

NEW MEXICO GENERATIONS

FALL 2024

The Mighty Chile

A healthy recipe for the brain-boosting superfood

Celebrating Harvest Season

- Scenic Fall Drives
- Intergenerational Family Fun
- Wellness Hotspots
- Autumn Festivals

Connect With Your Community!

A roundup of fall events

Tips for Medicare Open Enrollment

Introducing:
The New Mexico Generations Crossword!

THE INTERVIEW

Paul Bosland

The founder of New Mexico's Chile Pepper Institute helped spark a global obsession with spicy food. Now, at 71, he's finding new ways to increase the heat.

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NEW MEXICO GENERATIONS

FALL 2024

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For nearly 40 years, Paul Bosland directed the New Mexico Chile Pepper Institute in Las Cruces, helping to develop many of the most popular chiles in the world. In retirement, he's become even more passionate about finding new ways to dial up the heat.



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A Season of Traditions and Transitions

From brilliant foliage to Balloon Fiesta to apple picking, our state has wonderful events every fall. My favorite New Mexico autumn tradition, however, might be the spiciest: green chile season!

Starting in August, roasting stations pop up in parking lots across New Mexico, with vendors offering red and green chiles that we can cook with to keep us warm as the leaves and the temperatures drop. Along with frijoles (our other state vegetable), the chile is a delicious way to stay healthy, and as our state nutritionist Ophelia Steppe reveals on page 14, it may even boost brain function and slow cognitive decline.

The power of the chile is just one fascinating topic we explore in this issue, along with tips on Medicare open enrollment, Native American Heritage Month, fall getaways, and our 46th Annual Conference on Aging, which will be held on October 28 in Albuquerque. The daylong event will include fascinating speakers, fun activities, and an evening dance, so come prepared!

Our team has been working hard to improve all that we offer

New Mexicans across the state. In just the past three months, for example, our Consumer and Elder Rights Division received over 10,000 calls to its Aging and Disability Resources Center, resolving 94 percent of them during that initial conversation and working to find a resolution for the remaining 6 percent. Our Aging Network volunteers and providers offered over 220,000 hours of caregiver support during the last fiscal year (July 2023 through June 2024), getting more help to New Mexicans in need in every corner of the state. I'm happy to say that we're

only getting started, already hard at work planning for fiscal year 2026.

During this time of year, the department undertakes a strategic planning process. We audit and evaluate, then reference all available data to ensure that our priorities are aligned with the needs of New Mexico's elders and adults with disabilities. Along with all other state agencies, we also propose our budgets to the legislature. This year our department's budget request focuses on three critical priorities: establishing the Kiki Saavedra Senior Dignity Fund as a permanent, recurring endowment; reactivating the Long-Term Care Division to address senior living situations and caregiver needs; and enhancing department infrastructure to increase our capacity. We remain steadfast in our goal of providing resources, connection, and advocacy that will move the needle on quality of life for all New Mexicans.

We will be sharing more information about Senior Day at the Legislature and how you can support legislative decisions that impact everyone's access to healthy aging. These decisions bring improvements and advancements to your area. We'll share more information with your local senior center soon. Do plan to join us in Santa Fe after the New Year!

So as we celebrate the harvest season and the many traditions around it, I encourage everyone to get out and participate in all that New Mexico's fall has to offer. The same goes for our Conference on Aging. This is a joyful time of year, with good food and opportunities to connect with family and friends. Just make sure to bring the chiles!

Best,

Jen Paul Schroer, 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.

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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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.

This publication was paid for in part by grant 90SAPG0067 from the Administration for Community Living.



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.

● 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)



Una estación de tradiciones y transiciones

Cada otoño nuestro estado ofrece magníficos atractivos, desde el espectacular follaje otoñal hasta el Festival de los Globos y la recolección de manzanas. Pero la tradición que a mí más me gusta es quizá la más picante: ¡la temporada del chile verde!

A partir de agosto comienzan a aparecer los puestos asadores en los estacionamientos de todo Nuevo México, donde los vendedores ofrecen chiles rojos y verdes que podemos cocinar de diversas maneras para mantenernos calentitos a medida que las hojas caen y las temperaturas bajan. Al igual que los frijoles (otro vegetal de nuestro estado), el chile es una deliciosa forma de mantenernos saludables y, como revela la nutricionista estatal Ophelia Steppe en la página 14, hasta puede estimular la función cerebral y retrasar el deterioro cognitivo.

El poder del chile es tan solo uno de los fascinantes temas que abordaremos en esta edición. También daremos consejos para inscribirse a Medicare, hablaremos sobre el Mes de la Herencia Nativa Americana y presentaremos una guía de escapadas otoñales. Además, compartiremos información sobre nuestra 46.^a Conferencia Anual para Personas Mayores, a celebrarse el 28 de octubre en Albuquerque. Este evento de un día de duración contará con disertantes extraordinarios, actividades divertidas y hasta un baile nocturno, así que ¡vengan preparados!

Como todos los años en esta época, nuestro departamento pone en marcha un proceso de planificación estratégica. Hacemos auditorías y evaluaciones y luego usamos todos los datos disponibles como referencia para asegurarnos de

que nuestras prioridades estén alineadas con las necesidades de las personas mayores y de los adultos con discapacidades de Nuevo México. Además, al igual que todos los demás organismos públicos del estado, presentamos nuestros presupuestos ante la legislatura. Este año, la solicitud presupuestaria de nuestro departamento se centra en tres ejes: 1) crear el Fondo Kiki Saavedra para la Dignidad de las Personas Mayores, de carácter permanente y renovable; 2) reactivar la División de Atención a Largo Plazo para abordar situaciones que surgen en las residencias para personas

mayores y dar respuesta a las necesidades de quienes trabajan en ellas; 3) mejorar la infraestructura del departamento para aumentar nuestra capacidad. Seguimos fieles a nuestro objetivo de brindar los recursos, la conexión y la protección necesarios para mejorar

significativamente la calidad de vida de todos los habitantes de Nuevo México.

Próximamente compartiremos más información sobre el Día de las Personas Mayores en la Legislatura y sobre cómo ustedes pueden apoyar las decisiones legislativas que afectan el acceso de toda la población a una vida saludable durante la tercera edad. Los legisladores del estado contribuyen a lograr importantes mejoras en todas las regiones. Por eso, pronto enviaremos más información a su centro local de atención para personas mayores sobre cómo promover iniciativas que benefician a sus comunidades. ¡Los esperamos



en Santa Fe después de Año Nuevo!

Brindar asistencia a las personas mayores de Nuevo México sin distinción de raza, sexo ni antecedentes culturales es la razón de ser de nuestra institución. Sabemos que cerca de la mitad del estado habla español como lengua materna. Contamos con operadores hispanohablantes para atender las llamadas en nuestro Centro de Recursos para Personas Mayores y Adultos con Discapacidades, y con cuidadores voluntarios, también hispanohablantes, que prestan asistencia a través de nuestra Red para Personas Mayores. Con esta revista ampliamos nuestra oferta de contenido en español, al igual que con la publicación de algunas de nuestras historias más útiles en newmexicogenerations.com. Es fundamental que no haya barreras lingüísticas a la hora de buscar la asistencia adecuada. Las cosas son ya bastante complicadas de por sí.

Ahora que estamos celebrando la estación de la cosecha y las muchas tradiciones que la rodean, animo a todos a salir y participar. Lo mismo vale para nuestra Conferencia Anual para Personas Mayores. El otoño es una época de alegría, llena de buena comida y de oportunidades para encontrarse con la familia y los amigos. ¡Que no falten los chiles!

Cordiales saludos.

Jen Paul Schroer,
secretaria de 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.

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PRODUCIDO POR FLATBED

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*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.

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

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

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National Hispanic Cultural Center

● The campus of the National Hispanic Cultural Center, which is offering free folk dance classes for seniors this October.

A NOVEL, SUCCESSFUL PROGRAM TURNS ONE

October marks the one-year anniversary of New MexiCare, a program that offers financial support to caregivers, and there's reason to celebrate. Already it has grown from a pilot program in six counties to a mainstay in 31 counties across the state. Designed to help older New Mexicans thrive in their homes and communities of choice, New MexiCare offers qualified participants a stipend of up to \$12,000 per year for an existing caregiver, day care, transportation, and safety monitoring. Learn more about New MexiCare and how it can help you at newmexicare.org.

Kick Up Your Heals This Fall

Beginning on October 9, the National Hispanic Cultural Center (NHCC) in Albuquerque is offering four weeks of traditional folk dance classes, with lessons covering traditional dances like La Marcha (taught by New Mexico instructor Lucy Salazar). It promises to be a perfect way to learn new moves, meet people, and connect with old traditions. New Mexico Folk Dance for Seniors is part of the NHCC's popular Siempre Creativo program, which provides free multidisciplinary arts programs for seniors. Siempre Creativo has hosted—and continues to host—a range of fun classes, from genealogy to art. The folk dance lessons are held on four consecutive Wednesdays from 1:30 p.m. to 3:30 p.m. At the final class, there will be a fiesta atmosphere with live music, so

you can show off your new moves. This is a free event supported by AARP New Mexico, so make sure to be there—and bring a friend! For more info, go to nhccnm.org.

Celebrating Caregivers in November

For many people, a caregiver is essential to their well-being, with many offering around-the-clock assistance. So this November, whether you're helping a family member or you're the one receiving support, take a moment to thank the caregiver in your life—or one of the thousands of caregivers across the state. November is the 30th anniversary of National Family Caregivers Month, a joint effort between the National Council on Aging, the Caregiver Action Network, the National Alliance for Caregiving, and the nonprofit Share the Care. While helping families and loved ones, caregivers offer an incredible amount of dedicated service. In the U.S. today, more than 53 million family caregivers provide unpaid assistance, representing an economic value totaling more than \$470 billion, according to the National Alliance for Caregiving and the AARP. Which is all the more reason to honor the caregivers in your life. We're all better off because of them.



● Medicare can be complicated. Call the ADRC to get all your questions answered: (800) 432-2080.

review the plan you have now. Ensure that your monthly premium and copays aren't straining you financially. Consider whether you like the doctors in your network and can easily see them as needed. And ask yourself if your plan is providing all the benefits you need. If not, consider changing it. It's also a good idea to check your monthly bills—you may spot fraud. So far this year, CERD has reported \$23,550 in potential Medicare fraud and abuse, with the largest scam being a false catheter program. "People are like, 'Why am I being billed for catheter supplies—I don't even own one,'" Winterowd says. "The ADRC can sort that out and make sure you aren't being taken advantage of."

5 Tips for Medicare Open Enrollment

How to get the coverage you need at the best cost.

Medicare open enrollment is October 15 through December 7—which means an endless deluge of companies advertising their plans. "Medicare is intimidating," says Kris Winterowd, a bureau chief at the Consumer and Elder Rights Division (CERD), whose mission is to help aging adults maximize their independence. "There's so much advertising that it's hard to know who to trust."

During this time, adults with Medicare can adjust their prescription and health plans, so it's crucial to know what has recently changed. Luckily, state residents have CERD and its Aging and Disability Resource Center (ADRC), whose operators help seniors

understand their options and pick the plan that's right for them. Specifically, the ADRC's State Health Insurance Program (SHIP) operators provide free, unbiased expert information about Medicare, which has helped some save up to \$4,000 a year. "Medicare is a big bureaucracy," Winterowd says. "But you have a person in your local area that you can rely on to answer your questions. We help people make sure they're getting what they need at the lowest cost possible. Our goal is to humanize Medicare."

Here are CERD's five tips to find the right plan during Medicare open enrollment.

1. Review your current coverage. Before looking ahead, it's good to

2. Consider how your health needs may change in the coming year.

Nobody has a crystal ball. But if you know that a knee surgery or hip replacement may be around the corner, then go over your current plan to understand how the procedure will be covered. It's a good idea to contact the ADRC to ensure you have all the latest information. If you need Medicaid to pay for in-home care, for instance, you should contact the ADRC first to apply for the benefit.

3. Check your plan's prescription-drug coverage for next year.

Prescription-drug costs change all the time, and they vary from plan to plan. The 2023 Inflation Reduction Act, for instance, capped insulin copays at \$35, but that may not apply if the drug isn't covered under your current formulary. It's crucial to carefully review all the information

for your upcoming plan. Make sure your prescriptions are on the plan's formulary; consider whether your copay costs for drugs, doctor visits, or other services will change in the coming year; and double-check if your covered benefits will stay the same. Visit aging.nm.gov/medicare to watch the Medicare Minute series, which details how to navigate medicare.gov and check what you need on the site. Then reach out to a case worker at the ADRC if you want to learn more.

4. Be careful when it comes to sharing Medicare information.

During open enrollment, you're going to see a lot of ads. But remember: Medicare will never call you. Companies offering plans are not allowed to call or visit you without your permission, so cut off conversation with anyone who pressures you to join a certain plan. Even if a salesperson offers a cheaper one, it may not cover everything you

need. "We always get an influx of fraud and abuse cases during Medicare open enrollment," Winterowd says. "One insurance carrier, for instance, signed up everyone in a community on a new plan, but when the people who were on dialysis went for their life-saving treatment, they were told to pay out of pocket. We were able to help everyone get restored to a new plan, but this underscores how salespeople don't consider everything that a person needs."

5. Get free, unbiased assistance from the ADRC.

Counselors with the ADRC and SHIP have up-to-date training on all Medicare plans for 2025 and don't receive any money from suggesting plans. Offering unbiased, expert advice, these counselors can review your coverage, discuss your needs, and help you figure out the best plan for the coming year. The ADRC also

offers in-person Medicare-counseling events across the state as well as tutorials on how to use the Medicare Plan Finder at aging.nm.gov/medicare.

"Every person is different," Winterowd says. "So our counselors know about current processes, procedures, requirements, eligibility needs, and documentation. Most important, they live in local communities and are empathetic listeners who take the time to truly understand your needs and help you find the best possible plan."

Learn more about Medicare open enrollment:
(800) 432-2080
aging.nm.gov/medicare

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Celebrating Tribal Elders

Commemorating Indigenous Peoples' Day and Native American Heritage Month.

By Ungelbah Dávila and Melissa Sanchez

Indigenous Peoples' Day in October and Native American Heritage Month in November are dedicated to recognizing and expanding knowledge of the collective culture, history, and contributions of Native Americans, Alaska Natives, and Native Hawaiians.

In New Mexico, there are 23 federally recognized Native American tribes: 19 Pueblos, three Apache tribes, and the Navajo Nation. Each tribe is its own sovereign nation with its own government, culture, language, and traditions. Yet all are bound by a unique history of having settled ancestral homelands in New

Mexico for centuries, and in some cases more than a millennium.

Native American pride in New Mexico is singular and runs deep. In 2019, New Mexico was one of the first states to officially rename Columbus Day as Indigenous Peoples' Day. Beginning in 1976, Congress launched Native American Awareness Week in October, which was expanded into Native American Heritage Month by President George H. W. Bush in 1990. This fall, New Mexico continues to celebrate the indigenous peoples of this land and their Native American heritage, especially their elders—the wisdom keepers of the community.

“In my pueblo, elders are honored because of their knowledge,” says Addelina Lucero, a member of Taos Pueblo. “They have a longer connection to the land, to the culture, to the language, to everything that we do, our lifeways as Pueblo people—which is especially important today.”

Connected to the Land

New Mexico's tribal communities are some of the oldest in the United States, unique locations in the high deserts, mesas, and mountains that can feel timeless, the culmination of culture rooted in the land.

One universal tribal commitment that has remained the same is the

inherent responsibility to safeguard and care for the lands. In 1970, for instance, Taos Pueblo achieved the legal return of 48,000 acres of historically tribal land, including the sacred Blue Lake, from the United States government. Then in 2012, the Jemez Pueblo sued the United States government, arguing that it still retained rights to occupy and use Valles Caldera National Preserve as its ancestors had done for 800 years. After working its way through the courts for years, in March of 2023 Jemez Pueblo won acknowledgement of its aboriginal title ownership to an area known as Banco Bonito.

Both victories show how New Mexico tribal communities continue to protect their lands and to preserve access to sacred spaces that have been and continue to be overseen by them from generation to generation.

The Enduring Power of Elders

Cecilia Lucero, an Acoma Pueblo elder, treasures her time with her grandchildren. “Grandchildren are so special. They’re easy to teach, and they’re receptive to teachings that we give them,” she says. “I always urge them to hold on to the teachings of the elders, to love themselves, and to look forward.”

Celebrating ancestors and their teachings is a key part of Indigenous Peoples’ Day and Native American Heritage Month, especially because there was a time when Native American people were not allowed to embrace their identity or practice their culture. Gladys Daniel, for example, was a Diné who attended an Indian boarding school from age eight to 18, an institution designed to break her spirit, erase her heritage, and assimilate her into mainstream American society and culture. After leaving the school, however, Daniel reclaimed her identity. She relearned the Navajo language and taught herself to weave, becoming an award-winning weaver of the Two Grey Hills style. She then went on to raise eight children and see herself reflected in countless grandchildren

and great-grandchildren, sharing her wisdom and strength for future generations to carry forward.

This fall, across the state, one way to acknowledge Indigenous Peoples’ Day and Native American Heritage Month is to reflect upon tribal heritage, especially elders, who are the foundation of Native American culture.

These opportunities are reminders that one of the most important ways we stay connected is through time spent with our elders—listening to stories, absorbing wisdom, and bridging generations.

“Some of my treasured memories are the storytelling that is often done

at the kitchen table,” says Emmett “Shkeme” Garcia, a member of Santa Ana and Jemez Pueblos. “As a kid sitting with my grandparents, and now my parents, listening to their life experiences, what they went through, what they learned, giving me examples of how things have changed and also how things have remained the same. Many teachings are passed down naturally in ways such as grandmothers dressing the girls in their traditional clothing. While dressing the girls, grandmothers tell stories of her own childhood as she was being dressed by her mother and her grandmother.”



● Acoma buffalo dancers at the Indian Pueblo Cultural Center

Learn About New Mexico’s Tribes

Indigenous Peoples’ Day and Native American Heritage Month provide a platform that fosters opportunities for all to expand their knowledge of the lands we live on and the tribes as historically living cultures.

This Indigenous Peoples’ Day, on October 14, explore New Mexico’s tribal history at the Indian Pueblo Cultural Center (indianpueblo.org) in Albuquerque, which will include a full-day celebration with dance groups, artisans, kids activities, and more; or enjoy the Santa Fe Indigenous Peoples’ Day Honoring Native Nations Intertribal Powwow (santafeindigenoucenter.org) on the Santa Fe Plaza, which will feature dancers, vendors, and a parade of nations.

During Native American Heritage Month, take time to learn more about New Mexico’s tribes at the Museum of Indian Arts and Culture (indianartsandculture.org) and the Wheelwright Museum of the American Indian (wheelwright.org) in Santa Fe. Also, visit the Crownpoint Navajo Rug Auction (crownpointnugauktion.com), attend the Red Paint Powwow (redpaintpowwow.com) in Silver City, or purchase from Native businesses as ways to commemorate these observances across the state.



Strength Moves for Better Bones

Calcium may help keep your bones strong, but there's something even better: making your muscles work.

By Marjorie Korn

You probably remember the first time your doctor brought up a new concern related to aging: bone health. “As we age, our muscles and our bones lose mass,” says Andrew Schaeffer, a founder of Flyspace Strength and Conditioning in New York City, who specializes in working with people over 50. “Bone loss is called osteopenia, which can lead to osteoporosis, and muscle loss is called sarcopenia. Muscle and bone loss can both lead to frailty.” But there’s good news: “Weight training

slows, and may even reverse, these processes,” he says. Even better news? This kind of training can be fun and empowering, too.

To achieve these bone-boosting benefits, you need to use reasonably heavy weights. For most people, that means working out at a local gym, since there are a range of weights on offer along with fitness equipment like resistance bands. For an at-home workout, you can pick up a pair of dumbbells at a sporting goods or department store for \$50 or less; a pack of resistance bands will set you

back around \$15. One rule of thumb when you’re buying dumbbells: if the choice is between going lighter or heavier, start small. It’s much safer to do more reps at a lighter weight than struggling with something that’s too much to handle.

If you’re new to weight training, safety is a top priority, which is why a gym is often the best option. Not only will there be experienced people on hand to help out, but you’ll likely encounter a community of adults at your level who motivate one another.

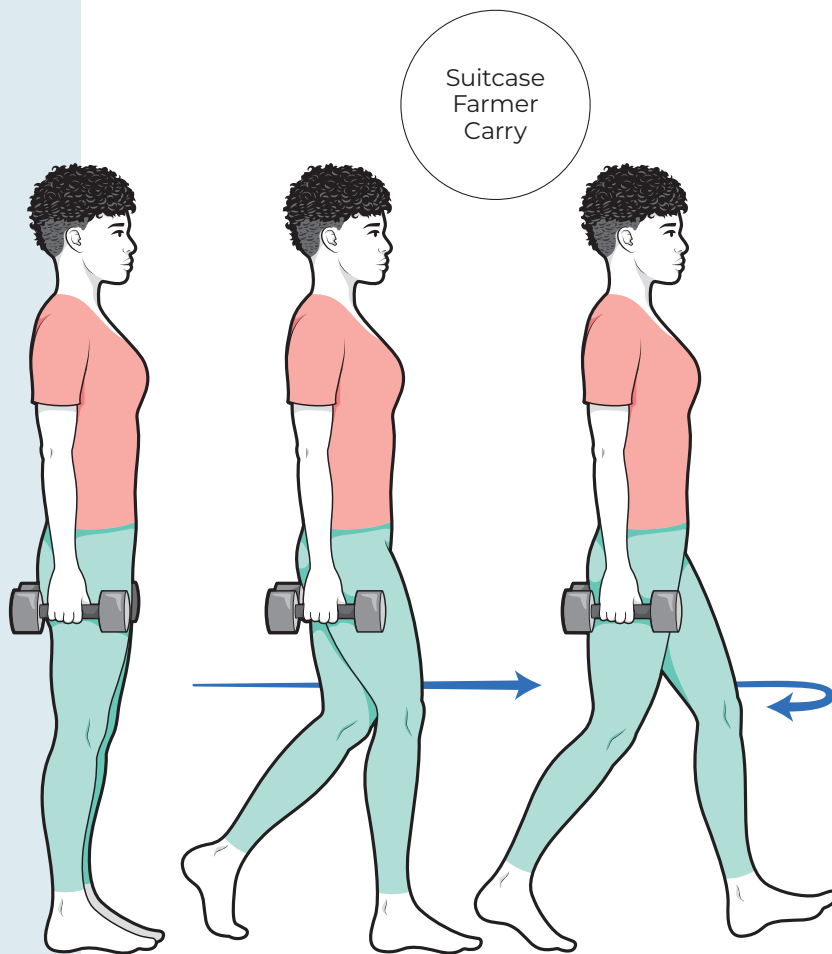
“The best way to begin weight training is to get coaching,” Schaeffer advises. “Think of it like any new hobby you might pick up—a musical instrument, a sport, painting. It often makes sense to get some lessons if you want to do it well and get the most out of it.” And like a new hobby, strength training gets easier with time. That’s when you know you’re gaining strength and may be ready to increase the resistance.

Schaeffer usually starts out new clients with the following beginner moves, which you can easily do at home with a set of dumbbells and a band. Begin by using weights that feel easy to lift, until you’re comfortable with the movement patterns—then go up in weight. Do the following circuit of three exercises once or twice a week, performing each move six to ten times, and doing two to four rounds of all three exercises, resting as needed. Weight training is often most effective when it’s done slowly!

To increase your bone-health activities, recent research reveals that weight-bearing impact exercises (hopping, jumping) can help your skeleton, too. On rest days, add in activities like tennis, basketball, pickleball, dance class, jogging, or running. Your bones will thank you.

Seated Goblet Squat

Sit on the front edge of a sturdy chair, feet flat on the ground and even with your hips. Keep your back straight, and hold a light-to-medium-weight



Suitcase
Farmer
Carry

dumbbell vertically against your chest. To start, make sure your elbows are comfortably tucked in. Lean slightly forward as you press through your heels to lift your butt off the chair. Stand up tall, allowing your knees to flare out slightly. Slowly reverse to the starting position and repeat. Keep your back straight during the entire movement. Rest and repeat.

Suitcase Farmer Carry

To start, stand at one end of a room, holding a light-to-medium-weight dumbbell in each hand, arms extended down, shoulder blades pushed in toward each other. Slowly walk the length of the room, then turn around and return to where you started. Set the dumbbells down on a bench or chair to rest, then repeat.

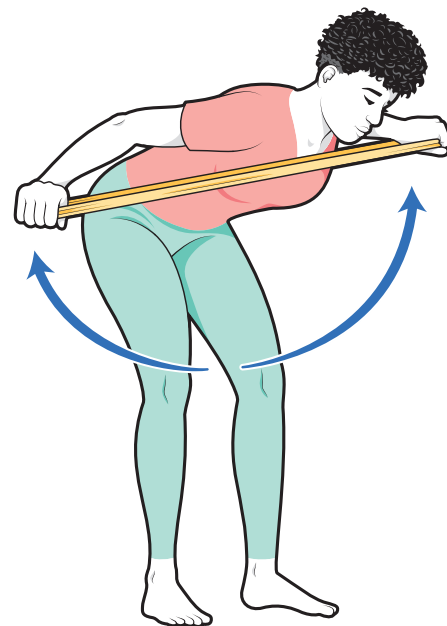
Reverse Fly

Stand with feet hip-width apart, gripping one end of an exercise band in each hand. Bend forward at

the hips until your chest faces the floor, or as far as you can go while still feeling balanced. With a slight bend at the elbows and your arms at a 45-degree angle to the floor, arc your hands up until they're aligned with your shoulders, like a bird opening its wings. The band will tighten as you do. Slowly lower your arms to the starting position. Rest and repeat.



Reverse Fly



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The Benefits of Going Green

A brain-boosting recipe for healthy green chile stew packed with vitamin C.

Green chile is a delicious New Mexico staple in addition to being a state icon. But did you know it may also boost the brain?

Now our official state vegetable (along with frijoles), green chiles were first brought here by Spanish settlers from Mexico, where the peppers had been grown by the Aztecs for centuries. Harvested in the early fall, green chiles are toasted, peeled, and served in a variety of dishes, offering a low-calorie, vitamin-C-packed punch of flavor. “Eating green chiles just gives you a warm feeling inside,” says Ophelia Steppe, the state nutritionist for New Mexico. “They also have a lot of nutrients and antioxidants, making them good for your immune system.”

One of Steppe’s favorite fall dishes is vegetarian green chile stew from the *MIND Diet for Beginners* cookbook (\$12, thehealthytoast.com), by dietitian Kelli McGrane. A New Mexico-style stew, the dish is rich in protein and high in fiber, plus a yummy way to cut down on meat. It also follows the guidelines of the MIND diet, a blend of the Mediterranean and DASH diets, which help stave off hypertension by emphasizing grains, vegetables, and dark, leafy greens.

“The diet supports healthy aging and weight loss, and may help lower the risk of mental decline,” Steppe says. “And green chile stew is particularly enjoyable during this time of year.”



Vegetarian Green Chile Stew

SERVES FOUR

Ingredients

1 tablespoon olive oil (not extra-virgin) or canola oil
 2 teaspoons smoked paprika
 ½ yellow onion, diced
 2 or 3 cloves garlic, minced
 1½ tablespoons ground coriander
 1 teaspoon ground cumin
 1 tablespoon dried thyme or Mexican oregano
 1 14.5-ounce can diced tomatoes (not drained)
 8 ounces roasted hatch green chiles, diced and seeded
 4 teaspoon Better Than Bouillon vegetable base
 2 tablespoons warm water
 1 tablespoon cornstarch
 Juice of half a lime
 Refried beans and tortillas for serving (optional)

Preparation

1. Place olive oil in a large pot over medium-high heat. Once oil is hot,

add paprika and diced onion. Cook until onion starts to soften and paprika is fragrant, about four to five minutes.

2. Next, add in garlic and cook for roughly 30 seconds. Add coriander, cumin, thyme (or oregano), and diced tomatoes. Cook for one to two minutes or until the spices are fragrant.
3. Add roasted chiles and stir. Stir in six cups of water, followed by the bouillon base. Bring to a boil and then reduce to a simmer. Cook for roughly 45 minutes or until the broth has reduced down slightly.
4. While chile is cooking, combine two tablespoons of warm water with one tablespoon cornstarch. Add the slurry to the chile stew to start the final 15 minutes of cooking.
5. Taste and adjust seasoning as needed. To serve, place a spoonful of refried beans in the bottom of each bowl. Ladle green chile over beans and serve with homestyle tortillas. Drizzle the stew with lime juice and enjoy!

● Sandhill cranes spend the night afloat in water before launching at dawn.



For the Birds

Bosque del Apache's famous Festival of the Cranes, celebrating the sandhill species of the waterfowl, is one of Socorro's biggest events of the year, with options to explore, learn, and borrow top-level photography equipment. **By Elizabeth Miller**

After years of observing them, Kent Vaughn knows where migrating sandhill cranes like to land in the bosque near his home in Bernalillo, along the Rio Grande. His wife turns on a soap opera, and he'll walk to the cottonwoods by the riverbank with his camera and a telephoto lens to sit for hours.

"I love the way they play and the way they almost talk to you," he says.

Vaughn has taken photographs for 50 years. It's been a lifelong passion, but not one he's always had time for

during his 35-year career as an anesthesiologist. Now that he's retired, however, he takes trips to chase subjects he enjoys, including the sandhill cranes at Bosque del Apache National Wildlife Refuge.

Last February, he captured an image of seven cranes midflight, with mountains in the background, then transformed the photo using computer software to make it look more like a painting. In June, he entered the image into the Friends of the Bosque art contest and won the top prize; his

image is also featured in advertising for this year's Festival of the Cranes, December 11–15.

The festival is an annual celebration of the tens of thousands of sandhill cranes, snow and Ross's geese, and ducks that gather at the Bosque del Apache National Wildlife Refuge near Socorro each winter. The birds spend the cold winter nights afloat in water before launching at dawn to forage in nearby fields. Attendees—many of them shutterbugs like Vaughn—head out to catch that dawn launch, then join workshops, tours, and classes.

"It's kind of a mix and match your own adventure when you come to the event," says Cari Powell, the festival manager. Some people show up entirely for the photography classes, and others come to better understand birds. Vaughn's key tips for capturing a great image are to set a fast shutter speed (he likes 1/1000th of a second),



● Sandhill cranes arrive at Bosque del Apache National Wildlife Refuge in early December, on average.

focus on the bird's eye, and keep clicking away in rapid succession. It's a moving target, after all, and digital photography lets you take hundreds of shots and sort through them later. "The pictures that came out of my last trip were just fabulous—I surprised myself how well they looked," he says. "You can't take a bad picture down at Bosque del Apache."

Here are some tips for attending this year's Festival of Cranes.

Explore New Activities

This year, the event will be held a little later in the year—mostly to accommodate the cranes, which these days don't arrive until early December, on average, says Powell. In the past, the festival split events between the

Bosque del Apache National Wildlife Refuge and downtown Socorro; now it debuts in the City of Socorro Convention Center. It's a one-level, disability-accessible building with plenty of parking for attendees. "I think it'll really fit us," says Powell.

This year's updated agenda adds Sunday-morning activities and an opening-night celebration, with a vendor expo, catered hors d'oeuvres from Tumbleweeds Diner in Magdalena, as well as games, prizes, and a presentation on crane behavior after dark from Kylee Warren, who works for the Crane Trust Nature and Visitor Center in Nebraska, where sandhill cranes spend the warmer months. Paul Tashjian, with Audubon Southwest, will give a keynote on how water managers in the Middle Rio Grande Valley mimic the river's historic flow patterns to benefit habitat for nesting songbirds and overwintering cranes.

Tour the Refuge

Refuge tours are a festival cornerstone and run every day. "Hop on a bus, look out the window, and you don't even have to get up," Powell explains. The bus stops for fields full of cranes, and guides will identify other birds and explain how the refuge manages habitat.

You can also tour the refuge on your own. Driving the North or South Loop through the bosque takes about an hour. Add time for stops like the quarter-mile Boardwalk Trail, an elevated walkway over the wetlands and cattails off the South Loop, or the Observation Blind Trail, a brief walk to a shelter with viewing windows overlooking the wetlands. Both trails are wheelchair accessible.

Register Early

The festival lineup includes a bevy of tours and classes on crane basics—cranes around the world, bird iden-

tification, photography, and local environmental issues. Some seminars are classroom-based and others take place outdoors, with various levels of activity involved. The event catalog notes when to expect light hiking. Photography and bird-identification tours may require more standing and walking, but there are no long hikes or difficult terrain. Many classes are free, some are priced as low as \$20, and only a few peak at \$140 (night photography at the Very Large Array, for example). Advance registration begins online in mid-October and is highly recommended to ensure you're able to attend the events you want. Most visitors stay overnight, and many Socorro hotels offer discounts to festivalgoers, so ask before booking.

Brush Up on Your Birds

Ahead of your trip, download an identification app like Merlin Bird

ID (free) to your smartphone to help recognize what you're seeing or hearing. Merlin's step-by-step identifications generate a list of possible birds based on location, color, size, and activity, while the sound identification tool lets you submit audio recorded in the field to identify birds by their calls. It's an excellent resource for new birders and experts alike.

Dress Warmly

Birds rise early, so birders must, too. Morning bus tours often leave before dawn, when temperatures are below freezing, so plan to dress in layers, with a warm hat, gloves, and waterproof boots. Hand warmers, headlamps, and tissues or a handkerchief may also be helpful. And, of course, don't forget the camera and binoculars. Vendors at the convention center loan telephoto lenses.

Venture Beyond the Birds

Festival events include visits to nearby attractions. The popular Old Mission Church tour runs from San Antonio to Lemitar, stopping at historic churches along the way to learn more about their stories. New for this year: guided tours will visit the nearby Bernardo Wildlife Area, with an expert on hand to talk through habitat and wildlife of various species, including cranes, and to Salinas Pueblo Missions National Monument, about an hour's drive away, to see the layered history of the Pueblo and Spanish-missionary presence at Abó and Quarai.

There are also a handful of Socorro events that coincide with the festival, including the Holiday Electric Light Parade on December 14, an art walk, and Mariachi Christmas at New Mexico Tech. Printed schedules will be available during the festival.



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Traveling New Mexico's Route 66

A retired teacher and her dog capture the spirit of the past.

By Dorothy E. Noe

Give a cowgirl a camera and what happens? In the case of Sondra Diepen, she produced a photography book—at the age of 83.

Growing up on horseback in rural California, Diepen always felt a connection to the American Southwest. Her parents introduced her to the history, geography, and trading posts along Route 66. After graduating from the University of California at Davis in 1965, Diepen began working as an elementary school teacher in the Bay Area, and in her free time she

backpacked the canyons of Utah, ran rivers in Colorado, and trekked across New Mexico. Finally, in 1974 she embraced the Southwest for good, moving to Albuquerque, where she taught schoolchildren for decades.

In 1998, Diepen retired, soon finding a new hobby—photography. Now her images are part of the permanent collection in the Bernalillo county building and have appeared in shows across the state. But it's probably her years spent chronicling the forgotten history of Route 66 that are having the most

impact. In her new book, *Route 66 New Mexico: A Visual Tour* (route66in-newmexico.com), Diepen travels the storied road across the state, bringing its wild tales to life in photos, stories, and maps.

"I'm fascinated by what humans have left behind, be it a sofa in an arroyo, an abandoned curio shop, or a flickering neon sign," she says. "By photographing these fragments of the past, it gives me a way to preserve an era that is constantly disappearing." We caught up with Diepen to ask her about her new book.



PHOTOGRAPH BY DAN WHITE



● **Clockwise from left:** El Camino motel, in Albuquerque, was built in the 1930s; a vintage hood ornament near Tucumcari; a 1930 Ford suspended in the air at the Route 66 Auto Museum in Santa Rosa.



What sparked your interest in Route 66?

Diepen: While on a road paralleling I-40 near Bluewater with a group of volunteers who recorded petroglyphs for the Bureau of Land Management, I spotted a building with faded paintings and made our group stop so I could take a photo. I went back the next day to cut away some shrubs and took more photos of the painted murals—Native Americans dancing, a Navajo woman weaving. It turned out to be the Lost Crater Trading Post. That made me curious about the history of Route 66 in New Mexico. So whenever I heard of a community along the old route, I grabbed my cameras, my blue-eyed Catahoula dog Zephyr, lunch, and my sister, and we set out to explore. Before I knew it, I had snapped hundreds of photos and chatted with enough people to compile a collection of stories. I had the makings of a book.

You've just published that book while officially retired. What keeps you inspired?

It's great to have a lot of different interests. I love archaeology, backpacking, and my sister, and I even hiked the whole Colorado Trail from Denver to Durango. It also helps to have a woodstove.

A woodstove?

I heat my house with a woodstove, and all my friends who are still active do the same. It keeps you from just sitting on the couch all evening. You have to get up, stoke the fire, go outside and get more wood. Keeps you active.





● **Clockwise from top:**
Maisel's Indian Trading Post in Albuquerque employed over 300 Navajo and Pueblo artists and craftspeople in the 1930s; Blue Spruce Lodge, now closed, in Gallup; Sands Motel in Grants.

COURTESY OF SONDRA DIEPEN (7)



“My book shows and tells the past and present history of Route 66 in New Mexico. It’s sort of a tour book from border to border. Most books about the route skip our sites and stories, but this delves into our experience and history.”



● **Clockwise from top right:** El Vado motel in Albuquerque, open since 1937; Cottonwood Court in Santa Fe; Sahara Lounge sign in Santa Rosa, now at Glorieta Station in Albuquerque; Tepee Curios in Tucumcari.

Making the Most of the Golden Season

When the leaves begin to change, a new world of exploration awaits. **By Courtney Holden and Ryan Krogh**

There is no season as colorful as fall, at least from a landscape perspective. With shorter days and less sunlight, the leaves reveal their autumn splendor. The heat dissipates, and there's often a hint of cooler weather in the air. That weather, especially in southern New Mexico, makes the pre-winter months an ideal time to get out and about, whether by taking a scenic drive to a unique site (and admiring the fall foliage along the way) or by attending a beloved community get-together. Fall is also harvest season, with family-friendly events that offer opportunities for intergenerational fun. In New Mexico fall goes quickly, though, so here are the best ways to make the most of it.



SHUTTERSTOCK



● Whether it's a drive along the Rio Grande or taking the grandkids to a corn maze, fall offers plenty of opportunities to get out and about.

HARVEST FAMILY TRIPS

Harvest-Themed Day Trips for Multigenerational Families

Fall activities for getting the whole family together.

Find Your Way Through a Corn Maze

Mesilla Valley Maze at Lyles Farms, Las Cruces

Few things offer up good old-fashioned fun like letting your grandchildren pull you by the hand through a corn maze. Lyles Farms, just five miles from downtown Las Cruces, offers up a five-acre maze every fall with twisting pathways and dead ends. With the grandkids leading the way,

getting turned around is easy—and a joy. One of the larger facilities in the state, Mesilla Valley Maze has plenty of parking, other fun activities like trike riding, and a full concessions area, with kettle corn, tamales, and Frito pies. The farm also hosts a Fall Festival (October 5–6), with live music, hayrides, and a corn-eating contest, as well as the New Mexico Pumpkin Festival (October 26–27), with stick horse races, a balloon toss, and a pie-eating contest. The maze is open September 28 to October 27. Entrance is \$19 for adults and \$16 for kids under 12. Children under two are free.

Cut Pumpkins Straight from the Vine

Heirloom Acres Corn Maze and Pumpkin Patch, Artesia

This fourth-generation family farm,

located on the east side of town, is well-known for its large, ten-acre corn maze, with two options for “solving” the puzzle with the kids. For the little ones, there’s a short Fairy Tale Trail. For older kids and those up for a stiffer challenge, the whole maze can be navigated, which takes roughly 30 to 45 minutes. There’s a small animal area where kids can see goats up close, a tractor ride where little ones get pulled in modified grain barrels on wheels, and s’mores and hot chocolate around any of several campfires. In October, the highlight for most families is picking their Halloween pumpkins in the pumpkin patch; sizes range from miniature to giant. The farm and maze are open Friday, Saturday, and Sunday from September 28 to October 27. General admission for kids and adults is \$14; kids under three are free.

Apple Picking—and Pumpkin Patching, Too

Nichols Ranch and Orchards, La Luz

Helping the grandkids harvest apples they can eat straight from the tree is one of those rare rewarding and nourishing experiences that also teaches kids about our food's connection to the land. This fifth-generation family farm just north of Alamogordo is an excellent place to do it, with roughly 3,000 apple trees spread over 20 acres. Nichols Ranch offers you-pick apples during harvest season (mid-August to October) on one of the state's oldest and largest apple and cherry orchards. In October, the ranch celebrates the bounty with an expansive festival featuring apple pie, caramel apples, apple cider, and even apple cider donuts. There are also food trucks, arts and crafts vendors, a mini petting zoo, and other kid's activities. Come fall, the you-pick pumpkin patch is open October 26 and 27. Tickets for the apple festival (October 5–6) are \$10 for ages 12 and older, and free for kids 11 and under. Admission during the pumpkin patch weekend is free; pumpkins range from \$5 to \$35.



Fall Fun in Every Corner of the State

It's a big state, and there's sure to be a family-friendly corn maze or pumpkin patch near you. Here are a few more options.

Northern NM

Taos Goji Eco Lodge Retreat and Organic Goji Berry Farm, San Cristóbal: Forty acres of fields and vegetable gardens play host to the annual San Cristóbal Pumpkin Fest in October.

Central NM

McCall's Pumpkin Patch, Moriarty: This farm opens its annual pumpkin patch, with kid-friendly activities, on

September 21. Friday–Sunday hours begin October 4.

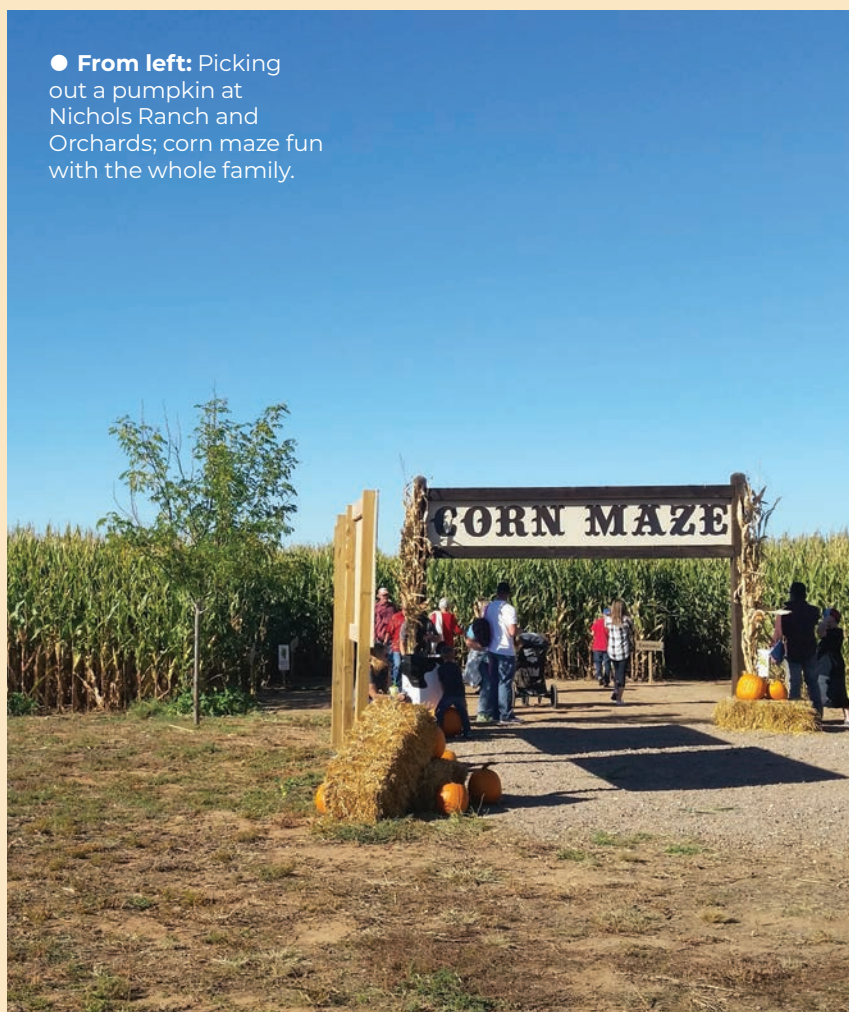
Southeastern NM

Balzano Vineyard and Pumpkin Patch: Opening day for pumpkin picking on the Balzano family farm, also home to a winery, is October 5. Fall food like caramel apples and pumpkin pie are available, and there's a restaurant on-site. Tickets are \$5.

Southern NM

La Union Maze, Anthony: Between September 27 and November 3, there's a 13-acre maze, a pumpkin patch, a "cow train," and other family-friendly attractions for kids and adults of all ages. Tickets start at \$13.50 for kids six and up.

● **From left:** Picking out a pumpkin at Nichols Ranch and Orchards; corn maze fun with the whole family.



SHUTTERSTOCK

LOCAL ICON

Hive Mind

For 50 years, Ken Hays has kept bees and sold honey from his Hays Honey and Apple Farm. The most amazing part: He only started beekeeping after retiring from his first career.

At 86 years old, Ken Hays is known as something of a celebrity in the village of Bosque Farms, just south of Albuquerque. He's a master beekeeper and was president of the New Mexico Beekeepers Association for 17 years. This means that there are few folks who know more about bees than Hays, who set up his first hive in 1970. Hays and his wife, Sherry, have turned their Hays Honey and Apple Farm into a Rio Grande Valley institution, with their own hive of devoted friends, neighbors, and beekeepers. In August, the Hayses served as the grand marshals of the Bosque Farms Fair Parade.

Hays's passion for beekeeping and the holistic properties of bee products began more than five decades ago. In 1969, after retiring from a 32-year career as an air traffic controller, he and Sherry purchased the farm that became the Hays Honey and Apple Farm. Growing up in Pennsylvania, he says, it was his lifelong love of gardening that drew him to the idea of owning a farm in the Rio Grande Valley. He now stewards 500 apple trees and hundreds of thousands of bees. Keeping bees started as a hobby and a way to treat his allergies. The hobby grew from there, and led to one of the state's most iconic honey brands, proudly labeled NEW MEXICO HONEY. They also sell other bee products, like beeswax candles.

In the spring, Hays hosts a daylong beekeeping seminar on his farm, where he also sells equipment for the trade, like hive boxes. Over the past 50 years, he has introduced hundreds of people to the world of



honeybees, and he estimates that he's helped set up at least 500 hives in the Albuquerque area. Among his faithful clientele are those who seek out his honey for their seasonal allergies, just like he did years ago. We talked with Hays about his second career's long journey.

How did you discover beekeeping?

Hays: I got into beekeeping because when I moved here, I didn't realize I had an allergy to alfalfa. Bosque Farms is alfalfa city! One of the things that I found out about bees is that if you take local spring honey or pollen in the spring, summer honey in the summer, and fall honey in the fall, you lose your allergies.

You're clearly passionate about it.

Beekeeping is just so exciting. The thing I love is when I get around people who are enthusiastic about bees and all they want to do is ask questions and talk about them. One-third of everything you place in your mouth is pollinated by honeybees.

Bees have an extremely complex social system. What can we learn from them?

Number one, discipline. Imagine if the human race was even a quarter as ambitious and hardworking as bees. They only live four to six weeks

in the summertime. They literally wear their wings out, because they'll make 25 trips to and from the hive, carrying 85 percent of their body weight.

What are some other benefits that bees offer?

Bee venom therapy. A lot of people come for that, and I do it for free. When a bee stings you, it injects seven anti-inflammatory peptides. I've watched people who could hardly stand walk normally after BVT. It also charges your immune system. The benefit of all the things the bee gives you—honey, pollen, propolis—makes you healthy if you take advantage of it. I kid people that I have a "sting operation."

What is your secret to longevity?

God is first, and second is family. I have four children and six grandchildren. And I love this little community around here. I was on the village council for 12 years and helped get it incorporated in 1974.

Hays Honey and Apple Farm, Bosque Farms
Open 9 a.m.–5 p.m., Tuesday through Saturday
(505) 869-2369
hayshoneynm.com



● **Clockwise from left:**
The pool at Ojo Caliente; soaking at Riverbend Hot Springs; one of the ten pools at Faywood Hot Springs.



Fall Wellness Hotspots

From healing hot springs to Zen retreats, here are the best places to rejuvenate when cooler weather arrives.

Bask in Healing Hot Waters

With the mercury dropping, there's no better time to take advantage of New Mexico's legendary geothermal pools. The state is full of them, from backcountry springs to world-class spas, many of which are set in prime locations to experience the full golden splendor of the cottonwoods. Luxuriating in warm, mineral-rich waters can help soothe aches, stimulate circulation, and improve sleep, too. Here are three of our favorite hot-spring spas to get your soak on.

>Ojo Caliente Mineral Springs Resort and Spa, Ojo Caliente

Established in 1868 and renowned as one of America's oldest health spas, the resort boasts naturally sulfur-free waters rich with calming lithia, digestion-aiding soda, immune-boosting iron, and a hint of arsenic, which is thought to relieve arthritic pain and even stomach ulcers. Monday–Thursday, \$45; Friday–Sunday and holidays, \$65.

>Riverbend Hot Springs, Truth or Consequences

This relaxed spa caters to those looking to pair an escape with a soak in waters believed to be sacred by the Apache and Mimbres tribes. Guests can book a private pool or rotate among the eight common-area pools, including Sierra, an ADA-accessible rock pool with 98-degree waters—ideal for longer dips. Monday–Thursday, \$30 per hour for up to two people;

Friday–Sunday, \$40 per hour for up to two people.

>Faywood Hot Springs, Deming

Located 30 minutes northwest of town, this resort delivers an au naturel experience. There are free-roaming peacocks, geothermal mineral showers, and a collection of ten private and communal pools, some of which are clothing optional for the truly free-spirited. Reservations required.

COURTESY OF OJO CALIENTE/DOUGLAS MERRIAM, TIRA HOWARD, WAYNE SUGGS

● **From left:** Working the lavender fields at Los Poblanos in Albuquerque; inside the Dwan Light Sanctuary.



Find Your Spiritual Center

Bodhi Manda Zen Center, Jemez Springs

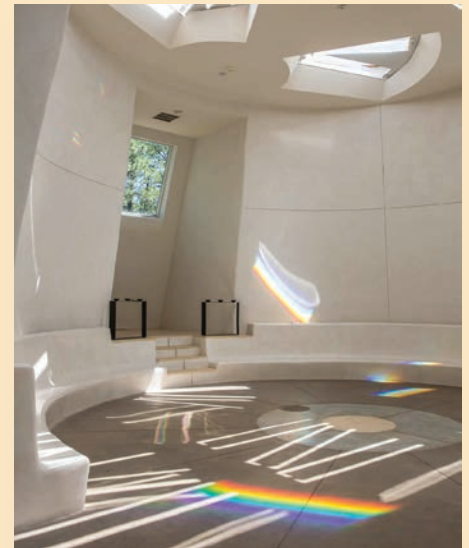
Living in the moment isn't always easy. But research shows that older adults who pursue mindfulness training have better self-care habits, stronger relationships, and a more self-accepting approach to life. Ready to dive into the deep end? Consider joining a workshop or even booking an overnight getaway at this Zen retreat, which specializes in meditation practices known as zazen ("sitting meditation") and shikantaza ("just sitting"). It's open to those experienced in meditation or just beginning to practice. The Bodhi helps committed inquirers of all belief systems awaken to each present moment and cultivate wisdom and understanding. Early risers will enjoy the chanting and recitation sessions in Sutra Hall (offered daily at 5 a.m., except for Mondays and Tuesdays), while night owls can opt for events like the Full Moon Sit, which pairs a communal meal with outdoor meditation as the full moon rises over

the canyon wall. Private rooms from \$90 per person per night, with a two-night minimum. Multi-day retreats led by instructors are available, too.

See the Light

Dwan Light Sanctuary, Las Vegas

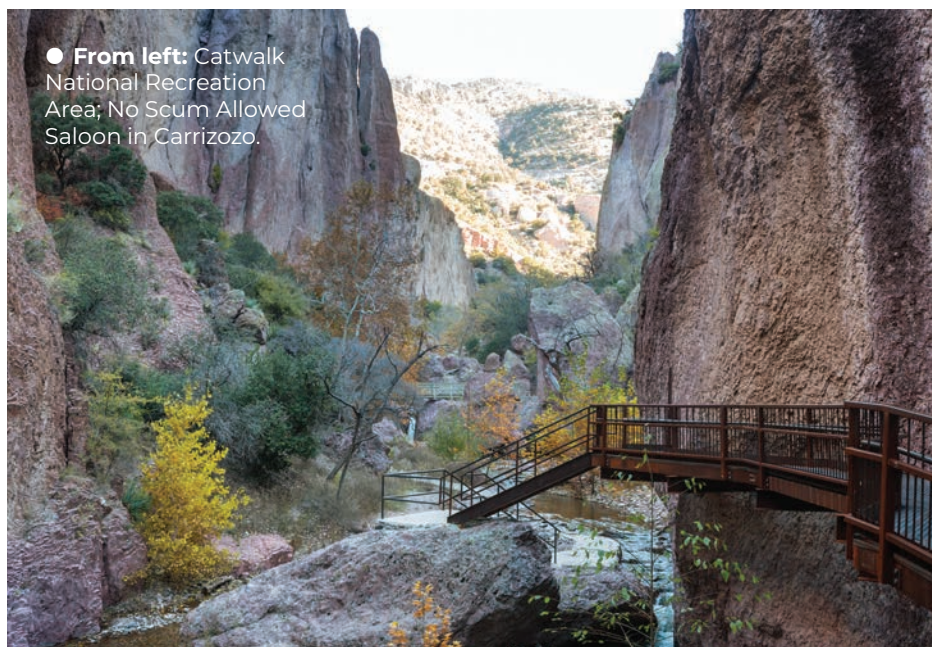
While art classes at local senior centers offer opportunities to use colors to express creativity, the free-to-the-public Dwan Light Sanctuary gives individuals a chance to walk in those colors. It's hard to tell from the stone exterior of this oddly shaped structure on the United World College-USA campus, but inside there's a kaleidoscope of colors dancing across the walls. Window prisms in the building's roof and sloping walls create an ever changing rainbow display. Guests are welcome to rest on benches and meditate, reflect, or simply let their minds wander. Time your visit between late morning and early afternoon (when the sun is at its brightest) for the most impressive display. Well worth a visit in fall, when the surrounding forest offers abundant autumnal serenity.



Relax in an Urban Oasis

Los Poblanos Historic Inn and Organic Farm, Albuquerque

With 25 acres of lavender fields, cottonwood trees, and formal gardens, this historic property northwest of Albuquerque is brimming with opportunities to relax and reenergize. At the on-site Hacienda Spa, you can indulge in a therapeutic massage to help increase circulation and loosen stiff joints. Spend the night in one of the hotel rooms overlooking the fields, with a wood-burning fireplace to keep you warm. Or bring a good book and unwind next to an in-room fireplace. During the day, there are walking tours around the historic grounds and gardens offering a firsthand glimpse of just how special this place is (gratis for those overnighting). At night, make sure to partake in the field-to-fork dinner menu at onsite restaurant Campo, where the seasonal, vegetable-inspired menu takes inspiration from the garden and features dishes like ash-roasted vegetables and carrot cavatelli. An autumn visit will mean the lavender fields are past their peak, but you can still enjoy the year's crop with a visit to the Farm Shop, where you'll find an array of artisanal products like the gently exfoliating Lavender Peppermint Blue Corn Body Scrub and skin-restoring Lavender Salve. Rooms from \$330.



● **From left:** Catwalk National Recreation Area; No Scum Allowed Saloon in Carrizozo.

Easy Drives to Hard-to-Forget Places

These destinations make the ride worth the effort—and offer plenty of fall color along the way.

An Elevated Boardwalk in a Slot Canyon

Catwalk National Recreation Area, Glenwood

The Civilian Conservation Corps built the original public-use trail in Whitewater Canyon in the 1930s, a plank-board walkway that was constructed atop steel water pipes used by the area's gold and silver miners. Today, there's a new catwalk in the canyon, aptly called the Catwalk Trail, to help visitors see the dramatic geology of this slot canyon, which was formed by volcanic activity. Hidden pools and waterfalls reveal themselves the further you delve into the canyon. The catwalk is roughly half a mile long (with more on the way), and it's an easy walk for people of all ages (and wheelchair accessible), making it a great place to visit for a fall hike. From the north, you can get here via Highway 12, which starts roughly 60 miles west of Socorro, just a few miles past the Very Large Array, the iconic astronomical observatory made up of 28 radio

telescopes. This route is roughly three hours and offers exceptional views of the Gila Mountains and their fall colors, which usually peak in the middle of October or early November. Once at Catwalk Recreation Area, there's a parking fee of \$3 per vehicle.

DON'T MISS: The ghost town of Mogollon, just a few minutes down the road (14 miles from the town of Glenwood). Mogollon was one of the Old West's classic mining towns, a rich and wild frontier outpost. There are still a few wooden and adobe buildings from back in the day, and on weekends a mining museum, an antique store, and a small café are open for business.

A Ghost Town with a Cowboy Bar

White Oaks, Carrizozo

This ghost town three miles north of Carrizozo on U.S. Highway 54 was one of Billy the Kid's favorite places, according to legend. During the Kid's time, the frontier town that started as a cattle community was transformed after gold was discovered nearby. For a few years, it was one of the state's largest population centers, eclipsed only by Santa Fe, but as with all boom towns, it went bust when the gold ran out and the railroads passed it by. There are still several historic



buildings you can visit, although this is a true ghost town in that there isn't much happening. The No Scum Allowed Saloon does brisk business on weekends and is friendlier than the name would imply.

DON'T MISS: The Valley of Fires Recreation Area, four miles east of Carrizozo on U.S. 380. Roughly 5,000 years ago, Little Black Peak erupted, emitting a lava flow that coursed through the Tularosa Basin, creating a five-mile-wide strip of black rock on the landscape as the magma cooled. The three-quarter-mile Malpais Nature Trail allows you to walk a section of the old lava flow.

Pecans and Grapes Along the Rio Grande

La Viña Winery, Anthony

Fall colors come in many shades, and one of the most underrated leaf-peeping drives is U.S. Highway 28 from historic Mesilla to the Texas border. For most of its length the road parallels the Rio Grande River, bisecting chile fields, vineyards, and pecan orchards with hundreds of thousands of trees lined up in perfect rows. In the fall, their golden leaves light up the valley, and limbs from the decades-old trees frame the blacktop road. The entire route, starting in Las Cruces, is just over 30 miles long, making it an easy afternoon drive, and the reward at the end is La Viña Winery, one of the state's oldest operating wineries. Set on 44 acres, it

produces more than two dozen varieties, but it's the landscaped grounds and tasting room that make it so welcoming. La Viña hosts half a dozen events throughout the year, including a Harvest Wine Festival (September 28–29). Open noon to 5 p.m., Thursday through Monday. **DON'T MISS:** War Eagles Air Museum, a roughly ten-mile detour once you reach the town of Canutillo. Take U.S. 178 to the Doña Ana Country International Airport, where there's a hangar with one of the Southwest's largest collections of restored military aircraft, spanning the period from World War II to the Vietnam War. They also house a large collection of vintage and historic automobiles and motorcycles. Admission for seniors 65 and over is \$13. Open Wednesday to Sunday, 10 a.m. to 4 p.m.

An Easy Lift for Leaf Peeping from On High

Angel Fire Resort



● Fall at Angel Fire Resort.

New Mexico's Enchanted Circle, a roughly 90-mile loop beginning and ending in Taos, is one of the best fall drives in the state. But most people bypass one of the best views along the route, as it requires a detour: the panorama from the top of Angel Fire Resort. The Chile Express chairlift, which runs Friday through Sunday in October, whisks you 2,000 feet above the Moreno Valley, offering vistas of the Sangre de Cristo Mountains. Up top there's a relatively easy (but

unpaved) three-quarter-mile walk around the summit. Tickets are \$21 for adults and \$15 for kids seven and up.

DON'T MISS: Red River Oktoberfest, a three-day celebration featuring craft beer and wines, artisans, food vendors, and activities at the mountain town's Brandenburg Park. The organizers bill it as a weekend of celebrations "where lumberjack meets lederhosen." General-admission tickets are \$20, but for \$5 you can enter the carnival and food court area. ●

FALL FUN

Even More Autumn Events

Fairs and festivals across the state.

Central NM

Santa Fe Harvest Festival

El Rancho de Las Golondrinas, La Ciénega; October 5–6

At 52 years old, this is one of the longest-running fall festivals in the state, held at historic El Rancho de Las Golondrinas. There's a pumpkin patch for the kids, hands-on ristra making, hayrides, and a host of other activities. You can even stomp grapes to help make wine. Food and drink vendors are on-site. Adults \$15; Las Golondrinas members and kids 12 and under free.

Belen Roadrunner Festival

Belen; October 26–27

In addition to a kid's carnival, a silent auction, and a classic-car show, there are over 90 arts and



● Dixon Studio Tour

crafts vendors selling their wares. Proceeds go to the Rocket Teen Center, a youth and family center in Belen that offers education and mentoring programs and a community kitchen. Entry is free.

Southern NM Sierra County Fair

Truth or Consequences; October 3–6

This is the 84th edition of the annual fair, held at the Sierra County Fairgrounds. The lineup includes livestock exhibitions, a Friday night dance, food vendors, and arts and crafts vendors. Fair exhibits are open to the public Thursday through Sunday afternoons.

Homegrown: A New Mexico Food Show and Gift Market

New Mexico Farm and Ranch Heritage Museum, Las Cruces; November 23–24

This year is the tenth edition of the market, which features more than 50 vendors showcasing food and handmade art from around the state. Each booth will offer local food products—including nuts, sauces, and salsas—for attendees to sample and purchase. The museum partners with the New Mexico Department of Agriculture to host the event. \$10 per vehicle.

Northern NM

Dixon Studio Tour

Dixon; November 2–3

Established in 1982, this is the longest continually running arts tour in New Mexico. Visitors can visit more than four dozen participating studios—from Dixon to Embudo to Cañoncito. It's a great time of year for a drive in this part of the state. All participating studios are free to the public.

The CHILE MAN

Paul Bosland founded the Chile Pepper Institute and sparked a global phenomenon. Now, at 71, he's finding new levels of heat to explore. By Stayton Bonner

Photographs by
Gabriella Marks



● In 1992, Bosland founded the Chile Pepper Institute, the world's only nonprofit dedicated to researching chile peppers.

When Paul Bosland started his career, his focus was simple: sauerkraut. “In 1985, I was getting my PhD at the University of Wisconsin, trying to discover a disease-resistant cabbage to make sauerkraut,” Bosland says. “Unfortunately, the popularity of that dish started going down.”

Bosland graduated, joined New Mexico State University (NMSU), and soon found a fascinating, then little-known alternative to study: chile peppers. “I was working with tomatoes and some other vegetables and realized: Boy, nobody’s taking on the chile pepper,” he says. “I like to joke that I put all my chiles in one basket.”

Bosland is now known worldwide as the chile man, and for good reason. In 1992, he founded the Chile Pepper Institute, the world’s only international nonprofit dedicated to research and education about chile peppers. Located on the campus of NMSU, the Chile Pepper Institute exports all things *Capsicum*, the state vegetable of New Mexico and one that Bosland claims may even be the secret to long life.

“People who eat chile peppers appear to live longer,” he says. “Plus, they always put a smile on your face.”

How did you get your start breeding new chiles?

Bosland: Growing up in San Diego in the 1960s, I was reading a Boy Scout magazine when I noticed a contest put on by the Burpee seed company that offered \$10,000 to the first person who could create a white marigold flower. At the time, watch companies used radioactive materials to make the hands luminous, so I scraped it onto a flower to change its color. I wasn’t successful and was lucky the radiation levels were low, although I do have three arms. [Laughs] But that started my fascination with plant breeding, which eventually led me to chiles.

Why is chile so entwined with New Mexico?

Chile peppers are native to the western hemisphere, where they were eaten for centuries by the Aztecs and others. The Spanish are believed to have brought the chile to northern New Mexico, where the crop was introduced to the Pueblos.

The first horticulturist at NMSU was

Fabián García, a student from southern Mexico who was hired in 1913 to find new crops for farmers in our state. Looking around, he realized that the only people eating chile peppers were Hispanic, and decided to make a milder version that could be popular with everyone. In the 1920s, he released the New Mexico No. 9 chile, which became a hit. Our state’s chile industry was off and running.

Next, Roy Nakayama, a local and the son of Japanese immigrants, became an NMSU researcher. He helped to develop cultivars including NuMex Big Jim in 1975, the world’s largest green chile and perfect for chile rellenos, and Española Improved, a chile grown on the International Space Station in 2021.

Other pioneers include Fabiola Cabeza de Vaca. Born on a ranch in La Liendre, she established agricultural extension programs in Hispanic and Pueblo communities, and was the first to document the U-shaped fried taco shell, helping to bring New Mexican food and chiles to the nation.

It sounds like the story of chile is the multicultural story of New Mexico.

Exactly, but chiles are not just a New Mexico story. It’s fun because people from different cultures across the world, from Thailand to Peru, will visit our garden at NMSU and say, “Oh, that’s my chile pepper.” And that makes us in New Mexico very proud.

New Mexicans love their chiles. What are some things they need to know?

Today we have two types. The green chile has a thick, meaty flesh, while the red chile has a thin flesh that dries easily. We also produce a variety that has no heat, paprika, which is now the number-one red food-coloring agent in the United States.

The rule of thumb in New Mexico is that we begin to harvest our green chiles in the southern part of the state from the last week of July through August. If the weather cools in September, the chiles will start to turn red. This is a stage most people don’t know about called pinto, where they’re kind of red and green at the same time. And we may keep harvesting chiles into December, drying them and grinding them up.

And then in northern New Mexico there’s a whole different type of chile pepper called the Dixon, which is a smaller pod originally brought by the Spanish. It ripens earlier because the season’s shorter up there, resulting in a different flavor.

The rocky soil and altitude in New Mexico make the chile peppers taste unique. It’s the terroir, just like with wine. The stress in these growing conditions makes the chile peppers hotter and more flavorful. They would taste milder if you were growing them in, say, San Diego.

Chiles have health benefits, too, right?

The answer to that begins with a question. Why do we still eat chiles, despite feeling pain? My theory is



● Chiles have different medicinal uses, and research indicates that people who eat chiles may live longer.

because it's a medicinal plant. First, it's a way to kill pain. The Aztecs, for instance, wrote about using chile peppers to relieve toothaches. When we eat a chile pepper, our bodies produce endorphins to block the discomfort from the heat, so it's still used today in ointments as a pain reliever for muscles.

There's probably a thousand different medicinal uses for the chile. It helps digestion and provides vitamins and minerals. One study even found that people who eat chiles appear to live longer.

Psychologists say we're attracted to chile peppers because they're like a thrilling roller coaster ride. It's going to scare you—the heat will burn—but you know you're safe.

Chile peppers are just a fascinating crop. It's a spice, a vegetable, an ornamental, and a medicinal plant. Few plants can claim all those things.

And it has a long history, too.

The Aztec empire had different chiles for different dishes. They had already

“Chile peppers are just a fascinating crop. It's a spice, a vegetable, an ornamental, and a medicinal plant. Few plants can claim all those things.”

—PAUL BOSLAND

developed the serrano, the jalapeño, and other types to pair with things like frogs and plants. So yeah, humans have been cooking with them for a while.

Why did you start the Chile Pepper Institute?

In the early nineties, there was basically no internet. People from around the world were constantly sending us mail or calling us, asking to get New Mexico chile seeds, and we used to send them packets for free. In addition, folks were showing up at NMSU to see our chile peppers. Then one day we got 100 requests for free

seeds and said, “OK, we need to formalize this.” So in 1992, I founded the Chile Pepper Institute, with the mission to educate the world about chile peppers. We were basically working out of a closet, but people still came to see things.

At the institute, we started a teaching garden with 150 different varieties of chile peppers from around the world. It's free, it's open to the public, and people can walk through it on a self-guided tour. We sell T-shirts, caps, and even our own hot sauce, Holy Jolokia, made from India's *bhut jolokia*, also known as the ghost pepper.

Does working at the Chile Pepper Institute mean you have the toughest taste buds on the planet?

The interesting thing is that we all differ in our ability to withstand heat. At the institute, we discovered 24 unique alkaloids that cause different levels of heat in chiles. So I came up with a heat profile consisting of five different characteristics. First, how



fast do you sense the heat? Second, how long does the heat linger? Third, is it a sharp heat (prickly) or a flat heat, like a paintbrush? Fourth, where do you sense the heat in your mouth—the tip of your tongue, your lips, your mid-palate, or the back of the throat? Fifth, of course, is the heat level itself, which is measured in Scoville units.

Wow, so different chiles impact different parts of the mouth, making them taste different?

Yes. Jalapeños, for example, are felt on the tip of your tongue, while habaneros are at the back of the throat. And different cultures have different preferences. Once, we were exporting a red chile powder to Asia, but they kept saying it wasn't good. We couldn't figure it out, until we discovered that Asian consumers prefer a sharp heat, and that the one we'd been sending was a

flat-heat varietal! So we created red chile powder out of a Sandia chile that had a sharp heat, and they loved it. Today we ship millions of pounds of that red chile powder to Asia to use in kimchi. Heat preference has a very strong cultural attachment.

According to our studies, milk is the best way to reduce heat, because it has a protein that attaches to your taste receptors, stopping the "you're getting hot" messages to your brain. The next best way to dull pain is sugar, followed by bread. So I always say we're covered in New Mexico with our two traditional desserts: flan and sopaipillas.

What does retirement look like for you?

I'm busy. I still get up at six and start my day. I'm the editor in chief of some national horticultural journals, so I'm constantly up-to-date on the latest

chile pepper research. I'm also writing a book about chile peppers, tentatively titled *The Chile Man Chronicles*, about my adventures and discoveries over the years, and am still helping to develop new chile varieties—new colors and ones with greater health aspects. And then of course I do some gardening and enjoy playing with my grandson.

What's your secret for aging well?

Everything in moderation. And of course eating chile peppers.

Are there particular benefits to eating chile as we age?

As we get older, our taste buds become less sensitive. So chile peppers are a healthy way to season a dish and make it taste better. I just published a book, *The Official Cookbook of the Chile Pepper Institute*, with over 50 great recipes from around the world.

Do you have a favorite chile dish?

Chile peppers are like my children: Each one is unique, and I love them all. I will say that the best way to test a chef is to ask them to make a chile relleno. That's one of the most difficult dishes to cook, because it can either be heavy and greasy or light and fluffy.

Every Thanksgiving, I also invite international students over and have what I call a "hot luck" dinner. I roast one turkey the traditional way in the oven, and then smoke another turkey and cover it in chile pepper jelly. It's a fun, spicy twist on the seasonal dish.

Any words of wisdom from all your years in the chile world?

Count your blessings, but remember that your dreams have dreams, too. I've got four or five more books I want to write, but don't know if I'll ever get to them. And that's OK.

I'll always be thinking of new ways to get people to eat chiles. ●

● Learn more and sample some chiles at the Chile Pepper Institute, at New Mexico State University in Las Cruces (cpi.nmsu.edu).



● **From left:** The dedicated team at the Consumer and Elder Rights Division; working to solve a question from a senior in the state.



Inside the Consumer and Elder Rights Division

How Debbie Gonzales and her team advocate for seniors across the state.

Debbie Gonzales and her team offer guidance on Medicare for adults across New Mexico—starting with Gonzales’s own mother. “As a personal caregiver, I know it takes an entire community to advocate for beneficial individual outcomes,” she says. “We’re all in this together.”

Gonzales leads the Consumer and Elder Rights Division within New Mexico’s Aging and Long-Term Services Department. CERD’s mission is to help aging adults across New Mexico maximize their independence by connecting them with the resources they need. It primarily achieves this by supporting technology and staffing for the Aging and Disability Resource Center (ADRC), which helps senior adults navigate a range of issues, including prescription drugs, long-term care, and Medicaid and Medicare. “We are the glue that connects individuals to services across New Mexico,”

Gonzales says. “If an individual needs transportation, we find the entity that offers that service. If someone needs to find a person to help care for a mother or a father while they work, we connect them with the right program.”

For Gonzales, helping to care for others has been a lifelong mission. Born in Albuquerque, she worked for many

years in states across the Southwest for biotech firms in the pharmaceutical industry, including a stint overseeing patient experience for a division of United Healthcare. Now back in New Mexico, she draws on years of expertise to help CERD reach residents in new ways. “I care very deeply about my home state and want to ensure everyone has the opportunity to live a healthy life,” she says. “I like to bring the best practices I’ve learned and apply them locally.”

At CERD, wellness for New Mexicans begins with a simple goal: excellent customer service. Founded in 2000, the department was initially led by volunteers. “We helped individuals on a walk-in basis and grew from there,” says Anthony Romero, CERD deputy director. Today the department meets people wherever they are by offering a range of ways to connect: in

Ask New Mexico Aging Services

Each year, it seems, budget concerns threaten to impact the programs and services that aging adults in my community, including myself, depend on. How can I help ensure that we continue to receive the support we need?

The Aging and Long-Term Services Department’s budget, like all state agencies’ budgets, is decided during the legislative session each year, which begins in January. Advocating for more resources for the department and its services will help ensure that your community receives the support it needs. Contact your legislator to let them know about the ALTSD/AAA services that you receive and why continued funding to support those services and activities is important. To find your local legislator, visit nmlegis.gov/members/find_my_legislator.

person, by phone, and via online chat. Its phone bank, for instance, is an office in Santa Fe where ten counselors field an average of 137 calls per day from across the state. “We do our very best to address everyone’s issues in one call,” Gonzales says. “For complex cases, we address what we can and then make referrals to the relevant experts, trying to make the experience as efficient as possible for the caller.”

CERD operators specialize in Medicare and Medicaid questions. The Senior Medicare Patrol helps people with Medicare coverage avoid, detect,

and prevent healthcare scams, fraud, and abuse. Administered by the ADRC, the State Health Insurance Program (SHIP) provides free, unbiased expert health-insurance information, counseling, and assistance. These programs are crucial to helping older adults navigate often complicated issues. When a New Mexico resident connects with SHIP, for example, they’re put in touch with a trained professional who can help guide them through Medicare Open Enrollment. “Medicare changes very often,” Gonzales says. “So our SHIP counselors are required to have

current knowledge about all options while also being empathetic listeners.”

CERD operators are trained to help state residents every step of the way, and they are sometimes the only way to get needed care. “One of the main things we do is connect people with the Medicaid program that helps pay for in-home caregiving,” says Kris Winterowd, a bureau chief at CERD. “To apply for that benefit, you have to call the ADRC. That’s the only way you access it.”

CERD prides itself on being rooted in local communities. SHIP coordinators, for instance, are based in Roswell,

A Fresh Food Success Story

The Positive Impact of New Mexico Grown’s Golden Chile Award.

Nothing beats farm-fresh food on your plate—especially when it’s grown right here in New Mexico. Delivering fresh fruits and vegetables, locally raised meats, and other healthy food to seniors is the mission of New Mexico Grown, a program that works with local farmers, ranchers, and food businesses to bring their harvests to people across the state. In particular, New Mexico Grown partners with the New Mexico Aging Services to provide funding to senior centers to purchase local food to enhance senior meal programs. The initiative also awards the healthiest communities with the Golden Chile Award, recognition for consistently serving wholesome local food.

“Food made in New Mexico is fresher and has greater nutrition than options brought from thousands of miles away,” says Gabriel Gaarden, a registered dietitian and program coordinator at the New Mexico Department of Health (NMDOH). “It also just tastes better.”

A lot of the food people eat is heavily processed to have a long shelf life, leading to a bland taste. At first fresh, flavorful food can taste unfamiliar to our palettes. Partnering with senior centers, New Mexico Grown helps cooks introduce local produce and fruit into meals, ultimately

improving the quality of dishes and the health of communities. “A cook at a senior center in the Navajo Nation said she started serving local foods and now it’s the new normal,” Gaarden says. “With a little leadership, you can improve people’s health—and they’ll love the meals.”

In 2021, the NMDOH collaborated with state agencies, non-profits, community leaders and more to launch the Golden Chile Awards to honor schools and senior centers across the state that regularly serve local produce. The awards are tiered: the Seed, the Sprout, the Blossom, and the Golden Chile. They chart the growth of a plant, offering recognition for increasing levels of participation, from occasionally serving New Mexico Grown produce in a meal to growing an edible garden to having a sustained wellness plan. “If you’re trying and participating, then at least you’re going to get a seed award,” Gaarden says. “We want to recognize everyone for being healthy.”

At the top of the list is the Golden Chile Award itself, which recognizes those senior centers that can meet the full list of criteria for participating in the program. “New Mexico Grown and the Golden Chile Awards celebrate the people who put their hearts and souls into serving our

community,” says Rita Condon, a nutritionist and program manager at the New Mexico Department of Health. “We want to encourage everyone across the state to apply.”

Apply to join the Golden Chile Awards program at newmexicogrown.org. Contact Ophelia Steppe, the New Mexico Aging Services state nutritionist, to learn more about eating healthy at ophelia.steppe@altsd.nm.gov.

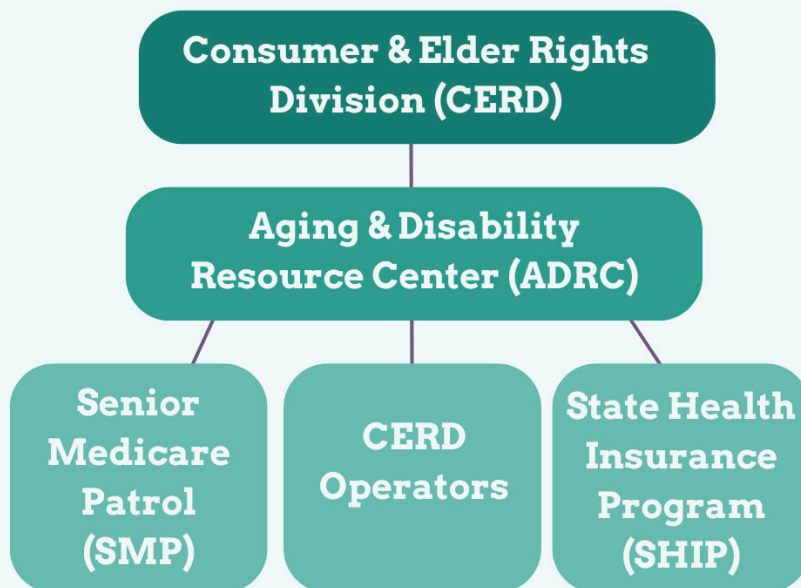
HEALTHY EATING TIPS

- 1. Serve local food:** Partner with New Mexico Grown to get produce straight from farmers. Change up a traditional meal by making tacos with veggies or bison, for instance.
- 2. Grow an edible garden:** Have fun getting your hands dirty and enjoy a harvest of fresh tomatoes, bell peppers, corn, or whatever you plant.
- 3. Share across cultures:** Reach everyone at your senior center by posting notices for healthy meals in a range of languages, including Spanish and local Indigenous dialects.
- 4. Create a wellness policy:** Write down your commitment to eating healthy to build a more sustainable plan.
- 5. Have fun:** Set up taste tests and other events to encourage folks to try new foods.

Las Cruces, Farmington, Albuquerque, and Santa Fe. Living in these regions, the coordinators provide personal assistance to residents while also doing outreach at community events like state fairs, health clinics, and senior centers. “When you call us, you’re going to get somebody from right here in New Mexico who speaks the language,” Winterowd says. “And by that I don’t just mean English or Spanish. I mean New Mexican—someone who has the same kind of cultural experience.”

For the people working at CERD, it’s this commitment to community that truly makes a difference. “We offer compassion,” Winterowd says. “Our counselors really take the time to understand the issues people are facing, and that can make a huge difference in their quality of life.”

Call (800) 432-2080 to reach the ADRC.



Faces Behind the Policy Advisory Committee:

**Motiva Corporation CEO
Krista Kelley**

To ensure that New Mexico seniors get the best resources possible, Governor Michelle Lujan Grisham appoints people from across the state to the Policy Advisory Committee, a group of experts in various fields who meet regularly to share ideas with New Mexico Aging Services. “We offer strategic direction about elder support, care, and rights to the department,” says Krista Kelley, CEO of Motiva Corporation, a consulting group for government and private-sector organizations. “We have a very different elder population than we did even just 20 years ago, so it’s important to ensure that their needs are met now and in the future.”

Have you always been interested in helping those around you?



Kelley: I grew up the youngest of seven children in a Hispanic family in rural northern New Mexico, so I had to figure out how to navigate different personalities to get things done. One of the things I learned early on was the power of inclusion. Our Hispanic, tribal, and rural communities can feel left out. So you need to make people feel comfortable to tell you what they may need. You’ve got to be a good listener.

How do you bring that approach to helping seniors in the state?

My parents were older when I was born, so I saw all the challenges they went through, aging in a rural area. Today I have a consulting company that does project

and construction management, and I’ve overseen projects involving everything from healthcare to transportation. Thanks to my parents, I’m inspired to bring all that experience to help elders with the issues they face. For instance, a lot of people want to remain in the workforce, so our committee finds ways to help give them resources to pursue employment opportunities that match their skills and schedules. People want to stay active and healthy and connected with one other, so we’re looking at strategies to improve walking and biking pathways and multicultural centers in communities.

What excites you about the future of New Mexico Aging Services?

Our elders have so much to contribute and so much experience. That’s what we’re keeping top of mind when we implement programs with Secretary Jen Paul Schroer, who wants to give our aging adults the support they need going forward. I’m super excited to play a small part in this!

● **Clockwise from top right:** ALTSD secretary Jen Paul Schroer and Governor Lujan Grisham; Lieutenant Governor Howie Morales; attendees at last year's conference.



Living It Up

Join New Mexico Aging Services at our 46th Annual Conference on Aging, a day of engaging speakers and fun activities, plus an evening dance.

As always, our annual event will bring together renowned professionals, advocates, and community leaders to share knowledge, resources, and strategies for improving the quality of life for our state's older adults. Participants can engage in informative sessions, workshops, and discussions that focus on the latest trends, policies, and best practices in aging services. It will be a great daylong event with opportunities for connection at an accessible venue. The whole thing is capped with a festive dance and live music by Vanilla Pop, a local band specializing in hits from the 1950s and beyond. So don't miss out! To share a sample of the fun, we're highlighting two of this year's speakers, as well as the talented artist who designed our commemorative poster.



THE DETAILS

When: October 28, 2024, beginning at 8 a.m.

Where: Hotel Albuquerque at Old Town

Session Highlights Include:

- Exploring musical creativity, led by the Queen Bee Music Association
- Healthy cooking, taught by registered dietitian Ashley Dunworth
- Digital skills training, offered by Teeniors
- Estate planning essentials, by NM Senior Law Office
- And more!

● Registration is open at aginginnm.org.

● Spanish-language translation will be available for the day's events.



"HEIRLOOM GARDEN" BY KATE COUCKE



NEW MEXICO CONFERENCE ON AGING
46TH ANNUAL | OCTOBER 28, 2024
Michelle Lujan Grisham, Governor
Jen Paul Schroer, Cabinet Secretary



Artist Spotlight: Kate Coucke

How the Conference on Aging poster artist finds inspiration across generations.

When designing the poster "Heirloom Garden" for this year's Conference on Aging, artist Kate Coucke didn't have to look far for inspiration.

"My grandmother is an artist, and my grandfather loves gardening," she says. "They both taught me so much about working with my hands, keeping traditions alive, and pursuing my interests and creativity as long as I can. It's a great lesson for younger generations."

Raised in the mountains east of Albuquerque, Coucke began painting in high school and then majored in art at

the University of New Mexico. Now she lives in Edgewood, raising two young children of her own while working daily in her studio. "I draw inspiration from our state," she says. "The animals, landscapes, sunsets, and colors of the Southwest just feel like home."

It was while digging for inspiration in her own backyard that Coucke got the idea for the poster image—literally. After receiving a free packet of seeds from her local library, she created a garden in a stock tank, growing radishes, peppers, tomatoes, lettuce, beets, and onions. "I was working in the garden with my toddlers when I had the idea to show the different genera-

● Coucke (below) was inspired by her grandfather's gardening hobby when designing this year's poster (left).



tions together planting seeds," Coucke says. "I'm in the mom phase with my babies, and then the older hands of my grandparents are visible as well, all of us working together to nurture and grow life."

Like her subject matter, Coucke's artistic process reflects a mix of generations. When creating "Heirloom Garden," she started by drawing on a block of linoleum. Then she carved out spaces that would remain white in the image, rolled ink on the block, and pressed paper onto it. Finally, she scanned the block print on her computer and finished the image with her iPad. "I wanted more colors and was able to really bring it to life on-screen," she says. "I like mixing physical and digital processes."

Coucke hopes that her artwork inspires people to continue planting new seeds of their own. "My grandfather has a greenhouse and still grows ingredients like herbs and vegetables," she says. "We all keep learning new things every day."

● Check out Coucke's artwork at kdcstudiohm.com.

● Wheeler brings her music to the Conference on Aging this October.



Finding a Place in New Mexico

Singer-songwriter Erica Wheeler believes that we connect with our surroundings in far deeper ways than we realize—benefiting both ourselves and the places we inhabit.

Erica Wheeler grew up in the suburbs of Washington, D.C., listening to traditional folk and bluegrass music. The sounds of her youth set the stage for her musical career, but it was her love of the outdoors that inspired much of the music itself. Many of her songs draw on places she's come to know intimately. Her 2008 album, *Good Summer Rain*, which was created in part with funding from the Trust for Public Land, is as much a melodic travelogue across the American landscape as it is a collection of songs.

"I was pretty good at music and songwriting, and that became what I wanted to do. My songs were always rooted in a sense of place," she says. "Then, while traveling across the country and seeing a lot of the development and sprawl, I wanted to do something proactive about

the changes I was seeing."

Today, Wheeler is an interpretive trainer, educator, speaker, and writing mentor through her business Sense of Place Consulting, which helps people and organizations connect to and protect valued places wherever they are. She's worked with a range of clients, including the National Park Service, and spoken at several governor's conferences on tourism. In October, Wheeler will bring her knowledge and talent to the Conference on Aging, and will also teach a journaling workshop in a breakout session. We talked with her about her work and her connection to New Mexico.

Singer, songwriter, speaker, writer. You have a lot of work titles, and they all tie in to this idea about a sense of place. How does it fit together for you?

It fits together because helping people find their stories about connections to places inspires caring about those places. We might know why a place matters through facts and information, but true meaning comes from stories. Stories rooted in personal experiences of a certain place help us develop a sense of belonging, no matter where we are. Sharing these stories through writings, poems, songs, or just telling them to another person helps us feel connected to ourselves, each other, and our surroundings.

You work with different generations and professions in your talks and writing workshops. How does what you do apply specifically to seniors?

From several decades of teaching this process, what I know for sure is that when people start writing about specific places, all kinds of sensory memories come up. Uncovering stories about places lights up the brain in a creative way. To describe a moment with as much detail as possible, including the smells, the colors, the quality of light, brings the past alive in a wonderful way. And writing with those details helps people become the storyteller they are inside. Also, discovering place-based stories that people may not have known they had inside, or had forgotten, and then reaching for those descriptive passages, is very stimulating for the brain.

So in some ways this is an activity to promote better health?

Absolutely. There's even new research and a master's program at Columbia University in Narrative Medicine that suggests that when we apply the skills of narrative understanding, it helps improve outcomes for both patients and caregivers. Telling stories that uncover a meaningful sense of connection and belonging in our world helps increase our feeling of well-being no matter where we are. Activating meaningful memories can stimulate the brain, while reaching for emotive sensory details fires our neurons even more.

COURTESY OF ERICA WHEELER

All this brain activity is good for us and nourishes our heart and soul.

What will the keynote be like?

It will be a journey of songs, stories, and conversations that will evoke some of what I'm talking about. We'll explore different kinds of relationships with places, moving through love and appreciation to grief and loss, and back to gratitude and hope again.

You have a fair number of personal connections to New Mexico, right?

I do. I like to think of New Mexico as a spiritual home. There are so many places that I really love in the state, and I even have a song about my visits here called "Arrowhead." When my family immigrated to the U.S., one of my great-uncles came to Santa Fe and opened a jewelry shop on the Plaza, sometime in the late 1800s, that became very popular. The big pocket watch in the center of town, the Spitz Clock—that's from my great-uncle and was in front of his shop.

That's a significant connection to the state.

New Mexico has so many great places. Bandelier is really special, as is simply walking in the Sangre de Cristo Mountains. I just love how you can be in an urban environment and then be out in the wilderness in like 20 minutes. And I just love the layers of time that are represented here, all the people who have passed through and who still live and pray and steward the land. It's a deep, special place for me.

Are there any spots you make sure to visit when you're back?

My first job straight out of college was waitressing at the Plaza Café in Santa Fe, so I always go back there and eat. I loved that experience, although I would always mess up everyone's order. All the food was smothered with green chile or red sauce, and it all looked the same to me, so I never knew for sure what anything was. [Laughs] So I wasn't the best waitress, but I did love the place.

The Power of Poetry

How the rhythm of words is helping family and caregivers bring joy to those with Alzheimer's disease and other dementias.

The first time Gary Glazner witnessed the impact of poetry on Alzheimer's patients was in 1997. As a poetry teacher, he received a grant to work with memory-care patients. At the time, he didn't know much about Alzheimer's or dementia, but he knew that he would have to adapt his teaching approach to work with them. One day he simply began reading poems aloud, including "The Arrow and the Song," by Henry Wadsworth Longfellow.

"One gentleman wasn't really participating at all," says Glazner. "But when I read the first line of the poem, 'I shot an arrow into the air,' his eyes popped open and he shouted out the next line, 'It fell to earth, I knew not where.' Suddenly he was with us, he remembered it, and it was this incredible experience to see how poetry could be useful with this community, even if it just meant a single moment of joy."

After this epiphany, Glazner got his first big boost right here in New Mexico. While living in Santa Fe, he received a small grant from a local nonprofit, New Mexico Literary Arts, to launch the Alzheimer's Poetry Project, which uses verse to connect with those suffering from Alzheimer's or dementia. The project has offered programming in 38 states and seven countries, and in various languages representing a range of cultures. The goal is to use poetry to connect with patients, while also providing family members and caregivers with an additional tool for doing just that.

"The whole philosophy is simply being in the moment like they are," he says. "It's great to be able to laugh and move, maybe even dance, while reciting something they can repeat back. It's a really powerful thing to see."

In New Mexico, Glazner discovered a type of poem that connects with

many older people here: *dichos*, folk expressions that many people learn as kids and know by heart.

"I was doing a conference in Taos, and this mother and daughter came up afterward and said, 'My dad, my husband, is spontaneously saying these *dichos*,'" says Glazner. "I realized that the rhythm helps them remember, like it does for all of us."

One of the *dichos* he uses today is "*Pan es pan, queso es queso. No hay amor, si no hay un beso. Beso, beso, beso... abrazo!*" (Bread is bread, cheese is cheese. Without a kiss, there is no love. Kiss, kiss, kiss... hug!)

"We'll say it together, and then get them to hug and make kiss motions with their hands," he says. "They just crack up, enjoying themselves."

Glazner will speak about his life's work at this year's Conference on Aging and bring his message of hope for those who know someone suffering from Alzheimer's, increasingly common as we age.

"There's such devastation around getting a diagnosis, and we find that families and friends stop visiting, simply because they don't know what to say," says Glazner. "So while it's true that poetry won't change the course of the disease, it can show that there are still moments of joy, there's life to be lived. That can prevent people from being socially isolated, and that can have profound effects, both on the patient and the people close to them."



● Gary Glazner



● Blanco and Lower Valley Senior Centers won back-to-back awards for their tasty, healthy meals.



Offering Fresh Meals in San Juan County

How Michelle Murray helped her community win a Golden Chile Award.

Michelle Murray grew up on a farm in Waterflow, New Mexico, where she gained a firsthand appreciation for fresh food. “At nine years old, I was showing pigs, lambs, and steers,” she says. “Coming up like that, you understand the work that goes into raising animals and growing crops. You appreciate what is on your table.”

Today, Murray brings her deep understanding of farm-raised food to help nourish everyone at the Blanco and Lower Valley Senior Centers, both of which she oversees. In September, she was celebrated for her work when Blanco and Lower Valley received their second Golden Chile Award, a prize furnished by New Mexico Grown, a state initiative that helps senior centers source fresh produce, local meats, and other food items from New Mexico farmers, ranchers, and food

businesses. “I decided to jump in with both feet to bring local produce to our seniors, and they absolutely loved it,” Murray says. “A canned item was being replaced with a fresh meal.”

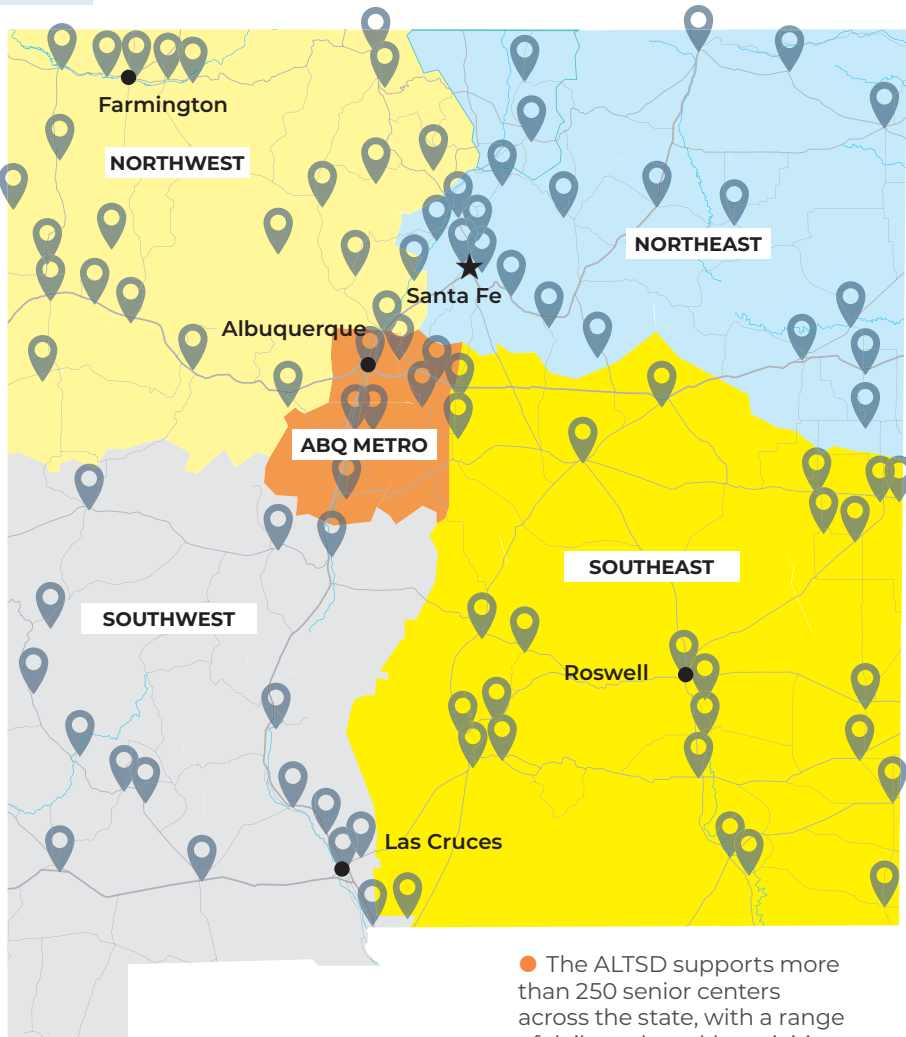
The steps Murray took to win the Golden Chile Award—and improve the health of her senior center attendees—can be replicated by anyone. “New Mexico Grown gave me all the guidance I needed,” she says. “We won back-to-back awards in our first two years of participating, which was amazing.”

First, Murray reached out to Ophelia Steppe, the state nutritionist and the main contact for senior centers interested in participating in the New Mexico Grown program. Steppe helped Murray apply for a grant to buy fresh produce. Then she connected Murray with local farmers, coordinating locations where the produce could be

picked up. Finally, Murray made strategic decisions to maximize both her savings and fresh food—purchasing items in bulk and then making them last in storage. She bought five cases of dried cantaloupe, for example, and hundreds of pounds of carrots, which she and her senior center team sliced and stored in a freezer to enjoy during winter months when fresh vegetables are in short supply. She also reached out to local farmers, asking to buy produce and beef that hadn’t sold at markets. “The farmers always gave it to me,” she said. “They loved the idea of this program.”

Most important, Murray was adventurous. Sometimes getting people to try new foods can be a challenge. By offering a diverse menu consistently, Murray was able to inspire the seniors she serves to expand their horizons—and get excited in the process. “A lot of our folks grew up raising their own produce, so they liked coming back to it, even if the vegetable was something they hadn’t tried before,” she says. “Now they prefer it to store-bought goods. It was amazing to see New Mexico farmers’ food going onto their plates. And for me it was a full-circle moment, because this is where I came from.”

Discover how to get fresh produce and local meat for your senior center at newmexicogrown.org.



Fall 2024 Events

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

OCTOBER

Clovis Health and Information Expo

October 2

Hillcrest Senior Life Center, Clovis
The annual Health and Information Expo is open to seniors 50 and above and offers a range of information, influenza vaccinations, health screenings, and more. The first 250 seniors will receive a goodie bag.

Bernalillo County Fall Harvest for Seniors 50+

October 3, 8:30 a.m. to 2 p.m.

Gutiérrez Hubbell House History and Cultural Center, Albuquerque
Join in for a day of food, fun, live mu-

sic, and activities, including a canning and pickling demonstration and fresh fruit and vegetable giveaways. Free coffee and donuts are available to kick off the day. Lunch will be served across the street at the Historic Pajarito Meal Site. Register at the Rio Bravo Senior Center, South Valley Multi-Purpose Senior Center, or Los Padillas Community Center.

IPEC Farmer Training

October 5

Indian Pueblo Entrepreneur Complex, Albuquerque

IPEC will hold training sessions for farmers, gardeners, and anyone who would like to learn more about growing. Both modern and traditional Indigenous agricultural practices and food production, including regenerative techniques, will be taught. These are ideal for rural and urban settings alike.

Institute of American Indian Arts 2024 IAIA Fall Powwow

October 5

Institute of American Indian Arts campus.

If you happen to be in Santa Fe the weekend prior to Indigenous Peoples' Day weekend, consider participating in the 2024 IAIA Fall Powwow. This free outdoor event is open to the public on the Institute of American Indian Arts campus. Grand Entry begins at noon in the IAIA Dance Circle. Food, drink, and art sales will be on offer.

Santa Fe Indigenous Peoples' Day Weekend Celebration

October 12-14

Santa Fe Plaza

All are welcome to remember, honor and uphold the valued Native American neighbors from the 23 tribes, nations, and pueblos in New Mexico. They represent all of the wonderful Native American arts, culture, and educational institutions that give Santa Fe such a strong sense of place and make it one of the most popular travel destinations in the world. Dances and the Santa Fe Indigenous Center's Intertribal Powwow will be held on the Santa Fe Plaza.

Indigenous Peoples' Day Celebration

October 14, 11 a.m. to 2 p.m.

Tiguex Park, Albuquerque

The fourth annual Indigenous Peoples Day Celebration, sponsored and organized by the Native Leadership Collective of Albuquerque, invites all to join the urban Native American community in highlighting the social and cultural assets contributing to the well-being, resilience, and vibrancy of the Albuquerque-Bernalillo County Metro area.

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 or expect to.

2024 Walk to End Alzheimer's— Central New Mexico

October 19

Mariposa Basin Park, Albuquerque
Join Walk to End Alzheimer's to help raise funds for the care, support, and research efforts of the Alzheimer's Association. Email alkeller@alz.org for more information.

Senior Wellness Day

October 30

SALA Event Center, Los Alamos
Join us on Wednesday, October 30 at the SALA Event Center in Los Alamos for a day of senior wellness! This free event will feature a keynote speaker, workshop sessions, and a closing panel on Scam Awareness for Older Adults. Workshop session topics include senior nutrition,

estate planning, end-of-life decisions, grief support, opioid overdose recognition and response, fall prevention, and more. A box lunch is included with your registration. Please call (505) 662-8920 to learn more and register for this event.

Halloween Dinner & Dance

October 31

Alamo Senior Center,
Alamogordo

Join in for the Halloween Dinner and Dance on Thursday, October 31. Everyone attending is encouraged to wear their favorite costume. The event is open to the public with a small entrance fee.

NOVEMBER

Native American Heritage Month

November 1-30

Native American Heritage Month provides a platform that fosters

opportunities for all to expand their knowledge of the lands we live upon and the tribes as historically living cultures. Learn more about New Mexico's tribes at a range of state museums and events, or purchase from Native businesses as ways to commemorate these observances.

2024 Walk to End Alzheimer's— Southeast Regional Walk

November 2

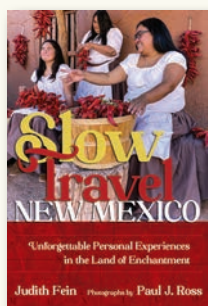
Chaves County Courthouse, Roswell
Help raise funds through the state's southeast Walk to End Alzheimer's for the Alzheimer's Association. Email kiryan@alz.org for more information.

2024 Walk to End Alzheimer's— Southwest Regional Walk

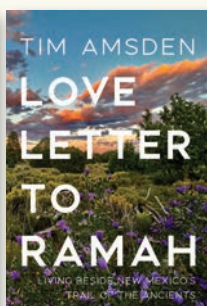
November 9

Pat and Lou Sisbarro Community Park, Las Cruces

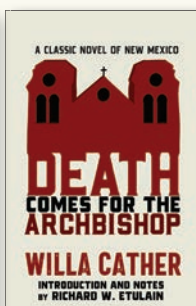
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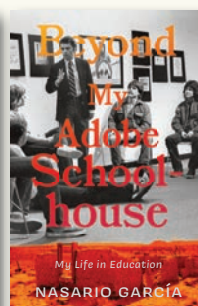
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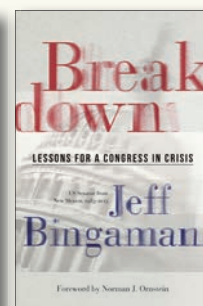
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Help raise funds through the state's southwest Walk to End Alzheimer's for the Alzheimer's Association. Email norosco@alz.org for more information.

APS Native American Leadership Council Pow wow
November 8

APS Berna Facio Professional Development Center, Albuquerque
The Albuquerque Public Schools Native American Leadership Council hosts its annual APS Powwow. For more information, email apspowwow2024@gmail.com or call (505) 884-6392.

Rock Your Mocs
November 10–16

Rock Your Mocs offers Native American and Indigenous Peoples an opportunity to celebrate their tribal individuality by wearing moccasins for a week. Learn more at rockyourmocs.org.

DECEMBER

La Fonda Foundation Family Resources Summit
December 7

Santa Fe Children's Museum
Connect with government and nonprofit resources, including info about enrollment in Medicaid and low-income home energy. Learn more at lafondasantafe.com/la-fonda-foundation.

New Year's Party
December 27

Alamo Senior Center, Alamogordo
Join the annual New Year's Party, which is open to the public. A small fee will be charged.

New Mexico Senior Olympic Fitness Events Offered Year-Round

Twice a year, the New Mexico Senior Olympics offers competitions in more than 30 sports as part of its State Games. But the organization—which provides adults 50 and over with opportunities to live a healthy, active lifestyle—also offers fitness classes year-round. Currently, a total of 541 seniors are attending classes offered three times per week at 18 sites across the state. Many are held at senior centers, including Roswell JOY Center, Hobbs Senior Center, Santa Fe MEG Senior Center, Placitas Community Center, Clovis Wellness Center, Munson and Sage Senior Centers (both in Las Cruces), and throughout Albuquerque. For more information, contact NMSO at nmso@nmseniorolympics.org.



Health Tip Corner

Let's debunk: 4 myths about the flu shot

Getting a seasonal flu shot may be the best way to protect yourself and your loved ones. Here are 4 common flu shot myths—and the facts behind them:

Myth 1: You can get the flu from the flu shot.

Fact: This is not true and doctors strongly recommend getting the flu shot because it is the best way to help protect yourself from the flu.

Myth 2: The flu shot isn't safe for older adults.

Fact: The flu shot is safe for people of all ages. In fact, it is important for older adults to get the flu shot because they are at higher risk for serious flu complications.

Myth 3: The flu vaccine causes strong side effects.

Fact: Side effects from the flu shot are typically mild, if any happen at all. The most common side effects are soreness, redness, or tenderness where the shot was given.

Myth 4: I got a flu vaccine last year, so I'm fine for this year.

Fact: Even if you received a flu shot last year, the flu viruses are constantly changing so the vaccine is updated each year, as needed.

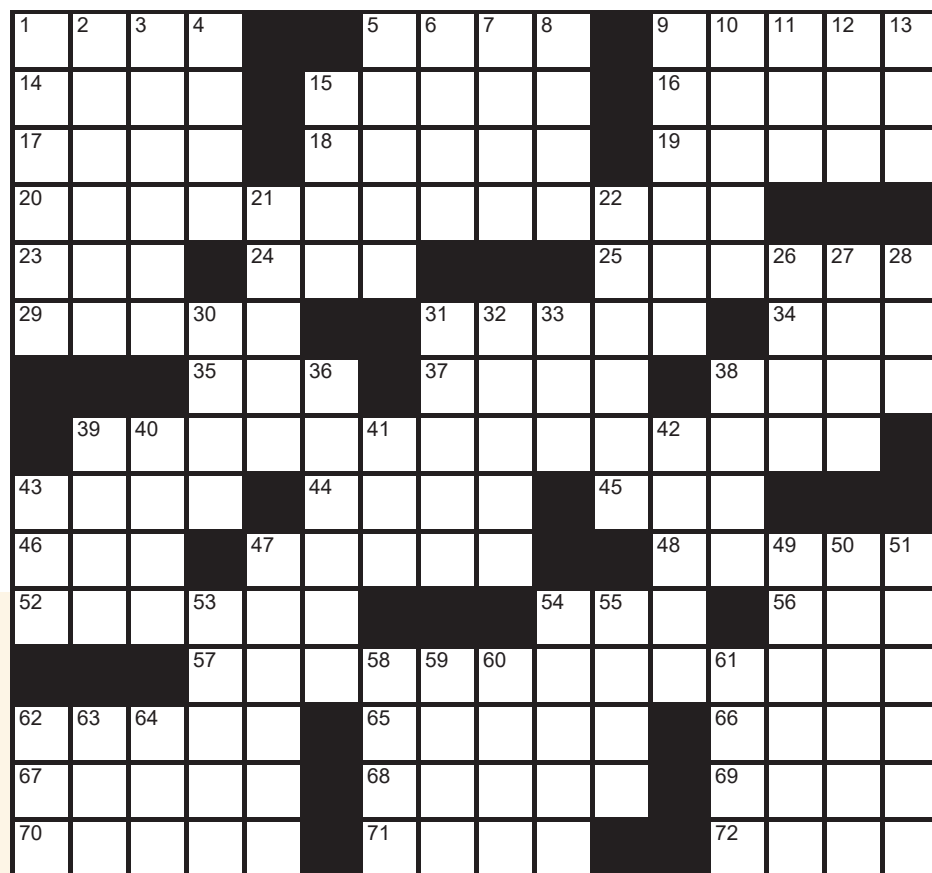
Visit vaccines.gov for more info.

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Source: CDC.gov. 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 solution to the puzzle will be printed in the following issue and available online at newmexicogenerations.com in early November.

70 See 9-Across

71 See 5-Across

72 All ____

DOWN

- 1** Quarterback Lawrence
- 2** Song also called "Nel blu dipinto di blu"
- 3** Islamic leader
- 4** Olympics jump
- 5** Bus-stop convenience
- 6** In ____ land (spacy)
- 7** Orenburg's river
- 8** *National Velvet* author Bagnold
- 9** "____ the fire?"
- 10** Starts in on
- 11** CD return, briefly
- 12** Bout stopper, for short
- 13** Sixth sense
- 15** ____-majesté
- 21** Mire
- 22** Captivate
- 26** Spokesperson's appeal
- 27** Campaign worker
- 28** Cry of success
- 30** Much
- 31** Belief
- 32** Travel guide cofounder Michelin
- 33** 12/31, initially
- 36** Wall Street figure
- 38** Plain
- 39** Horse color
- 40** "____ that special?!"
- 41** Palindromic girl's name
- 42** Have one's say
- 43** *House of the Dragon* channel
- 47** Asparagus units
- 49** Nissan model
- 50** Captivate
- 51** Exactly
- 53** Like thick smoke
- 54** Dig
- 55** Not being used
- 58** Impulsive
- 59** Bart Simpson's bus driver
- 60** 5-across alternative
- 61** Ready to eat
- 62** *The Amazing Race* channel
- 63** ____ mode
- 64** Slam

The Crossword

A New Mexico Generations *Original*
By Brendan Emmett Quigley

ACROSS

- 1** Rating for *The White Lotus* or *Black Mirror*
- 5** With 71-Across, swimming spot just off Route 66
- 9** With 70-Across, National Park in Doña Ana County
- 14** Green chile stew thickener
- 15** Memorize
- 16** Tom who played Colonel Tom Parker in *Elvis*
- 17** *Vogue* competitor
- 18** Chou-____
- 19** Bar at the bar
- 20** National Preserve in the Jemez Mountains
- 23** British pop star Rita
- 24** "Nothing special"
- 25** Stub datum
- 29** Kind of center
- 31** Flavors

- 34** Golf ball position
- 35** High ball
- 37** *Watermark* musician
- 38** Failed firecrackers
- 39** Deep, natural crevice near Taos
- 43** Have over for margaritas, say
- 44** Finished
- 45** Antipollution group
- 46** Block
- 47** Go blading
- 48** *The Wild Duck* playwright
- 52** Recorded
- 54** Racket
- 56** *Joshua Tree* producer Brian
- 57** Mountain whose name means "flint hill"
- 62** *It's a Wonderful Life* director
- 65** Reef ring
- 66** "I identify," in online comments
- 67** Major's successor
- 68** Pilot's place
- 69** Major leaguers

NEW MEXICO GENERATIONS

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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.



Reaching for the Sky

Every October, the air above New Mexico lights up with propane flames and nylon envelopes full of hot air during the Albuquerque International Balloon Fiesta. The balloons are an unmistakable sign that fall has arrived, just as certain as the scent of roasted chiles. But it wasn't always this way. The First Annual KOB Radio and Television International Balloon Festival, in 1972, was held in April. The following year it was held in February. During that second installment, Albuquerque local Hedwig Menke (1912–2010) caught this image of balloons lifting off from the State Fair Grounds (now Expo New Mexico). Menke was not a trained photographer. She worked as a secretary at Albuquerque National Bank, but in her spare time she photographed some of New Mexico's most iconic attractions: Jemez Falls, the State Fair parade, Shiprock. Menke's images, many of which now reside in the Albuquerque Museum, offer an intimate perspective of the state's history from the 1950s until 1970. On each 35mm slide, Hedwig documented specifics like the date and time the photograph was taken, the location, even the condition of the sky. She may have been a hobbyist, but her eye for detail has helped her images of New Mexico stand the test of time.

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From top: Navajo woman taking photograph, New Mexico, ca. 1945, courtesy of Palace of the Governors Photo Archives (NMHM/DCA), neg. no. HP200720.707. Jurassic exhibit at the New Mexico Museum of Natural History & Science, photograph by Tira Howard. Multiple artists, *Triumph of Indian Art*, 2002; 1974 TR6 Roadster, paint, hand-woven upholstery, beads, deer hide, sterling silver; from the exhibition *Driving the Market* at the Museum of Indian Arts and Culture, photograph by Tira Howard. Jaguar mask, ca. 1960, Mexico, gift of the Girard Foundation Collection (A.1979.17.768), Museum of International Folk Art.

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

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