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

Carlos Moya from the NM Department of Health Aging and long-term Services Division will be giving a presentation about available resources from the program. The presentation will be on Tuesday, June 19, 2018 at 10-11 at the Munson Senior Center. Please join us to learn about possible resources for you and your family.

**THURSDAY AFTERNOON SOCK HOP/FATHERS DAY DANCE**

**WHEN/CUANDO:** Thursday June 14, 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!

**SATURDAY NIGHT SOCK HOP/FATHERS DAY DANCE**

**WHEN/CUANDO:** Saturday June 16, 2018

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 5:00—7:00 pm

**ENTRY FEE:** 3.00

Purchase your tickets the week of the dance!
<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>Fri</td>
<td>11:00 pm – 1:45 pm</td>
<td>No charge</td>
<td>Sage Café, dining area.</td>
</tr>
<tr>
<td>Train Dominos</td>
<td>Tue</td>
<td>10:30 am – 1:45 pm</td>
<td>No Charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Jam Session</td>
<td>Fri</td>
<td>10:15 am– 1:00 pm</td>
<td>No Charge</td>
<td>Do you 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>Lapidary and Silver Jewelry Open Lab</td>
<td></td>
<td></td>
<td></td>
<td>Munson Center, Studio 1. Limit of 6 students.</td>
</tr>
<tr>
<td>Supplies and Materials</td>
<td></td>
<td></td>
<td></td>
<td>Munson Center, Studio 1. Limit of 6 students.</td>
</tr>
<tr>
<td>Clay Works</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>
<tr>
<td>Supplies and Materials</td>
<td></td>
<td></td>
<td></td>
<td>Ceramic Glaze $2 per cup. Kiln firing $2, $3, $4 depending on size. Clay $13 for 25-pound bag.</td>
</tr>
<tr>
<td>Supplies and Materials</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>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>

**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 – Monthly</td>
<td>2- Tue</td>
<td>10:30 am – 11:30 am</td>
<td>No charge</td>
<td>Benavidez Community Center, Classroom.</td>
</tr>
</tbody>
</table>

**Munson Center Activities:**

*Classes with registration for 6-week sessions: Registration will be JUNE 11, 2018 at the Munson front desk. Classes will begin the week of JUNE 18, 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>

**Drop-in classes:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stained Glass #1</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #2</td>
<td>Wed</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #3</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 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 Center, 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>
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<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>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<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>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>Charge</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+</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$2 for 60+</td>
<td></td>
</tr>
</tbody>
</table>

### Lifelong Learning:

- **Quitting (this is not a class)**: Tue & Thu | 8:30 am – 11:30 am | No charge | Munson Center, Studio 2; items donated locally.
- **Community Garden Meeting for the Munson Center Garden**: 3rd Wed | 10:00 am – 11:00 am | No charge | Munson Center, Meeting Room 1.
- **Spanish – Conversational**: Tue | 1:30 pm – 3:00 pm | No charge | 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.
- **Spanish – Intermediate**: will resume September 10, 2018
- **Spanish – Spoken for Beginners**: Fri | 10:00 am – 11:00 am | No charge | Munson Center, Meeting Room 2. Join anytime!
- **Desert Writers**: Wed | 9:00 am – 11:00 am | No charge | Munson Center, Meeting Room 2. Join anytime!
- **Munson Book Club**: 3rd Wed | 10:00 am – 11:00 am | No charge | Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.

### Games:

- **Billiards – Daily**: Mon-Fri | 8:00 am – 5:00 pm | No charge | Munson Center Multipurpose Room.
- **Billiards Tournament**: Last Wed | 9:00 am – 1:00 pm | $3 per person | Munson Center Multipurpose Room. The last Wednesday of the month. All are welcome to participate!
- **Bridge**: Mon & Wed | 11:30 am – 3:30 pm | No charge | Munson Center, Meeting Room 3.
- **Canasta**: Wed | 11:00 am – 3:00 pm | No charge | Munson Center, Meeting Room 3.
- **Chess**: Fri | 8:30 am – 12:00 pm | No charge | Munson Center, Meeting Room 4.
- **Horseshoes**: Tue & Fri | 1:00 pm – 3:00 pm | No charge | Munson Center, outside on east side of Munson.
- **Mah Jongg**: Thu | 9:00 am – 12:00 pm | No charge | Munson Center, Meeting Room 3.
- **Pinochle**: Fri | 11:30 am – 4:30 pm | No charge | Munson Center, Meeting Room 3.

### Extra Activities:

- **Low Vision Support Group**: 1st Tue | 2:30 pm – 4:00 pm | No charge | Munson Center, Meeting Room 2.
- **Low Vision Support Group**: 1st Tue | 9:30 am – 11:00 am | No charge | Good Samaritan, Oasis Room.
- **Stroke Support Group**: 1st Thu | 1:00 pm – 2:00 pm | No charge | Munson Center, Meeting Room 2.
- **Blood Pressure Monitoring**: Mon | 11:00 am – 1:00 pm | No charge | Munson Center.
- **Senior Programs Advisory Board Meeting**: 2nd Thu | 9:00 am – 11:00 am | Open to the public | Join us for the SPAB meeting on June 14 at Sage Café - 6121 Reynolds Drive, 575.528.3151.
- **Senior Programs Monthly Dance**: 2nd Thu | 2:00 pm – 4:00 pm | $3 per person | June 14 – Sock Hop/Fathers Day Dance! We will have snacks, drinks, and door prizes. Hope to see you there!
- **Senior Programs Saturday Dance**: 3rd Sat | 5:00 pm – 7:00 pm | $3 per person | June 16 - Please Join us for our Saturday Sock Hop/Fathers Day Dance! Enjoy snacks and great Music!

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**Abuelos criando nietos**

Si usted es un abuelo que cria 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 Luis Castro al 541-2365. Únase a nosotros para nuestra próxima reunión el 12 de June de 2018.
Volunteer Happenings

Volunteer Appreciation Evening, Thursday, June 7th, 5:30-7:00 pm!

Each year, the Network Volunteer Center has a Volunteer Celebration at the end of the city’s fiscal year to applaud all the wonderful things our volunteers have done over the last year. The City of Las Cruces is blessed with almost 400 volunteers placed around the community at over 30 volunteer stations. Network Volunteers help care for trees with the Parks & Recreation Department’s Tree Steward Program, serve meals to the homebound with our Senior Programs Meals on Wheels project, give tours at our museums, respond to emergencies as a volunteers with the Crisis Intervention Response Team, help with ticket sales and refreshments at the Rio Grande Theater, and mentor children with the Weed & Seed program.

We would not be able to do all the wonderful things our city does without the help of YOU, our amazing volunteers! Come to the Benavidez Center on Thursday, June 7th, 5:30-7:00 pm for a picnic-style meal, awards, and friendship & fellowship as we celebrate another spectacular volunteer year. Please RSVP by Tuesday, June 5th @ 5:00. You can call Ryan Steinmetz, Volunteer Coordinator, at 575-528-3035 or email him at rsteinmetz@las-cruces.org. The event is open to all current volunteers with the Network Volunteer Center and other city programs.

¿Qué Pasa? What’s Happening? For June

قصة حياتية، 20 معلومة

Special thanks to Dr. Cheryl Black, PhD for coming to share her personal story on aging and vision loss.

We will continue to offer the Que Pasa educational presentations on a monthly basis. Carlos Moya from the NM Department of Health Aging and long-term Services Division will be giving a presentation about available resources from the program. The presentation will be on Tuesday, June 19, 2018 at 10-11 at the Munson Senior Center. Please join us to learn about possible resources for you and your family.

In the recent months, Peace Lutheran Church has begun opening its doors on a monthly basis to refugees from various countries (mostly Central America). These refugees have been processed by the U.S. Immigration System and are awaiting their court date. Local churches and charities provide hospitality to refugees as they get reconnected with family contacts in the U.S. while awaiting their immigration hearing.

Our Munson Center Quilters have helped to provide quilts to this much needed program. Kari Lenander, director of the Border Servant Corps organization that coordinates the refugee program at Peace said this about the quilts: “We have children who come here very scared of this new place and the uncertainty of their situation. They leave our program with a warm, comforting quilt made by the Munson Center Quilters. This is such an important part of the ministry we provide.”

We thank the Munson Center Quilters for their small acts of kindness and love that make a big difference. If you are interested in making quilts for this project, contact Ryan Steinmetz at 575-528-3035. If you are interested in helping as a volunteer with the refugee program at Peace Lutheran, contact Kari Lenander at 575-522-7119.
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!
  - 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 covering shifts at the information desk at the theater.

Parks and Recreation
  - Tree Steward Volunteers—Parks and Recreation will be putting together a team of Tree Stewards for the spring. Tree Stewards learn about caring for trees and have the opportunity to care for trees in their neighborhood and plant trees in specific areas throughout the year.

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
  - Sage Café—GREAT NEWS! Sage Café will be starting to serve meals on Wednesdays and Fridays in addition to their Tuesday/Thursday schedule. BUT, we need some newly trained dining room and kitchen aides to help us as soon as possible! HIGH PRIORITY!
  - 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:
    - 1st Monday—Sage Café
    - 1st Thursday—Papen Center
    - 1st Friday—Benavidez Center
    - 4th Monday—Eastside Center
    - 4th Wednesday—Munson Center

Mother’s Day Dance & Fiesta
Grilled Taco Tuesday Treats!

Toast tortillas over the heat, thickly slice onions and potatoes brush with oil and chili powder and grill till tender. Thread cherry tomatoes on a skewer and grill until blistered. Split and pit avocados, brush with oil and cook until charred. Finally split limes and grill cut side down until browned. Roughly chop the vegetables, spoon into toasted tortillas, squeeze lime juice over the top and sprinkle with chopped cilantro. For dessert, enjoy grilled peaches, plums, and pineapple rings.

El CDC recomienda que los adultos coman aproximadamente 3 tazas de vegetales y 2 tazas de fruta a diario. La mayoría de nosotros sabemos que comer los vegetales cocinados igual a diario puede ser un poco aburrido y comprar vegetales exóticos y vefuera de temporada pueden ser costoso. La respuesta a sabores aburridos es una parrilla afuera o adentro. Grilled Taco Tuesday Treats!

The CDC recommends that adults eat approximately 3 cups of vegetables and 2 cups of fruit every day. Most of us know, that eating your favorite vegetables, cooked the same way every day can get boring, and buying exotic, out of season vegetables can get expensive. The answer to those bored taste buds is an outdoor or indoor grill. Grilled vegetables take on smoky and slightly sweet flavors. Cooking fruits on the grill concentrates natural sugars without adding a single calorie.

Not Just June—It’s Fruit and Vegetable Month!

The CDC recommends that adults eat approximately 3 cups of vegetables and 2 cups of fruit every day. Most of us know, that eating your favorite vegetables, cooked the same way every day can get boring, and buying exotic, out of season vegetables can get expensive. The answer to those bored taste buds is an outdoor or indoor grill. Grilled vegetables take on smoky and slightly sweet flavors. Cooking fruits on the grill concentrates natural sugars without adding a single calorie.

**Tacos A La Parrilla**

Tueste las tortillas sobre el calor de la parrilla, parte cebolla y papas poco gruesas y póngales un poco de aceite de comar con un cepillo de cocina. Agregue un poco de polvo de chile. Después póngalos en la parrilla a cocinar. Enlace tomate de cereza en un palillo y cocine hasta que ampolle. Corte por mitad un aguacate y quite el hueso, cepille le un poco de aceite de comar y cocine en la parrilla hasta que se chamusque un poco. Finalmente corte los limones por mitad y póngalos en la parrilla boca abajo hasta que estén un poco cafés. Parta los vegetales, póngalos sobre las tortillas, exprima el jugo de limón sobre los vegetales y póngale un poco de cilantro. Para postre, disfrute duraznos, ciruela, y piña a la parrilla.

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### JUNE 2018

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6 Vital Nutrition Tips for Seniors

As people age, their diets may need to change, especially if their diets are not well-balanced. Generally, doctors will recommend a well-balanced diet for older adults, meaning that they should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health.

According to Ruth Frechman, registered dietitian and spokesperson for the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their loved one’s diet to boost his or her health.

Prepare Meals Rich in These Nutrients

**Omega 3 Fatty Acids**
The acids have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. Your older relative should have foods rich in this nutrient twice per week. If this is impossible, check with their doctor to see if an Omega 3 supplement would be beneficial.

**Calcium**
The need for calcium increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at least 1200 milligrams per day of calcium – equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. Many people find it challenging to consume this much calcium per day by eating and drinking, so check with your loved one’s doctor to see if he or she should take a calcium supplement.

**Limit Sodium Content**
For those with hypertension (high blood pressure) one of the most important things caregivers can do to help reduce a loved one’s hypertension is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. Frozen, processed and restaurant foods are typically extremely high in sodium, and should be avoided or only be a very small part of the diet. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium, so try and incorporate them as much as possible in their diet.

**Hydrate**
As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. If you notice that your loved one is not drinking liquids very often, make sure that you provide them with it. If they do not feel thirsty, chances are they may not think about drinking a glass of water.

If you are concerned that your loved one may not be properly hydrated, check his or her urine. Urine is the surest sign of hydration or lack of it. If their urine is clear and light, then they are most likely properly hydrated. If, however, their urine is dark and/or cloudy, they will need to start drinking more liquids.

**How to Help a Senior Make Dietary Changes**

Making dietary changes can be difficult for anybody. It can be especially difficult for older adults, though, because people get stuck in habits. If your loved one needs to make dietary changes to increase their health and well-being, there are specific things that you, the caregiver, can do to help with the change. Frechman recommends three important areas in which caregivers can help.

**Incorporate Changes Gradually**
Older people are usually skeptical of change. They need to make small changes gradually. As the caregiver, you should reinforce this and make sure that your loved one is incorporating the new foods into their diet.

For example, if your parent is diabetic and needs to adjust their carbohydrate intake consistency, incorporate oatmeal as breakfast once or twice per week. As they get used to it, oatmeal can be added to three to four times per week. If your parent normally eats white bread, give them a wheat bread sandwich a couple times per week, and gradually increase it so that white bread is completely cut out of their diet.

**Set an Example**
When an older adult has to change their diet for health reasons, they can feel singled out. Eating is a social activity and it is important to eat meals with your loved one. It is equally important that when you eat with them, you eat the same foods as them. When sitting down for a family meal, don’t make a special meal for your aging loved one and something different for everybody else. By eating with them and eating the same foods as them, the dietary changes being made won’t seem so drastic.

**Make Smoothies**
Sometimes older adults simply refuse to make necessary nutritional changes, even if they are doctor recommended. People with dementia, especially, may refuse to eat certain things. Be creative. If your loved one needs protein, try making them a smoothie with wheat germ. Wheat germ is not a supplement that may interact with prescription medications, but an actual food with very high amounts of protein. Sometimes, foods can be blended into a smoothie to ensure that your loved one consumes the necessary nutrients.
6 extremidades vitales de la nutrición para las personas mayores

Al envejecer, su dieta puede necesitar un cambio, especialmente si su dieta no están bien balanceadas. Generalmente, los doctores recomendarán una dieta bien balanceada para los adultos mayores. Lo que significa que deben consumir una variedad de frutas, vegetales, proteínas y granos enteros para mantener y mejorar la salud en general. Según Ruth Frechman, dietista registrada y portavoz de la Asociación Dietética Americana, además de comer una variedad saludable de alimentos hay cosas específicas que un persona encargada puede incorporar en la dieta de su ser querido para mejorar su Salud.

Preparar Comidas Ricas En Estos Nutrientes

Ácidos Grasos Omega 3

Se ha demostrado que los ácidos reducen la inflamación que puede causar cardiopatía, cáncer y artritis. Se pueden encontrar en línaza y aceite de línaza, nueces, aceite de canola y diferentes tipos de pescado. Su pariente mayor debe tener alimentos ricos en estos nutrientes dos veces por semana. Si esto es imposible, consulte con su médico para ver si un suplemento de Omega 3 sería beneficioso.

Calcio

La necesidad de calcio aumenta al envejecer. Esto es principalmente para preservar la salud de los huesos. Un beneficio añadido del calcio es que ayuda a bajar la presión arterial. La Organización Mundial de la Salud (OMS) recomienda que los adultos mayores de 50 de edad obtengan por lo menos 1200 miligramos por día de calcio. Aproximadamente cuatro tazas de zumo de naranja enriquecido, leche láctea o leches no lácteas fortificadas como la almendra o la soja. Los verdes frondosos como la col rizada y los verdes del nabo son también grandes fuentes del calcio absorbible. A muchas personas les resulta difícil consumir tanto calcio a diario. Consulte con el médico de su ser querido para ver si él o ella debe tomar un suplemento de calcio.

Limitar El Contenido De Sodio

Para aquellos con hipertensión (alta presión) una de las cosas más importantes que los encargados de cuidado pueden hacer para ayudar a reducir la hipertensión de un ser querido es preparar alimentos que son bajos en sodio. La mayoría de la gente se sorprende al saber que la sal de mesa agregada sólo representa un pequeño porcentaje de contenido de sodio en los alimentos. Los alimentos congelados, procesados y del restaurante son extremadamente altos en sodio, y deben ser evitados o ser solamente una parte muy pequeña de la dieta. Las frutas y verduras frescas y congeladas, los frijoles secos, las nueces y las mantequillas de nuez, los granos como el arroz integral y la avena son todos los alimentos que son naturalmente bajos en sodio. Así que trate de incorporarlos tanto como sea posible en su dieta.

Hidrato

Al envejecer, no da sed muy a menudo y esto es a pesar de que su cuerpo todavía necesita la misma cantidad de líquidos. Si nota que su ser querido no está bebiendo líquidos muy a menudo, asegúrese de proporcionarlos. Si no siente sed, es probable que no piense en beber un vaso de agua. Si le preocupa que su ser querido no esté bien hidratado, revise su orina. La orina es el signo más seguro de la hidratación. Si su orina es clara y ligera, entonces es muy probable que esté bien hidratado. Sin embargo, si su orina es oscura y nublada, necesitarán comenzar a beber más líquidos.

Cómo Ayudar A Un Mayor A Hacer Cambios Dietéticos

Hacer cambios dietéticos pueden ser difícil para cualquiera. Puede ser especialmente difícil para los adultos mayores. Si su ser querido necesita hacer cambios dietéticos para aumentar su salud y bienestar hay cosas específicas que usted como el encargado de salud puede hacer para ayudar con el cambio. Frechman recomienda tres áreas importantes en las cuales los encargados de salud pueden ayudar.

Incorporar Cambios Gradualmente

Las personas mayores pueden dudar de los cambio y necesitan hacer pequeños cambios gradualmente. Como el encargado de salud, usted debe reforzar esto y asegurarse de que su ser querido está incorporando los nuevos alimentos en su dieta. Por ejemplo, si su padre son diabéticos y necesita ajustar la consistencia de la ingesta de carbohidratos puede incorporar la avena como desayuno una o dos veces por semana. A medida que se acostumbren, la avena se puede agregar tres a cuatro veces por semana. Si sus padres normalmente comen pan blanco, déles un sándwich de pan de trigo dos veces por semana, y gradualmente aumente para que el pan blanco esté completamente cortado de su dieta.

Poner Un Ejemplo

Cuando un adulto mayor tiene que cambiar su dieta por razones de salud, pueden sentirse señalados. Comer es una actividad social y es importante comer con su ser querido. Es igualmente importante que cuando coman con ellos, coman los mismos alimentos. Cuando se siente para una comida familiar, no haga una comida especial para su anciano amado y algo diferente para todos los demás. Comiendo juntos con los mismos alimentos los cambios dietéticos que se hacen no parecerán tan drásticos.

Hacer Batidos

A veces los adultos mayores simplemente se niegan a hacer los cambios nutricionales necesarios, incluso si son las recomendaciones del medico. Las personas con demencia, especialmente, pueden negarse a comer ciertas cosas. Ser creativo si su ser querido necesita proteínas, trate de hacerles un batido con germen de trigo. El germen de trigo no es un suplemento que puede interactuar con medicamentos recetados, sino un alimento real con cantidades muy altas de proteína. A veces, los alimentos se pueden mezclar en un batido para asegurar que su ser querido consuma los nutrientes necesarios.

https://www.agingcare.com/Articles/nutrition-tips-for-elderly-health-and-diets-137053.htm
TALKING WITH YOUR DOCTOR
What Do I Need to Tell the Doctor?

Share Any Symptoms
Give Information About Your Medications
Tell the Doctor About Your Habits

Voice Other Concerns

Talking about your health means sharing information about how you feel physically, emotionally, and mentally. Knowing how to describe your symptoms and bring up other concerns will help you become a partner in your health care.

Share Any Symptoms
A symptom is evidence of a disease or disorder in the body. Examples of symptoms include pain, fever, a lump or bump, unexplained weight loss or gain, or having a hard time sleeping.

Be clear and concise when describing your symptoms. Your description helps the doctor identify the problem.

A physical exam and medical tests provide valuable information, but your symptoms point the doctor in the right direction.

Your doctor will ask when your symptoms started, what time of day they happen, how long they last (seconds? Days?), how often they occur, if they seem to be getting worse or better, and if they keep you from going out or doing your usual activities.

Take the time to make some notes about your symptoms before you call or visit the doctor. Worrying about your symptoms is not a sign of weakness. Being honest about what you are experiencing doesn't mean that you are complaining. The doctor needs to know how you feel.

Questions to ask yourself about your symptoms:
- What exactly are my symptoms?
- Are the symptoms constant? If not, when do I experience them?
- Does anything I do make the symptoms better? Or worse?
- Do the symptoms affect my daily activities? Which ones? How?

Give Information About Your Medications
It is possible for medicines to interact, causing unpleasant and sometimes dangerous side effects. Your doctor needs to know about all the medicines you take, including over-the-counter (nonprescription) drugs and herbal remedies or supplements. Make a list or bring everything with you to your visit—don’t forget about eye drops, vitamins, and laxatives. Tell the doctor how often you take each. Describe any drug allergies or reactions you have had. Say which medications work best for you. Be sure your doctor has the phone number of the pharmacy you use.

Tell the Doctor About Your Habits
To provide the best care, your doctor must understand you as a person and know what your life is like. The doctor may ask about where you live, what you eat, how you sleep, what you do each day, what activities you enjoy, what your sex life is like, and if you smoke or drink. Be open and honest with your doctor. It will help him or her to understand your medical conditions fully and recommend the best treatment choices for you.

Voice Other Concerns
Your doctor may ask you how your life is going. This isn’t being impolite or nosy. Information about what’s happening in your life may be useful medically. Let the doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one. You don’t have to go into detail; you may want to say something like: “It might be helpful for you to know that my sister passed away since my last visit with you,” or “I recently had to sell my home and move in with my daughter.”

Medications

Medication
- Single or combination of meds
- Includes medication you have been taking
- Skeletal/muscle problems
- Unequal bone lengths
- Decreased muscle strength
- Stiffer joints

Medical diseases
- Head injuries
- Inner ear problems
- Diabetes
- Blood sugar levels
- Neuropathy in feet (nerve damage)
- Blood pressure
- Rising rapidly from a chair or bed may cause blood pressure to drop resulting in being lightheaded or dizzy.

Fatigue
- With increasing age, we may have difficulty accepting the decreased amount of physical activity we can do. Pushing yourself beyond this point can increase the chance of injury.

Hazardous situations
- Clutter
- Throw rugs
- Pets
- Wet floors
- Poor lighting

Prevention
- Remove clutter
- Secure carpets and throw rugs or remove
- Wear shoes
- Stairs
- Reaching for items not within arm’s length

How to improve your balance
- Proper nutrition
- Increase brightness of lights
- Night lights
- Regular eye exams
- Grab bars in the bathroom, especially by the tub and/or shower
- Don’t walk on wet floors
- Know where your chair is before you sit
- Proper nutrition
- Accept help offered by others
- Talk with your medical provider about medications
- Be sure pets are not in your way
- Electric cords
- Get a good night’s sleep
- Hand rails on stairs
- Challenge your strength and flexibility through exercise. Join an organized activity such as a water exercise class designed around American Disability Association recommendations, Tai Chi, or Yoga. Walking with a partner gives you exercise and physical support, if needed, as well as companionship. There are multiple web sites discussing exercises appropriate for all adults, not just seniors. Seated exercises on your own may be where you start. Schedule your exercise time on the calendar. That decreases the “I don’t have time” excuse for not exercising.

P.S. You don’t need all the workout gear or weights, etc. Just good shoes and comfortable clothes. A can of vegetables is a one pound weight.

And remember...!! Just don’t fall!!
Caminar es una prioridad, pero también es vital equilibrar la actividad física con el descanso y el sueño. Para algunos adultos mayores, llevar una vida activa puede reducir el riesgo de caídas y accidentes. Sin embargo, es importante que se aseguren de que el ejercicio se adapte a sus necesidades y que siempre se haga de manera segura.

**Otras Preocupaciones:**

Si está experimentando síntomas que le preocupen, no se lo contenga. Hable con su médico o con un profesional de la salud. Si no está seguro de cómo informarle sus síntomas, su médico le ayudará a comprender qué significa compartirla. Un examen físico y una conversación con el médico pueden proporcionar información valiosa.

**Informarse Acera De Sus Hábitos:**

Es posible que los medicamentos interacúen, provocando efectos secundarios desagradables. Si tiene pensado tomar medicamentos, consulte con su médico para asegurarse de que está tomando los medicamentos que le benefician.

**Cómo prevenir la pérdida de peso:**

La pérdida de peso puede ser un signo de muchas enfermedades. Su médico puede ayudarle a comprender el trastorno en el cuerpo. Si es un problema, su médico puede sugerirle alimentos saludables y consejos para el ejercicio físico.

**Medicamentos:**

Los medicamentos pueden afectar su equilibrio. Si tiene pensado tomar medicamentos, consulte con su médico para asegurarse de que está tomando los medicamentos que le benefician.

**Cómo prevenir el dolor de cabeza:**

El dolor de cabeza puede ser una señal de una enfermedad. Si tiene pensado tomar medicamentos, consulte con su médico para asegurarse de que está tomando los medicamentos que le benefician.

**Cómo prevenir el mareo:**

El mareo puede ser un signo de muchas enfermedades. Si tiene pensado tomar medicamentos, consulte con su médico para asegurarse de que está tomando los medicamentos que le benefician.
A patient portal is a website for your personal health care. The online tool helps you to keep track of your health care provider visits, test results, billing, prescriptions, and so on. You can also e-mail your provider questions through the portal.

Many providers now offer patient portals. For access, you will need to set up an account. The service is free. A password is used so that all of your information is private and secure.

What is in a Patient Portal?

With a patient portal, you can:

• Make appointments (non-urgent)
• Request referrals
• Refill prescriptions
• Check benefits
• Update insurance or contact information
• Make payments to your provider’s office

• Complete forms
• Ask questions through secure e-mail
You also may be able to view:
• Test results
• Visit summaries
• Your medical history including allergies, immunizations, and medicines
• Patient-education articles

Some portals even offer e-visits. It is like a house call. For minor issues, such as a small wound or rash, you can get diagnosis and treatment options online. This saves you a trip to the provider’s office. E-visits cost around $30.

How do I use a Patient Portal?

If your provider offers a patient portal, you will need a computer and internet connection to use it. Follow the instructions to register for an account. Once you are in your patient portal, you can click the links to perform basic tasks. You can also communicate with your provider’s office in the message center.

If you have a child under age 18, you may be given access to your child’s patient portal, too.

Providers can also get in touch with you through the portal. You may receive reminders and alerts. You will receive an email asking you to log in to your patient portal for a message.

The Benefits of a Patient Portal

With a patient portal:

• You can access your secure personal health information and be in touch with your provider’s office 24 hours a day. You do not need to wait for office hours or returned phone calls to have basic issues resolved.
• You can access all of your personal health information from all of your providers in one place. If you have a team of providers, or see specialists regularly, they can all post results and reminders in a portal.
• Providers can see what other treatments and advice you are getting. This can lead to better care and better management of your medicines.
• E-mail reminders and alerts help you to remember things like annual checkups and flu shots.

When to Call the Doctor

Patient portals are not for urgent issues. If your need is time-sensitive, you should still call your provider’s office.

Alternative Names

Personal health record (PHR)

References


Patient Portals - An Online Tool For Your Health

Portales De Pacientes-Conjuntos De La Red Para Su Salud

Medline Plus

Un portal para pacientes es un sitio web para su atención médica personal. La información en línea le ayuda a hacer un seguimiento de las visitas del médico, los resultados de las pruebas, la facturación, las recetas.

También puede enviar por correo electrónico las preguntas de su proveedor a través del portal.

Muchos proveedores ahora ofrecen portales para pacientes. Para acceder, deberá configurar un Cuenta. El servicio es gratuito. Se utiliza una contraseña para que toda la información sea privada segura.

¿Qué hay en un portal de pacientes?

Con un portal de pacientes, usted puede:

• Hacer citas (no urgentes)
• Solicitar referencias
• Recetas de recarga
• Comprobar los beneficios

• Actualizar el seguro o la información de contacto
• Hacer pagos a la oficina de su proveedor
• Formularios completos
• Hacer preguntas a través de Secure e-mail

También es posible que pueda ver:

• Resultados de la prueba
• Visitar resúmenes
• Su historia médica incluyendo alergias, inmunizaciones y medicinas
• Artículos de educación del paciente

Algunos portales incluso ofrecen visitas electrónicas. Es como una llamada de casa. Para asuntos menores, como un pequeño herida o erupción, usted puede conseguir diagnóstico y opciones del tratamiento en línea. Esto le ahorrará un viaje a la oficina del proveedor. Las visitas electrónicas cuestan alrededor de $30.

¿Cómo utilizar un portal para pacientes?

Si su proveedor ofrece un portal para pacientes, necesitará una computadora y conexión en Internet para usarlo. Siga las instrucciones para registrarse en una cuenta. Una vez que esté en su paciente Portal, puede hacer clic en los vínculos para realizar tareas básicas. También puede comunicarse con la oficina de su proveedor en el centro de mensajes.

Si usted tiene un hijo menor de 18 años, se le puede dar acceso al portal del paciente de su hijo. También. Los proveedores también pueden ponerse en contacto con usted a través del portal. Puede recibir recordatorios y alertas. Usted recibirá un correo electrónico pidiéndole que inicie sesión en su portal de Mensaje.

Los beneficios de un portal de pacientes

Con un portal del paciente:

• Usted puede acceder a toda su información personal de salud de todos sus proveedores en un lugar. Si usted tiene un equipo de proveedores, o ve a especialistas con regularidad, todos ellos pueden contabilizar resultados y recordatorios en un portal.

• Los proveedores pueden ver los otros tratamientos y consejos que usted está obteniendo. Esto puede conducir para un mejor cuidado y mejor manejo de sus medicamentos.

• Recordatorios y alertas de correo electrónico le ayudan a recordar cosas como chequeos anuales y vacunas contra la gripe.

Cuándo llamar al médico

Los portales de los pacientes no son para asuntos urgentes. Si su necesidad es sensible al tiempo, todavía debe Llame a la oficina de su proveedor.

Nombre alternativo
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
  - 575-541-2549
  - lopalacios@las-cruces.org
  - Office at Munson Center
- Michael Garcia
  - Recreation Facilities Manager
  - 575-528-3000
  - mgarcia@las-cruces.org
  - Office at Munson Center

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**Free Nutrition Class**

ICAN provides hands-on nutrition education to adults with limited resources in Dona Ana County. Participants learn to prepare quick and nutritious meals, shop on a budget, keep food safe and other useful skills. They also prepare a new recipe every week!

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<thead>
<tr>
<th>Date</th>
<th>Center</th>
<th>Time</th>
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<tr>
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<tr>
<td>June 26</td>
<td>Sage Cafe</td>
<td>11:30-12:30</td>
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**CLASES DE NUTRICION GRATUITAS**

El programa ICAN prove actividades practicas sobre la nutricion para adultos con recursos limitados en el condado de Dona Ana. Los participantes aprenderan a preparar alimentos rapidos y nutritivos, comprar con un presupuesto, mantener el alimento seguro y otras tecnicas utiles. Tambien preparan una receta nueva cada semana!

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**Try This To Save On Produce**

Whenever Something in the produce department is being sold at a flat rate instead of by weight, I always weigh it anyway. For example, when I’m buying iceberg lettuce, which is priced per head. I pick up a few of the largest ones I see and place them on the scale—heads of lettuce are like snowflakes, each one is different! When I do this, I can get a head of lettuce that’s 10 to 20 percent larger than the smallest ones. Sometimes I’ve found a 50 percent difference in weight, so spending just a few moments at the scale definitely pays! This trick works when you buy bags of potatoes, celery, carrots or apples—basically any produce that is sold by the bag.

- Stephanie Nelson

**Get Savvy about Expiration Dates**

Up to 40 percent of food in America is wasted, and some of that can be attributed to “sell by” and expiration dates. Instead of bypassing items marked 50% off because their sell-by date is approaching, consider creative uses for these foods. For example, too-ripe bananas can be frozen now for use in banana bread later on, and stale bread can be frozen and saved to make stuffing or as bread crumbs to top a green bean casserole come Thanksgiving. Easing up on expiration dates is a great saving strategy.”

- Kendal Perez

**Ensure Fruit and Veggies Last Longer**

At one point, I was shopping once a month for a family of seven, and I learned how to make things last so we weren’t throwing things out before we could use them. One secret: Wash the produce when you get it home. Just put two cups of vinegar in a gallon of water and wash everything. It lasts so much longer because you’re getting rid of bacteria.

- Annette Economides

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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>Papen Center</td>
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<td>June 27</td>
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<td>975 S. Mesquite</td>
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