

# The SJOA Times

## Sierra Joint Office on Aging



April 2024

360 W 4<sup>th</sup> Street

Truth or Consequences, NM 87901

575-894-6641

Board of Directors:

Kristie Wilson  
Juliet Sullivan  
Ed Romero  
Kell Took

Marsha Plitteris  
Paul Johnson  
Cathy Lueningborg

<b>AGENCY</b>	<b>PHONE NUMBER</b>	
Adult Protective Services	1-866-654-3219	
Aging & Long-Term Services Resource Center	1-800-432-2080	
Alzheimer's Association Help Line	1-800-272-3900	
Ben Archer Health Clinic & VA Clinic	575-894-7662	
Blue Raven Transport (Non-Emergency)/Socorro	575-835-8926/575-418-3768	
Cancer Society	575-743-7659	
Catholic Church/Every 3 months (Morn. Distrib.)	575-894-7804	515 N Date St
Church at the Butte	575-744-4487	408 Hwy 195, EB.
City of Elephant Butte	575-744-4892	
City of Truth or Consequences	575-894-6673	
Commission for the Blind	1-888-513-7968	
Commission for the Deaf & Hard of Hearing	1-800-489-8536	
Davis Fleck Drugstore	575-894-3055	
Department of Veterans Affairs	1-800-827-1000	
Diabetic Hotline	1-866-224-8892	
Dispatch-Emergency	911	
Dispatch-Non Emergency	575-894-7111	
Episcopal Church/Community Meal	Last Sat/407 Cedar St @10:00 am	
Housing Authority	575-894-2244	
Income Support (Welfare Office)	575-894-3011	
Legal Aid for the Elderly	1-800-876-6657	
Library (TorC)	575-894-3027	
Lincare, Inc.	575-894-2789	
Matthew 25 Food Pantry	575-894-3292	
Meals on Wheels/Senior Center	575-894-6641	360 W 4th St
Med Trans	575-523-2244	
Medical/Other Transportation	507-358-0568	
Memorial Medical Center (Las Cruces Hospital)	575-522-8641	
Mountain View Hospital (Las Cruces)	575-556-7600	
New Hope Revival Church	2nd Fri/800 E 3rd @ 12:30 pm	
Public Health Office	575-894-2716	
Respiratory Services	575-894-6640	
Ruidoso Shuttle/New Mexico wide out of Roswell	877-903-7483	
Sierra County Cancer Assistance (SCCA)	575-740-3971	
Sierra Health Care Center (Nursing Home)	575-894-7855	
Sierra Hills Assisted Living	575-743-1100	
Sierra Vista Hospital	575-894-2111	
Sierra Vista Physicians Clinic	575-894-7814	
Social Security	1-800-772-1213	
Village of Williamsburg	575-894-1701	
Walmart Pharmacy	575-894-0645	
We Care Agency	575-523-9393	

\*[www.benefitscheckup.com/campaign](http://www.benefitscheckup.com/campaign) is a great place to find information on benefit programs for people with Medicare, limited income and resources

## Dates to Remember



April 17<sup>th</sup> Cabinet Secretary visit 10:45-12:00

April 18<sup>th</sup> Nutrition Training @11:00 in Dining Room

April 19<sup>th</sup> Nutrition Training @10:30 in Arrey

April 25<sup>th</sup> April Birthday's cake and Ice Cream @1:00

**Every Tuesday Crafting Class in Dining room 1:30 pm -3:30 pm**

Dance Every Saturday @ Fiddlers Play House 7:00pm-9:00pm (710 Elm)

**Blood Pressure/Glucose Check Provided By: Sierra Health care Center**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 11:00 am- 12:00 Pm**

**Bingo** Every Tuesday Night at 5:45 Pm!!!

**MUSIC** Every Tuesday 11-12 in the Dining Room

Geronimo springs **wood Carvers** Monday 8:00 -10:30

Everyone is welcome!!!!

Hobby Room @ the Senior Center for information call 928-916-1299 or 575-740-7332



We have a great selection of items

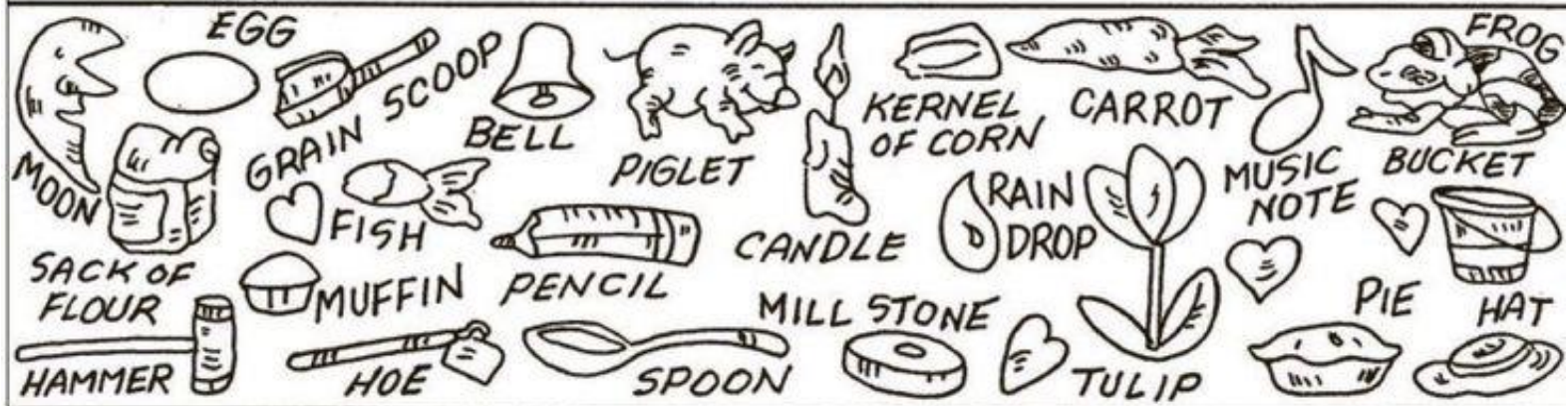
Monday thru Friday 9:00-1:00

Donations Always Appreciated!!!





www.hiddenpicturepuzzles.com





# Lift and Carry More Easily

Strategies to help you move heavy objects safely—and with less effort



**A**RE YOU FINDING it a little more difficult to lift grocery bags out of the car or carry cooking pots from the stove to the sink?

It's not uncommon as the years pass. A study of nearly 5,000 adults, published in the journal *Work* in 2013, found that people in their 40s were able to comfortably hoist 17 percent more weight than those in their 60s. "As we get older, we tend to lose muscle mass, which relates to decreases in strength," says Jennifer Brach, PhD, PT, a professor of physical therapy at the University of Pittsburgh. "If you have less strength, it can be harder to carry something heavy." Cardio capacity declines with age, too, so you may tire faster than you used to when carrying a heavy item, says Todd Manini, PhD, co-director of the Claude D. Pepper Older Americans Independence Center at the University of Florida, in Gainesville. Joint, muscle, nerve, and flexibility issues can also make tasks like moving furniture and placing luggage into overhead bins more difficult. Here's how to make this all easier, and ensure that you don't fall or otherwise injure yourself.

## Set Yourself Up for Success

Regular exercise can counteract some declines that make lifting and carrying harder. "As people become more sedentary, they become weaker," says Manini.

Aim for at least 150 minutes of aerobic activity like brisk walking, cycling, or swimming weekly. Strength-train at least twice a week to keep your muscles strong. Stretch regularly for flexibility.

At home, place heavy items you use often in easily accessible spots on shelves or cabinets—not high up or low down. Ensure the area is well lit and free of trip hazards. For the same reason, wear well-fitting, supportive shoes that stay securely on your feet—no slip-ons.

Whether at home or out, break up loads so that each one is lighter, even if you have to make multiple trips. That may mean fewer items in each grocery bag or a smaller laundry basket. "Think of it as exercise," says Brach. "The more trips you make, the more steps you're getting."

## Lift and Carry the Right Way

► **Prepare your body.** Five minutes of walking or marching in place, squats, and shoulder rolls will loosen joints and warm up muscles so that they're ready to work.

► **Get close.** Slide or pull the item you plan to lift toward you—ideally, it should be no more than a few inches away from your body. "The farther away the object is, the more force it puts on muscles and joints," Manini says.

► **Stand with feet shoulder-width apart.** A wide base of support provides stability for lifting. Tighten your abs, too, to help protect your back.

► **Use your legs, not your back.** That means bending your knees and squatting to pick up an object that's below you (say, on the floor). "Your legs are bigger muscles," says Manini. "They were designed to do this." Don't bend at the waist, because it may strain your back.

► **Lift with care.** Keep your head up and your shoulders back, and hold the object at waist height, close to your body. Then straighten your legs. As you carry the item, stand straight, make sure it's not obscuring your vision, and take small steps. To set it back down, tighten your stomach muscles and squat slowly.

## Helpful Tools to Try

An inexpensive grabber tool extends your reach by up to 3 feet, which is helpful if you have trouble bending down or getting items on high shelves without a stool. These are useful for lighter items like a can of soup. If you need to use a step stool to reach objects above you from time to time, choose a two-step model with a wide base and a handle to hold on to.

For furniture and other weighty objects, you can slip round disks called sliders underneath them to slide them across a floor. And if you must climb stairs to do laundry, a bag is a safer alternative to a basket. You can pull it while holding on to the stair railing, and it won't obstruct your vision.

A cart with wheels offers a trouble-free way to move heavy items like multiple full shopping bags when you're out and about. Many are foldable, so they can be kept conveniently in your car. A car organizer (these typically have bins, nets, or straps) keeps objects from sliding deep into your trunk, where they can be hard to reach. At home or out, if you're carrying items like books or a laptop, consider a backpack. This evenly distributes the weight and keeps the objects close to your body, which is more comfortable than a bag that you hold at your side or carry on your shoulder.



LEARN

For exercises that can improve your balance, go to [CR.org/balancemoves](https://www.consumerreports.org/balancemoves).

# April Word Search

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

April  
Spring  
flowers  
rabbits  
chicks  
jellybeans

umbrella  
rain  
showers  
puddles  
plants  
baseball

eggs  
baskets  
chocolate  
jokes  
pranks  
fools





## SJOA April 2024

<b>Monday 1, 2024</b> Teriyaki Chicken White Rice Asian Veggies Wheat Roll w/Margarine mandarin Oranges Fortune Cookie	<b>Tuesday 2, 2024</b> Salisbury Steak Penne Pasta Gravy Broccoli Wheat Roll w/Margarine Orange	<b>Wednesday 3, 2024</b> Pork Posole Spanish Rice Mixed Veggies Flour Tortilla Sliced pears	<b>Thursday 4, 2024</b> Beef Ravioli NAS Marinara Sauce California Veggies Wheat Roll w/Margarine Applesauce	<b>Friday 5, 2024</b> Ham & Cheese Sandwich Lettuce, Tomato Sun Chips Garden Blend Vegetables Watermelon
<b>Monday 8, 2024</b> Beef Macaroni Tossed Salad w/ Ranch 5 Way Veggies Wheat Roll Tropical Fruit	<b>Tuesday 9, 2024</b> Soft Fish Taco Cucumber Salad Black Beans Spanish Slaw Tapioca Pudding	<b>Wednesday 10, 2024</b> Hot Roast Beef Sandwich Au Jus Sauce 3 Bean Salad Roasted Beets Potato chips Banana	<b>Thursday 11, 2024</b> Baked Chicken Chicken gravy Wild Rice Asparagus w/Onions Biscuit Apricots	<b>Friday 12, 2024</b> Cheese Tortellini Marinara Sauce Italian Veggies Tossed Salad w/Dressing Wheat Roll Oatmeal Cookie
<b>Monday 15, 2024</b> Sloppy Joes Parsley Potatoes Carrots w/margarine Sherbet	<b>Tuesday 16, 2024</b> Sweet & Sour Pork Brown Rice Stir Fry Veggies Vegetable Egg Roll Mandarin Oranges	<b>Wednesday 17, 2024</b> BBQ Chicken Collard greens w/ garlic NAS Stewed Tomatoes Cornbread w/margarine Fruit Cocktail	<b>Thursday 18, 2024</b> Pork chop Lemon Herb Orzo California Blend Vegetables Wheat roll w/margarine Orange	<b>Friday 19, 2024</b> Chicken Taco Capri Vegetables Spanish Rice Pineapple Tidbits
<b>Monday 22, 2024</b> Country Fried Steak Country Gravy Mashed Potatoes Carrots WW Roll w/Margarine Mixed Fruit	<b>Tuesday 23, 2024</b> BBQ Pulled Pork Sandwich Coleslaw w/Dressing Broccoli Grapes	<b>Wednesday 24, 2024</b> Meatloaf Brown Rice Tossed Salad w/ ranch 5 way Mixed Veggies wheat bread w/ Margarine Apple	<b>Thursday 25, 2024</b> Pork Tamale Black Beans w/Red Pepper Tomato and Red Onion salad sliced peaches	<b>Friday 26, 2024</b> Baked Fish Wild Rice California blend Vegetables Crackers Greek Vanilla Yogurt
<b>Monday 29, 2024</b> Chile Relleno Pinto Beans Zucchini Flour Tortilla Diced Mango	<b>Tuesday 30, 2024</b> Chicken Strips Scalloped Potatoes Green Beans Roll w/Margarine Peach Cobbler			