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Sandoval County Senior Program Administration

CENTER LOCATION

JUNE 2026

Sandoval County Senior Program
1500 Idalia Rd., Bldg. D
PO Box 40
Bernalillo, NM 87004

Phone: 505-867-7535
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Hours of Operation:
Monday – Friday
8:00 am to 5:00 pm

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

Men's Health: Strength, Prevention and Longevity after 60

As men age, staying healthy becomes more important than ever. After 60, your body begins to change in ways that can affect your heart, muscles, bones and brain. But the good news is there are many ways you can support healthy aging and improve your overall well-being.

Here are some ways to stay healthy, reduce your risk of chronic disease, and enjoy a longer, healthier life.

Stay Active for Muscle and Bone Strength

Regular exercise is one of the best things you can do for your health after 60. Aim for at least 30 minutes of physical activity most days of the week. This can include walking, swimming, biking, or resistance training.

Muscle naturally declines with age, but resistance training and weight bearing exercise can slow this process. Resistance training and weight bearing exercise can slow this process. Strong muscles help prevent falls, improve mobility and support cognitive health.

“Muscle is by far the most important contributing factor to a prolonged health span,” says Matthew Fourman, MD, a weight loss surgeon with ProMedica Physicians. “To increase functionality as we age, we have to try to build strong bones and build strong muscles. You cannot do that if you’re not doing resistance training.”

Make sure to eat adequate protein in your diet to support muscle function and growth. Combine cardio and strength training in your workout routine to keep your heart, bones and muscles strong.

Protect Your Heart

Heart disease is a leading cause of death in older adults. To protect your heart:

Exercise regularly. Aerobic exercise strengthens your cardiovascular system by training it to handle increased demand.

Eat heart-healthy foods. Eating a balanced diet rich in fruits and vegetables, lean proteins and whole grains helps fuel your body and prevent disease. Avoid processed foods, excess sugar and high sodium.

Reduce alcohol consumption. If you drink alcohol, do so in moderation. Too much alcohol can raise blood pressure and increase your risk for heart disease, as well as liver disease and cancer.

Manage stress. Stress can raise your blood pressure and make your heart work harder. Find ways to relax, such as meditation, hobbies or spending time with loved ones.

Health and Wellness continued

Get quality sleep. Poor sleep can increase your risk for heart disease and stroke. Talk to your doctor if you're unable to sleep through the night or feel tired throughout the day, even with enough sleep.

Maintain a healthy weight. Maintaining a healthy weight lowers your risk for heart disease, high blood pressure and diabetes.

Quit smoking. Cigarette smoking damages your lungs, heart and blood vessels. Quitting smoking is one of the best things you can do for your health.

Know Your Health Risks and Screen for Common Conditions

The key to healthy aging isn't just in managing disease; it's also about preventive care that will help you stay ahead of health issues.

“Longevity medicine looks at early disease prevention and the sustained maintenance of wellness,” says Matthew Rennels, DO, Matthew Rennels, DO, a ProMedica Physicians family medicine physician.

Routine screenings can catch problems early when they're easier to treat. Your family history, lifestyle and age all play a role in your risk for chronic disease. Talk to your doctor about common conditions, such as:

Prostate cancer: Begin screening around age 40, depending on your risk.

Colorectal cancer: Start screening at age 45 or 50.

Type 2 diabetes: Get screened every three years after age 50.

Osteoporosis: Bone loss affects men in their 60s and 70s. Ask about calcium, vitamin D and bone density tests.

Keeping your brain active and healthy can help you reduce your risk for dementia. Stimulate your mind with puzzles, reading or by learning new skills. Physical activity, healthy diet and quality sleep also support cognitive health. Talk with your doctor about risk factors for cognitive decline, especially if you have a family history of dementia.

Having a strong community and sense of purpose can improve mental health, help you stay engaged and help prevent mental health issues such as depression. Stay socially connected through hobbies, volunteer opportunities or networking groups.

Build a Longevity Mindset with Health Goals

“When we talk about longevity and healthy aging, I use the analogy of flattening the curve of the aging process,” says Dr. Rennels. Focus on slowing the rate of decline and improving your health span—the quality of life within your years.

Health and Wellness continued

Monitoring your health can help you stay motivated. Monitoring your health can help you stay motivated. Tools like body composition scales, grip strength testers, and even full-body MRIs can give insight into your muscle mass, bone density and overall health. Having multiple tools can help you gain a more comprehensive look.

“The number on the scale doesn’t tell the full story of health,” says Dr. Fourman. “Body composition can give valuable insight into the makeup of an individual’s body.”

Aging is natural, but how you age is up to you. By staying active, eating well, getting regular checkups, and building strong muscles and bones, you can improve your health after 60 and enjoy a longer, more vibrant life. Set realistic goals, stay consistent and celebrate progress.

Start today. Talk to your doctor about the steps you can take toward better health. Your future self will thank you.

Nutrition

June is National Fresh Fruits and Vegetables Month

The facts are undeniable: A diet with plenty of fresh fruits and vegetables supports good health

Poor food choices and chronic health conditions

We may not want to admit it, but too many of us choose foods that are not in the best interest of our health. Grocery stores keep plenty of processed foods on their shelves because people buy them.

Processed foods often have preservatives and additives that are difficult for the average consumer to pronounce, much less digest. When we’re not buying processed food at the store, many choose fast food as an alternative to healthier, less-processed foods we can prepare at home.

According to the National Institute of Health, frequently eating processed foods can negatively impact your health. It should come as no surprise that rates of obesity, heart disease, hypertension, diabetes, and other metabolic diseases in the U.S. have increased steadily over the years, along with our consumption of processed food products.

How can we change this picture?

The good news is that poor food choices and chronic diseases don’t have to be your destiny. You can start bringing your diet more in line with what's best for your health. Specifically, you can eat and enjoy more fresh fruits and vegetables with minimal cost or effort.

Nutrition continued

The USDA's Center for Nutrition Policy and Promotion recommends that 50% of the food on your plate should consist of fruits and vegetables.

These foods are low in saturated fat, salt, and sugar, so they are essential to a well-balanced diet. A “balanced diet” can help you lose weight or prevent weight gain.

The National Institute of Health suggest following these eight reasons for eating more fresh fruits and vegetables that could help you live a healthier life.

Fruits and vegetables are a great source of vitamins and minerals

Fruits and vegetables are packed with vitamins A, C, E, magnesium, zinc, phosphorous, and folic acid. They are also high in Potassium, an essential mineral for good health.

You can enjoy food that is flavorful and tastes terrific

Fruits and vegetables have unique flavors. This allows us to get more creative in the kitchen and improves the opportunity for everyone to find something they like to eat.

Here are a few examples:

- Onions, olives, and peppers offer intense flavors
- Milder flavor options could include mushrooms and corn
- Pineapples, grapes, and plums offer a sweeter flavor
- A more sour flavor option might include lemons or grapefruits

Fruits and vegetables are an excellent source of fiber

Most fruits and vegetables have plenty of fiber. Eating these foods will help you feel full and boost your "gut health."

Vegetables considered higher in fiber include artichokes, green peas, broccoli, and cauliflower. High-fiber fruits include raspberries, pears, apples, and pumpkin. It's crucial to self-regulate portions of "starchy vegetables." These vegetables include potatoes, corn, green peas, and butternut squash. Although each is rich in nutrients, they are higher in calories and lower in fiber.

Fruits and vegetables are typically low in calories and fat

You can eat more fruits and vegetables to keep you feeling full without worrying about extra calories or fat.

However, there are exceptions. For example, avocados are an excellent source of fiber. Still, they are among the few vegetables with a relatively high-calorie count (one cup of avocado, sliced = 10 grams of dietary fiber and 234 calories).



Nutrition continued

Fruits and vegetables can help you achieve and maintain a healthy weight

These foods are low in saturated fat, salt, and sugar. That's why fruits and vegetables are considered an essential part of a well-balanced diet. Here, we're referring to a diet that can help you lose weight or prevent weight gain.

Most fruits and vegetables are naturally low in fat

If you're looking for foods with no cholesterol—you've found them! It might surprise you that cholesterol doesn't exist in fruits, vegetables, grains, and other plant-based foods. However, some plant-based foods contain healthy unsaturated fats, such as avocados and olives.

Fruits and vegetables are all nutritious

While eating fresh fruits and vegetables may be your preference, there's little difference from a nutrition standpoint when you compare fresh, frozen, canned, or dehydrated products. Most frozen and canned products are processed within hours of harvest, so the nutritional value is locked in quickly. However, studies also indicate that nutrients in fresh and processed fruits and vegetables begin to decline after three days of storage.

Fruits and vegetables are linked to protection against cancer and other diseases

Many vegetables and fruits contain phytochemicals. These are biologically active substances that can help protect against some chronic diseases. By adding fruits and vegetables to your diet, you can lower your risk of type 2 diabetes, stroke, heart disease, high blood pressure, and cancer.

Make the better choice

Enjoying fruits and vegetables is a great way to improve your health, and you may be surprised at how much you prefer your new choices. While it may take a little creativity and effort, opening your mind to include more fruits and vegetables in your diet is worth it!



6 Fun Summer Exercises for Seniors

With summer, warm weather and long days are on the schedule. That means this is the perfect time to start exercising outdoors!

Exercising is the key to maintaining a healthy body as your age. We made a list of six summer exercises for seniors to help get you or your loved one active this summer. If you are unsure if you can participate in a certain exercise, please reach out to a healthcare professional for guidance.

Swimming

Swimming is one of the most effective activities for any age because of the freedom water gives to many body types. There are many different types of exercises seniors can do while swimming, as well as many opportunities to take breaks during sessions.

Here's some of the benefits of swimming:

Low impact on the body. Water is low impact on the body, which means it can help support a person as they exercise. This can make it easier on the joints of someone as they swim – which can be beneficial for someone with arthritis, since it doesn't have the same stress on the body that other exercises may have.

Full body workout. When your body is submerged in water, you're using all parts of the body to move – arms, legs, and core. Swimming is one of the few exercises that allows you to work out all of your body at the same time.

There are numerous health benefits to swimming. Swimming helps burn calories, improves your mood, and increases muscle mass. These health benefits can help seniors stay healthy as they age.

Consider joining a local community pool or gym this summer to soak up the sun while getting health benefits!

Walking

With the warm weather, this is now the perfect time to go outside for a walk. Walking is one of the best exercises for seniors because it can help empower your joints. When you walk, the muscles in your knees and hips strengthen over time.

Luckily, there's plenty of benefits of walking. Here is some of our favorites :

Helps burn calories. When you walk, you're burning calories by using the energy stored within your body. This can help you or your loved one lose weight over time and stay healthy.

Staying Active continued

Walking daily can help improve sleep. Studies show that walking can help you sleep as you age. This is especially true for older women ages 50-75, since women who walk in morning are less likely to experience insomnia.

Prevent bone loss. Walking helps strengthen your bones and prevents bone loss. This is important to help seniors maintain their mobility.

Keeps your heart healthy. When you walk, your heart starts pumping and your heart rate increases. Over time, your blood pressure will decrease and your heart will strengthen.

Think about enjoying the weather by adding a walking routine to you or your loved one's day. Also, you can always take a friend with you to enjoy the outdoors!

Senior Fitness Classes

Another idea to help you get in shape this summer is to join an exercise class at your local senior center.

These classes tailor their activities towards people who are older and seeking to strengthen themselves

Adding a senior fitness class to your weekly routine has many benefits, including:

Being part of a dedicated group. It's easier to work out when you can find others with the same determination. This can help motivate and keep your interest in attending classes throughout the summer.

Make new friends. You'll be able to find and make new friends while you work out. After all, it can sometimes be challenging to meet people in the same age group, so this is a great opportunity for you to reach out to your demographic.

Having fun. One of the best benefits of joining a senior fitness class is that it's fun. You get to show up, exercise, and learn new techniques each day.

If you are interested in enrolling in a senior fitness class, it's time to find the perfect one. You can find classes through:

Facebook Groups

Community Centers

Gym membership programs

The teams that run these activities know the best exercises for seniors and what they need to stay fit and healthy. Find your perfect group today!

Staying Active continued

Cycling

Another great exercise for seniors is riding a bike. Cycling is an easy, fun way to get moving as a senior citizen.

It's low impact. Cycling is a great exercise for seniors because it's low impact. When you cycle, you use your legs to power a bike, so you aren't putting strain on your muscles like other activities.

It strengthens your heart. When you bike, your heart pumps harder to keep your body oxygenated and healthy. The more you strengthen your heart, the more you'll help prevent heart disease, heart attacks, and strokes.

You can maintain or lose weight. Cycling is great exercise for seniors because it's very active. Cycling requires a great amount of endurance and patience to make it through the trails, which can help you or your loved one maintain a healthy weight.

Cycling is also a great way to see different trails or take a trip through town. You can explore the world around you when you bike.

Yoga

If you are looking to live a lifestyle that combines relaxation, mindfulness, and fitness, starting yoga this summer might be a great activity this summer.

Yoga is an excellent exercise for seniors because it isn't solely about physical exercise. Yoga encompasses different types of breathing techniques and helps improve flexibility over time.

Here's a few benefits of practicing yoga as you age:

There are different types of yoga styles and practices. That means you will be able to find the right class for your body type and needs.

According to Healthline, there's plenty of benefits of mindfulness in those who practice yoga. Pursuing yoga can help expand the mind and help relieve stress. This can help you empower your mind as well as help you relieve stress.

You get to try different exercises. Yoga exercises are filled with different stretches and techniques that can help you work out different parts of the body. Because of the variety, you or your loved one will get to work out different muscle groups during a yoga session.

Many senior centers offer yoga classes geared towards older individuals. Think about enrolling in a yoga class for the health benefits!

Tai Chi

Tai Chi is a Chinese martial art practice centered on self-defense, mindfulness, and health. If you're an older person interested in self-defense and meditation, Tai Chi classes might be perfect for you this summer.

Tai Chi can be studied by individuals of all ages. There are different styles of Tai Chi, including seated exercises, making this exercise accessible to people with different body types.

Some benefits of learning Tai Chi are:

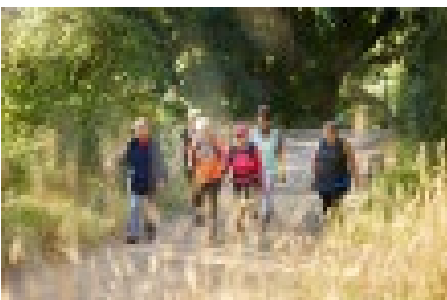
Balance training. Because Tai Chi is centered on performing different movements, you'll strengthen your body over time. As you train your body, you'll reduce your risk of falling as you build up your muscles.

Relaxes your mind. Tai Chi calms your sympathetic nervous system through breathing techniques. That means when you study Tai Chi, you're undergoing a practice that can relax your body and mind.

There is a variety of motions. In Tai Chi, there's many different exercises you can do based on your age and skill level. Exercises such as shoulder circles and slower forms can help an older individual get started learning Tai Chi.

Tai Chi is a great exercise for seniors because you can choose the style that's best for you. Whether you want more exercise or mindfulness, Tai Chi has different styles you can try.

Consider Tai Chi if you're looking for an exercise that will expand your mindfulness while you work out.



Volunteer

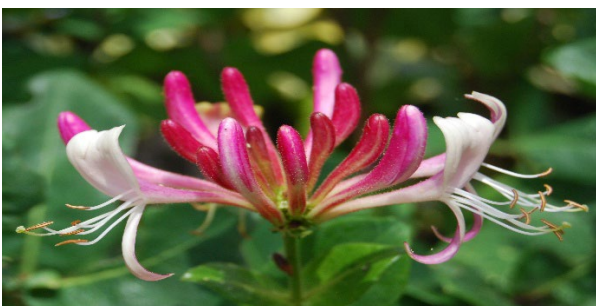
🌻 June Newsletter – RSVP Volunteers

June is here, and we're stepping into summer with excitement, gratitude, and a whole lot of appreciation for YOU. Our RSVP volunteers continue to bring energy, heart, and joy into every site across Sandoval County, and we couldn't be more thankful. The energy you bring to your service sites is felt every day, and we are grateful for the impact you make.

Looking ahead, we want to share an important update; **within the next few months we'll be sending out a Volunteer Information Update Form will be distributed to all RSVP site contacts.** This will help us ensure our records for active volunteers remain accurate and complete, allowing us to better support you and maintain strong communication throughout the year.

Thank you for bringing your sunshine to our community every day. You make June — and every month — brighter.

JUNE BIRTHDAYS



Christine Foley

Theresa Hedrick

Edwinna Herrera

Kay (Wanda) Kiger

Theresa Bernal

Linda Stam

Dennis Yancy

Sue Angela (Angie) Adams

Kim Wolfe



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

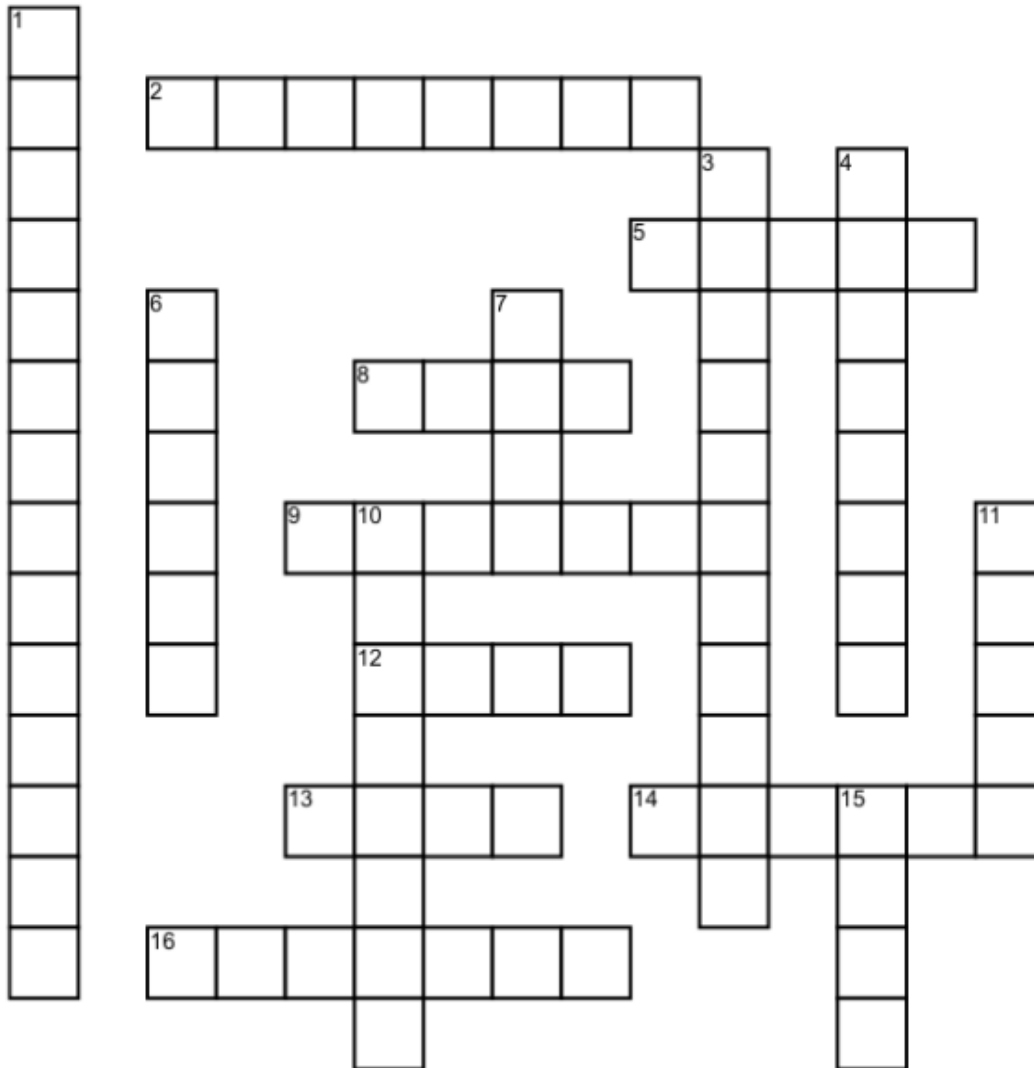
FLAG DAY

JUNETEENTH

ROSE

WEDDING

June



Across

2. What bugs get their name because the transition of larva to adult happens in this month. These are usually seen in the dark when they are attracted to light.
5. Father's Day became a permanent national holiday in 1972 when this President signed it into law.
8. June is one of how many months with a length of 30 days?
9. For a long time, the most popular month to tie the knot was June. What month officially surpassed June as the most popular wedding month?
12. What is June's Birth Month Flower?

13. September has twice as many summer days as what month?

14. Spring holidays account for the third, fourth and fifth spots on the list of most popular holidays to send cards. What spot does Father's Day place?

16. From what geographic area does the saying 'June's too soon, July's too late for summer' come?

Down

1. This day in June has the longest daylight of the year, typically on June 21st.
3. In the old saying what is 'a swarm of bees in June' worth?

4. Some believe that June was named for the word *juniores*, a Latin word. What does it mean?

6. People born in June fall under two zodiac signs either Gemini or?

7. June is named for what Roman queen?

10. From what musical does the song 'June is busting out all over' come?

11. What number of the month is June in both the Julian and Gregorian calendars?

15. Which of these is not one of the three June gems – moonstone, pearl, alexandrite, ruby?



Key Lime Pie with Cream Cheese

Total Time Prep: 40 Min. + Chilling

Yield 12 Servings

★★★★☆ **Contest Winner**

✔ **Test Kitchen Approved**

With a pecan cookie crust and a rich, creamy filling, our no-bake Key lime pie with cream cheese makes a big splash at parties and events.

Ingredients

- 1 package (11.3 ounces) pecan shortbread cookies, crushed (about 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 teaspoon coconut extract
- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup Key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Sliced Key limes, optional

Directions

- 1 In a small bowl, mix crushed cookies and butter. Press onto bottom and up side of a greased 9-in. deep-dish pie plate. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
- 2 Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate for at least 4 hours before serving. If desired, garnish with sliced Key limes.

Nutrition Facts

1 piece: 646 calories, 52g fat (30g saturated fat), 143mg cholesterol, 252mg sodium, 41g carbohydrate (29g sugars, 0 fiber), 8g protein.

“

I am very proud of this luscious no-bake beauty. It's so cool and refreshing—perfect for any summer potluck or get-together. Wherever I take this pie, it quickly disappears, and everyone asks for the recipe. —Shirley Rickis, Lady Lake, Florida

RECIPE CREATOR

”

Taste of Home



California Roll Wraps

🕒 Total Time Prep/Total Time: 20 Min.

Yield 6 Wraps



✔️ Test Kitchen Approved

I love the California rolls I get at sushi restaurants and wanted to capture those flavors in a sandwich I could take to work. I started with the standard ingredients, added a few others and came up with a hit.

—Mary Pax-Shipley, Bend, Oregon

Ingredients

- 1/2 cup wasabi mayonnaise
- 6 whole wheat tortillas (8 inches), warmed
- 2 packages (8 ounces each) imitation crabmeat
- 1 medium ripe avocado, peeled and thinly sliced
- 1-1/2 cups julienned peeled jicama
- 1 medium sweet red pepper, julienned
- 1 small cucumber, seeded and julienned
- 3/4 cup bean sprouts

Directions

Divide the wasabi mayonnaise evenly among the 6 tortillas and spread to within 1/2 inch of edges. Layer with crabmeat, avocado, jicama, red pepper, cucumber and bean sprouts. Roll up tightly.

Nutrition Facts: 1 wrap: 365 calories, 18g fat (3g saturated fat), 10mg cholesterol, 647mg sodium, 39g carbohydrate (2g sugars, 7g fiber), 13g protein. Diabetic Exchanges: 2 starch, 2 fat, 1 vegetable, 1 lean meat. © 2026 RDA Enthusiast Brands, LLC