SATURDAY NIGHT AUGUST DANCE
WHEN/CUANDO: Saturday August 4, 2018
WHERE/DONDE: Munson Senior Center
TIME/TIEMPO: 5:00—7:00 pm
ENTRY FEE: 3.00

THURSDAY AFTERNOON AUGUST DANCE
WHEN/CUANDO: Thursday August 16, 2018
WHERE/DONDE: Munson Senior Center
TIME/TIEMPO: 2:00—4:00 pm
ENTRY FEE: 3.00

Purchase your tickets the week of the dance!

Munson Center Art Wing will be closed for our bi-annual deep cleaning on
JULY 30, 2018—AUGUST 3, 2018

If you have any questions please contact:
Michael Garcia, Recreation Facility Manager
528-3000

Senior Programs Facilities and Resources

<table>
<thead>
<tr>
<th>Munson Senior Center</th>
<th>Eastside Community Center</th>
<th>Frank O’Brien Papen Dining Room</th>
<th>Henry Benavidez Community Center</th>
<th>Sage Café</th>
</tr>
</thead>
<tbody>
<tr>
<td>975 S. Mesquite St.</td>
<td>310 N. Tornillo St.</td>
<td>304 W. Bell</td>
<td>1045 McClure Rd.</td>
<td>6121 Reynolds Dr.</td>
</tr>
<tr>
<td>575-528-3000</td>
<td>575-528-3012</td>
<td>575-541-2454</td>
<td>575-541-2006</td>
<td>575-528-3151</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Tuesday – Friday</td>
</tr>
<tr>
<td>8:00 am – 5:00 pm</td>
<td>8:00 am – 2:00 pm</td>
<td>10:30 am – 1:00 pm</td>
<td>10:30 am – 1:00 pm</td>
<td>9:00 am – 2:00 pm</td>
</tr>
</tbody>
</table>

Limited Congregate Meals.

Information and Referrals
<table>
<thead>
<tr>
<th>975 S. Mesquite Street, Las Cruces</th>
<th>575-528-3011</th>
</tr>
</thead>
</table>

Meal Reservation and Cancellations
<table>
<thead>
<tr>
<th>975 S. Mesquite Street, Las Cruces</th>
<th>575-528-3012</th>
</tr>
</thead>
</table>

Dial A Ride
<table>
<thead>
<tr>
<th>575-541-2777</th>
</tr>
</thead>
</table>

Meals On Wheels Intake
<table>
<thead>
<tr>
<th>975 S. Mesquite Street, Las Cruces</th>
<th>575-541-2451</th>
</tr>
</thead>
</table>
### 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 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>
</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 classroom. 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>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 –</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 session: Registration will be JULY 30 - AUGUST 3, 2018 at the Munson front desk. Classes will begin the week of AUGUST 6, 2018

<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></td>
<td></td>
<td></td>
<td>Will resume in the FALL</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>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>

Ceramic Glaze $2 per cup. Kiln firing $2, $3, $4 depending on size. Clay $13 for 25-pound bag.
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>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></td>
<td></td>
<td></td>
<td>will resume September 10, 2018</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>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>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 AUGUST 9 at Eastside Center - 310 N Tornillo St. 575.528.3012</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>August 4 - Please Join us for our Saturday Fourth of July 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>August 16 – Fourth of July Dance! We will have snacks, drinks, and door prizes. Hope to see you there!</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.
Volunteer Happenings

Melissa Ames—Crisis Intervention Response Team Volunteer

This month, we would like to highlight the work of some specially trained volunteers who aren’t always as visible to the public in their volunteer service, but whose work is invaluable to the people they assist. In particular, we would like to recognize the work of Melissa Ames, a volunteer with the Crisis Intervention Response Team (CIRT) of the Victim’s Assistance Unit with the Las Cruces Police Department. Melissa and the other CIRT volunteers are specially trained volunteers who go through 40 hours of initial training with additional monthly trainings thereafter to know how to respond to victims in crisis.

CIRT Volunteers are on-call one to two weekends per month to help respond to varying situations such as domestic violence calls, sexual assault, or other instances where victims can use an extra person to rely on in such a stressful time. CIRT Volunteers may provide meals and other resources to families in need, they may help to occupy and watch over the children of a domestic violence situation while the detectives are interviewing the involved parties, help make phone calls to a victim’s family or support system, or they may help cover outreach events that help local citizens connect with their police department and what they are doing to keep Las Cruces safe.

Melissa, who has been a volunteer with the program for five years, has wonderful things to say about her experience. “It allows me to give back to my community and my local police department, and I really do find a sense of purpose in being there for victims and families at one of their lowest parts of their life,” stated Ames. Ames appreciates the training she has received through being a part of this city program. It has introduced her to many aspects of the city she didn’t know existed, has helped her become knowledgeable of resources in her community, and has connected her with further volunteer opportunities.

In addition to serving as a CIRT volunteer, Melissa volunteers with CASA as an advocate, has served in Special Education for Las Cruces Public Schools, and currently serves as a Nurse’s Assistant for Las Cruces Public Schools. Originally from California, Melissa was raised in the region as part of her family lived here. She has one daughter who recently graduated from the University of Oregon in Architecture.

When asked what makes a good CIRT volunteer, Ms. Ames stated that many of the CIRT volunteers come from helping professions (healthcare, social workers, ex-law enforcement, etc.). “They are selfless, and they really need to be dedicated volunteers who are really committed. It’s difficult sometimes, but the rewards for this volunteer opportunity are great!” We are thankful to have Melissa and all the CIRT volunteers representing the city.

¿Qué Pasa? What’s Happening? For August

Special thanks to Dacia Sedillo and the folks from the NMSU Registrar’s Department for coming to talk about the educational opportunities provided to seniors ages 65 and older that allows them to register for up to 6 credit hours at NMSU and DACC for only $5 per credit hour!

Our next presenter will be Ryan Steinmetz, City of Las Cruces Volunteer Coordinator, presenting on the Network Volunteer Center volunteer opportunities and the importance of volunteering on our health and wellness as we age. Please join us on Tuesday, Aug. 21st at 10:00 am at the Munson Center for ways you can get involved in your community.

Music in the Air

Special thanks to Tommy Tomenbang who offered up his Karaoke machine for summer singin’ at the Munson Center during his summer off from teaching. We are very appreciative for this fun addition on our dance days. Look for Tommy at other events throughout the year when we can catch him out of school! Stay tuned for more music offerings in September and into the fall!

Special Volunteer Ice Cream Social & Dance

Get your boogie on with the Network Volunteer Center on Thurs. Aug. 16th, 2-4:00 when the Network will sponsor our monthly dance at the Munson Center. Network Volunteers will receive free admission, and all attendees will get a special treat of cake and ice cream with all the fixins’! Make sure to mark your calendar for this upcoming volunteer event!
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 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!
- 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

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.

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:

<table>
<thead>
<tr>
<th>1st Monday</th>
<th>4th Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sage Café</td>
<td>Eastside Center</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1st Thursday</th>
<th>4th Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Papen Center</td>
<td>Munson Center</td>
</tr>
</tbody>
</table>

1st Friday—Benavidez Center

Other Community Opportunities

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, contact Ryan Steinmetz at rsteinmetz@las-cruces.org.

Big Brother/Big Sister
Big Brother/Big Sister is seeking some amazing volunteers to mentor area youth. While mentors of both genders are needed, there is a significant shortage of male mentors to be matched with a growing waiting list of boys for the program. Minimum requirement of a year with your “little,” 4 hours per month. If interested, contact Dawn Starostka at dawn.starostka@bbbsmountainregion.org.

Disabled American Veterans
DAV is looking for capable drivers to help veterans get from one appointment to the other, both here in Las Cruces as well as in El Paso. If you are interested in helping with this very important service to those who have served our country, contact Jerry Hernandez at lilrascals1@comcast.net, or via phone at 575-339-3526.

New Mexico Aging and Long-Term Services Department
Volunteers are needed to help at the NM Aging & Long-Term Services office during the day in order to answer phones, assist clients, take messages, refer to outside services, and general clerical needs. Contact Stephanie Lazarin at 1-800-432-2080.
**Nutrition News**

10 tips Nutrition Education Series

**MyPlate MyWins**

Based on the Dietary Guidelines for Americans

**Make better beverage choices**

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1. **Drink water**
   - Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.

2. **How much water is enough?**
   - Let your thirst be your guide. Everyone’s needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3. **A thrifty option**
   - Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. **Manage your calories**
   - Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5. **Kid-friendly drink zone**
   - Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

6. **Don’t forget your dairy**
   - Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7. **Enjoy your beverage**
   - When water just won’t do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. **Water on the go**
   - Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. **Check the facts**
   - Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10. **Compare what you drink**
    - Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

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**Center for Nutrition Policy and Promotion**

USDA is an equal opportunity provider, employer, and lender.

DG Tip Sheet #19
May 2012
Revised October 2018

**August 2018**

**Mondays**
- Garden Salad
  - Sweet & Sour Pork
  - Mixed Vegetables
  - Wheat/Bran

**Tuesdays**
- Lettuce & Tomato
  - Beef Fajita
  - Spanish Rice
  - Pinto Beans/Tortilla
  - Pico De Gallo/W/Avocado
  - Banana
  - Vanilla Ice Cream

**Wednesdays**
- Summer Salad
  - Chicken Bacon Casserole
  - Baked Yam
  - Cheese Biscuit
  - Honey Dew Melon

**Thursdays**
- Garden Salad
  - Beef Stroganoff
  - Rice
  - Brussels Sprouts
  - Apple
  - Yogurt/W/fruit

**Fridays**
- Salad
  - Beef/Chicken
  - Tzatziki
  - Summer Squash
  - Wheat Roll
  - Peanut Butter Cookie

**Sundays**
- Winter Salad
  - Turkey
  - Mixed Vegetables
  - Wheat Roll
  - Peanut Butter Cookie

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**Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.**
Haga mejores elecciones de bebidas

Un estilo de alimentación saludable incluye todos los alimentos y bebidas. Muchas bebidas contienen azúcares añadidos y ofrecen pocos o ningún nutrientes, mientras que otras pueden proporcionar nutrientes pero demasiadas calorías de grasa saturada. Estos son algunos consejos para ayudarle a hacer mejores elecciones de bebidas.

1 Bebe agua
Beba agua en lugar de bebidas azucaradas. Los refrescos regulares, energéticos o deportivos y otras bebidas azucaradas contienen una gran cantidad de calorías de azúcares añadidos y pocos nutrientes.

2 ¿Cuánta agua es suficiente?
Deje que su sed sea su guía. Las necesidades de todos son diferentes. La mayoría de nosotros obtiene suficiente agua de los alimentos que comemos y las bebidas que bebemos. Un cuerpo sano puede equilibrar las necesidades de agua durante el día. Beba mucha agua si es muy activo o vive o trabaja en condiciones de calor.

3 Una opción económica
El agua es generalmente buena para la cartera. Puede ahorrar dinero bebiendo agua de la llave en casa o cuando coma fuera.

4 Controle sus calorías
Beba agua con y entre sus comidas. Los adultos y los niños consumen alrededor de 400 calorías al día en bebidas, el agua potable puede ayudarle a administrar sus calorías.

5 Zona de bebidas para niños
Haga del agua, de la leche baja en grasa o sin grasa, o del jugo al 100% una opción fácil en su hogar. Tenga recipientes listos para llevar disponibles en el refrigerador. Póngalos en las bolsas del almuerzo o mochilas para facilitar el acceso cuando los niños están lejos de casa. Dependiendo de la edad, los niños pueden beber de ½ a 1 taza, y los adultos pueden beber hasta 1 taza de jugo de frutas o vegetales al 100%* cada día.

* El jugo al 100% es parte del grupo de frutas o vegetales.

6 No se olvide de su lácteos**
Selezione leche baja en grasa o sin grasa o bebidas de soya fortificadas. Ofrecen nutrientes clave como el calcio, la vitamina D y el potasio. Los niños mayores, los adolescentes y los adultos necesitan 3 tazas de leche al día, mientras que los niños de 4 a 8 años necesitan 2½ tazas y los niños de 2 a 3 años necesitan 2 tazas.

7 Disfrute de su bebida
Cuando el agua no le sea suficiente, disfrute de la bebida de su elección, pero en menor cantidad. Recuerde revisar el tamaño de la porción y el número de porciones de la lata, botella o recipiente para mantenerse dentro de las necesidades de calorías. Seleccione latas, tazas o vasos más pequeños en lugar de grandes o supergrandes.

8 Agua para llevar
El agua siempre es conveniente. Llene una botella de agua limpia y reutilizable y póngala en su bolsa o maletín para sacar su sed durante todo el día. Las botellas reutilizables son también buenas para el medio ambiente.

9 Revise la información
Use la etiqueta de información nutricional para elegir las bebidas en el supermercado. La etiqueta de los alimentos y la lista de ingredientes contienen información sobre azúcares añadidos, grasas saturadas, sodio y calorías para ayudarle a tomar mejores decisiones.

10 Compare lo que bebe
Food-A-Pedia, una función en línea disponible en SuperTracker.usda.gov puede ayudarle a comparar calorías, azúcares añadidos y grasas en sus bebidas favoritas.

** La leche es una parte del grupo de lácteos. Una taza = 1 taza de leche o yogur; 1½ onzas de queso natural; o 2 onzas de queso procesado.
Grandparents Raising Grandchildren
The Rewards and Challenges of Parenting the Second Time Around

When parents are absent or unable to raise their children, grandparents are often the ones who step in. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, developing a deeper relationship, and keeping the family together. It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments. But with the right guidelines and support, you can roll back the years and make a real difference in the lives of your grandchildren.

The challenges of grandparents raising grandchildren

As grandparents, we usually have the benefit of interacting with our grandkids on a level that is once removed from the day-to-day responsibilities of parents. For many of us, grandparenting means a weekend together every now and then, an afternoon play date, an evening babysitting, a summer vacation, or chats on the phone and email exchanges here and there. But when life circumstances change—through divorce, the death of parents, or changes to a parent's work or school-related responsibilities, for example—it often falls to grandparents to assume full- or part-time responsibility for their grandchildren.

Also known as "kinship care," a growing number of grandparents are now taking on the parenting role for their grandchildren, thus foregoing the traditional grandparent/grandchild relationship. This often means giving up your leisure time, the option of traveling, and many other aspects of your independence. Instead, you once again take on responsibility for the day-to-day maintenance of a home, schedules, meals, homework, and play dates. And if it was tragic circumstances that required you to step into the role of parent, you'll face many other stress factors, such as coping with your own and your grandchildren's grief.

But raising your grandchildren, while challenging, can also be incredibly rewarding. Yes, you may have to deal with colicky babies or moody teenagers, but you’ll also experience a much greater connection to your grandchild’s world, including their school and leisure activities. You may also find yourself rolling back the years, rejuvenated by the constant companionship of much younger people. And you can derive immense satisfaction providing your grandchildren with a safe, nurturing, and structured home environment in which to grow and feel loved.

Exploring your rights as a grandparent

Some circumstances make it necessary for grandparents to seek legal help. If there's been a divorce, death of one parent, estrangement, or the suspicion that your grandchildren are being neglected or abused you may need to consult a lawyer or advocacy group to clarify your legal rights and ensure access to your grandchildren.

Grandparents raising grandchildren tip 1: Acknowledge your feelings

The prospect of raising grandchildren is bound to trigger a range of emotions. Positive emotions, like the love you feel for your grandchildren, the joy in seeing them learn and grow, and relief at giving them a stable environment, are easy to acknowledge. It’s more difficult to admit to feelings such as resentment, guilt, or fear.

It’s important to acknowledge and accept what you’re feeling, both good and bad. Don’t beat yourself up over your doubts and misgivings. It’s only natural to feel some ambivalence about childrearing at a time when you expected your responsibilities to be dwindling. These feelings don’t mean that you don’t love your grandchildren.

What you may feel

- Stress and worry – If you've been used to the occasional visit from a grandchild, being back in the saddle full time can feel stressful and overwhelming. You may worry about how you will handle the additional responsibilities and what will happen to the grandkids if something happens to you.

- Anger or resentment – You may feel anger or resentment toward the grandchild’s parents for leaving you with the responsibility of caring for their child. Or you might be resentful of other friends who are enjoying the retirement you once envisioned.

- Guilt – You may feel guilty and responsible for your child’s failures as a parent, second-guessing and regretting your own mistakes when you were first parenting.
Long Term Care Services

Tip 2: Take care of yourself

Grief – There are many losses that come with taking in your grandkids, including the loss of your independence and the easier role of “grandparent,” rather than the primary caregiver. You may also be grieving for your child and the difficulties that have led to this situation.

You probably weren’t expecting to be raising kids again at this stage in your life. At times, the physical, emotional, and financial demands may feel overwhelming. That’s why it’s vitally important that you take care of yourself and get the support you need.

When you’re preoccupied with the daily demands of raising grandkids, it’s easy to let your own needs fall by the wayside. But taking care of yourself is a necessity, not a luxury. You can’t be a good caretaker when you’re overwhelmed, exhausted, and emotionally depleted. In order to keep up with your grandkids, you need to be calm, centered, and focused. Looking after your own mental and physical health is how you get there.

A healthy you means healthy grandchildren. If you don’t take care of your health, you won’t be able to take care of your grandchildren, either. Make it a priority to eat nutritious meals, exercise regularly, and get adequate sleep. Don’t let doctor’s appointments or medication refills slide.

Hobbies and relaxation are not luxuries. Carving out time for rest and relaxation is essential to avoid burnout and depression. Use your “me time to really nurture yourself. Rather than zoning out in front of the TV (which won’t revive you), choose activities that trigger the relaxation response, such as deep breathing, yoga, or meditation.

It’s okay to lean on your grandkids for help. Kids are smarter and more capable than we often give them credit for. Even young children can pick up after themselves and help out around the house. Helping out will also make your grandkids feel good.

Support makes all the difference

Studies show that grandparents who cope well with the added stress of raising grandchildren are those who seek out others for support.

Find someone you can talk to about what you’re going through. This will give you a chance to work through your feelings and come to an acceptance of the situation. If you deny or ignore these feelings, they will come out in other ways and may affect your relationship with your grandkids.

Look for support groups for grandparents raising grandchildren. Support groups or even phone support can be very helpful in this journey, and it’s a good start for making friends in similar situations. Hearing from people who have been there can help both uplift your spirits and give you concrete suggestions for your situation.

Reach out in your community for childcare help. If you are a member of a church, synagogue or other religious organization, you may be able to ask around for available babysitters. Try library storytime hours, chatting up other parents at the playground, or seeing if your neighbors have a reliable teen available to babysit or if any parents are interested in a babysitting swap.

Connect with parents with children. Even if you feel like you are from a different generation, the joys and tribulations of raising children can quickly form common bonds. It may take time, but forging friendships with parents with similar aged children can offer camaraderie and help on navigating the maze of issues facing children today.

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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 August 14, 2018.
Abuelos criando nietos

Las recompensas y retos de la crianza de los hijos la segunda vez alrededor

Cuando los padres están ausentes o incapaces de crear a sus hijos, los abuelos son a menudo los que toman la responsabilidad. Crear una segunda generación trae muchos premios, incluyendo el cumplimiento de dar a sus nietos una sensación de seguridad, desarrollando una relación más profunda y mantener la familia unida. También viene con muchos desafíos. No importa cuánto usted ama a sus nietos, la responsabilidad en su hogar requiere de ajustes importantes. Pero con el apoyo, usted puede hacer una diferencia positiva en las vidas de sus nietos.

Los retos de abuelos criando nietos

Como abuelos, generalmente tenemos el beneficio de interactuar con nuestros nietos a un nivel que una vez retirado de las responsabilidades cotidianas de los padres. Para muchos de nosotros, ser abuelo se significa un fin de semana juntos de vez en cuando, una tarde jugando, unas vacaciones de verano o charlas en los intercambios de teléfono y correo electrónico aquí y allá. Pero cuando circunstancias de cambio de la vida, a través del divorcio, la muerte de los padres, ocambios de trabajo o responsabilidades relacionadas con la escuela, por ejemplo de los padres — a menudo corresponde a los abuelos para asumir la responsabilidad de tiempo completo o parcial de sus nietos.

También conocido como "cuidado familiar", un número creciente de abuelos toman la responsabilidad de crianza de sus nietos, así que antecede la relación abuelo/nieto tradicional. Esto a menudo significa renunciar a su tiempo de ocio, la opción de viajar y muchos otros aspectos de su independencia. En cambio, puede nuevamente toma


Explorando sus derechos como un abuelo

Bajo algunas circunstancias es necesario para los abuelos buscar ayuda legal. Si ha habido un divorcio, muerte de uno de los padres, alejamiento o la sospecha de que sus nietos son ser descuidado o abusado puede que necesite consultar a un abogado o defensa grupo para clarificar sus derechos y garantizar el acceso a sus nietos.

Abuelos criando a sus nietos Consejo 1: reconocer tus sentimientos

La perspectiva de criar a los nietos está destinada a desencadenar una serie de emociones. Las emociones positivas, como el amor que siente por sus nietos, la alegría de verlos aprender y crecer, y relevación en darles un entorno estable, son fáciles de reconocer. Es más difícil admitir a sentimientos como el resentimiento, culpa o miedo.

Es importante reconocer y aceptar lo que se siente, tanto buenas como malas. No castigue sobre sus dudas y recelos. Es natural sentir cierta ambivalencia acerca de crianza de los hijos en un momento cuando usted espera que sus responsabilidades a ser cada vez menor. Estos sentimientos no significan que no ama a sus nietos.

Lo que se puede sentir

Estrés y preocupación – Si sus nietos lo visitan ocasionalmente, teniendo permanentemente puede sentir estres. Usted puede preocuparse de cómo manejas las responsabilidades adicionales y qué pasará con los nietos si algo le sucede a usted.

Enojo o resentimiento – Usted puede sentir resentimiento hacia los padres de sus nietos por verle dejado la responsabilidad de cuidar a sus hijos. O usted puede sentir resentimiento de sus amigos que están disfrutando de la jubilación que usted una vez se imaginó.

Culpa – Se puede sentir culpable y responsable de los fracasos de su hijo como un padre, confesándose y lamentando sus propios errores cuando usted primero fueron padres.

Pena – Hay muchas pérdidas que vienen con la responsabilidad de sus nietos, incluyendo la pérdida de su independencia y el papel más fácil de ser "abuelo", en lugar del cuidador principal. También puede estar enfrentando las dificultades que lo han llevado a esta situación.
Consejo 2: cuidar de tí mismo

Probablemente no estaban esperando a estar criando a los niños otra vez en esta etapa de su vida. A veces, las demandas físicas, emocionales y financieras pueden sentir abrumadoras. Por eso es de vital importancia que cuidar de usted mismo y conseguir el apoyo que necesita.

Cuando este preocupado con las demandas de criar a sus nietos, es fácil que sus propias necesidades caigan por el suelo. Cuidándose a sí mismo es una necesidad, no un lujo. No puede ser un buen cuidador cuando estés abrumado, agotados y emocionalmente agotado. Con el fin de mantenerse al día con sus nietos, necesita estar tranquilo, centrado y enfocado. Cuidar su propia salud física y mental es cómo llegar allí.

Sano significa nietos sanos. Si usted no toma cuidado de su salud, no podrá cuidar de sus nietos, tampoco. Que sea una prioridad para comer comidas nutritivas, ejercicio regularmente y un sueño adecuado. No dejes que citas con el médico o medicamento se te pasen.

Ocio y relajación no son lujos. Haga tiempo para descansar y relajarse, es esencial para evitar el agotamiento y la depresión. Use “mi tiempo” para realmente valorarse. En lugar de enfocarse delante del televisor haga actividades que le ayuden a relajarse como respiración profunda, yoga o meditación.

Esta bien que se apoye sobre sus nietos ayuda. Los niños son más inteligentes y más capaces de los que les damos crédito. Incluso los niños pequeños pueden recoger después de sí mismos y ayudar en la casa. Ayudando también hará sus nietos sentirse bien.

Apoyo hace la diferencia

Unos estudios demuestran que los abuelos que cargan con el estrés de criar a los nietos son más propuestos a buscar apoyo de otros.

Alguien puede hablar sobre lo que está pasando. Esto le dará una oportunidad de enfocarse en sus sentimientos y llegar a una aceptación de la situación. Si niega o ignora sus sentimientos puede afectar su relación con sus nietos.

Buscar grupos de apoyo para abuelos criando nietos. Grupos de apoyo o líneas telefónicas pueden ser muy útil y es un buen comienzo para hacer amigos en situaciones similares. Escuchando a otros en la misma situación le puede ayudar con sugerencias.

Alcance en tu comunidad para cuidado de niños ayuda. Si usted es un miembro de una iglesia, sinagoga o otra organización religiosa, puede pedir asistencia para el cuidado de sus nietos mientras usted descansa.

Conectar los padres con los niños. Incluso si siente que es de una generación diferente, las alegrías y tribulaciones de la crianza de hijos rápidamente pueden formar lazos comunes. Puede tomar tiempo, pero crear amistades con los padres con los niños de edad similares. Puede ofrecer compañerismo y ayuda cerca de cómo navegar el laberinto de problemas que enfrentan los niños hoy.
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.

### Parks & Recreation Activities

#### Fitness Classes

<table>
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<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tr>
<td>Core and More</td>
<td>Tue &amp; Th</td>
<td>8:30 am - 9:30 am</td>
<td>$2 per Class $1 for Seniors</td>
<td>Frank O'Brien Papen Center</td>
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<tr>
<td>Lift and Tone</td>
<td>Mon &amp; Wed</td>
<td>8:30 am - 9:30 am</td>
<td>$2 per Class $1 for Seniors</td>
<td>Frank O'Brien Papen Center</td>
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<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>
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<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. <strong>NO</strong> walking group in the month of <strong>AUGUST</strong></td>
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<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>
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<tr>
<td>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>10:10 am</td>
<td>No Charge</td>
<td>Taught by NMSU students. Classes will resume in August when NMSU classes resume.</td>
</tr>
</tbody>
</table>

#### Healthy Cooking with Gardening

**Sage Café**

Wednesday, August 8th, 2018 from 10:00 am to 11:00 am

By: Clifford Kinnear  
NMSU-Dietetic Intern  
Cooperative Extension Services

As a graduate student in dietetics, I find ways to solve nutrition related issues such as food security (sustainability) and food diversity. The presentation will help to increase your knowledge of an herb garden, and what is gained from its nutritional qualities. I'll see you there!

### 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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<thead>
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<th>Date</th>
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<tr>
<td>AUGUST 2</td>
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<td>BENAVIDEZ</td>
<td>1045 McClure</td>
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<td>6121 REYNOLDS Dr.</td>
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