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Sandoval County Senior Program Administration

CENTER LOCATION

October 2026

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

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

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Matthew Montoya

Greg Shea

Vacant

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

As the leaves turn and the air crispens, autumn brings a beautiful change of scenery. However, the drop in temperature and shorter days also introduce unique health and safety challenges for older adults. By taking a few proactive steps, you can protect your physical health, boost your mood, and thoroughly enjoy everything this vibrant season has to offer.

1. Fall-Proof Your Footing and Home

Cooler weather often means hidden outdoor hazards like wet, slippery leaves or early morning frost. Indoors, the transition to fall is the perfect time to review home safety to prevent accidental slips and falls:

- **Clear the Pathways:** Keep walkways, driveways, and porches free of damp leaves, twigs, and debris.
- **Light the Way:** With the sun setting earlier, ensure your hallways, stairwells, and entryways are well-lit. Consider adding motion-sensor nightlights.
- **Check Your Footwear:** Swap out slick-soled slippers and worn-out shoes for well-fitting, non-slip footwear that provides strong ankle support.

2. Nourish with Autumn's Harvest

Eating seasonally is an excellent way to naturally fuel your body with vitamins and minerals that support immune health and bone density.

- **Embrace Seasonal Produce:** Incorporate autumn favorites like sweet potatoes, butternut squash, pumpkins, apples, and dark leafy greens into your meals. These are packed with vitamins A, C, and fiber.
- **Warm and Hydrated:** It is easy to forget to drink water when you aren't feeling hot, but dehydration remains a risk in cooler weather. Warm herbal teas, low-sodium broths, and water infused with fruit are excellent ways to stay hydrated.

3. Boost Your Immunity

Fall marks the beginning of the respiratory illness season. Protecting your immune system is vital to staying active and independent through the winter months.

- **Schedule Your Check-up:** Speak with your healthcare provider about recommended seasonal vaccinations, including the annual flu shot, updated COVID-19 boosters, and the RSV vaccine.
- **Keep Moving:** Regular, gentle exercise like walking, chair yoga, or Tai Chi keeps your joints flexible, improves circulation, and naturally boosts your immune system.

4. Nurture Your Mood and Mind

Shorter days mean less natural sunlight, which can sometimes lead to seasonal mood changes or feelings of isolation.

- **Catch the Morning Sun:** Try to get outdoors for 15 to 30 minutes during the brightest part of the day to help maintain your Vitamin D levels and regulate your sleep patterns.
- **Stay Connected:** Cold weather can tempt us to hibernate, but staying socially active is crucial for cognitive health. Look into local senior center activities, book clubs, or community fall festivals.

Autumn is a season of comfort and reflection. By making small, mindful adjustments to your daily routine, you can stay safe, healthy, and energized all season long.

Nutrition

The intersection of **older adults and fall eating** connects two vital health priorities: eating a seasonal autumn diet and preventing physical trips, slips, and falls. As the weather cools, an older adult's nutritional needs change in ways that directly impact their balance, bone density, and muscle strength.

The following seasonal autumn strategies are specifically designed to reduce fall risks and keep seniors physically steady:

Autumn Nutrition Strategies for Fall Prevention

-  **Eat Soft, Nutrient-Dense Root Vegetables for Steady Blood Sugar:** Autumn is the peak harvest for sweet potatoes, pumpkins, and carrots. These complex carbohydrates provide steady, slow-release energy rather than quick blood sugar spikes. Steady blood sugar is critical because sudden drops can cause lightheadedness or fainting, leading to accidental falls.
-  **Incorporate Lean Autumn Proteins for Balance:** Cooking skinless poultry, lean beef, or plant-based bean stews helps counter age-related muscle loss (*sarcopenia*). Preserving leg and core muscles gives seniors the physical strength to catch themselves if they lose their balance.
-  **Counter "Hidden" Cooler-Weather Dehydration:** The natural sense of thirst declines significantly with age. When temperatures drop in autumn, seniors often stop drinking water because they don't feel hot. However, mild dehydration causes rapid drops in blood pressure upon standing up (*orthostatic hypotension*), a leading cause of dizziness and falls. Encourage warm, low-sodium broths or herbal fruit teas to make hydration appealing.

- **🌱 Strengthen Bone Density with Heavy Greens:** Fall-harvested cruciferous and leafy vegetables like broccoli, kale, and spinach are loaded with Vitamin K and Calcium. These nutrients keep bones resilient, ensuring that if a minor slip does happen, the skeleton is much less vulnerable to a severe fracture.

Staying Active

Older adults can stay active in the fall through a mix of outdoor walks in cooler weather, gentle indoor exercises, and seasonal outings.

Outdoor and Seasonal Activities

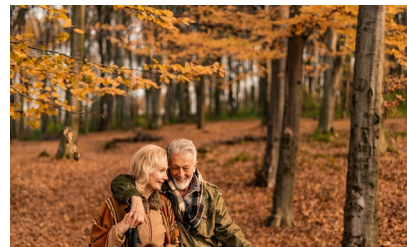
- **Enjoy Fall Walks:** Take short, regular walks in the neighborhood or local parks to enjoy the cooler air and changing scenery while staying gentle on joints.
- **Visit Seasonal Spots:** Engage in light outings like visiting a pumpkin patch, attending a local fall festival, or doing gentle yardwork and gardening.
- **Walk with a Friend:** Combine movement with socialization by inviting a neighbor, family member, or friend along for strolls.

Indoor and Balance Exercises

- **Gentle Strength and Balance:** Practice chair exercises, light resistance training with bands, tai chi, or yoga to maintain muscle strength and stability. Use instructional guides like the Johns Hopkins Fall Prevention Guide for safe home routines.
- **Join Group Classes:** Participate in senior fitness or water aerobics classes at local senior / community centers for extra motivation.

Safety Tips for Autumn

- **Wear Proper Footwear:** Choose supportive walking or hiking shoes with good heel stabilization instead of loose slippers or sandals.
- **Clear Home Hazards:** Remove extra clutter and secure loose throw rugs inside to prevent indoor trips as activity routines move indoors.
- **Stay Hydrated:** Drink plenty of water or herbal teas, as it is easy to forget hydration when outdoor temperatures cool down.



Volunteer

🍁 RSVP October Newsletter 🍁

Hello RSVP Volunteers,

As the leaves begin to change and cooler days roll in, we want to take a moment to celebrate *you* and the incredible impact you continue to make throughout Sandoval County. Fall is the season of gratitude — and we are truly grateful for each and every one of you.

🍂 A Season of Appreciation

Thank you for showing up with dedication, warmth, and a true commitment to serving our community. Whether you're delivering meals, supporting senior centers, assisting local nonprofits, or lending a hand wherever it's needed most, your contributions make an enormous difference.

🎃 Fall Highlights

- Our RSVP volunteers served **over 1,855 hours in the month of August** — an incredible accomplishment!
- Stations continue to share how much they appreciate your helpfulness as their fall programming picks up.
- Word-of-mouth referrals from volunteers have brought new interest and energy to the program — thank you for spreading the word!

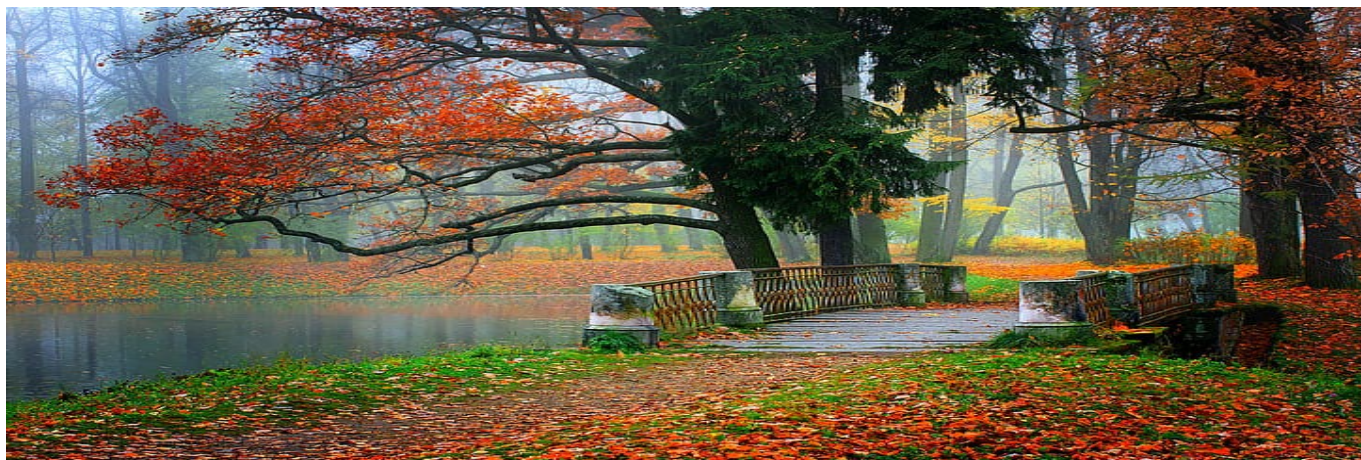
🍎 Timesheet Reminder

As always, please remember to submit your timesheets on time so reimbursements continue to run smoothly. Timesheets for September are due **by October 1st**. If you ever need help or have questions, we're here and happy to assist.

🌻 Thank You for Your Heart

Fall reminds us of the beauty of service, community, and connection — all things you bring to life through your volunteer work. Thank you for making this season brighter for the people we serve and for being the heart of RSVP.

Wishing you a warm, cozy, and joyful fall season!





Lupe Archibeque

Dana Army

Annemarie Brezowski

LeeAnn Burress

Janice Curran

Deborah Dell Hellman

Laura Jackson

Cathy Nieto Martinez

Gina Seeley

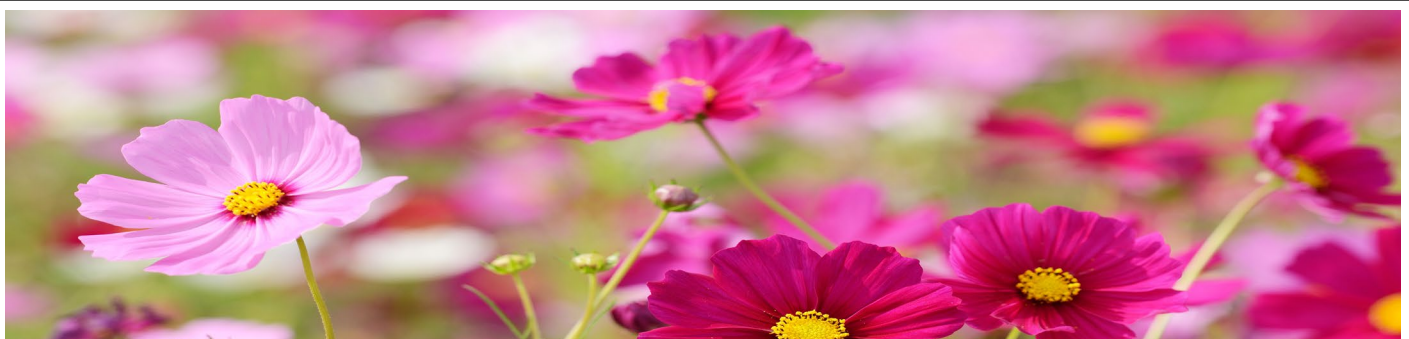
Stephen Snider

Lynn Tippens

Curtis Zaugg



Happy Birthday to everyone born in October



Date:

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



October Word Search



I T G M T N K G F A L L F O L I A G E V

NMAKSTJMKZZFOOTBALLS

DEXUGQRGRNEEWOLLAHME

| C X C T A U T U M N R | A K S | R B D

G I Q R P U Y A F M N R B N Y K A V Y I

E P W A H C M L S S P Q B A K K N K S R

N S K N R J F N E H B U D W I N O E M Y

O J Q B K Z T V A O R S O N R O L S T A

U H H F D D A S N I U X G S P P B W I H

S M I R N E P F E F B E P P S P R H E R E

P 7 V R I K I B M V K O F A C E O A B K

EW P I O P I I M S P T I I K D Y T O K

EWRTQRESMRTSERDTTQR
OBKEFEMLDKSTAPILLKEBC

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

F A F S J O G M J N X O H U N C L R Z T
L K C N C O C V C B B B N T M O M S K F

L K C N C O C V C R F B N I M O M S K R
E L E O U R Y O L O M O K T E R Y I B T

E I F O U B X Q L O M C K I F P X L P I
C N C P T W C D C E D A C C Y K Y K T

S N G R Z Z W U R C E R A C S Y K X K I
 P O B H T Y M K P A C I M B T E C L W F

D G D H T Y M K R A G J M R T E Q T W R
A C D C M E C D E D T E C T E M C M

A S B C O K I O B E R F E S I P H C N J

Y M V D V C O R N M A Z E I F X I C H S

OKTOBERFEST

RAKING

SCARECROW



SPICE

SPOOKY

SQUASH

SWEATERS

Name: _____

Date: _____

OCTOBER

Crossword



Across

2. Tradition of going door to door for candy
4. What witches use to fly
5. Outfit worn for trick-or-treating
6. Fruit often picked in October
9. Triangular candy often eaten in October
10. Place where ghosts might live
12. Framework of bones often seen in Halloween decorations
13. Large fire often lit in October
15. Warm clothing worn in October
16. Color commonly associated with Halloween
18. Season in which October falls
22. Spooky spirit often seen on Halloween
23. Nighttime sky object that shines in October
24. Eight-legged creature that spins webs
25. Sweet treat kids collect on Halloween
26. Stalks used to make scarecrows

Down

1. Carved pumpkin with a light inside
3. Magical character who rides a broomstick
4. Flying creature associated with Halloween
7. Classic Halloween decoration
8. Figure used to scare away crows from fields
11. Gathering of crops in the fall
14. Color of pumpkins & Halloween
17. Misty weather often seen in October
18. Nut that falls from oak trees
19. Wrapped figure from ancient Egypt, often seen on Halloween
20. Sound made by an owl
21. Drink made from pressed apples
24. Something that might make you scream
25. Vegetable often found in autumn decorations

Slow-Cooked Chicken Enchilada Soup

 CONTEST WINNER

★★★★★ 19 REVIEWS [ADD YOUR REVIEW](#)

 YIELD: 8 SERVINGS (3-1/4 QUARTS)  PREP: 25 MIN  COOK: 6 HOURS



Ingredients

- 1 tablespoon canola oil
- 2 Anaheim or poblano peppers, finely chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 pound boneless skinless chicken breasts
- 1 carton (48 ounces) chicken broth
- 1 can (14-1/2 ounces) Mexican diced tomatoes, undrained
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon pepper
- 1/2 to 1 teaspoon chipotle hot pepper sauce, optional
- 1/3 cup minced fresh cilantro
- Optional toppings: Shredded cheddar cheese, cubed avocado, sour cream and crispy tortilla strips

Directions

- 1** In a large skillet, heat oil over medium heat. Add peppers and onion; cook and stir until tender, 6-8 minutes. Add garlic; cook 1 minute longer. Transfer pepper mixture and chicken to a 5- or 6-qt. slow cooker. Stir in broth, tomatoes, enchilada sauce, tomato paste, seasonings and, if desired, pepper sauce. Cook, covered, on low 6-8 hours or until chicken is tender (a thermometer should read at least 165°).
- 2** Remove chicken from slow cooker. Shred with 2 forks; return to slow cooker. Stir in cilantro. Serve with toppings as desired.

Pumpkin Spice Bread



47 REVIEWS [ADD YOUR REVIEW](#)



YIELD: 2 LOAVES



PREP: 10 MIN



COOK: 1 HOUR



Ingredients

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, lightly beaten
- 1 can (15 ounces) solid-pack pumpkin
- 3-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 cup water

Directions

- 1** Preheat oven to 350°. In a large bowl, combine sugar, oil and eggs; add pumpkin and mix well. In second bowl, combine the flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves and allspice; add to the pumpkin mixture alternately with water, beating well after each addition.
- 2** Pour into two greased 9x5-in. loaf pans. Bake until a toothpick inserted in the center comes out clean, 60-65 minutes. Cool in pans 10 minutes before removing to a wire rack to cool completely.