

Sandoval County Senior Program Administration

CENTER LOCATION

OCTOBER 2024

INSIDE
THIS
ISSUE:

Health and Wellness	2
Nutrition	4
Staying Active	5
Volunteer Services	6
Activities / Flyers	7
Menu	9
	10
	11
	13
	14

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

Phone: 867-7535
Fax: 867-7606

Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

Funding for this newsletter is provided by
Sandoval County Commission and
Non Metro New Mexico
Economic Development District
Area Agency on Aging

ADMINISTRATION STAFF

Senior Program Administrator
Desi Aragon

Administrative Assistant
Jennifer Stivers

Food Service Manager
George Archibeque

Accounting Specialist
Sharon Hicks

Transportation Drivers
Matthew Montoya (**Scheduler-Driver**)
Greg Shea (**Driver**)
Elonn Cochrane (**Driver**)

SAMS Data Coordinator
Alicia Arriola

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

Health & Wellness

Heart Attack and Sudden Cardiac Arrest Differences

People often use these terms interchangeably, but they're not the same. A heart attack is when blood flow to the heart is blocked. Sudden cardiac arrest is when the heart malfunctions and suddenly stops beating. A heart attack is a “circulation” problem and sudden cardiac arrest is an “electrical” problem.

What is a heart attack?

A heart attack occurs when a blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage.

Symptoms of a heart attack may be immediate and intense or start slowly with mild symptoms. It's important to note that it's also possible to have mild symptoms or even no symptoms at all and still have a heart attack. Unlike with sudden cardiac arrest, the heart usually doesn't stop beating during a heart attack. The heart attack symptoms in women can be different than in men.

What is cardiac arrest?

Sudden cardiac arrest occurs suddenly and often without warning. It happens when an electrical malfunction in the heart causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart can't pump blood to the brain, lungs and other organs. When this occurs, a person loses consciousness and has no pulse. Death occurs within minutes if the victim doesn't receive treatment.

What's the link?

These two distinct heart conditions are linked. Sudden cardiac arrest can occur after a heart attack, or during recovery. Heart attacks increase the risk for sudden cardiac arrest. Many heart attacks don't immediately lead to sudden cardiac arrest, but when sudden cardiac arrest occurs, heart attack is a common cause. Other heart conditions may also disrupt the heart's rhythm and lead to sudden cardiac arrest. These include a thickened heart muscle (cardiomyopathy), heart failure, arrhythmias, particularly ventricular fibrillation, and long Q-T syndrome.

Fast action can save lives.

What to do: Heart Attack

Even if you're not sure it's a heart attack, call 911 or your emergency response number. Every minute matters! It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone goes to the hospital by car. EMS staff are also trained to provide resuscitation efforts to someone whose heart has stopped. People with chest pain who arrive by ambulance may also receive faster treatment at the hospital.

Health & Wellness continued

What to do: Sudden Cardiac Arrest

For adults, check for responsiveness then shout for nearby help. Next, call 911 to activate emergency medical services. Then call for, or get, an automated external defibrillator if one is available and use it as soon as it arrives. Begin high-quality CPR immediately and continue until professional emergency medical services arrive. If two people are available to help, one should begin CPR immediately while the other calls 911 and finds an AED.

Sudden cardiac arrest is a leading cause of death — about 350,000 out-of-hospital cardiac arrests occur annually in the United States. By performing Hands-Only CPR to the beat of the classic disco song “Stayin’ Alive,” you can double or even triple a victim’s chance of survival.

Fun Facts About the Heart You Didn’t Know

- ◇ The average heart is the size of a fist in an adult.
- ◇ Your heart will beat about 115,000 times each day.
- ◇ Your heart pumps about 2,000 gallons of blood every day.
- ◇ An electrical system controls the rhythm of your heart. It’s called the cardiac conduction system.
- ◇ The heart can continue beating even when it’s disconnected from the body.
- ◇ The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
- ◇ The fairy fly, which is a kind of wasp, has the smallest heart of any living creature.
- ◇ The American pygmy shrew is the smallest mammal, but it has the fastest heartbeat at 1,200 beats per minute.
- ◇ Whales have the largest heart of any mammal.
- ◇ The giraffe has a lopsided heart, with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe’s long neck to reach their brain.
- ◇ Laughing is good for your heart. It reduces stress and gives a boost to your immune system.
- ◇ The human heart weighs less than 1 pound. However, a man’s heart, on average, is 2 ounces heavier than a woman’s heart.
- ◇ A woman’s heart beats slightly faster than a man’s heart.

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

CARDIAC ARREST is a **LEADING CAUSE OF DEATH.**

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

facebook.com/AHACPR twitter.com/HeartCPR [#CPRwithHeart](https://hashtag.cprwithheart.com)



Fast action can save lives.

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

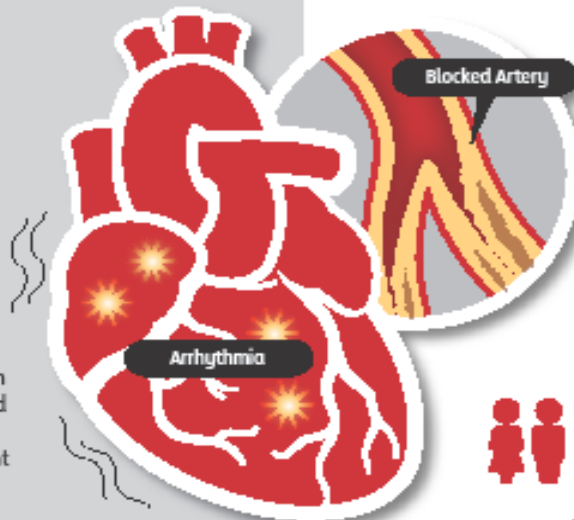


The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



American Heart Association.

Nutrition

A Healthy Diet, a Healthier Liver, a Healthier You

So, what should you eat to ensure that your liver can function normally?

If you're a liver patient, your diet is adjusted to meet your individual needs. Talk to your doctor about what's best for you. Still, here are some general food tips for a healthy or healthier liver:

- **What to avoid:** Don't eat foods high in fat, sugar and salt. Stay away from a lot of fried foods including fast food restaurant meals. Raw or undercooked shellfish such as oysters and clams are a definite no-no.
- **Talk to your doctor about alcohol and your liver health:** Depending on the state of your liver, you should avoid alcohol. If you're allowed alcohol, limit it to no more than one drink a day if you're a woman and two drinks a day if you're a man.
- **Eat a balanced diet:** Select foods from all food groups: Grains, fruits, vegetables, meat and beans, milk, and oil.
- **Eat food with fiber:** Fiber helps your liver work at an optimal level. Fruits, vegetables, whole grain breads, rice and cereals can take care of your body's fiber needs.
- **Drink lots of water:** It prevents dehydration and it helps your liver to function better.

How you should eat if you have...

Bile Duct Liver Disease Diet

Bile is a liquid made in the liver that helps break down fats in the small intestine. Bile duct disease keeps bile from flowing to the small intestine.

Diet Recommendations:

- Use fat substitutes
- Use kernel oil (i.e. canola, olive, corn, sunflower, peanut, flax seed oils) because it needs less bile to break down fats than other types of oil

Cirrhosis Liver Disease Diet

Cirrhosis is the scarring and hardening of the liver.

Diet Recommendations:

- Limit salt and foods that contain a lot of salt
- Talk to your doctor about how much protein to have in your diet

Nutrition Continued

Fatty Liver Disease* Diet

Fatty liver disease is the buildup of fat in liver cells. Please note that fatty liver disease has been newly renamed to steatotic liver disease.

Diet Recommendations:

- Limit foods that are high in calories
- Eat foods that have fiber

Hemochromatosis Liver Disease Diet

Hemochromatosis is the build-up of iron in the liver.

Diet Recommendations:

- Do not eat foods that have iron
- Do not use iron pots and pans
- Do not take pills with iron
- Do not eat uncooked shellfish

Hepatitis C Liver Disease Diet

Hepatitis C is a disease of the liver caused by the hepatitis C virus.

Diet Recommendations:

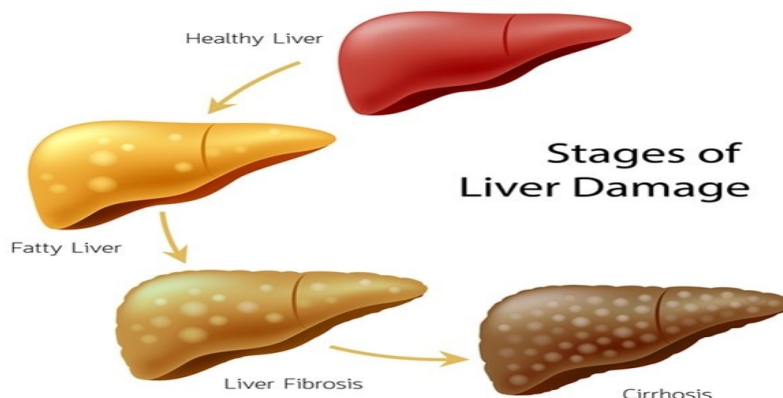
- Limit foods that have a lot of iron
- Do not use iron pots and pans
- Limit salt and foods that contain a lot of salt

Wilson Liver Disease Diet

Wilson disease is the build-up of copper in the body.

Diet Recommendations:

- Limit foods that have copper such as
- chocolate, nuts, shellfish and mushrooms
- Do not use copper pots



Staying Active

7 Exercises For Healthy Aging



Physical ability changes as we get older, but staying active helps to keep us healthy.

As we age, strength, balance, and coordination can diminish if they are not being challenged and practiced often. Loss of these abilities can make it a challenge to do everyday activities.

Regular physical activity can benefit your physical, mental, and social health. It also can help you prevent or improve many chronic conditions, such as heart disease, diabetes, obesity, depression, and some cancers (HHS). For substantial health benefits, adults should do:

- At least 150 minutes to 300 minutes a week of moderate-intensity aerobic physical activity.
- **Or**, 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity.
- **And**, strengthening exercises two days per week.

Including the following exercises into your daily physical activity routine can help you keep your strength, agility, and balance.

1. Sidewalking.

Walking sideways "wakes up" the hip muscles on the sides of the pelvis, which are essential to support the knees, ankles, and spine. They also assist in keeping your balance when walking.

What to do: Several times per day, step 10 times to the right, followed by stepping 10 times to the left. Keep hands on a kitchen counter or long table while sidestepping if you need support. To make it more challenging, tie an exercise band around your thighs, just above the knees, to create resistance.

Staying Active continued

2. Shoulder blade squeezes.

Many people develop a forward-curved posture, usually due to sitting in poor posture (such as working at a computer). This head-forward and rounded-shoulder posture can reduce how deeply we can inhale. It also can cause neck and back pain.

What to do: Several times per day, squeeze shoulder blades together and downward. Hold for three seconds. Repeat 10 times. This exercise can help you stand up straighter and even breathe more deeply.

3. Abdominal drawing-in.

Our abdominal muscles support the spine. These muscles can become weaker unless they are exercised. Weak abdominals can increase your risk for back pain.

What to do: Several times per day, pull your belly button inward toward your spine. Hold for three seconds, without holding your breath. Repeat 10 times. As you get used to doing this, try doing it when you are walking, exercising, and during all other activities. It can protect your back from injury and pain.

4. Balancing.

Good balance may come naturally to some people, but we can become less skilled with balance if we are inactive. It is important to do exercises to challenge your balance. Good balance helps prevent falls and related injuries.

What to do: Several times per day, stand on both feet with your hands on a kitchen counter or a sturdy table. Slowly lift one foot and try to balance on the other foot for 10-15 seconds. Then do the same thing on the other foot. Repeat five times on each foot. If this is easy, try closing your eyes while standing on both feet. If that is easy, close your eyes while standing on one foot. Be sure to have someone standing close by to help you avoid falling.

5. Stand up and sit down.

The strength and endurance of the hip and thigh muscles determine how well older adults can get around their homes and the community. If these muscles lose strength, standing and walking can become a challenge.

What to do: Several times per day, sit in a sturdy chair with no armrests. Stand up and sit back down, rising and lowering in a controlled motion. Do this slowly five times. Then do it more quickly, five times. You can use your hands to help you, if you need to, at first. Try to work toward not needing to use your hands. Over time, this exercise can help your leg muscles feel stronger.

Staying Active continued

6. Pelvic floor training.

Pelvic floor muscles (the muscles that we sit on) play an important role in urine and bowel movement control, spine support, and sexual response. The pelvic floor muscles can lose strength with illness, weight gain, and an inactive lifestyle (too much sitting). Loss of pelvic floor muscle strength can occur in both men and women.

What to do: Several times per day, squeeze the muscles in your pelvic floor area as if attempting to stop the flow of urine or hold back gas. Hold for three to five seconds. Repeat up to 10 times. Do not tighten your leg, hip, or abdominal muscles or hold your breath when you do this exercise.

7. Front and back stepping.

Coordination and agility are not just for athletes; they are also essential for all of us. Loss of coordination and agility can occur with aging or inactivity. It also can lead to an increased risk of falls and related injuries.

What to do: One time or more per day, with your hands on the kitchen counter or a long sturdy table, cross your right leg in front of your left leg, and stand on your right foot. Carefully lift the left foot and step out to the left. Then cross your right leg behind the left leg, and stand on your right foot. Again, carefully lift the left foot and step out to the left. Repeat two more times.

Then, carefully change directions, and do this exercise to the right side. Start by crossing the left leg in front of the right leg.

This exercise is a little more complex, so be sure to have someone standing close by to help you avoid falling. If you are experiencing issues with your strength, balance, or coordination, speak with a physical therapist.

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. You can contact a physical therapist directly for an evaluation.



Volunteer

RSVP program, Needle Crafters, joins in a 9/11 Day of Service Project

The September 11 tragedy is forever etched in our history, but the day also reminds Americans of the power of unity. Every year, the country bands together to honor the lives lost and uplift their communities during the September 11 National Day of Service and Remembrance. Once again, hundreds of thousands of Americans came together to pack meals, clean up neighborhoods, assist first responders, and more this year in remembrance of the sacrifices of Americans on that day.



Our Nation's Leaders Join AmeriCorps members in Service from Coast to Coast

From Arizona to New York, Washington, DC, and more, our nation's leaders served alongside AmeriCorps members and volunteers to honor the day. In Alexandria, Va., volunteers joined National Cemetery Administration and members of AmeriCorps NCCC FEMA Corps to help clean gravestones in honor of the day. AmeriCorps teams then served alongside 9/11 Day Org, and congressional members Senator Chris Coons, Senator Laphonza Butler, Congressman Don Davis, Congressman Chris Deluzio, and Representative Seth Moulton to pack more than 450,000 meals.

Here in Sandoval County one of our RSVP groups, Needle Crafters, partnered to work on a project to support the domestic violence awareness campaign for Haven House, the only domestic violence shelter in Sandoval County. The ladies prepared and cut over 5000 ft of purple ribbon to prepare for the shelter to hang on major thoroughfares throughout the county for Domestic Violence Awareness month. Haven House is a shelter that provides temporary housing for up to 20 victims and their children while helping residents to gain immediate safety, knowledge, skills and resources to succeed in lives free of violence. Our NeedleCrafters RSVP volunteers offered to take a day out of their regular volunteer work, to offer support to this worthy cause.

The September 11 National Day of Service and Remembrance reminds Americans of the power of unity and service. Through tragedy and triumph, our nation's volunteers, AmeriCorps members, and AmeriCorps Seniors volunteers have answered the call to service, transforming communities. Whether you volunteer for a day or a year, everyone can make a difference in our communities.





160 Edmund Road, Bernalillo, NM
www.sc-hsm.org
info@sc-hsm.org (505) 867-2755

The events can change due to circumstances beyond our control. Please check our website or contact us for the latest schedule.



Call To Vendors: Community Day Indoor Craft Fair and Book Sale and Outdoor Yard Sale.

Where: Sandoval County Historical Society and Museum:

November 17, 2024

Spaces are approximately 8' x 8' and cost is \$15. Outdoor vendors, must bring their own table and chair.

Please visit our website or contact us in October for more details and registration information






160 Edmund Road, Bernalillo, NM
www.sc-hsm.org
info@sc-hsm.org (505) 867-2755

The events can change due to circumstances beyond our control. Please check our website www.sc-hsm.org or contact us for the latest schedule.

SUNDAY OCT. 13, 2024 @ 2 PM

Early History of the Navajo Tribe

Presented by **Raymond Sisneros**

SUNDAY OCT. 20, 2024 @ 2 PM

New Mexico Healing Herbs / Remedios

Presented by **Yolanda Darrington**





NMSU Sandoval County Cooperative Extension Presents :



3 Part Food Preservation Classes

**Wednesday: October 9, October 16, October 23,
Cochiti Pueblo Community Center**

1:00 PM

Join us in discovering how to take fresh flavor from the garden to the pantry.

October 9 General Preservation Information and Safety (90 mins)

(This class is required to participate in the either of the hands-on classes.)

October 16th: Water-Bath Canning (3 hrs)

October 23^h: Pressure Canning (3 hrs)

Participants will be taking home jars of preserved foods

Presented by Madeline Gurney FCS/4-H Agent
Sandoval County Extension

Max capacity is limited to 24 participants, register TODAY!

REGISTRATION:

Contact:

Michelle Naranjo

505 373 7885

Michelle.Naranjo@cochiti.org

or

Madeline Gurney

505 867 2582

mgurney@nmsu.org



New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.



The Bernalillo Senior Center
would like to cordially invite you to our

"Fall Back in Time"

HEALTH FAIR & DANCE

Friday, October 25th

Health Fair 9:30am-11:30am

Dance 1pm-3pm

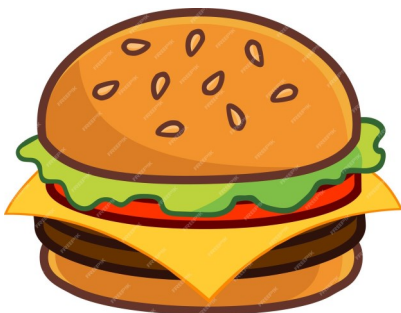
Lunch will be served from 11:30a.m.—12:30p.m.

Old Fashion Cheeseburgers

SUGGESTED DONATION for LUNCH \$2

UNDER 60 MUST pay \$6

Music by DJ Phillip



Please RSVP to 505-867-9448
No later than October 4th