

Sandoval County Senior Program Administration

CENTER LOCATION

NOVEMBER 2024

INSIDE
THIS
ISSUE:

Health and Wellness	2
Nutrition	4
Staying Active	5
Volunteer Services	6
Informational flyers	7
Menu	8
	9
	10
	11

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

Accounting Specialist
Sharon Hicks

Administrative Assistant
Jennifer Stivers

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

Food Service Manager
George Archibeque

SAMS Data Coordinator
Alicia Arriola

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

Health & Wellness

Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Caregiving is not easy, not for the caregiver and not for the person receiving care. It requires sacrifices and adjustments for everyone. Often, family caregivers must juggle work and family life to make time for these new responsibilities.

Caring for an older adult can also be rewarding. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. But the ongoing demands of taking care of someone else can strain even the most resilient person. That's why it's so important for you to take care of yourself. This article can help you find ways to look out for your own well-being so you can be there for others.

How do you know if you need help?

Caregivers do a lot for others. Because there is so much on their plate, many caregivers don't spend time taking care of themselves. For example, they are less likely than others to get preventive health services, like annual checkups, and to practice regular self-care. As a result, they tend to have a higher risk of physical and mental health issues, sleep problems, and chronic conditions such as high blood pressure. They are even at an increased risk of premature death.

It's not always obvious when a person needs help. Watch out for these signs of caregiver stress:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected from others
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities you used to enjoy
- Having frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself
- Skipping showers or other personal care tasks such as brushing your teeth
- Misusing alcohol or drugs, including prescription medications

Don't wait until you are completely overwhelmed. Learn what your own warning signs are and take steps to minimize sources of stress where possible.

How can you ask others to help?

When people have asked you if they can lend a hand, have you told them, "Thanks, but I'm fine"? Accepting help from others isn't always easy. You may worry about being a burden, or you may feel uncomfortable admitting that you can't do it all yourself. But many caregivers later say they did too much on their own, and they wished they had asked for more support from family and friends.

Health & Wellness continued

Understand that many people want to help, and it makes them feel good to contribute. If asking for help is hard for you, here are some tips that may help:

- Ask for small things at first, if that makes it easier for you. Many large jobs can be broken down into simpler tasks.
- If you aren't comfortable asking face-to-face, send a text or email with your request.
- Consider a person's skills and interests when thinking about how they could help.
- Be prepared with a list of things that need to be done, and let the other person choose what they'd like to do.
- If someone offers to help, practice saying, "Thanks for asking. Here's what you can do."
- Be honest about what you need and what you don't need. Not every offer is going to be helpful.
- Be prepared for some people to say "no," and don't take it personally.

What else can a caregiver do if they're feeling overwhelmed?

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can actually make you a better caregiver. If you can find small ways to lower your stress and boost your mood, you'll have more strength and stamina to take care of someone else.

Below are some suggestions that may help when you're feeling overwhelmed. Remember that you don't have to do everything all at once, especially if the thought of self-care just makes you feel more exhausted.

- Be active. Find something active that you enjoy. That might be walking, dancing, gardening, or playing with a pet. Even short periods of exercise can be beneficial.
- Eat well. Work on having a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.
- Prioritize sleep. Aim to get seven to nine hours of sleep each night. Develop a relaxing bedtime routine to make it easier to fall asleep. Try to go to sleep and get up at the same time each day.
- Reduce stress. Experiment with relaxation techniques like meditation, tai chi, or yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free.
- Make time to relax. Carve out time each week to do something you enjoy that has nothing to do with caregiving. It can be as simple as watching a favorite TV show, reading a magazine, or working on a hobby.
- Keep up with your own health. Make that doctor's appointment you've been putting off. Tell your doctor that you're a caregiver: They may be able to suggest resources online or in your community.

Health & Wellness continued

- Reach out for support. Talk to a trusted family member or friend or seek counseling from a mental health professional. Join an online or in-person support group for caregivers. These are people who will know what you're going through and may have suggestions or advice.
- Take a break if you need it. Ask another family member or friend to step in, hire an aide to come for a few hours a week, or sign up the older person for an adult day care program.
- Be kind to yourself. You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Express your feelings by writing in a journal or talking with a friend.

Remember that you are doing the best you can and that you are not alone. Many caregivers have trouble tending to their own health and well-being. But give yourself credit for everything you're doing. Your caregiving makes a big difference in someone else's life.



Nutrition

Diabetes Food Tips

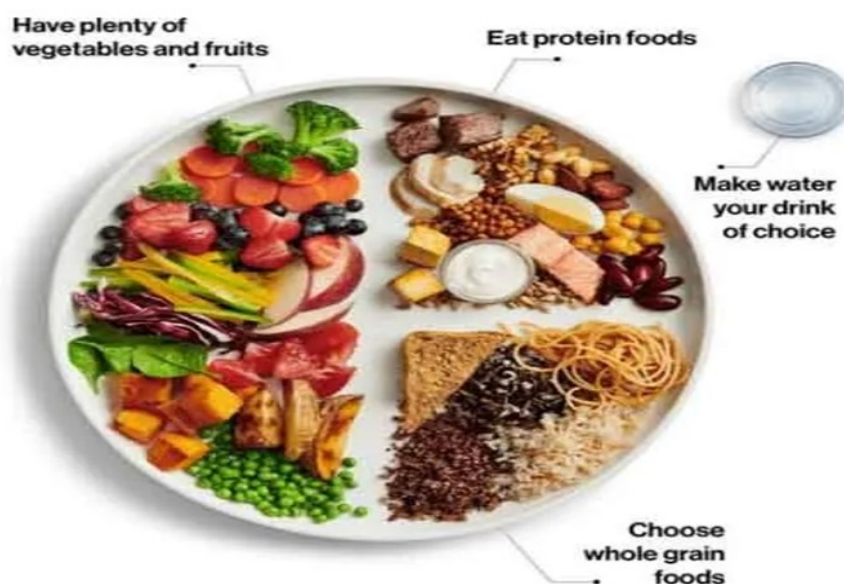
A diabetic diet emphasizes eating whole foods, lean proteins, fruits, vegetables, and healthy fats, while limiting refined carbohydrates, sugar, and salt. The goal is to keep blood sugar levels in a target range and prevent kidney damage.

Here are some tips for a diabetic diet:

- Eat more vegetables: Fill at least half of your plate with non-starchy vegetables like spinach, broccoli, and green beans.
- Eat whole grains: Choose whole grains like brown rice, barley, quinoa, oats, and whole wheat.
- Eat lean proteins: Choose lean meats like skinless chicken and turkey, fish, eggs, beans, lentils, and tofu.
- Eat healthy fats: Include small amounts of "good" fats like nuts or avocados.
- Eat fewer refined carbohydrates: Limit refined grains like white bread, rice, and pasta.
- Eat whole fruits: Choose whole fruits over juices, and drink fruit juices without added sweeteners.
- Eat regular meals: Eat regular meals throughout the day, and reduce serving sizes.
- Limit sodium: Limit sodium consumption to 2,300 mg/day.
- Eat with protein, fat, or fiber: Eating carbohydrates with foods that have protein, fat, or fiber slows down how quickly your blood sugar rises.

Your individual carb goal will depend on your age, activity level, and other factors.

Diabetic Meal Plans



Staying Active

Exercising with Lung Cancer

If you or a loved one is undergoing cancer treatment, you know how exhausting the experience can be. Experts call it cancer-related fatigue, and it's one of the most draining side effects of treatment. Fortunately, you can take steps to alleviate it. In fact, research shows that exercise can help combat cancer-related fatigue and improve quality of life, even for people still in treatment.

What is cancer-related fatigue?

Normally, fatigue is temporary and is linked to physical activity or exertion. With cancer-related fatigue, you may feel a random, sudden wave of severe fatigue that sleep doesn't help to relieve. If left untreated, cancer-related fatigue can make it hard for you to have the energy to enjoy doing the things you love.

Exercising with Lung Cancer

When it comes to exercise and lung cancer, the goal is to find the right amount that helps you feel more energized but doesn't tire you out.

"If you're still in treatment, you may have low energy levels and not feel up to that much, but it's beneficial to get even low-intensity activity on the days you're feeling better," says Peggy Lang, coordinator of the multidisciplinary and screening clinics in the Lung Cancer Program at the Johns Hopkins Kimmel Cancer Center.

Low-intensity activities, like easy walking or light stretching, are great options for improving your cardiovascular health without overdoing it.

Beyond cancer-related fatigue, light to moderate exercise during cancer treatment has multiple benefits, including:

- Reduced stress
- Boosted self-esteem, mood and motivation
- Improved immune system function
- Increased cardiovascular fitness and muscle strength
- Help with breathing problems, such as shortness of breath

Ideas for Staying Active

Keep things easy with low-intensity activities, including:

Easy walking: Choose walking over driving when possible, or make it a habit to go for a short walk after dinner each night.

Light stretching: Start and end the day with a few simple stretches to prevent muscle tightness and joint stiffness.

Staying Active continued

Gentle yoga: Check out gentle yoga classes at studios in your community or online. Make sure to pick a class that's geared toward gentle, restorative yoga postures. An added benefit to yoga is that you'll learn deep breathing exercises to improve your lung capacity.

Tai Chi: This ancient Chinese form of exercise is referred to as "moving meditation" and helps with focus, concentration, balance and mindfulness.

Talk to Your Doctor First

It is always important to talk to your doctor before starting an exercise program during treatment. There are certain types of exercise that may not be appropriate for everyone with lung cancer. With your doctor, you can figure out what activities will help support your lung cancer treatment.

Volunteer

Everyone knows the feeling of being hungry. The stomach growls and blood sugar drops, igniting an internal firestorm of biological and emotional responses. Being hungry affects our mood and our performance. The ability to concentrate or focus clouds the mind while motor skills deteriorate. For most of us, the results range from grumpiness to a full-on crash in energy and production. But none of these symptoms describe real hunger. In the most extreme sense, hunger describes a condition far beyond a growling, empty belly. It's a prolonged and severe lack of food or access to food. As we age, our bodies require less food, and our appetites may decrease. However, for many older Americans, hunger remains a persistent problem, and older Americans suffer from hunger at too high of a rate. In fact, one in 14 older adults face food insecurity and hunger in America, according to Feeding America.

There are many factors that contribute to hunger among older Americans. Limited income, lack of transportation, and difficulty accessing healthy food options are just a few examples. Many also may face health issues that make it difficult for them to shop for groceries or prepare meals. Malnutrition can lead to a weakened immune system, increased risk of falls and injuries, and other health problems. Hunger also can exacerbate existing health conditions and lead to a decline in overall quality of life.

AmeriCorps Seniors volunteers bring critical support to the Sandoval Community addressing hunger in their own neighborhoods, cities and towns. Within our own RSVP program, 65 volunteers worked 10,554 hours last year at food pantries and meal kitchens in our program. Nationwide, AmeriCorps Seniors volunteers serving in RSVP helped more than 727,000 people increase food security through similar programs in 2023. More than 2 million Americans across the country received food security support due to the efforts of AmeriCorps Seniors volunteers.

Volunteer Continued

Overall, more than 30 million pounds of food were provided in 2023 through AmeriCorps partnerships overall with several community initiatives, increasing sustainability for historically underserved communities.

AmeriCorps Seniors volunteers bring so much to the lives of so many people in need. But incredibly, the lives our older American volunteers help the most might just be their own. Studies show volunteering and service greatly enrich the lives of volunteers themselves. Eighty-four percent of AmeriCorps Seniors volunteers reported improved or stable health. Another 88 percent felt a decrease in feelings of isolation, while 78-percent felt less depressed. Older volunteers reap extraordinary benefits from their service, including significant mental and physical health benefits.

If you are interested in learning more about food insecurity RSVP program volunteer opportunities, please call Marta at the volunteer office at 505-404-5818. You truly get what you give, and more when it comes to kindness, empathy, and service. No group proves that statement more than AmeriCorps Seniors volunteers.

November Volunteer Birthdays

Carolyn Algire
Evenlyn M. Arnold
Pamela Becknell
Joyce Hagan
Gwendolyn Hardy
Theresa James
Steven Ray Jennings
Ida Liebert
Cecilia O. Martinez
Heidi Moya
Dennis Mario Sanchez
Carrie Taraddei
Mirakhel Windsong



The Senior Difference

Non-Metro New Mexico Area Agency on Aging

Santa Fe, NM



A MUST ATTEND EVENT FOR OLDER ADULTS AND SENIORS

**FREE EVENT
OPEN TO THE PUBLIC**



Wednesday
November 13th, 2024

8am-2pm

at the Courtyard - Santa Fe, NM
3347 Cerrillos Rd.

- FREE HEALTH SCREENINGS - FREE FLU SHOTS - LIVE ENTERTAINMENT
- SPEAKER SERIES - INFORMATION TO HELP THOSE IN NEED OF ASSISTANCE - PARTICIPATE IN LIVE EXERCISE SEMINARS
- FOOD DEMONSTRATIONS - MEDICAL PROVIDER AGENTS WILL BE ON HAND TO ANSWER YOUR QUESTIONS, HEALTH AND WELLNESS INFORMATION.

Just to name a few of the reasons you'll want to attend!

DOOR PRIZE GIVEAWAYS*

Come out and get to know how NON-METRO NEW MEXICO AREA AGENCY ON AGING assists New Mexico's Seniors and OLDER ADULTS in 32 counties throughout New Mexico!

...and when you drop by the NON-METRO NEW MEXICO Welcome Table - Get your **FREE** Goodie Bag while supplies last.

JOIN THE FUN FOR THIS NEW ANNUAL EVENT IN THE CITY DIFFERENT - SANTA FE, NM

SPONSORED BY :



FOR MORE EVENT INFORMATION OR BUSINESSES LOOKING TO RESERVE LIMITED VENDOR SPACE, CONTACT:

JOE HERRERA at (505) 303-6247 joeh@ncnmedd.com

Visit Our Website - www.nonmetroaaa.com



Daylight-Saving Time Ends

NOVEMBER 3, 2024



SANDOVAL COUNTY 6TH ANNUAL

HOLIDAY CRAFT FAIR



Friday, November 15, 2024 10 AM to 3 PM
Sandoval County Administration Building
1500 Idalia Rd. Building D
Bernalillo, NM 87004

FOR MORE INFORMATION PLEASE CONTACT

NIKKI HOLM

CYNTHIA SAIZ

NHOLM@SANDOVALCOUNTYNM.GOV OR CSAIZ@SANDOVALCOUNTYNM.GOV

505-867-7550

505-867-7611

THIS EVENT IS SPONSORED BY SANDOVAL COUNTY EMPLOYEE APPRECIATION COMMITTEE



**Santa will be coming by for a Visit.
He will be here 11:00am to 2:00pm**