2013 SUMMER GAMES

• Largest multi-sport event in New Mexico
• Held June 12 – 16 in Roswell
• 894 registered participants
• 400+ volunteers

2013 National Senior Games
CLEVELAND, OHIO

• 329 registered
  New Mexico athletes
• 98 Medals were brought home!!
• 48 Gold; 22 Silver and 28 bronze in 17 different sports
• Of the 50+ states represented, New Mexico ranked 13th in the medal count
Exercise for Seniors with benefits!

EnhanceFitness is an evidence based group exercise fitness class happening at 17 Senior Center sites statewide and is free to older adults. EnhanceFitness in New Mexico is managed by New Mexico Senior Olympics, Inc. in collaboration with the NM Aging and Long Term Services Department. It is offered 3 x per week statewide under the direction of a certified fitness instructor. The goal of the class is to help older adults enjoy life by being physically active. Classes provide an opportunity to be with friends and meet others. The health benefits echoed throughout the land of enchantment from Taos to Placitas to Las Cruces and Roswell is a perfect match to help seniors live independently and to improve overall health for a senior adult.

Dorothy from Taos has participated for several months and states “... I feel stronger and more flexible”. Glenda from Las Cruces says “..... Instructor works with each of us... love the variety of workouts, it’s never boring”. Finally a Roswell participant reports some weight loss and improvement for her balance.

“Evidence based” means the class has been researched and tested at over 100 sites around the country on older adults. EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises – everything health professionals say we need to maintain and function as we age!

To bring a class to your area contact NMSO at 1-888-623-6676. Instructors are trained on the EnhanceFitness protocol. Each class includes an initial assessment and instructors provide NMSO regular attendance for reporting health promotion services to the Aging Network.

For the quarter ending September 30th, three hundred and five senior adult men and women participated in an exercise class 3 x per week.

Our mission will continue to promote the emotional, social and physical wellbeing of older adults as we expand EnhanceFitness in four new communities in the near future.

Evidence shows that seniors who have chronic illnesses have benefited from EnhanceFitness classes.
You grow old because you stop playing.

TEAM TOURNAMENTS

The NMSO Volleyball Team Tournament was held in Rio Rancho, August 16-18 at a new venue – The Santa Ana Star Center. With all men, women and co-ed able to be in the same venue, there was more opportunity for camaraderie and to cheer on other teams. When they weren’t playing against each other, of course! 34 teams with over 215 registered players from New Mexico and Texas had a great time with lots of competition. The level of officiating was key to keeping our teams on track and making sure rules were followed. The players were treated to a great pasta bar social that was enjoyed by all.

The NMSO Softball Team Tournament had 27 teams with 405 registered players. Unfortunately, Mother Nature had a different idea for the weekend. The tournament had to be canceled on Saturday morning as rain had fallen the week before and continued on the weekend. A great social was held on Friday evening in hopes that the rain would clear but to no avail. The NMSO office as well as the players were disappointed that we were not able to play but… We’ll be ready next year!

The NMSO Basketball Team Tournament, held November 1-3 had 29 teams with 180 registered players. The tournament was held at the very accommodating and beautiful Genoveva Chavez Community Center. With all 6 courts in one area, it’s great to watch such fine basketball players compete.

2013 Volleyball Team Tournament

2013 Basketball Team Tournament

Senior Olympics

2014 SUMMER GAMES

July 16-19

Roswell

Locally qualified senior adults 50+

compete in 30 different events

The most fun you can have!

GOLDEN ATHLETE

Congratulations

WALTER BAKER

MARY KIRSLING
benefits of exercise
Get moving—exercise can reduce your risk of dying early

Regular exercise is one of the best things you can do for your health. It can help:
• Control your weight.
• Lower your risk of heart disease.
• Lower your risk for Type 2 diabetes.
• Lower your risk for some cancers.
• Make your bones and muscles stronger.
• Improve your mood.
• Prevent falls, if you’re an older adult.
• Add years to your life.

HERE’S HOW EXERCISE CAN HELP:
1. Few things improve your health as much as exercise. If you are active for just 2 1/2 hours a week, you have a much lower risk of dying early than those who are active for less than 30 minutes a week.
2. You do not have to do a lot of activity or do a very hard workout to lower your risk of dying early. You can lower your risk by doing at least 2 1/2 hours a week of a light activity, such as brisk walking.

Exercise can help everyone—age, ethnicity, shape and size do not matter.

If you are not sure about exercising or are afraid of getting hurt, the good news is that light activity, like brisk walking, is usually safe for most people.

If you have a health condition such as arthritis, diabetes or heart disease, talk with your doctor. Then, work with your doctor to come up with an exercise plan that is right for you. Start slowly and do more as you are able. What is important is that you are active.

If you would like help managing your weight, heart disease or diabetes, please call our Healthy Steps Coaching Program at 505.727.5344.

Lovelace Health Plan Health & Fitness Newsletter; Fall 2013 Edition; “Benefits of Exercise”

Senior Olympics at the State Fair

The 2nd Annual Senior Day Celebration was held at the 2013 State Fair. Senior Olympics participated with the Healthy Aging Collaborative as an exhibitor on Main Street. The NMSO booth promoted local games and senior sports. Hundreds of fairgoers stopped by to try the activities offered at our booth—basketball free throw, nickel pitch, ladder toss and huachas/washers. The EnhanceFitness program was featured on stage at the Indian Village. It is our hope that we identified some new athletes for the Senior Olympics local games in the area of Sandoval Co., Bernalillo, Albuquerque, Valencia Co. and Santa Fe.
SUMMER GAMES

Another Summer Games has come and gone and once again, it was a great success! Coming back to Roswell after 25 years was a great experience. The City, NMMI, ENMUR, Roswell Volunteers and all other key players were instrumental in making this a positive experience for our New Mexico athletes. 2014 Summer Games in Roswell will be even better. If you missed the Games, you missed a great EnhanceFitness Flash Mob along with a colorful and fun filled Parade of Athletes. The Sports Health Fair was well attended with activities where one could join in, and booths to pick up great information and have some free health screening done all in one place.

With 894 registered athletes participating in 27 different sports, there was something for everyone from the jocks to the recreational athlete. NMSO utilized over 400 volunteers in areas from athlete check in at Games Headquarters to being timers and judges at the events. 63 new records were set during the Games. Not only did athletes come out to compete but the camaraderie that is had during the Games makes the event even more special.

We hope that you, along with NMSO, are ready for another great year. Looking forward to seeing you all at the 2014 Summer Games to be held once again in Roswell on July 16-19! Good luck to all!
Welcome New Staff

As a statewide service provider for health promotion and senior sports, we would like to introduce the TEAM at the Senior Olympics office from Roswell – some new and some with new roles.

Samantha Galavez or “Sam” as she likes to be called, is the new administrative assistant with the office manager role, registrar for Summer Games and is the new Terry! Sam is from Hobbs NM and has a 2 year old.

Dina Jenks will share the Events Co-Coordinator job with our very own veteran, Terry Delgado to oversee the event planning for our programming activity health, fitness and summer games. Terry was recently promoted to Events Co-Coordinator after completing her sixth year with NMSO.

Nancy Gonzalez is on the team as our Program Assistant for all project activities and has a keen eye for bookkeeping and budgets.

Julio Acosta, office clerk and social media guru will assist the team on all projects to promote and advertise our mission.

This is our FY 13-14 team and we regretfully must bid farewell to MAEGAN SANDERS our 1 year Events Coordinator that survived her first Summer Games. She will be taking another position to be closer to her family.

As Director of NMSO I am elated to have a full staff once again and look forward to training our new members to serve you, the athletes.

LOCAL SENIOR OLYMPIC GAMES

Are you ready to qualify for your favorite sport? Well, get ready as the Local Games in your area will be gearing up for competition in the early spring. Not all sports are offered at your local game site so be sure to inquire early so as not to miss the competition dates and deadlines. You can find your Local Coordinator contact information on our website at www.nmseniorolympics.org or call our office at toll free 1-888-623-NMSO (6676) to find out when local game schedules will be ready.

To be eligible for 2014 Senior Olympics, you must be 50+ by December 31, 2014. With the 2014 Summer Games being a local qualifier for National Senior Games to be held in Minnesota in July, we expect to have more participants competing for those top spots.

10TH ANNUAL All Indian Game Day
SANTA FE INDIAN SCHOOL
1501 Cerrillos Road
April 23-24, 2014
Open to Native American Elders
Statewide
$15.00 registration fee for 1-12 Sports
Contact your Local Elderly/Senior Program Director for registration details.
New Mexico Senior Olympics, Inc. (NMSO) and NM Aging and Long-Term Services Department (NMALTSD) are jointly promoting a healthy aging campaign entitled “Know Your Numbers, Change Your Numbers, Change Your Life!”

The fitness workshop – “Know Your Numbers” will be held in six cities throughout the State to raise awareness about the need for meaningful change in daily physical activity routines and also in good nutrition habits. We will discuss “What are the benefits of regular physical activity?”

Knowing four numbers: waist circumference, body mass index, blood pressure and blood glucose levels provide a wealth of information about a person’s health status, and the risk of developing type II diabetes, heart disease, arthritis and a host of other conditions that diminish the quality of life.

The Know Your Numbers Fitness workshop is a three hour session to include a fitness workout. The event will begin at 8:30 a.m. at each site ending at noon. The target audience is senior adults 60 years and older, who currently participate in physical activities such as walking, swimming, gardening and any physical activity where the heart rate is raised for at least 30 minutes daily.

Select sites will host a Play Day in the afternoon following the workshop. Play Day will hold sport demos to help introduce Senior Olympics sports, as well as allow Seniors to participate in different sports. A box lunch will be offered to encourage participants to stay over for the afternoon.

Every event will also include a free mini health screening in advance of the training session, so plan to come early. To register for an event in your area contact New Mexico Senior Olympics toll free at 1-888-623-6676 to RSVP and lock in your seat for this event and confirm event details. Call NMSO and commit to taking charge of your health today!

Event Dates:

Deming – JANUARY 16, 2014 (Play Day)
Special Events Center 700 S. Silver Ave.

Las Vegas – MARCH 19, 2014 (Play Day)
Abe Montoya Rec. Center 1751 N. Grand

Other sites to host KYN Fitness Workshop
Carlsbad— FEBRUARY 4, 2014
Clovis— APRIL
Sandia Pueblo—MAY

We wish you a Happy Holiday Season and a New Year of health, happiness and prosperity

New Mexico Senior Olympics, Inc.

New Mexico Senior Olympics Team Tournaments

VOLLEYBALL
August 8-10, 2014 • Rio Rancho

SOFTBALL
September 12-14, 2014 • Rio Rancho

BASKETBALL
November 7-9, 2014 • Santa Fe
New Mexico Senior Olympics, Inc.
Post Office Box 2690
Roswell, NM 88202-2690

As a remembrance NMSO honors athletes who have passed. If you have an eternal flame you would like us to include please call or email NMSO.

Friends of Senior Olympics

Joseph Citarella  
Charisse Garcia  
Christine Gauldin  
Gloria Griego  
Tom Hagan  
Mary Jane House  
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Consolidated Solar Tech  
In Memory of Howard Chapman  
Peter Goodwin  
Barbara and George Thibault  
In Memory of John Miceli  
Vactor Manufacturing

Friends of Bronze

CLAIBOURNE HARRIS

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