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Visit us at:
Www.las-cruces.org
Or email us at:
seniorprograms@las-cruces.org

Senior Programs will be closed on the following days:
Centros estarán cerrados el:

February 2019 Edition
Editor: Jeneca Maya Montoya

Munson Senior Center
975 S. Mesquite St.
575-528-3000
Open Monday – Friday
8:00 am – 5:00 pm

Eastside Community Center
310 N. Tornillo St.
575-528-3012
Open Monday – Friday
8:00 am – 2:00 pm

Frank O’Brien Papen Dining Room
304 W. Bell
575-541-2454
Open Monday – Friday
10:30 am – 1:00 pm

Henry Benavidez Community Center
1045 McClure Rd.
575-541-2006
Open Monday – Friday
10:30 am – 1:00 pm

Sage Café
6121 Reynolds Dr.
575-528-3151
Open Tuesday – Friday
9:00 am – 2:00 pm
Limited Congregate Meals.

Information and Referrals
975 S. Mesquite Street, Las Cruces
575-528-3011

Meal Reservation and Cancellations
975 S. Mesquite Street, Las Cruces
575-528-3012

Dial A Ride
575-541-2777

Meals On Wheels Intake
975 S. Mesquite Street, Las Cruces
575-541-2451

SATURDAY NIGHT VALENTINES DAY DANCE
WHEN/CUANDO: Saturday February 2, 2019
WHERE/DONDE: Munson Senior Center
TIME/TIEMPO: 4:00—6:00 pm
ENTRY FEE: $3.00

THURSDAY AFTERNOON VALENTINES DAY DANCE
WHEN/CUANDO: Thursday February 21, 2019
WHERE/DONDE: MUNSON Center
TIME/TIEMPO: 2:00–4:00 pm
ENTRY FEE: $3.00

Purchase your tickets the week of the dance!
## Sage Café Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitting (this is not a class)</td>
<td>Thu</td>
<td>10:15 am – 12:15 pm</td>
<td>No charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Enhance Fitness</td>
<td>Tue, Wed, Fri</td>
<td>9:45 am – 10:45 am</td>
<td>No charge</td>
<td>Sage Café, dining area.</td>
</tr>
<tr>
<td>Beginning &amp; Intermediate Chess</td>
<td>Wed</td>
<td>11:00 pm – 1:45 pm</td>
<td>No charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Train Dominos</td>
<td>Tue</td>
<td>10:30 am – 1:45 pm</td>
<td>No Charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Jam Session</td>
<td>Fri</td>
<td>10:15 am – 1:00 pm</td>
<td>No Charge</td>
<td>Do you join or play an instrument? Come join in on the music-making. And feel free to just come and listen!</td>
</tr>
<tr>
<td>Beading</td>
<td>Tue</td>
<td>12:00 am – 1:00 pm</td>
<td>No Charge</td>
<td>Sage Café Dining Room</td>
</tr>
</tbody>
</table>

## Eastside Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crocheting (this is not a class)</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No Charge</td>
<td>Eastside Center classroom; items donated locally.</td>
</tr>
<tr>
<td>Wood Carving (this is not a class)</td>
<td>Wed &amp; Fri</td>
<td>8:00 am – 12:00 pm</td>
<td>No Charge</td>
<td>Eastside Center. Join anytime.</td>
</tr>
<tr>
<td>Billiards – Daily</td>
<td>Mon – Fri</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
<td>Eastside Center.</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>8:15 am – 9:45 am</td>
<td>No Charge</td>
<td>Eastside Dining Room</td>
</tr>
</tbody>
</table>

## Henry Benavidez Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo – Weekly</td>
<td>Wed</td>
<td>12:45 pm – 1:45 pm</td>
<td>No charge</td>
<td>Benavidez Community Center, Dining Room.</td>
</tr>
<tr>
<td>Grandparents Raising Grandchildren – Monthly</td>
<td>2– Tue</td>
<td>10:30 am – 11:30 am</td>
<td>No charge</td>
<td>Benavidez Community Center, Classroom.</td>
</tr>
</tbody>
</table>

## Munson Center Activities:

Classes with registration for 6-week sessions: Registration will be March 4-8 2019 at the Munson front desk. Beginning dates will be announced on receipts.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary Certification Class</td>
<td>Mon</td>
<td>12:00 pm – 3:30 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 6 students.</td>
</tr>
<tr>
<td>Silver Jewelry Class</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 5 students. $50 supply kit required.</td>
</tr>
<tr>
<td>Stained Glass #3 (Beginner Only)</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$6 per 6-week session</td>
<td>Munson Center, Studio 1. Class limited to 6 new students. There will not be a drop-in class if there are 6 new students. $5 new student kit.</td>
</tr>
<tr>
<td>Faceting</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 4. $16.50 supply kit required.</td>
</tr>
<tr>
<td>Landscape Painting</td>
<td>Fri</td>
<td>12:00 pm – 2:00 pm</td>
<td>$6 per 6-week session</td>
<td>Limit of 13 Students. Class will be held at Eastside Center.</td>
</tr>
</tbody>
</table>

### Drop-in classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stained Glass #1</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #2</td>
<td>Wed</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #3</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Drop-in limited to returning students, if the limit of new students is below 6 with a maximum of 12 students. There will not be a drop-in if there are 6 new students.</td>
</tr>
<tr>
<td>Stained Glass #4</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Fri</td>
<td>8:00 am – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
</tbody>
</table>

**Supplies and Materials**

<table>
<thead>
<tr>
<th>Material</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary and Silver Jewelry Open Lab</td>
<td>$3 per day</td>
<td>Munson Center, Studio 1. Certification required to participate in open lab. Pay $3 per day at the front desk.</td>
</tr>
<tr>
<td>Gourd Painting</td>
<td>Wed</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Mosaics/Gourds – Open Studio</td>
<td>Fri</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Mosaics – Open Studio</td>
<td>Tue</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Mon</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Fri</td>
<td>$1 per session</td>
</tr>
</tbody>
</table>
Other activities offered at Munson Center:

### Fitness Classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhanced Fitness</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am – 9:00 am</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Beginners</td>
<td>Mon</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Intermediate</td>
<td>Fri</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>Mon</td>
<td>5:30 pm – 6:30 pm</td>
<td>$1 for 60+, $2 for under 60</td>
<td>Munson Center Auditorium.</td>
</tr>
</tbody>
</table>

### Lifelong Learning:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Garden Meeting for the Munson Center Garden</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 1.</td>
</tr>
<tr>
<td>Spanish – Conversational</td>
<td>Tue</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Room 4. Join anytime! Level: Beyond Intermediate. A fun discussion group about topics chosen each week. For people who can converse in Spanish and want to improve their skills and vocabulary. There is no English or formal instruction.</td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>Mon</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Meeting Room 2. Please see instructor if you are joining after the starting date.</td>
</tr>
<tr>
<td>Spanish – Spoken for Beginners</td>
<td>Fri</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Desert Writers</td>
<td>Wed</td>
<td>9:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Munson Book Club</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.</td>
</tr>
</tbody>
</table>

### Games:

<table>
<thead>
<tr>
<th>Game</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards – Daily</td>
<td>Mon-Fri</td>
<td>8:00 am – 5:00 pm</td>
<td>No charge</td>
<td>Munson Center Multipurpose Room.</td>
</tr>
<tr>
<td>Billiards Tournament</td>
<td>Last Wed</td>
<td>9:00 am – 1:00 pm</td>
<td>$3 per person</td>
<td>Munson Center Multipurpose Room. The last Wednesday of the month. All are welcome to participate!</td>
</tr>
<tr>
<td>Bridge</td>
<td>Mon &amp; Wed</td>
<td>11:30 am – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Canasta</td>
<td>Wed</td>
<td>11:00 am – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Chess</td>
<td>Fri</td>
<td>8:30 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4.</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Tue &amp; Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, outside on east side of Munson.</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>Thu</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Game Day</td>
<td>Thu</td>
<td>12:30 am – 2:30 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Fri</td>
<td>11:30 am – 4:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
</tbody>
</table>

### Extra Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>2:30 pm – 4:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>9:30 am – 11:00 am</td>
<td>No charge</td>
<td>Good Samaritan, Oasis Room.</td>
</tr>
<tr>
<td>Stroke Support Group</td>
<td>1st Thu</td>
<td>1:00 pm – 2:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Essential Oils</td>
<td>2nd Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, Room 2.</td>
</tr>
<tr>
<td>Blood Pressure Monitoring</td>
<td>Mon</td>
<td>11:00 am – 1:00 pm</td>
<td>No charge</td>
<td>Munson Center</td>
</tr>
<tr>
<td>Senior Programs Advisory Board Meeting</td>
<td>2nd Thu</td>
<td>9:00 am – 11:00 am</td>
<td>Open to the public</td>
<td>Join us for the SPAB meeting on February 14 @ Munson Senior Center - 975 S. Mesquite St 575.528.3000</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>1st Sat</td>
<td>4:00 pm – 6:00 pm</td>
<td>$3 per person</td>
<td>Munson Center Auditorium. February 2 - Please Join us for our Saturday Dance! Enjoy snacks and great Music! We will be honoring our Veterans</td>
</tr>
<tr>
<td>Senior Programs Monthly Dance</td>
<td>3rd Thu</td>
<td>2:00 pm – 4:00 pm</td>
<td>$3 per person</td>
<td>Munson Center Auditorium. February 21 – join us for our Valentines Day Dance! This month we will be having it at Munson Center!</td>
</tr>
</tbody>
</table>

For any questions about activities, please contact Jeneca Maya Montoya at 575-528-3017 or Michael Garcia at 575-541-2005.

Activities and programs at our centers are open to all who are age 50 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs.
<table>
<thead>
<tr>
<th>Parks &amp; Recreation Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitness Classes</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Hiking</strong></td>
</tr>
<tr>
<td>Walking Group</td>
</tr>
<tr>
<td>50+ Indoor Cycling</td>
</tr>
<tr>
<td>Tai Chi</td>
</tr>
</tbody>
</table>

**BEADING**

Please Join us for beading!

**Sage Café Dining Room**

Tuesdays - 12:00 am to 1:00 pm

**Papen Center Dining Room**

Thursdays –12:00 pm to 1:00 pm

**ART WING ADVISORS NEEDED!**

**SENIOR PROGRMS RECREATION IS IN NEED OF ADVISORS FOR THE FOLLOWING CLASSES:**

**STAINED GLASS:**
- MONDAY MORNINGS - 8:30 AM TO 11:30 AM
- WEDNESDAY MORNINGS - 8:30 AM TO 11:30 AM

**OPEN PAINTING:**
- MONDAY MORNINGS - 8:30 TO 11:30 AM
- FRIDAY MORNINGS - 8:30 AM TO 11:30 AM

**CLAY WORKS:**
MONDAY, TUESDAY, & THURSDAY
MORNINGS: 8:00 AM TO 12:00 PM
MONDAY, TUESDAY, & THURSDAY
AFTERNOON: 8:00 AM TO 12:00 PM
FRIDAYS: 8:00 AM TO 4:00 PM

**TAI CHI**

JOIN US FOR TAI CHI CLASS AT THE EASTSIDE COMMUNITY CENTER

WHEN/CUANDO:
TUESDAYS & THURSDAYS
8:15 AM - 9:45 AM
Volunteer Happenings

Need for Readers—RAAD, Mar. 6

On Wednesday, March 6th, we will be celebrating Dr. Seuss’s birthday reading to area 3rd graders and promoting reading as a fun and enjoyable activity. To do this, we will need Network Volunteers assigned to this task! If you are interested in reading a Dr. Seuss book (and perhaps one of your choice if time allows) to an area 3rd grade class, please let Ryan Steinmetz, Volunteer Coordinator know by emailing him at rsteinmetz@las-cruces.org or calling the office at 575-528-3035. Shifts are available at various times all day.

Food 4 Paws Pet Food Drive, Feb. 9th

Volunteers are needed to help cover area donation sites to collect dog and cat food for the Food 4 Paws program. Volunteers will be at designated donation/drop off areas from 10 am-2 pm and people can be assigned for a part or all of that time, depending on their respective schedules.

Interested individuals or groups can contact Ryan Steinmetz, volunteer coordinator at 575-528-3035 or via email at rsteinmetz@las-cruces.org

Volunteer Spotlight—Amanda Lopez

In January, we said good-bye to an amazing office volunteer, Amanda Lopez. Amanda came to us through an employee training program and served almost four months at the Munson Center.

Amanda grew up here in Las Cruces and has two children (with one on the way!). She enjoys spending time with her kiddos and also spends time playing soccer in an adult women’s soccer group. Amanda states that she, “enjoys the fun that is had by everyone here at the Munson Center and that everyone is so happy!” She has learned a lot of new skills like working with databases, helping with deposit slips, and practicing her customer service skills on a daily basis. It’s never a dull moment here at Senior Programs—always something different happening every day.

We are so thankful for Amanda’s assistance these last few months. She has helped incredibly at the front desk and with food distribution days. We wish her the best of luck as she moves to a different placement and prepares for kiddo #3!

Music in the Air

Thank you to Daniel Sanchez (pictured above) lead singer of a Las Cruces band named “Dead Like Disco” who sang some “stripped down” versions of his original songs as well as covers of familiar songs too over at the Benavidez Center in January. Daniel is also a city employee with the Juvenile Citation Program. Our next performer will be Ricky Luna shown below performing with a duo (partner Emily) in Old Mesilla. Come and see him at the Munson Center on February 21st at Noon prior to the dance starting at 2:00! Thank you to all our musicians volunteering their time for this program!
The Network Volunteer Center

VOLUNTEER OPPORTUNITIES—We have lots of places who have been waiting for a volunteer like you! Contact Ryan Steinmetz at rsteinmetz@las-cruces.org or 528-3035 to schedule a time to discuss volunteer possibilities and to sign up for a volunteer orientation.

Codes Enforcement—Senior Programs is developing a partnership with Codes Enforcement and is looking for groups of volunteers interested in helping with the Golden Shield Yard Assistance program helping seniors in need. Tuesdays and Fridays are available. There are a lot of seniors waiting on this list.

Juvenile Citation Program—Office Volunteers and tutors/mentors are needed for this important program working with youth in our community.

Museums—Help with surveys for museum services! Also, Spanish Translators and Tour Guides needed for upcoming Prado exhibit!

NEW!! Railroad Museum—Volunteer needed to cover the Saturday shift from 2:00 to 4:30!

Museum of Nature and Science—Looking for new volunteers, especially on Saturdays

Museum of Art—Volunteer tour guides needed as well as information desk

NEW!! Branigan Cultural Center—More volunteers in general are needed, but also for some upcoming events in the spring

  1) Feb. 9, 2019—Lunar New Year
  2) Mar. 23, 2019—Archeology Day
  3) Mar. 25-29, 2019—Spring Break Camps

Parks and Recreation

Front Desk Volunteers—Parks and Recreation Department is looking for some great volunteers to help with the front desk at the Papen Center!

Senior Programs: General

Quilting and Crochet Volunteer Groups—Want to learn how to quilt or crochet and help the community with the items you make? These groups are for you!

Gardeners—The Munson Center Community Garden is in need of new volunteers! We meet once a month for meetings and of course spend a lot of time in the garden. Don’t know much about gardens? That’s ok, we’ll teach ya!

Mosaics Instructor and Stained Glass Instructor(s)—Needed for the Munson Center

Senior Programs: Nutrition and Meals

NEW!! Dining Room Aides are needed at Sage Café, particularly on Tuesdays and Thursdays

NEW!!—Meals on Wheels Respite Driver—Volunteers are needed to help with the meals on wheels route. Must have a good driving record and attend a driver’s training. Looking for coverage on Thursdays and Fridays

NEW!!—Food 4 Paws project is looking for another driver as well as a volunteer to help with community distribution on Wednesdays!

Thomas Branigan Memorial Library

Shelf-cleaning Crew—Volunteers are needed for cleaning books and shelves at the library on a continuous basis. A variety of shifts available.

After-School Programs, Juvenile Citation Program, and Weed and Seed

Tutor/Activity Support—Working on tutoring and other programming with area youth through Weed and Seed, especially needed for summer hours.

Mentor—Working one-on-one with a youth matched with you through the Weed and Seed program

Network Volunteer Center

Social Media Outreach Volunteers—Volunteers are needed to help with social media presence for the Network and Senior Programs.

Volunteer Center Bulletin Board—A creative volunteer is needed to help us update our bulletin board outside the Volunteer Center office each month!

Food Distributions

Volunteers are needed to help with the food distributions at all five centers. See following for monthly schedule:

  1st Monday—Sage Café
  1st Thursday—Papen Center
  1st Friday—Benavidez Center
  4th Monday—Eastside Center
  4th Wednesday—Munson Center

Interested in Volunteering?

All you need to do is follow three simple steps:

1) Fill out a Volunteer Application found at any one of our over 30 Volunteer Stations across the city, or online at www.las-cruces.org/volunteernetwork.

2) Set up a time to attend a volunteer orientation. Upcoming orientations will be held on Tuesday, Feb. 5, and Tuesday, Feb. 19, at both 9:00 and 1:30 at Munson Center, 975 S. Mesquite St.

3) After background check goes through and is cleared, you will get matched to a meaningful volunteer experience!

Contact Ryan Steinmetz, volunteer coordinator, at 575-528-3035, or via email at rsteinmetz@las-cruces.org with questions!
Have It Your Way Parfait

Alice Henneman, MS, RDN, Extension Educator UNL Extension in Lancaster County
Web: http://food.unl.edu E-mail: ahenneman1@unl.edu

You’re tired, there’s no one else to fix dinner for tonight and all you feel like doing is pouring a bowl of cereal.

But, wait! Take an extra 5 minutes and prepare this luscious parfait, full of foods from 3 of the 5 food groups

No need to get out your recipe book. Forget about the measuring cups and spoons. Just layer yogurt, low-fat granola and fresh, frozen or canned fruit in whatever proportions you’d like. Add some nuts and you’ve included a 4th food group. A sprig of mint is optional!

And there’s no sink full of dishes!

Here are some possible yogurt and fruit combinations to layer with granola.

- **Blueberry Lemon Parfait:** Lemon yogurt and blueberries
- **Red, White and Blue Parfait:** Strawberries or raspberries, blueberries, bananas and vanilla yogurt
- **Tropical Parfait:** Kiwi, mango, pineapple and coconut or vanilla yogurt
- **Berry Good Parfait:** Any combination of berries such as strawberries, blueberries, raspberries, boysenberries, blackberries, etc. served with vanilla or a berry-flavored yogurt.
- **Peachy Parfait:** Sliced peaches and vanilla or peach yogurt. If desired, top with raspberry jam or raspberry syrup.

As an added touch, rather than serving your parfait in a regular glass, try one of these:

- Martini glass
- Wine glass
- 1/2 pint canning jar
- Glass beer stein
Hágalo a su manera Parfait

Alice Henneman, MS, RDN, Extension Educator UNL Extension in Lancaster County Web: http://food.unl.edu E-mail: ahenneman1@unl.edu

Está cansado, no hay nadie que le prepare la cena y solo quiere servirse una ollita de cereal.
¡Pero, espere! Tome 5 minutos estrás pare prepararse este delicioso parfait, lleno de comida de 3 de los 5 grupos.

No es necesario sacar y libro de recetas. Olvide las tasas y cucharas de medir. Solo ponga en capas el yogurt, granola baja en gordo y fruta fresca, congelada o enlatada en cualquier porción que le guste. Agregue nuez y a incluido un cuarto grupo de comida. Poco de menta es opcional.
¡Y no hay un lavado lleno de trastes!

Aquí hay unas posibles combinaciones de yogurt y fruta para que haga en capas con granola.

• Arándano azul y limón Parfait: Limón yogurt y arándanos
• Rojo, blanco y azul Parfait: Fresas o frambuesa, arándano, plátano y vainilla yogurt
• Parfait Tropical: Kiwi, mango, piña y coco o vainilla yogurt
• Baya bueno Parfait: cualquier combinación de bayas como cerezas, arándanos, frambuesa, zarzamora, etc. Servido con vainilla o yogurt sabor a baya.
• Parfait de durazno: durazno rebanado y vainilla o yogurt de durazno. Si desea, póngale mermelada de fresa.

Como un toque adicional, en lugar de servir su Parfait en un vaso regular, trate un de estos:
• Vaso para Martini
• Vaso para vino
• Frasco para enlatar
• Vaso para cerveza
Help us make Hearts 4 Paws Food Drive a Success! We will be collecting dog food, cat food and other supplies during the month of February.

**Bring your donation of:** Pet Food, Ziploc Quart and Gallon Bags or other supplies to one of the following convenience locations:

- Munson Senior Center
- Eastside Senior Center
- Benavidez Senior Center
- Frank O’Brien Papen Center
- Sage Café
- City Hall
- Pet’s Barn
- Pet Co
- Better Life
- Peace Lutheran Church
- Aquatics Center
- Meerscheidt
- Visit Las Cruces
- Branigan Library
- Morning Star Methodist
- University Methodist
- Horse n Hound
- Tractor Supply
- Pet Smart
The Camera To Your Brain

The eye is a complex body organ. It works like a camera. An opening allows light to enter the lens for focusing with a light sensitive membrane at the back of the eye.

The muscles of the iris (colored area) control the amount of light entering the pupil (middle, black part of the eye) by tightening and relaxing. You have probably seen this change. In low light, the pupil increases and in bright light it will decrease in size. This changes the amount of light entering the eye. The light then moves through the lens which bends the light focusing it on the back of the eye. That light hits the retina which changes the shape and sends an electrical message of the image to the brain.

Of course being a complex system there is more to vision. For instance:

- Images are upside down when they reach the back of the eye, then the brain flips them right side up.
- Color blindness
- Each eye sees different “flat” (2D - height and width) objects. Together, the 2 eyes allow you to see depth resulting in a 3D image.

It is no wonder it took so long to develop a camera!

But what happens to this system as we age?

If not already present, the following changes may take place:

- **Presbyopia** is a normal loss of focusing on objects up close.
- **Cataracts** are the most common cause of blindness among the elderly, but surgery is often effective in restoring vision.
- **Macular degeneration.** Also called age-related macular degeneration or AMD, is the leading cause of blindness among American seniors.
- **Glaucoma** is a significant cause of blindness in the United States
  - Initially there are no noticeable symptoms.
- **Diabetic retinopathy.** could lead to permanent vision loss.

Decreasing vision can have multiple negative effects on your life, such as:

- Inability to drive,
- Increased risk of depression.
- Difficulty identifying medications, which can lead to drug-related errors that affect your health.
- Difficulty bathing, dressing, and walking around the house.

People don't always realize that the eyes are part of the whole body system. Other health issues can cause eye problems, too, like arthritis and high blood pressure. Since conditions like these are more common in the elderly, monitoring overall health becomes critically important.

Some goals to help prevent injuries and/or slow vision loss are:

- Schedule yearly visits with an eye specialist.
- Check medicines regularly for side effects on vision.
- Make the house brighter and objects more visible.
- Remove or secure all items that can make walking a problem
- Eat nutritious meals with plenty of leafy green vegetables,
- Don’t smoke
- Control blood pressure and diabetes

Don’t believe that getting old translates to vision loss. Living with healthier eyesight into your golden years is possible if you take steps towards accomplishing these goals.

Here's looking at you
La cámara a tu cerebro

El ojo es un órgano del cuerpo complejo. Funciona como una cámara. Una abertura permite que la luz entrar en la lente para enfocar con una membrana sensible luz en la parte posterior del ojo.

Los músculos del iris (área coloreada) controlan la cantidad de luz que entra a la pupila (la parte media, negro del ojo) apretando y relajando. Probablemente has visto este cambio. En condiciones de poca luz, la pupila aumenta y la luz brillante se reducirá en tamaño. Esto cambia la cantidad de luz que entra al ojo. La luz entonces se mueve a través de la lente que dobla la luz enfocando en la parte posterior del ojo. Que la luz golpea la retina cambia la forma y envía un mensaje eléctrico de la imagen al cerebro.

Por supuesto que un sistema complejo es más a la visión. Por ejemplo:

- Imágenes son boca abajo al llegar a la parte posterior del ojo, el cerebro les voltea lado derecho hacia arriba.
- Ceguera para los colores
- Cada ojo ve distinta "plana" (2D - altura y anchura) objetos. Juntos, los 2 ojos le permiten ver a profundidad lo que resulta en una imagen 3D.

No es de extrañarse que tomó tanto tiempo para desarrollar una cámara!

Pero ¿qué pasa con este sistema a medida que envejecemos?

Si no ya presente, los cambios siguientes pueden ocurrir:

- **Presbicia** es la pérdida normal de enfocar objetos cerca.
- **Cataratas** son la causa más común de ceguera entre los ancianos, pero la cirugía es a menudo eficaz en la restauración de la visión.
- **Degeneración macular.** También llamado relacionada con la edad macular degeneración o AMD, es la principal causa de ceguera entre América personas mayores.
- **Glaucoma** es una causa importante de ceguera en los Estados Unidos - Inicialmente no hay ningún síntoma perceptible.
- **La retinopatía diabética.** podría conducir a la pérdida de visión permanente.

Disminución en la visión puede tener múltiples efectos negativos en su vida, tales como:

- Incapacidad para conducir,
- Aumento del riesgo de depresión.
- Dificultades para identificar los medicamentos, que pueden conducir a errores relacionados con las drogas que afectan su salud.
- Dificultad para bañarse, vestirse y caminar alrededor de la casa.

Personas no siempre se dan cuenta que los ojos son parte del sistema del cuerpo entero. Otros problemas de salud pueden causar problemas oculares, también, como la artritis y la hipertensión arterial. Desde las condiciones como estas son más comunes en los ancianos, vigilancia de la salud en general llega a ser críticamente importante.

Algunos objetivos para ayudar a prevenir lesiones o lenta pérdida de la visión son:

- Horario visita anual con un oftalmólogo.
- Verificar medicamentos regularmente para evitar efectos secundarios en la visión.
- Hacer más visible la más brillante de la casa y objetos.
- Retire o asegure todos los elementos que pueden hacer caminar un problema
- Comer alimentos nutritivos con un montón de vegetales de hojas verdes,
- No fume
- Controlar la presión arterial y la diabetes

No creo que poniendo viejo se traduce en pérdida de la visión. Vivir con vista más saludable en sus años dorados es posible si se toman medidas para lograr estos objetivos.
PLUS nearly 50 staff members consisting of office assistants, case managers, living assistance workers, hostesses, senior cooks, food service workers, supervisors, and delivery drivers who work to promote and enhance the physical, intellectual and social well being of people 50+ who live in Las Cruces.

February

Food Distribution Schedule:
Registration begins at 9 am, Distribution begins around 10 am. Depending on the arrival of the Roadrunner Food Bank Truck.

<table>
<thead>
<tr>
<th>Date</th>
<th>Center</th>
<th>Address</th>
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<tbody>
<tr>
<td>FEBRUARY 1</td>
<td>BENAVIDEZ</td>
<td>1045 McClure</td>
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<tr>
<td>FEBRUARY 4</td>
<td>SAGE CAFÉ</td>
<td>6121 Reynolds Dr.</td>
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<tr>
<td>FEBRUARY 7</td>
<td>PAPEN CENTER</td>
<td>304 W. BELL</td>
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<tr>
<td>FEBRUARY 25</td>
<td>EASTSIDE</td>
<td>310 N. TORNILLO</td>
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<tr>
<td>FEBRUARY 27</td>
<td>MUNSON</td>
<td>975 S. MESQUITE</td>
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