

Sandoval County Senior Program Administration

CENTER LOCATION

FEBRUARY 2025

INSIDE
THIS
ISSUE:

Health and Wellness	2
Nutrition	3
Staying Active	6
Volunteer Services	8
Activities	9
Menu	10

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Hours of Operation:
Monday—Friday 8-5pm

Sponsorship

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

Health & Wellness

Are You Heart Smart?

What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though it is largely preventable.

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short **Heart Smart Quiz**:

Heart Smart Quiz

- 1. True or False?** High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
- 2. True or False?** Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
- 3. True or False?** Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
- 4. True or False?** Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
- 5. True or False?** Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
- 6. True or False?** To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

Health & Wellness continued

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Nutrition

Healthy Eating for a Happy Heart

Stress happens. You can't always prevent or avoid it. But you can change how you react to it, and choosing a heart-healthy foods help. When stress hits hard, many of us eat more, and less-than-healthy comfort foods may be the treats we reach for first. But an unhealthy response to stress can be hard on your body, especially your heart. That's why it's smart to try to eat more foods that nourish. It'll make your heart happier, and maybe trim your waistline, too.

Don't know where to start? Let the National Heart, Lung, and Blood Institute (NHLBI) help.

"We have many recipes for healthy and really tasty dishes, plus an award-winning eating plan called Dietary Approaches to Stop Hypertension, or DASH for short," said Charlotte Pratt, Ph.D., M.S., R.D., a nutrition expert at NHLBI. For years, the DASH eating plan has ranked among the U.S. News & World Reports' best diets for healthy living and heart health. It's secret, said Pratt: "Eating nutrient-dense foods and meals that are lower in sodium and saturated fat, rich in fruits, vegetables, low-fat dairy, and legumes."

Some of the recipes NHLBI has developed to support the plan feature healthy versions of comfort foods, such as oven-baked french fries, chicken chili stew, and sweet potato custard. The recipes are easy to make and family-friendly. They include traditional African American, American Indian/Alaska Native, Vietnamese, Hispanic/Latino, and Filipino dishes. You can find these recipes, along with tips about safe cooking, what to stock in your kitchen, and food shopping at [healthyeating.nhlbi.nih.gov](https://www.heart.org/healthy-eating).

Nutrition continued

“The DASH eating plan is scientifically proven to lower your blood pressure and cholesterol levels,” said Pratt. And NHLBI research shows that increasing your physical activity and watching your calories while following DASH will also help you lose weight.

DASH requires no special foods, and it helps you set daily and weekly nutritional goals using these simple guides:

- Eat vegetables, fruits and whole grains,
- Include fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils,
- Limit foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils such as coconut, palm kernel and palm oils; and
- Limit sugar sweetened drinks and desserts.

To make it easier to follow DASH for life, these tips can help:

- **Change gradually.** Add one more serving of vegetables a day. Read nutrition labels to choose the food lowest in saturated fat, sodium or salt and added sugar.
- **Vary foods high in proteins.** Try a mix of lean cuts of meat. Remove the skin from chicken. Eat fish once or twice a week. Eat two or more meals without meat each week.
- **Select healthy, tasty snacks.** Have a piece of fruit, a few unsalted snacks such as rice cakes, fat-free or low-fat yogurt or raw vegetables with a low-fat dip.
- **Find substitutes.** Try whole-wheat bread or brown rice instead of white bread or white rice. Try beans or seeds such as flax or sunflower seeds, if you're allergic to nuts.

Combining healthy eating habits with other self-care activities can help you reduce stress and take care of your heart. Top of the list: move more throughout the day, get 7 to 9 hours of sleep, and try relaxation exercises such as meditation or yoga. If you smoke, try quitting, and develop a strong social support system to help keep you motivated.

Delicious Oven-Baked French Fries

Baking instead of frying these potatoes reduces the fat while keeping them crispy.

Prep time: 10 minutes. Cook time: 35 minutes. Makes 5 servings. Serving size: 1 cup.

Nutrition continued

Ingredients

4 large potatoes (2 lbs.) (regular or sweet potatoes)

8 C ice water

1 tsp garlic powder

1 tsp onion powder

¼ tsp salt

1 tsp white pepper

¼ tsp allspice

1 tsp hot pepper flakes

1 Tbsp vegetable oil



Directions

1. Scrub potatoes and cut them into long ½-inch strips. Place the strips in the ice water, cover and chill for 1 hour or longer.
2. Remove potato strips and dry them thoroughly. Preheat oven to 475°F.
3. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in a plastic bag. Toss the potato strips in the spice mixture.
4. Put the potato strips in a shallow baking pan and brush them with oil.
5. Cover the baking pan with aluminum foil and bake at 475°F for 15 minutes.
6. Remove the foil and continue baking, uncovered, for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Staying Active

Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI).

“Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure, sugar, and cholesterol levels in the healthy range and reduce our risk of heart disease and stroke,” said Gina Wei, M.D., NHLBI’s acting director of cardiovascular sciences.

It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes daily for heart-healthy practices. Take a yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it’s online or via a phone call, to help you stick to your goals.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension ([DASH](#)) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Volunteer

Support Food Security in Sandoval County One Bowl at a Time

Roadrunner Food Bank’s 30th annual Souper Bowl, a soup and dessert sampling fundraising event, is coming up on Saturday, Feb. 1 from 11-2 p.m. Local restaurants participate in the festive and family-friendly event providing savory samples of soup and dessert to guests. The Souper Bowl will be, at the Roadrunner Food Bank warehouse, 5840 Office Blvd NE in Albuquerque.



SOUPER BOWL 2025

Saturday, February 1 ♦ 11:00 a.m - 2:00 p.m.

Roadrunner Food Bank

5840 Office Blvd NE, Albuquerque, NM 87109

Guests of Souper Bowl will try samples of soups and desserts, but also have the opportunity to cast a vote for their favorites. Awards are given out to restaurants in several People’s Choice categories including soup, vegetarian soup, dessert and best-decorated booth. A panel of Critics’ Choice judges selects the top three soups during a blind tasting held during the event.

Roadrunner Food Bank collects, sources, warehouses, transports and distributes a variety of donated and purchased food items, produce, and other grocery products and acts as a distribution hub for smaller frontline agencies. Roadrunner provides food for distribution for 3 food pantries that **RSVP** volunteers work with including **St. Felix Pantry, Storehouse West and the Bernalillo Senior Center** monthly food distribution.

“This event brings so much joy to foodies and supporters of the foodbank community in New Mexico” said Dana Yost, president and CEO of Roadrunner Food Bank. “Restaurants and participants alike have shared with our team that it is one of their favorite events of the year. We’re thrilled it continues to engage the community while raising funds for the mission of the food bank.”

During the event live music will be provided by a local band and guests will be encouraged to participate in the silent auction for a chance to win a variety of diverse items. Auction items include hotel stays, artwork, a balloon ride, jewelry, a chance to bid on a variety of activities in and around Albuquerque such as tickets to local sporting events, wine-tasting events, self-care services and more.


Volunteer Continued

Tickets are available for \$50 for ages 13 and older, and \$15 for children ages 5-12. Tickets are available for purchase at www.rrfb.org/souper-bowl or by calling 505.349.8909 during food bank business hours Monday through Friday from 8 am to 4 pm. Children under five are free.

HOW FOOD BANKS WORK

We collect excess food that would otherwise go to waste and end up in landfills.






Sandoval County Historical Society & Museum

160 Edmund Road, Bernalillo, NM 87004
www.sc-hsm.org
 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.

505.867.2755
info@sc-hsm.org


SUNDAY MAR. 9, 2025 @ 2 PM

THE PROCESS OF PAINTING RETABLOS
Presented by Andrew Montoya



Andrew Montoya is an award-winning artist born and raised in Santa Fe. He was mentored by his aunt, world-renowned artist Arlene Cisneros Sena. Montoya spent his summers painting and learning about saints and devotional art. At age 14, Andrew entered his first piece in youth Spanish Market, earning the Bienvenidos Award for first-time showing artists.

Montoya has won numerous awards in the Adult category of Spanish Market since age 19, and believes in giving back to the community by donating his art for worthy causes.



Learn more about Andrew:
www.sagradoartco.com

FREE & OPEN TO THE PUBLIC