



Sandoval County Senior Program Administration

CENTER LOCATION

JUNE 2024

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Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

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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

June 2024: Migraine and Headache Awareness Month

Migraine and Headache Awareness Month (MHAM) is a time to expand advocacy and participate in building migraine and headache awareness. For an entire month, we dedicate our efforts to raising awareness about migraine and assisting patients in managing their pain. This period culminates on June 29th, observed as Chronic Migraine Awareness Day.

Miles for Migraine advocates every day for migraine and headache disorder patients and families, but June is a special time. There are many ways to participate in MHAM throughout the month and we encourage you to take part.

What is Migraine?

Migraine is a neurological disease characterized by recurrent episodes of moderate to severe headaches, often accompanied by symptoms such as nausea, vomiting, and sensitivity to light, sound, and smells. These attacks can last anywhere from a few hours to several days, significantly impacting the daily life and functionality of those affected.

Beyond the physical pain, migraine can have far-reaching consequences on patients' well-being. It can disrupt work, school, and social activities, leading to decreased productivity and quality of life. Additionally, the unpredictability of migraine attacks can cause emotional distress, anxiety, and depression in people who live with migraine.

Understanding the Difference Between Migraine and Headache

Headaches and migraine are often used interchangeably, but they represent distinct conditions with different causes, symptoms, and treatment approaches.

Headache:

- Headaches are a common symptom experienced by almost everyone at some point.
- They can be primary or secondary. Primary headaches, such as tension headaches and cluster headaches, occur independently and are not caused by another medical condition. Secondary headaches are caused by underlying medical conditions such as sinus infections, head injuries, or medication overuse.
- Tension headaches are the most common type, characterized by a dull, aching pain that typically affects both sides of the head.
- Cluster headaches are excruciating headaches that occur in clusters or groups, usually on one side of the head, and often accompanied by symptoms like eye watering, nasal congestion, and restlessness.

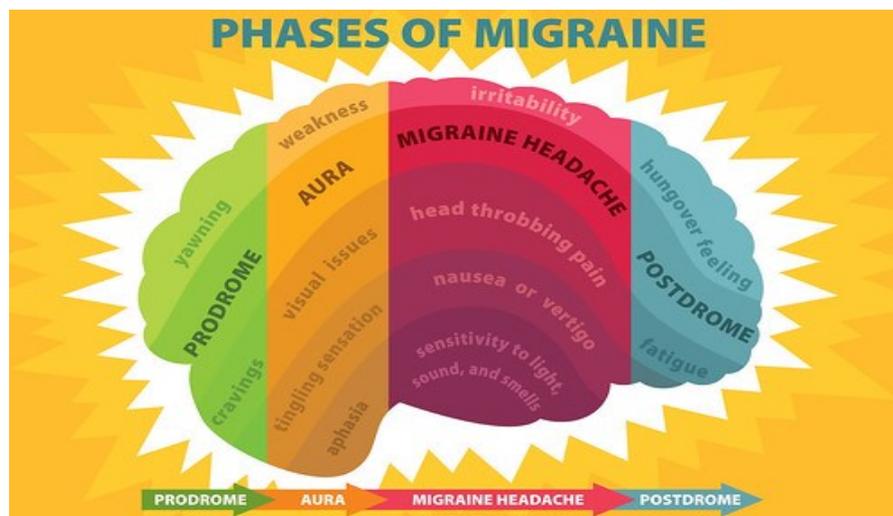
Health & Wellness continued

Migraine:

- Migraine is a type of primary headache disorder characterized by recurrent, throbbing headaches accompanied by other symptoms.
- There are several types of migraine attacks, including:
- Migraine without aura: These migraine attacks occur without warning signs (aura) and are typically characterized by moderate to severe throbbing pain on one side of the head.
- Migraine with aura: Some people experience warning signs, known as aura, before the onset of a migraine attack. These can include visual disturbances, sensory changes, or difficulty speaking.
- Chronic migraine: When migraines occur on 15 or more days per month for at least three months, with at least eight of those days meeting the criteria for migraine or responding to migraine-specific treatment.
- Migraine can be triggered by various factors such as hormonal changes, certain foods, stress, sensory stimuli, changes in sleep patterns, and environmental factors.
- Migraine attacks typically progress through four phases: prodrome, aura (for those who experience it), headache, and postdrome. Each phase can present with different symptoms and experiences.

Raising Awareness: Migraine Is Not “Just a Headache”

It's essential to consult a doctor if you experience severe or recurrent attacks, especially if they interfere with your daily activities or quality of life. Visiting a doctor can help determine the underlying cause of your attacks and develop an appropriate treatment plan. Identifying and avoiding triggers, along with adopting lifestyle modifications and appropriate medications as prescribed by a healthcare professional, can help manage migraine effectively. If you suspect certain triggers are contributing to your migraine attacks, keeping a headache diary can be helpful for tracking and identifying patterns.



Nutrition

Nutrition Guide for Migraines

Keep A Daily Food Log

The foods we eat and beverages we drink contain compounds that can cause or make migraine headaches worse. On the other hand, some may help reduce the number and severity of migraines.

Everyone is different in the foods and drinks they are sensitive to. Therefore, you must determine your particular triggers by keeping a daily food log.

- Write down everything you eat and drink.
- Keep track of non-food triggers.
- Note when you have a migraine and the severity
- Eliminate suspected triggers

Most food triggers will cause a migraine within 6 hours. Over time, a pattern will appear and you will be able to see what foods are causing your migraines. If you suspect a certain food is triggering your migraine, remove it from your diet for several weeks and see if the migraines stop, are less frequent, or are less severe. Foods should be eliminated one at a time. Anytime you limit or eliminate a food from your diet, you should notify your physician.

General Tips

- **Eat regularly throughout the day:** Eat on a consistent schedule from day to day. This will help avoid possibly Low blood sugar Levels which can trigger or worsen a migraine.
- **Eat carbohydrates in moderation:** Eating Large amounts of carbohydrates at one time can cause blood sugar Levels to rise too high and then drop too Low. which can trigger a migraine.
- **Drink plenty of fluids during the day:** Good sources are water. milk. and 100 percent fruit juices. The kidneys require water to clean toxins and extra electrolytes out of the body. Also. dehydration can cause headaches.
- **Eat a low-fat diet:** Foods high in fats. particularly Linolenic and oleic fat, can increase the frequency. Length. and intensity of migraines.
- **Take care when eating cold foods:** Some people are more sensitive to cold foods and this can trigger headaches.
- **Be aware of non-food triggers:** These can include fatigue. exercise. sleep deprivation. bright Lights. head trauma. infection. menstruation. and oral contraceptives. Minimize these triggers when possible.

Nutrition Continued

Migraine Triggering Foods

- **Phenylethylamine:** phenylethylamine may change how blood flows to the brain and cause the release of norepinephrine, which may cause migraines. Sources include: cheesecake, yellow cheese, citrus fruit, chocolate/cocoa, canned berries, red wine
- **Aspartame (NutraSweet):** There may be some evidence that aspartame could trigger or make migraines worse. Sources include: sugar-free food and drinks, Equal Sweetener
- **Caffeine:** Caffeine stimulates the central nervous system which can cause migraines. If you already drink quite a bit of caffeine, remove it from your diet slowly, as caffeine withdrawal can also trigger migraines. Sources include: coffee, tea, energy drinks, diet pills, pain killers, chocolate
- **Nitrates, Nitrites:** Nitrates and nitrites are used to cure meats and also occur naturally in certain foods. Nitrates and nitrites cause the blood vessels in the body to relax and widen and reduce oxygen in the blood stream, which can trigger a migraine. Source include: cured meats (ie. Ham, bacon, salami), beets, lettuce, celery, cauliflower, potatoes
- **Tyramine:** Tyramine is created by the body from tyrosine. Tyramine can cause blood vessels to relax and widen, which can trigger migraines. This is one of the most common causes of migraines. Sources include: aged or blue cheese, smokes/cured/pickled meat or fish, red wine or beer, soy sauce, miso, tempeh, mincemeat pie, pickles, olives, nuts, yogurt, salami, sauerkraut
- **MSG (Monosodium Glutamate):** It can trigger a migraine associated with vertigo. Note: it may be hidden on the label as sodium caseinate, hydrolyzed protein and/ or autolyzed yeast. Symptoms usually appear within 15-60 minutes of eating MSG. Sources include: Chinese food, frozen food, canned soup, salad dressings/sauces, processed meats, snack foods
- **Alcoholic Beverages:** If possible, abstain from alcohol completely. Many people are sensitive to alcohol even in small amounts. Some tolerate organically grown, aged and/ or sulfite free wines better than younger, traditionally grown wines with sulfites. In many cases it is not the alcohol that triggers the migraine, but rather the tyramine and/ or histamine in the drink.
- **Histamine:** This is another type of amine that can cause blood vessels to relax and lead to migraines. Sources include: Banana, beef, pork, beer, cheese (especially yellow ripened), chicken liver, eggplant, fish, shellfish, processed meat (such as salami), sauerkraut, tempeh, tofu, miso, tamari, spinach, strawberry, tomato, tomato sauce, tomato paste, wine, yeast and foods containing yeast, pineapple, citrus fruit, chocolate

Staying Active

Staying Physically Active with Alzheimer's

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun.

You want someone with Alzheimer's to do as much as possible for himself or herself. At the same time, you need to make sure that the person is safe when active.

Getting Started

Here are some tips for helping the person with Alzheimer's disease stay active:

- Help get the activity started or join in to make the activity more fun.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Make sure the person with Alzheimer's disease has an ID bracelet with your phone number if he or she walks alone.
- Check your local TV guide to see if there is a program to help older adults exercise, or watch exercise videos made for older people.
- Add music to the exercises if it helps the person with Alzheimer's disease. Dance to the music if possible.
- Break exercises into simple, easy-to-follow steps.
- Make sure the person wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise.

Gentle Exercise

Some people with Alzheimer's may not be able to get around well. This is another problem that becomes more challenging to deal with as the disease gets worse. Some possible reasons for this include:

- Trouble with endurance
- Poor coordination
- Sore feet or muscles
- Illness
- Depression or general lack of interest

Staying Active continued

Even if people have trouble walking, they may be able to:

- Do simple tasks around the home, such as sweeping and dusting.
- Use a stationary bike.
- Use soft rubber exercise balls or balloons for stretching or throwing back and forth.
- Use stretching bands, which you can buy in sporting goods stores. Be sure to follow the instructions.
- Lift weights or household items such as soup cans.

Volunteer



Sandoval County Receives New AmeriCorps Senior Grant

Seniors work to combat chronic absenteeism in public schools

Sandoval County announces a new opportunity for Sandoval County Seniors to help public school children and their parents realize the importance of daily school attendance for the upcoming 24-25 school year. Sandoval County Senior Volunteer Program has just been awarded a Grant thru AmeriCorps Seniors, the federal agency for volunteering and service, to help with the chronic absenteeism rate in k-12 public schools throughout Sandoval County. The program will provide participating seniors, who meet financial guidelines, the opportunity to receive a small hourly stipend, while offering the public schools additional support in reaching out to parents of students who are chronically absent.

Chronic absenteeism is defined as missing school approximately 10 days per school year or as little as 2 days per month. According to the New Mexico Public Education Department website, 39% of public-school students are chronically absent statewide. The volunteers who work with the program will contact the parents of chronically absent students to share the importance of regular school attendance. Studies suggest that many parents are unaware of how frequently children are absent and that these contacts are very impactful in getting students to attend school more frequently.

Seeking Senior Volunteers to Participate

If you are interested in learning how to become a Senior Volunteer with this program, please contact the Sandoval County Senior Volunteer Program Coordinator, Marta Chavez at 505-404-5818 for information.

Volunteer continued

JUNE TIMESHEETS DUE ASAP

Please submit your volunteer timesheet with estimated hours for June into your volunteer site supervisor ASAP, if you haven't already submitted it. The state of New Mexico, Aging and Long-Term Services Division (ALTSD) closes their books on July 9 requiring Sandoval County to submit all of our expenses to them by no later than July 5. The easiest way to assure that all of the volunteer meal and mileage reimbursements are paid on time, and are included in our final year end invoice to ALTSD, is to estimate the hours for volunteers for June. I can then submit the request for reimbursement and have checks sent to the volunteers in late June. If you have any questions, please don't hesitate to call Marta Chavez, at 505-404-5818.



June Volunteer Birthdays

HAPPY BIRTHDAY

Angie Adams
Theresa D. Bernal
Rosemary M. DeLara
Christine Foley
Randall D. Hancock
Theresa Caroline Hedrick
Edwinna Y. Herrera
Wanda Kiger
Deanna A. O'Donohoe
Linda Stam



Sandoval County Historical Society & Museum

161 Homestead Lane, Bernalillo, NM 87004 505.867.2755
www.sandovalhistory.org SCHSandMuseum@gmail.com

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

SUNDAY JUNE 9, 2024 @ 2PM

Commercial Revolution Comes to Bernalillo: Bibo and Seligman Families

Presentation by Martha Liebert, Historian and SCHS&M Member



For thousands of years, prehistoric peoples have traded goods over trails in the Southwest.

With the Spanish came the draft animals and wheeled vehicles which could handle heavy loads, following the same old trails.

In the 1820s the Americans opened the Santa Fe Trail, which provided a whole new market.

In the 1880s the Commercial Revolution arrived in the Rio Grande Valley.

Just prior to the railroad, Nathan Bibo came to Bernalillo in 1873 and opened the Bibo Mercantile Co. It provided a market for local goods and a mill to grind grain, as well as all kinds of merchandise from coffee to coffins. They stayed in business for a century, passing the store from Bibo to his cousins the Seligman family.



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