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Sandoval County Senior Program Administration

CENTER LOCATION

August 2026

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

Phone: 505-867-7535
Fax: 505-867-7606

Hours of Operation:
Monday – Friday
8:00 am to 5:00 pm

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

Seniors Share Their Secrets to Longevity and Happy Living

The simple daily habits that make a big difference, straight from the source.

Prevention: www.prevention.com

With the average man expected to live to their mid-70s and the average woman clearing her 80th birthday, American life spans are continuing to get longer and longer. But making it to a certain age doesn't necessarily equate to a life well lived. Even living to 100 can seem unappealing if you find yourself in poor health and unable to do the hobbies and activities you once enjoyed. No one knows that better than actual seniors, which is why we asked them to share their daily habits for longevity and happiness.

"One of the greatest gifts of the past century is the doubling of our life span," says Sandra Bond Chapman, Ph.D., a cognitive neuroscientist and chief director of the Center for BrainHealth at the University of Texas at Dallas. But it's equally important to approach old age with positive intentions. "We can take simple steps to optimize our brain health year by year, extending it into late life," Chapman explains.

After asking over 25 seniors and health experts for their number-one tip for living longer and happier, the trend is clear—simple daily habits make a huge difference in staying socially connected, intellectually stimulated, and physically active as you age. Ahead, find expert advice on how to have a happy, meaningful older age.

Daily habits for longevity and happiness

Assemble your chosen family

"No matter what the weather, my friends and I work out twice a week at our local CycleBar, but it's about friendship more than fitness. We're all a bit crazy, but we rallied together when one of our group lost her husband and then when another got divorced. If someone can't join us because they don't feel well, we drop off soup—or Mucinex. None of us live near family, so we want to be there to take care of one another." —Sue Ross, 74, Flagstaff, AZ

Be the oldest beginner

"I first learned to kitesurf in my 50s. I was the oldest dude out there. It was hard at first, but I kept at it. When you're out in the water, concentrating on what you're doing, nothing else matters. When I'm engaged in an activity I love, be it work or recreation, the concentration is total, nothing else comes in, and the gratification is commensurate with the effort." —Frederick Ballet, 74, retired orthopedic hand surgeon, Long Beach Island, NJ

Go beyond Sudoku

“The fact that everyone says puzzles help with cognitive health doesn’t mean they are the right activity for you. They can be extremely hard and frustrating and create anxiety, which isn’t productive. I recommend finding something that’s new and different for you, such as learning a new language, playing a musical instrument, or picking up a new hobby. These are some of the best ways to preserve brain function and keep your brain agile.” —Brent Forester, M.D., psychiatrist-in-chief and chair of the department of psychiatry at Tufts Medical Center

Spend time outdoors every day

“It has been proven scientifically that time in nature is good for us not only physically but mentally as well. It’s relaxing, it’s calming, and it’s balancing to be away from the man-made world, which can prompt sensory overload. So much of our lives today takes place staring at screens, but you’ll live more happily if you set aside time every day to take a walk in the park or at a nearby beach.” —Peter Gros, “in my 70s,” cohost of Mutual of Omaha’s Wild Kingdom Protecting the Wild

Be of service

“My attitude is this: I will do all I can, as much as I can, while I can. I’m known as Mother Cousar in my community, and ever since I can remember, my life has been in some sort of service to others. I used to walk blind people to the store; I was a crossing guard, an usher in my church, and a foster parent to over 125 children. I was president of my neighborhood association for 35 years and just stepped down last year. I still volunteer and help others by distributing food and clothes from my porch. All this, plus a support system through the nonprofit Connectedly, helps me feel like I’m connected to my neighbors.” —Callalilly Cousar, 95, Philadelphia

Enforce your boundaries

“Women in my generation were always told to be polite and respectful, but as I got older I realized how squashed women were. It’s taken me quite a long time, but I’m finally learning to get rid of the ‘supposed-tos.’ For example, when a family member asked to stay with me for a week, I told her my tolerance for overnight guests stretched to just three nights. Though I really liked her, I knew that was my limit. She came for three days, and we had a lovely time.” —Jessica Reiner, 84, painter and ceramicist, New York City

Gather people

“As a former music teacher, I realized the other people in my independent living community needed some instruction on singing, so I volunteered to teach them and help build our residence choir. I knew that if I could get everyone together to sing, my neighbors would not only improve their voices but feel like they were part of the community too.” —Rhona Metrikin, 86, New York City

Make over your outlook

“Genetics plays a role in about 25% of your longevity, which means you have some control over aging. I think it’s important to consider what you think about aging. If you believe that once you get older there’s not much life left and that when you retire you’re not going to be as useful, that is going to be how you age. But if you look at aging and think it’s going to be a great time of life, it will be exactly that.” —Diane Lang, positive-psychology coach, educator, and author

Honor your strengths

“Accepting our ‘now,’ mistakes and all, can help us to move our focus to the good in our lives. Give yourself credit for what you do well, maybe even do better with age. Maybe your vocabulary is broader, your ability to make good judgments is better, or maybe you are already acing healthy behaviors. Take a moment to celebrate.” —Jessica Z.K. Caldwell, Ph.D., director of the Women’s Alzheimer’s Movement Prevention & Research Center at the Cleveland Clinic

Be an activist

“The way to thrive is through active participation around issues that affect your community. The grandmothers involved in the Friendship Bench program—therapy rooted in storytelling, delivered by trained elders—are noticeably more active and experience fewer chronic conditions such as hypertension and diabetes than their peers. Activism also gives people a sense of belonging and purpose and addresses loneliness.” —Dixon Chibanda, M.D., psychiatrist and founder of the Friendship Bench movement

Listen and learn

“I talk a lot and entertain people with my stories, but it’s what I’ve learned from my neighbors that amazes me. The year after my wife died, I started volunteering with Neighbors Who Care, driving people in my town to their doctor’s appointments. The saying ‘You get back more than you give’ is really true. I’ve taken one lady for cancer treatments several times, and even though she’s in constant pain, she’s still cheerful. Seeing how strong people are reminds me of what’s important in life, including family, a positive attitude, and faith.” —Ed Schuck, 88, Chandler, AZ

Support the next generation

“We know we’re not going to live forever, but helping others means we might be remembered. I designed a curriculum to help students navigate their life path. In it, they ask, Who am I? and Where do I want to go in life? When they take the time to write the answers down, they end up recognizing their own uniqueness and graduate with a life design that lasts a lifetime. It’s my way of leaving a legacy.” —Ed Hajim, 88, creator of Life Design Curriculum and author of *On the Road Less Traveled*

Keep moving and grooving

“Having to dance different steps and learn new dance combinations is a great way to boost those little gray cells. I truly believe that when you feel good about yourself and feel healthy, energetic, and vital, it makes all the difference.” —Judi Sheppard Missett, 81, founder of Jazzercise, who still teaches one class a week

Share your talents

“I love teaching others to paint. It makes me feel like, Gee whiz, at my age I can still offer things to people! It’s also fun when students notice how easy it is to lose yourself when you paint. For me, the time goes by so fast that sometimes I need to set an alarm to remind me to stop painting!” —Carole Masuhr, 85, self-taught watercolorist who teaches at The Park at Copper Creek in Chandler, AZ

Become obsessed with something

“I’ve been playing tennis since I was 6, but when I tried pickleball I got hooked. People have fun, they meet someone new, and they laugh. I was once beaten badly by a 92-year-old with a knee brace, and I thought, That’s what I call character-building. When we play, there’s a lot of trash-talking, but nobody takes it terribly seriously. It’s about the fun; the social aspect is energizing.” —Peter Galbraith, 86, Shelburne, VT

Take small steps

“You’re never too old to make lifestyle changes. When someone asks me how to start making changes, I ask them what the easiest thing might be to implement. If you want to go for a walk, start slowly and then ramp up to 30 minutes. Next time we meet, I’ll ask how quickly you’re walking and whether you can do something more moderate/vigorous, where you can talk but talking might be breathy. I like to move things along on a continuum. By the time you look back in one to two years, you’ll be doing 150 minutes or more per week.” —Thomas Holland, M.D., physician-scientist at the Rush Institute for Healthy Aging

Dress to express

“Dress in a way that connects you to your spirit. A fashion hack I believe works well is to think about styles you admire but think are for someone else. Try them, and try some hairstyle changes and maybe a lipcolor—or no lipcolor if you always wear lipstick. Expressing yourself in this way and doing all this is invigorating, exciting, and empowering.” —Norma Kamali, 80, iconic fashion designer

Put yourself out there

“I think I may be the oldest woman on Tinder, but I’ve definitely met a few fellows that way. Nothing has turned out to be long-term, but it’s fun for a date or two. I’ve also made it a goal to try to meet new people every day. I always say that if you’re feeling shy you can try to break the tension with a joke and a smile to kick things off on your first interaction. You should remember that the person you’re afraid to speak to could be shier than you are!” —D’yan Forest, 90, stand-up comedian, New York City

Go far and wide

“When you travel, your senses come alive and your perspective expands. It’s incredibly important to stay inspired and enlightened, and studies have shown that women who vacation at least twice a year are about eight times less likely to have a heart attack than those who take a trip only every six years. When you step away from the daily grind, you gain the space and perspective to reflect, reassess, and see your life with fresh eyes.” —Doni Belau, travel expert and founder of Girls’ Guide to the World, a women-only tour company

Eat to beat inflammation

“We can fight chronic inflammation—linked to diabetes, heart disease, and arthritis—by eating plenty of anti-inflammatory foods every day. These include olive oil; beans and legumes; green leafy vegetables; blueberries, raspberries, and cherries; nuts; and at least two servings per week of fatty fish. Using spices like cinnamon, minced garlic, and turmeric and drinking two cups of caffeine-free green tea per day can help too. For healthy aging, emphasize variety and diversity in your diet.” —Meridan Zerner, R.D.N., at The Cooper Clinic

Brain train for optimism

“When bad things happen or we make mistakes, the emotional brain kidnaps our thinking patterns, leading to negative thoughts. To calm the negative self-talk, we can kick our brains into ‘possibility thinking’ gear by generating ways to do better next time or learn from missteps.

This type of thinking activates the brain's frontal networks, which in turn quiets the amygdala, the emotional brain system.” —Sandra Bond Chapman, Ph.D., a cognitive neuroscientist and chief director of the Center for BrainHealth at The University of Texas at Dallas

Act with urgency

“Once you're 70, you become more aware of your mortality. You realize you're here and then you're not, so your job is to make the 'here' part as meaningful as possible. This creates urgency, and urgency creates action. This isn't meant to be morbid—it's meant to be motivating. When you really think about it, healthy aging means making the most of the time you have left.” —Karen Salmansohn, behavioral change expert and author of *Your To-Die-For Life: How to Maximize Joy and Minimize Regret...Before Your Time Runs Out*

Use your grandma skills

“The hours I spend holding babies in the neonatal intensive care unit at my local hospital every week make my heart feel so good. It's gratifying to help the nurses and the babies. It's critical for the babies to be held, for them to hear your voice and your heartbeat. I have healthy children and grandchildren, and that's a gift I don't take for granted. I've always felt that nothing is a given and life turns on a dime. So if you have the capacity to open your heart, do it.” —Maralyn Carr, 82, Yorktown Heights, NY

Embrace intimacy

“Research shows that the majority of older Americans say sex is important at any age. It's the expectations surrounding sexuality that need to change. If we can be more flexible in our definitions, intimacy is possible for most people. This matters, because physical touch helps you feel desired. It lets you feel important in the eyes of your partner, and that is one of the ingredients of a relationship that will endure.” —Allison Gilbert, coauthor with the late Dr. Ruth Westheimer of *The Joy of Connections: 100 Ways to Beat Loneliness and Live a Happier and More Meaningful Life*

Stay in the moment

“I never look back; instead, I look ahead. I don't regret any mistakes I've made; I don't even think about them, since they're in the past! And now that I'm 103, I don't look too far into the future, at least not past 106 or 107. I think about enjoying my life today.” —Deborah Szekely, 103, cofounder of fitness spa Rancho la Puerta and part of Medtronic's new campaign focused on living to 150

Recenter yourself

“As you age, your world can get a little smaller. There isn’t as much company, and there may be less all-around engagement with others, especially if you’ve lost loved ones. The challenge is to realize you’ve entered a new normal. Once you acknowledge this, you need to decide what you want to do now. Asking yourself how you want to move forward and how you want to build a new life, especially if you’ve lost a spouse, is the exact right thing to do.”
—Jill S. Cohen, family grief counselor, New York City

Nutrition

Eating for Stress Relief: Foods that Can Help Reduce Stress

For many people, feeling stressed and having food cravings are strongly linked. Others may experience the opposite--a lack of hunger cues when feeling stressed. We know that there are strong connections between the mind and the body, and how our nervous system in some ways is intertwined with our digestive system.

Stress can lead us to mindlessly eating whatever is available or easy to obtain, which can lead to weight gain and poor overall health. But some foods can actually help reduce stress. The next time you're feeling stressed, reach for a food known for its stress-reducing benefits. It will help your overall health.

Foods that reduce stress

When our mind registers something as stressful, our bodies release cortisol, known as the "stress hormone", to help power us through the stressful moment. But when our minds feel stressed more often than not and release a more constant stream of cortisol, it can have a negative impact on our health. These foods help to lower cortisol levels in the body, which can help reduce feeling stressed.

Avocados

Magnesium and fiber are two nutrients that can help with reducing cortisol levels, and avocados contain both! Plus, avocados are rich in heart-healthy monounsaturated fats.

Beans and lentils

As with avocados, beans and lentils have a high amount of fiber, which has been shown to lower anxiety and distress. Chickpeas are a great source of fiber as well as magnesium and L-tryptophan, which the body uses to create serotonin.

Fatty fish or other foods rich in omega-3 fatty acids

Omega-3 fatty acid is useful for fighting inflammation and can help protect the body against surges of cortisol. They may also help with preventing heart disease. Fatty fish, such as salmon, tuna, sardines, and mackerel, are the best source of omega-3 fatty acids, but you can also find them in avocados, chia and flax seeds, olive oil, and walnuts.

Fermented foods

Fermented foods, such as sauerkraut, kimchi, or kombucha, are incredibly good for your gut health, and have been shown to help reduce depression and anxiety.

Fruits

Eating fruits is always a good choice, and a good option for helping to reduce feelings of stress. Fruits high in vitamin C, including citrus fruit and strawberries, are an especially good choice. A vitamin C deficiency has been linked to a higher risk of stress-related disease, and taking vitamin C supplements was shown to have therapeutic effects.

Spinach, kale, broccoli

Like beans, leafy green vegetables are high in fiber and can help lower anxiety. One study found that a higher rate of fiber intake correlated with reduced odds of depression in women.

Nuts

Nuts contain a variety of vitamins as well as proteins and heart-healthy fats. One mineral that nuts contain is selenium—a mineral that has been shown to help lower depression.

Volunteer

Hello, RSVP Volunteers!

We hope you're enjoying a wonderful summer! Thank you for the time, kindness, and compassion you share with our community. This month, we're excited to spotlight one of our valued RSVP volunteer stations—**St. Felix Pantry**.

Community Spotlight: St. Felix Pantry

St. Felix Pantry plays a vital role in helping fight food insecurity in Sandoval County, providing groceries to hundreds of families each week. As the need for food assistance continues to grow, the pantry is working hard to keep its shelves stocked and ensure no neighbor is turned away.

To support this mission, St. Felix Pantry is hosting a special fundraising raffle featuring a professionally installed Carrier HVAC system, generously donated by Affordable Service Plumbing and Heating. Every \$40 raffle ticket purchased directly supports the pantry's efforts to provide food and essential resources to local families.

The raffle is open through **August 21**, with the winning ticket to be drawn on **August 22**. Whether you purchase a ticket or help spread the word, your support makes a meaningful difference. We're proud to recognize the dedicated RSVP volunteers who serve at St. Felix Pantry and thank them for the compassion and commitment they bring to our community every day.



Rita Armijo
Elizabeth Ball
Roswitha (Rose) Balmer
Kimberly Cooke
Roeine Danclovic
Sandy Escarcida-Army
Judith Evans
Pamela Barlow Kessler
Karen Nieto



Janet Parker
Lana Player
William Potabi
Sherri Lynn Redick
Denise Rose
Yvonne Schreck
Lisa Tapia
Mary Frances Taylor
Jennie Turner

AUGUST WORD SEARCH

T	H	N	B	Y	C	A	E	L	A	C	I	Y	M	Q	O	S
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P	S	S	E	L	P	P	A	D	X	E	E	Z	E	L	V	Z

August
Barbecue
Beach
Camping
Creamsicle
Family

Friendship
Hammock
Hurricanes
Lemonade
Ocean
Peach

Picnic
Summer
Sunshine
Vacation
Water
Root Beer





SUMMER CROSSWORD PUZZLE

GUESS THE SOLUTIONS TO THE CLUES AND FILL THEM IN THE GRID.

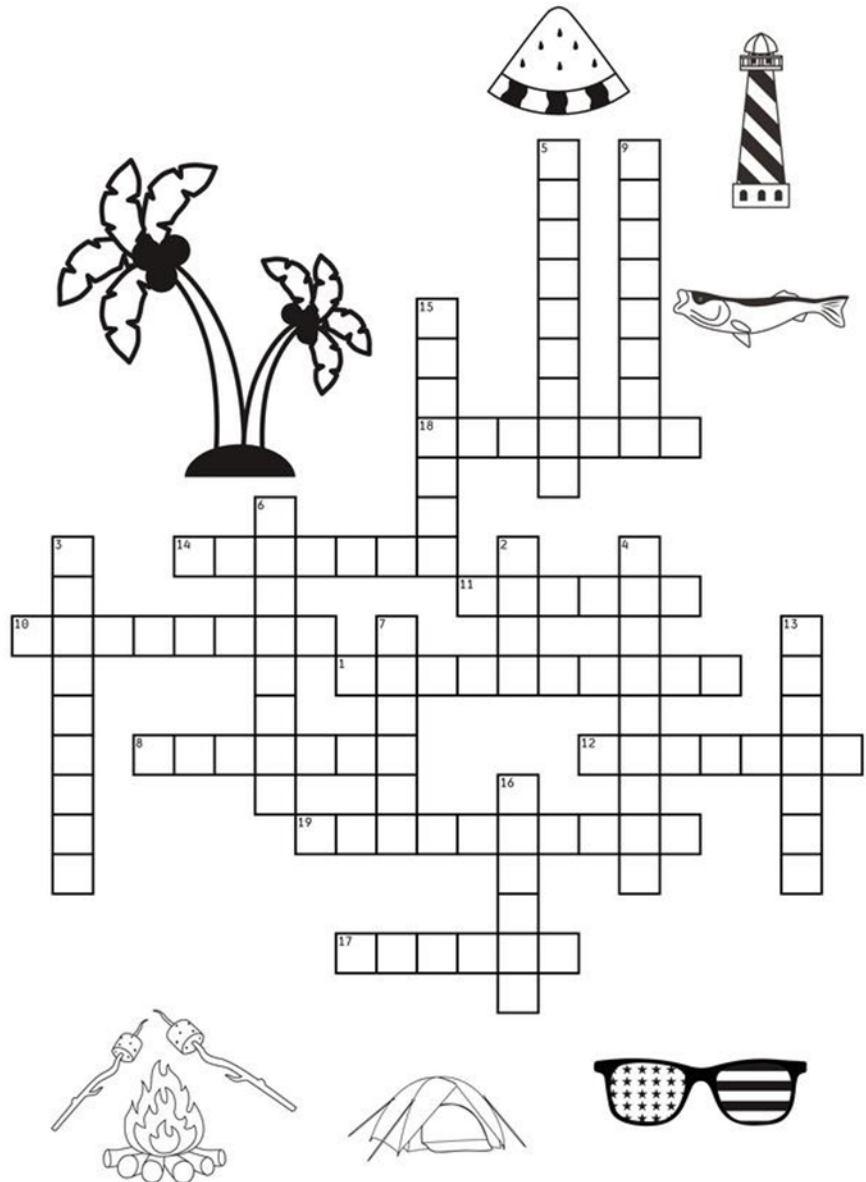


DOWN

2. A PLACE TO PRACTICE YOUR STROKES
3. A LOUD, BRIGHT SPECTACLE IN THE SKY FOR SPECIAL EVENTS
4. OCEAN DWELLERS THAT END UP ON SANDY BEACHES
5. POSITIVE EMOTION DURING A PICNIC
6. RECREATIONAL TRIP DURING HOT MONTHS
7. A BRONZE LOOK FROM SUNBATHING
9. FROZEN FRUIT-FLAVORED TREAT ENJOYED DURING HOT WEATHER
13. BOAT ACTIVITY PROPELLED BY WIND DURING WARM MONTHS
15. RIDING WATER WHILE STANDING
16. A BEACHSIDE SHELTER TO ESCAPE THE HEAT

ACROSS

1. GLASSES THAT KEEP YOUR EYES SAFE FROM THE SUN
8. A LARGE NUT USED IN HAWAIIAN COOKING
10. A CLIMATE WITH HEAT, HUMIDITY, AND LUSH VEGETATION
11. A FROZEN DESSERT THAT IS NOT ICE CREAM
12. BEACHGOER'S COMPANION THAT SOARS IN THE SKY
14. RECREATIONAL ACTIVITY WITH A VESSEL ON WATER
17. EXPLORING NATURE DURING SUMMERTIME
18. TOSS THIS WITH FRIENDS AT A BBQ
19. A BEACHFRONT CREATION WITH TOWERS AND WALLS



Cowboy Butter Chicken Skillet



 Save

 Print

 I made it

Ingredients

- ☐ **2 Tbsp.** extra-virgin olive oil
- ☐ **4** (6- to 8-Oz.) boneless, skinless chicken breasts
- ☐ **1 tsp.** kosher salt, divided
- ☐ **1 tsp.** freshly ground black pepper, divided
- ☐ **1/2 cup** (1 stick) unsalted butter
- ☐ **1** medium shallot, finely chopped
- ☐ **5** garlic cloves, finely chopped
- ☐ **1/2 cup** (or more) low-sodium chicken broth
- ☐ **4 tsp.** Dijon mustard
- ☐ **1 Tbsp.** horseradish
- ☐ **1 tsp.** smoked paprika
- ☐ **3 Tbsp.** thinly sliced chives, plus more for serving
- ☐ **2 Tbsp.** finely chopped fresh parsley
- ☐ **2 tsp.** finely chopped fresh thyme

Directions

Step 1

In a large skillet over medium-high heat, heat oil. Season chicken on all sides with 1/2 tsp. salt and 1/2 tsp. pepper. Cook chicken, turning halfway through, until golden brown, 7 to 8 minutes per side. Transfer to a plate.

Step 2

Reduce heat to medium and melt butter. Add shallot and garlic and cook, stirring, just until fragrant, about 2 minutes. Add broth, mustard, horseradish, paprika, chives, parsley, and thyme, and whisk to combine; season with remaining 1/2 tsp. salt and 1/2 tsp. pepper.

Step 3

Bring mixture to a low simmer. Return chicken and any accumulated juices to skillet. Cook, stirring occasionally, until an instant-read thermometer inserted into thickest part of chicken registers 165° and sauce is slightly reduced, 8 to 10 minutes, depending on thickness of chicken. If liquid reduces too much, add 1 to 2 Tbsp. broth to loosen into a pourable sauce.

Step 4

Serve chicken with sauce poured over. Sprinkle with chives.



Lemon Strawberry Trifle

🕒 Total Time Prep: 20 Min. + Chilling

Yield 14 Servings



👍 Test Kitchen Approved

This easy lemon strawberry trifle promises a delicious dessert without all the fuss so more time and effort can go into entertaining.

Ingredients

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon zest
- 2-1/2 cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice or water
- 1 prepared angel food cake (12 ounces)
- Optional: Whipped topping and additional strawberries

Directions

- 1** In a large bowl, beat cream cheese and yogurt. Add the milk, pudding mix and lemon zest; beat until smooth. In a blender, process 1/2 cup strawberries and grape juice until blended.
- 2** Cut cake into 1-in. cubes; place a third in a trifle bowl or 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Drizzle with half of the strawberry sauce. Repeat all layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries. Cover and refrigerate for at least 2 hours.

Nutrition Facts

1/2 cup: 108 calories, 0 fat (0 saturated fat), 2mg cholesterol, 279mg sodium, 21g carbohydrate (10g sugars, 1g fiber), 4g protein. **Diabetic Exchanges:** 1-1/2 starch.

“

This refreshingly fruity dessert is one of our favorites. It looks so beautiful layered in a glass bowl that people will think it took ages to make. The secret is starting with a purchased angel food cake. —Lynn Marie Frucci, Pullman, Washington

RECIPE CREATOR

”



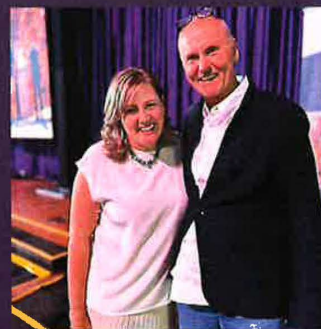
SAVE THE DATE



NEW MEXICO CONFERENCE ON AGING

SEPTEMBER 23-24, 2026

GLORIETA CONFERENCE CENTER



Conference Highlights

NOW TWO DAYS

- Workshops on caregiving, wellness, brain health, tech, fraud prevention, creativity, policy, and more
- Engaging speakers, activities, and entertainment
- Meals and snacks
- Exhibits and networking
- Shuttles to and from Santa Fe and around the venue

Resources

- Multi-state agency expo
- On-site benefits sign-up opportunities
- Recreational activities including pickleball, zip lining, nature hikes, crafts and more!

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Presented by

