



# Sandoval County Senior Program Administration

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## CENTER LOCATION

MAY 2025

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

## ADMINISTRATION STAFF

Senior Program Administrator  
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Administrative Assistant  
Jennifer Stivers

Transportation Drivers  
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Greg Shea (Driver)  
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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.

## Health & Wellness

Skin cancer prevention primarily involves minimizing exposure to harmful ultraviolet (UV) radiation from the sun and tanning beds. This includes seeking shade, wearing protective clothing and hats, using broad-spectrum sunscreen with an SPF of 15 or higher, and avoiding tanning beds.

### Detailed Explanation:

- **Minimize UV Exposure:** The primary cause of skin cancer is excessive exposure to UV radiation, whether from the sun or artificial sources like tanning beds.
- **Stay in Shade:** Seek shade, especially during peak sun hours (typically 10 a.m. to 4 p.m.).
- **Wear Protective Clothing:** Cover arms and legs with clothing.
- **Use a Wide-Brimmed Hat:** Protect your face, head, ears, and neck with a wide-brimmed hat.
- **Wear Wrap-Around Sunglasses:** Protect your eyes from harmful UVA and UVB rays.
- **Apply Sunscreen:** Use a broad-spectrum sunscreen with an SPF of 15 or higher and reapply it regularly, especially after swimming or sweating.
- **Avoid Tanning Beds:** Tanning beds emit harmful UV radiation, increasing the risk of skin cancer.
- **Skin Self-Examination:** Regularly examine your skin for any new moles, changes in existing moles, or sores that don't heal.
- **See a Dermatologist:** Consult a dermatologist or healthcare provider if you notice any concerning changes on your skin.
- **Early Detection:** Early detection and treatment of skin cancers are crucial for successful outcomes, as many forms of skin cancer are highly treatable.



**PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER**

## Nutrition

A diet low in sodium and rich in potassium, calcium, and magnesium can effectively lower blood pressure. The DASH diet, which emphasizes fruits, vegetables, whole grains, lean protein, and low-fat dairy, is a well-established eating plan for managing high blood pressure. Limiting sodium intake to 2,300 mg or less per day, and ideally 1,500 mg or less, is crucial for improving heart health and blood pressure.

### Key Components of a Blood Pressure-Friendly Diet:

- **Low Sodium:** Limit sodium intake to 2,300 mg per day or less, according to the Mayo Clinic. For most adults, it's ideal to limit sodium to 1,500 mg or less.
- **Potassium-Rich Foods:** Consume foods rich in potassium, such as bananas, oranges, spinach, and dried beans or peas, according to the Mayo Clinic.
- **Fiber-Rich Foods:** Include whole grains, legumes, nuts, and seeds in your diet for their fiber content, according to Harvard Health.
- **Lean Protein Sources:** Choose lean protein sources like fish, skinless poultry, and soy products, according to the Mayo Clinic.
- **Calcium-Rich Foods:** Include low-fat dairy products and green leafy vegetables to increase calcium intake, according to the Mayo Clinic.
- **Saturated Fat:** Reduce saturated fat intake to no more than 6% of daily calories, according to the Mayo Clinic.
- **Total Fat:** Keep total fat intake at 27% of daily calories, according to the Mayo Clinic.
- **Whole Grains:** Choose whole grains over white flour or pasta products, according to the Mayo Clinic.
- **Fruits and Vegetables:** Eat a variety of fresh fruits and vegetables every day, according to the Mayo Clinic.
- **Nuts, Seeds, and Legumes:** Include nuts, seeds, and legumes in your diet, according to the Mayo Clinic.

### Foods to Limit or Avoid:

- **Sodium-Rich Foods:** Reduce consumption of processed foods, salty snacks, and fast food, according to the Mayo Clinic.

## Staying Active

Exercise has significant benefits for mental health, helping to alleviate symptoms of depression and anxiety, boost mood, and improve overall well-being. It can also reduce stress, improve sleep, and enhance cognitive function.

### How Exercise Improves Mental Health:

- Reduces symptoms of depression and anxiety: Exercise can help release endorphins, which have mood-boosting effects and can reduce feelings of depression and anxiety.
- Improves mood: Physical activity can increase positive emotions and reduce negative moods.
- Reduces stress: Exercise can help the body cope with stress and reduce the physical and psychological effects of stress.
- Improves sleep: Regular exercise can help regulate the sleep-wake cycle and improve sleep quality.
- Boosts cognitive function: Exercise can improve memory, concentration, and overall cognitive performance.
- Increases self-esteem: Achieving physical goals through exercise can boost self-confidence and improve body image.
- Provides a sense of achievement: Engaging in physical activity can lead to a sense of accomplishment and satisfaction.
- May help with resilience: Exercise can help build resilience and cope with mental or emotional challenges in a healthy way.

### Types of Exercise for Mental Health:

- Aerobic exercise: Activities like walking, jogging, swimming, and cycling can be particularly beneficial for improving mood and reducing symptoms of depression and anxiety.
- Strength training: Lifting weights or doing resistance exercises can also contribute to improved mental health and mood.
- Yoga and other mind-body practices: These can help reduce stress, improve flexibility, and enhance mental well-being.

Staying Active continued

### How Much Exercise is Needed:

- Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week.
- Even short bursts of activity can be beneficial, so it's important to find activities that you enjoy and can incorporate into your daily routine.

### Important Considerations:

- Consult with a healthcare professional: If you have any underlying health conditions or concerns, it's always a good idea to consult with a doctor or therapist before starting a new exercise program.
- Start slowly and gradually increase intensity: If you are new to exercise, start with low-intensity activities and gradually increase the duration and intensity as your fitness improves.
- Listen to your body: Pay attention to your body and stop if you experience pain or discomfort.
- Make it enjoyable: Find activities that you enjoy and that you can stick with long-term.



**Sandoval  
County  
Historical  
Society  
& Museum**

160 Edmund Road, Bernalillo, NM 87004

[www.sc-hsm.org](http://www.sc-hsm.org)

Just West of the Rio Grande River on the North side of US 550 between the Coronado State Historic Site and the Santa Ana Star Casino.

505.867.2755

[info@sc-hsm.org](mailto:info@sc-hsm.org)

**SUNDAY MAY 18, 2025 @ 2 PM**

## **NATIVE AMERICAN FLUTE DEMONSTRATION & PERFORMANCE**

*by Marlon Magdalena*

Flutes found in the Americas, and more specifically the flutes of North America, have been in use for thousands of years. There are many types of flutes that were developed by the indigenous people of America. In his presentation, Marlon Magdalena will discuss the history, construction methods and different varieties of flutes that were made and used by many Native American tribes and nations. Marlon will also enlighten us on the history and different playing techniques of several types of Native American flutes.

Learn more about Marlon Magdalena @ [www.marlonmagdalena.com](http://www.marlonmagdalena.com)

**FREE AND OPEN TO THE PUBLIC**



## Volunteer

### **Storehouse West: Nourishing the Sandoval County Community, One Family at a Time**

Storehouse West began with a mission to combat poverty in the West Mesa region and the rural areas of Sandoval County in March of 1992. They began with a dedicated Board of Directors who formalized Storehouse West as a non-profit corporation, committed to assisting residents of Rio Rancho and its surrounding communities. Since its inception, the organization has received invaluable support from businesses, religious and civic organizations throughout Sandoval County, including the RSVP program.

In May of 1992, Storehouse West officially commenced its operations and proudly became a volunteer site for RSVP. Currently, more than 40 RSVP volunteers are participating regularly. In 2024, RSVP members served 5900 hours as Storehouse fed more than 500 families per month. With the need in 2025 growing to almost 1000 families per month during the first quarter, Storehouse and the RSVP volunteers are working together to meet this higher demand.

Storehouse West provides essential support to individuals and families residing in Sandoval County who meet the federal income guidelines set forth by The Emergency Food Assistance Program (TEFAP). TEFAP is funded by the United States Department of Agriculture and administered in Sandoval County by Storehouse West in partnership with the Roadrunner Food Bank. This program ensures that individuals and families facing immediate food needs can receive these vital provisions.

At Storehouse West, the primary goal is to provide essential non-perishable food items to those facing need. Thanks to the partnership with Road Runner Food bank, EFSP (Emergency Food and Shelter Program) and United Way, Storehouse has been able to expand offerings to include dairy products, meats, and other fresh foods, supplementing the canned and boxed-goods. Additional fresh food donations from local grocers including Wal-Mart and Sprouts has greatly increased the amount of fresh food available to pantry recipients, but many of these items have a brief shelf-life.

Storehouse has started a new initiative to assure that all produce, bakery and pastry items don't sit on the shelf over the weekend, by hosting a Friday Market, weekly clearance. Registered clients can pick up fresh food between their regular monthly distribution each Friday between 2 and 3 pm.

Volunteer continued

RSVP volunteers are working to make this extra food distribution happen through their volunteer service. This is a win as Sandoval residents have more access to fresh items as well as insuring that the pantry gets items into the hands of recipients before spoilage occurs.

Thank you to Storehouse West and all the wonderful volunteers helping to eliminate food insecurity in Sandoval County. If you are interested in volunteering with Storehouse West, please call the volunteer program office at 505-404-5822.

### **JUNE TIMESHEETS DUE NO LATER THAN MAY 30!**

As we approach the end of the Fiscal Year, we ask that all RSVP volunteers estimate their hours for the month of June and submit your June timesheet when you submit your May hours. This will allow us to complete the quarterly pay out and have it submitted to the state for annual fiscal closeout. If you have any questions please call the volunteer office at 505-404-5822.



Denise Davis  
William Harp  
Joyce Murdoch  
Shirley Stanford  
Mila Van Vossen  
Stephanie Witkowski

Angela Ellison  
Daniel Mastin  
Jeanie Pawlowski  
Charlene Suranie  
Barbara Vidal



# **BIRTHDAYS**

## **THIS MONTH**





# **Sandoval County Senior Programs Annual Health Fair and Senior Picnic**

JOIN US FOR A HEALTH FAIR, FOOD,  
LIVE MUSIC, DOOR PRIZES AND MORE!

**DATE: May 16, 2025**

**TIME: 10:00AM to 3:00PM**

**WHERE: Town of Bernalillo  
Rotary Park**

**Questions: 505-867-7535**

