



Jeffrey Valdez, CHR walking with a few of our Seniors

Tamaya Wellness Program

October 2016

Recreation Path Celebration

Fifty people attended the Recreation Path Celebration on Thursday, September 22. The event squeezed in between the rain and wind for an action packed event. Thanks to the efforts of the Good Health and Wellness at Santa Ana work group the event went smoothly. Members of the work group represent the Tribal Enrollment Office, Transportation, the Santa Ana Nursery, Tamaya Youth & Recreation Program, and Tamaya Wellness Program. There were temporary tattoos and snacks; the youth buried a time capsule in commemoration of the path; and the Santa Ana Nursery planted a tree and gave away free trees. Bike ABQ provided information on pedestrian and bike safety and the Santa Ana Police Department helped make the event more visible. Governor Armijo stopped by on his way to the Tribal Council meeting that evening. Members of the senior walking group received trekking poles to support them as they continue to show the community the importance of physical activity. Maps of the recreation path and some of the connecting loops were handed out. Come join the Tamaya Wellness Program Walktober events to explore the different loops.

A short survey about recreation path use and how the nursery can help individuals plant trees was distributed. 51% of the 35 people surveyed had not yet used the recreation path so it was good to see them trying it out. People suggested trees and benches to encourage use of the recreation path. Tree planting guidelines and assistance were the top items chosen as ways to encourage people to plant more trees.

If you are interested in completing the survey and receiving a sun hat, please come visit us at the Tamaya Wellness Program on the second floor of the Tamaya Wellness Center.



Governor Armijo showing off his yo-yo skills.



Some of our community members sporting sun hats!

Watch for the Monthly Calendar

Healthy Heart Symposium

The Tamaya Wellness Program Healthy Heart Symposium was held on Thursday, September 15, 2016 from 5:00pm to 7:30pm at the Tamaya Wellness Center with 12 people attending. “What is Hypertension?” was presented by Dorinda Wiley-Bradley, RN, CDE from the Albuquerque Indian Health Center. The presentation focused on knowing your numbers, managing blood pressure and how it can affect your health if not well controlled.

We provided a Blood Pressure poster session with information on tips to controlling high blood pressure. Blood pressure screenings were also provided to our participants by JoAnna Garcia from the Tamaya Wellness Program and Sharon Notah from Albuquerque Indian Health Center. Our fitness instructor Lance Ami provided a 5-minute stretch warm-up for the participants.

The symposium concluded with health related door prize drawings and a heart healthy dinner: chicken penne & marinara, seasoned vegetables, side salad, garlic bread, cookie, and water.

The evaluation showed that the participants can name at least two new things they learned from the presentation, and they understand how blood pressure can affect their health if it is not well controlled.



Lena enjoying a game of Healthy Heart Bingo.



Community members gaining knowledge on blood pressure.

WALKTOBER!

Meet in front of the Wellness Center every Thursday (10am or 5pm) for a walk along one of the community recreation paths!

OCTOBER IS IDEAL FOR WALKING – THE TEMPERATURES ARE COOL AND THE COLORS ARE SPECTACULAR. MAKE WALKING A PRIORITY – IN OCTOBER AND BEYOND! NOT ABLE TO JOIN US? USE THE MAP POSTED AT THE TWC TO WALK A ‘LOOP’ OF YOUR CHOICE (*MAP CREATED BY DNR).

Tamaya Wellness Program Directory

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