Messenger
City of Las Cruces Senior Programs Newsletter

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

End Abuse in Later Life Kickoff Event
Please join us October 3rd, Munson Center Lobby for an informational Fair from
8:30 am - 12:30 pm
Program being launched in Doña Ana County to help older individuals who experience abuse
Individuals who are 50 years of age or older who are victims of elder abuse, neglect, and exploitation, including domestic violence, dating violence, sexual assault, or stalking, face unique barriers to receiving assistance.
To address these barriers in Doña Ana, La Piñon Sexual Assault Recovery Services, in partnership with the City of Las Cruces Senior Programs, Las Cruces Police Department, the Third Judicial District Attorney’s Office and La Casa, Inc. are working together in a united effort to implement the Enhanced Training and Services to End Abuse in Later Life Program.
The partners applied for and were awarded a United States Department of Justice Office on Violence Against Women Abuse in Later Life grant to support their working relationships and commitment to end abuse in later life.
Some of the goals of this program are to enhance services for victims of abuse in later life, including domestic violence, dating violence, sexual assault, stalking, exploitation, and neglect and provide training to law enforcement agencies, health care providers, senior advocates, faith-based advocates, victim service providers, courts and other relevant organizations to better serve victims of abuse in later life.
Two nationally recognized elder abuse experts from the National Clearinghouse on Abuse in Later Life (NCALL), Lisa Furry and Ann Laatsch, will be facilitators of this event.

Evento Inicial para Terminar el Abuso de la Vida Posterior
Por favor únase con nosotros el 3 de Octubre, en el Centro de Munson para una feria informativa de las 8:30 am - 12:30 pm
Programa que se lanza en el Condado de Doña Ana para ayudar a personas mayores que sufren abuso
Personas de 50 años de edad o más que son víctimas de maltrato, negligencia y explotación de ancianos, incluyendo violencia doméstica, violencia de pareja, asalto sexual o acoso enfrentan barreras para recibir ayuda.
Para sobrepasar estas barreras en el condado de Doña Ana, La Piñon Servicios de Agresiones Sexuales, en asociación con el Programa de Ancianos de la Ciudad de Las Cruces, el Departamento de Policía de la Ciudad Las Cruces, la Fiscalía del Tercer Distrito Judicial, y La Casa, Inc. están trabajando juntos en un esfuerzo unido para implementar entrenamiento para poner fin al abuso con el programa de la vida posterior.
Los socios solicitaron y fueron compensados con una beca de la Oficina del Departamento de Justicia de los Estados Unidos sobre la Violencia contra las Mujeres en un subsidio de vida posterior para apoyar sus relaciones de trabajo y su compromiso de poner fin al abuso en la vida posterior o acoso y cuales enfrentan barreras únicas para recibir ayuda.
Algunos de los objetivos de este programa es el mejoramiento para servicios para las víctimas del abuso en la vida posterior, incluyendo la violencia doméstica, violencia de citas, asalto sexual, acoso, explotación y negligencia, y proporcionar entrenamiento a las agencias de la ley, proveedores de atención de la salud, abogados de alto nivel, defensores de la ley, proveedores de servicios a las víctimas, tribunales y otras organizaciones pertinentes para servir mejor a las víctimas de abuso en la vida posterior.

End Abuse in Later Life Kickoff Event

Sons of 50 years of age or older who are victims of elder abuse, neglect, and exploitation, including domestic violence, dating violence, sexual assault, or stalking, face unique barriers to receiving assistance.

Address these barriers in Doña Ana, La Piñon Sexual Assault Recovery Services, in partnership with the City of Las Cruces Senior Programs, Las Cruces Police Department, the Third Judicial District Attorney’s Office and La Casa, Inc. are working together in a united effort to implement the Enhanced Training and Services to End Abuse in Later Life Program.

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Dos expertos de abuso de ancianos reconocidos a nivel nacional de la Cámara de Compensación Nacional sobre el abuso en la vida posterior (NCALL), Lisa Furry y Ann Laatsch, serán facilitadores de este evento.

Senior Programs Facilities and Resources

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
### Sage Café Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</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 Dominoes</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 sing and/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>11:00 am – 1:30 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>Day</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>Billiards – Wednesday</td>
<td>Wed</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
<td>Ladies day at Eastside Center!</td>
</tr>
</tbody>
</table>

### Henry Benavidez Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</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>2nd, 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 **October 29 - November 3 2018** at the Munson front desk. Classes will begin **November 5, 2018**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</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 returning 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>Day</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 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>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary and Silver Jewelry Open Lab</td>
<td>Tue &amp; Thu</td>
<td>8:00 am – 4:00 pm</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>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Mosaics/ Gourds – Open Studio</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Mosaics – Open Studio</td>
<td>Tue</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Fri</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
</tbody>
</table>
Other activities offered at Munson Center:

### Fitness Classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</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>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting (this is not a class)</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No charge</td>
<td>Munson Center, Studio 2; items donated locally.</td>
</tr>
<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, Meeting Room 4. Join anytime! This is an informal Spanish conversation group. Some knowledge of Spanish is needed and a willingness to share and learn. Participants speak Spanish during the class.</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>Activity</th>
<th>Days</th>
<th>Times</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>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>Times</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>3rd Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center</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 October 11 @ Frank O’Brien Papen Center –304 W. Bell Avenue. 575.528.3000</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>1st Sat</td>
<td>5:00 pm – 7:00 pm</td>
<td>$3 per person</td>
<td>October 6 - Please Join us for our Saturday Dance! Enjoy snacks and great Music!</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>October 25 – join us for our Halloween Dance! We will have snacks, drinks, and door prizes. Hope to see you there!</td>
</tr>
</tbody>
</table>

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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.
Parks & Recreation Activities

Fitness Classes

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>Thu</td>
<td>TBD</td>
<td>TBD</td>
<td>Please call Frank O’Brien Papen Center @ 575.541.2454 for dates</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am</td>
<td>Drop in fee: $2 per walk; $1 for Seniors</td>
<td>$12.00 for 4 week Session. During the Summer months, walks begin at 7:00/7:30 am.</td>
</tr>
<tr>
<td>50+ Indoor Cycling</td>
<td>Mon &amp; Wed</td>
<td>10:30 am - 11:20 am</td>
<td>$2 per Class $1 for Seniors</td>
<td>Las Cruces Regional Aquatic Center</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>8:55 am</td>
<td>No Charge</td>
<td>Taught by NMSU students. Classes will resume in August when NMSU classes resume.</td>
</tr>
</tbody>
</table>

BEADING

Please Join us for beading!

Sage Café Dining Room
Tuesdays - 11:00 am to 1:30

Papen Center Dining Room
Thursdays –12:00 pm to 1:00 pm

art show

NOVEMBER 30TH
MULTIPLE CATEGORIES
PRIZES
PLEASE SEE BOB SADOVAL AT EASTSIDE CENTER OR CALL MICHAEL GARCIA @ 528-3000
Thank You Apartment Association of New Mexico Volunteers!

On Friday, September 14, the Apartment Association of New Mexico held their first Volunteer Day of what we hope to be an annual occurrence! Employees from the Robledo Ridge/UAH Property Management Group and the JGray Company came to help us with a lot of projects. The Robledo Ridge crew helped in the Munson Center kitchen and dining room with meal preparation and serving. The J Gray Company volunteers split into two groups to help clean up yards on the Golden Shield Yard Assistance Program serving seniors in our community. We are so very thankful for all they were able to do to help our community on Friday. Also, a BIG thank you to our regular volunteers at both the Munson Center and the Golden Shield Program (as well as the Munson Center staff and CLC Codes Enforcement officers) who welcomed our new volunteers and helped to show them the ropes. Thank you for what you all do everyday to improve our community.

We always need groups of volunteers, ESPECIALLY for the Golden Shield Yard Program. If YOU know of a group that needs community service hours or would like to help their community in some way, contact the Network at 575-528-3035!

¿Qué Pasa? What’s Happening? For October

Our next presenter will be Mary Brallier, a Registered Nurse and a City of Las Cruces Network Volunteer for the Que Pasa program presenting on blood pressure and the challenges presented by not keeping it in check!. Please join us on Tuesday, Oct. 16th at 10:00 am at the Munson Center for ways you can get involved in your community.

Music in the Air

Thank you to Nicole Osborn who performed at the Munson Center on Thursday, September 20th playing some fun music from Carole King to Fleetwood Mac, along with some originals too.

We have our own Network Volunteer, Bobby Trevino and his beautiful tenor voice coming in on October 25th from 12-2, right before the dance!

Mexican Independence Day Dance Pictures
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!

Railroad Museum—Volunteers are needed to cover front desk duties on Thursday mornings, and Saturdays (both AM and PM Shifts).

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

Museum of Art—Volunteer models needed. Volunteers are needed to sit for portraits for art classes—(Don’t worry, you can keep your clothes on!)

Rio Grande Theater: Front Desk Volunteers—Volunteers are needed every day to help with coving shifts at the information desk at the theater.

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—Needed for the Munson Center

Senior Programs: Nutrition and Meals

Dining Room Aides Munson, Benavidez, and Eastside Centers—Volunteers are needed to help at the centers serving meals and helping with clean-up of tables, especially Thursday and Friday.

Kitchen Aide—Needed one day a week at Sage Café. Also needed at Munson and Benavidez Centers

Bulletin Board Decorators—Volunteers are needed to help with decorating the bulletin board each month at the Senior Centers. The bulletin board usually displays important information and acknowledges those celebrating birthdays for that month. Volunteers can be responsible for one or multiple centers.

Munson Center

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

Food 4 Paws Pet Food Drive—Volunteers Needed!

On October 27th, the Food 4 Paws Program will be conducting a city-wide pet food drive to help collect pet food items to help sustain the program. Volunteers (individuals or groups) are needed to be placed at the various stations around the community for this event. Also, volunteers are needed to help make posters and collection boxes for the event. If you are interested, contact Ryan Steinmetz, Volunteer Coordinator at rsteinmetz@las-cruces.org, 575-528-3035, or Roger Bishop, Senior Program Nutrition Manager at rbishop@las-cruces.org, 575-528-3013
Let’s Talk about Pumpkins!

Pumpkins are a low-calorie vegetable! They don’t contain any cholesterol or saturated fats. These orange wonders are a great source of Vitamin A. You can boil, roast, or steam a pumpkin. Here’s a fun fact: Pumpkins are 92% water!

Pumpkin Curry Recipe:

**Ingredients:**
- 2 pounds pumpkin, peeled and cut into 1-inch cubes (4 cups)
- 1 large onion, thinly sliced
- 2 small tomatoes, cored, seeded and diced
- 3 tablespoons curry powder
- 2 1/2 cups water

Heat oil in a covered pot over medium-high heat. Add pumpkin and cook, stirring occasionally, for 3 minutes. Add onion and keep stirring for 4 more minutes. Add tomatoes, curry powder and water; bring to a boil. Reduce heat to low and simmer, uncovered and stirring occasionally, until the pumpkin is tender but not mushy, 20 to 25 minutes. Season the curry with salt and pepper (as your diet allows], garnish with yogurt.

**Let’s Talk about Pumpkins!**

[The nutritional content and recipe are provided in the image, but the specific details are not transcribed here.]
¡Vamos hablar de calabazas!

¡Las calabazas son bajas in calorías! No contienen colesterol o manteca saturada. Estas maravillas color naranja son buenas en vitamina A. Las puede hervir, rostizar, o cocinar a vapor. Hecho divertido: ¡La calabaza contiene el 92% de agua!

Receta de Curry de Calabaza

**Ingredientes:**
- 2 libras de calabaza, pelada y cortada en cubos de una pulgada- (4 tazas)
- 1 cebolla grande, rebanada delgadas
- 2 tomates chicos, quitarle el corazón, semilla y picar
- 3 cucharadas de curry en polvo
- 2 1/2 tazas de agua

**ingredientes:**
- Caliente el aceite en una olla con tapadera en calor mediano-alto.
- Agregue calabaza ycocine, menee ocasionalmente, por 3 minutos.
- Agregue la cebolla y continúe meneando por 4 minutos. Agregue tomates, polvo de curry y agua; Deje que hierva y reduzca el fuego al mínimo y cocine, sin tapadera y menee ocasionalmente, hasta que la calabaza este blandita pero no muy cocida, 20 a 25 minutos. Agregue sal y pimienta. (A su gusto) Agregue yogurt si desea.
Senior Bullying

It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children. It can be a concern for seniors as well, especially those living in senior communities.

According to a researcher who studies issues related to aging, senior-to-senior bullying tends to take place in senior centers, nursing homes or assisted living facilities. These are places where seniors spend a lot of time together and need to share resources, whether it’s chairs, tables, TV stations or the staff’s attention.

It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. Men and women are equally likely to be the victim and the aggressor. Women tend towards passive-aggressive behavior like gossiping and whispering about people when they enter a room, while men are more direct and “in your face”.

Bullying behavior can range from verbal intimidation all the way to physical violence. Features to be alert to include the following:

- Repetitive, negative behavior towards another person which violates standards of appropriate conduct
- Negative behavior occurring over a period of time, typically becoming more extreme
- Behavior which may be consciously or unconsciously committed by the bully
- Behavior which is unsolicited by the victim
- The effects on the victim are lasting and harmful

The causes of bullying vary. Dementia can sometimes be the cause of violence since someone with dementia may wrongly perceive things as threatening so they resort to a more primitive response. Alternatively, a person with dementia can be the victim who is picked on. Bullying can also be a result of the human phenomenon of the strong picking on the weak, and not a function of aging at all. Alternatively, some people don’t adjust well to aging and can become disruptive and abusive, pushing others away from group activities, social gatherings or meal time.

Bullying impacts both the victim and the bystanders. The impact for the victim can be cognitive, physical, psychological and physical. Take the case of Mary, who had never experienced bullying until she moved in to a building for seniors. Since moving in, a number of residents who make up a “controlling group” have conspired to isolate her. They’ve spread false rumors, including one that she’d been evicted from her previous home. As a result, she curtails her activity in the building, avoids the laundry room if others are present and stays out of the recreation room. She’s been having a hard time sleeping and is often fatigued. She says, “It’s hard because I’ve never had to deal with it before. It would be easier to take if there was any truth to it.” For bystanders, bullying creates a toxic environment of fear and mistrust.

“Intervention is the key to halting bullying. Third party bystanders should report any abuse,” says Jean Tucker, MA, LPC, LBSW, a Medical Social Worker with THE MEDICAL TEAM. She suggests that seniors and family members who are concerned about potential bullying should report their concerns to the management or the social workers at their center who are trained to address it. Those in the process of selecting a senior community should ask if the community has a policy in place to handle bullying. Bullying behavior should not be ignored as the behavior can often escalate.

See more at: http://www.retirement-living.com/senior-bullying/#sthash.h7EdCJX1.dpuf

City of Las Cruces Senior Programs has a Participant/Consumer code of Conduct that needs to be adhered to. Please do not hesitate to talk to City of Las Cruces Senior Programs Staff if you are the victim of a bully.

Grandparents Raising Grandchildren

If you are a grandparent raising your grandchildren, we invite you to join this free support group.

The support group meets the 2nd Tuesday of each month from 10:30 am to 11:30 am at the Benavidez Community Center, 1045 McClure Road. For more information or to see if you qualify, please call Adrian Holguin at 541-2460.

Join us for our next meeting on October 9, 2018.
Se estima que 10-20% de las personas mayores han experimentado algún tipo de agresión hacia a los ancianos en un entorno institucional, mucho abuso verbal.

La palabra "bullying" generalmente evoca imágenes de adolescentes arinconando a otros niños en el corredor de la escuela, pero la intimidación no se limita a los niños. Puede ser una preocupación para las personas mayores, especialmente los que viven en comunidades mayores.

Según un investigador que estudia cuestiones relacionadas con el envejecimiento, ancianos hacia anciano "bullying" tiende a producirse en los centros de ancianos, asilos o ancianatos. Estos son lugares donde las personas mayores pasan mucho tiempo juntos y necesitan compartir recursos, ya sea sillas, mesas, estaciones de televisión o atención del personal.

Se estima que 10-20% de las personas mayores han experimentado algún tipo de agresión anciano hacia anciano en un entorno institucional, mucho del abuso es verbal. Hombres y mujeres son igualmente propensos a ser la víctima y el agresor. El comportamiento de las mujeres tiende hacer pasivo-agresivo como chismes. Mientras que el de los hombres es más directo y "en su cara".

Comportamiento intimidatorio puede ir desde la intimidación verbal hasta la violencia física. Características de estar alerta a los siguientes:

- Comportamiento repetitivo, negativa hacia otra persona que viola las normas de conducta adecuada
- Negativos de comportamiento que ocurren durante un período de tiempo, suelen ser más extremas
- Comportamiento que puede ser cometido consciente o inconscientemente por el ofensor
- Comportamiento que es solicitado por la víctima

Los efectos sobre la víctima son duraderos y perjudiciales

Las causas del "bullying" varían. La demencia puede ser la causa de la violencia ya que erróneamente unapersona con demencia puede percibir cosas como una amenaza por lo que recurren a una respuesta más primitiva. Alternativamente, una persona con demencia puede ser la víctima que es abusada. La intimidación también puede ser un resultado del fenómeno humano de la cosecha fuerte sobre el débil y no una función del envejecimiento en todos. Alternativamente, algunas personas no ajustan bien al envejecimiento y pueden llegar a ser perjudicial y abusiva, impulsando otras actividades de grupo, reuniones sociales o la hora de la comida.

La intimidación afecta a la víctima y los espectadores. El impacto de la víctima puede ser cognitivo, físico, psicológico y físico. Tomemos el caso de María, que nunca había experimentado acoso hasta que se mudó a un edificio para la tercera edad. Desde que se trasladó, un número de residentes que conforman un "grupo control" ha conspirado para aislarle. Se han extendido falsos rumores, incluyendo uno que había sido desalojado de su casa anterior. Como resultado, ella restringe su actividad en el edificio, evita la lavandería si otros están presentes y se queda fuera de la sala. Ella ha estado teniendo un tiempo difícil para dormir y a menudo está fatigada. Dice, "es difícil porque nunca he tenido que lidiar con él antes. Sería más fácil si hay algo de verdad en él." Para los espectadores, bullying crea un ambiente tóxico de miedo y desconfianza.

"Intervención es la clave para frenar la intimidación. Espectadores deben reportar cualquier abuso," dice Jean Tucker, MA, LPC, LBSW, una trabajadora Social médica. Ella sugiere que las personas mayores y familiares que están preocupados por la intimidación potencial deben reportar sus inquietudes a la gerencia o los trabajadores sociales en el centro que están capacitados para resolverlo. Ésos en el proceso de selección de una comunidad superior deben preguntar si la comunidad tiene un programa para manejar la intimidación. Comportamiento intimidatorio no debe ser ignorado como el comportamiento a menudo puede intensificarse.

- Ver más en: http://www.Retirement-Living.com/Senior-bullying/#sthash.h7EdCJX1.dpuf

Programas de la ciudad de Las Cruces Senior tiene un participante/consumidor código de conducta que debe respetarse. No dude en hablar al Programa de los Ancianos o platicar con un empleado si usted es víctima. También usted puede llamar a la policía si alguien abusado de usted.

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**Abuelos criando nietos**

Si usted es un abuelo que criá a sus nietos, le invitamos a unirse a este grupo de apoyo gratuito.

El grupo de apoyo se reúne el segundo martes de cada mes de 10:30 am a 11:30 AM en el centro comunitario Benavidez, 1045 McClure Road. Para más información o para ver si califica, por favor llame a Adrian Holguín al 541-2460.

Únase a nosotros para nuestra próxima reunión ¡el 09 de October de 2018!
Medicare Open Enrollment starting in October/Matricula Para Hacer Cambios de Medicare Apartir de Octubre

Please bring a list of medications and Medicare Card/ Por favor traiga una lista de medicamentos y la tarjeta de Medicare.

For Appointment call 528-3011 or 528-3000/ Para una cita llame al 583-3011 o al 528-3000

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CENTER</th>
<th>APPOINTMENT/WALK IN</th>
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<tr>
<td>10/16/2018</td>
<td>10:00 AM - 4:00 PM</td>
<td>Munson</td>
<td>Walk in basis</td>
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<td>10/29/2018</td>
<td>10:00 AM - 1:00 PM</td>
<td>Sage Café</td>
<td>Appointment Only</td>
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<td>10/30/2018</td>
<td>10:00 AM - 4:00 PM</td>
<td>Eastside</td>
<td>Walk in basis</td>
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<td>11/9/2018</td>
<td>10:00 AM - 4:00 PM</td>
<td>Benavidez</td>
<td>Walk in basis</td>
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<td>Walk in basis</td>
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<td>12/3/2018</td>
<td>10:00 AM - 4:00 PM</td>
<td>Munson</td>
<td>Walk in basis</td>
</tr>
</tbody>
</table>
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.

Senior Programs Administration

Sonia Saldana
Senior Programs Administrator
575-541-2464
ssaldana@las-cruces.org
Office at Munson Center

Roger Bishop
Nutrition and Meal Services Program Manager
575-528-3013
rbishop@las-cruces.org
Office at Eastside Center

Lora G. Palacios
Long Term Care Services Manager
575-541-2459
lopalacios@las-cruces.org
Office at Munson Center

Michael Garcia
Recreation Facilities Manager
575-528-3000
mgarcia@las-cruces.org
Office at Munson Center

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>
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<tbody>
<tr>
<td>OCTOBER 1</td>
<td>SAGE CAFÉ</td>
<td>6121 REYNOLDS DR.</td>
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<td>OCTOBER 4</td>
<td>PAPEN CENTER</td>
<td>304 W. BELL</td>
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<td>OCTOBER 5</td>
<td>BENAVIDEZ</td>
<td>1045 MCCLURE</td>
</tr>
<tr>
<td>OCTOBER 22</td>
<td>EASTSIDE</td>
<td>310 N. TORNILLO</td>
</tr>
<tr>
<td>OCTOBER 24</td>
<td>MUNSON</td>
<td>975 S. MESQUITE</td>
</tr>
</tbody>
</table>

¿Que Pasa?

Have you ever wondered....Why is Blood Pressure so important to monitor?

Do you have high or low blood pressure? Would you like information about the health affects and managing your blood pressure??

Mary Brallier BSN (The blood pressure nurse at Munson) will present "Blood Pressure Awareness" - how it affects your health. She will provide details on what affects BP, and what you can do to manage it.

What: A presentation on Blood Pressure Awareness
Who: Mary Brallier, RN, BSN (The Blood Pressure Nurse)
When: Tuesday, October 16th at 10 am to 11 am
Where: Munson Senior Citizen Center

¿Alguna vez te has preguntado?...
¿Por qué es tan importante controlar la presión arterial?
¿Tiene presión arterial alta o baja?
¿Le gustaría obtener información sobre los efectos sobre la salud y controlar su presión arterial?

Mary Brallier, BSN (la enfermera de presión arterial en el centro Munson) presentará "conciencia de la presión arterial" - cómo afecta su salud. Ella proporcionará detalles sobre lo que afecta la presión arterial y lo que puede hacer para controlarla.

Qué: Una presentación sobre la conciencia de la presión arterial
Quien: Mary Brallier, RN, BSN (la enfermera de presión arterial)
Cuando: Martes, 16 de Octubre de 10:00 a.m.— 11:00 a.m

Donde: Munson Senior Center