County, the program is planning to enroll approximately 1000 preschoolers this first year. **DPIL** registration forms are available at the Corrales and Bernalillo libraries, the Shining Stars Preschool and the *FriendShop*, the used bookstore run by the **Friends**.

Many **RSVP** volunteers are supporting this important work by volunteering at the *FriendShop*, at 4300 Ridgecrest Drive, Rio Rancho. If you would like to volunteer at the *FriendShop*, contact Marta at the volunteer program office at 505-404-5818. The *FriendShop* supports libraries and fund literacy programs by selling community donated books and media. Stop in to pick up something new to read and help support literacy in Sandoval County.



Happy Birthday March Volunteers

Dottie Hu

Maria A. Armstrong

Maureen A. Barnett

Karen Beaton

Maria del Rosario Fiallos

Donna Huxtable

Ida S. Martinez

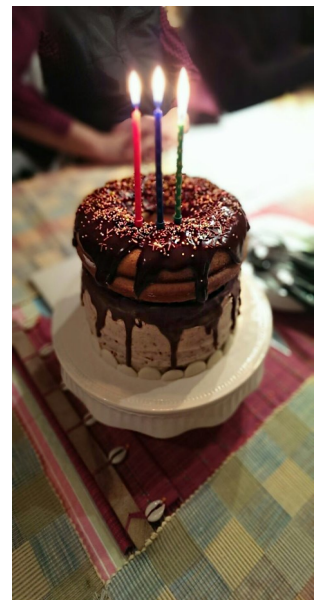
Richard Perea

Thomas Ponder

Maggie Rice

Cathy Sissung

Loyd Munnerlyn





**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!