



Sandoval County Senior Program Administration

INSIDE THIS ISSUE:

Health	2
and	-
Wellness	3
Nutrition	3
-	-
-	4
Staying	4
Active	-
-	5
Volunteer	6
Services	-
-	8
Activities	9
Menu	10

CENTER LOCATION

NOVEMBER 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

ADMINISTRATION STAFF

Senior Program Manager
Desi Aragon

Accounting Specialist
Sharon Hicks

Administrative Assistant
Jennifer Stivers

Transportation Drivers
Matthew Montoya (**Scheduler-Driver**)

Greg Shea (**Driver**)
Philip Nevearez (**Driver**)

Food Service Manager
Donald Ravizza

SAMS Data Coordinator
Alicia Arriola

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

Health & Wellness

Being a caregiver can be demanding, but prioritizing your own health and wellness is crucial for your ability to provide sustainable care and prevent burnout. This involves managing both your physical and mental health through self-care practices and utilizing available support systems.

Signs of caregiver burnout

Caregiver burnout is a state of physical, emotional, and mental exhaustion resulting from the long-term stress of caregiving. Recognizing the signs early is key to preventing further harm to your health.

Emotional and mental signs:

Feeling overwhelmed, irritable, or unusually impatient with your loved one.
Anxiety, depression, or mood swings.
Withdrawing from friends, family, and activities you once enjoyed.
Feelings of hopelessness, helplessness, or guilt.

Physical signs:

Overwhelming and persistent fatigue, even after getting rest.
Changes in appetite, leading to weight loss or gain.
Sleep problems, including insomnia or sleeping too much.
Physical ailments like frequent headaches or stomachaches.
Lowered resistance to illness.

Practical tips for maintaining caregiver wellness

Prioritize your physical health

Get regular exercise: Even short, manageable sessions can reduce stress and boost energy. Try walking, dancing, gardening, or yoga.

Eat well: Maintain a balanced diet, stay hydrated, and opt for nutritious snacks when you're on the go.

Prioritize sleep: Aim for 7 to 9 hours of sleep per night. Establish a relaxing bedtime routine and try to go to bed at the same time each day.

Schedule doctor visits: Do not skip your own regular medical checkups, health screenings, or vaccine appointments. Tell your doctor that you are a caregiver so they can provide advice and resources.

Address your mental and emotional needs

Take regular breaks: Use respite care or ask others to help so you can take time for yourself. Even a few minutes of quiet time or a brief walk can

Health & Wellness continued

Focus on what you can control: Instead of dwelling on what you can't change, celebrate your successes and the positive aspects of your caregiving relationship.

Practice stress reduction techniques: Experiment with meditation, deep breathing, or mindfulness to help you relax and manage stress.

Let go of guilt: It is normal to feel frustration or sadness. You are doing the best you can, and seeking help is a smart strategy, not a selfish one.

Build a support system

Ask for and accept help: Prepare a list of specific tasks and let family and friends choose how they can help. This could include cooking, running errands, or sitting with your loved one.

Join a support group: Connecting with other caregivers, either online or in person, can provide valuable emotional support and practical advice from people who understand your experience.

Stay socially active: Maintain contact with friends and family outside of your caregiving role. Make time for conversations or hobbies that bring you joy and help you feel connected to the world.

Nutrition

Good foods for a diabetes diet include non-starchy vegetables, whole grains, lean proteins, fatty fish, and nuts. Prioritize whole foods and fiber-rich options to help manage blood sugar levels, and include healthy fats and proteins to slow down sugar absorption.

Non-starchy vegetables

Examples: Broccoli, spinach, kale, collard greens, carrots, tomatoes, peppers, and green beans.

Benefit: Rich in nutrients and fiber, which helps slow sugar absorption and regulate blood sugar.

Whole grains

Examples: Quinoa, barley, oats, and 100% whole wheat bread.

Benefit: More fiber and nutrients than refined grains, and generally have a lower glycemic index to help keep blood sugar stable.

Lean protein

Examples: Fish, chicken breast, eggs, and beans.

Benefit: Protein digests slower than carbohydrates, which helps keep

Nutrition continued

Fatty fish

Examples: Salmon, mackerel, sardines, and tuna.

Benefit: A good source of protein and heart-healthy omega-3 fatty acids.

Nuts and seeds

Examples: Unsalted nuts, chia seeds, and flax seeds.

Benefit: Provide protein and healthy fats, which can help manage blood sugar and improve heart health.

Fruits

Examples: Berries (strawberries, raspberries), and other fruits in moderation.

Benefit: A good source of fiber, vitamins, and antioxidants.

Tip: Choose whole fruits over juice to get the benefit of the fiber, which slows down sugar absorption.

Legumes

Examples: Lentils, beans.

Benefit: Low on the glycemic index, high in both fiber and protein, and can help stabilize blood sugar levels.

Other beneficial foods

Staying Active

Cottage cheese: Contains protein, which helps keep blood sugar more stable.

Potatoes with skin: The skin contains fiber that slows the digestion and absorption of sugar. Staying active with long cancer involves a combination of aerobic strength and flexibility exercises, but it is crucial to start slow, listen to your body, and get approval from your healthcare team before beginning any new routine. Gentle activities like walking, swimming, or light stretching can help improve quality of life, reduce fatigue, and manage side effects while building up endurance gradually. It is important to work with your doctor to set realistic goals and find an activity plan that is safe for you.

Bran cereal: High in fiber, check the label for at least 3 grams of fiber per serving.

General tips

Start slowly: Begin with short, 5-10 minute sessions of light activity, like walking, and gradually increase the duration and frequency.

Listen to your body: Don't push yourself too hard, especially during treatment. Rest when you feel "below par" and resume as soon as you are

Staying Active continued

Consult your healthcare team: Always talk to your doctor before starting a new exercise program to determine what is safe for you, especially during treatment.

Find motivation: Use a pedometer to track your steps, which can help you set goals and stay motivated. A walking buddy can also be helpful.

Types of exercise

Aerobic: Activities like brisk walking, cycling, or swimming can improve your heart and lung health. Aim for moderate intensity, where you can talk but not sing, and spread 150 minutes of activity over multiple days if possible.

Strength training: This helps rebuild muscle and bone density. Start with light weights or resistance bands, focusing on major muscle groups.

Flexibility and balance: Practices like gentle yoga, tai chi, or stretching



Volunteer

Services 🍂 Join Us for the Fall Festival! 🍂

Mark your calendars for **Friday, November 14th** and join us for a day of community, fun, and wellness at the **Pena Blanca Community Center Gym, 778 Highway 22, Pena Blanca, NM 87041.**

🌟 **Morning Health Fair** – Beginning at **10:00am**, connect with health vendors and explore valuable resources to support your well-being.

🌭 **Lunch & Refreshments** – At **11:30am**, enjoy a delicious meal of hotdogs with chips, a topping bar, refreshing drinks, and a sweet treat—**root beer floats!**

🎡 **Carnival Fun** – From **1:00pm–2:30pm**, join in on classic favorites like the **prize pong, cake walk, ring toss, crafts, and more**—a lively celebration for all.

🎵 **Live Music** – From **4:00pm–5:00pm**, relax and enjoy the sounds of a live band to

Bring your friends for a connection,



with laughter,
celebrate with you!



Evelyn Arnold
Pamela Becknell
Martha (Terri)
Bocanegra
Donald Dawson
Joyce Hagan
Gwendolyn Hardy
Theresa James
Ida Liebert
MaryLou Lougee
Cecilia Martinez
Ericka (Heidi) Moya
Dennis Sanchez
Stella Stiver
Carrie Taraddei



Food And Cooking > Recipes

Mashed Potato Casserole

This isn't your typical potato casserole.

BY REE DRUMMOND Published: Nov 2, 2024

YIELDS:	PREP TIME:	TOTAL TIME:
8 - 12 serving(s)	25 mins	1 hr

Ingredients

CASSEROLE

- ☐ 1/2 cup (1 stick) salted butter, melted, plus more for the baking dish
- ☐ 1 (16-oz.) container sour cream
- ☐ 1 (1-oz.) envelope onion soup mix
- ☐ 4 lb. russet potatoes, peeled and cut into large chunks
- ☐ 1 cup heavy cream, warmed
- ☐ 1 lb. bacon, cooked and crumbled
- ☐ 8 oz. monterey jack cheese, shredded (about 2 c.)
- ☐ 1/2 cup lightly crushed crispy fried onions
- ☐ 1 1/2 tsp. kosher salt
- ☐ Black pepper, to taste

TOPPING

- ☐ 1 cup lightly crushed crispy fried onions
- ☐ 1 cup lightly crushed kettle cooked potato chips with sea salt
- ☐ 1/4 cup grated parmesan cheese (about 1 oz.)
- ☐ Chopped chives or green onions, for serving

Directions

- 1 | For the casserole: Preheat the oven to 375°F. Generously butter a 13-by-9-inch baking dish.
- 2 | In a small bowl, stir together the sour cream and onion soup mix. Refrigerate while you prepare the potatoes so the flavors have time to meld.
- 3 | Place the potatoes into a large pot and cover them with cold water by 1 inch. Bring the water to a boil over high heat and cook until the potatoes are fork tender, 20 to 25 minutes.
- 4 | Drain the potatoes well and return them to the same pot. Place the pot back on the same burner (heat turned off) and mash until there are no visible lumps.
- 5 | Add the prepared onion dip, melted butter, heavy cream, bacon, monterey jack cheese, fried onions, and salt, and stir to combine. Season to taste with pepper. Transfer the mashed potatoes to the prepared baking dish, spreading them evenly.
- 6 | For the topping: In a small bowl, stir together the fried onions, potato chips, and parmesan. Sprinkle the mixture evenly over the top of the mashed potatoes. Bake until bubbling and browned on top, 15 to 20 minutes. Sprinkle with chives just before serving.

[See Nutritional Information](#) ▾



FALL WORD SEARCH

S	G	I	V	I	S	G	W	O	R	C	E	R	A	C	S
C	O	L	L	A	H	S	C	A	E	I	T	H	R	E	W
P	U	M	P	K	I	N	O	K	S	D	E	R	O	R	O
T	R	L	U	N	S	R	A	L	L	E	R	D	C	O	R
H	D	E	M	L	B	O	N	F	I	R	E	I	H	N	A
A	C	A	R	L	O	C	A	R	A	E	L	C	E	E	N
N	O	V	E	T	H	A	N	K	S	G	I	V	I	N	G
T	R	L	P	H	A	G	O	U	E	R	I	F	Y	A	E
S	W	L	M	A	L	C	R	N	L	E	A	V	E	S	T
E	C	A	A	N	L	P	P	A	P	H	A	L	L	O	C
V	I	B	H	F	O	O	T	B	P	I	D	E	L	H	O
R	E	T	A	E	W	S	H	R	A	N	A	R	O	A	R
A	D	O	Y	T	E	N	A	N	R	E	S	T	W	R	M
H	O	O	R	H	E	D	I	R	Y	A	H	S	E	V	U
E	R	F	R	E	N	E	Y	O	U	R	F	N	O	B	P
E	N	E	N	A	E	H	S	C	R	O	W	O	L	L	E

WORD BANK

WWW.ALWAYSTHEHOLIDAYS.COM

ACORNS
APPLES
BONFIRE
CIDER

CORN
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE

RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW



Non-Metro New Mexico Area Agency on Aging

The Senior Difference

Santa Fe's largest Senior/Older adults health fair

**A MUST ATTEND EVENT FOR OLDER ADULTS AND SENIORS****FREE EVENT
OPEN TO THE PUBLIC****Thursday
November 13th, 2025****8am-2pm****at the Courtyard - Santa Fe, NM
3347 Cerrillos Rd.**

- FREE HEALTH SCREENINGS - FREE FLU SHOTS - LIVE ENTERTAINMENT
- SPEAKER SERIES - INFORMATION TO HELP THOSE IN NEED OF ASSISTANCE - PARTICIPATE IN LIVE EXERCISE SEMINARS
- FOOD DEMONSTRATIONS - MEDICAL PROVIDER AGENTS WILL BE ON HAND TO ANSWER YOUR QUESTIONS, HEALTH AND WELLNESS INFORMATION.

*Just to name a few of the reasons you'll want to attend!***DOOR PRIZE GIVEAWAYS***

Come out and get to know how NON-METRO NEW MEXICO AREA AGENCY ON AGING assists New Mexico's Seniors and OLDER ADULTS in 32 counties throughout New Mexico!

...and when you drop by the NON-METRO NEW MEXICO Welcome Table - Get your **FREE** Goodie Bag while supplies last.

JOIN THE FUN FOR THIS NEW ANNUAL EVENT IN THE CITY DIFFERENT - SANTA FE, NM

SPONSORED BY:

PURE BENEFITSTHE NATIONAL AGING SERVICE**United
Healthcare**
**NM Hearing Aid
& Tinnitus Center**
nmHearingAid.com

FOR MORE EVENT INFORMATION OR BUSINESSES LOOKING TO RESERVE LIMITED
VENDOR SPACE, CONTACT:

JOE HERRERA at (505) 303-6247 joeh@ncnmedd.com

Visit Our Website - www.nonmetroaaa.com