City of Las Cruces Senior Programs staff, advisory board members, and volunteers attend the 39th annual NM Conference on Aging. Participants spent two days at the Isleta Reservation learning about innovative services, receiving important information pertaining to seniors, and listening to inspirational stories from seniors all across New Mexico. We were also happy that two of our seniors, Flora Seamans and David Hernandez, were honored with statewide awards for their volunteer work at the centers (see Volunteer Happenings, page 4 for more details!)

Las Cruces Line Dancers at the State Line Dance “Jam” in Ruidoso-May 5th and 6th. Please come join us every Monday at 2:00 for Beginning Line Dance. All are welcome!
### Sage Café Activities:

- **Knitting (this is not a class)**: Thu 10:15 am - 12:15 pm No charge Meeting Room 115.
- **Enhance Fitness**: Tue, Wed, Fri 9:45 am - 10:45 am No charge Sage Café, dining area.
- **Coffee & Conversation**: Tue-Fri 9:00 am - 10:00 am 50¢ coffee 50¢ pastry Join your peers for lively discussions! You may now purchase pastries and coffee!
- **Beginning & Intermediate Chess**: Fri 11:00 pm - 1:45 pm No charge Sage Café, dining area.
- **Hands N’ Feet**: Tue 10:30 am - 1:45 pm No charge Meeting Room 115.
- **Jam Session**: Fri 10:15 am - 1:00 pm No Charge Do you sing and/or play an instrument? Come join in on the music-making. And feel free to just come and listen!

### Eastside Community Center Activities:

- **Crocheting (this is not a class)**: Tue & Thu 8:30 am - 11:30 am No Charge Eastside Center classroom; items donated locally.
- **Wood Carving (this is not a class)**: Wed & Fri 8:00 am - 12:00 pm No Charge Eastside Center classroom. Join anytime.
- **Billiards – Daily**: Mon – Fri 8:00 am - 2:00 pm No Charge Eastside Center.
- **Billiards – Wednesday**: Wed 8:00 am - 2:00 pm No Charge Ladies day at Eastside Center!

### Henry Benavidez Community Center Activities:

- **Bingo – Weekly**: Wed 12:45 pm - 1:45 pm No charge Benavidez Community Center, Dining Room.
- **Grandparents Raising Grandchildren – Monthly**: 2–Tue 10:30 am - 11:30 am No charge Benavidez Community Center, Classroom.

### Munson Center Activities:

#### Classes with registration for 6-week sessions: Registration will be October 9 - 13, 2017 at the Munson front desk.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lapidary Certification Class</strong></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><strong>Silver Jewelry Class</strong></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><strong>Stained Glass #3 (Beginner Only)</strong></td>
<td>Wed</td>
<td>1:00 pm - 4:00 pm</td>
<td>$6 per 6-week 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. $5 new student kit.</td>
</tr>
<tr>
<td><strong>Faceting</strong></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>
</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><strong>Stained Glass #1</strong></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><strong>Stained Glass #2</strong></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><strong>Stained Glass #3</strong></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><strong>Stained Glass #4</strong></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><strong>Clay Works – Open Studio</strong></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><strong>Clay Works – Open Studio</strong></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><strong>Clay Works – Open Studio</strong></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>
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<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></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>
<tr>
<td><strong>Wheel Works</strong></td>
<td>Mon &amp; Wed</td>
<td>12:00 pm - 2:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. New workshops begging soon!</td>
</tr>
</tbody>
</table>

### Supplies and Materials

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ceramic Glaze $2 per cup. Kiln firing $2, $3, $4 depending on size. Clay $13 for 25-pound bag.</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>Mosaic/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>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 &amp; Tue</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>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>Starting September 11, 2017. 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>Write Your Own Story</td>
<td>Mon</td>
<td>9:30 am – 11:00</td>
<td>No Charge</td>
<td>Write your own story! Starting September 18! 6 Week Sessions.</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>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>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>4th Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4.</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 September 14, at Benavidez Center - 1045 McClure Road 575-528-3000</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>September 21 – Mexican Independence Day Dance! We will have snacks, drinks, door prizes, and a LIVE BAND! Hope to see you there!</td>
</tr>
</tbody>
</table>

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 Luis Castro at 541-2365.

Join us for our next meeting on September 12, 2017.
The 39th Annual Conference on Aging took place on August 15th and 16th in Albuquerque at the Isleta Resort and Casino, and Las Cruces was well-represented. Nine staff, six Senior Programs Advisory Board members, and two Network Volunteers were among the people in attendance. And we are proud to report that two of our senior Network Volunteers were presented with an award for their service to our community.

Flora Seamans was awarded the K. Rose Wood Outstanding Older Adult Award for her contributions to our local community as a member of the Dance Committee inspiring others to get moving and dancing, and as a volunteer for many other events such as the annual Water Festival and Volunteer Fair, volunteer appreciations, holiday celebrations, the list goes on and on. She is a constant reminder of how you’re never too old to get involved and have fun!

David Hernandez was honored with the Gregorita Chavarría Arts Award for his work as a woodcarver instructor at the Eastside Center. In addition to producing woodworking art projects and teaching others how to carve and/or burn wood to make art, David has encouraged the arts with City of Las Cruces Senior Programs by helping to organize art shows for our Senior Centers.

Both volunteers accepted their awards graciously on behalf of City of Las Cruces Senior Programs. Five statewide awards are presented each year, and two of these were presented to Las Cruces volunteers. We are very proud to have had these two volunteers represent our program and our city so well! Thanks to the both of you!

Are you someone that likes to be outdoors? Do you enjoy working with your hands? Does a little dirt not scare you in the slightest? Then come out and try getting your hands dirty by harvesting some of the summer crops at the Munson Center Garden! Don’t have a green thumb? Join the Tuesday or Friday crew of the Yard Assistance Volunteer teams that help seniors with their yards! Are you a part of a local group or have a child or grandchild that might need a service project for their youth group? Send them to the Network Volunteer Center where we have lots of opportunities that local groups can take part! Contact Ryan Steinmetz, Volunteer Coordinator at 575-528-3035 or via email at rsteinmetz@las-cruces.org.
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 Priority Need!

**Coordination Volunteer**—Looking for a team of volunteers that can help with the update of the Golden Shield database and maintain communication with Codes Officers, yard volunteers, and seniors receiving the service. Must have extensive experience with Excel and good communication skills!

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

**Museums**—All Museums—There is a huge need for greeters, tour guides, docents, and receptionists for these museums, and on weekends in particular. Museum volunteers are also especially needed for the afternoon hours.

**Railroad Museum**—Volunteers are especially needed on Wednesdays from 2:00-4:30 and on some Saturdays!

**Senior Programs: General**

- **Greeters**—Volunteers are needed to help welcome our guests at the Munson Center to various programming activities held in the building. Tasks include checking in on groups to see if they need anything, tracking participation in various activities, and garnering feedback for Senior Programs.

- **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!

- **Sage Café Coffee & Refreshments**—A volunteer is needed Tuesdays-Fridays to sell coffee and refreshments at the Sage Café from 9:00-11:00. Come and help us make the Sage Café even more hospitable than it already is!

- **Munson Center Library**—Volunteers are needed for short 1-hour shifts on Mondays, Wednesdays, and Fridays.

- **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!

**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.

- **Food Distribution Sites**—The Network Volunteer Center still needs volunteers for the monthly food distributions.

- **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.

- **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 update our bulletin board outside the Volunteer Center office each month!

**Other Community Opportunities**

**Las Cruces Police Department—Victim’s Assistance Unit**—CIRT Volunteers work closely with the victim’s assistance unit. Specially trained (must complete 40 hours of training), the CIRT volunteers help victims of crime access needed services in our community and through direct service efforts. CIRT Volunteers are a very special group of volunteers who are on call to help victims of crime. You could have a powerful impact on people in need in our community! Become a CIRT Volunteer Today! New volunteers recruited to start in the fall. This program only takes new volunteers once per year.

(Contact Ryan Steinmetz at the Volunteer Center or Judith Baca at Victim’s Assistance)

**Community of Hope** is looking for some much needed volunteers to help cover the reception desk, serve in the donation room, and help with general needs around the facility. Are you interested? Community of Hope serves the homeless population here in Las Cruces by connecting clients with case management and housing and helping people to get back on their feet. If you’re interested in this kind of work, we could

**Big Brother/Big Sister**—Volunteers, participants, and spectators are all needed for the upcoming BB/BS Mudd Volleyball Tournament on Saturday August 26th at the Grapevine on Picacho. Come to this amazing fundraiser to help ensure that children have supportive mentors in our community. Big Brother/Big Sister always needs more volunteers for this event, and can also use some strong mentors in our community. Contact Dawn Starostka at Dawn.Starostka@bbbsmountainregion.org for more details. lilrascals676@centurylink.net
**Reservations and the Waiting List**

Advance reservations for the Senior Nutrition Program are encouraged and recommended. All reservations will be held until 12:30 pm. Patrons who come to the meal site without a reservation will be put on a waiting list. Staff will serve all patrons with a reservation first. Those on the waiting list will be accommodated after those with reservations have been served. This is usually around 12:15 pm, but not all the time. Be advised that if you are on the waiting list you may not receive a meal. To reserve or cancel your meal call 528-3012. If you are not able to make it to the meal site, cancel your reservation. This way our Office Assistants will know if they can give your meal to someone on the waiting list. Thank you for your attention and cooperation in this matter.

Roger Bishop  
Nutrition and Meal Services Program Manager  
528-3013

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**September**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **The SUGGESTED DONATION** for Seniors 60 years of age and older and their spouses is $2.50 each  
Person's 59 years of age and under, the charge is $7.50  
Reservations: Call 575-528-3012 by 1 pm the day before  
Meal Reservations for Monday: Please call on Friday by 1 pm  
Cancellations: Call 575-528-3012 by 9 am the same day  
Lunch Hours: 11am-12:30pm Sage Cafe 11:30am-12:30pm T&TH  
Reserve Online: mealreservations@las-cruces.org | **4** CLOSED | **5** Chicken Fried Steak W/ Gravy  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll  
Sliced Apples | **6** Lime Grilled Chicken  
Calico Rice  
Winter Mix  
Vegetables  
Cheese Biscuit  
Chocolate Pudding | **7** Swiss Steak  
Garden Salad  
Baked Potato  
Baby Carrots  
Banana | **1** Pepper Steak  
Steamed Rice  
Winter Mix  
Veggies  
Biscuit  
Chilled Apricots |
| **11** Beefaroni  
Garden Salad  
Chuckwagon Corn  
Cheese Biscuit  
Chilled Pineapple | **12** Turkey Roast  
Cranberry Salad  
Poultry Dressing  
Seasoned Peas  
Dinner Roll  
Fruit Cocktail | **13** Beef Fajitas  
Pinto Beans  
Spanish Rice  
Pico De Gallo  
with Avocado  
Tortilla  
Grapes | **14** Pork Roast  
Baked Yam  
Peas and Carrots  
Lemon Cake W/ Frosting | **15** Ruben Sandwich  
Curried Salad  
Sliced Tomatoes  
Sun Chips  
Orange Jell-O  
W/ Mandarin |
| **18** Green Enchilada  
Spanish Rice  
Pinto Beans  
Lettuce & Tomato  
Sherbet | **19** Meat Loaf  
W/ Gravy  
Mashed Potatoes  
Mixed Vegetables  
Dinner Roll  
Fruit Salad | **20** Egg Salad Sandwich  
Sliced Tomatoes  
Sun Chips  
Banana Split  
Salad  
Fruit  
Chocolate Chip Cookie | **21** Meat Lasagna  
Cauliflower  
Dinner Roll  
Yogurt W/ Fruit | **22** BBQ Pork Sandwich  
Ranch Style  
Beans  
Slice Red Onions  
Watermelon |
| **25** Chicken Pot Pie  
Garden Salad  
Seasoned Spinach  
Honey Biscuit  
Honey Dew  
Melon | **26** Red Enchilada  
Pinto Beans  
Spanish Rice  
Lettuce & Tomato  
Cherry Crisp | **27** Baked Fish  
W/ Tartar Sauce  
Oven Roasted Potatoes  
Sliced Carrots  
Dinner Roll  
Oatmeal Cookie | **28** Chicken Salad W/  
Cranberries,  
Grapes,  
and Pecans  
Beef & Onion  
Salad  
Wheat Roll | **29** Sweet & Sour Chicken  
Steamed Rice  
Oriental Veggies  
Dinner Roll  
Tapioca Pudding |

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**Nutrition News**

**Pulses for Heart Health**

What are Pulses?  
Pulses are the edible seeds of leguminous plants: for example pinto beans, chickpeas and lentils.

What's so great about pulses?  
They are great sources of protein, iron, and fiber. A source of complex carbohydrates, they provide energy for a long time after eating. Pulses do not cause blood sugar levels to rise like starchy foods that are low in fiber. Research shows that eating pulses can lower blood cholesterol, reduce blood pressure, and help with body weight management, all risk factors for heart disease.

Soaking tips to make beans more 'tummy friendly'

Add several tablespoons of apple cider vinegar to cool soaking water and soak beans for 12 hours. The acid breaks down some of the hard to digest sugars and unlocks nutrients making them more available to your body. Rinse well before cooking.

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**Pinto Bean Salsa Salad**

Mix together 1 cup of cooked pinto beans, 1 1/3 cup fresh corn, 1 diced orange or yellow bell pepper, 1/4 cup finely chopped red onion, 1 cup halved cherry tomatoes, 1 small avocado diced, and 1/4 cup chopped fresh cilantro. In a small bowl whisk together 1/4 cup olive oil, 3 tablespoons fresh lime juice, 1 finely minced clove garlic, 1 teaspoon of salt, 1/4 teaspoon chili powder, and a pinch of black pepper. Add the dressing to the vegetables and toss gently, add salt and pepper to taste.

Enjoy Pinto Beans Year Round!
20 facts about senior isolation to help you stay informed:

1. Senior isolation increases the risk of mortality.
2. Efforts to reduce isolation are the key to addressing the issue of mortality, said the study’s authors.
3. Feelings of loneliness can negatively affect both physical and mental health.
4. Regardless of the facts of a person’s isolation, seniors who feel lonely and isolated are more likely to report also having poor physical and/or mental health, as reported in a study using data from the National Social Life, Health, and Aging Project.
5. LGBT seniors are twice as likely to die alone, according to SAGE (Services & Advocacy for GLBT Elders), they are more likely to be single and they are less likely to have children – and they are more likely to be estranged from their biological families. Stigma and discrimination are major roadblocks to support for LGBT seniors, but there are more and more community groups and online resources devoted to helping these elders avoid isolation.
6. Social isolation in seniors is linked to long-term illness.
7. Loneliness in seniors is a major risk factor for depression.
8. Numerous studies over the past decade have shown that feeling loneliness is associated with more depressive symptoms in both middle-aged and older adults.
9. One important first step is recognizing those feelings of loneliness, isolation and depression and seeking treatment – whether it’s on your own behalf or for the sake of a loved one.
10. Loneliness causes high blood pressure.
11. A study in Psychology and Aging indicated a direct relationship between loneliness in older adults and increases in systolic blood pressure over a 4-year period. These increases were independent of race, ethnicity, gender, and other possible contributing factors.
12. Early interventions for loneliness, say the study’s authors, may be key to preventing both the isolation and associated health risks.
13. Socially isolated seniors are more pessimistic about the future.
14. According to the National Council on Aging, socially isolated seniors are more likely to predict their quality of life will get worse over the next 5-10 years, are more concerned about needing help from community programs as they get older, and are more likely to express concerns about aging in place.
15. The National Association of Area Agencies on Aging (n4a) says community-based programs and services are critical in helping ward off potential problems and improving quality of life for older people.
16. Physical and geographic isolation often leads to social isolation.
17. In the PNAS study mentioned above, illnesses and conditions such as chronic lung disease, arthritis, impaired mobility, and depression were associated with social isolation. Ensuring appropriate care for our loved ones’ illnesses can help prevent this.
18. For homebound seniors, phone calls and visits can be a critical part of connecting with loved ones. Others may find that moving to an assisted living community addresses both issues – the need for ongoing care and the desire for companionship.
19. Loneliness in seniors is a major risk factor for depression.
20. Loneliness and social isolation are major predictors of seniors utilizing home care, as well as entering nursing homes, according to a report from the Children’s, Women’s and Seniors Health Branch, British Columbia Ministry of Health.

Loneliness is contagious.

One possible explanation: “People are wired to be social,” according to a recent study. People who are feeling lonely and isolated may not only become more lonely and isolated themselves but may also pass their lack of social interactions on to others. In other words, when one person is lonely, that loneliness is more likely to spread to friends or contacts of the lonely individual. Making things even worse, people have a tendency to further isolate people who are lonely because we have evolved to avoid threats to our social cohesion.

One important first step is recognizing those feelings of loneliness, isolation and depression and seeking treatment – whether it’s on your own behalf or for the sake of a loved one.

Isolated seniors are more likely to need long-term care.

Loneliness and social isolation are major predictors of seniors utilizing home care, as well as entering nursing homes, according to a report from the Children’s, Women’s and Seniors Health Branch, British Columbia Ministry of Health.

The positive angle of these findings, says the report, is that using long-term care health services can in itself connect seniors with much-needed support. Particularly for seniors in rural areas, entering a care facility may provide companionship and social contact.

Loss of a spouse is a major risk factor for loneliness and isolation.

Losing a spouse, an event which becomes more common as people enter older age, has been shown by numerous studies to increase seniors’ vulnerability to emotional and social isolation, says the same report from the British Columbia Ministry of Health. Besides the loneliness brought on by bereavement, the loss of a partner may also mean the loss of social interactions that were facilitated by being part of a couple.

Ensuring seniors have access to family and friendship support can help alleviate this loneliness.

Transportation challenges can lead to social isolation.

According to the AARP, “Life expectancy exceeds safe driving experience; they are about six years for men and 10 years for women.” Yet, “41% of seniors do not feel that the transportation support in their community is adequate, says the NCOA.

Having access to adequate public transportation or other senior transportation services is key to seniors’ accessing programs and resources, as well as their feelings of connectedness and independence.

Caregivers of the elderly are also at risk for social isolation.

Being a family caregiver is an enormous responsibility, whether you are caring for a parent, spouse or other relative. When that person has Alzheimer’s disease, dementia or a physical impairment, the caregiver may feel even less able to set aside his or her caregiving duties to attend to social relationships they previously enjoyed. This can trigger loneliness and depression.

Seeking support, caring for yourself, and even looking for temporary respite care can help ward off caregiver loneliness and restore your sense of connection.

Loneliness can be contagious.

Studies have found that loneliness has a tendency to spread from person to person, due to negative social interactions and other factors. In other words, when one person is lonely, that loneliness is more likely to spread to friends or contacts of the lonely individual. Making things even worse, people have a tendency to further isolate people who are lonely because we have evolved to avoid threats to our social cohesion.

It’s a complicated situation, and simply telling seniors to engage in more social activities may not be enough.

Considering our loved ones’ needs as individuals is a valuable first step to figuring out how to prevent or combat isolation.

Lonely people are more likely to engage in unhealthy behavior.

A study using data from the English Longitudinal Study of Ageing (ELSA) found that people who are socially isolated or lonely are also more likely to report risky health behaviors such as smoking, lack of physical activity, and smoking. Conversely, social support can help encourage seniors to eat well, exercise, and live healthy lifestyles.

Living in a community situation can be an effective barrier to loneliness, and most senior communities specifically promote wellness through diet and exercise programs.

Volunteering can reduce social isolation and loneliness in seniors.

We all know that volunteering is a rewarding activity, and seniors have a unique skill set and oodles of life experience to contribute to their communities. It can also boost longevity and contribute to mental health and well-being, and it ensures that seniors have a source of social connection.
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**

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**MEDICARE PART D OPEN ENROLLMENT**

1. REVIEW YOUR CURRENT PLAN  
2. COMPARE OTHER PLANS  
3. POSSIBLY SAVE MONEY

A SHIP counselor will be at the locations below to give unbiased information.  
• NON-BIADED ASSISTANCE • CONFIDENTIAL • FREE

**Medicare Open Enrollment Dates**

Please call the aging & Long-Term Services Office @ (575) 647-2023 or call the Munson Center @ (575)528-3000 for additional information.

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<td>Sage Cafe</td>
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**Food Distribution Schedule:**

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

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<td>1045 McClure</td>
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