

The Senior Voice

Ancianos: The Tapestry Of Our Culture, Families & Communities





**NON-METRO NEW MEXICO
AREA AGENCY ON AGING**

Assisting Seniors & Older
Adults in need. Throughout
New Mexico in 32 counties

644 Don Gaspar Avenue
Santa Fe, New Mexico 87505

**Toll-Free:
(866) 699-4927**

**Local:
(505) 395-2668**

Welcome to Santa Fe County Senior Services:

The Santa Fe County Senior Services Program is proud to redefine the 60+ community with vibrant, welcoming senior centers full of life and connection. In alignment with the Older Americans Act of 2025, our programs promote healthy aging, independence, social engagement, and overall well-being for adults 60 and older. We offer a variety of enriching opportunities in arts, creativity, learning, socialization, and wellness—designed to improve strength, balance, mobility, and mental health. Classes include yoga, stretch & movement, tai chi, strength training, beading, ceramics, painting, line dancing, monthly day trips, and more. Contact your Activities Program Coordinator to learn what your local senior center offers. We look forward to welcoming you!

MEAL SERVICES

Congregate Meals (Lunch Service at the Senior Centers)

Individuals aged 60 years or older are welcome to join us at any of our Senior Centers for lunch. Lunch is served in a congregate setting between 11:30 am and 1:00 pm, Monday through Friday. There is a suggested – but not required -- donation of \$1.50 for eligible Seniors. Those under the age of 60 are welcome to join us at the cost of \$7.50 per meal.

Home Delivered Meals (Lunch Service Delivered to the Home)

Santa Fe County Senior Services proudly provides home-delivered meals to qualifying homebound seniors. To be eligible, individuals must be 60 years of age or older, homebound, and without an alternate source of nutrition or meal preparation. A suggested donation of \$1.50 per meal is requested.

If you meet these qualifications and are interested in receiving home-delivered meals, please get in touch with our main office at **505-992-3069**.

Transportation Services

Santa Fe County Senior Services provides safe, reliable, and affordable door-to-door transportation for eligible seniors living outside Santa Fe City limits but within Santa Fe County. Our courteous, trained drivers provide transportation to medical appointments, grocery stores, and pharmacies for prescription pickup.

Medical appointments are given priority.

Transportation is available **Monday–Friday from 8:30 a.m. to 3:00 p.m.**

Reservations must be made by phone **at least 3 days in advance**. Riders will need to complete a simple registration and be ready to provide their address, destination, appointment or pickup time, and current phone number when scheduling.

A **suggested donation of \$1.00 per ride** is appreciated. Punch cards are available for **12 rides (\$10)** or **24 rides (\$20)**. To maintain timely service, all stops must be scheduled in advance—unscheduled or last-minute stops cannot be accommodated.

Our drivers are happy to assist riders in and out of the vehicle and ensure a comfortable, safe trip; however, they are not able to accompany individuals to appointments or communicate with healthcare providers. Handicap-accessible vehicles are available upon request for anyone who needs them.



Program Eligibility & how to register

To participate in any program, individuals must be **60 years of age or older**, or the legal spouse of an eligible participant living at the same address.

Registration is **free** and can be completed at any senior center or in the home for homebound participants.

During registration, a qualified staff member will assist in completing a confidential form, which includes:

- Name and date of birth
- Address and phone number
- Medical coverage information
- Emergency contact information
- Activities of Daily Living (ADLs) and Instrumental Activities of daily Living (IADLs)
- Nutritional health assessment

This process helps us understand participant needs and provide services effectively. To register, renew, or update your information, contact your local **Activities Coordinator** or call our main office at **505-992-3069**.

Santa Fe County Senior Centers Directory

•**Abedon Lopez Sr. Senior Center (Santa Cruz):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

155 A Camino De Quintana, Santa Cruz, NM 87567 (505)995-2749

Activity Coordinator: Ivonne Velazco

•**Bennie J. Chavez Senior Center (Chimayo):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

354 Juan Medina Road, Chimayo, NM 87522 (505)351-4686

Activity Coordinator: Vacant

•**Casa Rufina Lunch Site (Santa Fe):** *Monday-Friday 11:30 a.m. to 1:00 p.m.*

2323 Casa Rufina Road, Santa Fe, NM 87507 (505)471-9800

Activity Coordinator: Sonia Otero

•**Cerrillos Senior Center:** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

16 Main Street, Cerrillos, NM 87010 (505)992-2704

Activity Coordinator: Madeline Matich

•**Edgewood Senior Center:** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

114 Quail Trail, Edgewood, NM 87015 (505) 281-2515

Activity Coordinator: Aaron Price

•**El Rancho Senior Center:** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

394 County Road 84, Santa Fe, NM 87506 (505)455-2195

Activity Coordinator: Sonia Otero

•**Ken & Patty Adam Senior Center (Eldorado):** *Monday-Friday 9:00 a.m. to 3:00 p.m.*

16 Avenida Torreon, Santa Fe, NM 87508 (505)466-1039

Activity Coordinator: Lula Yount

•**Senior Services Administrative Office:** *Monday-Friday 8:00 a.m. to 5:00 p.m.*

4250 Airport Road, Santa Fe, NM 87508 (505) 992-3069

Santa Fe County
Senior Services
Staff Directory

Program Director:

Vacant

Program Manager:

Gina Montoya-Saiz —
505-992-9876

Program Administrator:

Rosemary Bailey—
505-992-9853

Dispatcher:

Rosalie Vigil—505-992-3069

Nutrition Coordinator:

James Martinez—
505-995-2745

Transportation Coordinator:

Jonathan Pacheco—
505-986-6236

Activity Coordinator:

(Cerrillos):
Madeline Matich —
505-986-6217

Activity Coordinator:

(Chimayo):
Vacant—
505-986-6214

Activity Coordinator:

(Edgewood):
Aaron Price—
505-281-2515

Activity Coordinator:

(El Rancho/Rufina Meal Site):
Sonia Otero —
505-992-9841

Activity Coordinator:

(Eldorado):
Lula M. Yount—
505-995-9561

Activity Coordinator :

(Santa Cruz):
Ivonne Velazco—
505-995-2749

DIRECTOR'S NOTE

Santa Fe County Senior Services Program Manager

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Happy October, everyone!

There's something special about fall in New Mexico—the cooler mornings, changing colors, and the chance to spend time together as the season changes. I'm excited to see our senior centers decorated for fall, and I hope you'll be part of it! Whether you enjoy making decorations, sharing ideas, or simply cheering everyone on, please come together with your fellow participants to make your center feel warm and welcoming.

We'll also have a **pumpkin carving contest at every senior center**. I can't wait to see your creativity! The participant with the best carved pumpkin will receive a prize and, just as important, bragging rights. Let's have some fun with it and make this a memorable October.

The Aging Conference has been rescheduled for October 19–21. It's a wonderful opportunity to learn, connect with others, and enjoy time together. There is currently a waiting list, so if you're interested in attending, please speak with your Activity Program Coordinator about being added.

This month, Senior Services will also send out a **quality survey**, and I hope every one of you will take part. We want to know how we're doing as a program and what services you would like to see in the future. Your experiences and ideas matter, and hearing from you helps us make decisions that reflect what our participants need and enjoy.

Please take a moment this month to make sure your **emergency contact information is up to date**. If you haven't updated it recently, your Activity Program Coordinator can help you. You can also call our main office and speak with Rosalie at

505-992-3069.

A reminder that **Santa Fe County will be closed on Monday, October 12, in observance of Indigenous Peoples Day**. Home delivered meal participants will receive an extra meal on **Wednesday, October 7**, for the closure.

Finally, the **NMNMAAA Quarterly Advisory Council Member Meeting** is scheduled for **October 29 at 11:30 a.m.** at the **Inn of the Mountain Gods in Ruidoso, New Mexico**. We'll share more information as it becomes available.

Thank you for making our centers such lively, welcoming places. I'm looking forward to seeing your fall decorations, your carved pumpkins, and all the ways you make this community your own. Have a wonderful October!



Gina Montoya
Program Manager, Senior Services

Daily Fun & Favorites

	Monday	Tuesday	Wednesday	Thursday	Friday
Abedon Lopez Center (Santa Cruz)	9:30 am Ceramics w/ Janet Lopez	9:30 am Art Class w/ Melvin Jaramillo	9am Tin Work w/Janet Lopez Birthday Celebrations every 3rd Wednesday of Month.	9am Weaving w/ Joyce Trainor Birthday Celebrations 2nd Thursday of the month	10:00 am Balance & Mobility w/Maureen
Bennie J. Chavez Center	9:30 a.m. Beading w/ Marcia	Join us for Lunch	9:30 am-Open Painting	10:00 a.m. Balance & Move Strong	Join us for Lunch
Cerrillos Senior Center	1:15 pm-Golden Hour Singing & Song Writing Class on 5th	1:00 pm Movie Day	9:30am-Ride the Railrunner to the Zoo on the 7th 10am-Spooky Story Telling	Bingo on 15th & 22nd Halloween Celebration on the 29th	1:00 pm Meet Villages of Santa Fe on 2nd 1:00 pm-Birthday Celebrations
Edgewood Center	9:00 a.m. Ceramics 9:00 a.m. High Intensity Exercise	9:00 a.m. Ceramics 10:00 a.m. Chair Exercise 9:00 a.m. Wood Carving 1:00 p.m. BINGO	9:00 a.m. High Intensity Exercise 11:00 a.m. Guitar Lessons	9:00 a.m. Ceramics 10:00 a.m. Chair Exercise 1:00 p.m. Painting	9am High Intensity Exercise 9am Quilting/Sewing
El Rancho Center	9:00 a.m. Open Paint Class	10:00 am Open Weaving	9:00 a.m. Open Ceramics	1:00 pm Movie Thursday Birthday Celebrations 3rd Thursday of month	1:00pm Bingo Friday
Ken & Patty Adam Center (Eldorado)	9:30 -Weight Training 9:30-Sunshine Sewing Group 10:30 -Stretching & Movement 12:45 -Fiber Arts Group 1:00 Ceramics 1:00 Games & Cards Salon	9:10 -Dance Fitness 10:00 am-Glass Fusion 10:00am-Sunshine Sewing Group 10:10 -Tai Chi -Swords 1:00 -Ping Pong 1:00 -Leather Crafting 1:30 pm Spanish Lessons	9:10 -Latin Dance 9:30 -Bridge Group 9:30 -Mah Jongg 101 (Must Sign Up) 10:00-Qi Gong 12:30pm -MahJongg regular group (open availability) 12:45pm-Beading 1:00 -Pastel Group	9:10 -Dance Fitness 10:10 -Tai Chi -hands 10:00-How to sew 10:00-Glass Fusion 1:00 -Ping Pong 1:00-Caregiver Support Group (Memory Care Alliance) 1:00 -Knitting Group	9:00-Drawing Practice 9:30 -Weight Training 9:30-Drawing Practice Group 10:00 -Sewing Group 10:30 -Gentle Yoga 10:30 -Pool/ Billards All Day -Open Studio
Casa Rufina Meal Site				Birthday Celebrations every third Thursday of the month.	1:00 p.m. Bingo Friday

Meet our Staff

If you've ever wondered who works behind the scenes to keep our program running, here's your opportunity to learn more about the dedicated and invaluable staff members whose hard work and commitment make all of our services and activities possible.



Meet the Staff: Jonathan Pacheco

Jonathan Pacheco has been a familiar face in Santa Fe County Senior Services for years. He began as a Driver/Cook's Assistant in Eldorado, went on to serve as the Activity Program Coordinator in Chimayo, and now brings that experience to his role as Transportation Coordinator.

Jonathan works to keep our fleet safe and ready for the drivers and participants who count on it. Having worked directly with seniors in both Eldorado and Chimayo, he knows how much a dependable ride can mean. Most of all, Jonathan loves the seniors he serves.

When he's away from work, Jonathan enjoys fishing, hunting, and motocross. We're grateful for the care and dedication he brings to Senior Services in every role he takes on.

Thank you, Jonathan!

Activities are subject to change. Please contact your Activity Program Coordinator for updates to the monthly calendar.

Photo Gallery



Growing Together: The Ken & Patty Adam Senior Center Community Garden



Cerrillos Seniors Ready for State Fair Fun!



Hats Off to Our Edgewood Pool Crew! Thank you!



Taking State Fair Fun to New Heights!

Breast Cancer Facts & Stats



By NBCF team

Last updated on Jun 30, 2026

✓ Medically reviewed on Jan 31, 2026 by: [Lillie D. Shockney, RN, BS, MAS, HON-ONN-CG](#)

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. **This year, approximately 382,640 women in the U.S. will be diagnosed with breast cancer**—including 321,910 with invasive breast cancer and 60,730 with non-invasive (in situ) breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. **When caught in its earliest, localized stages, the 5-year relative survival rate is over 99%.** Advances in [early detection](#) and [treatment](#) methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.

Breast cancer in men statistics

All people are born with some breast cells and tissue, including men. **Although rare, [men get breast cancer too.](#)**

- In 2026, an estimated **2,670 men will be diagnosed with invasive breast cancer** in the United States.
- An estimated **530 U.S. men will die** from breast cancer in 2026.
- The lifetime risk of a U.S. man developing breast cancer is about **1 in 755.**
- Black men have the highest male breast cancer incidence and mortality rate.

Top 5 Exercises to Do Every Day for Older Adults

(Improve Mobility and Strength Safely)

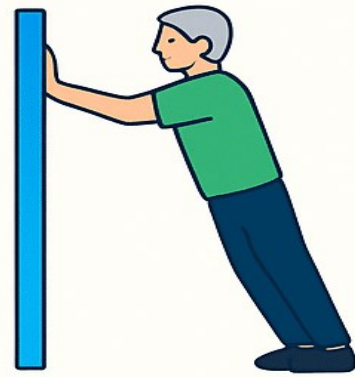


Seated Marching

Lift knees while seated

Wall Push-Ups

Push body away from wall



Heel Raises

Rise up on toes then lower



Cat-Cow Stretch

Arch and round the back



Gentle Walking or Marching in Place

Walk or march on the spot

Broccoli Cashew Stir Fry

- ✂ 15 min prep
- 👤 4 servings
- 🍴 15 ingredients

Skip the take-out and enjoy this easy vegetable blast instead. Combined with some brown rice or quinoa, this stir fry makes for a tasty, nutritious dinner. If you're short on time or energy, you can use pre-cut broccoli but you'll lose out on the glorious stems (see our Chef Tips below). If you use frozen broccoli, don't thaw it before adding it to the pan. It will keep its nutrition and its shape better.



Directions

1. Mix together the vinegar, sesame oil, and soy sauce in a small bowl and set aside.
2. Add 2 teaspoons of the canola oil to a large pan or well-seasoned wok over medium-high heat. When the oil is hot, add the tofu and cook, two to four minutes on each side, or until light golden. Remove the tofu from the pan with a slotted spoon and set aside.
3. In the same pan, add the remaining canola oil. As soon as it is hot, add the onions, ginger, garlic, and red pepper flakes. Stir-fry, about 1 minute, or until the garlic starts to color.
4. Add the broccoli, and sprinkle with the salt, stirring for about one minute, or until the broccoli turns bright green. Add the tablespoon of water and cover immediately so the broccoli cooks in the resulting shot of steam, about 2 minutes. Add the cashews and toss.
5. Add the tofu and sauce and gently stir to combine. Remove from heat and sprinkle with the mint and basil. If on the immunosuppressed diet, mix in the herbs and leave on heat for a couple minutes. Taste for salt and adjust seasoning. Eat immediately.

Nutrition Facts		
Number of servings		4
AMOUNT PER SERVING		% DAILY VALUE
Calories 332		
Total Fat	25 g	32%
Saturated Fat	4 g	20%
Trans Fats	0 g	
Cholesterol	0 mg	0%
Sodium	769 mg	33%
Total Carbohydrate	18 g	6%
Dietary Fiber	4 g	14%
Total Sugars	4 g	
Added Sugars	0 g	0%
Protein	16 g	
Vitamin D	0 mcg	0%
Calcium	273 mg	21%
Iron	4 mg	25%
Potassium	573 mg	12%

Ingredients

- 1 teaspoon apple cider or rice vinegar
- ½ teaspoon toasted sesame oil
- 2 tablespoons low-sodium soy sauce or tamari
- 4 teaspoons canola or grapeseed oil, divided
- 8 ounces extra-firm tofu, drained and cut into ½ -inch dice
- 4 green **onions**, thinly sliced
- 1-inch piece of **ginger**, thinly slided
- 3 cloves **garlic**, chopped
- ½ teaspoon crushed red pepper flakes (or to taste)
- 1 medium head of **broccoli**, cut into ½-inch florets
- Salt, to taste
- 1 tablespoon water
- 1 cup toasted unsalted **cashews**, coarsely chopped
- 1 tablespoon fresh **mint**, roughly chopped
- 1 tablespoon fresh basil, roughly chopped



Spotlight on... Our Seniors

Golden Skies and New Mexico Memories

Fall in New Mexico has a beauty all its own. Cottonwoods turn gold along the river, the mornings grow crisp, and the smell of roasting chile brings back memories of family kitchens and meals shared with friends.

But did you know one of our favorite fall traditions began in the spring?

The first Albuquerque International Balloon Fiesta took place in 1972, with just 13 balloons launching from the Coronado Center shopping mall parking lot. In 1975, the Fiesta permanently moved to October, beginning the autumn tradition we know today. Imagine watching that small gathering of balloons, never knowing it would grow into an event recognized around the world!

New Mexico's harvest history reaches back much further. Long before statehood, Ancestral Pueblo communities grew corn, beans, and squash to help feed their families. At Bandelier, the story of these early farmers reminds us of the skill and care it took to grow food in our dry landscape. Their agricultural heritage is an enduring part of New Mexico's history.

For many families, fall meant everyone had a job to do. Some gathered the last vegetables from the garden, while others peeled roasted chile or prepared food to enjoy through the winter. The work often came with conversation, laughter, and recipes taught by watching rather than reading. Perhaps you remember someone saying, "Just a little more," when you asked how much of an ingredient to add!

Our state's history lives in these everyday memories as well as its famous events. A ristra hanging beside a doorway, a favorite pot of beans simmering on the stove, or a drive through the golden trees can connect us to people and places we have loved for years.

This October, share a favorite fall memory with someone at your center. Where did you first watch the balloons? Who taught you to make a ristra? What family dish always meant cooler weather had arrived?

The season changes, but the memories we share keep our history alive.

Senior Spotlight – Share Your Voice!

Do you have a poem, story, memory, or heartfelt message you'd love to share with fellow seniors? We want to feature YOU in our **Senior Spotlight** section of the Santa Fe County Senior Voice Newsletter!

Whether it's a personal story, a piece of history, a creative poem, or simply a friendly letter to brighten someone's day, your contribution can inspire and connect our senior community.

If you're interested in being featured, please submit your entry to:
seniorservices@santafecountynm.gov Titled: **Senior Spotlight**

Or call 505-992-9876



About New Mexico Aging Services

New Mexico Aging Services, part of the Aging and Long-Term Services Department, supports older adults and adults with disabilities in living active, healthy, and independent lives. The department promotes healthy aging, protects vulnerable adults, and connects communities through advocacy, education, and essential support.

What We Provide
Services include Adult Protective Services, the Aging Network of more than 250 senior centers, the Office of Indian Elder Affairs, and the Aging & Disabilities Resource Center. Additional programs offer caregiver support, long-term care options, and advocacy through the Ombudsman Program, helping ensure New Mexicans age with dignity and respect.

Location & Mailing Address:

2550 Cerrillos Road

Santa Fe, New Mexico 87505

ALTSD Phone Number:

800-432-2080

ALTSD Email:

Nm.ardc@altsd.nm.gov



REGISTER NOW



NEW MEXICO CONFERENCE ON AGING

Caring Across Generations

New conference dates will be October 19-21

GLORIETA CONFERENCE CENTER

Conference Highlights

- 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
- Dance featuring Darren Cordova y Calor

Resources

- Multi-state agency expo
- On-site benefits sign-up opportunities
- Recreational activities including pickleball, zip lining, nature hikes, crafts and more!
- **Adult day care available onsite for caregivers (space-limited)**

AGING.NM.GOV



Transportation will be provided. Please contact your site

AGENDA AT A GLANCE

TUESDAY, OCTOBER 20 | AGING EXPO HOURS: 9:00 AM - 7:00 PM

6:30 AM - 7:30 AM	Pick ups starting at 6:30 am from host hotels and park and ride locations until 7:30 am (Shuttle schedule forthcoming)
7:00 AM - 9:00 AM	Registration Check-in
7:00 AM- 8:30 AM	Breakfast
9:00 AM - 7:00 PM	Aging Expo
9:00 AM -10:00 AM	Breakout session #1
10:00 AM - 10:15 AM	Doors Open to Holcomb Auditorium for Plenary Session
10:30 AM - 12:00 PM	Plenary Session: Gov. Michelle Lujan Grisham & Nick Salazar Award
12:15 PM - 1:30 PM	Lunch/Car Show
1:45 PM - 2:45 PM	Breakout session #2/TIPS Session #1
3:00 PM - 3:15 PM	Snack break
3:15 PM - 4:15 PM	Breakout session #3/ TIPS Session #2
4:30 PM - 4:45 PM	Optional early bus departure, afternoon activities
4:30 PM - 5:30 PM	Dinner
5:30 PM - 5:45 PM	Welcome and Announcements for Concert & Dance
5:30 PM-7:00 PM	Aging Expo and Social Hour
5:45 PM -7:45 PM	Concert & Dance featuring Darren Cordova y Calor
7:45 PM-8:00 PM	Bus departure back to Santa Fe host hotels and park and ride

WEDNESDAY, OCTOBER 21 | AGING EXPO HOURS: 8:00 AM - 10:30 AM

6:30 AM - 7:30 AM	Pick ups starting at 6:30 am from host hotels and park and ride locations until 7:30 am (Shuttle schedule forthcoming)
7:00 AM - 8:30 AM	Breakfast
8:00 AM- 10:30 AM	Aging Expo
9:00 AM - 10:00 AM	Breakout session #4 / TIPS Session #3
10:15 AM - 10:30 AM	Snack break
10:30 AM - 11:45 AM	Closing Plenary with & Keynote speaker Ai-jen Poo
11:45 AM - 12:00 PM	Boxed Lunch
12:00 PM - 12:30 PM	Bus departure back to Santa Fe host hotels and park and ride

Conference registration is closed for October 20th and October 21st as we are at capacity. However, please join our [**waitlist here**](#) in the event someone who was previously registered is unable to attend the new dates. Waitlist members will be contacted on October 9th if there is capacity to attend the conference.



Five Ways to Stay Sharper Longer

Some advice for brain strength, like eating a healthy diet, is pretty straightforward. Other recommendations, however, have become so broad (Do crossword puzzles! Get more sleep!) that you may feel stuck as to how to reap the brain benefits. Here, experts share what to focus on.

1 Cross-train your brain.

If you're on your 500th Wordle, you may want to put the phone down—at least for a bit. When it comes to the benefits of puzzles for brain function, Zaldy S. Tan, M.D., M.P.H., director of the Memory & Healthy Aging Program at Cedars-Sinai, recommends doing other brain-boosting activities, not just repeating the same types of exercises. "Brain games, crossword puzzles, and Sudoku are meant to challenge specific areas of the brain, but our minds are complex, and different areas serve different functions," he says.

WHAT TO DO: Try puzzles one day, read a book the next; take a Spanish class, go to lunch with friends. In fact, socializing may be particularly beneficial. "Social interaction is quite demanding in that you have different types of stimulation, including planning the outing as well as interacting with others, which fulfills the reward pathways of the brain," Limon says. Whatever you choose, engaging in a mix of activities may strengthen brain circuits and stimulate new brain connections, which can help

you function if typical brain networks are disrupted due to disease. "Think of it like cross-training for the brain, because different activities give you a better chance of having the totality of your mind stimulated and engaged," says Dr. Tan.

2 Move your body.

"Exercise undoubtedly reduces the risk for heart disease, stroke, and other vascular phenomena," says Dr. Tan. This may be a boon for your brain: Preventing vascular disease (which can cause small strokes and lesions on the brain) through exercise may help stave off a type of cognitive decline known as vascular dementia as well as Alzheimer's disease. Researchers don't know exactly why, but exercise increases blood supply to the brain and stimulates the production of chemicals that promote neuron growth.

WHAT TO DO: You know the drill. Aim for at least 150 weekly minutes of moderate-intensity exercise. You want an exercise routine that includes cardio and strength training along with balance and flexibility exercises.

3 Skip the "brain health" supplements.

Do you really need to pop OTC pills to support your memory? "The short answer is no, unless you have a vitamin deficiency," says Dr. Tan. "Most of the over-the-counter supplements do not have sufficient research that would support their effectiveness," explains Douglas Scharre, M.D., director of Ohio State's Center for Cognitive and Memory Disorders.

WHAT TO DO: If you've noticed increased forgetfulness or other memory stumbles, ask your doctor to check you for vitamin deficiencies and follow their recommendations. "If your vitamin B12 is low, it needs to be supplemented, because brain cells need B12 to function," says Dr. Tan. "And there is a link between lack of vitamin D and dementia, so it can be good to take a supplement."

Engaging in a mix of activities may strengthen brain circuits and stimulate new brain connections, which can help you function.

4 Find stress relief.

While a little stress can help motivate you to achieve your goals, chronic stress tells the brain there's ongoing danger, and that can impair memory, increase risk of mental health disorders, and impact physical health.

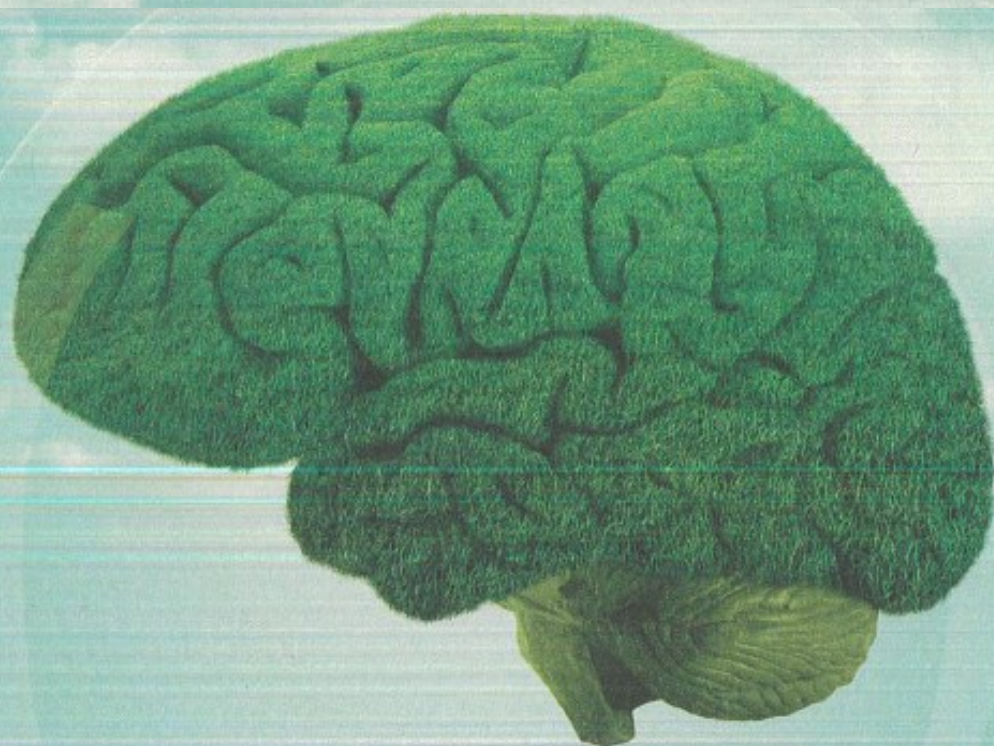
WHAT TO DO: Try to keep stress under control with an array of strategies such as deep breathing or mindfulness techniques, meditation, and spending time outdoors in nature, says Limon.

5 Address sleep apnea.

Established research on sleep has shown that getting deep, restorative sleep supports cognition in a variety of ways, from consolidating memories to "actively removing toxins from the brain," Dr. Scharre says. But one sleep disruptor people often miss, says Dr. Tan, is sleep apnea, which affects roughly 39 million American adults. Sleep apnea occurs when your airway gets temporarily obstructed while you're asleep, resulting in reduced

airflow. This means not enough oxygen is getting to your brain, causing you to gasp for air. "We know that sleep apnea interrupts deep REM sleep and wakes you up, which can lead to sleep deprivation," says Dr. Scharre.

WHAT TO DO: Talk to your doctor if you show signs of sleep apnea. One study found that older adults who received treatment were less likely to develop dementia and Alzheimer's. If you have a partner, they'll be able to spot signs like loud snoring and stop-start breathing, gasping, or choking in the middle of the night. If you sleep alone, take note of increased daytime sleepiness, frequent night wakings, and morning headaches, and consider wearing a sleep tracker; a new Apple Watch feature, for example, can detect signs of apnea. The sooner the condition is diagnosed, the better off you'll be.



What is Breast Cancer?



NATIONAL
BREAST
CANCER
FOUNDATION, INC.®



By NBCF team

Last updated on Aug 17, 2026

🟢 Medically reviewed on Jun 24, 2026 by: Lillie D. Shockney, RN, BS, MAS, HON-ONN-CG

Breast cancer is a disease that begins when cells in the breast grow out of control. These abnormal cells can form a tumor and may spread to nearby lymph nodes or other parts of the body if not detected and treated. Breast cancer can form in one or both breasts and affects both women and men. Hundreds of thousands of people are diagnosed with breast cancer every year, and there are over 4 million breast cancer survivors in the United States.

Early detection and advances in treatment have helped improve outcomes for many people diagnosed with the disease. Understanding what breast cancer is is the first step toward early detection and informed decision-making.

How common is breast cancer?

Breast cancer is one of the most common cancers in the United States and around the world. In the U.S., 1 in 8 women—or approximately 13%—will be diagnosed with breast cancer in their lifetime. While it is much less common, men can also develop breast cancer, accounting for about 1% of all breast cancer cases.

This year, approximately 382,640 women in the United States will be diagnosed with breast cancer. Thanks to advances in early detection and treatment, more than 4 million breast cancer survivors are living in the U.S. today. Many people diagnosed with breast cancer go on to complete treatment and live long, healthy lives.

Who can get breast cancer?

Anyone can get breast cancer. Although breast cancer is most common in women, with the median age at diagnosis being 62, it can also affect younger women, older women, and men. A person's risk of developing breast cancer is influenced by many factors, including age, genetics, family history, breast density, hormone exposure, and lifestyle. However, having one or more risk factors does not mean someone will develop breast cancer, and many people diagnosed with the disease have no known risk factors. Understanding who is at risk for breast cancer can help individuals make informed decisions about screening, early detection, and breast health.

Causes of Breast Cancer



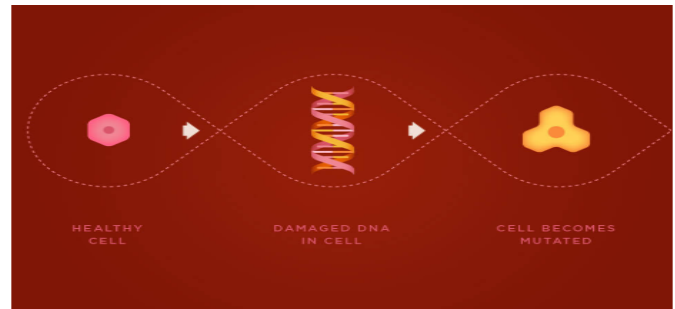
By NBCF team

Last updated on Sep 24, 2026

🟢 Medically reviewed on Sep 23, 2026 by: Lillie D. Shockney, RN, BS, MAS, HON-ONN-CG

What actually causes breast cancer?

Breast cancer starts when the DNA inside a breast cell becomes damaged. DNA contains the instruction manual that tells cells how to grow, divide, and function. When those instructions change through a gene mutation (a change in the DNA sequence that makes up a gene or other part of your genetic material), cells can begin growing and dividing when they shouldn't, which can eventually lead to the formation of a tumor.



These DNA changes can be inherited (present from birth) or acquired during a person's lifetime. Most are acquired rather than inherited, meaning most breast cancers are not caused by an inherited gene mutation. While every breast cancer begins with damage to a cell's DNA, that doesn't always explain why those DNA changes happened in one person and not another.

Why you usually cannot pinpoint one cause

One of the first questions many people ask after a breast cancer diagnosis is, "Why did this happen to me?" It's a completely understandable question, but for most people, there isn't one clear answer.

Breast cancer is usually the result of many factors working together over time rather than one specific event, exposure, or choice. Researchers have identified risk factors that can increase or decrease the chance of developing breast cancer, but having one, or even several, risk factors does not mean they caused your breast cancer.

Likewise, many people—approximately 70%—who develop breast cancer have few or even no known risk factors outside of age and being female. Only approximately 10% of people with a known family history are diagnosed. **Risk factors help us understand who may be more likely to develop breast cancer, but they usually can't explain exactly why one person develops it, and another does not.**

A risk factor is not the same as a cause

Knowing the difference between a risk factor and a cause can help make sense of why breast cancer develops in some people but not others.

A [breast cancer risk factor](#) is anything that increases the chance of developing a disease; it is not the cause of the disease. Instead, risk factors increase the chance that DNA damage may occur in breast cells over time. **Having one or even several risk factors does not mean you will develop breast cancer.** In fact, many people with risk factors never get breast cancer, while others who are diagnosed have few or no known risk factors at all.

There are many factors that can influence a person's chance of developing breast cancer. Some risk factors cannot be changed, while others are related to lifestyle factors that may influence breast cancer risk over time.

Risk factors you cannot change

Risk factors you cannot change include your genetic makeup, ancestry, and personal health history. These factors include:

- **Gender:** Women are nearly 100 times more likely to develop breast cancer than men
- **Age:** Most breast cancers are diagnosed in women aged 55 and older
- **Family history:** Having a first-degree relative (parent, sibling, or child) or multiple second-degree relatives (grandparent, aunt, uncle, niece, or grandchild) with breast cancer
- **Inherited gene mutations:** Inheriting a mutation in a gene associated with breast cancer, such as [BRCA1 or BRCA2](#)
- **Dense breast tissue:** Dense breast tissue increases the risk of diagnosis.
- **Ashkenazi Jewish ancestry:** People of Ashkenazi Jewish heritage are more likely to carry inherited BRCA1 or BRCA2 gene mutations
- **Personal history of breast cancer or certain breast changes:** A personal history of breast cancer or high-risk breast changes, such as atypical ductal hyperplasia (ADH), atypical lobular hyperplasia (ALH), or [lobular carcinoma in situ](#) (LCIS)
- **Radiation therapy to the chest at a young age:** Receiving radiation therapy to the chest before age 30, such as for Hodgkin lymphoma
- **Personal or family history of ovarian cancer:** A personal or family history of ovarian cancer
- **Early menstruation:** Starting your menstrual periods before age 12
- **Later menopause:** Going through menopause after age 55
- **Never having given birth:** Never having given birth (nulliparity) is associated with a slightly higher risk

Rick factor you may be able to influence

- **Alcohol:** Drinking alcohol increases breast cancer risk, and the risk begins to rise even at low levels of alcohol consumption. In 2025, the [U.S. Surgeon General](#) identified alcohol as a leading preventable cause of cancer and noted that breast cancer risk can increase with around one drink per day or less.
- **Smoking:** Smoking increases the risk of breast and other types of cancer
- **Physical activity:** Regular physical activity has been shown to lower risk
- **Body weight:** Maintaining a healthy body weight, especially after menopause
- **Breastfeeding:** Breastfeeding may slightly lower risk, particularly when breastfeeding for a longer period of time
- **Hormone replacement therapy (HRT):** Some types of hormone replacement therapy (HRT) may slightly increase the risk of breast cancer, depending on the type of hormones used and how long they are taken. Talk with your healthcare provider about the benefits and risks based on your personal health history.

What does not cause breast cancer

There are many [myths](#) about what causes breast cancer, and it can be difficult to sort through the overwhelming amount of information online. While some claims can sound convincing, current scientific evidence does not support many of these concerns.

The following things do not cause breast cancer:

Antiperspirants and deodorants

Although the terms are often used interchangeably, deodorants help control body odor, while antiperspirants reduce sweating. There is [no evidence that using either product increases the risk of breast cancer](#). Some antiperspirants contain aluminum, which can occasionally show up on a mammogram. Some imaging centers recommend avoiding these products on the day of your mammogram to improve image quality, not to reduce your risk.

Bras and underwire

There is [no evidence that wearing a bra, including a bra with underwire, increases the risk of breast cancer](#). Research, including a large population-based [study](#), has shown no credible link between bra-wearing habits, including the length of time a bra is worn or underwire use.

Abortion and miscarriage

According to the [National Cancer Institute](#), research has shown that abortion or miscarriage does not increase a woman's risk of breast cancer. Earlier studies raised questions about a possible link, but those studies had important limitations. Since then, larger, better-designed studies have consistently found no evidence that abortion or miscarriage increases breast cancer risk.

Carrying a cell phone in your bra

The [National Cancer Institute](#) states that there is no evidence that carrying a cell phone in your bra increases the risk of breast cancer. Unlike X-rays, which use high-energy radiation that can damage DNA, cell phones use low-energy radiofrequency waves. Although researchers continue to study the long-term health effects of cell phones, current research has not found a link between carrying a cell phone in your bra and developing breast cancer.

Breast implants

Breast implants do not increase the risk of breast cancer. However, implants can make it more difficult to see all of the breast tissue on a [mammogram](#). To improve the exam, the mammography technologist will usually take additional images called implant-displaced (Eklund) views, which help visualize more breast tissue. Be sure to let your mammography technologist know if you have breast implants before your exam, so the appropriate images can be obtained.

Although breast implants do not increase the risk of breast cancer, the [U.S. Food and Drug Administration](#) (FDA) has identified a rare type of non-Hodgkin lymphoma called breast implant-associated anaplastic large cell lymphoma (BIA-ALCL) that can develop in the scar tissue and fluid surrounding a breast implant. BIA-ALCL is not breast cancer, and most cases are successfully treated with surgery when diagnosed early.

Other things that do not cause breast cancer

THESE DO **NOT** CAUSE BREAST CANCER



CAFFEINE



DEODORANT



MICROWAVES



CELL PHONES



CONTACT WITH
SOMEONE WHO HAS CANCER

October Classes

Cerrillos Senior Center

Friday Oct 23, 1 pm

Challenge Your Body

Challenge, Your Brain with Meghan

Friday Oct 30, 1pm

Yoga for Life

Chimayó - Bennie J. Chavez Senior Center

Thursday, 10 am

Tai Chi for Arthritis with Jenelle.

Wednesday, 10:00 am Otago

Edgewood Senior Center

Wednesday, 1 pm

Yoga for Overall Health

El Rancho Senior Center

Tuesday, 10:30 am

Move Strong with Michelle

Casa Rufina

Tuesday, 1 pm

Move Strong with Michelle

Santa Cruz Senior Center

(Abedon Lopez Community Center)

Friday 10 am

Eccentrics, Aging Backwards w/Tana

Monday, 10:30 am

Otago*

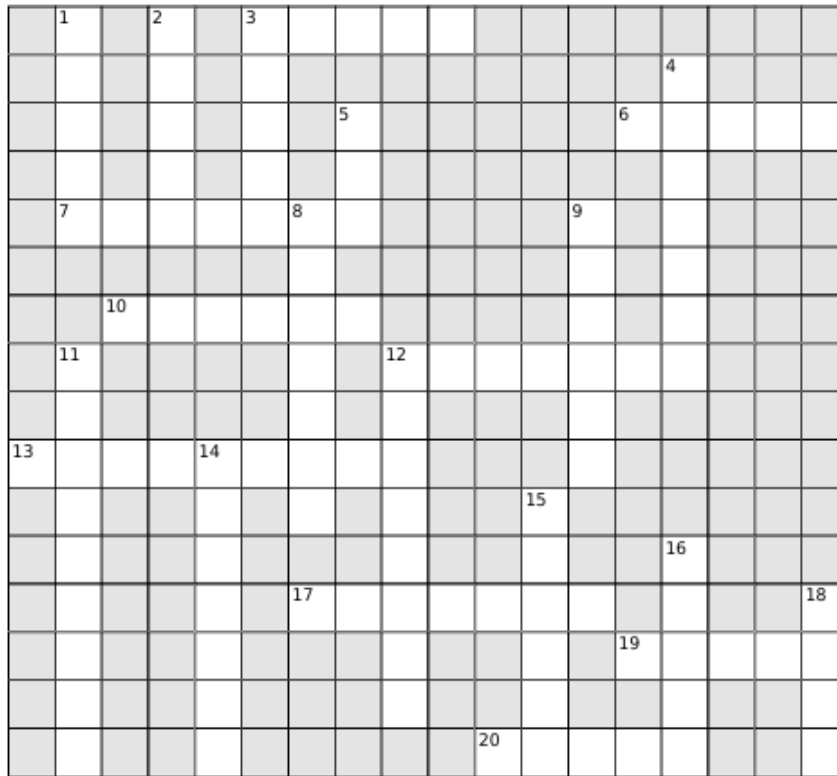
Villages
of Santa Fe





October Crossword

Pumpkins, falling leaves & Halloween fun!



Write one letter per white square. Word lengths are in parentheses.

ACROSS

- 3. Nut of an oak tree. (5)
- 6. Trick-or-treat sweets. (5)
- 7. Gathering ripe crops. (7)
- 10. They change color on trees. (6)
- 12. Halloween dress-up outfit. (7)
- 13. Holiday on October 31. (9)
- 17. Orange squash carved at Halloween. (7)
- 19. Warm chocolate drink. (5)
- 20. Thin ice on a chilly morning. (5)

DOWN

- 1. Halloween broom rider. (5)
- 2. A drink made from apples. (5)
- 3. Fruit used for pies and cider. (5)
- 4. Farm wagon ride. (7)
- 5. Flying mammal active at night. (3)
- 8. Knitted top for cool days. (7)
- 9. Another name for fall. (6)
- 11. Field figure that scares birds. (9)
- 12. Spice in many apple pies. (8)
- 14. Month after September. (7)
- 15. Eight-legged web maker. (6)
- 16. Spooky spirit. (5)
- 18. Tool for gathering leaves. (4)

WORD SEARCH



October Word Search



Find 20 fall and Halloween words!

Look across, down, and diagonally. No words are backward.



WORDS TO FIND

ACORN	CINNAMON	HALLOWEEN	PUMPKIN
APPLE	COCOA	HARVEST	SCARECROW
AUTUMN	COSTUME	HAYRIDE	SPIDER
CANDY	FROST	LEAVES	SWEATER
CIDER	GHOST	OCTOBER	WITCH

October Word Search | Enjoy some fall fun!



Answer Key



	1	W		2	C		3	A	C	O	R	N								
	I		I		P											4	H			
	T		D		P		5	B							6	C	A	N	D	Y
	C		E		L		A									Y				
7	H	A	R	V	E	8	S	T					9	A		R				
							W							U		I				
			10	L	E	A	V	E	S					T		D				
	11	S					A		12	C	O	S	T	U	M	E				
	C						T		I					M						
13	H	A	L	L	O	14	W	E	E	N					N					
	R			C			R		N				15	S						
	E			T				A		P					16	G				
	C			O		17	P	U	M	P	K	I	N		H			18	R	
	R			B				O			D		19	C	O	C	O	A		
	O			E				N			E			S					K	
	W			R						20	F	R	O	S	T				E	

Completed crossword and answers

ACROSS

3. ACORN
6. CANDY
7. HARVEST
10. LEAVES
12. COSTUME
13. HALLOWEEN
17. PUMPKIN
19. COCOA
20. FROST

DOWN

1. WITCH
2. CIDER
3. APPLE
4. HAYRIDE
5. BAT
8. SWEATER
9. AUTUMN
11. SCARECROW
12. CINNAMON
14. OCTOBER
15. SPIDER
16. GHOST
18. BAKE



October Word Search



Answer Key

Highlighted words match the list below.



WORDS TO FIND

ACORN	CINNAMON	HALLOWEEN	PUMPKIN
APPLE	COCOA	HARVEST	SCARECROW
AUTUMN	COSTUME	HAYRIDE	SPIDER
CANDY	FROST	LEAVES	SWEATER
CIDER	GHOST	OCTOBER	WITCH

Need Food, Housing or Transportation?

CONNECT navigators can help you find services and resources in the community.



Are you a Santa Fe City or County resident in need of help with food, housing, utilities, or transportation? Whether for yourself or someone you're assisting, CONNECT can guide you to the proper support. The program connects residents to resources provided by city and county programs, nonprofits, and community organizations in Santa Fe and surrounding areas.

CONNECT is a network of navigators—community health workers, peer support specialists, and social workers—who connect people with the services they need.

Using a shared technology platform, navigators securely send and receive referrals, address social needs, and improve individual and community well-being.

How to Get Connected

Self-Refer Online:

www.santafecountynm.gov/connect

Call 211: Complete an assistance request by phone

Senior Navigator Contact:

Ian Donnelly, (505) 986-6239

idonnelly@santafecountynm.gov

Food Assistance & resources

Echo Inc. csfp program

Free food for seniors 60 and older

300 Menaul Blvd. NW, Suite 226
Albuquerque, NM 87107
(505) 242-6777 | echoinc.org
info@echoinc.org



Nonperishable monthly food packages include: Vegetables, fruit, meat, pasta or rice, peanut butter or beans, cereal, juice, milk and cheese.

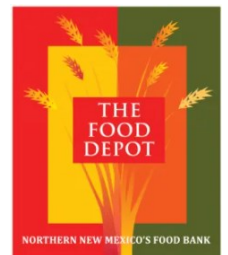
Eligibility is based on income requirements.
Please call for possible new sites in your area.

THE FOOD DEPOT

No Cost Grocery Distribution & Navigation Services

122 A Siler Rd.
Santa Fe, NM 87507

505-471-1633
Info@thefooddepot.org



Fresh fruits and vegetables, healthy meals, nonperishable food items, bread, dairy, eggs and more.

We're committed to offering no-cost groceries, fresh fruits and vegetables, and healthy meals to all communities in Northern New Mexico. Contact us today to find your nearest food mobile, get information on our next food distribution, or ask about our navigation services for additional services.

BIENVENIDOS FOOD PANTRY

Free food box for eligible individuals twice per month

1511 Fifth Street
Santa Fe, NM 87505
505-986-0583



Clients may come in every two weeks to receive a box containing fresh vegetables and fruits, canned goods, meats, bread, pastry, and other essential staples to supplement their existing food supplies at home. These clients can also visit our clothing/household goods room and select a few items from our shelves.

**Food distributions are also available at the Ken & Patty Adam senior center in Eldorado every other Thursday.
16 Avenida Torreon Santa Fe, NM 87508**

MENU

WW = Whole Wheat | GC = Green Chile | RC = Red Chile | LS = Low Sodium
1% Milk Served | 100% Juice Served

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50

Individuals 59 years and under pay \$7.50

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Menu Subject to change Without notice	Donations 60 years and older \$1.50 60 Years and younger \$7.50	Whole Milk Served	Tilapia Vera Cruz Wild/Brown Rice Blend Carrots and Green Beans Tropical Fruit Salad Oatmeal Cookie	Tuna Noodle Casserole Broccoli and Red Bell Pepper Caesar Salad Wheat Bread Apricots
5	6	7	8	9
Spaghetti Italian Blend Tossed salad w/ Italian Dressing Fresh Pear	Chicken Cordon Bleu California blend Vegetables Salad Wheat Roll Fresh Peach	Salisbury Steak W Gravy Parsley Potatoes Roasted Brussel Sprouts Wheat Roll Fruit Salad	Chicken Florentine Spinach Cream Sauce Island blend Vegetables WW Roll Fruit cocktail	Beef Tamale Pie Pinto Beans Calabacitas Flour Tortilla Banana
12	13	14	15	16
Senior Centers Closed	Sesame Chicken w/ Broccoli Sugar Snap Peas Brown Rice Mandarin Oranges and Pineapple	Meatloaf Baked Potato Green Beans WW Roll Strawberries and bananas	Ham and Beans Corn Bread Tossed Salad Light Nonfat Vanilla Yogurt Mango chunks	Chicken Fried Steak Mashed Potatoes Country Gravy Roasted Brussel Sprouts Wheat roll SF peach cobbler
19	20	21	22	23
Goulash (Beef, onions peppers, sauce) Caesar Salad W dressing WW Roll Apple Cobbler	Green Chile Pork Stew Zucchini and NAS diced tomatoes WW Tortilla Mixed Berries SF Angel Food Cake	Egg Salad (Egg salad, WW Bread WW bread, lettuce) Cucumber and tomato salad Baby Carrots NF Vanilla Yogurt W a Orange	Baked LS Cajun Tilapia Tartar Sauce LS Wild /Brown Rice Asparagus LS Roasted Cauliflower Apricots	Sweet and Sour Pork Brown Rice Asian Blend Vegetables Vegetable Egg Roll Pineapple Chunks
26	27	28	29	30
Red Chile Pork Enchiladas shredded lettuce/diced tomato LS Pinto beans Capri Blend Vegetable Sliced Cantaloupe	Chicken Parmesan Penne Pasta W Sauce Vegetables Green Salad Tropical Fruit Salad	Frito Pie Corn Chips, ground beef red chile Garnish Pinto Beans Calabacitas W Tomato Banana Pudding	BBQ pulled Pork (Pork, BBQ Sauce, WW Bun Black Eyed Peas Spinach Cornbread spiced peaches	Mushroom Burger Mushrooms, Swiss Sweet Potato Fries California blend vegetables Orange



We serve lunch
Monday—Friday from 11:30 am to 1:00 pm
Come join us for lunch and engage in an activity

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50
Individuals 59 years and under pay \$7.50

Santa Fe County

Community Services Department

Commission Districts:

Legend

- District 1
- District 2
- District 3
- District 4
- District 5
- Precinct Boundaries 2024
- Incorporated Areas
- Roads
- Railroads
- Major Streams

**Senior Center
Currently
Closed**

**Senior Center
Currently
Open**

**Senior Center
Open, But Not
Serving Lunch**

LOCATIONS & MAIN OFFICE

- 16 Physical locations: 3 Administrative, 7 Senior Centers, 5 Libraries, 1 BH Facility

SFC Administrative Building
240 Grant Ave.
Santa Fe, NM 87501

First Judicial District Court
225 Montezuma Ave.
Santa Fe, NM 87501

Airport Rd. Facility
4250 Airport Rd.
Santa Fe, NM 87507

La Sala Center
2052 Galisteo St.
Santa Fe, NM 87505

La Cienega Library
136 Camino San Jose
Santa Fe, NM 87507

Vista Grande Library
14 Avenida Torreon
Santa Fe, nm 87508

Espanola Library
313 N. Paseo De Onate
Espanola, NM 87532

City of Santa Fe Southside Library
6599 Jaguar Dr.
Santa Fe, NM 87507

Town of Edgewood Library
171B NM-344
Edgewood, NM 87015

Abedon Lopez Senior Center
155A Camino de Quintana
Santa Cruz, NM 87567

Bennie J Chavez Senior Center
354 Juan Medina Rd.
Chimayo, NM 87522

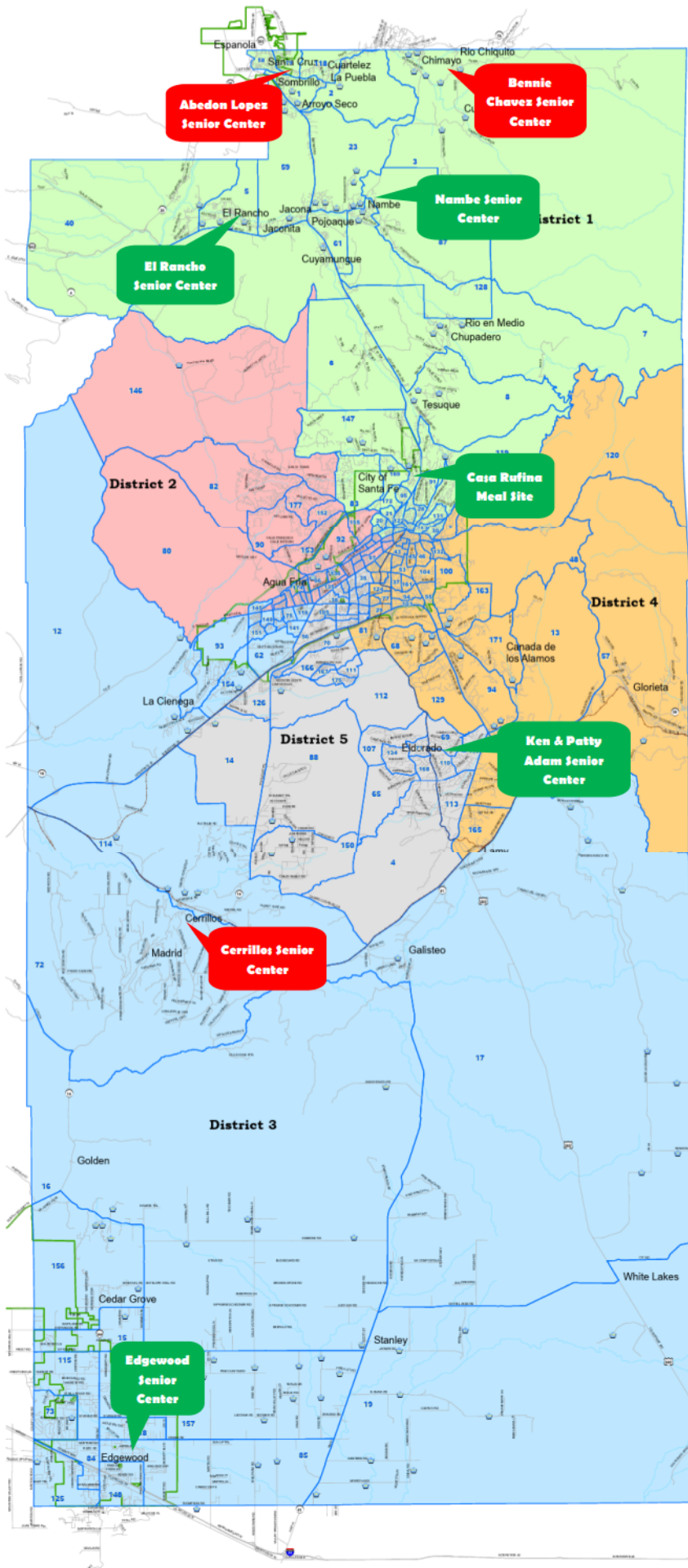
Cerrillos Senior Center
16 Main Street
Cerrillos, NM 87010

Edgewood Senior Center
114 Quail Trail
Edgewood, NM 87015

El Rancho Senior Center
394 County Road 84
Santa Fe, NM 87506

Ken & Patty Adam Senior Center
16 Avenida Torreon
Santa Fe, NM 87508

Rufina Meal Site
2323 Casa Rufina Rd
Santa Fe, NM 87507



January 1, 2024