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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Center</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1</td>
<td>Papen Center</td>
<td>304 W. Bell</td>
</tr>
<tr>
<td>March 2</td>
<td>Benavidez</td>
<td>1045 McClure</td>
</tr>
<tr>
<td>March 5</td>
<td>Sage Café</td>
<td>6121 Reynolds Dr.</td>
</tr>
<tr>
<td>March 26</td>
<td>Eastside</td>
<td>310 N. Tornillo</td>
</tr>
<tr>
<td>March 28</td>
<td>Munson</td>
<td>975 S. Mesquite</td>
</tr>
</tbody>
</table>

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

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

Dial A Ride  
575-541-2777

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

Friday Night St. Patrick’s Dance
WHEN/CUANDO: Friday, March 16, 2018
WHERE/DONDE: Munson Senior Center
TIME/TIEMPO: 5:00—7:00 pm
ENTRY FEE: 3.00

Saturday Night St. Patrick’s Dance
WHEN/CUANDO: Saturday, March 17, 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!

MUSIC AT MUNSON SENIOR CENTER
Paul Kimbell will be performing music in the lobby of the Munson Senior Center on

TUESDAY, MARCH 13, 2018
10:00 AM to 11:00 AM

He will be playing a variety of music, we encourage you to come early before lunch and attend this new program.

Come out and show some support while you enjoy great music.

Satuday Afternoon St. Patrick’s Dance
WHEN/CUANDO: Saturday, March 17, 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!
### 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 (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>Hands N' Feet</td>
<td>Wed</td>
<td>10:30 am - 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 – 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 APRIL 23-27 2018 at the Munson front desk. Classes will begin the week of APRIL 30, 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>Friday</td>
<td>12:00 pm - 2:00 pm</td>
<td>$6 per 6-week session</td>
<td>Eastside Center Classroom - Only 15 available slots.</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>
**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>1st Sat</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 1.</td>
</tr>
<tr>
<td>Spanish – Conversational</td>
<td>Tue</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4. Join anytime! This is an informal Spanish conversation group. Some knowledge of Spanish is needed and a willingness to share and learn. Participants speak Spanish during the class.</td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>Mon</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Please see instructor if you are joining after the starting date.</td>
</tr>
<tr>
<td>Spanish – Spoken for Beginners</td>
<td>Fri</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Desert Writers</td>
<td>Wed</td>
<td>9:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Munson Book Club</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.</td>
</tr>
</tbody>
</table>

### Games:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>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>1:00 pm – 3:00 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>Matter of Balance</td>
<td>Mon</td>
<td>9:00 am – 11:00 am</td>
<td>No charge</td>
<td>Continuing March 5, Meeting Room 4.</td>
</tr>
<tr>
<td>Essential Oils</td>
<td>4th Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>March 22 - Munson Center, Meeting Room 4.</td>
</tr>
<tr>
<td>Senior Programs Advisory Board Meeting</td>
<td>2nd Thu</td>
<td>9:00 am – 11:00 am</td>
<td>Open to the public</td>
<td>Join us for the SPAB meeting on March 8, at the Eastside Center - 310 N. Tornillo Street. 575.528.3012</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>March 15 – St. Patrick’s Day Dance! We will have snacks, drinks, and door prizes. Hope to see you there!</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>3rd Sat</td>
<td>5:00 pm – 7:00 pm</td>
<td>$3 per person</td>
<td>March 17 - Please Join us for our Saturday St. Patrick’s Day Dance! Enjoy snacks and great Music! Hope to see you there!</td>
</tr>
</tbody>
</table>

If you are a grandparent raising your grandchildren, we invite you to join this free support group. For more information, please call Luis Castro at 541-2365. Or to see if you qualify, please call Luis Castro at 541-2365.
Volunteer Spotlight—Frank Lovato, Musician

Born in North Carolina and raised in Albuquerque, Network Volunteer Frank Lovato has lived a lot of places. And music has always been an important part of his life. But when he returned to New Mexico to be closer to his mother after living 20 years, Las Cruces became a special place. “I was reborn here as a musician. For 20 years, I was a professional plumber, not able to play music like I wanted to. Here, I had the opportunity to pick up what truly gave me joy.”

Mother’s family is from north of ABQ, New Mexicans from generations. Lived in a lot of places. Moved to Las Cruces and started singing in the Farmer’s Market. Self-trained in classical guitar and classical music, and having attended the Conservatory of Music in Puerto Rico, Frank describes his music in three acts: “The Two of Us,” his act with partner Helene McMillian that plays 60s and 70s folk rock, “Lovato” where he plays classical guitar music, and “Frankie” which is “a little mix of everything—singing Cowboy songs, songs in Spanish, funky songs, you name it.” Last month, Frank started a project that he and fellow volunteer, Jennifer Thurston, have been working on to bring more music to the senior centers. They hope to bring more music opportunities in the future and are looking to provide music during the Food Distribution times each month. Frank also serves as a volunteer with the library and has provided music for Network Volunteer Center events. He is currently working on a community project starting a Las Cruces electric guitar ensemble where he is transposing a piece by Bach to a piece with 6 electric guitars and 2 electric bases. We are excited about this endeavor and hope to bring it to the area centers when it comes to fruition. Thank you, Frank, for your sharing your gift of music with us!

Volunteer Fair and Inspire to Serve

Anyone needing volunteers?! We all know the important role that volunteers have in our community and our respective organizations. Our Annual Volunteer Fair is a way to connect community organizations to the many volunteer opportunities these organizations have to offer!

The 2018 Volunteer Fair will take place on Saturday, April 7th, from 9:00 am-1:00 pm at the Plaza of Las Cruces! Last year, over 500 people came out to connect with community organizations and our organizations were able to network with each other to make new connections and partnerships. Registrations are due by March 16th (if later, check with us at 575-528-3035 to determine if space is still available!).

In an effort to promote more community volunteerism and impact, we are also hosting the “Inspire to Serve” Project, which is an optional initiative sponsored by The Network Volunteer Center and the entire Volunteer Fair Steering Committee. Organizations who are registering for the Volunteer Fair are encouraged to plan a creative service project to be held sometime during National Volunteer Week (April 15-21) incorporating volunteers that are recruited at the Volunteer Fair. The hope is that when volunteers are able to participate in a very clear and immediate way for short-term projects with your organizations, the more likely they will connect with your organization for long-term. Projects will be judged by the Volunteer Steering Committee on Ingenuity, Inspiration, and Impact with the winning project receiving $250 seed money sponsored by Thrivent Financial. The Network Volunteer Center will work with each project entered to promote the projects and recruit volunteers! Project entries are due no later than March 15th, 2018 at 5:00 pm. Many volunteers are needed the day of the event too! So, come on and get on board! The 2018 Volunteer Fair is waiting for YOU!

¿Qué Pasa? — What’s Happening?

Special thanks to Paul Ford, Mobile Integrated Healthcare Coordinator for the Las Cruces Fire Department who came and talked to our participants about fall prevention and staying safe within the home. Participants learned of new techniques, ideas, and gadgets that can help them to feel safe in their homes longer. Also special thanks to our Network Volunteers, Jennifer Thurston and Daniel Gonzales who help to put these ¿Qué Pasa? events together.

We will continue to offer the ¿Qué Pasa? educational presentations on a monthly basis. Our next presentation will have Dr. Donna Wagner, Dean of the College of Health and Social Services at NMSU at Munson Center with a presentation called, “Growing Older, Getting Better,” on Tuesday, March 20th at 10:00 am. Come join us!

Special Music Presentations

As a way to get more music opportunities happening at the senior centers, two volunteers—Jennifer Thurston and Frank Lovato—are working their music connections to provide spaces for local performances.

The next special music performance will have Pauiter Kimbell performing in the lobby of Munson Center on Tuesday, March 13th from 10-11 AM. He will be playing a variety of music favorites, so we encourage everyone to come early for lunch on this day to experience some great music. We also hope to be offering music on food distribution days very soon.

Do you play music, or are you connected to a music group that is looking for a place to provide a performance for free? Contact Ryan Steinmetz at rsteinmetz@las-cruces.org or 575-528-3035 and we’ll get you connected with our volunteers for scheduling a performance in one of our five senior centers.
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—
- 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—The art wing is in need of a new mosaics instructor. If you are interested, let us know. 1-2 mosaics classes per week.

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!
- Volunteer Fair Steering Committee—The Network Volunteer Center is developing its steering committee to put on the annual Volunteer Fair in April of 2018. Volunteers are needed for the Logistics, Hospitality, PR/Marketing, and Registration teams. Meetings are monthly with a few action items needing addressed as we lead up to the April 7th Volunteer Fair. Specifically, we need more Network Volunteers on the Hospitality Committee.

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>
<tr>
<td>1st Thursday</td>
<td>4th Wednesday</td>
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<td>Papen Center</td>
<td>Munson Center</td>
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<td>1st Friday</td>
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<td>Benavidez Center</td>
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Upcoming Special Events

Saturday, April 7th—7th annual Las Cruces Volunteer Fair—Volunteers are needed for set-up, tear-down, hospitality, registration, runners and event photography. We would love to have volunteers from the community participate in a variety of ways, either as individuals or groups! Over 50 organizations from our community will be there to sign up volunteers!

Thursday, April 19th—Water Festival—Come join the City of Las Cruces Water Conservation team with their big annual event at Young Park where 4th graders from around the community will participate in activities that teach about water recycling, treatment, and conservation, and how we can be good stewards of our water resources.

Saturday, April 20th—Earth Day Celebrations—Earth Day festivities will take place this day at the downtown City Plaza. Help will be needed for set-up and tear-down, and helping watch recycling stations

National Volunteer Week Opportunities—Volunteers will be needed for the various projects picked this year for the Inspire to Serve Projects. Stay tuned for details as to what these projects will be and how volunteers will be utilized!
18 Health Tips for 2018. GO FURTHER WITH FOOD by incorporating these food, nutrition and activity tips.

1. Eat Breakfast—include lean protein, whole grains, fruits and vegetables
2. Make Half Your Plate Fruits and Vegetables—fruits and veggies add vitamins, minerals and fiber, set a daily goal of 2 cups of fruit and 2-1/2 cups of vegetables.
3. Watch Portion Size—get out measuring cups to keep serving size in line.
4. Be Active—adults should get 2 and a half hours of activity a week. Break that down into 10 minute sessions of walking or light exercise.
5. Fix Healthy Snacks—choose from two or more of MyPlate food groups
6. Get To Know Food Labels—the new labels are easy to understand
7. Consult an RDN—consult an expert if you want to lose weight, manage a chronic disease or lower your risk.
8. Follow Food Safety Guidelines—practice proper food safety, wash your hands, separate raw protein from ready to eat food and maintain a safe refrigerator temperature.

March is the Mes de Nutrición Nacional®

18 Consejos de Salud para el 2018. HAGA MAS CON SU COMIDA incorporando comidas, nutrición, y actividades.

1. Desayune y incluya proteína escasa de grasa, grano entero, frutas y vegetales
2. Sirva la mitad de su plato con frutas y vegetales - la fruta y vegetales agregan vitamínas, minerales y fibra. Haga una meta diaria de comer 2 tazas de fruta y 2-1/2 tazas de vegetales.
3. Cuidado con el tamaño de las porciones—Use la taza de medir para mantener la medida.
4. Sea activo—los adultos deben ser activos 2 horas y media por la semana. Diga el tiempo en sesiones de 10 minutos de caminar y ejercicio liviano.
5. Prepare meriendas saludables-escoja dos o más de “MyPlate” grupos de comida.
6. Conozca las etiquetas-las etiquetas nuevas son fácil de entender.
7. Consulte un RD—un experto si quiere perder peso, manejar una enfermedad crónica o reducir sus riesgos.
8. Sigua guías de seguridad para la comida—practique la seguridad alimentaria adecuada. Lave sus manos, sepárese proteína cruza del alimento listo para comer y mantenga su refrigerador a la temperatura adecuada.
9. Tome mas agua-evite azúcar adicional mientras se hidrata.
10. Póngase a cocinar-preparando comida en casa puede ser más saludable y le ayuda a mantener un costo efectivo.
11. Cuandocomocłave de casa no deje sus metas-pregunte y escuche su comida con cuidado.
12. Manténgase presente con Familia (o amistades). A la hora de la comida apague sus aparatos electrónicos y póngase a interactuar con la familia.
13. Destierre la comida aburrida-si empaque su lonche prevenga lo aburrido con ideas de comida saludable fácil de preparar. Hay muchas ideas para preparar en la computadora.
14. Explore Nuevos Alimentos y Sabores-escoja una nueva fruta o vegetal en el departamento de legumbres y trate nuevos granos.
15. Coma marisco dos veces a la semana-salmon, trucha, ostras, y sardinas son altas en omega-3s y bajas en mercurio.
17. Experimente con los alimentos basadas de plantas-puede hacer muchas resetas sin carne o pollo; vegetales, frijoles y lentejas hacen buenas sustituciones.
18. Haga el esfuerzo de reducir desperdicio-Haga inventario de lo que tenga a la mano antes de hacer su lista de compras y formule un plan basadas a lo que tenga.
Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. However, more older people tend to go to bed earlier and wake up earlier than when they were younger. There are many reasons why some older people may not get enough sleep. Feeling sick or being in pain can make it hard to sleep. Alcohol and other drugs can keep you awake. No matter how much you want to sleep, you don’t get a good night’s sleep, the next day you may feel tired or have a headache.

Get a Good Night’s Sleep

Being older doesn’t mean you have to be tired all the time. There are things you can do to help you get a good night’s sleep. Here are some ideas:

• Follow a regular sleep schedule and get up at the same time each day, even on weekends or holidays when you are traveling.

• Avoid napping in the late afternoon or evening. Naps may keep you awake at night.

• Keep your bedroom a cool, dark, and quiet place. The light from your computer, cell phone, or TV screen can disturb your sleep. Leave the lights off and turn off the TV, computer, or music, or soak in a warm bath.

• Try to wind down the TV or use or your computer, phone, or TV right before bedtime. The light from your computer, cell phone, or TV screen can disturb your sleep.

• The light from the device may make it difficult for you to fall asleep. And the light from the device may keep you awake.

• Keep your bedroom a comfortable temperature, not too hot or too cold. Aim for 65°F (18°C) or cooler at night. An ideal sleep temperature is about 66°F (19°C).

• Use low lighting in the evenings and as you prepare for bed.

• Exercise at regular times during the day but not within 3 hours of your bedtime.

• Avoid large, heavy, or greasy meals close to bedtime—they can keep you awake.

• Stay away from caffeine late in the day. Caffeine can keep you awake, so限 use coffee, tea, soda, and chocolate if you have to keep you awake.

• Remember—alcohol won’t help you sleep. Even small amounts can make it harder for you to fall asleep.

Insomnia is Common in Older Adults

In fact, almost all common sleep problems in adult are age 60 and older. People who have trouble falling asleep and staying asleep. In sleep can last for days, months, and even years. Having trouble sleeping can mean you:

• Take a long time to fall asleep

• Wake up many times in the night

• Wake up early and are unable to get back to sleep/Wake up feeling tired all day

• Feel very sleepy during the day

• Often have to get up from sleep to become a habit.

• Feel very restless not sleeping even after they are in bed. This may be caused by a sleep disorder and stay asleep. Some people have trouble sleeping may use over-the-counter sleep aids. Doctors may prescribe medications to help you sleep. Sleep medications may help when used for a short time, several times each day, but people who take sleeping pills may not be as well rested the next morning when they wake up. Some people develop a tolerance to sleeping pills, and medicines aren’t a cure for insomnia. Developing healthy habits at bedtime may help you get a good night’s sleep.

Sleep Apnea

People with sleep apnea have short pauses in breathing during sleep. These pauses may happen many times during the night. The pauses are brief, but they can lead to breathing upset. Apnea can occur during deep sleep, such as high blood pressure, stroke, or memory. You can have sleep apnea and have other conditions. Feeling sleepy during the day and being told you snore are signs that you may have sleep apnea. You should consult with a doctor who can treat this sleep problem. You may need to learn some ways to keep your airways open. This may involve wearing a device called a continuous positive air pressure (CPAP) device to make sure you are sleeping with sleep apnea. A doctor or surgeon may also help.

Movement Disorders and Sleep

Restless Leg Syndrome, periodic limb movement disorder, and rapid eye movement (REM) sleep behavior disorder are common in older adults. Movement disorders can rob you of the sleep you need. People with restless legs syndrome, or RLS, feel like they have to keep walking, pinching, or pulling their legs, or feel like something is crawling on their body. Some people feel like their legs are completely relaxed, then relax, and then their ankles are completely relaxed. Work your way up the rest of your body, section by section. Your doctor may recommend that you get up and go, or you just may need to take a break.

Sleep Apnea

Research consistently shows people who are having problems sleeping makes them sleep. For example, tell yourself it is 5 minutes before you have to get up, and you’re just going to fall back to sleep for a few more minutes. Some people find that relaxing their bodies puts them to sleep. One thing to do is simply exhale and then relax your toes completely, then your feet, and then your ankles are completely relaxed. Work your way up your body by section. Your doctor may recommend that you do this.

Sleep Apnea

You may have heard about some tricks to help you fall asleep. You don’t really have to count sheep—try counting slowly to 100. Some people find that imaging things that relax them makes them sleep. For example, tell yourself it is 5 minutes before you have to get up, and you’re just going to fall back to sleep for a few more minutes. Some people find that relaxing their bodies puts them to sleep. One thing to do is simply exhale and then relax your toes completely, then your feet, and then your ankles are completely relaxed. Work your way up your body by section. Your doctor may recommend that you do this.

Sleep Apnea

Tips to Help You Fall Asleep

- Try to set up a safe and comfortable sleeping environment.
- Make sure the floor is clear of objects.
- Lock up any medi- cine cabinets.
- Grab an attorney

- Make sure the floor is clear of objects.
- Lock up any medi- cine cabinets.
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Safe Sleep for Older Adults

Try to get up and go to bed at the same time each day, and get up at the same time each day, even on weekends or holidays when you are traveling.

- Make sure you have a safe night’s sleep are:
  - Consider using a soundproof device to help you sleep better at night.
  - If you feel tired and unable to wake up early and not drowsy, get up and out of bed. When you feel awake and not drowsy, take a short phone call or read a few pages of your book. This will help you wake up from a nap.

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Strokes (Cerebrovascular accident, CVA, “Brain attack”)  
Each year nearly 800,000 people experience a new or recurring stroke. It is the 3rd leading cause of death in women and 5th leading cause in men. Strokes can happen to anyone anytime and are the leading cause of adult disability in the US. Recognition of symptoms and calling 911 are critical since up to 80% of strokes are preventable if treated within 3 hrs.

<table>
<thead>
<tr>
<th>Causes of Stroke</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure (number one cause of stroke),</td>
<td>Lower blood pressure Medication if ordered Decrease sodium and fat. less salt and fat can lower your blood pressure and your risk for stroke.</td>
</tr>
<tr>
<td>High cholesterol (arteries can block normal flow to the brain and cause a stroke.)</td>
<td>Lower cholesterol levels. Medication if ordered</td>
</tr>
<tr>
<td>Atrial Fibrillation (A fib) is a type of irregular heartbeat. When blood pools, it tends to form clots which can then be carried to the brain, causing a stroke.</td>
<td>Stop smoking Alcohol in moderation (Heavy drinking can increase your risk for stroke, Medication if ordered</td>
</tr>
<tr>
<td>Diabetes (Related to other risk factors)</td>
<td>If you are diabetic, follow your doctor's advice carefully to get your blood sugar level under control. Having diabetes puts you at an increased risk for stroke.</td>
</tr>
<tr>
<td>Family history</td>
<td>Not a medical cause. Weight loss, physical activity, healthy eating habits</td>
</tr>
</tbody>
</table>

FACE:  Ask the person to smile. Does one side of the face droop?  
TIME: If you observe any of these signs, Call 9-1-1 immediately. Note the time symptoms are first noted.

Accidentes Cerebrovasculares (Accidente Cerebrovascular, CVA, “ataque cerebral”)  
Cada año, cerca de 800,000 personas experimentan un derrame cerebral nuevo o recurrente. Es la tercera causa principal de muerte en las mujeres y la quinta causa principal en los hombres. Los derrames cerebrales pueden ocurrirle a cualquier persona en cualquier momento y son la causa principal de discapacidad adulta en los Estados Unidos. El reconocimiento de síntomas y el llamar al 911 son críticos puesto que hasta 80% de movimientos son prevenibles si son tratados en el plazo de 3 horas.

<table>
<thead>
<tr>
<th>Causas de un Derame Cerebral</th>
<th>Prevencion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presión arterial alta (causa número uno del accidente cerebrovascular)</td>
<td>Presión arterial baja Medicamento si se le ordena Disminuya el sodio y la grasa. Menos sal y grasa pueden bajar la presión arterial y el riesgo de derrame cerebral.</td>
</tr>
<tr>
<td>Colesterol alto (las arterias pueden bloquear el flujo normal al cerebro y causar un derrame cerebral)</td>
<td>Niveles de colesterol más bajos. Medicamento si se le ordena</td>
</tr>
<tr>
<td>Fibrilación auricular (una FIB) es un tipo de latido cardíaco irregular. Cuando la sangre se agrega, tiende a formar coágulos que luego se pueden llevar al cerebro, causando un derrame cerebral.</td>
<td>Dejar de fumar Alcohól con moderación (la bebida pesada puede aumentar el riesgo de derrame cerebral. Medicamento si se le ordena</td>
</tr>
<tr>
<td>Diabetes (relacionado con otros factores de riesgo.)</td>
<td>Si usted es diabético, siga los consejos de su médico cuidadosamente para obtener el nivel de azúcar en la sangre bajo control. El tener diabetes lo pone en un riesgo alto de derrame cerebral.</td>
</tr>
<tr>
<td>Historia familiar</td>
<td>No es una causa médica. Pérdida de peso, actividad física, hábitos alimenticios saludables</td>
</tr>
</tbody>
</table>

Esta información es importante y puede afectar las decisiones del tratamiento. Para obtener información más detallada, utilice el sitio de rede: http://www.stroke.org/
Si necesita ayuda por favor comuníquese con un trabajador.

Call 9-1-1 immediately if you observe any of these symptoms.  
Note the time of the first symptom.  
For more in depth information use the website above.