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Sandoval County Senior Program Administration

CENTER LOCATION

JULY 2026

Sandoval County Senior Program
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Hours of Operation:
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All Sites individualize their newsletters to their local area information, activities calendars and games.

The Top 10 Most Common Chronic Conditions in Older Adults

Age, family genetics, and gender make it nearly impossible for older adults to avoid becoming a chronic disease statistic. According to research published in 2025, 93% of adults age 65 and older have at least one condition, while 79% have two or more. You probably have a parent or spouse who is managing a condition right now, or perhaps you are managing one yourself.

And obesity, which impacts about 40% of adults 65 and older, can increase your risk for conditions like heart disease, type 2 diabetes, and some cancers.

With these kinds of odds, you might wonder if there is anything you can do to prevent the onset of a chronic medical condition, or make managing an existing one easier. The answer is yes.

Here are the top 10 most common chronic conditions among adults 65+, and what you should know about each.

Number 10: Asthma

An estimated 9% of adults 65+ have asthma, which causes swelling and tightening of the airways in the lungs. Common symptoms are shortness of breath, coughing, chest tightness, wheezing, and difficulty exercising.

Among older adults, it's common for asthma to go undiagnosed because the symptoms can be mistaken for other issues such as heart problems or COPD, according to the American Academy of Allergy, Asthma and Immunology. Their advice for older adults with asthma includes:

- Quit smoking or vaping
- Get appropriate vaccines
- Avoid known asthma triggers

Number 9: COPD

About 12% of older adults 65+ have chronic obstructive pulmonary disease (COPD), which includes two main conditions: emphysema and chronic bronchitis. COPD makes it hard to breathe and causes shortness of breath, coughing, and chest tightness.

Steps you can take to manage COPD include:

The best way to prevent COPD—or slow its progression—is to quit or avoid smoking. Also try to avoid secondhand smoke, chemical fumes, and dust, which can irritate your lungs.

If you already have COPD, complete the treatments that your doctor has prescribed, get the flu and pneumonia vaccines as recommended by your doctor, and continue to remain active.

Number 8: Depression

15% of older adults have depression—a treatable medical condition that is not a normal part of aging. Depression causes persistent feelings of sadness, pessimism, hopelessness, fatigue, difficulty making decisions, changes in appetite, a loss of interest in activities, and more.

Steps you can take to help with depression include:

- Manage stress levels. Reach out to family and friends during rough spells and consider regular meditation.
- Eat a healthy diet. What you put into your body can affect your mood, so focus on foods that are high in nutrients and promote the release of endorphins and those "feel good" chemicals, and limit consumption of things like alcohol, caffeine, artificial sweeteners, and highly processed foods.
- Be active. Exercise has a number of physical and psychological benefits, including improving your mood through the release of endorphins and other "feel good" brain chemicals, boosting self-confidence and self-worth through meeting goals and improving your physical appearance, and increased socialization through interactions at gyms and group classes.
- Talk to your doctor. If you've experienced any of the warning signs of depression, talk to your doctor, and ask about your treatment options. Antidepressant medications or psychotherapy could be right for you.
- If you're in severe emotional distress, one of the first things you should do is tell someone else about it—such as a trusted friend or family member. You can also dial or text 988 from your phone to speak with a counselor who is specially trained in suicide prevention. The 988 service is free, confidential, and available to everyone in the United States 24 hours a day, 7 days a week.

Number 7: Heart disease

About 16% of older have heart disease—a condition that occurs when the heart cannot adequately supply blood and oxygen to all of the organs in the body. The heart might become enlarged, develop more muscle mass, or pump faster in order to meet the body's needs, causing you to feel tired, light headed, nauseous, confused, or lack an appetite.

Steps you can take:

The best prevention is to follow a doctor's recommendations to decrease your risk for coronary heart disease and high blood pressure.

- Avoid saturated and trans fats, and limit sugar and salt intake
- Get seven to eight hours of sleep each night
- Keep your stress levels in check

Health and wellness continued

- Do regular cardio exercises
- Abstain from smoking

Talk to your doctor about the major risk factors, including high cholesterol and high blood pressure

Number 6: Cancer

Cancer impacts 20% of older adults.

Routine screenings are important for catching cancer in its earlier, more treatable stages. Your health provider can give you recommendations on what screenings are right for you.

Tips for cancer prevention include:

- Wear sunscreen
- Avoid tobacco
- Limit alcohol
- Maintain a healthy weight
- Get regular exercise

Number 5: Diabetes

Twenty-four percent of older adults have diabetes—a disease that occurs when your body is resistant to, or doesn't produce enough, insulin. Insulin is what your body uses to get energy from food, and distributes it to your cells. When this doesn't happen, you get high blood sugar, which can lead to complications such as kidney disease, heart disease, or blindness. Chances of having diabetes increases after age 45.

Steps you can take to keep you from developing diabetes or to manage this condition:

- Eating a healthy diet, including monitoring your carbohydrate and calorie intake, and talking to your doctor about alcohol consumption.
- Exercising for 30 minutes five times a week to keep your blood glucose levels in check, and to control weight gain.
- Safely losing 5-7% of body weight if you are diagnosed with pre-diabetes.

Number 4: Obesity

About 40% of adults 65 and older are living with obesity, a chronic disease linked to more than 200 chronic conditions. NCOA is pressing to define quality obesity care as a universal right. That includes the right to coverage for treatment with access to the full range of treatment options.

- Steps you can take to delay the onset of obesity or manage the symptoms:
- Understanding what obesity treatments are covered by Medicare
- Empowering yourself with knowledge about nutrition

- Educating others and being your own advocate

Number 3: Arthritis

About 51% of older adults live with arthritis—an inflammation of your joints, which causes pain and stiffness and is more common in women.

Steps you can take to delay the onset of arthritis or manage the symptoms:

- Exercise at least five times per week, for 30 minutes each time, to improve function and decrease pain. Try to include a mixture of aerobic, strength-building, and stretching movements.
- Stay within the recommended weight for your height—losing one pound can remove four pounds of pressure on your knees.
- Make sure your back, legs, and arms are always supported.
- Take precautions to avoid joint injuries.
- Do not smoke.

Number 2: High cholesterol

Fifty-five percent of older adults have high cholesterol—a condition that occurs when your body has an excess of bad fats (or lipids), resulting in your arteries getting clogged, which can lead to heart disease.

Steps you can take to prevent or manage high cholesterol:

- Abstain from smoking and excessive alcohol consumption
- Be active each day
- Manage your weight
- Minimize saturated fats and trans fats in your diet

Number 1: High blood pressure

About 61% of older adults have hypertension—a common condition that involves both how much blood your heart pumps, as well as how resistant your arteries are to the blood flow. When your heart pumps a lot of blood, and you have narrow arteries which resist the flow, that's when you get high blood pressure, also known as hypertension. The danger of hypertension is not only that you can have it for years and not know it, but it can cause other serious health conditions, like stroke and heart attacks.

- Steps you can take to prevent or reduce high blood pressure:
- Maintain a healthy weight. Losing just 10 pounds can reduce blood pressure
- Regulate your stress levels
- Limit salt and alcohol consumption
- Exercise daily, including a combination of moderate to vigorous-intensity aerobic activities, flexibility and stretching, and muscle strengthening

Health and Wellness continued

- Check your blood pressure regularly—the quicker you catch pre-hypertension, the more likely you are to prevent high blood pressure (You can even check your blood pressure yourself with a home blood pressure monitor)

When these tactics aren't enough to help with your chronic condition

The above tips can help you avoid or successfully manage a chronic condition. However, if you or someone you know is struggling to manage a chronic condition, there are programs in your community that can help, like the Chronic Disease Self-Management Program (CDSMP). CDSMP is a six-week, interactive, small-group workshop that helps participants build the skills necessary to control how chronic conditions affect their life.

CDSMP workshop sessions focus on the following topics:

- Dealing with fatigue, pain, frustration, or isolation
- Maintaining strength, flexibility, and endurance
- Managing medications
- Communicating with family, friends, and health professionals
- Healthy eating

To learn more about workshops in your community and how to live with a chronic illness, contact your local area agency on aging at 800-432-2080.

Nutrition

EATING WELL IT'S NOT JUST ABOUT FOOD

WHOLE PERSON HEALTH STARTS AT THE TABLE

Nutrition doesn't stop at nutrients. The way we interact with food – emotionally, socially, culturally – also impacts pain and healing. Eating habits are powerful wellness tools.

MINDFUL EATING PRACTICES

- Sit down for meals (even if it's just a snack)
- Put away screens to focus on your meal
- Savor the taste, texture, and smell of each bite
- Pause halfway through meals to assess fullness

EMOTIONAL EATING AWARENESS

- Ask: Am I truly hungry or emotionally triggered?
- Try journaling, breathing, walking, or calling a friend
- Build a list of non-food comforts (music, crafts, baths)

ENVIRONMENT & ROUTINE TIPS

- Schedule a weekly meal-prep session
- Keep go-to healthy snacks ready (fruit, trail mix, hummus)
- Create a calm space to eat – light a candle, put on music
- Involve family or roommates in healthy eating

HYDRATION = HEALING

- Dehydration can worsen pain, fatigue, and cognitive fog
- Aim for at least 8 cups of water daily
- Infuse water with lemon, cucumber, mint, or berries
- Eating hydrating foods (cucumber, oranges, melon, soups)

Staying Active

EXERCISE FOR CHRONIC PAIN

WHY MOVEMENT MATTERS Gentle movement is often one of the most effective tools in managing chronic pain. It reduces inflammation, improves circulation, increases strength and mobility, and releases natural endorphins.

GET STARTED SAFELY

Start slow and keep it simple. You don't need to join a gym or follow intense workout plans. Try:

- Walking – Even short walks around the block count
- Swimming or water aerobics – Low impact and joint-friendly
- Chair yoga or seated stretching – Great for those with limited mobility
- Tai Chi or gentle yoga – Improves balance and body awareness

ROUTINE RECOMMENDATIONS

- Goal: 150 minutes of moderate activity per week (e.g., 25 mins, 6 days/week)
- Break sessions into 5-10 minutes
- Add strength training 2x/week with light weights, bands, or body weight

TIPS TO STAY CONSISTENT

- Keep a movement journal or habit tracker
- Work with a physical therapist or trainer familiar with chronic pain
- Celebrate small wins: Did 5 minutes today? That's success
- Use podcast or music to stay engaged
- Movement is medicine – remind yourself daily

Volunteer

Dear Volunteers,

With the Fourth of July Holiday approaching, we want to take a moment to thank you for the time, energy, and dedication you bring to our organization. Your service helps strengthen our community and reflects the spirit of generosity and civic engagement that makes a difference every day.

Volunteer Forms Reminder

If you have not already done so, please continue to submit your updated volunteer forms to your RSVP contact. Keeping these forms current helps us identify active volunteers, maintain accurate records, and ensure communication remains smooth and effective. Your cooperation is greatly appreciated.

Whether you're spending the holiday with family and friends, attending local festivities, or volunteering in your community, we hope you enjoy a safe and memorable celebration.

Thank you for being an essential part of our team. We look forward to continuing our work together in the months ahead.

Wishing you a happy and safe Fourth of July!

Happy Birthday

May you get all the joys you deserve



Name: _____

Date: _____



4TH OF JULY

Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- AMERICA
- BARBECUE
- BLUE
- CELEBRATION
- COOKOUT
- DECLARATION
- DEMOCRACY
- FAMILY
- FESTIVE
- FIREWORKS
- FLAG
- FOURTH
- FREEDOM
- GRILLING
- HONOR
- INDEPENDENCE
- JULY
- LIBERTY
- PARADE
- PATRIOTISM
- PICNIC
- RED



TRADITION

UNITED

USA

WHITE



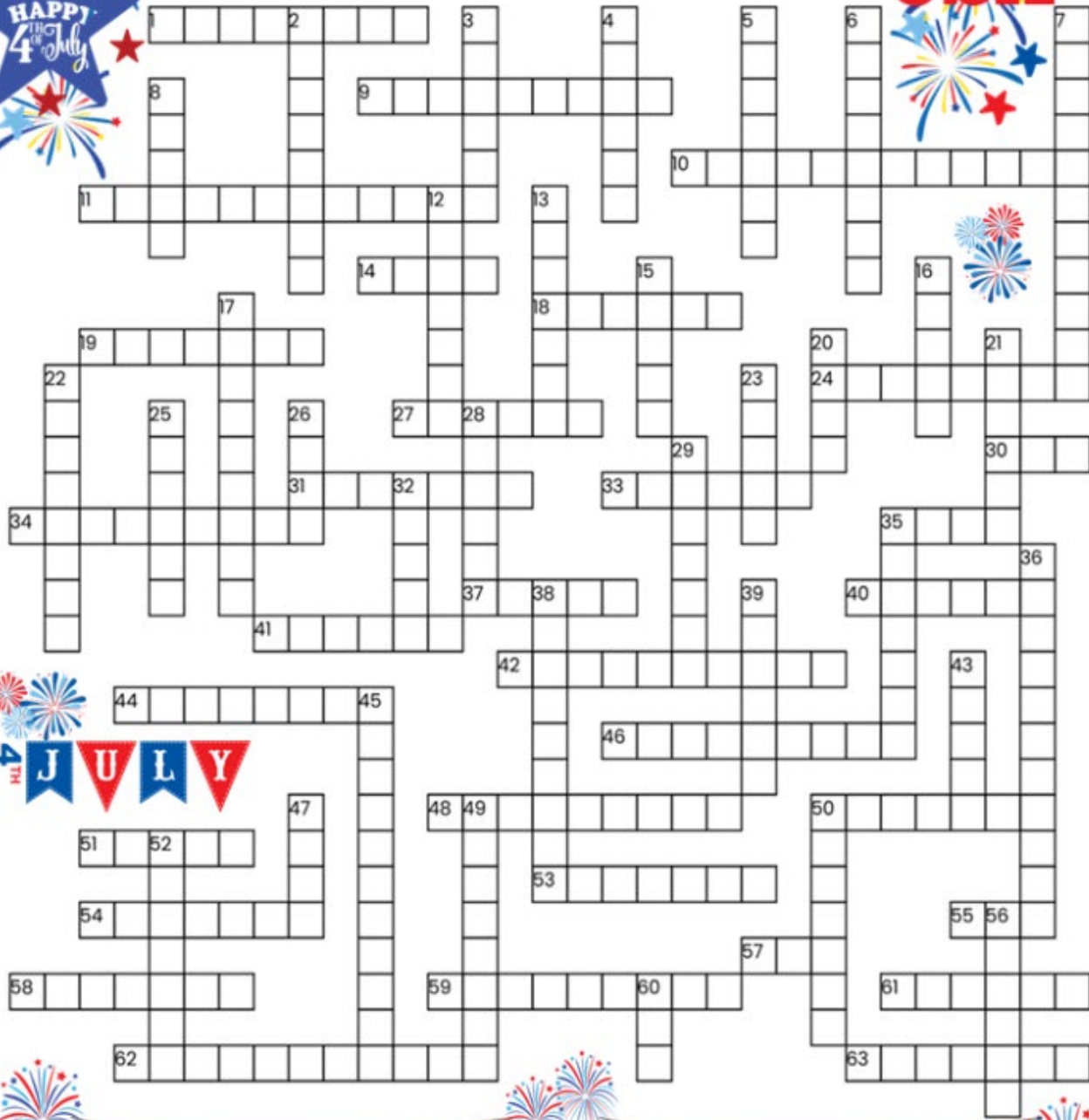
REVELRY

SPARKLER

STARS

STRIPES

4th Of July Crossword



ACROSS

1. Game with ball and bat
9. Government through elected office
10. Free and liberated

DOWN

2. Food cooked on grill
3. Large groups of people
4. Packed outdoor meal
5. Day free from work



© Puzzle Cheer





Cheeseburger Bowls

Ingredients

- 1 (28-ounce) bag frozen oven fries

- 4 Tbsp. salted butter, melted

- 2 tsp. chopped fresh rosemary

- 1 lb. 80/20 ground beef

- 1 Tbsp. olive oil

- 1 Tbsp. steak seasoning

- 4 slices cheddar cheese

- 1 cup shredded lettuce

- 1 tomato, diced

- 1 cup pickle slices

- 1/2 cup pickled jalapeños

- Ketchup, mustard, and/or burger sauce, for drizzling

Directions

[SAVE](#)[PRINT](#)

- 1 | On a baking sheet, toss the fries with the melted butter and rosemary, then spread them out in an even layer. Bake according to the package directions (usually 25 to 28 minutes at 425°F).
- 2 | Meanwhile, prepare a grill or grill pan to medium-high heat.
- 3 | Form the beef into 4 patties. Drizzle the patties with the oil, then sprinkle with the steak seasoning and cook to your desired doneness, about 4 minutes per side for medium. Add a cheese slice to each patty in the final couple of minutes of cooking, cover, and allow to melt.
- 4 | Divide the fries between 4 bowls and top each with a cheeseburger, some lettuce, tomato, pickles, and jalapeños. Drizzle with ketchup, mustard, and/or with burger sauce.

Strawberries and Cream Sheet Cake

It's covered with fluffy cream cheese frosting!

By [Ree Drummond](#) Updated: Apr 15, 2026

YIELDS:
12 - 16 serving(s)

PREP TIME:
30 mins

TOTAL TIME:
1 hr 50 mins

Ingredients

CAKE

- 1 lb. strawberries, hulled and sliced (about 2 1/2 cups)
- 1 3/4 cups sugar
- 2 1/2 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 cup (2 sticks) unsalted butter, at room temperature
- 3 large eggs, at room temperature
- 1/4 cup heavy cream, at room temperature
- 2 tsp. vanilla extract
- 8 drops red food coloring (optional)

FROSTING

- 4 oz. cream cheese, at room temperature
- 1/2 cup sugar
- 2 tsp. vanilla extract
- 2 1/2 cups cold heavy cream

[See Nutritional Information](#) ✓

Keep screen
awake

Directions

- 1 | For the cake: Preheat the oven to 350°F. Spray a 13-by-18-inch rimmed baking sheet with cooking spray. Combine 1¾ cups strawberries and ¼ cup sugar in a blender or food processor and puree until smooth (you'll have about 1½ cups puree).
- 2 | Whisk together the flour, baking powder, and baking soda in a medium bowl. Combine the butter and remaining 1½ cups sugar in a stand mixer fitted with the paddle attachment and beat on medium speed until light and fluffy, 3 to 4 minutes. Beat in the eggs, one at a time, until combined. Beat in the heavy cream, vanilla, strawberry puree, and food coloring. Reduce the mixer speed to low and gradually beat in the flour mixture until combined.
- 3 | Transfer the batter to the prepared pan. Bake until the cake is set and a toothpick inserted into the center comes out clean, 16 to 18 minutes, rotating the pan halfway through. Let cool completely in the pan on a rack, at least 1 hour.
- 4 | For the frosting: Combine the cream cheese, sugar, and vanilla in the stand mixer fitted with the whisk attachment and beat on medium speed until smooth, about 1 minute. Add the heavy cream and beat on medium-high speed until stiff peaks form, 2 to 3 minutes.
- 5 | Spread the frosting evenly over the cake. Top with the remaining strawberries.