



# 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

### Tips for Healthy Vision

Taking steps to care for your eyes can help prevent vision loss from glaucoma and other eye diseases.

**Get a dilated eye exam.** A dilated eye exam can detect eye diseases at an early stage when there are no symptoms. To perform a dilated eye exam, your eye care professional puts drops in the eyes to dilate, or widen, the pupil so he or she can get a good look at the back of the eye. Early detection and treatment of eye diseases such as glaucoma can slow or stop vision loss and reduce the risk of blindness. Talk to your eye doctor about how often you should have a dilated eye exam.

**Be aware of risk factors.** The risk of vision loss and blindness is higher for some people based on race, ethnicity, and other demographic factors. For example, you might be at higher risk for glaucoma if you have a family history of glaucoma; have diabetes; are African American, Hispanic/Latino, American Indian, or Alaska Native; or are older than 50. Knowing about your family's health is helpful to maintain your own eye health. Talk to your family members about their eye health history. It is important to know if anyone has been diagnosed with an eye disease, since some (like glaucoma) have a hereditary component.

**Use protective eyewear.** Protect your eyes when doing chores around the house, playing sports, or on the job, to prevent eye injuries from happening. This includes wearing safety glasses, goggles, safety shields, and eye guards that are made of polycarbonate.

**Wear sunglasses.** When purchasing sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation, so you can keep your vision sharp and eyes healthy. A hat offers great sun protection, too!

**Live a healthy lifestyle.** Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking, can significantly lower your risk of eye disease.

### What to Eat and What to Avoid

A balanced diet rich in essential nutrients, such as antioxidants, vitamins, and minerals, can support overall eye health. Foods high in antioxidants, like leafy greens and colorful fruits, are particularly beneficial.

#### Foods to Include:

- Leafy greens
- Berries
- Omega-3 fatty acids (found in fish)

Health & Wellness continued

### **Foods to Limit:**

- High caffeine beverages
- High-sodium foods
- Excessive alcohol

### **Regular Exercise**

In addition to positively affecting overall health, moderate exercise like walking or swimming can help reduce intraocular pressure, which is an important factor in glaucoma.

### **Stress Management**

Stress is known to have a significant impact on various health conditions, and stress management techniques like meditation and deep breathing exercises can be beneficial. The exact relationship between stress and glaucoma is complex and not fully understood. A recent study suggests that in patients with glaucoma, there may be benefits to eye pressure and optic nerve health by doing mindfulness meditation on a regular basis.

Diet, exercise, and stress management techniques should complement, not replace, the traditional treatments for glaucoma.

### **Additional Resources**

If you are experiencing vision loss, it can have a major impact on every part of life. The National Eye Institute's Healthy Vision Month website features a wide array of resources for people with a visual impairment — like information about vision rehabilitation services and tools to help make meaningful connections with others.



## Nutrition

A gastroparesis diet focuses on managing symptoms by adjusting food choices and eating habits to reduce the burden on the stomach. This typically involves consuming smaller, more frequent meals, limiting high-fiber and high-fat foods, and prioritizing easily digestible options like pureed foods or liquids.

Key Dietary Recommendations for Gastroparesis:

**Smaller, more frequent meals:**

Eating several small meals throughout the day can be easier for the stomach to process than large meals.

**Lower fat intake:**

Fat can slow down stomach emptying, so it's generally recommended to reduce fat intake.

**Lower fiber intake:**

High-fiber foods can also slow down digestion, so limiting them is often advised.

**Chew food thoroughly:**

This helps break down food into smaller pieces, making it easier for the stomach to digest.

**Stay hydrated:**

Drinking plenty of fluids can help prevent dehydration and improve digestion.

**Pureed or liquid diet:**

In cases of severe symptoms, a liquid or pureed diet may be necessary to minimize the work required by the stomach.

Foods to Consider:

**Low-fat protein sources:**

Lean meats, poultry (skinless), fish, eggs, and egg whites are generally well-tolerated.

**Low-fat dairy or dairy alternatives:**

Skim milk, low-fat yogurt, and lactose-free options can be good choices.

**Cooked and peeled fruits and vegetables:**

Soft, cooked vegetables like carrots, spinach, and squash, and fruits like applesauce and cooked peaches are often recommended.

**Low-fiber grains:**

White rice, pasta, and refined cereals like cream of wheat are usually easier to digest than whole grains.

Low-fat soups and broths:

Broth-based soups and pureed soups can be a good way to get fluids and nutrients.



Nutrition continued

### **Foods to Limit or Avoid:**

**High-fat foods:** Fried foods, fatty meats (bacon, sausage), and high-fat dairy products can slow digestion.

**High-fiber foods:** Raw vegetables, raw fruits, nuts, seeds, and whole grains can be difficult to digest.

**Certain vegetables:** Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts, as well as corn, peas, and beans, may cause gas and bloating.

**Certain fruits:** Fruits with thick skins or high fiber content, like apples with skin and berries, may need to be avoided or peeled and pureed.

**Carbonated beverages:** These can cause bloating and discomfort.

**Foods that are difficult to chew:** Tough meats and large pieces of food can be challenging to digest.

Important Considerations:

### **Individual tolerance varies:**

What works for one person with gastroparesis may not work for another, so it's crucial to find what works best for your body.

### **Consult with a doctor or registered dietitian:**

They can provide personalized dietary recommendations based on your specific needs and symptoms.

### **Monitor symptoms and adjust diet as needed:**

Pay attention to how different foods affect your symptoms and adjust your diet accordingly.

### **Consider a food diary:**

Keeping a food diary can help you identify which foods trigger your symptoms.



## Staying Active

Summertime is here and with it comes the desire to get outdoors and be active. From golf to gardening, there is no lack of excuses to get outside and soak up some sun.

Every day I see how the right kind of exercise helps older adults feel stronger and more confident. It's a great way to make friends and be engaged in your community. And of course, there are a myriad of health benefits to exercising at any age.

At the same time there are precautions that you should take when exercising in the summer to make sure the risks don't outweigh the benefits. Older adults in particular can be more sensitive to high temperatures and at a greater risk of dehydration, heat stroke, and other dangerous conditions.

### **Risks of excessive heat for seniors**

Adults over age 65 are at greater risk of heat-related illnesses, known as hyperthermia. This can include heat stroke, swelling in your feet and ankles, sudden dizziness after exercise, cramps, and heat exhaustion.

According to the National Institute on Aging, the following conditions can increase an older adult's risk of hyperthermia:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking multiple medications
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Other things that can increase the risk of experiencing heat-related illness include being in overcrowded conditions, lack of access to air conditioned spaces, and overdressing.

However, there are so many benefits to remaining active as you get older that you should take the time to create a plan for how you can get some exercise even when heat and humidity are high.

Staying Active continued

## **Tips for staying cool while you exercise**

Here are ten tips for beginning or maintaining an exercise program during the summer:

- Consult your doctor before beginning any exercise program, even if it's billed as an easy exercise for seniors.
- Know your limits. Don't push yourself. There are plenty of days ahead and time to build strength and stamina.
- Stay hydrated – make sure you drink plenty of water when working up a sweat. Carry a water bottle with you when you leave the house, especially if you are gone for most of the day, and drink from it regularly.
- Avoid exercising between 10:00 am and 2:00 pm when the sun is at its strongest. Walk on a trail or in a park where you can stay in the shade.
- Break exercise into shorter chunks, like three 10-minute walks instead of one 30-minute walk. Research shows that short bursts of exercise spread throughout the day are just as effective as longer sessions.
- Use sunscreen with an SPF of at least 15—higher is even better—applying it liberally and often, and after swimming (even with waterproof sunblock).
- Exercise with a buddy – don't go it alone. Not only can you motivate each other, but there is someone with you should you need help.
- Wear protective clothing, a wide-brimmed hat, and sunglasses, especially if you require a prescription.
- When it's really hot out, try slower-paced but equally effective types of exercise like yoga and Tai Chi. Or, get in the water – go for a swim or to a water aerobics class. Just make sure a lifeguard is on duty.
- Apply insect repellent to protect yourself from insect bites that spread illnesses.

## **Symptoms of heat stroke**

Heat stroke is a severe form of hyperthermia that can be dangerous, even deadly. It occurs when the body is overwhelmed and can't regulate its temperature. Watch out for these symptoms and call 911 if you notice them in yourself or another person:

- Body temperature of over 104°F
- Fainting
- A change in behavior, like confusion, combativeness, staggering, possible delirium or coma
- Dry, flushed skin and a strong, rapid pulse
- Lack of sweating

In addition to calling 911, if you notice these symptoms you can move to a cool, shaded place; have some water or fruit juice; and place a cold wet cloth on the wrists, neck, armpits, and groin.

## Volunteer

### **Friendly Reminder:** **Protect Yourself from Email Scams**

**Dear Friends,**

As cyber threats like **email scams**, **malware**, and **phishing attempts** continue to rise, we want to gently remind everyone—especially our senior community—that staying vigilant online is more important than ever.

Unfortunately, scammers often target seniors, knowing how kind, trusting, and community-oriented you are. **Knowledge is power**, and together we can stay safe.

#### **Tips from Our IT Trainings:**

- ☒ **Think Before You Click.** Avoid clicking on links or opening attachments from unknown senders.
- ☒ **Verify Before You Share.** Be cautious of emails asking for personal information—even if they look familiar. When in doubt, call the person or organization directly.
- ☒ **Spot Red Flags.** Watch for poor grammar, urgent or threatening language, and unusual email addresses.
- ☒ **Protect Your Info.** Never share your passwords, Social Security number, or bank details through email.
- ☒ **If you receive a suspicious message, don't hesitate to reach out.** We're always here to help you stay safe and informed—online and off.



## Happy Birthday to our Volunteers with August Birthdays



Kimberly Cooke  
Carl Heil  
Lana Player  
Karen Nieto  
Doug Thomas  
Rita Armijo  
Janet Parker  
Roeine Danclovic  
Judith Evens  
Jennie Turner  
Sharon Roberson

William G. Potabi  
Elizabeth Ball  
Sherri Redick  
Yvonne Schreck  
Roswitha (Rose) Balmer  
Sandy Escarcida-Army  
Denise Rose  
Judith Evans  
Elizabeth (Lisa) Tapia  
Pamela Barlow Kessler



Warmest Birthday Wishes to Our Dedicated Volunteers! Your Selflessness and Generosity Inspire Us All. Thank You For Your Invaluable Contributions.  
Enjoy Your Day!