

# Sandoval County Senior Program Administration

## CENTER LOCATION

MARCH 2025

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

### Sponsorship

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

Phone: 867-7535  
Fax: 867-7606

Hours of Operation:  
Monday—Friday 8-5pm

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

## Health & Wellness

### March is National Colorectal Cancer Awareness Month

#### **There may be no symptoms!**

Early stage colon cancer and rectal cancer often show no symptoms. Polyps or colorectal cancer tumors may be present without any signs, which is why it's important to get screened.

#### **A change in bowel habits**

Changing bowel habits include diarrhea, constipation, narrowing of the stools, and/or feeling like your bowels are not completely empty, even after having a bowel movement.

#### **Persistent abdominal discomfort**

Abdominal discomfort can cause feelings such as pain, nausea, cramping, bloating, and/or feeling unusually full, even when you haven't eaten much.

#### **Rectal bleeding**

You might notice blood in the toilet, in your stool, or when you wipe with toilet paper.

#### **Weakness and/or fatigue**

Feeling tired, weak, and/or short of breath can be signs of anemia. Anemia can develop from bleeding somewhere inside your body where you can't see it, such as from a cancerous tumor.

#### **Unexplained weight loss**

Cancer sometimes causes weight loss. You should always seek medical attention if you are losing weight for no known reason.

#### **Are you at high risk for colon cancer?**

Colorectal cancer is the second leading cause of cancer death in the U.S. And although there is no single cause, one in 24 people will be diagnosed with this disease in their lifetime. Did you know that certain factors can push this risk even higher, even up to 100 percent? Having these risk factors on your radar from a young age will allow you to be your own advocate and be proactive about your health and screenings.

#### **The Subgroup Breakdown**

There are three subgroups of risk — sporadic, familial, and hereditary. If you fall into the sporadic group, which means you have no family history of cancer or inherited genetic predisposition, you have a 3 to 7 percent lifetime risk of getting colorectal cancer. If you have familial risk, a single first-degree family member (parent or sibling) with colorectal or endometrial cancer under age 50, your lifetime risk increases to 10 to 20 percent.

Health & Wellness continued

Family history is an important indicator not only because of shared genes, but similar lifestyles, too.

Those who have the highest lifetime risk of colorectal cancer are in the hereditary subgroup. Depending on the particular genetic syndrome, including Lynch, FAP, MAP, Peutz-Jegher’s, and others, the chances of getting colorectal cancer may be 30 - 100 percent. If you have a family history, talk to your doctor!

**Factors You Can’t Control**

All colorectal cancers are caused by gene mutations. Your risk increases with age because new mutations accumulate as we get older, which is why the majority of colorectal cancers occur after age 50 (males slightly earlier than females.)

African-American males tend to get colorectal cancer a bit earlier, and Asians and Hispanics a bit later. Certain inherited mutations can cause colorectal cancer to develop at much younger ages.

**... And Those You Can**

So what can you do? You can reduce your risk of colorectal cancer by limiting your intake of red and processed meat, staying lean, exercising, limiting alcohol consumption, and by not smoking. You also reduce risk by controlling and treating conditions like inflammatory bowel disease or type II diabetes.

**Screening Saves Lives**

Fortunately, most colorectal cancers are preventable through lifestyle changes and the removal of precancerous polyps through screening. Colonoscopy is the gold standard for finding polyps and the only test that allows for their removal. The best chance of preventing colorectal cancer, even for those with an inherited syndrome, is to follow the recommended guidelines for colonoscopy. No matter which risk subgroup you fall into, colonoscopy and removal of polyps can reduce your risk for colorectal cancer by an additional 70 to 90 percent!



# Nutrition

## Superfoods for Kidney Health

Explore kidney-friendly superfoods: discover new recipes, enjoy healthy twists on favorites, and make every meal nutritious for your kidney health.

You may have heard that superfoods are super important for people with kidney disease. While the idea of completely managing kidney disease by eating certain foods is appealing – the reality is not quite that simple.

Many people think superfoods are foods that have special, almost magical, qualities. While some foods are certainly more nutritious than others, no food is the magic answer for good health.

The nutritious foods we are spotlighting in this section were selected because they are super healthy choices, especially for people living with kidney disease. We are eager to introduce you to some foods and recipes that may be new to you. Also, we are excited to share some different ways to prepare some of your old favorites so you can make kidney-healthy food choices for your family and yourself.

When you have kidney disease, a well-balanced diet is your superfood – and can help to make any meal you prepare super!

### Fruits

#### Açaí berries

Açaí (ah-sigh-EE) berries are small fruits that grow in clusters like grapes and have a center pit. They have a very short shelf life, so are usually found as powders, frozen fruit puree, or pressed juice. Açaí is often used in smoothies or in an açaí berry bowl. It has an earthy taste with a cross between blackberry or raspberry and chocolate.

#### Apples

Apples are rich in antioxidants and a good source of fiber and vitamin C.



### Citrus

Citrus fruit like lemons, oranges, and grapefruits are considered berries that have evolved over millions of years! They have a fragrant smell, which comes from their rind or outer layer and can be eaten and used in many ways.

Nutrition continued

### **Cherries**

Cherries come in sweet, sour, and duke (partly sweet and sour) varieties, and can be bought fresh, frozen or dried. Cherries can add sweet or tart flavor to salads, smoothies, savory dishes, and desserts. Choose cherries that are firm with bright green stems; darker colored cherries are the most flavorful. The pits are toxic and should not be eaten.

### **Pomegranates**

Pomegranates are sweet and tart fruits that are high in antioxidants. Eating pomegranates may have many health benefits since they are high in fiber, folate, vitamin K, vitamin E, vitamin B6, and potassium. They also have three times the number of antioxidants than green tea, which are shown to reduce inflammation.

### **Strawberries**

Strawberries are a delicious fruit that can be found fresh, frozen, freeze-dried, or in jellies and jams. Strawberries are also a good source of vitamin C, manganese, folate, potassium, and antioxidants.

### **Tomatoes**

Tomatoes are rich in vitamins, minerals, and antioxidants, low in calories and high in fiber.



### **Vegetables**

#### **Avocados**

Avocados are very nutrient-dense with about 20 different vitamins and minerals. Avocados are lower in carbohydrates and higher in fat when compared to other fruits and a good source of fiber which is great for gut health, keeping you full, and aiding in blood sugar control.

#### **Beans**

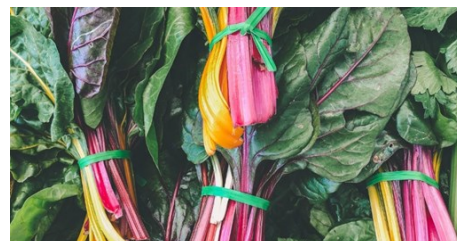
Beans are low in fat and have no saturated fat, trans fat, or cholesterol helping protect your heart from heart disease.

#### **Broccoli**

Broccoli is a great source of antioxidants that may enhance your health by reducing inflammation, improving blood sugar control, boosting immunity, and promoting heart health.

#### **Leafy Greens**

Leafy greens are packed with many vitamins, mineral, and antioxidants, low in calories and high in fiber.



Nutrition continued

### **Root Vegetables**

Many root vegetables contain antioxidants that can help to fight inflammation. They also provide many nutrients including vitamin C, vitamin A, many B vitamins, vitamin K, vitamin E, calcium, iron, potassium, and manganese.



### **Squash**

Squash is a good source of essential nutrients for health like fiber, antioxidants, and vitamin C and B6.

### **Nuts/Seeds**

#### **Chia and Flax Seeds**

Flax and chia seeds are seeds that pack a nutritional punch. Flax and chia seeds are available year-round at the grocery store and are usually found in the health foods section, the baking aisle, or by the nuts. Flaxseed can be ground up to increase absorption in your body. Store flax seeds and chia seeds in a tightly sealed container in your freezer to prevent spoilage. You can enjoy both flax and chia seeds sprinkled into hot cereal or yogurt, on salads, or in baked goods and smoothies.

#### **Nuts and Seeds**

Nuts and seeds contain many beneficial elements such as heart-healthy fats, fiber, plant protein, vitamin E, antioxidants, and more.

#### **Whole Grains**

Whole grains are a great source of dietary fiber, vitamins, minerals, and antioxidants.

### **Animal Proteins**

#### **Eggs**

For a long time, eggs had a bad reputation due to cholesterol, which past studies had strongly linked to heart disease. However, recent studies have shown that the link between cholesterol in the diet and cholesterol in the blood is weak. Moreover, studies have shown that eggs can be a healthy part of your diet.

#### **Fish**

Fish is considered a superfood because it is a good source of protein without having a lot of saturated fat. They are also loaded with vitamins, calcium, phosphorus, iron, zinc, iron, magnesium, and potassium.



Nutrition continued

### Low Phosphorus Cheese

While many kinds of cheese are high in phosphorus and sodium, there are lower phosphorus and sodium cheeses more suitable for people with kidney disease. Cheese is a good source of calcium, protein, vitamin B12, and vitamin A, and phosphorus.



### Shellfish

Shellfish are underwater animals with shells. Common types include crab, lobster, oysters, clams, shrimp, mussels, and scallops. They add flavor and healthful nutrition to main dishes, soups, salads, and dips.

### Yogurt

Yogurt is a popular dairy product made by bacterial fermentation of milk. Its rich, creamy texture makes it a favorite food for many. It can be eaten in different ways: plain, mixed with fruit and granola, as a smoothie, or dip. There are different types of yogurt, including regular, Greek, kefir, and plant-based yogurts made from plant proteins instead of milk, such as soy and coconut.

### Milk Alternatives

There are a variety of milk alternatives on the market made from oats, soy, rice, nuts, and seeds. Milk alternatives can be lower in phosphorus and potassium than cow's milk unless they have additives. They are great alternatives if you are lactose-intolerant or have high cholesterol levels and come in many forms like yogurt and desserts.



### Healthy Oils and Fats

Healthy oils and fats are considered superfoods because it helps absorb some vitamins and minerals and build cell membranes and nerve tissue. It is also essential for blood clotting, muscle movement, and to lower inflammation. Healthy oils and fats may help lower the odds of heart disease and atherosclerosis by lowering LDL cholesterol.

### Seasonings

#### Spices

Spices enhance the flavor and smell of food without adding salt. They are rich in vitamins, minerals, and antioxidants.

#### Herbs

Herbs give flavor to food without the addition of salt.



# Staying Active

## Seniors Staying Healthy in 2025

### Embracing a Healthier Year: Tips for Seniors

As we step into the new year, it's the perfect time for seniors to focus on their health and well-being. Adopting healthy habits can significantly enhance the quality of life, boost energy levels, and improve overall happiness. Here are some essential tips to help seniors embrace a healthier lifestyle in the new year

1. **Prioritize Physical Activity.** Regular exercise is crucial for maintaining strength, flexibility, and cardiovascular health. Seniors should aim for at least 30 minutes of moderate exercise most days of the week. Activities like walking, swimming, yoga, and tai chi are excellent choices that can improve balance and reduce the risk of falls.
2. **Eat a Balanced Diet.** Nutrition plays a vital role in overall health. Seniors should focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Staying hydrated and limiting processed foods, sugar, and sodium is also important. Incorporating a variety of colorful foods can ensure a range of nutrients.
3. **Stay Socially Connected.** Social interactions are essential for mental and emotional well-being. Engaging with friends, family, and community groups can help combat loneliness and depression. Seniors can join clubs, attend social events, or participate in group activities to stay connected.
4. **Keep Your Mind Active.** Mental stimulation is key to cognitive health. Seniors should engage in activities that challenge the brain, such as reading, puzzles, games, or learning new skills. Lifelong learning can keep the mind sharp and improve memory.
5. **Regular Health Check-ups.** Routine medical check-ups are important for early detection and management of health issues. Seniors should schedule annual wellness visits and discuss any changes in their health with their healthcare provider. Staying up-to-date with vaccinations and screenings is also crucial.
6. **Manage Stress.** Chronic stress can negatively impact health. Seniors should practice stress-reducing techniques such as meditation, deep breathing exercises, or hobbies they enjoy. Maintaining a positive outlook and finding joy in everyday activities can also help manage stress levels.



Staying Active continued

7. **Get Adequate Sleep.** Quality sleep is essential for physical and mental health. Seniors should aim for 7-9 hours of sleep per night. Creating a relaxing bedtime routine and ensuring a comfortable sleep environment can improve sleep quality.
8. **Quit Smoking and Limit Alcohol.** Smoking and excessive alcohol consumption can lead to numerous health problems. It's never too late to quit smoking and reduce alcohol intake. Seeking support from healthcare providers can make this process easier.
9. **Take Care of Your Skin.** Skin health is often overlooked but is important, especially for seniors. Using moisturizers, wearing sunscreen, and staying hydrated can help maintain healthy skin. Regular skin checks for any changes or abnormalities are also recommended.
10. **Stay Positive and Engaged.** A positive mindset can greatly influence overall health. Seniors should focus on activities that bring joy and fulfillment. Volunteering, pursuing hobbies, and staying engaged with the community can enhance life satisfaction and well-being.

By incorporating these tips, seniors can look forward to a healthier and more vibrant new year. Remember, small changes can make a big difference, and it's never too late to start prioritizing your health.

Volunteer

**HAPPY MARCH BIRTHDAY VOLUNTEERS**



Dottie Hu  
 Ida Martinez  
 Loyd Munnerlyn  
 Marianne Pepin  
 Maggie Rice  
 Cathy Sissung  
 Garnetta Snow  
 Angelina Taraddei  
 Elizabeth Vandermass-Sack  
 Esteven Vasquez  
 Cathleen Zaugg



# New Mexico Gives Back.

-  In 2023, more than **342,000** residents volunteered through an organization.
-  This volunteering contributed **\$727.0 million** in economic value.
-  More than **771,000** residents helped their neighbors informally.

 **AmeriCorps**

From senior companions who volunteer to assist home-bound seniors to volunteers who work at food pantries to help their neighbors meet their nutritional needs, nonprofit volunteers have come back after the pandemic.

A new survey released from the U.S. Census Bureau and AmeriCorps shows 28.3% or 75.8 million people in the U.S. volunteered with a nonprofit between Sept. 2022 and Sept. 2023. That is a rebound since COVID-19 public health shutdowns tanked participation by almost 7 percentage points to 23.2% in 2021, the last time the survey was conducted. It is not a full return to pre-pandemic rates of volunteerism.

The drop in volunteer participation was a wakeup call for nonprofits, said AmeriCorps CEO Michael D. Smith, and a real test of whether volunteers, whose habits and routines were disrupted, would return. “The fact that we went from a point in this country where we were telling people, ‘Don’t come, our doors are closed,’ — The fact that it did not lead to a flatline or lead to a gradual increase, but to see more than 5% jump is pretty impressive,” said Smith.

The survey on volunteering and civic life, conducted by the U.S. Census every two years, asks respondents if they volunteered at a nonprofit. It also asks if they informally helped friends, family or neighbors or gave to charity. The free labor volunteers provide to nonprofits fuels a huge range of services across every kind of community in the U.S., with the survey estimating the value of a volunteer hour at \$33.49, far more than the minimum wage in any state or major U.S. city.

Compared to other adults, people between the ages of 45 and 54 volunteered at the highest rates overall, the survey found, and more women volunteered than men, continuing a long-term trend. Many more people, or 54.3% of people in the U.S., help out informally, which could include anything from babysitting for a family member to lending a tool to a neighbor. Smith said “The one thing I would say about volunteering is if you are angry or you aren’t finding a purpose or a cause, go volunteer for a nonprofit, it will change your life.” Sandoval County Senior Volunteer programs has many volunteer options. Call us at 505-404-5818 to find out how you can join in.



# Sandoval County Historical Society & Museum

160 Edmund Road, Bernalillo, NM 87004

505.867.2755

[www.sc-hsm.org](http://www.sc-hsm.org)

[info@sc-hsm.org](mailto:info@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.

## SUNDAY MAR. 9, 2025 @ 2 PM



# THE PROCESS of PAINTING RETABLOS

Presented by **Andrew Montoya**



Learn more about Andrew Montoya @ [www.sagradoartco.com](http://www.sagradoartco.com)

Andrew Montoya is an award-winning artist born and raised in Santa Fe. Living in the village of Agua Fria most of his life, he started learning about Spanish colonial art at nine years of age after the sudden death of his mother. 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 his art is in both private and public collection. He continues to be an advocate of the traditional arts with participation in multiple shows around the state. Montoya believes in giving back to the community, supporting a number of foundations by donating his art for worthy causes. Andrew also mentors young individuals who express an interest in devotional arts. *"I do my best to share techniques and keep our traditions alive. Without anyone to teach the methods to the youth, the art will die."*

### FREE & OPEN TO THE PUBLIC

KEEP

# BERNALILLO BEAUTIFUL

EVENTS 2025

EVERYONE WORKING TOGETHER AND PARTICIPATING, WE CAN KEEP BERNALILLO BEAUTIFUL!



## E-CYCLE EVENT

TOWN HALL  
829 CAMINO DEL PUEBLO  
BERNALILLO, NM 87004

SATURDAY, APRIL 5, 2025  
11 AM TO 3 PM

**KEEP BERNALILLO BEAUTIFUL**

**E-CYCLING EVENT**

This FREE event will provide residents with the opportunity to safely recycle old electronics.

Drive-thru event and staff will be available to unload your vehicle.

**SATURDAY  
APRIL 5, 2025  
11 AM TO 2 PM  
AT TOWN HALL**

**You can enter to win \$100.00 RANGE OIL CARD.**

Electronics accepted for recycling include: Computer/Laptop/Server/Cell Phone/Tablet/Printer/Scanner/Storage/Copier/Fax Machine/ Radio/Satellite Equipment/ Rechargeable Batteries/UPS Batteries/Power/Cell Phone/Cards & Wire/Computer peripherals, and Toner Cartridge/TV Batteries/Cameras/Computer game assemblies/CD and DVD players/TVs/Monitors (Please no power/light bulbs/non-rechargeable batteries projection TVs or CRT and Flat-screen TVs).

[tobnm.gov](http://tobnm.gov) or 805-771-7133

**ROOTED IN BERNALILLO**

**Celebrate Arbor Day**

**NEW LOCATION**

**SALE** BERNALILLO COMMUNITY GARDEN 118 CALLE MALINCHE BERNALILLO, NM 87004

**SALE** SATURDAY, APRIL 26 10 AM TO 3 PM

TREE, SHRUB & FLOWERS, SALE! ALL ONLY AVAILABLE WHILE SUPPLIES LAST!

SANDOVAL COUNTY MASTER GARDNERS WILL BE ANSWERING ANY QUESTIONS ALONG WITH ALBUQUERQUE BACKYARD REFUGE.

**TOB**

**MORE INFORMATION CONTACT 805-771-7133 OR [tobnm.gov](http://tobnm.gov)**

## ARBOR DAY SALE

**NEW LOCATION**  
BERNALILLO COMMUNITY GARDEN  
118 CALLE MALIBNCHE  
BERNALILLO, NM 87004

SATURDAY, APRIL 26, 2025  
10 AM TO 3 PM OR  
UNTIL SUPPLIES LAST

**FREE**

# COME JOIN US



## NEW MEXICO SENIOR OLYMPICS

IN CONJUNCTION WITH NATIONAL SENIOR GAMES ASSOCIATION  
**CELEBRATES SENIOR GAMES WEEK**

### MARCH 17-23, 2025

# SAVE THE DATE

BRING 50+ SENIORS FOR A FUN DAY AND PARTICIPATE IN SENIOR SPORTS

*Door Prize at Each Event Location*



MARCH

# 19/

WED

**BOWLING**

9:00am-12 Noon

Tenpins and More

1416 Deborah Rd SE

Rio Rancho, NM



MARCH

# 19/

WED

**SWIMMING**

1:00pm-3:00pm

Rio Rancho Aquatic Center

745 Loma Colorado Dr. NE



MARCH

# 20/

THURS

**SHUFFLEBOARD/CORNHOLE  
& EXERCISE**

9:30am-1:30pm

Bernalillo Recreation Center

370 Rotary Park Rd

Bernalillo, NM



**Group Travel Scholarships Available**

FOR MORE INFORMATION CONTACT NMSO AT 888.623.6676



NATIONAL  
SENIOR GAMES WEEK

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