



# Sandoval County Senior Program Administration

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## CENTER LOCATION

JULY 2025

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**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

### **Summer safety tips for seniors: How to help stay healthy when it's hot outside**

The summer months are a time of fun, adventure and relaxation for many, but they can also be a source of stress. As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. In fact, according to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60. In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses due to social isolation. Dr. Elaine Healy, medical director and vice president of medical affairs at United Hebrew of New Rochelle, New York, confirms, "Hot weather can make anyone cranky, but it can be especially dangerous for seniors."

Thankfully, you can enjoy the season and stay in top health with these tips.

#### **Boost your hydration**

Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to, explains Healy. Plus, many seniors take diuretics, also called water pills, to treat high blood pressure, chronic kidney disease, congestive heart failure and other conditions, which cause the body to lose fluids, she adds.

To prevent dehydration, she recommends you drink plenty of water before heading outdoors and throughout any time spent in the sun.

Dr. Anthony Zizza, a geriatric medicine specialist and Senior Medical Officer at Landmark Health in Massachusetts, agrees, adding, "If you are comfortable, alert and eating normally, water is enough to stay hydrated. But if you are sweating excessively or have diarrhea, have a sports drink like Gatorade or Pedialyte."

Dehydration can cause an imbalance in electrolytes, the essential minerals that are needed to maintain bodily functions like muscle contraction and nervous system signaling. These beverages replenish the body's stores of sodium, potassium and other electrolytes, in addition to providing hydration.

#### **Slather on sunblock and dress for success**

The fatty layer below our skin gets thinner with age, says Healy, making you more sensitive to the dehydrating effects of sun exposure. To help stay safe from sun damage, follow these tips:

## Health & Wellness continued

- Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.
- Remember to cover every exposed area with sunblock including often-forgotten spots like their ears, upper lip, the backs of your hands and the tops of your feet.
- Wear loose, light-colored clothing, which will help you feel cooler and more comfortable, as well as provide additional protection from the sun.
- Put on sunglasses and a hat with a brim to help shield the delicate skin around your eyes.

## Know when to stay inside

Exercising outdoors is wonderful: It's proven to boost one's mood, and it's a great way for older adults, who might have suffered from loneliness and isolation during the pandemic, to safely spend time with friends and neighbors. But on very hot days, it's best for you to limit outdoor time to early in the morning or later in the evening after the sun has set, says Healy. The sun is strongest from 10 a.m. to 4 p.m., according to the Environmental Protection Agency (EPA), so it's a good idea to spend those hours indoors in air conditioning, if possible.

If you are struggling to cover the cost of 24/7 home air conditioning, find a cooling center. Community centers, shopping malls and libraries often provide free air conditioning and an opportunity to socialize. Consider contacting the Low Income Home Energy Assistance Program (LIHEAP) for assistance with energy bills.

## Keep medications up to date and properly stored

Managing prescriptions may require extra care during the summer, especially if you are planning a vacation. If you take more than a couple of meds, carry a list in their wallet, including dosages and frequency, suggests Teri Dreher, a registered nurse and founder and CEO of NShore Patient Advocates in Chicago.

Be sure to order refills in advance so you don't run out while you are away, and be aware that sometimes you'll need approval in advance from their insurer, which can take more time.

Another seasonal concern: Many medications degrade at temperatures over 86°F, making them less effective. Consult your doctor or pharmacist for advice if they don't have air conditioning in your home. In general, you may want to avoid storing medication in the bathroom, which can get extra hot and humid.

Health & Wellness continued

## Prevent trips and falls

“People usually think about falls during the winter, when it’s icy outside,” says Zizza. “But in summer, seniors are spending more time outdoors, often in unfamiliar terrain, so we still have to be careful.”

Uneven patio pavers, outdoor rugs, slippery pool decks and sandy beaches can all cause seniors to lose their balance. Plus, some chronic conditions, like low blood pressure, can cause dizziness, leading to falls.

Zizza recommends making the following moves to keep yourself as safe as possible:

- Make sure they stay up to date with anything that helps keep their senses sharp, like eyeglasses, hearing aids and walking devices.
- Keep yard and patio areas well lit.
- Ensure that they have comfortable, well-fitting shoes.

## Take frequent travel breaks

Deep vein thrombosis (DVT) is a dangerous condition in which blood clots form in a large vein, often in the leg. If a piece of a clot breaks off and travels to the lungs, it can block blood flow and cause a pulmonary embolism. Seniors are at an increased risk of getting DVT due to their age, and summer travel can further heighten that risk. That’s because sitting for long periods of time as we might on a crowded airplane or in the backseat of a car can cause blood clots to form. For this reason, it’s important to plan ahead and take breaks while traveling long-distance, says Zizza.

“If you will be in a car for longer than four hours, make frequent stops to stand up, stretch and walk around,” he recommends. If you are flying, try to book an aisle seat so you can get up and walk every two to three hours. While you are seated, flex and stretch their calf muscles as much as possible.



Health & Wellness continued

## Watch out for telltale hyperthermia symptoms

During the summer, watch for a range of symptoms associated with hyperthermia, an umbrella term for heat-related illnesses, says Healy. These include:

- Excessive sweating.
- Fatigue
- Dizziness
- Intense thirst
- Cramps in the abdomen, leg or arms
- Cool, clammy skin
- Nausea or vomiting

Heatstroke is a severe form of hyperthermia caused by dehydration and a dramatic rise in body temperature, and it can be fatal if not treated in a timely fashion. The symptoms of heatstroke include:

- No sweating
- Body temperature greater than 103°F
- Red, hot, dry skin
- Throbbing headache
- Confusion
- Lethargy
- Fainting

If you start to feel any of these symptoms, ask for medical help immediately. Lie down in a cool area as soon as possible.



# Nutrition

## 6 Summer Nutrition Tips and Ideas for Seniors

Whether you're looking to trim down for your upcoming beach trip or on the flipside, ensure you don't lose too much weight as you get older, don't miss these helpful summer nutrition reminders and healthy meal ideas for seniors:

### Make Healthy Swaps

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. When it comes to chomping down on all your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for low-fat yogurt in your favorite shakes and smoothies and add spoonfuls of nut butters for that extra punch of protein
- Swap refined white sugar for natural alternatives like honey, maple syrup, or dates in your baked goods
- Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber, or lavender
- Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice
- Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a super snack)

### Stay Hydrated

It's easy for seniors to become dehydrated, especially during hot summer months where you are more likely to be outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water as well like cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

### Complement Your Diet with Exercise

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding fun, active ways to exercise each day. Sunny summer days provide the perfect opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, playing tennis, practicing yoga, and canoeing.



Nutrition continued

## Eat Fresh

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands. It's your chance to skip out on the frozen meals or canned goods you may be used to and instead opt for farm-fresh options like summer squash, heirloom tomatoes, cherries, apricots, bell peppers, corn, arugula, beets, radishes, cucumbers, and strawberries.

## Make Smart Choices When Traveling

It's so easy to opt for unhealthy snacks when traveling because of the ease and convenience junk food provides. Quickly stopping over for a burger and fries while on a long road trip or grabbing a cheesy biscuit sandwich in the airport before your flight is second nature to most Americans. These unhealthy choices can quickly add up, however, and contribute to weight gain, sluggishness, and digestive issues that can upset any trip.

Plan ahead by packing your own healthy snacks that travel well and are easy to eat - think whole grain chips, carrots, dried fruit, cheese sticks, berries, you get the idea. FYI, food is totally allowed through TSA airport security and onto the plane as long as the liquid content of it isn't too high. More info [here](#).

## Tackle Your Biggest Culprits

It's never too late to get your diet under control when it comes to your health. If you have been recommended to adjust your meals due to concerns over blood pressure, diabetes, weight, or even osteoporosis, now is the time to take action and set yourself up for success the second half of the year.

This may involve limiting your salt intake, switching to low-fat dairy products instead of whole fat, or upping your intake of calcium-rich foods like spinach, sardines, and milk. If you have a specific medical condition, talk to your doctor about which diet modifications can most effectively help you.



## Staying Active

### Senior Summer Activities: Safe And Effective Ways To Keep Active This Season

Paying extra attention to your health as you grow older is an essential part of aging well. Spending time outdoors is good for all ages, but especially beneficial as you grow older! There are a variety of activities during the summer months that offer seniors the chance to get some exercise and enhance their health and lives.

Making outside activities a priority for your seniors can benefit everyone; and the health and social benefits of staying active are plentiful. Not only does it feel good to get outside, but social engagement has been shown to improve mental and physical well-being and even prolong your life.

So here are our suggestions on how to encourage seniors to take advantage of the nicer weather this season!

### Senior Summer Activity Ideas

**Fishing Excursion** – Fishing is a relaxing activity that appeals to many older adults. Seniors might enjoy spending time with old friends or perhaps with a grandchild. When going on a fishing trip, seniors have the chance to spend quality time with others. Many seniors venture to local fishing spots during the early morning hours or in the evening when temperatures are not as warm.

**Picnic at a Local Park or Playground** – get back to nature by packing a lunch and eating outdoors. Picnics serve as a great way to get out and soak up some Vitamin D. Fresh air and good conversation are great for both seniors and caregivers. You can even arrange some picnic games for senior citizens.

**Gardening** – plant vegetables or flowers in raised flowerbeds or pots. Adapt or purchase tools that will make working in the garden easier. Even seniors with limited mobility may be able to participate at some level, especially with assistance.

**Join A Book Club** – inquire at local churches or check with your local library for an existing program. By just sharing books that each of you have enjoyed can open up some wonderful conversation.

**Visit Museums** – many museums / societies offer summer activities for free. If it's too hot outside, take a trip to a museum or aquarium. Take walk around the cool, air conditioned rooms and enjoy the sites. Jog your memory with history facts you use to know and strange fish you forgot existed. Keep an eye out for senior discounts!



Staying Active continued

**Adult Classes** – Many community centers and colleges offer classes during the summer. Learning stimulates different regions of the brain, which prevents cognitive impairment. The interaction with other students helps seniors broaden their social circle.

**Take In A Sporting Event** – this can be any local sporting event, even a grandchild's little league game! Many stadiums offer discounts for senior citizens.

**Flea Markets, Farmers Markets, or Craft Shows** – check the community events section in your local newspaper or news broadcasting. Warming temperatures herald a host of markets in pretty much every town. This could include weekly farmers markets, local crafts, as well as seasonal flea markets.

**Outdoor Theater or Concert Event** – weekly outdoor events have gained popularity in many communities. Some places offer concerts, while others feature live plays or outdoor movies on a weekly basis. These outdoor events often take place in the evenings when temperatures are cooler.



# Volunteer



**Spreading Warmth: Our Project Linus Update** This month, our wonderful volunteers delivered **40 hand-made quilts**, bringing our year-to-date total to **249!** Every quilt is donated to **Project Linus**, a national nonprofit that provides comfort items to children (ages 1–18) who are critically ill, injured, or traumatized.



**Why It Matters** • Hospitals & Clinics: A soft, cozy quilt helps ease pain and fear during treatment. • First Responders: Fire and police departments use our quilts to calm children at accident or emergency scenes. • Disaster Relief: In the wake of floods, fires, or storms, Project Linus distributes quilts to families rebuilding their lives.



**How You Can Help** • Knit or sew: No matter your skill level, each stitch makes a difference. • Donate supplies: Fabric, batting, and thread keep our production going. • Spread the word: Invite friends to join our quilting circle or share our mission on social media. Every quilt tells a child, “You are not alone—you are loved.” Thank you for helping us wrap hundreds of children in care, hope, and courage.



## **Thank You for a Wonderful Project Linus Lunch!**

On June 12, 2025, our Sandoval Administration building was filled with friends—seasoned quilters supporters—all gathered to celebrate our shared mission. Your presence made our annual Project Linus Lunch a heartfelt success!



**Special Thanks to Don!** A heartfelt shoutout to Don for treating us to that mouthwatering taco bar at our June 12 Project Linus Lunch, and to the Sandoval County employees who helped the event run smoothly.