



Sandoval County Senior Program Administration

CENTER LOCATION

MAY 2026

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Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

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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

MORE GOOD DAYS, TOGETHER

Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Mental disorders can be treated: A primary care provider is a good place to start if you're looking for help. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out next steps. Find tips for talking with a health care provider about your mental health.

988 Suicide & Crisis LIneline – Call or text 988

Veterans Crisis Line – Call 988 then press 1 or text 838255

Disaster Distress Hotline – 1-800-985-5990

Nutrition

Asthma & Allergies: How Nutrition Can Help You Heal



Asthma and allergies are more than just seasonal inconveniences—they're chronic conditions affecting millions worldwide. For many, managing symptoms feels like a lifelong sentence of inhalers, antihistamines, and steroids. But what if there's a better way?

In this powerful episode of the Eat to Live Podcast, I sat down with my daughter Jenna to uncover the deeper causes of asthma and allergies—and how lifestyle and nutrition can unlock a path to healing.

Why Are Asthma and Allergies Rising So Fast?

Today, about 1 in 7 people suffer from asthma or serious allergies. Rising pollution, over processed diets, and the overuse of medications like antibiotics and inhalers are quietly compromising our immune systems—and driving chronic inflammation.

Many don't realize: the very medications we rely on for relief, like beta-agonist inhalers, can actually make asthma worse over time by irritating the lungs and increasing dependency.

The Good News? There's a Way Out.

I've witnessed remarkable recoveries in both children and adults—without relying solely on medications. The secret? A scientifically supported diet that floods the body with protective nutrients and restores immune balance.

Here's what works:

- Removing dairy, fried foods, and sugary snacks
- Focusing on G-BOMBS: greens, beans, onions, mushrooms, berries, and seeds
- Adding anti-inflammatory nutrients like omega-3s and zinc
- Carefully tapering off medications under a doctor's supervision

In one study, 90% of participants reversed asthma symptoms simply by adding five servings of raw vegetables daily. These foods don't just nourish—they rebuild the immune system from the ground up.

Nutrition continued

Breathing Exercises for Recovery

In addition to nutrition, I also recommend Buteyko breathing exercises to help asthmatics retrain their lungs and reduce attacks. This, combined with the right diet, supplements, and medical support, makes lasting recovery possible.

And when it comes to food allergies? The latest research shows that exposing infants to nuts and other common allergens while breastfeeding may protect them for life. Diverse exposures, prolonged breastfeeding, and a nutrient-rich childhood are key to building long-term immune resilience.

Heal Your Body—and the Planet

A Nutritarian lifestyle does more than relieve asthma and allergy symptoms—it helps heal the Earth. By prioritizing whole plant foods and minimizing animal products, you reduce harmful environmental toxins, support cleaner air, and promote a more sustainable future for all.

There Is Hope for Healing

If you or someone you love is struggling with asthma or allergies, know that recovery is possible. With the right education, nutrition, and medical guidance, you can dramatically improve your quality of life — or even eliminate symptoms altogether.

Staying Active

Staying active with skin cancer is not only safe but recommended, as exercise can improve energy levels, boost immune function, and support treatment outcomes. Survivors should aim for 150-300 minutes of moderate activity weekly, incorporating, sunscreen (SPF 15+), UV-protective clothing, and avoiding peak sun hours (10 a.m. to 4 p.m.).

Safety & Precautions

- **Sun Protection:** Apply SPF 15 or higher, wear UV-protective clothing/hats, and seek shade.
- **Reapply Sunscreen:** Reapply every 2 hours or more often if swimming or sweating.
- **Check with Specialists:** Consult your oncology team or an accredited exercise physiologist to tailor a plan.
- **Listen to Your Body:** Start slowly, particularly if you are fatigued, and adjust intensity as needed.

Staying Active continued

Recommended Activities

- Walking & Hiking: Choose early morning or late afternoon.
- Swimming & Water Sports: Use water-resistant sunscreen.
- Indoor Activities: Use a gym or do yoga to avoid UV exposure.
- Cycling: Note that breeze can disguise sun strength; bring sunscreen to reapply.

Benefits of Exercise

- Improved Outcomes: Regular activity can reduce fatigue and enhance the efficacy of immunotherapies by reducing inflammation.
- Mental Health: Exercise helps manage anxiety and depression associated with a cancer diagnosis.
- Muscle Strength: Helps combat treatment-related muscle loss.

Key Considerations

- If you were not active before, start slowly and gradually increase your effort.
- Group exercises or walking with a friend can provide extra motivation.
- If you cannot avoid peak sun times, ensure rigorous protection



Volunteer

Happy May — a month where we get to celebrate YOU!

We're excited to announce our **Senior Volunteer Luncheon** on **Tuesday, May 12th**, and we can't wait to honor all the amazing work you do throughout the year.

Please RSVP no later than April 24 by calling, emailing, or leaving a voicemail at **505-404-5818**. If you leave a voicemail, please be sure to include **your name and meal choice**. If you've already reached out, you're all set — your spot is secured and we look forward to seeing you there!

May is also the month of our **Annual Senior Picnic & Health Fair** on **May 29th** at **Rotary Park in Bernalillo**. This event is always full of fun, great food, helpful resources, and wonderful company — so be sure to **save the date**.

We appreciate you more than words can say, and we're excited to celebrate you all month long.





MAY

Word Search

K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
W W L I L G R A S S T K F F J	
H H U F K Z L I O E Z G T L F	
F U D F N I I U U M V Z H V Y	



Spring Crossword

Across

4. A day set aside for planting trees.

7. A winged insect that comes in a variety of colors.

9. The first month of spring.

11. What happens in April to bring May flowers?

12. After it rains, what is something colorful you might see in the sky?

13. What do the flowers do in the Spring?

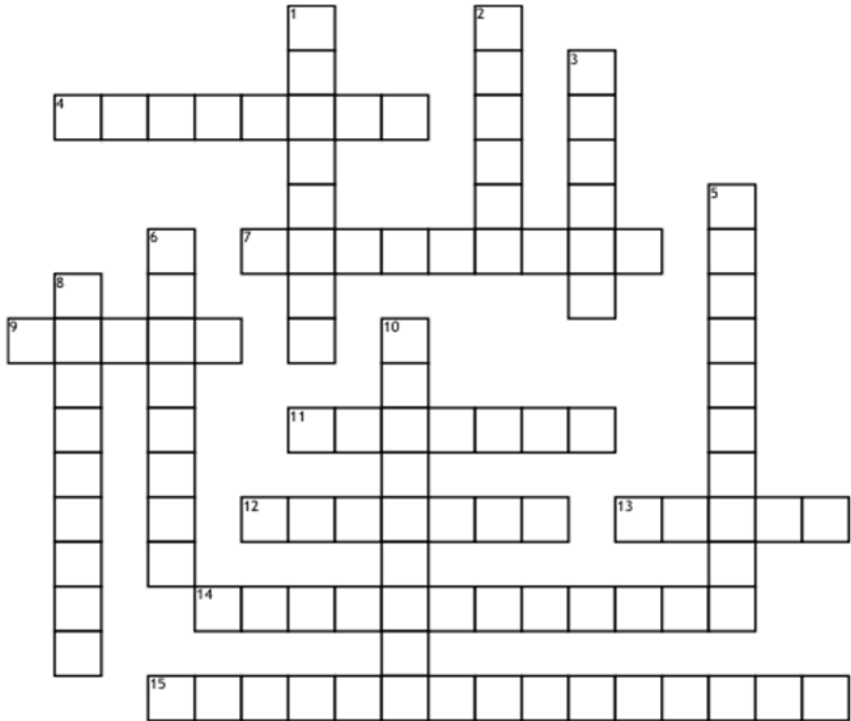
14. A basketball tournament that occurs during a spring month.

15. What is it called when time is moved one hour back?

Down

1. Small round beetles that are often red with black dots.

2. A colorful plant with leaves and petals.



3. A small pool of water.

5. A day to play pranks.

6. A name for a young duck.


8. A grassweed with a yellow flower.

10. Animal who shows if spring is coming.



Summer Squash Sheet Pan-Tacos

By [Francesca Zani](#) PUBLISHED: MAR 26, 2024

 **Approved by the [Delish Test Kitchen](#)**

YIELDS:	PREP TIME:	TOTAL TIME:	CAL/SERV:
4 SERVING(S)	10 MINS	50 MINS	492

Ingredients

- 2 medium yellow squash, cut into 1/2" pieces (5 to 6 c.)
- 2 medium zucchini, cut into 1/2" pieces (5 to 6 c.)
- 2 Tbsp. extra-virgin olive oil
- Kosher salt
- 3 small shallots, very thinly sliced
- 1 cup red wine vinegar
- 2 Tbsp. granulated sugar
- 1/2 tsp. za'atar
- 1/4 cup tahini
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. fresh lime juice
- 1 tsp. smoked paprika
- 1/2 tsp. granulated garlic
- 8 (6") corn tortillas
- 1/2 cup homemade or store-bought hummus

[See All Nutritional Information](#)

Keep screen awake

Directions

Step 1

Preheat oven to 450°. On a baking sheet, toss squash and zucchini with oil; season with salt. Roast squash, stirring halfway through, until softened and beginning to caramelize, 25 to 30 minutes.

Step 2

Meanwhile, place shallots in a small heatproof bowl. In a small saucepan over medium heat, combine vinegar, sugar, and za'atar; season with salt. Cook, stirring occasionally, just until liquid is hot and you see steam coming off the top (it doesn't have to come to a simmer). Pour over shallots. Let sit 10 to 15 minutes.

Step 3

In a medium bowl, combine tahini, parsley, lime juice, paprika, and granulated garlic; season with salt. Whisk in 4 to 5 tablespoons cold water until a thin, smooth sauce forms.

Step 4

During the last 5 minutes of roasting, place tortillas on a sheet tray or wrap in foil. Bake until warmed through and pliable.

Step 5

Spoon 1 tablespoon hummus in the center of each tortilla. Top with squash and shallots. Drizzle sauce over.

Waldorf Salad

It's a retro classic full of crunchy, refreshing ingredients.

By [Leah Perez](#) Updated: Mar 28, 2025

YIELDS:

5 - 6 c.

PREP TIME:

15 mins

TOTAL TIME:

15 mins

Ingredients

- 1/2 cup mayonnaise

- 2 Tbsp. plain yogurt

- 1 Tbsp. lemon juice, plus more to taste

- 1 tsp. honey

- 1/2 tsp. kosher salt, plus more to taste

- 1/4 tsp. ground black pepper

- 1 medium Granny Smith apple, diced

- 1 medium Honeycrisp apple, diced

- 3 ribs celery, sliced

- 1 cup red seedless grapes, cut in half

- 3/4 cup coarsely chopped toasted walnuts

- 1/4 cup golden raisins (optional)

- Boston bibb lettuce or butter lettuce leaves, for serving

Directions

- 1 | In a large bowl, whisk together the mayonnaise, yogurt, lemon juice, honey, salt, and pepper. Fold in the apples, celery, grapes, walnuts, and raisins, if using. Taste the salad for lemon juice and salt, adding more as necessary.

- 2 | Serve chilled, spooned over lettuce leaves, if you like.



Sandoval County Senior Programs Annual Health Fair and Senior Picnic

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



DATE: May 29, 2026

TIME: 10:00AM to 3:00PM

WHERE: Rotary Park in Bernalillo

370 Rotary Park

Questions: 505-867-7535