



Sandoval County Senior Program Administration

CENTER LOCATION

MARCH 2026

INSIDE
THIS
ISSUE:

Health and Wellness	2
Nutrition	3
	-
	5
Staying Active	6
Volunteer Services	7
	-
	12
Menu	13

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Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

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

Health & Wellness

Maintaining kidney health requires a combination of regular exercise, a balanced, low-sodium diet, proper hydration, and avoiding excessive use of over-the-counter painkillers like ibuprofen. Key lifestyle actions include quitting smoking, managing blood pressure and blood sugar, and achieving a healthy weight to prevent damage.

Key Strategies for Kidney Health:

Stay Hydrated: Drink sufficient fluids to help kidneys clear sodium and toxins, aiming for about 4-6 cups daily or adjusting based on activity and health.

Eat a Kidney-Healthy Diet: Focus on fresh, whole foods, including fruits, vegetables, and whole grains. Reduce salt intake (less than 1,500-2,300 mg daily) and minimize processed foods.

Exercise Regularly: Aim for at least 30 minutes of moderate activity, such as walking, cycling, or dancing, most days of the week.

Control Blood Pressure and Blood Sugar: High blood pressure and diabetes are leading causes of kidney damage, making their management critical.

Manage Medications: Limit the use of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen, which can cause kidney damage.

Avoid Smoking: Smoking impairs blood flow to the kidneys and increases the risk of kidney cancer.

Regular Check-ups: Get annual screenings for kidney function (blood and urine tests), especially if you have high blood pressure or diabetes.

Dietary Considerations:

Reduce Sodium: Avoid excessive salt to control blood pressure.

Protein Management: Moderate protein intake, especially if you have existing kidney issues.

Limit Processed Foods: These are often high in hidden sodium and phosphorus.

Nutrition

Did you know that National Nutrition Month is observed every March? It was founded by the Academy of Nutrition and Dietetics, and its purpose is to celebrate making informed food choices and adopting healthier eating habits.

It's important to learn about nutrition as it affects every aspect of our lives. From embracing whole foods to prioritizing balance and moderation, there are countless ways to treat our bodies right and nourish ourselves from the inside out.

In this article, we'll explore the significance of National Nutrition Month and share practical tips for incorporating healthier eating habits into our daily lives.

Understanding the Importance of Nutrition

We've all heard the adage, "You are what you eat." Every single morsel of food and every sip of drink you put into your mouth will dictate your health over the short and long term.

Nutrition plays a crucial role in every aspect of our lives, impacting our physical health, mental well-being, and overall quality of life. A balanced diet rich in essential nutrients, vitamins, and minerals is essential for:

- Maintaining a healthy weight
- Reducing the risk of chronic diseases such as heart disease, diabetes, and cancer
- By prioritizing nutrition and making mindful food choices, we can fuel our bodies with the nutrients they need to thrive.

Embracing Whole Foods

One of the cornerstones of healthy eating is embracing whole, minimally processed foods that are rich in nutrients and free from additives and artificial ingredients.

Whole foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential nutrients and fiber that support overall health and well-being.

Incorporating a variety of colorful fruits and vegetables into your meals can help ensure a diverse range of nutrients and antioxidants to support optimal health.

Unfortunately, too many Americans spend the majority of their time eating ultra-processed foods, which don't look anything like the whole food they originally came from. For example, cereals come from wheat or grains, but they are extremely processed versions of the original food item. Jerky is made of meat, but again, it's highly processed.

Rather than going for the processed food item, go back to the source of the item, whenever possible.

Nutrition continued

Prioritizing Balance and Moderation

Healthy eating is all about balance and moderation, not deprivation or strict rules. Instead of focusing on restrictive diets or cutting out entire food groups, strive for balance by including a variety of foods in your diet.

Practice moderation in portion sizes. This means controlling yourself when you feel the urge to finish a family-sized packet of chips, cookies, or cake.

Enjoying occasional indulgences in moderation can help satisfy cravings and prevent feelings of deprivation, making healthy eating more sustainable in the long term.

Reading Food Labels

Reading food labels is an essential skill for making informed food choices and understanding the nutritional content of packaged foods. At first, you might be a bit confused by the labels, but over time you will learn to read them, the same as you read words in a book.

Pay attention to serving sizes, calorie counts, and the ingredients list to identify potential sources of added sugars, unhealthy fats, and sodium.

Choose foods with minimal processing and ingredients you recognize, and opt for products lower in added sugars, saturated fats, and sodium.

Cooking at Home

Cooking at home allows you to have more control over the ingredients and cooking methods used in your meals, making it easier to make healthier choices. Experiment with new recipes and cooking techniques to add variety to your meals and discover new flavors and textures.

Get creative in the kitchen by incorporating seasonal produce, herbs, and spices to enhance the flavor of your dishes without relying on excessive salt or added sugars.

Practicing Mindful Eating

Mindful eating involves paying attention to your body's hunger and fullness cues and savoring each bite of food without distractions. Take the time to chew your food slowly, savoring the flavors and textures, and listen to your body's signals of hunger and satiety. Eating mindfully can help prevent overeating, promote digestion, and enhance the enjoyment of meals.

Staying Hydrated

Proper hydration is essential for overall health and well-being, supporting digestion, metabolism, and cognitive function. Aim to drink plenty of water throughout the day, and incorporate hydrating foods such as fruits, vegetables, and herbal teas into your diet. Limit the consumption of sugary beverages and opt for water as your primary source of hydration.

Nutrition continued

Seeking Professional Guidance

If you have specific dietary goals or health concerns, consider seeking guidance from a registered dietitian or nutritionist who can provide personalized recommendations tailored to your individual needs. A qualified nutrition professional can help you develop a balanced eating plan, address nutritional deficiencies, and make sustainable lifestyle changes to support your health and well-being.

Being Flexible and Adaptable

Healthy eating is not about perfection but rather progress and consistency over time. Be flexible and adaptable in your approach to nutrition, recognizing that there will be days when your eating habits may not align perfectly with your goals. Instead of dwelling on setbacks or slip-ups, focus on making positive changes one step at a time and celebrating your successes along the way.

Making Healthy Eating a Priority

Finally, prioritize healthy eating as an essential aspect of self-care and overall wellness. Treat your body with the respect and care it deserves by nourishing it with wholesome, nutrient-rich foods that support optimal health and vitality. Remember, small changes add up over time. Every positive food choice you make contributes to your overall well-being.

Get Inspired During National Nutrition Month To Eat Healthier

Healthy eating starts with you and every choice you make. National Nutrition Month is here, and it's a good time to revamp your diet and replace unhealthy choices with healthier ones.

Spring Clocks Forward Sunday March 8, 2026



Staying Active

Staying active with colorectal cancer is vital for improving quality of life, reducing treatment side effects like fatigue and anxiety, and potentially boosting survival rates. Experts recommend aiming for 150 minutes of moderate-intensity exercise per week (e.g., 30 minutes, 5 days a week). Start slow, listen to your body, and consult your care team for a tailored, safe, and effective routine.

Key Benefits of Exercise

Improved Survival: Regular, moderate activity is associated with lower recurrence risk and higher survival rates.

Reduced Treatment Side Effects: Exercise helps manage cancer-related fatigue, anxiety, depression, and improves physical functioning.

Improved Tolerance: Physical activity may help patients better tolerate chemotherapy.

Recommended Activities

Aerobic Exercise: Walking, swimming, cycling, or using an elliptical machine.

Resistance Training: Light weights or resistance bands to maintain muscle mass and strength.

Daily Movement: Incorporate activity into daily life, such as gardening, taking the stairs, or doing housework.

Tips for Getting Started

Start Low, Go Slow: Begin with 10-minute sessions three times a week and gradually increase duration and intensity.

Take Breaks: It is acceptable to break up exercise into smaller sessions (e.g., three 10-minute walks per day).

Listen to Your Body: Avoid overexertion and rest when needed.

Safety Precautions: Avoid public gyms if you have a low white blood cell count, and avoid heavy lifting if you are in active treatment.

Get Support: Exercise with a friend, family member, or a trained professional.

Volunteer

🌸 March Senior Volunteer Programs 🌸

As we step into March, we want to take a moment to celebrate the incredible energy our volunteers bring to our programs every single day. This month marks a fresh season of growth, renewal, and community connection—and none of it would be possible without you.

Your dedication continues to make a meaningful impact, whether you're greeting community members with a smile, creating beautiful items for those in need, helping keep our pantries running smoothly, or lending your voice and ideas to strengthen our volunteer programs. Thank you for showing up with heart, compassion, and commitment.

March also brings new opportunities to get involved, share feedback, and help shape the direction of our volunteer efforts. We encourage you to stay connected, participate in upcoming meetings, and continue being the voice that helps guide our work forward.

Here's to a month full of purpose, teamwork, and community spirit. We're grateful for everything you do.



Filomena Blackman
Angelina Taraddei
Elizabeth Vandermass-Sack
Jana Nichols
Dee Hedani-Andrilla
Estevan Vasquez
Martin Bartoli
Catherine Sissung
Ida Martinez
Loyd Munnerlyn
Madge Rice
Cathleen Zaugg



Happy
Birthday

Name: _____ Date: _____

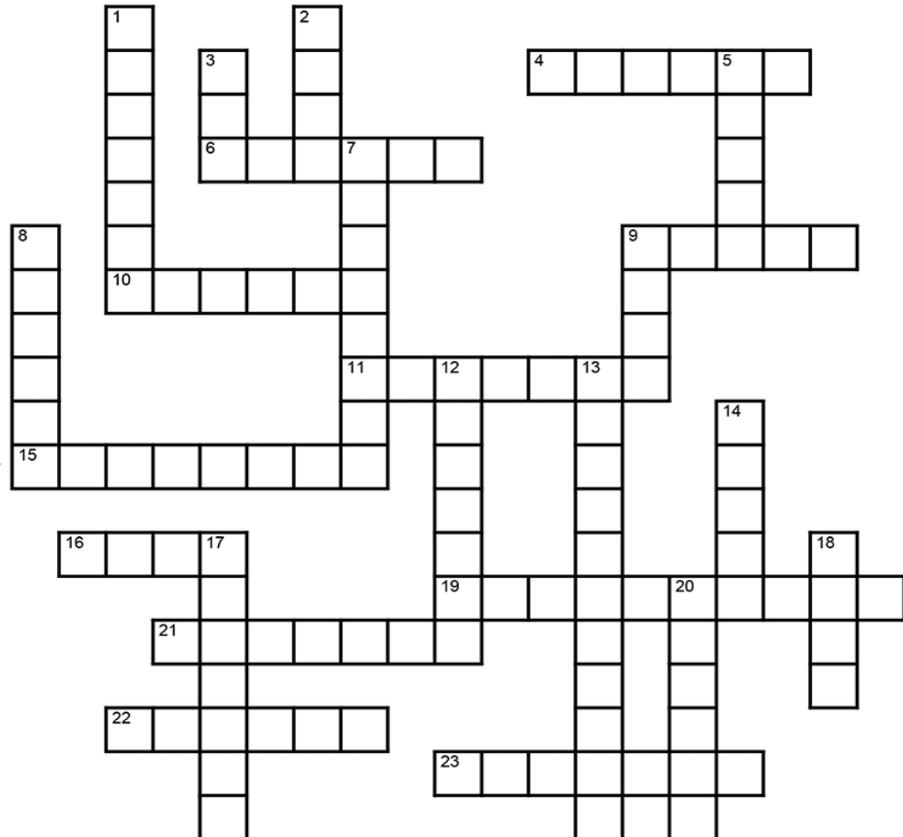
Saint Patrick's Day

ACROSS

- 4. Historically important vegetable in Ireland.
- 6. Native language of Ireland.
- 9. What color are the hills of Ireland?
- 10. The Irish flag is green, white and . . .
- 11. St. Patrick is the patron saint of which country?
- 15. Used by St. Patrick to represent the Christian Holy Trinity.
- 16. Number of leaves on a lucky piece of clover.
- 19. A trickster with a pot of gold.
- 21. If you don't wear green on March 17th, you might get . . .
- 22. Capital city of Ireland.
- 23. Saint Patrick's birthplace.

DOWN

- 1. This city dyes its river green to celebrate St. Patrick's Day.
- 2. Color originally associated with St. Patrick's Day.
- 3. Name for the leprechaun's dance.
- 5. Number of leaves on a shamrock.
- 7. A funny poem with five lines.
- 8. According to legend, St. Patrick chased these out of Ireland.
- 9. It is the pot at the end of a rainbow.
- 12. Ireland nickname: The ____ Isle.
- 13. Saint Patrick's Cathedral location.
- 14. Month in which we celebrate Saint Patrick's Day.
- 17. Arch of colors in the sky.



- 18. Good fortune.
- 20. Ancient culture of Ireland.



Blue	Leprechaun
Britain	Limerick
Celtic	Luck
Chicago	March
Dublin	New York City
Emerald	Orange
Four	Pinched
Gaelic	Potato
Gold	Rainbow
Green	Shamrock
Ireland	Snakes
Jig	Three

St. Patrick's Day

Find the words on the list in the word search below!

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

CLOVER
 IRISH
 SHAMROCK
 WISH

GOLD
 EMERALD
 MARCH
 POT

LEPRECHAUN
 LUCKY
 RAINBOW
 IRELAND

GREEN
 PATRICK
 CHARM
 MAGIC

Corned Beef and Cabbage with Herb Buttered Potatoes



Recipe courtesy of Sandra Lee

Show: Sandra's Money Saving Meals Episode: Slow Cooker Savings

Level: Easy

Total: 8 hr 10 min

Prep: 10 min

Cook: 8 hr

Yield: 4 servings

Ingredients:

Corned Beef:

- 3 pounds corned beef brisket with spice packet
- 2 carrots, cut into 2-inch pieces
- 2 medium onions, chopped
- 1 small head green cabbage, cored, roughly chopped
- 2 cups apple juice
- 1 cup water

Potatoes:

- 1 1/2 pounds baby red potatoes, sliced in 1/2
- 1/2 stick butter, softened
- 1 tablespoon chopped garlic
- 2 tablespoons chopped fresh parsley leaves
- Salt and freshly ground black pepper

Directions:

- 1** For Corned Beef:
- 2** Put the carrots and onions on the bottom of slow cooker, and put the corned beef on top. Arrange the chopped cabbage around the beef. Add the apple juice and 1 cup of water along with the contents of the spice packet. Cook on low 6 to 8 hours until the beef is tender. Remove the beef and vegetables to a platter and keep warm.
- 3** For potatoes:
- 4** Bring a large pot of salted water to a boil and add the potatoes. Cook until the potatoes are tender, about 12 to 15 minutes. Drain and return them to the pot.
- 5** Add the butter, garlic, parsley, and salt, and pepper, to taste. Gently combine so that all the potatoes are evenly coated. Transfer to a serving bowl and serve with corn beef and vegetables from the slow cooker.



St. Patrick's Day Green Velvet Cupcake Shamrocks



Recipe courtesy of Food Network Kitchen

The old-fashioned boiled frosting for these Emerald Isle green cupcakes is creamy and fluffy and reminds us of childhood.

Level: Easy

Total: 1 hr 35 min

Prep: 5 min

Inactive: 1 hr 5 min

Cook: 25 min

Yield: 24 servings (makes 6 shamrock cakes plus 3 cupcakes)

Ingredients:

Cupcakes:

Cooking spray

2 1/2 cups all-purpose flour

2 tablespoons unsweetened cocoa powder (not Dutch process)

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon fine salt

1 1/4 cups buttermilk, well shaken

1 tablespoon green liquid food coloring

2 teaspoons pure vanilla extract

2 cups granulated sugar

1 cup (2 sticks) unsalted butter, at room temperature

3 large eggs, lightly beaten

Frosting:

1/2 cup all-purpose flour

1 1/2 cups milk

1 1/2 cups (3 sticks) unsalted butter, at room temperature

1 1/2 cups granulated sugar

4 teaspoons pure vanilla extract

Pinch fine salt

Green liquid food coloring

1/2 cup green sanding sugar, for decorating

Directions:

1 For the cupcakes: Preheat the oven to 350 degrees F.

Line two 12-cup muffin tins with paper liners and spray with cooking spray. Whisk the flour, cocoa powder, baking powder, baking soda and salt in a medium bowl; set aside. Whisk the buttermilk, food coloring and vanilla in a spouted measuring cup; set aside.

2 Beat the granulated sugar and butter in a stand mixer (or a large bowl if using a hand mixer) on medium speed until very light in color and fluffy, about 5 minutes, scraping down the sides of the bowl as needed. With the mixer still on medium, slowly add the eggs and beat until fully incorporated. Reduce the speed to the lowest setting; with the mixer running, add 1/3 of the flour mixture, then 1/2 of the buttermilk mixture, then 1/2 of the remaining flour mixture, then the remaining buttermilk mixture, then the remaining flour mixture. Scrape down the sides and beat until well mixed. Fill the prepared liners about 3/4 full of batter. Bake until the cupcakes bounce back when pressed and a toothpick inserted in the center comes out clean, 20 to 22 minutes. Let cool in the pan for a few minutes, then transfer to a rack to cool completely.

3 For the frosting: Put the flour in a small saucepan. Vigorously whisk in about 1/2 cup milk, making sure to get the whisk into the edges of the pan, until you have a smooth, thick paste. (This step keeps the flour from clumping.) Slowly whisk in the remaining milk until fully incorporated and the mixture is smooth. Cook over medium heat, whisking constantly, until the mixture is very thick, about 5 minutes. (Toward the end of the process, the mixture will become a thick paste; it may seem to be forming lumps, but whisk vigorously and the lumps will disappear.) Scrape into a bowl, press plastic wrap onto the surface and refrigerate until cool, about 45 minutes.

4 Using a stand mixer fitted with the paddle attachment (or a hand mixer), beat the butter and granulated sugar on medium speed until very light and fluffy, about 5 minutes. Add the cooled flour mixture a tablespoon at a time and beat until smooth. Switch to the whisk attachment (or continue with the hand mixer), add the vanilla, salt and 3 to 5 drops green food coloring and whip until very light and fluffy, like thick whipped cream, up to 10 minutes with a stand mixer or 12 minutes with a hand mixer.

5 To assemble: Using a sharp serrated knife, cut 3 cupcakes in half vertically, gently sawing through the paper liners; set aside. Frost the remaining cupcakes. Put the sanding sugar on a small plate and roll the edge of each cupcake 3/4 of the way around in the sugar, making a green border around each with a gap on one side. On a large serving platter, arrange 18 cupcakes in groups of three, pushing them together at the gaps, to make 6 shamrock cakes. Dip the tops of the cupcake halves in sugar and wedge a pointy end of 1 half between 2 of the cupcakes in each group to form the stems.



Cook's Note

Alternatively, you can make the shamrock stems with mini cupcakes instead of halved full-size cupcakes: Fill 8 liners in a mini-cupcake tin 3/4 full of batter and divide the remaining batter among the two full-size cupcake tins. (The larger cupcakes will have a slightly smaller dome.)



**Sandoval
County
Historical
Society
& Museum**

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Follow us on



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

SUNDAY, MAR. 8, 2026 @ 2 PM

Five and 1/2 Railroads of Sandoval County and Three Interesting Neighbors

Presented by **Rick McGahie**

All aboard! We are at the station platform and ready to learn about the 5 1/2 railroads that are a big part of the history of Sandoval County. Our Presenter, Rick McGahie, will lead us on a journey that begins with the Santa Fe Railroad, which enabled two coal lines to branch out, along with a lumber railroad that followed the Jemez River. The three Santa Fe County RR's are the Chili Line, the Santa Fe Central and the first mining RR in the Land of Enchantment. Can you guess what the 1/2 railroad is?



FREE AND OPEN TO THE PUBLIC

Irish Potato Cakes



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

Directions:

Combine 2 cups leftover mashed potatoes, a heaping 1/3 cup flour, 2 tablespoons milk and 1 tablespoon chopped mixed herbs in a bowl; knead until smooth. Season with salt and pepper. Divide into 4 balls on a floured surface and flatten each into a 3-inch patty. Melt 1 1/2 tablespoons butter in a large skillet over medium-high heat; add the patties and cook until golden brown, 4 to 5 minutes per side, adding more butter to the pan as needed. Season with salt.

