



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

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**New Mexico Aging Department features video  
highlighting ways to age well in New Mexico**

**SANTA FE** – The New Mexico Aging and Long-Term Services Department (ALTSD) has shared a video on aging well in New Mexico titled “Tips for Aging Well in New Mexico” on their [Facebook page](#) and [YouTube channel](#).

The video includes remarks from Gov. Michelle Lujan Grisham, Sec. Jen Paul Schroer and a keynote from Dan Buettner. Buettner, a best-selling author, National Geographic Fellow and Netflix producer, coined the term, “blue zones” after an expedition to Okinawa, Japan in 2000 to investigate the longevity of residents who lived there. Subsequently, he embarked on explorations in other regions known for high longevity.

“We encourage people to watch the video and learn about the healthy habits of individuals around the world with high longevity rates, which contribute to longer and more enriching lives,” said ALTSD Cabinet Secretary Jen Paul Schroer. “The video offers a unique opportunity for a broader audience to join the conversation about how we can create healthier and more resilient communities here in New Mexico.”

The video is made possible thanks to ALTSD, Anchorum Health Foundation, and numerous other sponsors.

*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](http://aging.nm.gov) or follow us on [Facebook](#), [X \(Twitter\)](#), and [Instagram @NewMexicoAging](#).*

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