

NEW MEXICO GENERATIONS

FALL 2025

Eat Strong, Stay Strong

Why smart nutrition—not just exercise—is the secret to aging with strength

Act II

Tips for thriving in a second career

Grandfamilies Rising

Supporting New Mexico's kinship caregivers

Health and Wellness

Maintaining muscle strength and function at any age



Fall Events

With 250 senior centers across the state, there's a location and community near you

THE INTERVIEW

Al Hurricane Jr.

The legendary musician, now 68, is still touring and keeping his father's legacy alive—and proving that New Mexico's sound endures

Golden destinations.



Art by Fish

Nestled in the picturesque mountains of southern New Mexico, Ruidoso offers more than just a getaway—it's a way of life. Enjoy stunning views, a refreshing four-season climate, a thriving arts scene, and boundless outdoor adventure, all in a warm and welcoming mountain village. Whether you're seeking serenity, excitement, or a bit of both, Ruidoso invites you to live life elevated.



DiscoverRuidoso.com

NEW MEXICO GENERATIONS

FALL 2025

FEATURES

14 THE INTERVIEW

Al Hurricane Jr.

The legendary musician, now 68, is still touring and keeping his father's legacy alive—and proving that New Mexico's sound endures.

20 Strength on a Plate

Eating for bone and muscle health is critical and often overlooked. Here are the nutritional basics to keep in mind. Plus: a protein-packed breakfast parfait and an easy-to-make soup that's full of essential nutrients.



DEPARTMENTS

6 News & Happenings

Celebrating National Family Caregivers Month and Indigenous Peoples' Day, and a reminder for Medicare open enrollment.

8 Native American Perspectives

How UNM professor Christine Sims is helping to keep American Indian dialects alive.

10 Senior Living Guide

Helpful advice when it comes to considering a second career after retirement.

12 Aging Well

Exercise moves for stronger, more functional muscles.

26 Conference on Aging

Behind the LANL Foundation's new system of support for kinship caregivers; how tai chi can help you regain your balance; and a look at the artist that created this year's conference poster.

32 NMAS Spotlight

A look inside the Long-Term Care



Division and its life-giving services; a conversation with the founder of an organization supporting cross-generational caregivers in the Navajo Nation; plus Ask NMAS.

38 Puzzles & Games

A New Mexico-themed crossword.

40 From the Archives

An early Hollywood moment for New Mexico.

CLOCKWISE FROM TOP: GABRIELLA MARKS, UNGELBAH DAVILA, SHUTTERSTOCK

Celebrating Connections and Caregivers

As autumn takes hold in New Mexico, I love seeing the daily reminders of what a special season this is in our state. The aspens light up in their golden hues, the scent of roasting chiles hangs in the air, and harvest staples like fresh corn and stone fruits find their way to our dining tables.

Come fall, the calendar is also full of memorable events, from the State Fair and Balloon Fiesta to traditional Pueblo feast days. One of the highlights of the year for us at New Mexico Aging Services is our annual Conference on Aging, being held this year September 23–25 in beautiful Glorieta. This annual gathering is more than a conference; it's a celebration of connection, learning, and shared purpose.

While we wish that all seniors across the state could join us, we realize that's not possible (and many of you will be picking up this issue after the conference wraps). So we decided to dedicate a significant portion of the magazine to what a remarkable event the Conference on Aging has become. For example, musician Al Hurricane Jr., who is performing at the evening dance, is our cover personality for the issue. He has a remarkable story about growing up in Albuquerque as the son of a famous musician—and becoming a musician himself. Our interview with him, “A Life in Song,” is on page 14. I hope you'll take a look.

We're also using some of the informative sessions at the Conference on Aging to inform stories throughout the issue, including nutrition tips from dietitian Fallon Bader, who is speaking on how to eat for better bone and muscle health. Our Fall Food package, “Strength on a Plate” (page 20), expands on those tips to offer an easy guide to eating better.

Another story features an interview with Jovanna Archuleta, the early childhood education program director for the Los Alamos National Laboratory (LANL) Foundation. Archuleta is presenting at the conference about the increasing number of New Mexican grandparents taking over primary caregiving duties for their grandkids. You can read more about how the LANL Foundation is helping to provide critical help for seniors raising their grandkids in “Caring for Grandparent Caregivers,” on page 26.

These are just three examples of the many sessions and events offered at the conference, which also includes recreational activities, cultural entertainment, and access to valuable state and community resources. To all those attending, I can't wait to see you there. And to those not able to come this year, I hope to see you next fall!

This spirit of connection continues throughout the fall as we celebrate National Caregivers' Month in November. Caregivers play an important role in our communities. Whether

you're a full-time caregiver, a community member helping out, an advocate, or an aging adult volunteering, I thank you for all the work that you do. You are part of our shared commitment to building a state where every person can thrive as they age.

November is also Native American Heritage Month, a moment that has special meaning for New Mexico's 23 pueblos, two Apache Tribes, and Navajo Nation. To commemorate the month, we interviewed Christine Sims—a professor at UNM and founding director of the American Indian Language Policy Research and Teacher Training Center—about her life's work preserving and revitalizing Native American languages. Read the inspiring story, “Keeping Native Language Alive” (page 8), and learn about how elders impact our communities by passing their wisdom on to the next generation.

Also, I'd be remiss if I didn't address an ongoing concern raised by many seniors in the state in recent months: funding and policy uncertainty around federal programs. While we know that the national landscape continues to shift in ways that feel uncertain, I want to reassure you that our mission remains the same. No matter what is happening at the federal level, our department will continue to support older adults, people with disabilities, and caregivers across New Mexico.

Now more than ever, it's important that our federal, state, and local leaders hear directly from you. Let them know that funding senior services isn't optional—it's essential. Your voice matters, and together we are working toward a future New Mexico where everyone receives the support and respect they deserve.



Emily Kaltenbach,
Cabinet Secretary
*New Mexico Aging & Long-Term Services
Department*



New Mexico Aging Services

Helping New Mexicans achieve lifelong independence and health.

About New Mexico Aging Services*

Our mission is to serve and inspire the state's older adult community to live active, healthy lives and enhance their connections within their community. The department is a leader in developing programs and building partnerships that support lifelong independence and healthy aging, providing advocacy, support, and resources for seniors and for adults with disabilities.

● For more information about NMAS, visit aging.nm.gov or follow us on Facebook, Instagram, and X [@NewMexicoAging](https://twitter.com/NewMexicoAging).

About New Mexico Generations

New Mexico Generations is dedicated to enriching the lives of every generation of New Mexican by offering inspiration, resources, and community connection.

Contact:

info@newmexicogenerations.com

For Advertising Inquiries:

chris@nmgenerationsmagazine.com

Produced by Flatbed Creative

flatbedcreative.com

*New Mexico Aging Services is the forward-facing name for the New Mexico Aging and Long-Term Services Department. We use the Aging Services name in external communications and with constituents in order to better represent the full breadth of work we do and the people we provide services for across the state.

NM Aging Services Division Overviews

Adult Protective Services: APS is committed to protecting the safety of adults who are not able to protect themselves and to promote personal choice and self-determination among the aging. There are five Adult Protective Services regions serving all 33 counties of New Mexico. Its services include investigation of reports of abuse, neglect, and exploitation of vulnerable adults.

● If you suspect an adult is being abused, neglected, or exploited, call Adult Protective Services toll-free at (866) 654-3219.

Aging Network: New Mexico's four Area Agencies on Aging (AAAs) provide in-home and community-based services that allow older individuals to remain in their homes and receive support as they get older. Services include home-delivered meals, employment, transportation, healthy aging and prevention programs, and access to the department's network of over 250 senior centers statewide.

Office of Indian Elder Affairs: The OIEA's mission is to coordinate and enhance a system of services that empower American Indian Elders with support and resources to live a healthy lifestyle with joy, respect, and dignity in their tribal communities. Support and assistance offered by the division include meals at Tribal Senior Centers, home-delivered meals, transportation, homemaking services, and exercise and physical fitness opportunities.

● For more information about

the OIEA's services, email [oiea.info@altsd.nm.gov](mailto:info@altsd.nm.gov).

Consumer Elder Rights Division and the Aging & Disabilities Resource Center: Together, these divisions help elders, persons with disabilities, and caregivers find services and information to help aging New Mexicans live well and independently. This includes assistance with registering for Medicare and Medicaid, paying for prescriptions drugs, assessing long-term care programs and services, and more.

Ombudsman Program: The program's public advocates, all of whom are volunteers, visit assisted-living facilities and nursing homes on a regular basis, advocating for residents' rights, investigating complaints or concerns with staff, exploring solutions, and ensuring quality of care.

Long-Term Care Division: The department provides community and caregiver-focused services to New Mexicans. It manages five programs: the Veteran-Directed Care Program, New MexiCare, Care Transition, the Office of Alzheimer's and Dementia, and the Kinship Caregiver Pilot Program.

● To report abuse, neglect, or other concerns, call (866) 451-2901.

Contact NMAS

(800) 432-2080
help@altsd.nm.gov
aging.nm.gov
[@NewMexicoAging](https://twitter.com/NewMexicoAging)

Cuidar y conectar son motivos para celebrar

Con la llegada del otoño a Nuevo México, me encanta ver cómo día a día van apareciendo señales que me recuerdan lo especial que es esta estación en nuestro estado. Los álamos se tiñen de tonalidades doradas, el aire se impregna del aroma de los chiles asados y en nuestras mesas aparecen los productos de la cosecha, desde el maíz recién cortado hasta las frutas con carozo.

Además, el calendario otoñal se viste de celebraciones inolvidables, como la Feria del Estado, la Fiesta de los Globos y las tradicionales festividades de la cultura pueblo. Uno de los momentos más esperados del año para nosotros en los Servicios para Personas Mayores de Nuevo México es nuestra Conferencia Anual para Personas Mayores, que este año se celebrará del 23 al 25 de septiembre en la hermosa localidad de Glorieta. Sin embargo, este encuentro anual es mucho más que eso: es una verdadera celebración de la conexión, el aprendizaje y el propósito compartido.

Desearíamos que todos los adultos mayores del estado nos acompañaran en este evento, pero sabemos que eso no es posible (incluso muchos de ustedes recibirán esta edición cuando la conferencia ya haya terminado). Por eso decidimos dedicar una parte importante de la revista a mostrarles cuán extraordinaria es la Conferencia Anual para Personas Mayores. Por ejemplo, el protagonista de nuestra portada, el músico Al Hurricane Jr., será la estrella del baile nocturno. Es inspirador conocer la historia sobre su infancia en Albuquerque como hijo de un músico famoso y sobre cómo siguió los pasos de su padre hasta convertirse en músico él también. En la página 14 encontrarán nuestra entrevista con él, titulada

“A Life in Song”. Espero que la disfruten.

En esta edición también utilizamos algunas de las sesiones informativas de la Conferencia Anual para Personas Mayores para elaborar artículos, como las recomendaciones sobre alimentación de la nutricionista Fallon Bader, quien nos cuenta cómo alimentarnos para mejorar la salud ósea y muscular. Nuestro paquete de recetas otoñales, “Strength on a Plate” (página 20), amplía esas recomendaciones y ofrece una guía sencilla para comer mejor.

Otra de las historias presenta una entrevista con Jovanna Archuleta, directora del Programa para la Educación de la Primera Infancia de la Fundación del Laboratorio Nacional de Los Álamos (LANL). En su exposición durante la conferencia, abordará el aumento de la cantidad de abuelos y abuelas de Nuevo México que asumen las tareas principales del cuidado de sus nietos y nietas. Para saber más sobre la forma en que la Fundación LANL ayuda a las personas mayores que cuidan a sus nietos, los invito a leer el artículo “Caring for Grandparent Caregivers”, en la página 26.

Estos son solo tres ejemplos de las numerosas sesiones y eventos que ofrece la conferencia, donde también se organizan actividades recreativas, de entretenimiento cultural y de acceso a valiosos recursos del estado y de la comunidad. A quienes vengán, ¡no veo la hora de encontrarnos! Y a quienes no puedan acompañarnos este año, ¡espero verlos el próximo otoño!

Este espíritu de conexión se extiende durante toda la temporada otoñal, ya que en noviembre celebramos el Mes Nacional de los Cuidadores Familiares. Ellos desempeñan un papel fundamental en todas las comunidades de Nuevo México. Quiero darles las gracias de corazón a cada uno de ustedes, tanto si prestan cuidados a tiempo completo o son miembros de la comunidad que colaboran en la prestación de asistencia, defensores o adultos mayores que realizan labores de voluntariado. Ustedes forman parte de nuestro compromiso compartido de for-

jar un estado en el que todas las personas puedan prosperar como adultos mayores.

Noviembre es también el Mes de la Herencia Nativa Americana, ocasión que reviste un significado muy especial para los veintitrés pueblos, las dos tribus apaches y la Nación Navajo, todos ellos integrantes de la comunidad de Nuevo México. Para conmemorar este mes, entrevistamos a Christine Sims, profesora de la Universidad de Nuevo México y directora fundadora del American Indian Language Policy Research and Teacher Training Center, para que nos cuente su historia de vida dedicada a la preservación y revitalización de las lenguas nativas americanas. Los invito a leer la inspiradora historia “Keeping Native Language Alive” (página 8) y a conocer cómo las personas mayores influyen en nuestras comunidades transmitiendo su sabiduría a la generación que les sigue.

Por otro lado, no puedo dejar de mencionar una de las inquietudes que muchos adultos mayores me han planteado en los últimos meses: la incertidumbre sobre la financiación y las políticas de los programas federales. Si bien somos conscientes de que el escenario nacional sigue sufriendo cambios que generan mucho recelo, quiero asegurarles que nuestra misión permanece intacta. Independientemente de lo que ocurra a nivel federal, nuestro departamento seguirá brindando asistencia a los adultos mayores, a las personas con discapacidad y a los cuidadores de todo Nuevo México.

Hoy más que nunca es fundamental que ustedes sean escuchados directamente por nuestros líderes federales, del estado y de la comunidad local. Levanten sus voces para hacerles saber que financiar los servicios para los adultos mayores no es opcional, sino esencial. Sus voces importan y juntos estamos trabajando para lograr un futuro en Nuevo México donde todas las personas reciban el apoyo y el respeto que merecen.

Cordiales saludos,



Emily Kaltenbach,
secretaria del gabinete

Departamento de Servicios para Personas Mayores y a Largo Plazo de Nuevo México

Servicios para Personas Mayores de Nuevo México

Acompañamos a las personas de Nuevo México para que puedan gozar de independencia y buena salud durante toda la vida.

Acerca de los Servicios para Personas Mayores de Nuevo México*

Nuestra misión es servir e inspirar a las personas mayores del estado para que lleven una vida activa y saludable y para que establezcan vínculos sólidos con la comunidad. El departamento es pionero en la creación de programas y de alianzas que favorecen la independencia a lo largo de toda la vida y el envejecimiento de forma saludable, ofreciendo protección, asistencia y recursos para personas mayores y adultos con discapacidades.

● Para obtener más información sobre estos servicios, consulte el portal aging.nm.gov o siganos en Facebook, Instagram y X (@NewMexicoAging).

Acerca de la revista New Mexico Generations

New Mexico Generations busca enriquecer la vida de todas y cada una de las generaciones de Nuevo México, ofreciéndoles inspiración, recursos y oportunidades para conectar con la comunidad.

CONTACTO:

info@newmexicogenerations.com

PARA CONSULTAS SOBRE

PUBLICIDAD:

chris@newmexicogenerations.com

PRODUCIDO POR FLATBED CREATIVE NM

Flatbedcreative.com

*Servicios para Personas Mayores de Nuevo México es el nombre que utilizamos para referirnos al Departamento de Servicios para Personas Mayores y a Largo Plazo de Nuevo México. Usamos este nombre en las comunicaciones externas y con la población en general para reflejar completamente el alcance de nuestro trabajo y representar mejor a quienes prestamos servicios en todo el estado.

Información general sobre el Departamento de Servicios para Personas Mayores de Nuevo México

Red para Personas Mayores:

Las cuatro Agencias de Área para Personas Mayores de Nuevo México prestan servicios domiciliarios y comunitarios que permiten que las personas mayores puedan permanecer en sus hogares y recibir asistencia durante la vejez. Estos servicios comprenden comidas a domicilio, empleo, transporte, programas para el envejecimiento saludable, programas de prevención y acceso a una red con más de 250 centros para la tercera edad en todo el estado.

Oficina de Asuntos de Personas Mayores Indígenas (OIEA, sigla en inglés):

La misión de la OIEA es coordinar y potenciar un sistema de servicios que empodere a las personas mayores de la comunidad indígena estadounidense, brindándoles asistencia y recursos para llevar una vida saludable con alegría, respeto y dignidad en sus comunidades tribales. Estos servicios comprenden comidas en los Centros Tribales para Personas Mayores, comidas a domicilio, transporte, tareas domésticas y oportunidades de ejercicio físico para mantenerse en forma.

● Para obtener más información sobre los servicios de la OIEA, escriba a oiea.info@altsd.nm.gov.

Departamento de Derechos del Consumidor para la Tercera Edad y Centro de Recursos para Personas Mayores y Adultos con Discapacidades:

Estos dos departamentos trabajan de forma conjunta para ayudar a los adultos mayores, a las personas con discapacidad y a quienes los asisten a encontrar

servicios e información para que puedan llevar una vida saludable e independiente. Entre otras cosas, los ayudan con los trámites de inscripción en Medicare y Medicaid, a pagar los medicamentos recetados y a evaluar los programas y servicios de atención a largo plazo.

Programa de Defensoría del Pueblo:

Este programa cuenta con defensores públicos, todos voluntarios, que visitan periódicamente los centros geriátricos y las residencias para personas mayores con el fin de defender los derechos de quienes residen en ellos, investigar denuncias o problemas con el personal, buscar soluciones y garantizar la calidad de la atención.

División de Cuidado a Largo Plazo:

el departamento brinda servicios centrados en la comunidad y en los cuidadores para habitantes de Nuevo México. Administra cinco programas: el Programa de Cuidado para Veteranos, New MexiCare, el Programa de Transición de Cuidados, la Oficina de Alzheimer y Demencia y el Programa Piloto para Familiares que Prestan Cuidados.

● Para denunciar maltrato, abandono u otros asuntos, llame al 866-451-2901.

Póngase en contacto con los Servicios para Personas Mayores de Nuevo México

800-432-2080

help@altsd.nm.gov

aging.nm.gov

@NewMexicoAging



● Left: Secretary Kaltenbach at the ALTSD Caregiver Summit. Below: Attendees at the summit learn how to get help to address their needs.

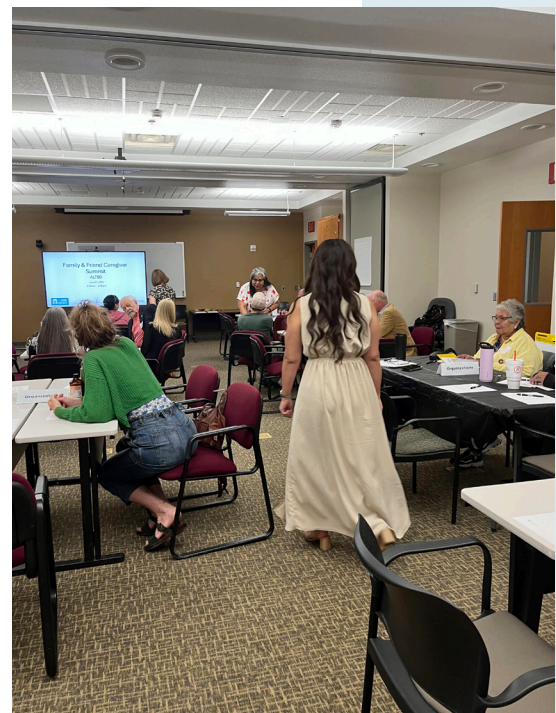


Celebrate National Family Caregivers Month

According to a 2023 estimate by AARP, New Mexico has 270,000 people taking care of family members—13 percent of the state's population. This November, celebrate the caregivers in your community by pointing them to the Long-Term Care Division website.

Throughout the year, the department offers webinars, online learning resources, in-person training sessions throughout the state, and even caregiver summits at various locations, providing a space where

people can come together to share experiences and tips as a community. "I remember one caregiver saying they take 15 minutes to themselves each morning on their porch to drink a cup of coffee and have some quiet time," says Angelina Flores-Montoya, the deputy cabinet secretary of New Mexico Aging Services. "It's all about those daily wins, taking care of yourself and being sure to incorporate that into your routine. I encourage everyone to learn more by visiting the Long-Term Care Division website."



Fall Is Your Medicare Open-Enrollment Reminder

When the leaves begin to change, you can almost bet that your mailbox will soon be full of ads for Medicare plans. That's because every year like clockwork, open enrollment runs from October 15 through December 7. Rather than view all those competing offers as a maze to navigate, think of them as an opportunity to ensure that your health plan fits your current needs. Review your coverage and check to see if your monthly premium and copays meet your budget. If you know you have an upcoming surgery, verify that your plan will cover it. Examine your prescription-drug coverage

for next year, too, as costs change all the time and vary from plan to plan.

If you have any questions, operators at the Aging and Disability Resource Center (ADRC), part of New Mexico's Consumer and Elder Rights Division, can help you understand your options and pick a plan that's right for you. Staff will provide you with free, unbiased advice to choose the best care for the year ahead. The ADRC even offers in-person Medicare counseling events around the state, as well as tutorials on how to use the Medicare Plan Finder at aging.nm.gov/medicare. Feel free to call any time: **(800) 432-2080**.

HONORING AMERICA'S FIRST PEOPLES

This year, October 13 marks Indigenous Peoples' Day, celebrating the histories, cultures, perspectives, and resilience of Native and Pueblo peoples and their ancestors. New Mexico officially recognized the occasion in 2019, and today it's observed with a number of events across the state. Those open to the public include the Santa Fe Indigenous Peoples' Day Weekend Celebration (October 11–13), three days of dance and other traditional events on the plaza. (For more info, go to santafe.org/indigenouspeoplesday.) In Albuquerque, the Indian Pueblo Cultural Center hosts civic officials and the public, with dance groups from the pueblos performing as well as various speakers. Even if you don't attend, it's an opportunity to honor the rich cultures, traditions, and history of Native communities. Native Americans are a vital part of our state's identity, contributing to New Mexico's vibrant tapestry.



• Native dancers at the Indian Pueblo Cultural Center.



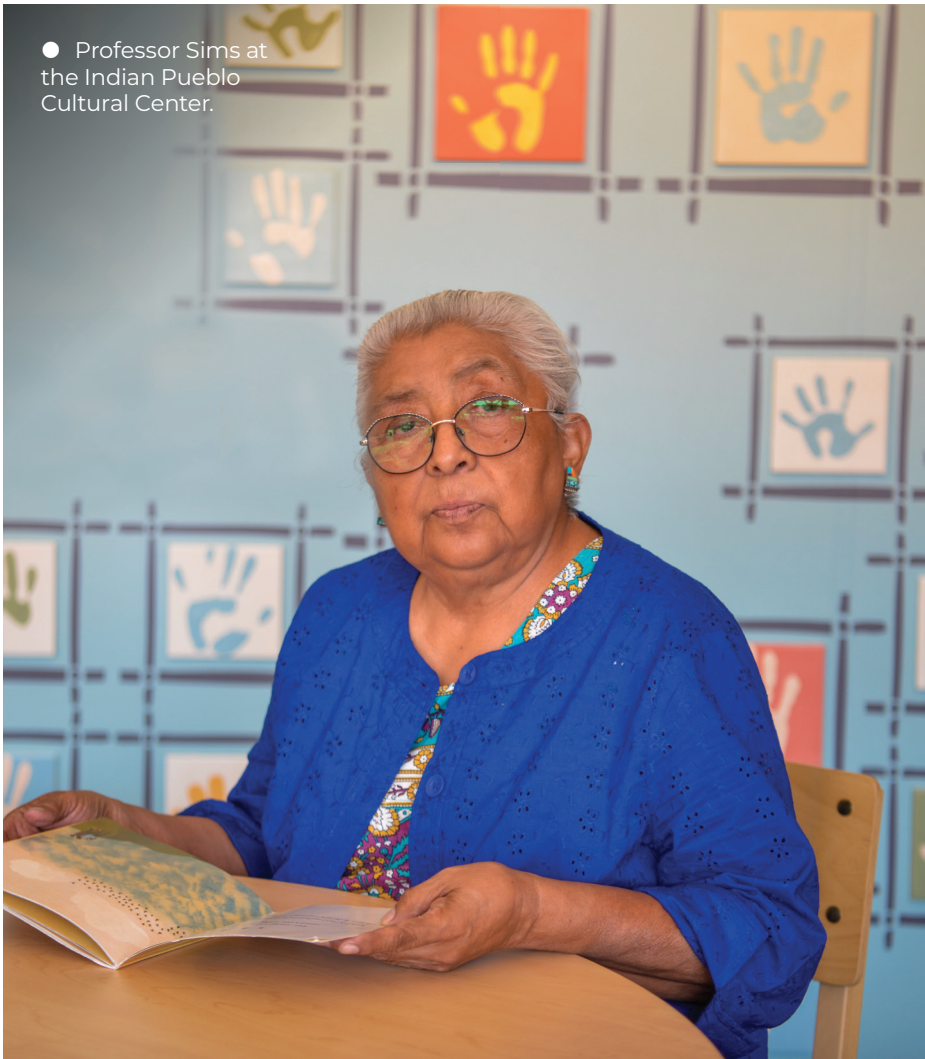
Experience the Train
with Family & Friends

Seniors 60+ Ride Free Every Wednesday

 **riometro.org**



● Professor Sims at the Indian Pueblo Cultural Center.



Keeping Native Languages Alive

How UNM professor Christine Sims ensures Native voices and traditions endure through language.

by Ungelbah Dávila

When Christine Sims first began her teaching career in the early 1970s, she had no idea she would spend the next five decades working to preserve and revitalize Native American languages.

Sims, who is from Acoma Pueblo, is now an associate professor in the University of New Mexico's College of Education and the founding di-

rector of the American Indian Language Policy Research and Teacher Training Center in Albuquerque. Her life's work has been to ensure that Indigenous languages, many of which face the threat of extinction, are spoken and taught for generations to come.

It's an important calling, though she admits she found it by chance. Sims began her college career study-

ing secondary education and history, and she "fell into linguistics by accident" during her first teaching job at Laguna-Acoma High School. "At the time, I was recruited to work in a new program that was going to be teaching the Keres language," she says. "That was the first time I was involved in anything like that."

Up until then, Keres—the language spoken in both the Acoma and Laguna Pueblos—was passed down exclusively through oral tradition. "Many of our languages were not written languages, and that piqued my interest," she says. "Federal funding was supporting programs like Title VII bilingual education, so some tribes began to apply for money to have Native American programs in their schools. But there was no place where people could go to get any kind of training or background with in bilingual education, so they started to have summer institutes at the University of Albuquerque."

By the late 1980s, Sims and others formed a nonprofit organization called the Summer Institute of Linguistics for Native Americans. "We served Native speakers from 40 different languages across the United States," Sims says. "So there was a real interest not only in Native American bilingual education, but also in Native American people themselves learning some basic linguistic tools in order to develop their own materials for teaching."

At that time, most Native children entered school speaking their heritage language, and Sims helped them maintain that while also learning English. By the early 1990s, the picture had changed, with younger generations no longer learning Native languages at home.

"By the mid-1990s, we weren't looking at bilingual education anymore," Sims says. "We were looking at language revitalization, which is a whole different challenge, because now you're teaching your own language, almost as a second language,

“We were looking at language revitalization, which is a whole different challenge, because now you’re teaching your own language, almost as a second language, to Native children who have not learned it.”

—CHRISTINE SIMS

to Native children who have not learned it.”

Sustaining Culture Through Language

That call for language revitalization led Sims to pursue a doctorate at UC Berkeley, where she focused her research on immersion programs, studying models in New Zealand and Hawaii. Then she brought those ideas back to New Mexico.

During her doctoral studies, Sims met a Karuk family in Northern California whose aunt was one of the last fluent speakers of their language. The family dedicated themselves to learning from her. “I saw how language was a powerful tool in helping that family not just learn the language itself, but also the things that were embedded in it—the stories, the belief systems, the way Native people look at the world,” she says. “Language is something we don’t often think of in terms of being a critical asset. But when you look at how much is carried through it, you understand why that language needs to continue.”

Sims also emphasizes the critical role tribal elders play in passing on not just language but also wisdom. “Each elder has something to impart and leave behind for the next generation,” she says. “This might be advice, showing how to do something, or sharing lived experiences that younger generations can learn from. Sometimes I hear people say that younger people don’t want our advice. But in my experience, they do want to learn from us. It’s often a matter of how you talk to them, so

they understand it comes from the heart. Sometimes this means you just listen to them in the beginning without judging them. When those windows open, that’s the time to insert your life lesson!”

In 2007, Sims founded the American Indian Language Policy Research and Teacher Training Center at UNM. The center’s mission is twofold: to research effective policy approaches to language revitalization, and to train Native speakers to teach their languages as second languages. Every summer they host the Native American Language Teachers Institute, open to any Native speaker who wants to learn how to teach their language—whether in a school, a Head Start program, or a community setting.

The need is urgent. Many Native languages in New Mexico and across the U.S. have only a handful of fluent speakers left, most of them elders. “Language has always been there for us as Native communities,” Sims says. “It’s the thread holding things together, including our self-governance, the education of our children in traditional ways, the maintenance of cultural traditions, the way Indigenous communities have looked at the world, their own epistemologies, their own belief systems—all of those are embedded and carried through with language.”

These days, Sims reflects more on her own experience as she moves into elderhood. “Our elders used to remind us that we are just borrowing life and time here on earth, and now that has come to be very true,” she says. “So make the most of the

time we have been given to do good, take care of one another, and teach our younger generations the lessons that are embedded in wisdom from the past.”

Passing Wisdom to the Next Generation

According to Sims, senior centers are a key hub for sharing lessons between generations. She recalls an immersion program at Laguna-Acoma High School where teachers arranged visits to the senior center and students brought illustrated booklets to spark conversations in Keres with elders. “Senior centers or adult day-care centers can be important sites for bringing together young and old,” she says. “One of the lessons we learned early in language-revitalization work was how valuable the learning experience can be when young language learners interact with elders. Rather than isolating age groups within our communities, there should be more opportunities to bring different generations together, especially where language is concerned.”

Over the years, Sims has observed that successful revitalization efforts always take root in the community itself. “The communities that commit people, resources, and long-term planning—those are the places where you see language use growing again,” she says. Today, Sims still draws motivation from success stories close to home. Jemez Pueblo, for instance, has a full-immersion Head Start program in Towa where children learn Native language from the time they’re babies until kindergarten. At Cochiti Pueblo, the Keres Children’s Learning Center immerses students in Keres from birth through third grade.

“When I see little kids speaking their language fluently, it’s like—yes!” Sims says, smiling. “These are the future leaders of their communities. And isn’t it wonderful that they can do that as fluent speakers of their languages as well?”

- People over 50 are nearly twice as likely to launch a successful business as a 30-year-old.



How to Start a Second Career—and Thrive

Tips for finding work and volunteer opportunities around the state.

Paula Getz was burned out. Getz, 66, grew up in Santa Fe. After graduating from the University of New Mexico's Anderson School of Management, she began a career in IT consulting in Silicon Valley. Four decades later, during which she traveled around the world for her work, Getz moved back home to Los Ranchos. Eventually she retired, then realized she faced a new challenge: What next? "I knew I would suffer loneliness in retirement, so I wanted a way to volunteer and work on something new," she says. "I realized

this was hard to figure out on my own, and I figured there were more like me, so I decided to create a place to help people looking for their next chapter. 'Who am I now? What do I want to do? What is my purpose?'"

Getz isn't alone. New Mexico is projected to be in the top ten for oldest population in the United States by 2030. Those over 55, Getz says, are the fastest-growing segment in the state's workforce, and they bring a lot to the table. Those over 50 are nearly twice as likely to start a successful business as a 30-year-old, according to research

from the U.S. Census Bureau, MIT, and the Kellogg School of Management. "A 50-year-old entrepreneur has gone through it, gotten their scars, and has wisdom," Getz says.

To help aging adults find second careers, Getz founded NM-NEW, a non-profit now run by Central New Mexico Community College (CNM) that helps seniors 50 and older find full- or part-time roles with companies as well as volunteer opportunities. So far employers are loving it. "Workers over 55 are loyal and tend to stay at jobs longer, which increases productivity," says Victor Ortiz, senior program manager at NM-NEW. "Older adults make great mentors, and the social interaction helps keep them mentally agile, reduces isolation, and strengthens community bonds."

Here, Getz and Ortiz share tips on starting a second career.

1. Figure Out Your Goals

The first step is basic but crucial. "The big question is: Do you need to work or do you want to work?" Getz says.

If income is your primary motivation, then it's best to seek a job that directly correlates with your existing abilities. "If you did accounting for 40 years, then find jobs that really need that skill," Getz says. But if your goal is personal fulfillment, the options are broader and may involve learning a new skill you've always been curious about or leaning in to a long-dormant passion.

One technique for expanding your work horizons is simple: volunteering. If you're interested in nursing, law, or helping with animals, find a local organization and offer to volunteer for a day, week, or month while shadowing workers to learn more. "I wasn't sure what to do [after I retired], so I volunteered for a few different organizations. It helped give me a different perspective about my skill sets," Getz says. "It was a really valuable experience to help discard my old role and figure out who I am now."

2. Sell Your Abilities

Most people assume their skills are nar-

rowly defined by the last job they held. For instance, a former teacher might think that their skill is simply teaching.

But when starting a new chapter, it's important to identify the deeper skills utilized in a previous profession. "For instance, as a teacher you were a project manager who led meetings, planned events, and collaborated with peers," Ortiz says. "Break down your skills and abilities—don't just give a job title—to unlock your true potential."

One in-demand skill that aging adults often possess? Customer service. "We helped a former UNM professor who just wanted to connect with people find a job as a greeter at the airport," Getz says. "It's simply a matter of helping the person explain their skills and then doing the matching."

3. Learn New Skills

Once you settle on a desired job path, figure out which new abilities you require to achieve it. For instance, a physical therapist needed to figure out

how she could offer classes online to broaden her reach. NM-NEW helped her learn the software tools to set up online classes, and now her business is thriving. The key is to be open to learning new things. "Don't walk into the workforce thinking, 'I've got 40 years of experience and know it all,'" Getz says. "With five generations in the workforce, it's now all about two-way mentoring. You have skills to offer and teach, and so do your younger coworkers. For the older generation, it's especially important to keep up with tech skills, including AI."

Tech can be daunting, so NM-NEW offers deep-dive programs to help train those in need, including classes both online and in person at the CNM campus in Albuquerque. You can also apply for financial assistance. "We work from the ground up," Getz says.

4. Apply for Jobs

Today, businesses across New Mexico are having a hard time filling posi-

tions. To help, NM-NEW created the Engagement Connection Center, an online hub where aging adults create a profile, upload a résumé, and find businesses looking for workers and volunteers. "Employers list jobs to be filled and actively search for candidates on the center site," Getz says. "And it's not just about work. The volunteering options let people engage with their community more."

5. Don't Give Up

Finding a second career can take time. "The big thing is to be proactive," Ortiz says. "Put yourself out there, and be willing to take some risks." If applicants are struggling to succeed, NM-NEW can help tweak résumés or provide interview coaching. "We offer continued support," he says. "We're here for you."

To learn more, visit cnmingenuity.org/program/nm-new.

PLAN WITH US & SECURE TOMORROW

Proudly serving New Mexico since 2017 with transparent and dependable fiduciary services. We are dedicated to supporting individuals and families with integrity and trust.

LEARN
MORE
SCAN



OUR SERVICES
FINANCIAL POWER OF ATTORNEY
SENIOR TRANSITION SERVICES
FAMILY FIDUCIARY SUPPORT
ESTATE MANAGEMENT
PROBATE SUPPORT
CONSERVATORSHIP
GUARDIANSHIP



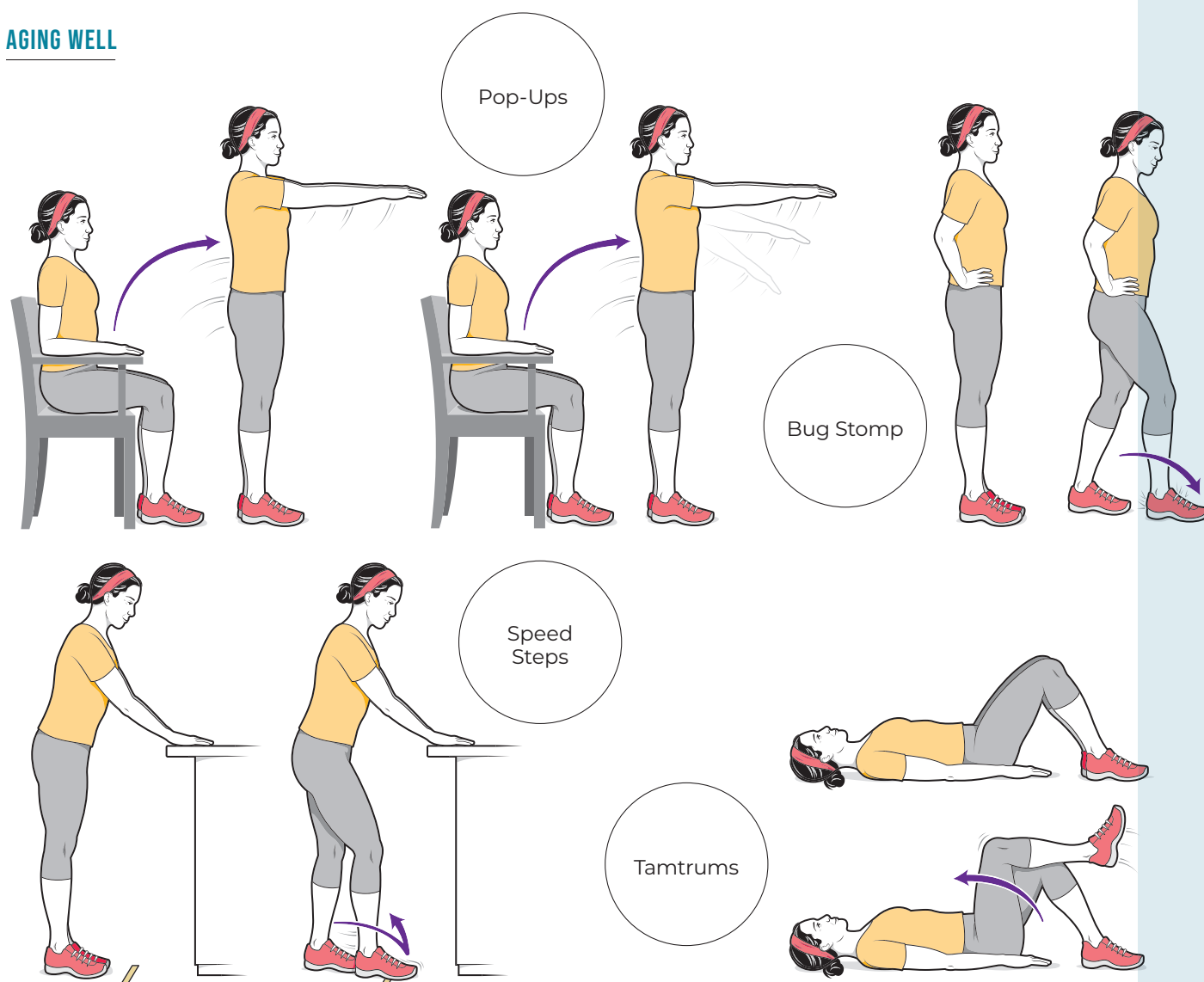
"WE EMPOWER OUR CLIENTS TO ACHIEVE PEACE OF
MIND AND FINANCIAL SECURITY."



WE MAKE IT **EASY** TO HAVE A PLAN

ADVANCEDGUARDIANSHIPSERVICES.COM

505.492.3966



The Key to Maintaining Muscle Function at Any Age

Strength training is important, but there are two types of muscles that are critical for functional power. Here's how to exercise them both. **By Marjorie Korn**

Maintaining cardiovascular fitness, preserving bone density, and facilitating movement as you age are crucial to long-term health, which is why strength training is often recommended for older adults. And while strength training is great for you, you may be missing out on another critical component of muscle health: functionality.

There are two types of muscle fibers—slow- and fast-twitch—and

both are important when it comes to performing day-to-day tasks. Slow-twitch muscles are the ones that help the body keep moving at a steady pace over a period of time, like going on a walk, schlepping up stairs, or taking a ballroom-dancing class. Low-to-moderate-intensity exercise as well as weight lifting help maintain those muscles. But what happens when you're out walking and a bicycle swerves into your path, you trip going up stairs, or your partner misses a step

during the foxtrot? That's when those fast-twitch fibers come in. These are what reflex-related muscles are made of, responsible primarily for rapid, powerful movements—like catching yourself before a fall. They're also the ones many people have neglected since childhood, which can leave older adults susceptible to injury.

"When we age, we lose fast-twitch muscle fibers at twice the speed of slow-twitch fibers," says Paul Holbrook, a strength and conditioning

specialist and president of Age Performance, which focuses on helping older people attain optimum health. “As we get older, if those fast-twitch muscles aren’t being used, they literally get connected with slow-twitch motor neurons.”

In short, if you don’t use it, you lose it. That’s why Holbrook puts nearly all his clients through fast-twitch muscle training. Done consistently, training fast-twitch muscles can help increase reaction time in the event that you need to catch yourself (or get out of the way of a careless cyclist). Speed training, as it’s called, can also have cognitive and cardiovascular advantages.

“Traditional strength training makes you stronger, but when you do speed training as well, it unlocks tons of additional benefits,” Holbrook says. “Gait speed and balance improve much more with speed training than with regular resistance training.”

Here’s Holbrook’s beginner’s guide for engaging fast-twitch muscles. He suggests doing this routine two or three times per week.

Pop-Ups

Sit in a chair that has armrests, feet flat on the ground. Press the palms of your hands into the armrests and stand up in a quick, smooth motion, using your hands to balance yourself. Then slowly reverse to starting position. Rest five to ten seconds. Repeat four times. Do two or three sets. For an added challenge, after popping up, take a quick step forward before reversing to starting position.

Bug Stomp

Stand with your feet hip width apart. Lean forward slightly and step forward with your right foot, stomping the ground. Reverse the motion to starting position. Switch sides for one rep. Repeat four times, and do two or three sets. Rest as needed. If you’re concerned about balance, sit in a chair while stomping. For a slightly more difficult variation, stomp to the left and right of your body.

Speed Steps

Place a foot-long piece of masking tape on the floor parallel to a countertop and a foot or two from the edge. Stand behind the masking tape and place your hands on the counter for balance. Step forward with your right foot and place it on top of the masking tape, then repeat with the left foot. Both feet will be on the tape. Then step your right foot back followed by your left foot. Repeat up to five times, moving as quickly as feels comfortable. Rest 20 to 30 seconds between sets as needed. If that’s too easy, rest your fingertips on the counter for balance, or do the exercise without holding on at all.

Tantrums

Lie on your back, knees bent, feet flat on floor. Raise your right knee toward your chest and return it to the floor, then repeat on the left side. Briskly alternate sides for ten seconds, then rest as needed. Repeat twice.



Health Tip Corner

3 tips to beat the sneeze

As the leaves change color and the air turns crisp, millions of Americans are affected by seasonal allergies. Allergic rhinitis, or hay fever, causes symptoms like sneezing, runny nose, and congestion. These allergies can significantly impact daily life, especially if you have pre-existing conditions or are immunocompromised.

Here are three tips that may help provide relief as the season changes:

- 1. Reduce exposure**
Use air conditioning, avoid outdoor chores, use air purifiers, and shower after being outside.
- 2. Track pollen levels**
Check local forecasts, stay indoors during high pollen counts, and wear a mask.
- 3. Consider over-the-counter remedies**
Antihistamines, decongestants, and saline nasal rinses can help relieve symptoms.

Understanding what triggers your allergies can help you reduce exposure. If you’re still struggling to manage your symptoms, contact your doctor to explore further treatment options.

Sponsored by



uhccp.com/NM

Content is for general informational purposes only and not intended to be medical advice or a substitute for professional health care. See your physician for medical advice personalized to your situation.

THE INTERVIEW

A Life in Song

At 65, Al Hurricane Jr. continues
to share New Mexico's music with
audiences around the world.

By Stayton Bonner

Photographs by
GABRIELLA MARKS



● Hurricane Jr. followed in his father's footsteps, but he created his own following of music fans, too.

Elvis Presley, Chubby Checker, Fats Domino. Al Hurricane Jr. met them all—often enough when he was a kid in his living room. “Fats Domino came over to our house in Old Town in Albuquerque,” Hurricane recalls. “My dad was always practicing at home, so big-name musicians were coming through. It was awesome.”

“Dad” in this case was Alberto Nelson Sanchez, a miner’s son from Dixon who started playing guitar at age five and eventually made himself over as Al Hurricane. Now revered as the godfather of New Mexico music, Hurricane was an eyepatch-wearing, goateed maestro who got his nickname by blending pop, country, and Mexican corridos into a unique sound. He recorded over 30 albums, received the Governor’s Award for Music, and had his songs covered by some of the world’s biggest artists, including Selena. But perhaps his greatest legacy was his family. The Hurricane clan produced a range of musical acts, including the godfather’s son and namesake, Al Hurricane Jr. “I loved my dad so much,” Hurricane Jr. says of following in his father’s footsteps, “I just wanted to be with him.”

Now, the younger Hurricane is a state treasure in his own right—still touring and performing at 65, including at this year’s Conference on Aging, hosted by New Mexico Aging Services. Here he discusses his family, some of their favorite gigs, and why he loves visiting his local senior center to grab breakfast with friends and fans.

What was it like growing up in Albuquerque in the sixties?

My grandfather was a miner originally from Ojo Sarco, and my grandmother was from Pecos. They traveled a lot in Colorado and Arizona, finding work in the mines, before settling in Albuquerque, where my grandfather worked as a custodian. During his time off, he played saxophone.

When my dad was a kid, he was interested in the guitar. So my grandmother taught him how to play a song on one

string. Then my grandfather taught him how to play a song on two strings, and my dad just kept going. In Old Town, he would set his piggy bank by a well and play there for tips. Tourists would drop in money, and he’d take it home and give it to the family. He and my grandfather would also play on local radio shows together. I still have some of their old 78 records.

It sounds like music ran in the family.



I’ve been surrounded by music all my life. I was born in 1959, at an old house at 19th and Marble in Old Town. One of my first memories was of going to the local fiesta. This was before the city even had a freeway, so we’d drive up and down Route 66. I also remember getting dressed up in a tuxedo at three years old to see Chubby Checker. Dad was always practicing music.


What made you decide to pursue music?

When I was ten, my parents divorced. I was devastated. My dad said that my mom could have the house and everything else, but that he wanted his oldest son. So we left my mom and siblings, taking only the stereo and records with us. I’d go back and spend time with them, but it just wasn’t the same. It was hard being away from my dad.

Why were you and your dad so close?

We just had a strong bond. My mom had three miscarriages before me, and growing up they took me everywhere. So I went to live with my father, who was in the National Guard and worked as a custodian at Kirtland Air Force Base. His mother and brother said he should quit his job and do music full-time. So he left and they formed Hurricane Enterprises, which distributed Spanish records throughout New Mexico.

At first I was more interested in base-



● Hurricane Jr (center)
grew up performing with
his father, opposite page.

ball. But after a couple of years watching Dad play, I was like, “That’s what I want to do.” At age 12, I started going with him to his shows at the Far West Nightclub just off 98th Street—where my dad used to work as a busboy—taking my trumpet and learning a song a week. At the beginning, I knew just one song. I’d fall asleep backstage, he’d wake me up to play it, and then I’d go right back to bed near the stage. *[Laughs]*

Then the next week he’d show me how to play another song. Before I knew it, I was onstage the whole night without having to go to sleep, and it just grew from there.

So you started touring as a kid?

I finally joined the band at 12 years old, and we toured the state every week-

Suddenly, everyone at school knew who I was. At first I didn’t like it, because I was very shy. But finally, toward the end of my senior year, everyone was like, “There’s Al Hurricane Jr.”

—AL HURRICANE JR.

end. The band would be waiting for me outside my school. As soon as I got out of class we’d hit the road, playing Friday and Saturday night. During the drive home on Sunday I’d be doing my homework, and then it was back to class on Monday.

What was it like being a touring musician as a teenager?

I’d sing a song and the crowd would clap

like crazy, so I decided to make my own recording. My uncle recorded it, and the song probably took 50 takes. At one point I started crying. My uncle looked at me and said, “Are you going to cry, or are you going to sing?” So we got it done. *[Laughs]* I released my first 45 at 15 years old and started playing dances at the high school with my dad’s band. Suddenly, everyone at school knew who I was. At first I didn’t like it, because I was very



● Hurricane Jr. performs for an audience in the Santa Fe Plaza in August.

shy. But finally, toward the end of my senior year, everyone was like, “There’s Al Hurricane Jr.”

When did you start playing music full-time?

As soon as I graduated high school, I was playing full-time in the band with my dad and uncles. Dad had a Gibson Firebird guitar. Uncle Gabe played the sax. We played a variety of music. Slow stuff, “Johnny B. Goode,” and even Little Richard. We’d rip it up and then head back to the house. As a young boy, I took the experience for granted. But now I look back and marvel at how good they really were as a band.

Was the whole family in the music business?

My grandmother was a promoter. She brought in Elvis to play Albuquerque. I remember sitting in the front row and watching him, which was amazing. She

For a while I considered semi-retiring. But before he passed my dad said, “Oh no, you’re not. You need to keep singing. Promise me you’ll keep singing and record some of these last songs we wrote together.”

—AL HURRICANE JR.

used to bring in all these acts to play the Civic Auditorium. I saw Fats Domino, Led Zeppelin, Janis Joplin, Jimmy Hendrix, so many artists. It was awesome. The venue officially held 4,300 people, but they’d pack sold-out concerts with hundreds more. My dad brought me along for all of it. We’d go up to the top of the Civic and look down.

What are some highlights from your career?

I remember a show in 1985. We had

played Trinidad, Colorado, on a Saturday night and just gotten back to Albuquerque on Sunday. That day we were booked to play the first Cinco de Mayo fiesta being held in the city, taking place at Harrison Junior High School. I was sitting at my place, watching TV, trying to milk as much time as possible before going to the show. Then I turned on the radio and heard the announcer say, “Oh, my God. There are so many people here that you can’t get into the park. It’s jammed all the way to I-25.” And I was



like, “Oh no, I ain’t going to make it. I’m gonna be late!”

Luckily, I knew a back way to get to the school, and drove up just in time to see my dad and the bass player arriving. We got lucky. Traffic was backed up, and the whole place was crazy with 25,000 people. We started to play, and the energy was pumping. Coors was a sponsor and sold a whole semitruck full of beer.

Another great memory was a concert in Malaga, Spain, in 2001. We were playing a festival, and the local crowd loved our traditional Hispanic songs. We opened the set with “La Bamba,” and you could hear my dad’s guitar all along the beach on a moonlit night on the Mediterranean. By the end of the song, we had 15,000 people dancing. At the end of our set, the next band to come on told us to go ahead and keep playing. They didn’t have to tell me and my dad twice. We played for another hour.

Did your kids carry on the family music tradition?

I have three daughters, and two of them are doctors. I’m so proud of all of them. My oldest daughter helped create a Pandora radio station for my dad’s music before he passed. He was so excited.



How do you stay fit and inspired?

I was a little overweight for a bit, but when the pandemic hit I was determined to get back in shape. I started walking on my elliptical, got healthy, and have stayed that way. In terms of being inspired, I still love to play music. For a while I considered semi-retiring. But before he passed my dad said, “Oh no, you’re not. You need to keep singing. Promise me you’ll keep singing and record some of these last songs we wrote

together.” So I’m still out there, and I plan to record those songs.

In addition to music, what’s another way you stay connected with people?

I love going to senior centers around Albuquerque. They have the best breakfasts! I enjoy a meal, run into friends I haven’t seen in years, and talk with folks who remember my dad. I love it. Without our fans, we’d be nothing. ●

● Lean meats and fish that are high in protein, such as salmon, are critical for maintaining muscle mass.



Strength on a Plate

Nutritional essentials to keep muscles and bones in top shape.

As we age, our eating habits can shift in ways that make the difference between staying strong and independent and facing preventable health setbacks. Muscle mass declines, bones lose density, and appetites wane, making it harder to get the nutrients our bodies require. But with good habits and the right foods, older adults can preserve strength, mobility, and cognitive function well into later life.

“Losing muscle mass and bone density are significant problems we see in an aging population,” says Fallon Bader,

a registered dietitian nutritionist and the founder of Sprouting Kitchen, an Albuquerque cooking school and food-awareness program. “People tend to eat less as they age, and they have less motivation to eat healthier foods, so it becomes even more important to think about food choices and find foods that build muscle and bone density.”

For older adults, that means focusing on a few key nutrients—things like protein for preserving muscle and calcium and vitamin D for maintaining bone strength. It also means incorporating practical, approachable recipes

into your cooking routine to make sure the food you eat is healthy and still delicious. Combined with hydration, sunlight, and weight-bearing exercise, these considerations can help aging bodies stay strong, resilient, and active.

Here are the five essential nutrients that will help you maintain bone and muscle strength, along with some foods that contain them.

Protein

Protein is synonymous with muscle, because your body uses the amino acids proteins contain to repair and

maintain muscle tissue. As we age, a natural process called sarcopenia leads to gradual muscle loss, which can affect balance, mobility, and overall strength. Research from the National Institutes of Health has shown that older adults who consume adequate protein—around one gram per kilogram (2.2 pounds) of body weight daily—can slow muscle loss and improve overall function, especially when paired with resistance exercise. This translates to roughly 65 grams of protein per day for a 150-pound individual. For comparison's sake, an egg has six grams of protein, and half a cup of cottage cheese has twelve. Other high-quality sources include lean meats, fish, dairy, soy products, legumes, and nuts.

Calcium

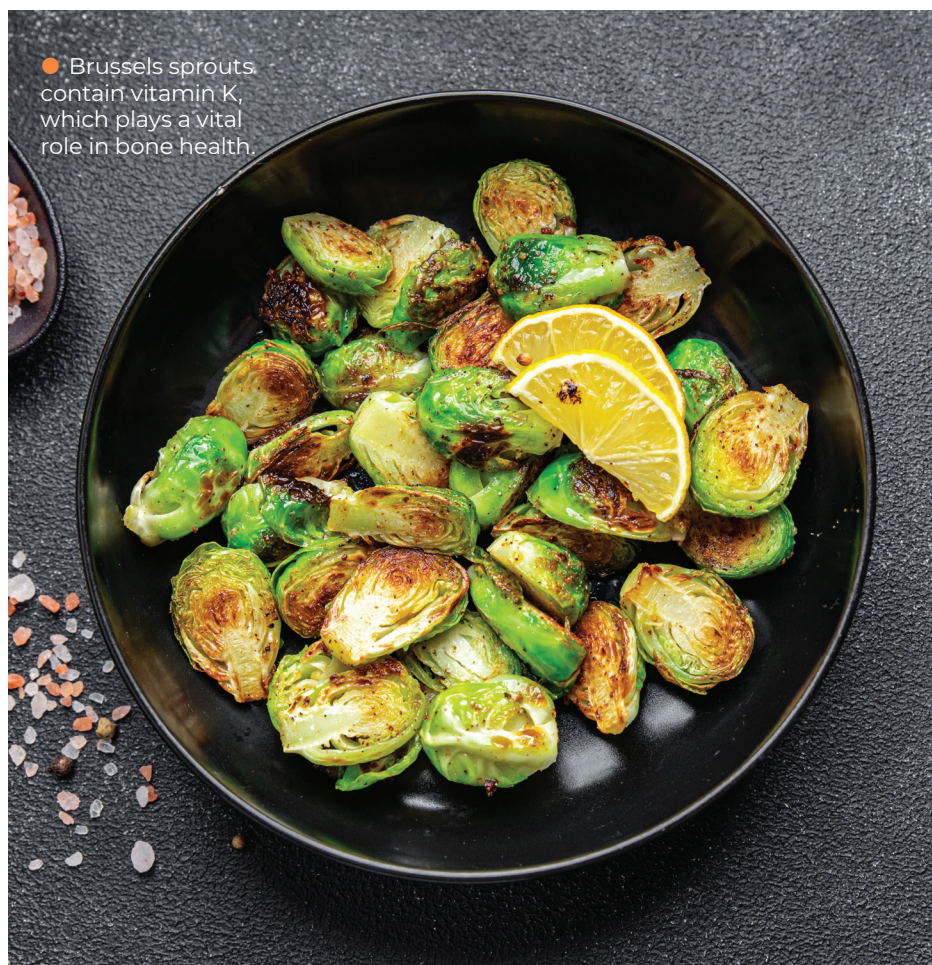
This mineral helps your muscles, nerves, and cells function normally, but nowhere in the body is calcium as crucial as in the bones. It's critical for building and maintaining a healthy skeletal system, and because the body can't produce calcium on its own, you only get it from what you eat. What's more, since bone density declines with age, eating foods that are high in calcium is even more important to prevent osteoporosis and fractures. Studies consistently link higher calcium intake to better bone density in older adults. Dairy products like cheese and Greek yogurt are easy sources of calcium, and plant milks such as almond and oat are usually fortified with it. Tofu, sardines, and leafy greens like kale and broccoli are excellent options, too.

Vitamin D

Vitamin D is essential for helping the body absorb calcium efficiently. Without it even a calcium-rich diet won't protect bones effectively. Low vitamin D levels are common in older adults, especially during winter or in those who spend less time outdoors, and are linked to increased fracture risk. Sunlight exposure, fatty fish, egg yolks, and foods with added vitamin D are good dietary sources. For aging



● From top: kale is an excellent source of calcium and vitamin K, while eggs provide protein.



● Brussels sprouts contain vitamin K, which plays a vital role in bone health.

adults, this is one common mineral that may require taking a supplement to get what you need. Check with your doctor. “We don’t want bones to be brittle,” says Bader. “That increases the risk for bone fractures, which are common in older adults. Having ample calcium and vitamin D can be really important to prevent that.”

Magnesium

Magnesium is a key nutrient throughout our lives, helping to support more than 300 biochemical reactions in the body, including protein synthesis, blood glucose control, and blood pressure regulation. It even plays a role in cognitive health. For seniors worried about bone and muscle health it’s particularly important, as magnesium assists in the uptake of calcium into bones and supports the nervous system and transmission of nerve impulses. Research suggests that magnesium deficiency in older adults is

linked to lower bone-mineral density and increased risk of falls. As we age, digestion often becomes less efficient, affecting the body’s ability to absorb nutrients, which means diet becomes even more important. Good sources of magnesium include nuts and seeds like almonds and pumpkin seeds, whole grains like quinoa, legumes like black beans, and leafy greens like spinach and Swiss chard.

Vitamin K

Like magnesium, vitamin K is often overlooked by aging adults, but it plays a vital role in bone health by activating proteins that help bind calcium to bones. Adequate vitamin K intake has been associated with lower fracture risk. It also supports cardiovascular health by preventing calcium buildup in arteries. Leafy greens such as kale, spinach, and Swiss chard, as well as broccoli and brussels sprouts, are the best sources.

DINNER RECIPE

A Power-Packed Fall Lunch

Chicken Vegetable Soup with Kale

Getting a full complement of nutrients and protein can be a challenge. This soup, from state nutritionist Ophelia Steppe, solves that challenge. “What’s great about this recipe is that it combines protein-rich chicken with calcium-packed kale,” she says, “both of which are beneficial for maintaining optimal bone and muscle health.” To up the protein content, use bone broth or low-sodium chicken stock instead of water. You can add canned chickpeas or white beans—along with other fresh vegetables—for even more vitamins and minerals. Just be sure to include a little extra water or broth to cover all the ingredients.

MAKES 3 SERVINGS

Ingredients

2 teaspoons vegetable oil (or cooking oil of choice)
 ½ cup onion, chopped
 ½ cup carrots, chopped
 1 teaspoon thyme, dried
 2 garlic cloves, minced
 2 cups water (or low-sodium chick-



SHUTTERSTOCK

en broth)

$\frac{3}{4}$ cup tomatoes, diced

1 cup chicken, cooked, skinned, and cubed

$\frac{1}{2}$ cup brown or white rice, cooked

1 cup kale, chopped (about one large leaf)

Directions

1. Heat the oil in a medium saucepan.
2. Add the onion and carrots. Sauté until vegetables are tender, about 5 to 8 minutes.
3. Add the thyme and garlic. Sauté for one more minute.
4. Add the water or broth, tomatoes, chicken, cooked rice, and kale.
5. Simmer for 5 to 10 minutes.

SOURCE:

USDA MyPlate

MORNING RECIPE

A Breakfast for Champions

Sautéed Apples Yogurt Parfait

This recipe, from nutritionist Fallon Bader, is an excellent way to start the day. It offers 20 or more grams of protein thanks to its main ingredient: yogurt. Even better, the sautéed apples add a delicious fall kick. Plus, you can sweeten it to your liking with honey or maple syrup (or leave the sweetener out altogether if you're concerned about sugar intake).

MAKES 4 SERVINGS

Sautéed Apples

- 2 tablespoons butter (or neutral-flavored oil like canola, avocado, or grapeseed)
- 4 medium-size apples or pears, peeled (optional), cored, and diced
- 2 tablespoons maple syrup or honey
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- 1 teaspoon cornstarch (optional)

1. In a large skillet, heat the butter or oil.

Once it's hot, add the apples or pears and stir until they're fully coated.

2. Add the sweetener, cinnamon, and ground ginger and stir well. Sauté for 7 to 10 minutes or until tender. Cooking time will depend on the thickness of your fruit.

Optional: For a thicker, sauce-like consistency, make a slurry with 1 teaspoon cornstarch and 3 tablespoons cold water, and add to the apples toward the end of cooking.

Yogurt Parfait

- 4 cups plain low-fat Greek yogurt or

cottage cheese

- 2 cups low-sugar granola or cereal

- 2 tablespoons chopped nuts, such as walnuts or almonds (optional)

Directions for a single serving:

1. Scoop one cup of the yogurt or cottage cheese into a bowl.
2. Add about $\frac{1}{4}$ cup of the sautéed apples.
3. Add 1 to 2 tablespoons of the granola or cereal on top, along with the chopped nuts (optional).



Kinship Caregiver Support Project

Did you know?

New Mexico passed landmark legislation to support **kinship caregivers**, grandparents, aunts, uncles, and close family friends raising children when parents cannot.

The new **Kinship Caregiver Support Project Pilot**, launching in 2026, is a first-of-its-kind partnership between the New Mexico Aging and Long-Term Services Department and philanthropy. The state will fund **kinship navigators**, trusted guides who will help these families access more services. Philanthropic partners will provide **monthly stipends** to ease the financial strain on caregivers, by helping to cover urgent needs like food, housing, transportation, and childcare.

The Pilot at a Glance

- **350 families** across 7 counties
- **\$500/month** stipends for 50 families per county
- Three-year project designed to prove the case for permanent, statewide funding
- Potential impact: more than **36,000 children** served

Why It Matters

These families stepped up when they were needed most, showing flexibility, resilience, and unwavering commitment to the children in their care. Now, it's time for the state and philanthropy to do the same, meeting them with systems change that offers real, lasting support.



"Every month, I have to make impossible choices—deciding which bill won't get paid and which child will have to go without new shoes."

– Esther Rodriguez,
McKinley County

Philanthropic Organizations: Become a Stipend Provider!

Sponsor a county for **\$825,000** over three years and directly support 50 families while shaping policy for years to come. This is your chance to be a part of a model that could transform kinship care in New Mexico for decades to come.

Join Us

Contact: Jovanna Archuleta, Early Childhood Education Program Director
jovanna@lanlfoundation.org

photos by Jane Bernard



"Balancing a full-time job while raising two young children is exhausting —physically, emotionally and financially. Some days, I don't know how to keep up, but slowing down isn't an option — I have to keep going for them."

– Paula Olsen,
Los Alamos County

Committed partners so far include:



KEELER | FOUNDATION



Standing Up for Grandparent Caregivers

How the LANL Foundation is creating a new system of support.

New Mexico has more kids living full-time with their grandparents than any other state—a caregiving arrangement that is only becoming more common.

Due to circumstances including substance misuse and incarceration, a growing number of parents in New Mexico are unable to raise their own kids. “Data from our report shows that 36,000 children in New Mexico are being raised by grandparents or other kinship caregivers, which is the highest number in the nation,” says Jovanna Archuleta, the early-childhood education program director for the Los Alamos National Laboratory (LANL) Foundation, an endowment to support schooling near the government research labs. “This issue is declining elsewhere but rising here.”

To help pick up the slack, grandparents and other family members are becoming full-time custodians for young kids—or kinship caregivers, as the relationship is called. “As part of New Mexico’s culture and traditions, grandparents have always helped raise children in a very multigenerational approach,”

Archuleta says. “But the data shows they’re becoming primary caregivers much more frequently—and it’s not just grandparents. We’re seeing aunts, uncles, and siblings as young as 19 stepping in to take care of children who are not theirs.”

Raising other family members’ kids can come with many rewards, but it also has its difficulties. Despite their efforts, grandparents and kinship caregivers struggle to shoulder the burden alone. “Some grandparents don’t have vehicles to take kids to school,” says Jessica Acosta, an

COURTESY OF ALTSD



“Data shows grandparents are becoming primary caregivers much more frequently, stepping in to take care of kids that are not theirs.”

—JOVANNA ARCHULETA

early-childhood education coordinator at LANL. “Financial challenges remain the biggest thing.”

In New Mexico, grandparents and other family members need support, a void the LANL Foundation is working to fill. Archuleta, a member of San Felipe Pueblo, located between Albuquerque and Santa Fe, is uniquely equipped to help address this concern. In 2017, she joined the LANL Foundation to support early-childhood programs and services for the eight pueblos of northern New Mexico, eventually helping to oversee New Mexico’s Early Childhood Education and Care Department. And while it may seem like childhood and elderly programs might be far apart, Archuleta says the two have much in common. “It’s really about looking at systems, identifying gaps, and figuring out how to address them,” she says. “Everything connects.”

Archuleta and Acosta work daily to help give grandparents support for caregiving at an advanced age,

connecting them with regional organizations that provide therapy, counseling, respite, and financial aid. “Local programs in the state didn’t know where to go for resources or weren’t aware that other programs like theirs existed,” Acosta says. “So we got them all together.”

The LANL Foundation also holds an annual event at the capitol build-

ing, uniting resources and assistance groups from across the state so that grandparents can get everything they need. “It’s a one-stop shop,” Archuleta says. The LANL Foundation even organized aging adults to visit the capital to support a caregiving house bill, which led to a pilot program with the Aging and Long-Term Services Department to offer more resources and support. “That has been our work, supporting advocacy and policy,” Archuleta says.

As part of this year’s Conference on Aging, Archuleta and Acosta are hosting a session dubbed “Rooted in Kinship: Co-creating Systems with Grandparents and Caregiving Relatives.” The title refers to the need to support grandparents who are taking care of grandchildren without the help of government aid, which they’d receive if they were legal guardians. The session will also serve as a forum for the community, bringing together aging adults to share their stories and to know they aren’t alone.

“We’re cocreating a system that doesn’t exist right now to help support them,” Archuleta says. “It’s for them, and together with them.”

“We’re cocreating a system that doesn’t exist right now to help support them,” Archuleta says. “It’s for them, and together with them.”





Strengthening Balance with Tai Chi

How the ancient Chinese practice can help you keep your footing.

At first, Dawn Armstrong was skeptical of tai chi.

“I was working at the kinesiology department at New Mexico State University when the department head introduced me to a master in tai chi,” she says. “He told me to learn it so I could teach a class for seniors, and I ended up falling in love with it.”

An ancient Chinese practice that combines slow movements with deep breathing and concentration, tai chi has been proven to help aging adults improve their balance, flexibility, and cardiovascular health. Now teaching for clients like the New Mexico Senior Olympics, Armstrong discusses how to get into the practice and her talk at the Conference on Aging, “Fall Risk Prevention using Tai Chi Methodologies.”

What is tai chi and how did it begin?

Tai chi is an ancient practice that blends slow, flowing movements with deep breathing and focused concentration. Originally a martial art, tai chi evolved over centuries into a gentle exercise practiced worldwide.

Tai chi is unique. You don’t carve out time for it like exercise or a massage. Instead, it becomes a part of your life. It’s something that you practice, and you often do it without even realizing it. There are lots of different styles, but the core idea is consistent: to send messages to the body to heal different things that are going on internally.

Why is tai chi especially good for seniors?

For older adults, tai chi is appealing because it offers a trifecta of gentle move-

ment, social connection, and mindful focus. Unlike high-impact workouts, it meets seniors where they are. The magic lies in mindful movement. At New Mexico State University, we used tai chi as a methodology for exercise-science students and senior populations to help prevent falls. By practicing specific movements, seniors learned to safely shift their weight from one side of their body to the other. It was all about preventing falls. Most important, tai chi offers meaningful social connection and welcomes new practitioners into a thriving community. It’s an opportunity for congregation, socializing, and spending time together.

How does tai chi help seniors improve balance?

Falls are a real concern as we age, but tai chi builds strength and stability in subtle ways. By encouraging slow shifts of weight, rooted stances, and coordinated arm and leg movements, tai chi trains the body to adapt and respond with confidence. Even when you reach down in the dishwasher to pick something up, you’re transferring weight. Tai chi helps you have the strength to do that safely throughout your day.

Can people try tai chi at home?

You don’t need a gym or a group to begin. Start with a simple action, what’s called double breathing. Inhale and fill your diaphragm, and then inhale again without letting it out. Another gentle start is the ankle sway, where you stand with your feet shoulder width apart and slowly transfer your weight from one foot to the other, syncing the motion to your breath.

There’s no wrong way to do tai chi. The most important thing is to keep moving, keep breathing, and simply notice how you feel.



● Left: Ronnie Duke's *We Turn the Page and EngAge* poster. Below, from top: Elvira Carrizal-Dukes and Ronnie Dukes, founders of DUKEScomics.



Celebrating the Joy of Aging

Artist Ronnie Dukes on how caregiving informs his work.

For the past five years, Ronnie Dukes, a Black Indigenous illustrator in Chaparral, New Mexico, has been caregiving for a disabled elder—an experience that now informs his art. “My background as a painter allowed me to help her mix colors, paint, and create illustrations,” he says. “Seeing her engage with art reinforced my belief that creativity promotes relaxation, stress reduction, and dignity.”

Dukes and his wife, Elvira Carrizal-Dukes, run DUKEScomics, an award-winning small press focusing

on bilingual graphic novels that amplify underrepresented voices. Their works, such as *A.W.O.L.: Cruz Ochoa* and *Daizee and the Dukes of Chuco*, have earned international acclaim, with editions in English, Spanish, German, and Japanese.

One of Ronnie Dukes’s artworks, *We Turn the Page and EngAge*, was featured at this year’s Conference on Aging. The piece depicts elders participating in joyful activities: exercising in a pool, feeding birds, singing, and creating art. “The artwork celebrates elders taking joy in aging

and highlights the dignity in caregiving,” he says. “The title reflects both the storytelling power of comics and the importance of intergenerational engagement. It’s a reminder that every day can be an adventure, at any age.”

Dukes hopes his work inspires others to see beauty in aging. “Sharing stories across generations is a way to celebrate creativity, resilience, and the richness of life,” he says. “I’m honored to receive this recognition, and hope the artwork encourages conference participants and the broader community to see the dignity, joy, and creativity possible in later life.”



OUR VISION IS THAT TRIBAL NATIONS, TRIBAL COMMUNITIES AND INDIGENOUS PEOPLE ARE HAPPY, HEALTHY AND PROSPEROUS AND THAT TRADITIONAL WAYS OF LIFE ARE HONORED, VALUED AND RESPECTED.



OUR MISSION

The Indian Affairs Department (IAD) is committed to:

- Advocating for tribal interests at state and federal levels through policy and legislative work;
- Supporting tribes with access to resources, technical assistance and funding opportunities;
- Connecting tribes with the executive branch, other tribes and with the tools and resources they need to be self-governing and self-sufficient.

IAD administers key funding such as:

- Tribal Infrastructure Fund (TIF): Competitive funding for robust community proposals from federally recognized Nations, Pueblos and Tribes.
- Capital Outlay funding: Authorized by the Legislature and the Governor, typically for building, improving or equipping public-use physical property.

IAD focuses on matters such as:

- Behavioral Health & Suicide Prevention
- Missing and Murdered Indigenous Persons (MMIP)
- Environmental Justice
- Policy & Legislation
- And more!

FY25 TOP FUNDED PROJECTS RELATED TO TRIBES

- **Administered \$63.3 million for 122 Capital Outlay projects**
- **Awarded \$1.15 million to 11 Tribal and community partners from the \$25M behavioral health fund**
- **Awarded \$80.5 million for 28 TIF projects**
- **Awarded \$1.27 million in GRO funds to 7 Tribal-serving projects**
- **Awarded \$1.6 million in Tribal Senior Centers**

IAD SPONSORED LEGISLATION

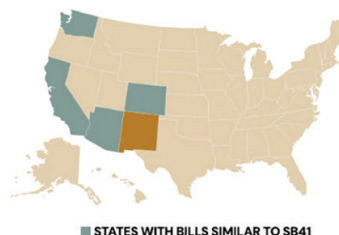
These bills reflect IAD's ongoing commitment to advancing policies that uphold the political integrity, health, safety, and welfare of Native Americans across New Mexico.

The Tribal Regalia law S.B. 163 – permits Native American students at public and charter schools to wear tribal regalia at graduation ceremonies and other events.



New Mexico Governor Michelle Lujan Grisham signed the Tribal Regalia bill into law on March 19, 2025.

The Turquoise Alert S.B. 41 – is a specialized emergency response alert system for missing Native Americans across the state of New Mexico.



New Mexico was the fourth state to implement an alert system for missing Native Americans.

CONTACT US



www.iad.nm.gov



(505) 476-1600



Wendell Chino Building
1220 South St. Francis
Santa Fe, NM 87505

Inside the Long-Term Care Division

How a nurse is helping to create caregiving services for all.

Angelina Flores-Montoya, deputy cabinet secretary of New Mexico Aging and Long-Term Services Department (ALTSD), began training to be a nurse as a teenager. “I started nursing school as part of a high school program, where I fell in love with the older adults and the wisdom they shared with me,” she says. “I’ve remained committed to them ever since.”

Raised in Albuquerque, Flores-Montoya grew up the eldest of five sisters. She practiced nursing for 15 years before obtaining a doctorate degree in nursing from the University of New Mexico; she then managed health care services for older adults in community settings in Seattle for seven years. Now she’s back home and bringing her range of expertise to oversee the Long-Term Care Division, a newly relaunched department in New Mexico Aging Services dedicated to supporting people who receive care, along with those who help them. “We have a very unique culture here in New Mexico,” she says. “Family is integral. My mother is a caregiver who cares for older people, so with my years in nursing and my mother’s experience, I have the perspectives to understand older adults’ needs and love helping provide programs, policies, and resources to support those who require it.”

The Long-Term Care Division was founded over a decade ago to provide community- and caregiver-focused services to New Mexicans. In 2011 and 2012, when community-based Medicaid waiver programs were moved to what is now the Health Care Authority, the division was folded into



that agency. Last July, however, New Mexico Aging Services relaunched the Long-Term Care Division to take over management of five programs: the Veteran-Directed Care Program, New MexiCare, Care Transition (helping people move from long-term services to a community setting), the Office of Alzheimer’s and Dementia, and the Kinship Caregiver Pilot Program (supporting grandparents who take care of their grandchildren). Many of these programs already existed within various divisions, but Flores-Montoya and her colleagues brought them together to streamline services and provide better service. “The newly organized division helps everyone better focus on supporting caregivers with the resources they need,” Flores-Montoya says.

The division’s launch under ALTSD comes at a critical time—one in five New Mexicans are 65 or over, a segment that continues to increase in size. Often, aging adults are cared for by informal communities of family members and friends who do the work without pay. “The impact to these caregivers is immense,” Flores-Montoya says. “They often can’t work full-time as a result, which makes it difficult to support

● Flores-Montoya began her career as a nurse. Now she’s helping older adults through the Long-Term Care Division.

their own families.”

One of the Long-Term Care Division programs, New MexiCare, began as a pilot two years ago. In addition to supporting aging adults in need of assistance, the program helps caregivers by offering educational resources, community support, and financial assistance. When a caregiver connects with the Long-Term Care Division, they talk with ALTSD staff and are provided with resources and referrals that match their needs.

“We often act as a connector, bringing together caregivers with local services like transportation, food, and respite,” Flores-Montoya says. “It’s a person-centered approach. Some caregivers can be 21 years old, while others are older. It’s all done with the goal to support each caregiver as they care for their loved ones.”

Helping aging adults to continue living at home improves quality of life while reducing the taxpayer burden. “It’s a lot less costly than someone living in a facility,” Flores-Montoya says. “And we know that these programs

help them stay in their homes longer.” The Long-Term Care Division also acts as a gap service, supporting residents who don’t qualify for Medicaid but still need help with resources. “We know there are many people that need caregiving support,” she says. “So this program addresses that.”

From working in other states, Flores-Montoya recognizes how special it is for New Mexico to have a dedicated program for its caregivers. “Secretary Kaltenbach is making caregiving one of the priorities of the agency,” Flores-Montoya says. “She’s leading this initiative, and everyone in New Mexico Aging Services has amazing passion and truly cares about helping older adults.”

For Flores-Montoya, the new role feels like a homecoming and a natural next step in her own caregiving journey.

“To me this work is very meaningful,” she says. “For instance, one caregiver said that New MexiCare enabled them to stress less about work. Another said it helped her mother pass peacefully at home, and another said she can now care for her husband. So it’s great to see the value of this program, and we’re excited to continue giving caregivers the best support possible so everyone can have a good quality of life.”

Visit aging.nm.gov/long-term-care or call 1-800-432-2080 to learn more.

Ask NMAS

How can I sign up for New MexiCare?

New MexiCare is currently available for state residents and their caregivers. If you require assistance with daily activities or are a caregiver for a family member, you may qualify for assistance. **Learn more and apply by calling (800) 432-2080, or visit aging.nm.gov/long-term-care/new-mexicare.**

Aging Services’ New and Improved Website

As part of the New Mexico Aging and Long-Term Services Department’s broader effort to modernize its communications and digital offerings, we’re happy to announce the launch of our newly redesigned website. Our updated online hub offers a cleaner layout, easier navigation, and improved accessibility to help older adults, caregivers, and those with disabilities. “With the new website, we’ve made it easier for New Mexicans to access the information and services that matter most,” says Max Lehman, webmaster for the Aging and Long-Term Services Department. “We’ve also prioritized accessibility for users with disabilities, so everyone can benefit from this essential resource.” To check out the new site, go to **aging.nm.gov**.



● Tsosie turned her love of helping kids into an organization that supports caregivers in and near Navajo Nation.

working to help pregnant Navajo women get funds they needed to buy groceries. As part of that, I learned more about caregiving and was asked by the Navajo Nation to help oversee their senior program in both Arizona and New Mexico, helping people during the pandemic. So'Tsoh means "big star" in Navajo. Caregivers are wandering around in the dark sometimes, so I wanted to provide a light for them.

What sort of support do caregivers require?

They need access to resources and education, especially in rural areas, as well as financial help. McDonald's workers get paid \$15 an hour, while caregivers often make \$10 for supporting a life. This isn't a living wage, especially with the rising cost of gas and food. We need them because, otherwise, who is going to do this work? It's going to be a silver tsunami with baby boomers retiring, and they deserve to be treated with respect and dignity.

How does the PAC plan to support aging adults?

We're aiming to increase public awareness for caregivers. I work with different programs, like the National Domestic Workers Alliance and New Mexico Caregivers Coalition, for increased pay for caregivers, bringing people together to figure out how we're going to make change and have a true impact. And I'm so proud to do it in New Mexico with Secretary [Emily] Kaltenbach and the governor. These ladies are powerhouses. We are in the weeds working from the ground up and truly leading the United States in creating policies and laws to support caregivers.

Faces Behind the Policy Advisory Committee:

Valerie Tsosie

To ensure New Mexico seniors get the best resources possible, Governor Michelle Lujan Grisham appoints people from around the state to the Policy Advisory Committee—a group of experts in different fields who meet regularly to share ideas with New Mexico Aging Services. One of those experts is Valerie Tsosie, founder of

the So'Tsoh Foundation, a nonprofit organization that supports cross-generational caregivers in and around the Navajo Nation. "At the foundation we help caregivers, who are the most selfless, loving people I've ever met," says Tsosie. "Through this work, I have discovered my passion."

How did you get into caregiving?

I began my career in the Army, working as an ammunition specialist and traveling the world—until my community called me back home. Part of our culture is to go out, explore the world, and then come back to help our people. My passion was children, so I began

● The new center, located on Edith Blvd NE, offers an array of activities, including Halloween fun, below.



A Building that Spans Generations

A new meeting space in Albuquerque has become a welcoming place for residents of all ages.

The Santa Barbara Martineztown Multigenerational Center may be one of Albuquerque's newest public facilities, but it has already become a hub for connection, health, and community for people of all ages.

Opened just over a year ago, the 15,000-square-foot building is the city's third multi-generational facility, joining Manzano Mesa and North Domingo Baca. Located in the historic Martineztown neighborhood, the center was created after locals asked for a community gathering space.

"This mayoral administration has taken great interest in expanding our footprint for the Department of Senior Affairs," says Anna Sanchez, director of the City of Albuquerque's Department of Senior Affairs. "Santa Barbara Martineztown was an expedited project, and it's now a hub in the heart of a historic community that really wanted a space to bring people together."

Inspiring People of All Ages

Albuquerque has six senior centers—but the Santa Barbara Martineztown site is something unique. Unlike traditional senior centers, multi-generational facilities are designed to

encourage interaction between age groups. According to Sanchez, this type of gathering space helps reduce isolation among older adults while giving young people opportunities to learn from elders.

One example is the department's Foster Grandparent Program, which pairs older volunteers with children in after-school or summer activities in the city. "It's an opportunity for older adults to share their wisdom and support the youth programming at the center," Sanchez says.

Day-to-day happenings are overseen by program coordinator Matthew Montoya, who notes that the center welcomes anywhere from 30 to 90 visitors each day. Lunch is served Monday through Friday, alongside a wide array of weekly activities.

"We have yoga four days a week, Zumba, line dancing, karaoke on Fridays, and arts and crafts," Montoya says. "The idea is to provide something for everyone, no matter their age or ability. We really want this to be an inclusive place."

Montoya recalled a highlight from the summer program when children joined seniors for a Zumba class. "The seniors were loving it, the kids were

having a blast, and a lot of the older adults said it made them feel young again," he says.

The center also hosts events that bring the broader community together, from flea markets and centenarian celebrations to birthday gatherings and "friendship coffee," where folks of different ages gather over a cup. Sanchez emphasized that such programming is designed to strengthen neighborhoods. "It breaks down social barriers between generations," she says.

A Cross-Generational Model for the Future

Looking ahead, the Albuquerque Department of Senior Affairs plans to continue expanding. A fourth multi-generational center is scheduled to open on Albuquerque's northwest side next year, adding to the city's three existing ones.

Sanchez says the work isn't only about facilities, but also fighting ageism and fostering respect between generations. "There will soon be more older people in our community than younger people," she says. "We need to pay attention to how we value aging and ensure we're creating spaces that enrich our community at every stage of life."

Montoya says that commitment is felt daily at the Santa Barbara Martineztown Center. "We watch out for each other here—it really feels like family," he says. "Our main goal is to create a safe, fun, and welcoming place full of laughter and connection."



Fall 2025 Events

A look at the upcoming opportunities to get out and about in your community.

SEPTEMBER

Powerful Tools for Caregivers

Various dates and times beginning September 24

Virtual and in-person sessions at Highland Senior Center, Albuquerque

This free six-week educational program is designed to help family caregivers. You'll learn how to take care of yourself while caring for a relative or friend, wherever they live—at home, in a facility, or across the country. Registration is required. More information is available at familycaregivernm.org. To register, call (505) 584-7862 or email dana@familycaregivernm.org.

Southern New Mexico State Fair & Rodeo

September 24–28

Southern New Mexico State Fairgrounds, Las Cruces

The Southern New Mexico State Fair has something for everyone: a midway, an auction, food, music, livestock shows, and a cowboy rodeo. For more information, go to snmstatefairgrounds.net.

2025 Walk to End Alzheimer's—Northwest Regional

September 27

Fox Run Golf Course, Gallup

Join Walk to End Alzheimer's and help raise funds for care, support, and research by the Alzheimer's Association. Email norosco@alz.org for more information.

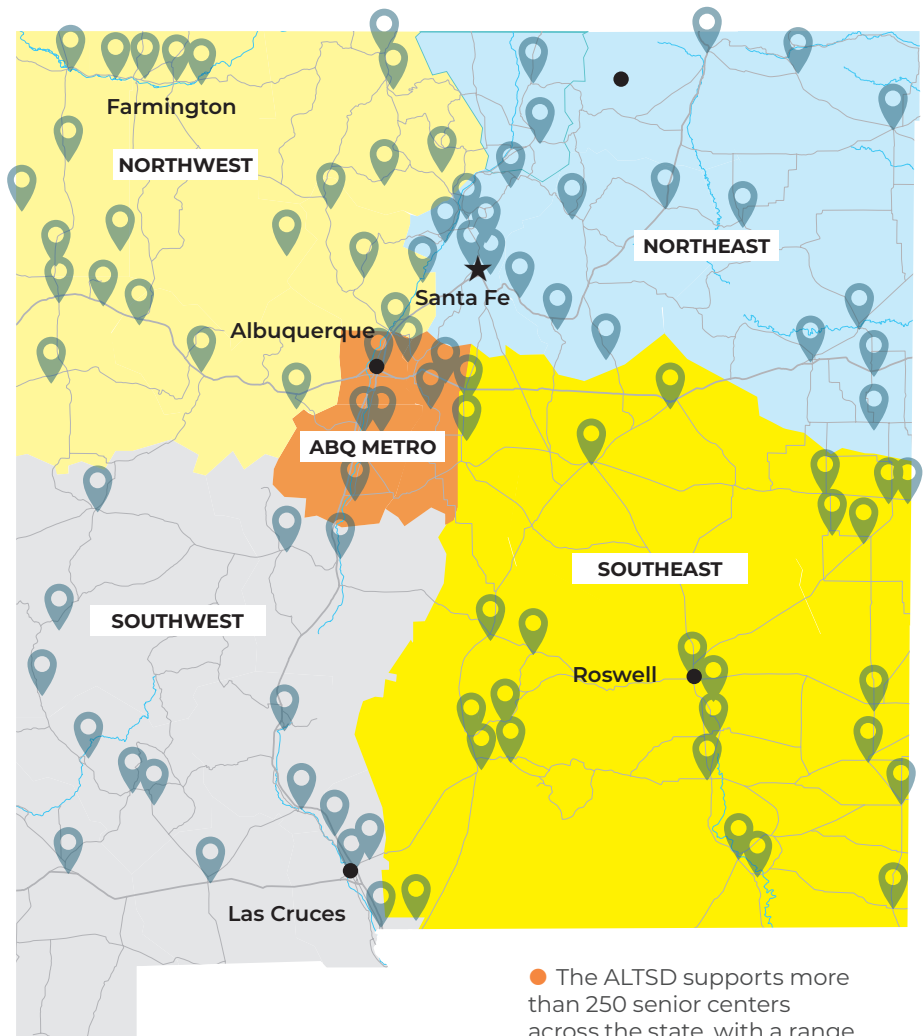
OCTOBER

2025 Walk to End Alzheimer's—Southwest Regional

October 4

Pat and Lou Sisbarro Community Park, Las Cruces

Join Walk to End Alzheimer's and



help raise funds for care, support, and research for the Alzheimer's Association. For more information, email lesquibel@alz.org.

Día de los Muertos

October 10

Manzano Mesa Multigenerational Center, Albuquerque

Celebrate the Day of the Dead from 10 to 11 a.m. Contact the center at (505) 275-8731 for more information.

2025 Walk to End Alzheimer's—Northeast Regional

October 11

Santa Fe Community College, Santa Fe

Email alkeller@alz.org for more information.

2025 Walk to End Alzheimer's—San Juan County

October 11

Berg Park, Farmington

Email norosco@alz.org for more information.

Indigenous Peoples' Day Celebration

October 13

Indian Pueblo Cultural Center, Albuquerque

New Mexico's Native American tribes gather with civic officials and the public to honor and celebrate the long history and rich culture of the state's indigenous peoples. Highlights include cultural dance groups from the pueblos and speakers at the center. A full list of the day's events will be available at the

end of September at indianpueblo.org/events.

Medicare Open Enrollment

October 15

The open-enrollment period begins for Medicare. Be sure to update your plan for the New Year, especially if you've experienced any major life changes.

Fall Festival

October 24

Manzano Mesa Multigenerational Center, Albuquerque

Join in for the annual fall festival, from 5 to 8 p.m. Contact the center at (505) 275-8731 for more information.

2025 Walk to End Alzheimer's—Central

October 25

Mariposa Basin Park, Albuquerque
Email alkeller@alz.org for more information.

Halloween Ghouls & Gals Bash

October 28

North Valley Senior Center, Albuquerque

From 1:30 to 3:30 p.m. Call the center at (505) 761-4025 for more information.

Trick or Treating and Halloween Dance

October 31

Barelas Senior Center, Albuquerque
The annual Halloween dance is from 1:30 to 4 p.m. Call the center at (505) 764-6436 for more information.

NOVEMBER

Native American Heritage Month

November

Native American Heritage Month provides a platform that fosters opportunities to expand our knowledge of the lands we live on and of the state's Native peoples as historically living cultures. One way to commemorate these observances is to purchase from Native businesses.

2025 Walk to End Alzheimer's—Southeast Regional

November 1

Russ DeKay Soccer Complex, Roswell

Email wcook@alz.org for more information.

Community Safety Series

November 6

Palo Duro Senior Center, Albuquerque

Members of Albuquerque Community Safety and the Albuquerque Police Department will discuss important topics such as staying safe at home and around the city, keeping your property secure, and how they can help. Begins at 10 a.m.

Rock Your Mocs

November 10–16

The annual event invites you to celebrate tribal individuality by wearing moccasins for a week. Learn more at rockyourmocs.org.

Artisan Fair

November 15

Manzano Mesa Multigenerational Center, Albuquerque

Attend the annual arts fair and find gifts for the holiday season. From 9 a.m. to 1 p.m.

DECEMBER

Holiday Family Dinner

December 12

Manzano Mesa Multigenerational

Center, Albuquerque

Bring the whole family to celebrate the holiday season. From 6 to 8 p.m.

Holiday Dance

December 19

Barelas Senior Center, Albuquerque

The annual Holiday Dance is from 1:30 to 4 p.m. Call the center at (505) 764-6436 for more information.

Social with Santa

December 22 and 23

North Valley Senior Center, Albuquerque

From 9:30 a.m. to 10:30 a.m. Call the center at (505) 761-4025 for more information.

THE CROSSWORD

Solution to the Spring/Summer 2025 puzzle:

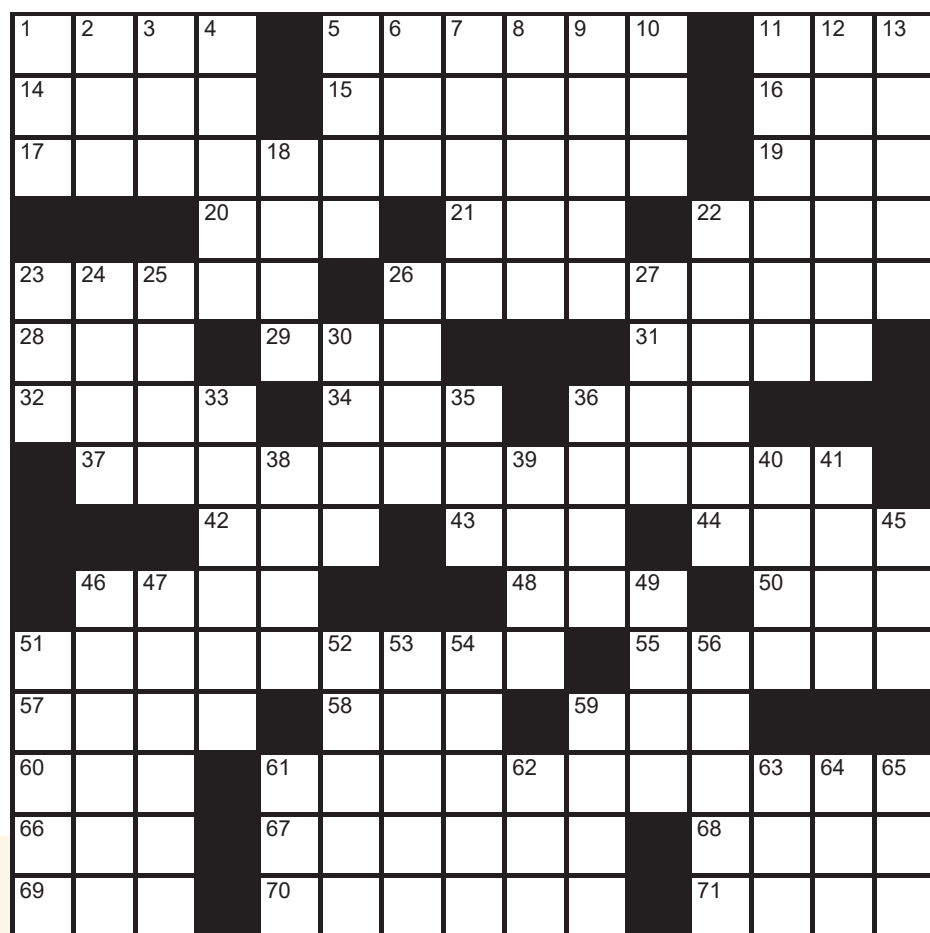
F	A	K	E		H	O	R	N	S		A	B	L	E
I	G	O	R		A	W	A	I	T		F	L	U	X
R	O	A	D	R	U	N	N	E	R		T	U	T	U
				O	I	L			T	E	A		T	E
J	U	N	C	O		S	N	O	W	G	O	O	S	E
U	N	O	S		S	P	A		N	I	T			
I	R	S			Z	E	U	S		T	I	T	H	E
C	R	I	S	S	A	L	T	H	R	A	S	H	E	R
E	A	R	L	Y		L	I	A	R			E	M	O
				A	S	K		C	D	S		A	T	A
P	I	N	Y	O	N	J	A	Y			C	R	A	N
E	G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

50+ and Ready for a New Challenge?

Join the NM-NEW community and find meaningful ways to engage, discover work, find volunteering opportunities, and connect with others.

Get Started Today! Visit:
www.nm-new.org





The solution to the puzzle will be printed in the following issue, and available online at newmexicogenerations.com in mid-October.

- 67.** Tend to, as a bad lawn
68. Kind of film
69. Brooks of *The Producers*
70. Assignations
71. Foreign pen pal

DOWN

- 1.** Congratulations, of a sort
2. Fireplace accumulation
3. Be untrustworthy
4. Author Puzo
5. Kind of hall
6. "Gimme ____!" (start of an Iowa State cheer)
7. Block house?
8. Infant's illness
9. Spoke in Spanish?
10. Martinique, par exemple
11. *Jo's Boys* author
12. Meditative word
13. Slangy no
18. Peters out
22. Foray
23. Small ammo
24. Marathon
25. Polecat's defense
26. CBS drama spun off from *JAG*
27. Tech support caller
30. Locale
33. Large ape
35. May honoree
36. Singer Stefani
38. Hotel amenity
39. Satyr's relative
40. Salon touch-up
41. Temperature control syst.
45. Sound at a checkup
46. First-aid item
47. Clannish
49. "O" in old radio lingo
51. Discussion venue
52. Competitor likely to be disqualified from the Tour de France
53. Peter Rabbit's sister
54. Olympians' blades
56. City near Syracuse
59. Academic types
61. Crumb
62. Like some prices
63. Close-mouthed
64. Clockmaker Terry
65. Hwy.

The Crossword

A New Mexico Generations Original
 By Brendan Emmett Quigley

ACROSS

- 1.** Glove center
5. Chinese discipline
11. "____ dreaming?"
14. China's continent
15. Accurate, as a slap shot
16. Careless
17. With 23-Across, 2007 Paul Thomas Anderson film that begins in New Mexico
19. Anderson Cooper's channel
20. Days ____
21. Theme of 17-Across
22. Letter after theta
23. See 17-Across
26. With 51-Across, 2007 Joel and Ethan Coen film set in New Mexico
28. Physique, slangily
29. Midwest Indian
31. Sp. miss
32. Nose-in-the-air type

- 34.** Edge
36. Washington, e.g.: Abbr.
37. 1940 John Ford film whose song "Going Down the Road Feeling Bad" is sung in New Mexico, with "The"
42. Vamp's accessory
43. West of Hollywood
44. Prima donna
46. "Me as well"
48. Start for a Spanish count
50. Slangy refusal
51. See 26-Across
55. ____ *Cassidy and the Sundance Kid* (1969 film shot in New Mexico)
57. Norse war god
58. Alley ____
59. Pool
60. Thorax protector
61. 2023 Christopher Nolan film set in New Mexico
66. Italian article



From top: Jemez Historic Site, Jemez Springs, New Mexico, photo by Tira Howard. Dancers at National Hispanic Cultural Center, courtesy of UNM Chicana and Chicano Studies department. Jar, Acoma Pueblo or Laguna Pueblo, ca. 1910, gift of Juan Olivas, MIAC 12024/12, photograph by Addison Doty. Two young cowboys, Lee Austin on the right, ca. 1922-1935, courtesy of Palace of the Governors Photo Archives (NMHM/DCA), neg. no. HP1999.06.

**NEW MEXICO MUSEUM
OF SPACE HISTORY**

Alamogordo • 575-437-2840 • nmspacemuseum.org

**NEW MEXICO MUSEUM
OF NATURAL HISTORY & SCIENCE**

Albuquerque • 505-841-2800 • nmnaturalhistory.org

NATIONAL HISPANIC CULTURAL CENTER

Albuquerque • 505-246-2261 • nhccnm.org

**NEW MEXICO FARM & RANCH
HERITAGE MUSEUM**

Las Cruces • 575-522-4100 • nmfarmandranchmuseum.org

MUSEUM OF INDIAN ARTS & CULTURE

Santa Fe • 505-476-1269 • indianartsandculture.org

MUSEUM OF INTERNATIONAL FOLK ART

Santa Fe • 505-476-1204 • internationalfolkart.org

NEW MEXICO HISTORY MUSEUM

Santa Fe • 505-476-5200 • nmhistorymuseum.org

NEW MEXICO MUSEUM OF ART

Santa Fe • 505-476-5063 • nmartmuseum.org

NEW MEXICO HISTORIC SITES

Statewide • 505-476-1130 • nmhistoricsites.org



ENCOUNTER **CULTURE**

Explore New Mexico Museums and Historic Sites



NEW MEXICO DEPARTMENT OF
CULTURAL AFFAIRS



One Pass to See It All

New Mexico CulturePass is your passport
to 16 museums and historic sites.

Available online at nmculture.org



Action!

In 1963, acclaimed filmmaker Raoul Walsh, who directed John Wayne in his first leading role, began shooting one of his most ambitious movies, set in the desert outside Gallup. That film, *A Distant Trumpet*, starred heartthrob Troy Donahue, and the screenplay was based on a best-selling book by Pulitzer Prize-winning author Paul Horgan. The film required hundreds of extras and an expansive crew for its elaborate U.S. Cavalry scenes amid New Mexico's sprawling landscapes. One of those scenes included the wagon train in this photograph, shot by *Albuquerque Tribune* editor Ralph Looney. Despite the star power attached to *A Distant Trumpet*, the film opened to lukewarm reviews. The scenery, however, was almost universally acclaimed. "The stunning location terrain of the Red Rocks area of New Mexico ... gives the production a tremendous pictorial lift," noted *Variety*. For Walsh, who was in his late seventies at the time, this would be his last film. But it was one more big leap in New Mexico's rise to cinematic fame.



RETREAT VILLAS

ELEGANT ASSISTED LIVING

The Retreat Villas is a part of the Award-Winning Retreat Healthcare campus. Retreat Healthcare is a dementia capable organization, privately owned and operated in New Mexico.



The Retreat Villa is a Joint Commission Accredited Assisted Living Community. First in New Mexico to achieve this Gold Seal Status!

Daily Nurse Check • Amazing Outdoor Gardens and Walking Paths
Daily Engagement to Keep you Feeling Purposeful
On-site Physician Visits • Friendship • Joy • Security



For Tours or More Information Call 505-896-8087 or Visit RetreatVillasnm.com

LET'S GO NEW MEXICO!

NEW MEXICO STATE PARKS



**SNOW BIRDS - HEAD SOUTH!
BOOK YOUR FAVORITE STATE PARK!**

BOOK TODAY
CALL 1-877-664-7787
EMNRD.NM.GOV/SPD

**62+SENIOR DISCOUNTED
ANNUAL CAMPING PASS - \$150**

Passes can be purchased at any NM State Park, with proof of age.



iVAMOS!
LET'S GO NEW MEXICO!