

NEW MEXICO GENERATIONS

SUMMER 2024

Eat Like a New Mexican

State nutritionist
Ophelia Steppe
offers her recipe
for good food and
health at any age

Head Outside!

5 leafy summer trails
to beat the heat



A Stronger Community, Together

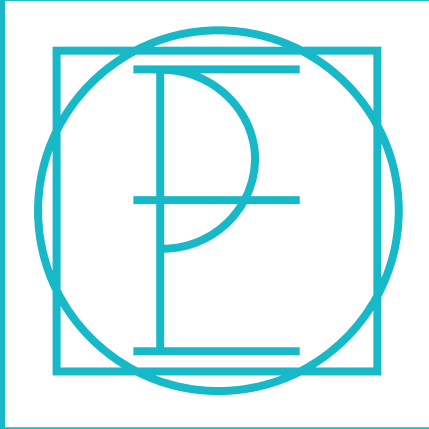
A roundup of
summer events



THE INTERVIEW

Barbara Hubbard

The Concert Queen on bringing Garth Brooks, Tina Turner, Kenny Rogers, and more to the Land of Enchantment, and how she's still going strong at 97



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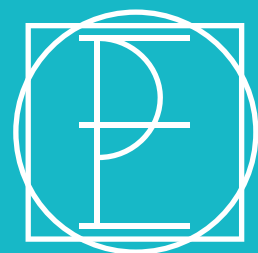
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NEW MEXICO GENERATIONS

SUMMER 2024

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State Nutritionist Ophelia Steppe knows that healthy eating is key to a long life—as is enjoying every minute of it. She shares insights gleaned from decades spent helping New Mexicans eat better, along with her tips on gardening, and more.



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FROM TOP: ROBERT CORRAL, SHUTTERSTOCK

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Sculptor
William
Goodman,
above



Welcome to the first issue of *New Mexico Generations!*

I am thrilled to kick off this quarterly magazine dedicated to enhancing the quality of life for all New Mexicans as they age. This publication will be a way to strengthen the connections between the Department of Aging and Long-Term Services (ALTSD) and aging adults across the state, offering resources, inspiration, and a sense of community to those 50 years or older.

Helping to improve the everyday lives of our aging adults is a cause near to my heart. I'm helping to care for my aging parents, both of whom are in their seventies. Decades ago my dad had a massive stroke and was told that he wouldn't survive. Yet he has thrived, largely due to my mother, who worked as a nurse in a neonatal intensive-care unit in the 1970s. When she was told of my dad's long odds for making a full recovery, she said, "That's what they would say about the premature babies,"

then rolled up her sleeves to help him get back to normal. Thanks to her caregiving, my dad can now talk, walk, and even work. It's been a truly incredible recovery and a blessing for my family.

Caregiving is central to my role as a daughter, as the mother of two young children, and as the new cabinet secretary of ALTSD. Founded in 2004, the department is guided by a simple but profound mission statement "that New Mexico's older adults and adults with disabilities have the right to remain active participants in their communities, to

age with respect and dignity, to be protected from abuse, neglect, and exploitation, and to have equal access to health care." From supporting caregivers to combating senior hunger to encouraging healthy aging, ALTSD develops programs and builds partnerships that support lifelong health and independence. The department's role is only growing. By 2030, the percentage of New Mexico's population over 65 will rise from 29th to the fourth largest in the nation.

This growth presents an amazing opportunity, and at *New Mexico Generations* we're determined to show that life can get better with age. Our mission is to serve and inspire the state's older adults to live active, healthy lives and enhance their connections within the community. Each issue (starting with this one!) is devoted to healthy aging in New Mexico, spotlighting its people, places, food, arts, and culture.

Dive into these pages to meet Barbara Hubbard, a 97-year-old music-industry pioneer still blazing trails; Ophelia Steppe, the state nutritionist helping us eat healthier (and yummier) summertime meals; and Melissa Sanchez, director of the Office of Indian Elder Affairs, who is helping to reinforce the rich culture of our state. In addition, we have a collection of summer events for you to check out, five great leafy trails in our state parks to enjoy the outdoors, and ALTSD insights and programs to help improve your daily life.

I look forward to sharing this and future issues of *New Mexico Generations* with you and writing our next chapter together.

Best,

Jen Paul Schroer, Cabinet Secretary
Aging & Long-Term Services Department



FROM TOP: SHUTTERSTOCK, COURTESY OF ALTSD

The New Mexico Aging and Long-Term Services Department

Helping New Mexicans achieve lifelong independence and health.

About New Mexico ALTSD

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 ALTSD, visit aging.nm.gov or follow us on Facebook, Instagram, and X @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.

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ALTSD Division Overviews

Adult Protective Services: APS is committed to protecting the safety of adults who are not able to protect themselves and to promote the personal choice and self-determination among the aging. There are five Adult Protective Services regions serving all 33 counties of New Mexico, and 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 (AAA) 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 honor healthy aging among American Indian elders by supporting culture, traditions, and approaches that enrich healthy, joyful, and dignified lives within their tribal communities. The OIEA supports the tribes of New Mexico by provid-

ing elder-care services including meals, transportation resources, activities, and exercise initiatives.

● For more information about the OIEA's services, email oiea.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, regularly visit assisted-living facilities and nursing homes, advocating for residents' rights, investigating complaints or concerns with staff, exploring solutions, and ensuring quality of care.

● To report facility abuse, neglect, or concerns, call 866-451-2901.

Contact ALTSD

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



Where have Jen's Journeys taken the ALTSD cabinet secretary lately?

Since assuming office, Cabinet Secretary Jen Paul Schroer has been on a whirlwind tour of the state, meeting with constituents and providers at senior centers and long-term care facilities around New Mexico. The first leg of her tour took place in April. She visited people in Truth or Consequences, Alamogordo, Deming, and Las Cruces. Then her deputy secretary and members of the leadership team took to the Enchanted Circle, visiting Las Vegas, Raton, Springer, Cimarron, and Taos along the way. June featured pueblo visits, and July includes a trip to the southeast. Look for her in your neck of the woods soon and come out to say hi!



● Alamogordo Senior Center

Safeguarding New Mexico's Vulnerable Adults

In September, Albuquerque will host the 35th Annual National Adult Protective Services Association (NAPSA) Conference, the largest annual gathering of professionals working to support adult victims of abuse, mistreatment, or exploitation. Attendees share insights, learn, and build connections—all to help protect vulnerable adults. The conference is a partnership with the Aging and Long-Term Services Department's (ALTSD) Adult Protective Services program, which serves all 33 counties of New Mexico. "Our guiding principles are prevention, intervention, and harm reduction," says Corey Roybal, deputy director of New Mexico's Adult Protective Services. "We're here to ensure that all adults can age safely and happily."

The conference will offer more than 100 workshops and attract more than 1,000 attendees from adult protective services units across the U.S., as well as allied professionals in government, law enforcement, medicine, banking, legal systems, nursing homes, and community-based organizations. By hosting the national conference in Albuquerque, the department hopes to take knowledge and inspiration from the event back to the New Mexico communities it helps protect. "We try to collaborate with whoever is willing to work with us to inform, educate, and empower the communities that we serve," says Roybal. "But most importantly we

want to collaborate with the people who are in a home and need help, to do the best we can as a team to ensure each and every client gets the support they need."

If you are a trained professional working or advocating on behalf of seniors facing abuse or neglect, or offer in-home support for elders, you can register now (details below). If you live in state and suspect that an adult is being abused, neglected, or exploited, call Adult Protective Services toll-free at 866-654-3219. "We're here in times of need," says Roybal. "We're just a phone call away."

35th Annual NAPSA Conference

Where and When: Albuquerque Convention Center, September 16-19, apsa-now.org.

SENIOR DISCOUNTS

Mountaintop Views Made Easy

With summer—and soon fall—upon us, there's no better way to see the magic of New Mexico's scenery than from high on a mountain. Here are two easy-up lift options (with discounts for seniors) that'll make you appreciate the beauty of the state all over again.

Sandia Peak Tramway: Albuquerque's most famous high-elevation attraction offers a senior discount, lowering the price from \$29 to \$23.

Taos Ski Area: In the summer and fall, the ski resort offers a ride up its #4 chairlift with stunning views of the wildflowers and fall colors of Kachina Basin. The senior discount drops the price from \$27 to \$23.



● A late-in-life career change can be a good thing. Many people find a new calling they're passionate about.

Senior Community Service Employment Program is federally funded, while the New Mexico Senior Employment Program is underwritten by the state. Both provide subsidized, part-time training to help unemployed, low-income people 55 and older find temporary work in nonprofit and public facilities (libraries, food banks, senior centers) for up to four years. The ultimate goal is to place participants in full-time jobs outside the program.

“One person in the program got a certificate from the New Mexico Department of Health as a community health worker and has already secured a grant to continue her role at a food bank after leaving our program,” Calderwood says. “Another person worked as a cook for a senior center and then got a job as a chef. Those are the kinds of success stories we strive for.”

Become a Health Worker

Do you live in Bernalillo or a neighboring county and want to get into health care? Community Health Workers is a new project seeking adults 55 and over to help older adults in rural areas with a range of services, from advice on preventing disease to navigating systems for treatment. Training is provided—and the program may soon expand to other counties across the state.

Brush Up Your Résumé

The EPB offers free consultations to help aging adults ready their résumés for the application process. Get tips on essay writing, online applications, and more.

Find Local Opportunities

Look at the bulletin board at your local senior center. There may be a great opportunity waiting there!

Interested in a Second Career? ALTSD Is Here to Help

Finding success, security, and happiness after retirement or a late-in-life career change is possible. Here's how to get started.

In the 1980s, Doug Calderwood attended seminary in Chicago to become a Presbyterian minister, but he wound up finding another calling instead. “I really like serving people,” he says, “and helping them get to a better place.”

Today, Calderwood does that daily. As head of the Employment Programs Bureau (EPB) at the Aging and Long-Term Services Department (ALTSD), he oversees a range of initiatives that help aging adults brush up their

résumés and find part-time jobs—in some cases transforming their lives. “Our participants range from people who need housing help to those with PhDs who lost their white-collar jobs due to a disability,” he says. “We help them find their next opportunity.”

Check out the options below and call **800-432-2080** for more information.

On-the-Job Training

The EPB oversees two initiatives. The



● Manzano Mountains State Park camp host.

with world-class outdoor fun at a range of geographic locations, from clear lakes and sparkling rivers to high deserts and alpine forests. There's no reason not to hike, bike, camp, fish, or do any number of other activities—and there are plenty of opportunities for people of all abilities.

“As we plan, renovate, or construct new or existing state parks,” Velásquez says, “we consider every user and prioritize improvements that encourage activities and amenities for all to enjoy throughout their lifespan.”

Staying cool in the summer sun can be a challenge, of course, but Velásquez is here to help on that front, too. Here are his recommended state-park hikes for beating the heat and staying fit.

NORTHWEST

Hal Baxter Trail

Fenton Lake State Park, Jemez Springs

This moderate 2.3-mile out-and-back rises above the park's namesake lake, with a dramatic view of the waters and an old burn area. The trail is under pine trees for most of its length, offering shade from the sun. Take note: Some areas are steep and require picking your way across tree roots. You can also turn your walk into a 2.5-mile loop by connecting it to the road through the campground and then across the dam. “At the lake, you can get out and do some fishing,” Velásquez says.

DON'T MISS: The Walatowa Visitor Center at nearby Jemez Pueblo includes a gift shop with a small but worth-the-visit museum about the tribe's history and culture. You can also purchase a \$12 pass to explore 1.5 miles of brilliantly colored slot canyons across the highway (best for agile, experienced hikers).

A Walk in the Parks

Nature is good for you. So is staying active. Luckily, New Mexico State Parks makes getting outside easy.

It never fails, says Toby Velásquez, the director of New Mexico State Parks: He'll give a talk about all the amazing opportunities to get outside in the state, as he did at last year's Conference on Aging, and afterward someone will say, “I never

knew there was a state park in my community.”

“We have 35 parks and a large footprint across the state,” he says. “Seventy percent of New Mexicans live within 40 miles of a state park.”

New Mexico, in other words, brims

ANDREW KORNLYAK



ABQ METRO REGION

Nature Trail

Manzano Mountains State Park, Manzano

The park's 1.5-mile Nature Trail is an easy loop that leaves from the campground area and winds through quiet alpine forest. If you want to extend your hike, you can link to the park's Outer Loop Trail. This summer the park is piloting a program for people with limited mobility. The new track chair—"a wheelchair on steroids," Velásquez says—can be reserved ahead of time for free. The all-terrain vehicle climbs over obstacles, including mud, snow, water, and sand, to help show those needing extra help the majesty of the Manzanos. "I'm super excited about it," he says. "I'd love to expand this to other parks."

DON'T MISS: Drive south to the Quarai unit of Salinas Pueblo Missions National Monument. A short interpretive trail winds through the remnants of what was a seat of the

Spanish missionary efforts in New Mexico, and the one-mile Spanish Corral Loop rises gently through wildflower meadows.

SOUTHWEST

Resaca and Upland Trails

Mesilla Valley Bosque State Park, Las Cruces

"Like the Río Grande State Park in Albuquerque, this is a sanctuary nestled near a big city," Velásquez says. Two miles of paths, including the riverside Resaca Trail, meander through the Río Grande Bosque, giving opportunities to bird-watch for species like the green-tailed towhee, the summer tanager, and the endangered

Summer Safety

New Mexico State Parks director Toby Velásquez offers these tips for warm-weather hikes.

- 1.** Learn as much as you can about the destination and what it has to offer in advance. "Look on the website, call the park, talk to staff," he says.
- 2.** Let people know where you're going and when you'll return.
- 3.** Prepare for summer weather, which can include everything from high temperatures to monsoon rains to snow—all in one day. "Bring layers, sunscreen, hats, food, and water," he says.
- 4.** Check your ambition. "Some folks overestimate their abilities and put themselves in situations they aren't prepared for," he says. "Swimming in a pool and swimming in the middle of Elephant Butte Lake State Park are very different things."
- 5.** Leave no trace. If you pack it in, you must pack it out. "That means every last thing, including what your pet may leave behind," Velásquez says.



● **Left:** Bottomless Lakes State Park in Roswell.

This Page: Clayton Lake State Park and Dinosaur Trackways.

Volunteer, Too

Beyond recreation, New Mexico State Parks offers a robust volunteer program for people of all ages to serve as docents, interpretive guides, and campground hosts. Log on to enmrd.nm.gov/spd to learn about the parks, including admission fees. (Seniors, people with disabilities, and veterans can get a discounted annual state camping pass for \$100.)

southwestern willow flycatcher. (The park is an Audubon-designated Important Birding Area.) There's even an on-site guide for tips on what to look for and where. Since it's close to the city, it's often great for a sunset stroll. "The coyotes there are like an evening melody," says Velásquez.

DON'T MISS: The Las Cruces Farmers and Crafts Market sets up shop downtown every Wednesday and Saturday, 8:30 a.m. to 1 p.m., with evening markets cropping up through summer. It's a great place to find fresh produce. Visit fcmhc.org for more information.

SOUTHEAST

Wetlands and Bluff Trails

Bottomless Lakes State Park, Roswell

This park east of Roswell attracts year-round flocks of birds, and the half-mile Wetlands Trail features a broad and accessible boardwalk with shaded blinds for spying dozens of species. There's also the roughly one-mile (one way) Bluff Trail, a gravel path that gives incomparable views of the area. Scuba divers adore the park. Scuba divers? Yep, the sinkholes that made the park's nine lakes "bottomless" drop as much as 90 feet. If you'd rather stay topside, the park rents paddleboats.

DON'T MISS: After a hike, cool down in the air-conditioning of Roswell's Anderson Museum of Contemporary Art, comprising 22,000 square feet of exhibition space and home to a world-class collection, much of it dedicated to artists who have participated in the Roswell Artist-in-Residence Program.

NORTHEAST

Dinosaur Track Trail

Clayton Lake State Park and Dinosaur Trackways, Clayton

The 1.4-mile Dinosaur Track Trail includes a boardwalk that hovers above 100-million-year-old footprints (more than 500 of them) and tail drags of the extinct megafauna. "It's one of the largest trackways in the nation," Velásquez says, which makes it a great place to bring the grandkids. Staff help interpret what you see, and if you stay on to camp and fish, you might earn bragging rights for netting a trout at 170-acre Clayton Lake, surrounded by rolling grasslands.

DON'T MISS: Skip the interstates and drive the scenic two-lane highways connecting Clayton to the historic ranching villages of Bueyeros, Mosquero, and Trementina. You'll experience some of the most gorgeous roadside scenery in New Mexico.



In Your Community

We are New Mexico!

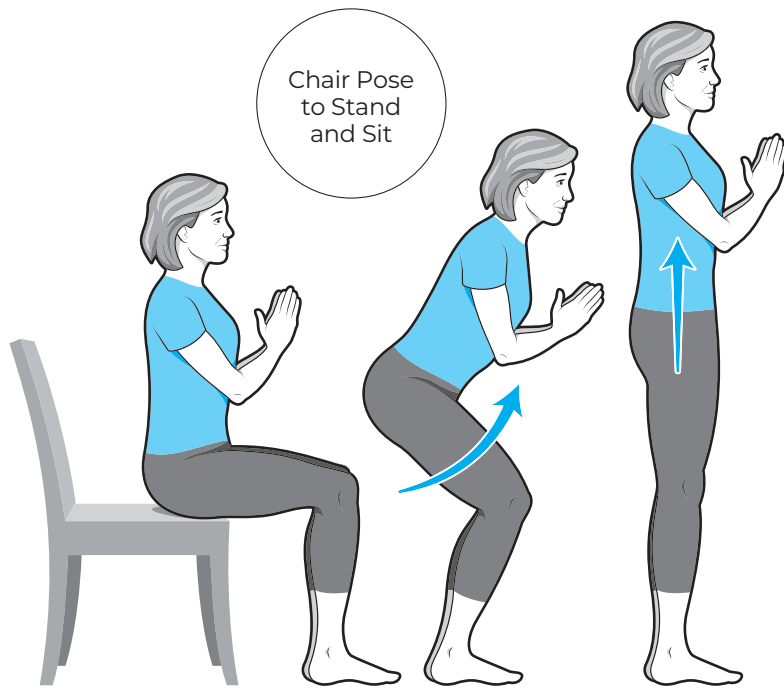
AARP New Mexico is right here in our state working on issues that matter to you and your family. We live here too so we know New Mexico. It helps to have a wise friend and fierce defender like AARP in your corner.

Find us at

aarp.org/nearyou
or aarp.org/nm

/aarpnm

@aarpnm



Home Stretch

Improve workouts and everyday activities by focusing on an overlooked aspect of fitness at any age: balance.

Physical activity is critical to aging gracefully. Exercise improves the cardiovascular system, elevates mood, and helps retain bone mass so you won't suffer a fracture in a fall. But even more important: not falling in the first place. In 2021, nearly 40,000 adults aged 65 and older died from preventable falls—things as simple as standing up too quickly or stumbling on the edge of a rug, according to the Centers for Disease Control and Prevention. One way to remain steady is by improving your balance.

Adding a few yoga poses to your daily routine can be an excellent way to bolster your equilibrium, says Maggie Burgess, a retiree who teaches weekly classes at the Placitas Senior Center.

“As we go through a normal day, balance is part of it all—sitting, rising, bending, going down stairs,” she says. Being deliberate and mindful about your movements is also critical to staying strong, and practicing yoga is an excellent way to do this. “Yoga is

about being intentional,” says Burgess.

As an example of incorporating mindfulness into everyday activities, Burgess recommends a simple morning routine: When you awake, move your legs off the bed and stay in a seated position while slowly breathing in and out through your nose. “You should always have a glass of water by the bed, so take a few sips,” she says. Then place your feet on the floor and carefully rise, as she details in the instructions below. “That way you won't get dizzy.”

To improve balance, Burgess suggests these at-home exercises, along with some tips on infusing your daily life with yogic principles. Maybe they'll even inspire you to try a yoga class at your local senior center, where people of all abilities are welcome.

Chair Pose to Stand and Sit

Following these steps whenever you rise or seat yourself will reduce dizziness and strengthen your quad muscles. It's especially important when getting up in the morning to lower the risk of a fall.

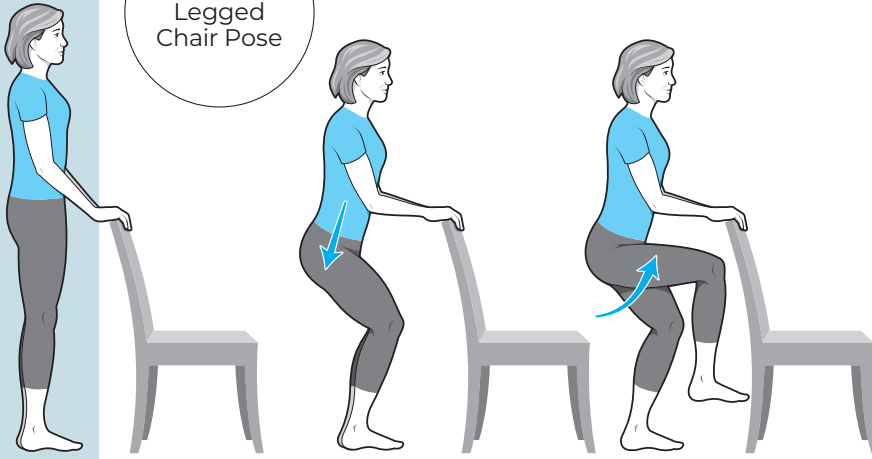
1. While seated in a chair, scoot forward and place your heels on the floor in line with the backs of your knees. Hold your palms together at your chest.
2. Inhale while keeping your back straight, then lean toward your knees, creating a V position with your back and thighs. Holding that V with your back straight, slowly rise to a partial stand, feeling your quads engage. Continue to rise until you're standing. Exhale.
3. To sit, move a step backward so your calves touch the chair, then inhale. While exhaling, slowly hinge at the hips, keeping your back straight, then lower your backside to the chair while counting to ten. (Reach behind you to touch the seat if that helps.)
4. Repeat at least three times.

One-Legged Chair Pose

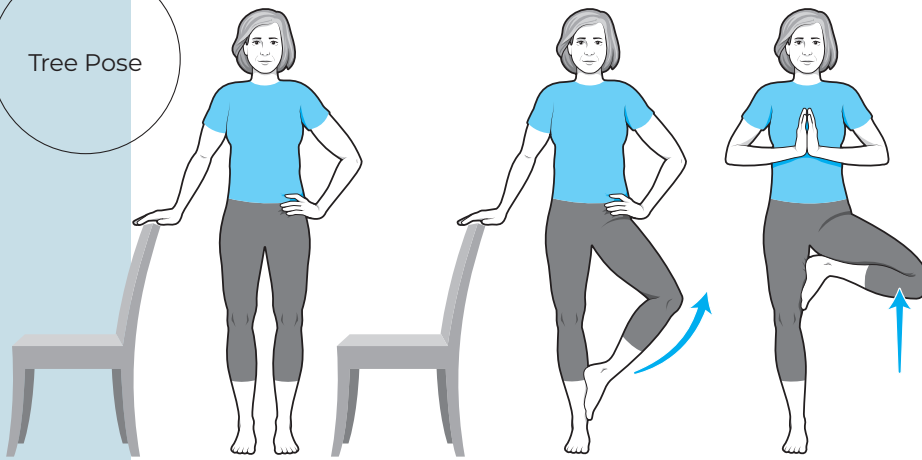
Feeling strong in this pose will help you stay balanced during sideways movements and strengthen your core.

1. While standing, rest your hands on the back of a chair or on a kitchen counter. With a straight back and your shoulders aligned with your hips, focus your eyes on a fixed point.
2. Hinge and lower your hips until you feel your quads engage. If you can't see your toes when you look down, move your hips farther back.
3. Shift your weight to one foot and, while inhaling, lift the heel of your other foot. If you feel balanced, lift the entire foot, bending your knee forward and flexing your foot while keeping your torso in the chair pose.
4. Hold your hands just above the chair back or countertop, keeping them close in case you lose your balance (or bring them to your hips for an added challenge). Hold for five breaths.

One-Legged Chair Pose



Tree Pose



5. Lower the raised leg and stand tall, then shift your weight to the other side and repeat. Complete the sequence three to five times.

6. As your balance improves, add a twist: Place the hand on the same side as the raised leg on your hip. While exhaling, turn your torso and head toward that leg while looking at a new focal point in that direction. Hold for five breaths. Reverse and release. Repeat on the other side.

Tree Pose

Don't worry if you sway a little in this pose. Trees do, too! Keep your core engaged with a straight spine, and feel your weight in the heel and toes of your standing leg.

1. Stand beside a chair back or counter and keep one hand above it for

balance. Align your feet with your hips; keep your knees loose.

2. Shift your weight to the inside leg. Turn the other knee outward, and raise your heel while keeping your toes on the floor. If that feels stable, slowly raise that leg and place the sole of your foot on the inside of your other leg at the calf or thigh—as high as you can manage comfortably. (Avoid placing it against the ankle or knee.)

3. Balance here for several breaths. If you're comfortable, move your hands to your hips or hold them at your chest in a prayer position.

4. Move your bent knee toward the front and release the pose, placing your foot back on the ground. Reverse sides. Repeat three to five times.

Live Like a Yogi

Whether you're on a trail, at a desk, or in your car, these activities will keep you calm and focused.

Breathe mindfully. “Breath is the base of everything,” Burgess says. “Inhale through your nose and feel the breath move up from your navel to your throat and back down on the exhale. Relax your core on the inhale and contract on the exhale.” Keep it up during workouts, too. “Exhale anytime you twist, bend, shift into a pose, or crunch,” she says.

Pay attention to your face. We carry stress in clenched jaws and pinched facial muscles. “Relax your lips so they barely touch,” says Burgess. “Your teeth should be slightly parted, your tongue relaxed. Now swallow and relax your jaw.” Try this anytime you feel stress, not just when you're doing yoga.

Don't compete. Even with yourself. “Americans are so competitive,” Burgess says. “Just do as much as you can and you will improve over time.” Use a chair, kitchen counter, or wall to help balance. Try a chair-yoga class if you're new to the practice. Let the instructor know if you have physical limitations.

Enjoy the company. Classes at senior centers provide a built-in encouragement team that can lead to solid friendships. Most classes are free (a few ask for small donations). “The reason I teach these classes is community,” Burgess says. “I get to know people who live where I live, and I can feel I'm being productive.”



● Over the past five decades, William Goodman has been an artist, a sculptor, a printmaker, a draftsman, an inventor, an illustrator, and a regular midnight hiker up 10,200-foot Capitán Mountain.

Big Art in a Tiny Town

Sculptor William Goodman has carved out an artistic legacy in the small outpost of Tinnie, in Lincoln County. At 86, he shows no signs of slowing down.

The spindly, tubular shapes rise from the earth into a cloudless sky, some reaching 30 feet. They could be spiders or the upturned roots of a juniper. Or maybe a dried cholla cactus. It's up to the imagination.

“Biomorphic forms with no straight

lines” is how 86-year-old artist William Goodman describes his creations. Appearing seemingly out of nowhere, Goodman's steel sculptures draw a regular stream of curious passersby to his worksite near the intersection of U.S. highways 70 and 380—a speck on the map called

Tinnie (population 100, or maybe it's closer to 200; no one keeps count).

Visitors who stop are often lucky enough to encounter him pounding and welding inside his studio, a former auto repair shop where, he reckons, “If you want an alternator for a Studebaker, you can probably find it.”

“He’d seen pictures of my sculptures and asked if I’d like to teach. That was a remarkable opportunity.”

—WILLIAM GOODMAN

Goodman is a good-humored workhorse whose nationally acclaimed artwork includes abstract paintings on three-dimensional steel surfaces; intricately decorated, handcrafted pinball machines; and steampunk-like instruments with bells tuned to precise semitones. Goodman is also restoring, room by room, a vintage adobe motel located on his property. And, just to keep his physical fitness up, he takes a daily walk up and jog down a local spot he calls “the hill.”

That hill is 10,200-foot Capitán Mountain, which he tends to tackle at midnight.

“I’ve just been incredibly lucky,” he says of the life he’s created in Tinnie, a 45-minute drive west of Roswell.

His journey began in Wimbledon, England, where he was raised—“aimlessly,” he says—by a mechanical engineer with an inventor’s streak, and a mother who briefly pursued an illicit career smuggling bird feathers for ladies’ hats.

A stint in the Royal Navy instilled in him a love of the sea. In 1959 he moved to Montreal, but soon after bought a motorcycle and rode it to San Francisco. His plan was to ship out on any boat that would hire him and make his way to Japan, but a chance stroll past the California School of Fine Arts changed his life’s trajectory.

“The doors were open, and they had never been open any other time I walked past,” he says. “I decided to go in. The smell of paint coming through the doors was enough to seduce anybody.”





● One of Goodman's latest projects.
Opposite: A finished sculpture in his yard.

He spent a few years earning a Bachelor of Fine Arts degree, then signed on to an oil tanker and hit the high seas again. It didn't last long, as he found himself drawn back to art school in San Francisco, where he completed a master's. One day Van Deren Coke, a noted photographer and then head of the University of New Mexico's school of art, dropped by.

"He'd seen pictures of my sculptures and asked if I'd like to teach,"

Finding Goodman

See more of William Goodman's work at williamgoodman.com, the Roswell Museum and Art Center, and the New Mexico Museum of Art in Santa Fe.

Goodman says. "That was a remarkable opportunity."

The teaching stint at UNM lasted only two years, from 1966 to 1968, before university politics upended the department. By then, however, Goodman had taken to the open landscapes of New Mexico.

He became an artist in residence at a fledgling program in Roswell backed by oilman Donald B. Anderson. The program eventually grew into the Anderson Museum of Contemporary Art. Today it's hallowed ground among New Mexico artists. In the 1970s, Goodman purchased an old stone schoolhouse in the village of Madrid, and to pay for what became more than two decades of restoration work, he took a four-year job as a surveyor for a

Wyoming coal mine.

While in Wyoming, he began constructing wire models of the mine's terrain with paper stretched over them, part of an effort to devise an algorithm that would determine a bulldozer's path. The job ended before the experiment bore fruit, but these "land masks" became another element in Goodman's artistic arsenal.

In 1998 he moved to Tinnie, in part to be closer to his artist pals, including Luis Jimenez, whose vivid fiberglass sculptures had already earned international acclaim. Recognition for Goodman's work took a little longer.

"When I was younger, 25 or so, I really wanted to become famous," he says. "It never happened. When I was living in Madrid, I tried to get a

gallery in Santa Fe. No one would look at my work. I still don't have an agent or a gallery. And I have a helluva lot of sculptures—they're all for sale!"

Goodman has yet to reach widespread acclaim, but he's made up for it with dedicated patrons. Collectors of his works have included Anderson, numerous museums, and corporations around the country. His more recent accolades include a 2005 New Mexico Governor's Award for Excellence in the Arts and a 2021 retrospective exhibit at the Roswell Museum.

Otherwise, he says, life in Tinnie, which "isn't even big enough to be a small town," stays pretty sedate for him. For social contact, he visits artists in the Anderson program, and he encounters his share of drivers hoping to fix a flat. Inevitably, they become enchanted by his art and his creative

process, which is currently focused on a ten-foot-high sculpture.

"When I'm done with that," he says, "I plan to make another pinball game. They're fun."

When he's not working (or logging midnight miles on Capitán), he nestles into his 1880s-era home, located across the road from his studio, where, he warns, visitors might be advised to bring a duster or a stiff broom to stay clean. "It looks like a recycling center," he says with a chuckle.

Somewhere out there on the internet, he knows, there are websites focused on roadside oddities that mention his property. He hasn't seen them, but he does enjoy the travelers who take up the challenge to seek him out.

"That's part of my social life," he says. "But mostly I don't mind the solitude."

An Artist's Unorthodox Guide to Living Longer

Goodman turns 87 in October, and he intends to continue working and creating. "I don't feel as though I'm getting much older," he says. "I don't feel worse than I did 15 years ago." We asked for tips on staying vigorous.

Diet. "I have a beer at the end of the workday, then eat dinner. Usually, it's rice and beans. I gave up eating meat. Most of my food comes in 50-pound bags—rice, beans, oatmeal. It's really boring, so I appreciate good food when I visit my daughter in Chicago."

Fitness. "I walk about 32 miles a week, usually four or five miles a day. I walk up the hill—Capitán Mountain—and run down the hill. It's not a huge change in elevation."

Giving back. "I donate blood five times a year."

Social life. "I visit with people in the Roswell Artist-in-Residence Program and go to the Roswell Museum regularly. People stop by when I'm working, sometimes because they have car trouble."

Keeping sharp. "I don't own a TV and don't use a computer. I like to listen to Radio Canada on satellite radio, and I subscribe to *The New Yorker*, *The New York Review of Books*, and *The Economist*. I'm not losing my intellectual capacity—so far as I know. It's just that I'm about two weeks late on everything, because the mail takes that long to get here."





The **Beat** *Goes On*

Been to a concert lately? You might have Barbara “Mother” Hubbard to thank for it. On the cusp of 97, the queen of New Mexico music is still working to keep our state rocking.

Photographs by
Robert Corral





● Mother Hubbard earned her nickname from Bob Hope, one of many global icons she befriended over the years.

In 1968, Barbara “Mother” Hubbard helped open New Mexico State University’s (NMSU) Pan American Center, a venue that became a regional powerhouse for attracting top performers. Ike and Tina Turner. Neil Diamond. The Eagles. “It’d be easier to list the acts that haven’t played the Pan Am Center than the ones that have,” Hubbard says.

Now an independent concert promoter, Hubbard continues mingling with the likes of George Strait, Pearl Jam, and U2, while also holding fundraisers for campus groups and her brainchild, the American Collegiate Talent Showcase (ACTS) scholarship program, which trains NMSU students for entertainment careers. While that might be plenty for one woman, Hubbard is also working to get a new amphitheater built at NMSU—in addition to planning her 97th birthday in July, complete with a performance by a big-name artist (she’s aiming for Garth Brooks) to raise money for ACTS. Then, finally, she might retire. Maybe. “I just love working,” she says. “I have to have something in front of me.”

We spoke to Hubbard, who stole the show at last year’s New Mexico Conference on Aging, about her love for life, music, and bringing joy to the state.

New Mexico Generations: So, you have a big day coming.

Hubbard: Every day is a big day! I’m trying to get Garth Brooks for my 97th birthday, plus about four fundraisers that I’m organizing. I want to have all my paperwork done when I’m called. I pray every day that I go up in years, but I guess the Lord will have the last draw.

What’s your secret to living such a long, active life? What gets you out of bed in the morning?

I think I get it from my students, some of whom have gone on to work for Oprah Winfrey and Bruce Springsteen. [Comedian] Jeff Dunham got his start in the ACTS program. Another has her own TV show in Washington State. The first students from the program are hitting their seventies—that’s how far back I go! I’m proud of those kids, and they’re exactly why I do what I try to do.

You’re a living legend in New Mexico, someone who put the state on the musical map. How do you describe what you do, especially after all these years?

I’m basically a concert promoter now, booking shows at venues throughout

the region—people like Keith Urban, Brooks and Dunn, Reba McEntire. I’m still in business because of the good buddies I’ve made over the years.

George Strait was one of the first shows I ever did. I’ve booked shows with George 17 times. Believe it or not, Taylor Swift was the opening act for George one of those times.

I don’t take a cent from this. I don’t have income other than retirement and Social Security. I love what I do. I get paid by smiles. Everything else goes to the scholarship fund, and we’re close to \$1 million.

What are some of your favorite stories from the musical acts you’ve brought to New Mexico? And how did the nickname Mother Hubbard come about?

I’m going to give Bob Hope credit for my nickname. In 1973, I decided I was going to do a show at the Pan Am Center with him. Since he wasn’t going to Vietnam anymore, I thought I would bring the Vietnam veterans to him. I kept calling the Pentagon, and finally the Pentagon called Bob: Who is this woman who wants the oldest POW to come meet him in a show? The Pentagon ended up getting Everett



● In nearly six decades of concert promotions, Hubbard, here at home, has amassed an impressive collection of mementos from music’s biggest names.

Alvarez Jr., the longest-serving POW in Vietnam. When Bob got on the Pan Am Center stage, Commander Alvarez saluted him and said, “Welcome aboard.” Bob turned back to me and said, “Welcome aboard too, Mother Hubbard.” And that’s how it got started.

The other night, Journey played at the Pan Am Center. I’ve done their shows before, but this wasn’t my concert. The people running the arena now, they gave me a pass where I can go into anything I want to, so I was there to say hello to the band, and they just thrilled me. They came out with their arms open. I got to hug Jonathan [Cain] and Neal [Schon].

I’m a hugger. People come up to me and say, “Can I shake your hand?” I say, “No, you can give me a hug around the neck.” That’s like liquid medicine.

Do you have a daily routine that keeps you moving and healthy?

I stay busy with things I think are positive, not negative. I keep up with my exercises, although I’ve slacked off a



“I hope everybody tries to feel good 365 days a year. Do your exercise. Get a diet that works for you. Meet good people with a smile on your face.”

—BARBARA HUBBARD

bit with all this paperwork. I eat three meals a day. I love fruit, so apples and bananas slip in every time.

My dad was blind, and that is one reason I think I value my body so much. There are a lot of things tied to that cerebral cortex. We were living in Benton, Arkansas, then, and we were fine until the operation on his cataracts left him blind. I was ten years old at the time. Man, I learned how to deliver papers, mow lawns, and watch kids, and so did my brother. My mother had to work at a factory. That’s just part of the nasty crumbs we all come up against in life.

You take that and make a positive out of it. I tell people: Find something good to hold on to. It might be something you never thought of before.

That was an incredible hardship for a kid. And as an adult, you lost your husband, Peirce.

Cancer took him. I’ve been drinking coffee alone now for 18 years. Feeling lonely ain’t very healthy, so you have to

get out, find someone to talk to, dream of a new project.

We raised two sons, and I have five grandkids and nine great-grandkids. We’ve been cooking Sunday night dinners for more than 50 years here at the house Peirce and I built. The dinners are just for family, but the family always brings somebody, so there’s usually an extra four or five to feed. Our family is pretty well anchored here in Las Cruces.

You participated in last year’s New Mexico Conference on Aging. What was that experience like for you?

I remember asking the audience, “God has given you all these dreams. You’ve got to take advantage of them. You’ve got to eat right, you’ve got to rest, you’ve got to smile when you walk down the street.”

Even though the old body’s got a few miles on it, things are happening to all these people we’re talking to, and they’ve just got to have the strength to somehow get through. And believe it

or not, that strength is inside every one of them.

ALTSD senior centers are amazing hubs for community members to gather. Do you attend a local senior center?

I’m a youth center! I try to get close to those kids. I do see other seniors when I’m out and about, and you get that feeling inside of you that it’s all worth it. Whatever’s going on in your life, climb out of that hole, put a smile on your face, and get going.

New Mexico is a special place. What does it mean to you to live and age here?

I’m sitting at my table looking at the foothills and the Organ Mountains and the farms. I can see the roof of the Pan Am Center. It’s beautiful.

I go to St. Paul’s United Methodist Church. It’s a gorgeous sanctuary but has a feeling of home to me. If you sit there and look at the cross and the back window—why, that’s a sermon right there.

I just hope everybody in the state of New Mexico realizes how lucky we are to live here.

Since you’re still going strong at 97, do you have any advice for fellow seniors?

I hope everybody tries to feel good 365 days a year. Do your exercise. Get a diet that works for you. Meet good people with a smile on your face. If you know someone who’s a shut-in, go brighten their day.

It’s what’s in your heart that gives you life. Get a dose of positivity. We’ve got enough in the world now to think negatively, but just ride it out. Find the goodness in life.

And if I bump into any of you, stop me and give me a hug.

Are you aiming to live to 100 or beyond?

I hope I do. I hope the Lord lets me. If I don’t, that’s just his plan. But when he does come for me, I’m gonna try to talk him out of it. ●



**WE LOVE
POLLINATORS**

PEAS ON EARTH

● Ophelia Steppe in the gardens at Santa Fe's Reunity Resources, a nonprofit dedicated to community strategies for climate resilience.



Good Eats, Good for You

Savoring New Mexico's long tradition of delicious, nutritious food.

New Mexico's rich history of food and agriculture stretches back to ancestral times. When you sample pine nuts, chiles, and chokecherries, the flavors of the past blend with the present and unite cultures across generations. The "three sisters" diet of corn, beans, and squash developed out of the efficiency of growing all three together, and it's become trendy today, thanks to the staples' presence in the popular Blue Zone diet, which highlights the foods that have helped centenarians live to 100.

The Aging and Long-Term Services Department considers healthy eating a cornerstone of its mission, which includes providing meals at senior centers and encouraging everyone to adopt wise eating habits. Ophelia Steppe leads the charge as New Mexico's state nutritionist.

We talked with Steppe about her work and gleaned some handy tips on growing a garden of your own, dealing with snack attacks, and taking advantage of the season's bounty of fresh fruits and vegetables.



● Steppe regularly works with the New Mexico Grown program to deliver local produce to senior centers.

Ophelia Steppe doesn't believe in diets.

For decades, Steppe, 62, has researched how food affects health while living through her own dietary shifts, with eras as a vegetarian, a vegan, and even a flexitarian—someone who mostly eats plant foods, but with the occasional meat dish. Now, as state nutritionist for the Aging and Long-Term Services Department, she works with senior center meal programs and teaches participants how to adopt wise ways of shopping for and preparing meals at home.

“I believe in having more fruits and vegetables in your diet, staying away from fats, not eating as much animal protein, maybe having legumes or beans with rice instead of meat,” she says. “They're all superfoods. They all provide something important to us.”

For the past three years, Steppe has

“I believe in having more fruits and vegetables in your diet, staying away from fats, not eating as much animal protein, maybe having legumes or beans with rice instead.”

—OPHELIA STEPPE

visited senior centers around the state to improve meal plans and offer nutritional tips to aging adults. Diabetes management. Saving money at grocery stores. Navigating farmers' markets. She covers it all. “People are hungry for health information,” she says.

Steppe's work has opened her eyes to food inequities in the state, particularly in rural areas and on tribal lands. “A lot of people live in areas where the closest Walmart or Dollar Store is an hour and a half away,” she says. “And some seniors

aren't physically able to have a garden to grow their own produce.” In many cases, lunch at a senior center turns into a lifeline, one that provides both nutrition and companionship. “You have to have community,” she says.

As a Black woman with roots in South America, Steppe knows that community often requires advocacy. Her own nutritional journey began at age 13 in Los Angeles, after her mother was diagnosed with cancer. With her children in tow, her mother would hit the library to read every book she could find on how to take charge of her

health. Steppe did the same. “By 14, I was a vegetarian,” she says. “At 16, I became a vegan.”

Steppe eventually earned a master’s degree in public health and worked as a special-education teacher and a Medicare counselor before moving to Edgewood, New Mexico, five years ago, and taking on the state nutritionist role. “There are a lot of chronic health conditions in the brown community,” she says, referring to Hispanic, Native, and Black people. “I feel that when I do health education for the staff and the seniors, it can have a snowball effect on their families, on their kids, and on the older adults they take care of.”

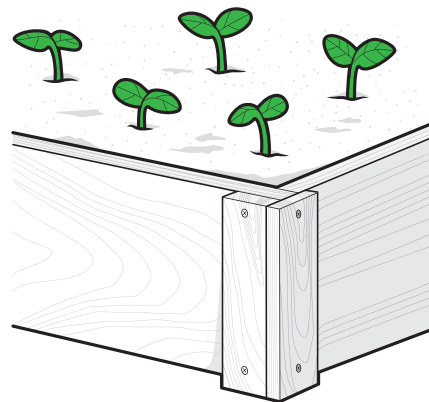
That includes pushing new initiatives like Nuevo Thursday, which many senior centers have adopted to feature menu meals suggested by diners, and the New Mexico Grown program that provides senior centers with local produce. She is also working on a pilot program to install gardens at senior centers. This year senior centers in Santa Rosa, Farmington, and Bloomfield have gardens that locals can help nurture or take home the harvest from. “If you look at what our grandparents’ diets were,” Steppe says, “they ate what they grew or traded with each other. They were more active—they walked everywhere.”

Among Steppe’s proudest achievements is working with senior center kitchens to identify shortcomings like not having enough staff to process produce or lacking a way to make fresh bread. The department has helped these kitchens obtain commercial-grade tools such as food processors and bread machines to ease the workload.

More than anything, Steppe says, nutrition should play one role among many.

“All we can do is take care of ourselves—mentally, physically, socially, the whole picture,” she says. “Stay hydrated. Be physically active. Be social. Take classes. Don’t stop growing.” ●





Grow Your Own

Steppe offers advice on starting a garden.

Get Smart: New Mexico State University's Cooperative Extension Service offers free gardening guides online (find them at extension.nmsu.edu; click on "Yard & Garden" under "Program Areas") and at your local library, where you can find gardening books geared toward New Mexico's climate and sometimes even "seed libraries"—free packets of seeds donated by gardeners. "Just show your library card," Steppe says.

Start Small: Container gardening can range from a few windowsill pots of herbs to raised beds that don't tax older backs and knees. You can even make your own pots by cutting the tops off milk or water jugs.

Go Herby: Almost anyone can succeed at growing mint in a pot, Steppe says. "And it tastes so good to nibble on a leaf while you're puttering around." Other easy herbs include basil, thyme, and chives.

Keep Cool: Tend your garden in the early morning or late afternoon. Wear light clothing—no jeans or sweat suits. Most importantly, Steppe says, stay hydrated. Keep a glass of water handy and sip often.

Eating Smarter

Four ways to improve your diet—and health.

Dine out with discounts. "Look for restaurants that offer senior discounts," says Steppe. "And then try something new. Treat yourself to something you can't make at home."

Carry snacks. "Take an insulated lunch bag with you. Cut up fruit in a portable container and add some cheese or even a boiled egg. You'll save money and be healthier."

Make fruit candy. "Cut up red bell peppers and mix them with strawberries. It's almost like eating candy. Mix ripe pineapple with slices of carrot and celery. If you need a little protein boost, spread some peanut or almond butter on a piece of bread."

Use Medicare to check cravings. "A craving could be the sign of a deficiency. Talk to your doctor. Many Medicare Advantage plans pay for you to meet with a nutritionist, with a doctor's referral."



FROM TOP: ILLUSTRATIONS BY BROWN BIRD DESIGN; SHUTTERSTOCK



RECIPE

Chilled Apricot Gazpacho

To celebrate its 100th anniversary last year, *New Mexico Magazine* published *Centennial Cookbook: A Century of Flavors*, featuring recipes from its bounty of past issues. This cold soup is among them. Weston Ludeke, executive chef at Santa Fe's celebrated Compound restaurant, developed it to take advantage of summer-fresh fruit. He says the flavor deepens if the apricots are slightly overripe. Many bookstores carry *Centennial Cookbook*, and you can purchase it online at newmexicomagazine.org (\$26).

SERVES FOUR

Gazpacho

6 ripe apricots, pitted and quartered
 2 Roma tomatoes, seeds removed
 1 large English cucumber, peeled, seeded, and roughly chopped
 1 clove garlic, roughly chopped

½ red onion, thinly sliced
 ¼ cup sherry vinegar or red wine vinegar
 ½ cup extra-virgin olive oil
 2 cups vegetable stock
 3 tablespoons salt

Whipped Feta Cheese

4 ounces feta cheese
 2 ounces crème fraîche or sour cream
 1 lemon, zested and juiced

Grilled Apricots

2 apricots, pitted and halved
 Pinch of salt
 Dash of olive oil

Garnishes

Sumac powder
 Chopped mint

1. Make gazpacho: Place apricots and all vegetables, garlic, vinegar, olive oil, vegetable stock, and salt in a large

lock-tight container and marinate overnight or for a minimum of four hours.

2. Transfer ingredients to a blender and pulse until the consistency is smooth. Chill.
3. Make whipped feta: Place feta cheese, crème fraîche or sour cream, and lemon juice in a food processor and pulse until blended. Transfer to a bowl and mix in lemon zest. Chill.
4. Grill apricots: Toss halves with a pinch of salt and olive oil. Grill over high heat until marked. (You can also use a cast-iron pan.) This should be quick; the goal is not to cook the fruit but merely to bring some grilled flavor to the dish. Cool then dice.
5. To serve, place chilled whipped feta in the center of a plate and top with a grilled and diced apricot half. Garnish with sumac powder and chopped mint. Pour chilled gazpacho evenly across four bowls and enjoy.

Inside the Office of Indian Elder Affairs

How Pueblo Native Melissa Sanchez is creating a stronger community for the future

Melissa Sanchez, the new director of the Office of Indian Elder Affairs (OIEA), was inspired while attending an elder advocacy meeting at the Pueblo of Acoma. “Many tribal elders, some of them my relatives, shared how happy they were that a Native person was in this position,” she says. “This opportunity to build on all the great work done so far and help our elders continue to flourish is such a meaningful honor.”

Created in 2004, the Office of Indian Elder Affairs’ mission statement is to “honor healthy aging among American Indian Elders by supporting culture, traditions and effective approaches that enrich a long life.” The OIEA oversees supplemental funding opportunities to tribes in New Mexico who are providing elder care through tribal senior centers and adult day services centers. The resources provided by the centers include meals, transportation, education, activities, and exercise initiatives. Perhaps most importantly, based upon the needs of tribal elders in New Mexico, the OIEA advocates for supporting Native American traditional well-being and building connections, a need Sanchez understands well.



HAVING GROWN UP IN the pueblos of Laguna and Acoma west of Albuquerque, Sanchez has long been a cultural advocate and brings a wealth of experience supporting Indigenous community initiatives. She’s also an award-winning documentary filmmaker, and prior to the pandemic was an event producer specializing in cultural empowerment through Native American and Indigenous events, including the annual Rock Your Mocs, held during Native American Heritage Month in November. “Contributing to opportunities and empowerment is inspiring, and I feel gratitude at seeing the continuity,” she says.

● **Top:** Secretary Jen Schroer and Director Melissa Sanchez at Upper Fruitland Senior Center; Zuni Senior Center.

In 2020, Sanchez was offered a position with the state’s Tourism Department. Appointed by Governor Lujan Grisham, she served as the executive director of the Intertribal Ceremonial Office, a job that led to her second appointment by the governor in her current role. For Sanchez, combining strategic management experience with a deep commitment to Native American and Indigenous peoples has made a career in public service a natural fit.

FROM TOP: COURTESY OF MICHELE MORRIS.; COURTESY OF MELISSA SANCHEZ

“Many tribal elders, some of them my relatives, shared how happy they were that a Native person was in this position,”

—MELISSA SANCHEZ



Today, Sanchez and the Office of Elder Indian Affairs are working to support tribal communities to obtain the best resources and services possible through their senior and adult day centers. The Pueblos, Apache, Navajo, and people from other tribes living in New Mexico continue to retain their languages, traditional ways of life, and strong sense of community. To support them, Sanchez always considers tribal diversity and core values while navigating intergovernmental processes and relationships. “Tribes carry a profound connection to the lands, their culture, their language, and family ties,” she says. “We carry our past generations with us all the time.”

A COMMON FEATURE of Native American tribes is the understanding that elders become guardians of knowledge, providing guidance, often with humor. “It’s an honor to become an elder, and there is a reverence for their life experience, their leadership, and the contributions they make to their surroundings and the younger generations. They are our treasures who share cultural and historical wisdom, often with laughter and sharp wit,” Sanchez says, laughing. “No matter what age, we get bossed by our elders, too.”

Sanchez raises awareness about how tribal communities can apply for ALTSD supplemental funding. These resources can be used to help tribal senior and adult day service centers provide services, improve facilities, and acquire equipment. In January,

for instance, the Navajo Nation opened the \$2.8 million Pueblo Pintado Senior Center. Funded by the ALTSD New Mexico Capital Outlay fund, and administered by the Navajo Nation’s Department of Health’s Division of Aging and Long-Term Care Support, the 4,000-square-foot building provides space for Navajo elders to gather for meals, education, connection, and fun activities.

In April, Sanchez and ALTSD cabinet secretary Jen Schroer visited several Navajo Nation senior centers. “We heard senior centers are a great place to see friends and family, share news, and participate in events,” Sanchez says. “At the Hogback Senior Center, for instance, locals get together to sew. An elder at the Shiprock Senior Center shared that he visits once a day to grab breakfast and see friends. The

centers, led by dedicated staff, become a central point of activity and an additional helping hand for elders.”

Going forward, along with OIEA and ALTSD staff members, Sanchez is excited to build on the department’s foundation and continue helping the state’s tribal elders. “I’m appreciative of the collective work that is being accomplished by tribal leaders, tribal senior and adult day services centers, the Indian Affairs Department, and Native American advocacy organizations to care for our elders, their caregivers, and our communities,” she says. “Additionally, Governor Grisham has made it a point to develop and nurture relationships with the tribes, pueblos, and nations, and our Office of Indian Elder Affairs will continue to support services for our tribal elders. Keeping in mind past, current, and future generations—especially moments like youth singing and dancing alongside our parents and grandparents—we’re all reminded of the importance of working together.”

Ask ALTSD

How do I find the senior center nearest me?

Call us at 800-432-2080, or check out the map of all our senior centers across the state at aging.nm.gov/seniorcenters.





Building Community in Clovis

Clovis Senior Services has long offered one of the most robust programming schedules in the network. A new facility will only help it expand the unique ways the city's aging community connects.

● Clovis's new Hillcrest Senior Life Center has a large events room with billiards tables and space for events.

Ten years. That's how long it took the City of Clovis to plan, design, fund, and, finally, construct its new Hillcrest Senior Life Center, a 16,000-square-foot facility with a commercial kitchen for serving meals, multipurpose areas that can host everything from yoga classes to dances, and an expansive patio overlooking Hillcrest Park.

"Our old facility was built in 1985, and it was deteriorating rapidly," says Clovis native Barbara Riggan, the city's senior services director. "With this new one, the possibilities are practically endless for us to be able to offer more activities for our seniors to keep them healthy."

Even without the new building, Clovis Senior Services has been a model for keeping the city's aging adults engaged and active in the community. Its regular activities include offerings like bingo nights, health screenings, and meals provided by the Curry Resident Senior Meals Association. But the center has also arranged a long list of more creative events. It has organized indoor volleyball with a beach ball, where participants remain seated on either side of the net. On Fridays, the center serves high tea along with a sweet treat, like a brownie. It even threw an Oldies and Goldies concert, where volunteers drove classic cars to the parking lot so attendees could check out vehicles they may have cruised in as teenagers.

"You always have to be thinking of different ways to bring in the younger seniors as well as engaging the older seniors," says Riggan, "because you may have somebody in your center from 50 up to a 100-plus."

In May, during Older Americans Month, Hillcrest Senior Life Center, one of three senior centers in the city, organized a nonagenarian

celebration, during which the mayor stopped by and helped crown a king and a queen for the day, bedecking them with a sombrero and flowers. Kids from the elementary school danced to *folklorico* ballads.

“The king was so excited, even if he was ready for his afternoon nap,” says Riggan. “And the queen, she was just like, ‘Why are they making such a fuss over me?’ We had to say, ‘Well, honey, you’re 99 years old—of course we’re gonna make a fuss over you.’”

As Riggan has discovered, it’s often the small things that make the biggest difference. “A lot of the benefits come just from the socialization,” she says. “If you’re isolated, most of the time you’re not doing much.”

When city leaders set out to develop the new facility, they wanted it to be a one-stop shop for seniors, whether for Medicare info, transportation to another city for a doctor’s appointment, or even just a place to meet an old friend. Riggan says that the meals served through the Curry Resident Senior Meals Association may be the only warm food someone has that day. Many seniors are able to organize home meal deliveries through the center, too.

Additionally, the Clovis Senior Center works to make sure attendees are engaging with the surrounding community. Airmen and airwomen from nearby Cannon Air Force Base regularly stop by. One time they participated in a Nerf-gun “war” with the seniors to get everyone laughing while they attempted to hit various targets with the foam projectiles.

“It just warms my heart to see all the connections,” says Riggan. “I’ve always had a huge heart for the elderly, and just being in this position, I know that I’ve made a difference in somebody’s life.”

For seniors visiting the center, it’s a way to reconnect and engage with their community, something many may not have done in years. You get married and focus on raising kids and developing a career, then suddenly you have a lot more time on your hands when your kids start

having kids of their own. Or maybe a loved one moves away and you’re alone for the first time in years. The sense of connection offered at a senior center like Clovis’s can provide a new lease on life.

“We’ve had seniors who come in and say, ‘This place saved my life,’” says

Riggan. “One woman had just lost her husband, and she was in a deep state of depression. Coming into the center offered her not only something to do, but new friendships. I think that is so important—that our seniors know they have a safe place to go where they can meet new friends and enjoy life.”

The Faces Behind ALTSD

Sheri Jones, Ombudsman Program supervisor

What is your role?

The Ombudsman Program advocates for residents of long-term care facilities to ensure they receive the best-quality care. The program began in 1972 and was authorized under the Older Americans Act. Long-term care (LTC) ombudsman programs work to resolve problems related to the health, safety, welfare, and rights of individuals who live in LTC facilities, such as nursing homes and assisted living residences. If a resident has a concern about a facility, they can share that with us and we’ll advocate to help them and educate staff to resolve any issues. I am the ombudsman supervisor and cover the eastern side of New Mexico.

How did you become an ombudsman?

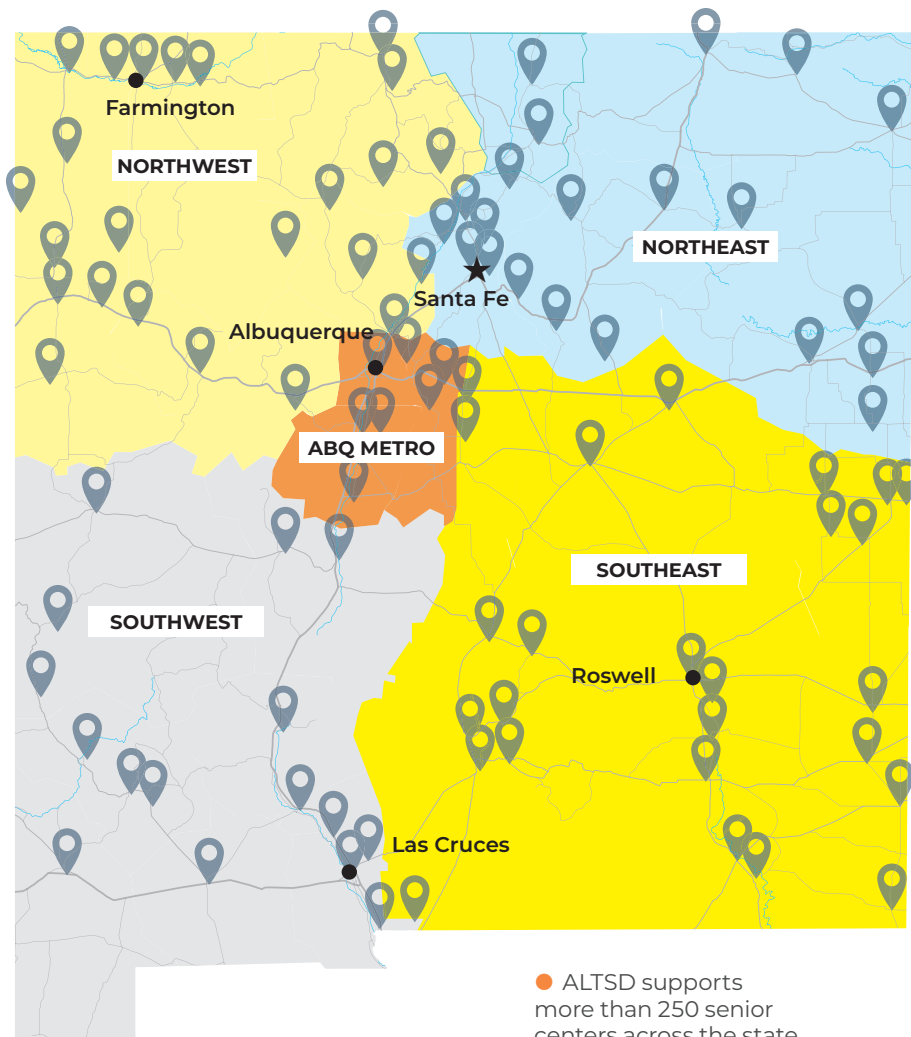
I grew up and still live in Roswell, where my mother was an aide at a nursing home. One day when I was seven, I went with her to work and an elderly lady handed me a banana. I hated bananas but was taught to always say thank you, so I ate it. Afterward we had a nice conversation, and from that point on I knew I had a heart for caring for people. For me, working for the Ombudsman Program is the perfect job. Recently, I helped a gentleman who had moved here from another country and was having difficulty communicating.



By taking time to understand him, I was able to help amplify his voice. It’s an incredible feeling to help others.

How can readers volunteer to be an ombudsman?

Governor Lujan Grisham and Jennifer Scott, the acting state ombudsman, have made it a priority to have an ombudsman for each of the 300 senior care facilities across the state—and we need help! Volunteering takes little time but gives so much back. Studies show that volunteering helps mitigate depression, and it warms your heart to make a difference. Volunteers simply have to commit to three hours a week for one year. You go through some quick training, but it’s mostly about listening to others—and our aging adults are fascinating. They were doctors, lawyers, mothers, fathers, and the hearts of our communities, and they still have a lot to give. If you want to make an impact in someone’s life, join the Ombudsman Program! Call 866-451-2901 to sign up and help give these seniors a voice.



Summer 2024 Events

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

JULY

Through the Generations Family Picnic

July 12

North Domingo Baca Multigenerational Center, Albuquerque

Bring the family for a fun picnic of sandwiches and summer treats. The picnic runs from 5:30 p.m. to 7:30 p.m. The event is free with an Albuquerque Department

of Senior Affairs membership. Call 505-764-6475 to sign up.

Dance Night at the Bonnie Dallas Senior Center

July 13

Farmington

The Bonnie Dallas Senior Center hosts a night of live music and dancing. Dance nights are from 6 p.m. to 9 p.m. and are in the activity center. Doors open at 5 p.m. Other upcoming dance nights include July 27 and August 10. Tickets are \$3.

New Mexico Senior Olympics Bowling Tournament

July 23-25

Starlight Bowling, Santa Ana

Whether you're a seasoned bowler

or just looking to have some fun, this tournament is the perfect opportunity to strike up new friendships and spare no effort in going for the gold. Registration is \$30; nmseniorolympics.com.

New Mexico Senior Olympics Volleyball Team Tournament

July 26-28

Bernalillo High School, Bernalillo

This tournament is a fun time for all skill levels! Gather a team and enjoy friendly competition and community. Registration is \$300 per team, plus \$5 per player; nmseniorolympics.com.

AUGUST

102nd Annual Gallup Inter-Tribal Indian Ceremonial

August 2-11

Gallup

This celebration of tribal culture and tradition in New Mexico has it all: parades, a rodeo, arts and crafts, dances, food, auctions, a golf tournament, and more. Most events are open to the public.

Palo Duro Senior Center 50th Anniversary

August 10

Albuquerque

Celebrate the 50th anniversary of the opening of the Palo Duro Senior Center with food, fun, and entertainment. The event begins at 10 a.m. and ends at 3 p.m.

Alamo Senior Center Fall Formal Dinner and Dance

August 16

Alamogordo

Bring an appetite and your dancing shoes for this formal dinner and dance in the Alamo Senior Center's dining room. The dinner is from 2 p.m. to 3 p.m., and the dance is from 2 p.m. to 5 p.m. Menu and fee to be determined.

ABQ Pickleball Club Labor Day Classic

August 31-September 2

Manzano Mesa Outdoor Pickleball Courts, Albuquerque

This is the premier fall event for the state's pickleball enthusiasts. The tournament is where skill, strategy, and passion collide, with age groupings for seniors and both singles and doubles competitions. All skill levels are welcome. *Registration is \$55.*

SEPTEMBER

New Mexico State Fair Seniors' Celebration Day and Healthy Living Day

September 9

Expo New Mexico, Albuquerque
As always, the State Fair highlights the amazing culture, agriculture, and art of New Mexico, with a rodeo, musical acts, and entertainment. This year, Seniors' Celebration Day and Healthy Living Day is September 9, when senior citizens are honored with discounts at a multitude of vendors. The Aging and Long-Term Services Department, in partnership with the Department of Health, also offers tips and information for healthy living, along with free health screenings and flu shots. *Fair entry is \$10 for seniors 65 and up.*

Alamo Senior Center Annual Health Fair

September 12

Alamogordo

The senior center is hosting its annual Health Fair for residents from 8 a.m. to 12 p.m. The event is designed for community members aged 60 and up, and will offer a range of information, resources, and workshops. Forty vendors are expected to take part in the fair. The event is free and open to the public.

New Mexico Senior Olympics Softball Team Tournament

September 13–15

Harty Paz Maag Complex, Las Cruces

Assemble a group of sluggers and

test your swinging and fielding skills at this fun team tournament. Enjoy the crack of the bat, the cheer of the crowds, and some friendly competition and community spirit. *Registration is \$300 per team, plus \$5 per player;*
nmseniorolympics.com.

35th Annual National Adult Protective Services Conference

September 16–19

Albuquerque Convention Center

This is the largest annual event for professionals working in adult protective services. Participants from diverse backgrounds come to share insights, learn together, and build meaningful connections. If you are a trained professional advocating on behalf of seniors facing abuse or neglect, or you offer in-home support for elders, register for the conference now at **napsa-now.org**.

Join Us at Our 46th Annual Conference on Aging

This fall, the New Mexico Aging and Long-Term Services Department is excited to host, once again, our Conference on Aging. As always, the event will feature engaging speakers, fun activities, and cultural offerings. Held in Albuquerque, this year's event will also include informational workshops and sessions on health, insurance, caregiving, long-term care, and other topics. It's a great daylong event with networking opportunities at an accessible venue. The whole thing kicks off with live music and a dance, so don't miss out. Preregister now at **aginginnm.org**.



Aging Well Together

NEW MEXICO 46TH ANNUAL CONFERENCE ON AGING

Call for Submissions

Send Us Your Senior Center Events!

In each issue of *New Mexico Generations*, we'll share highlights of upcoming senior center offerings across the state. This will be a great opportunity to spread the word about premier events happening at your senior center. If your center has a signature or larger event—celebrations, annual dances or parties—we want to hear from you. Reach out to your senior center director and have them submit the event to us. We may include it in the next issue!



A Splash in Time

In 1937, during the heart of the Great Depression—and with temperatures about to top 100 degrees—Clovis celebrated the opening of its new swimming pool at Hillcrest Park. While reporting on the event, Jack Hull, editor of the *Clovis Times*, encountered these young women ready for a dip. Hull didn't record their names (or they were lost to time), but one thing remains from that day: the city's commitment to water recreation. Today, Clovis has two outdoor pools, Potter Pool and Hillcrest Park Splash Pad (open from Memorial Day to Labor Day), and the year-round, indoor Clovis Aquatic Center. Day passes for the kid-friendly outdoor pools are just \$1, and entry to the CAC is \$3, although people 60 and older can access it for \$2.50. The fees may have changed a little over the years, but cooling off in Clovis's pools remains as popular as ever.

PHOTOGRAPHER: JACK HULL. DATE: 1937. PALACE OF THE GOVERNORS PHOTO ARCHIVES (NMHM/DCA) # HP.2010.40.01

NEW MEXICO GENERATIONS

A new magazine dedicated to enhancing life for New Mexicans as they age.



Offering resources, inspiration, and a sense of community to those 55+

Advertise With Us!

For advertising inquiries: chris@nmgenerationsmagazine.com

Contact: info@newmexicogenerations.com

New Mexico Generations magazine is a quarterly publication published by the New Mexico Aging and Long-Term Services Department, whose mission is to serve and inspire the state's older adult community to live active, healthy lives and enhance their connections within their community.



New Mexico Senior Olympics Fitness Opportunities



EnhanceFitness is a FREE evidence-based fitness group program that has been designed for Seniors 50+ who want to see results.

- Classes are offered throughout New Mexico
- Classes meet 3 times per week for one hour
- Classes are taught by certified fitness instructors

You can join EnhanceFitness at any of the following cities:
Albuquerque, Bernalillo Co., Clovis, Hobbs, Las Cruces, Los Lunas, Placitas, Rio Rancho, Roswell, Ruidoso, Santa Fe

***Sponsored by New Mexico Senior Olympics, Inc.**



Are you ready to start your fitness routine?
Visit our website
www.nmseniorolympics.org
to connect with an instructor in your area



STATE BOWLING TOURNAMENT Starlight Bowling at Santa Ana

July 23-25, 2024



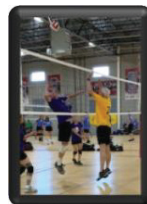
- \$30.00 registration entry fee per person, plus \$5 administrative fee per player.
- \$12.00 lane fee, per event (3 games) includes shoes.
- Singles, Doubles (same gender), Mixed Doubles (one male, one female) and Teams (all one gender per team)
- Athletes may only compete on one team
- Bowling Non-Ambulatory is available for singles, doubles, and mixed doubles.
- Tournament will be conducted in accordance with the US Bowling Congress, National Senior Games and NM Senior Olympics playing rules.
- Qualifier for 2025 National Senior Games in Des Moines, IA

Visit our website for registration details:

www.nmseniorolympics.org

Senior Olympics Team Tournaments

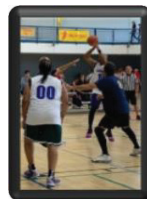
- \$300 registration fee + \$5/administrative fee
- Great Officiating
- Mini Opening Ceremony
- First Aid Station
- Fruit and Water for Athletes
- Athletic Trainer
- Concessionaire
- Qualifier for Nationals
- Online Registration



Senior Olympics Volleyball
Men – Women – Co-ed
July 26-28, 2024
Albuquerque, NM
Early Bird Discount
Deadline: May 30, 2024



Senior Olympics Softball
Men – Women
September 13-15, 2024
Maag and Paz Fields
Las Cruces, NM
Early Bird Discount
Deadline: June 30, 2024



Senior Olympics Basketball
Men – Women
November 1-3, 2024
Geneveva Chavez Community Center
Santa Fe, NM
Early Bird Discount
Deadline: August 30, 2024



Early Bird Discount Available
\$100 off
Limited Time Only

Contact us at: (888)623-6676 or

Email: nmso@nmseniorolympics.org

Register Now www.nmseniorolympics.org

Thank You
TO OUR SPONSORS

