



STATE OF NEW MEXICO
Michelle Lujan Grisham, Governor
Jen Paul Schroer, Cabinet Secretary Designate
Sarah Jacobs, Deputy Secretary
Antoinette Vigil, Deputy Secretary

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New Mexico is Blue Zone Bound

Aging and Long-Term Services Department to host Senior Day at the Roundhouse on January 24

SANTA FE – The New Mexico Aging and Long-Term Services Department (ALTSD) will be hosting Senior Day at the Roundhouse on January 24, 2024. Attendees will have the opportunity to talk with legislators about their needs, network with others, and gather information. Lunch will be provided.

The afternoon of advocacy is part of a larger initiative being embraced by ALTSD this year called, “Blue Zones Bound: Live to 100 in New Mexico.” This initiative is inspired by the work of best-selling author, National Geographic Fellow and Netflix producer, Dan Buettner. Buettner has researched and documented aging and longevity across the world, identifying specific areas with the highest concentrations of people living well into their 100’s. While New Mexico is not yet a Blue Zone, as of the 2020 census, there are 410 centenarians in New Mexico, which is a 44% increase from 2010.

“On Senior Day, we reflect on the wisdom and contributions of our older adult community members in New Mexico,” said Cabinet Secretary Designate **Jen Paul Schroer**. “The Blue Zones Bound initiative aligns with our commitment to creating age-friendly communities and resources to help New Mexicans age in place. As we work together during this year’s legislative session, I am optimistic about the positive impact we can achieve for our seniors and ensure that they are able to lead vibrant, fulfilling lives.”

Event Details:

- **Date:** Wednesday, January 24th, 2024
- **Time:** 11:30 a.m. - 1:30 p.m.
- **Location:** New Mexico State Capitol, Santa Fe, NM
- **Registration:** Via [this form](#)

Participants will head into the Capitol Building from the East side where they will stop at a table to receive a packet, lunch and scarf. From there, we encourage them to attend a chamber hearing or floor session to be recognized by legislators. After the chamber session, participants are invited back to the rotunda for additional programming.

The New Mexico Aging and Long-Term Services Department (ALTSD) was established in 2004 to provide advocacy, support, and resources for seniors and adults with disabilities. The department oversees the state's Area Agencies on Aging to elevate the quality of care at senior centers, offers advocacy through the Long-Term Care Ombudsman volunteer program, and provides intervention through the agency's national award-winning Adult Protective Services. Additionally, ALTSD houses the state's Aging and Disability Resource Center, which offers options counseling, education, and connection to resources. For more information about ALTSD, visit aging.nm.gov or follow us on [Facebook](#), [X \(Twitter\)](#), and [Instagram](#) @NewMexicoAging.

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