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Visit us at: [Www.las-cruces.org](http://Www.las-cruces.org)
Or email us at: seniorprograms@las-cruces.org

**THURSDAY AFTERNOON MOTHERS DAY/CINCO DE MAYO DANCE**

**WHEN/CUANDO:** Thursday May 17, 2018

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 2:00—4:00 pm

**ENTRY FEE:** 3.00

Purchased your tickets the week of the dance!

**SATURDAY NIGHT MOTHER’S DAY/CINCO DE MAYO DANCE**

**WHEN/CUANDO:** Saturday May 19, 2018

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 5:00—7:00 pm

**ENTRY FEE:** 3.00

Purchased your tickets the week of the dance!

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**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. 575-528-3000 Open Monday – Friday 8:00 am – 5:00 pm</td>
<td>310 N. Tornillo St. 575-528-3012 Open Monday – Friday 8:00 am – 2:00 pm</td>
<td>304 W. Bell 575-541-2454 Open Monday – Friday 10:30 am – 1:00 pm</td>
<td>1045 McClure Rd. 575-541-2006 Open Monday – Friday 10:30 am – 1:00 pm</td>
<td>6121 Reynolds Dr. 575-528-3151 Open Tuesday – Friday 9:00 am – 2:00 pm Limited Congregate Meals.</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 |
### 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>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 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 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:

<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 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>Ceramic Glaze</td>
<td>Tue &amp; Thu</td>
<td>8:00 am - 4:00 pm</td>
<td>$2 per cup</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. 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. 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. 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. 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. Limited to 10 participants.</td>
</tr>
</tbody>
</table>
Other activities offered at Munson Center:

### Fitness Classes:

**Enhanced Fitness**
- **Mon, Wed, Fri**: 8:00 am – 9:00 am
- No charge
- Munson Center Auditorium.

**Line Dancing – Beginners**
- **Mon**: 2:00 pm – 3:00 pm
- No charge
- Munson Center Auditorium.

**Line Dancing – Intermediate**
- **Fri**: 2:00 pm – 3:00 pm
- No charge
- Munson Center Auditorium.

**Zumba Gold**
- **Mon**: 5:30 pm – 6:30 pm
- $1 for 60+
- Munson Center Auditorium.

### Lifelong Learning:

**Grandparents Raising Grandchildren**
- 3rd Thu: 1:30 pm – 3:30 pm
- No charge
- Please see instructor if you are joining after the starting date.
- Classes will END May 21, 2018 and will resume September 10, 2018

**Community Garden Meeting for the Munson Center Garden**
- 3rd Thu: 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**
- **Mon**: 1:30 pm – 3:00 pm
- No charge
- Munson Center, Meeting Room 2. Join anytime!

**Spanish – Spoken for Beginners**
- **Mon & Wed**: 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**: 8:30 am – 11:30 am
- No charge
- Munson Center, Meeting Room 2.

**Low Vision Support Group (for people with 20/70 vision or worse)**
- **1st Tue**: 9:30 am – 11:00 am
- No charge
- Good Samaritan, Oasis Room.

**Stroke Support Group**
- **1st Thu**: 10:00 am – 12:00 pm
- No charge
- Munson Center, Meeting Room 2.

**Essential Oils**
- **3rd Thu**: 2:00 pm – 3:30 pm
- No charge
- May 31 - Munson Center, Meeting Room 4.

**Senior Programs Advisory Board Meeting**
- **2nd Thu**: 9:00 am – 11:00 am
- Open to the public
- Join us for the SPAB meeting on May 10 at Frank O’Brien Papen Center - 304 W. Bell Avenue. 575.528.3000

**Senior Programs Monthly Dance**
- **3rd Thu**: 2:00 pm – 4:00 pm
- $3 per person
- May 17 – Mothers Day/Cinco de Mayo Dance! We will have snacks, drinks, and door prizes. Hope to see you there!

**Senior Programs Saturday Dance**
- **3rd Sat**: 4:00 pm – 6:00 pm
- $3 per person
- May 19 - Please join us for our Saturday Mothers Day/Cinco de Mayo Dance! Enjoy snacks and great Music!

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**Grandparents Raising Grandchildren**

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

**Abuelos criando nietos**

Si usted es un abuelo que cría 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 Benavides, 1045 McClure Road. Para más información o para ver si califica, por favor llame a Luis Benavidez, 541-2365. Únase a nosotros para nuestra próxima reunión el 8 de Mayo de 2018.

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**Pinochle**

Open to 60+. $3 per person

**Mah Jongg**

Open to 60+. $3 per person

**Bridge**

Open to 60+. $3 per person

**Canasta**

Open to 60+. $3 per person

**Billiards Tournament**

Open to 60+. $3 per person

**Horseshoes**

Open to 60+. $3 per person

**Mah Jongg**

Open to 60+. $3 per person

**Pinochle**

Open to 60+. $3 per person

**Spanish**

Open to 60+. $3 per person

**Line Dancing**

Open to 60+. $3 per person

**Zumba Gold**

Open to 60+. $3 per person

**Munson Book Club**

Open to 60+. $3 per person

**Community Garden Meeting for the Munson Center Garden**

Open to 60+. $3 per person

**Spanish – Spoken for Beginners**

Open to 60+. $3 per person

**Desert Writers**

Open to 60+. $3 per person

**Low Vision Support Group**

Open to 60+. $3 per person

**Stroke Support Group**

Open to 60+. $3 per person

**Essential Oils**

Open to 60+. $3 per person

**Senior Programs Advisory Board Meeting**

Open to 60+. $3 per person

**Senior Programs Monthly Dance**

Open to 60+. $3 per person

**Senior Programs Saturday Dance**

Open to 60+. $3 per person
This year’s Volunteer Fair was a huge success with over 500 attendees, 75 volunteers, and 48 organizations in attendance. We are so grateful to all the volunteers, vendors, and sponsors for helping to make this event happen every year.

**Event Volunteers:** Thank you to our volunteer groups—Habitat for Humanity, LDS Missionaries and church members, and Oñate HS Key Club for helping out with set-up, tear-down, registration tables, etc. Thanks to our entertainers, the Mesilla Valley Swing Band and folks from the Mariachi Conservatory. To our Network Volunteers—Velia Autrey, Frances Gonzalez, Sharon Tariol, Rosario Murray, Grace Romero, Shannon Roberts, Sarah Cutler, Zach Lewis, Dixie LaRock, Wayette Bridges, Nancy Beard, Asuncion Duran, Art Cuaron, and all the Steering Committee volunteers who helped make this possible! Thank you to CLC Codes Enforcement for their bike rodeo activity for kids!

**Event Sponsors:** We have amazing sponsors that help us year after year. To Caliche’s for providing their amazing frozen custard to prospective volunteers. We thank all our sponsors who help us provide food and refreshments to our many volunteers and vendors. Thank you to Sagecrest Nursing & Rehabilitation Center for providing plates, napkins and utensils. Thank you to Sagecrest and Albertsons for providing bottled water. Thank you to Dunkin Donuts for providing donuts, and Milagros for providing coffee. Thank you to Sprouts for their amazing donation of fresh fruit! Thank you to Walmart and Corner Deli for providing sandwiches, and to Papa Johns for providing pizza. Thank you to Cattle Baron for providing salads. Thank you to Sharon Tariol and the Girl Scouts for providing some great cookies. Thank you to Thivent Financial for providing seed money through their action teams for this event and for two upcoming community projects. Again, we very much appreciate all you do for our community!

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**Volunteer Spotlight—Volunteer Fair Event Volunteers & Sponsors**

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**Volunteer Happenings**

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**Qué Pasa? What’s Happening? For May**

Special thanks to Alaina Johnson for coming to talk about the myths and facts of Alzheimer’s Disease and Dementia for the month of April. We will continue to offer the Que Pasa educational presentations on a monthly basis. Our next presenter will be Dr. Cheryl Black, PhD talking about aging and vision loss. Please join us on Tuesday, May 15th at 10:00 am at the Munson Center for some interesting information about changes in vision as we age.

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**Music in the Air**

We are so thankful for all the wonderful musicians coming to fill our senior centers with music! A very special thank you goes out to both Tom Morris and Brian Clark for their music offerings this past month. Stay tuned for more music offerings! We are trying to find the best times to offer music at the centers. Please feel free to give us your opinions or suggest possible musician volunteers!

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**Water Festival**

Many volunteers joined almost 700 area 4th graders learning about water conservation and sustainability at the annual water festival. Students conducted hands-on experiments and learned from area professionals involved in the STEM sciences about taking care of our planet!
The Network Volunteer Center

VOLUNTEER OPPORTUNITIES—We have lots of places who have been waiting for a volunteer like you! Contact Ryan Steinmetz at rsteinmetz@las-cruces.org or 528-3035 to schedule a time to discuss volunteer possibilities and to sign up for a volunteer orientation.

Codes Enforcement—Senior Programs is developing a partnership with Codes Enforcement and is looking for groups of volunteers interested in helping with the Golden Shield Yard Assistance program helping seniors in need. Tuesdays and Fridays are available. There are a lot of seniors waiting on this list.

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
  - 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
  - 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.

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

Network Volunteer Center
  - Social Media Outreach Volunteers—Volunteers are needed to help with social media presence for the Network and Senior Programs.

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

More fun at the Volunteer Fair!
The USDA sponsored website, Nutrition.gov, offers their Top Ten Reasons to shop at a Farmers Market:
1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Purchases support your local farmers and economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It’s a great way to get your grandparents involved.
5. Supporting your local farmers market strengthens your community.
6. Farmers markets offer foods that align with MyPlate guidelines.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetable!
9. SNAP benefits are accepted at some farmers markets. The Las Cruces Downtown Farmers market offers Double Up Food Bucks.
10. Farmers markets are easy to find. The Las Cruces Farmers and Crafts Market ranks in the top five large farmers market in the country, look for it on the Downtown Mall on Wednesdays and Saturdays from 6–1.

In May, expect to find apricots, beets, blackberries, broccoli, cabbage, celery, cucumbers, and some squashes in season and at their peak for flavor.

Building a Farmers’ Market Spring Salad (With the help of some pantry staples and leftovers)
Foundation: 2-3 cups leafy greens, go with whatever is fresh at the market, spinach, lettuce, etc.
Rainbow of Veggies: Raw or roasted vegetables such as beets, squash, broccoli, red cabbage and carrots.
A little ‘snow’ on the roof: Add up to one half cup of cooked whole grains, barley, brown rice or quinoa.
Protein for fullness: Add three to four ounces of cooked chicken, beef, pork, or fish, this is a great time to use up leftovers. Other protein options are hard-boiled eggs or a half a cup of cooked beans.
Top it Off: There’s no need to run from healthy fats, top off with 1-2 tablespoons of olive oil or other flavorful oil, one to two teaspoons of oilive oil or other flavorful oil, one to two teaspoons of vinegar, and a sprinkling of your favorite seasoning, salt (in moderation), pepper, curry powder, chili powder, oregano, basi—the possibilities are endless!

### Primavera en el Mercado

La red social Nutrition.gov patrocinada por el USDA ofrece las diez razones para comprar en el Mercado

1. Las lechugas picadas recientemente se encuentran a su pico en sabor y nutrición.
2. Sus compras apoyan los granjeros locales y a la economía.
3. La Fruta Fresca y Vegetales están llenos de antioxidantes y fitonutrientes.
4. Es una buena idea de invocar a sus nietos.
5. Apoyando su Mercado local fortalece su comunidad.
6. Los mercados ofrecen frutas y vegetales que se alinean las guías de MyPlate.
7. Los granjeros a frecuencia tienen recomendaciones en como preparar sus productos.
8. Puede probar una nueva fruta o vegetal.
9. Los beneficios de SNAP son aceptados en algunos mercados. El mercado del centro de Las Cruces le ofrece ofertas dobles con el uso de su beneficio SNAP.
10. Los mercados son fácil de encontrar. La fila del mercado de Las Cruces está en los cinco mas grandes en el país, búsquelo en el centro de las cuidad los miércoles y sabados de 8 a 1.

En Mayo, espere encontrar chabacanos, betabel, zarzamora, brócoli, repollo, apio, pepino, y calabacitas a temporada en su mejor sabor.

Hacer una ensalada del Mercado con un poco de ayuda con cosas en casa.

Fundación: 2-3 tazas de verdura de hoja verde, hágalo con lo que encuentre fresco en el Mercado, espárragos, lechugas etc.

Arcoiris de o Vegetales: Vegetales crudos o rostizados como el betabel, calabacitas, repollo rojo, y zanahoria. Un poco de ‘nieve’ en el techo: Agregue hasta media taza de grano, cebada, arroz café o quinoa cocinada. Para llenarse, la proteína: Agregue tres a cuatro onzas de pollo, res, puerco o pescado cocinado. Esto es un buen tiempo para usar sobras. Otras opciones para proteinas son huevos crudos o media taza de frijol cocido.

Agregue: No hay necesidad de correrle a la grasa saludable, agregue uno o dos cucharaditas de aceite de oliva o otros aceites de sabor, una o dos cucharaditas de vinagre, y póngale un poco de salón, o sal (con moderación), pimientos, polvo de curry, polvo de chile, orégano, albahaca—Las posibilidades no tienen fin!
The MIND Diet May Help Prevent Alzheimer’s

Want another great reason to eat healthy? The food choices you make daily might lower your odds of getting Alzheimer’s disease, some scientists say. Researchers have found that people who stuck to a diet that included foods like berries, leafy greens, and fish had a major drop in their risk for the memory-sapping disorder, which affects more than 5 million Americans over age 65.

The eating plan is called the MIND diet. Here’s how it works.

Brain-Friendly Foods

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It’s similar to two other healthy meal plans: the DASH diet and the Mediterranean diet.

But the MIND approach “specifically includes foods and nutrients that medical literature and data show to be good for the brain, such as berries,” says Martha Clare Morris, ScD, director of nutrition and nutritional epidemiology at Rush University Medical Center.

You eat things from these 10 food groups:

- Green leafy vegetables (like spinach and salad greens): At least six servings a week
- Other vegetables: At least one a day
- Nuts: Five servings a week
- Berries: Two or more servings a week
- Beans: At least three servings a week
- Whole grains: Three or more servings a week
- Fish: Once a week
- Poultry (like chicken or turkey): Two times a week
- Olive oil: Use it as your main cooking oil.
- Wine: One glass a day

You avoid:

- Red meat: Less than four servings a week
- Butter and margarine: Less than a tablespoon daily
- Cheese: Less than one serving a week
- Pastries and sweets: Less than five servings a week
- Fried or fast food: Less than one serving a week

The Benefits

One study showed that people who stuck to the MIND diet lowered their risk of Alzheimer’s disease by 54%. That’s big. But maybe even more importantly, researchers found that adults who followed the diet only part of the time still cut their risk of the disease by about 35%.

On the other hand, people who followed the DASH and Mediterranean diets “moderately” had almost no drop in their Alzheimer’s risk, Morris says.

Scientists need to do more research on the MIND approach, “but it’s a very promising start. It shows that what you eat can make an impact on whether you develop late-onset Alzheimer’s,” which is the most common form of the disease, says Cecilia Rokusek, a registered dietitian at Nova Southeastern University.

Should You Follow the MIND Diet?

Even if you don’t have a family history of Alzheimer’s disease or other risk factors, you may still want to try this eating plan. It focuses on nutritious whole foods, so “it’s not just good for your brain. It’s good your heart and overall health, too,” says Majid Fotuhi, MD, PhD. He is the chairman and CEO of the Memosyn Neurology Institute.

One of the best things about the plan is that you don’t have to stick to it perfectly to see benefits, Rokusek says. “That makes it more likely you’ll follow it for a long time,” she says. And the longer people eat the MIND way, the lower their risk of getting Alzheimer’s disease, Morris says.

If you do decide to make your diet more MIND-like, Rokusek recommends you take a few extra steps. “Keep your portions in check, and be careful about how food is prepared. Sauces, breadings, and oils can add extra calories and hidden ingredients like sugar,” she says. “Make a point to drink several glasses of water a day, too.”

Last, understand that even though diet plays a big role, “it’s only one aspect of Alzheimer’s disease,” Fotuhi says. So get regular exercise and manage your stress to lower your risk even more, he says.

La dieta de la mente puede ayudar a prevenir el Alzheimer

¿quieres otra gran razón para comer saludable? Las opciones de comida que usted hace diariamente podrían disminuir sus probabilidades de padecer la enfermedad de Alzheimer, dicen algunos científicos.

Los investigadores han encontrado que las personas que se aferraron a una dieta que incluía alimentos como bayas, hojas verdes y peces tuvieron una caída importante en su riesgo de desorden minando, que afecta a más de 5 millones estadounidenses mayores de 65 años.

El plan alimenticio se llama la dieta de la mente. Así es como funciona.

Alimentos respetuosos con el cerebro

La mente significa la intervención del Mediterráneo-tablero para el retraso neurodegenerativo. Es similar a otros dos planes de comidas saludables: la dieta del tablero y la dieta mediterránea.

Pero el enfoque mental “incluye específicamente los alimentos y los nutrientes que la literatura y los datos médicos demuestran que son buenos para el cerebro, como las bayas”, dice Martha Clare Morris, ScD, Directora de nutrición y epidemiología nutricional en el centro médico de la Universidad de Rush.

Comes cosas de estos 10 grupos alimenticios:

- Verduras de hoja verde (como espinacas y lechugas): por lo menos seis porciones a la semana
- Otras hortalizas: al menos una al día
- Nueces: cinco porciones a la semana
- Bayas: dos o más porciones a la semana
- Frijoles: por lo menos tres porciones a la semana
- Granos enteros: tres o más porciones al día
- Pescado: una vez a la semana
- Aves de corral (como el pollo o el pavo): dos veces a la semana
- Aceite de oliva: Úselo como aceite de cocina principal.
- Vino: un vaso al día

Se evita:

- Carne roja: menos de cuatro porciones por semana
- Mantequilla y margarina: menos de una cucharada diaria
- Quesos: menos de una porción a la semana
- Pasteles y dulces: menos de cinco raciones a la semana
- Comida frita o rápida: menos de una porción a la semana

Los beneficios

Un estudio mostró que las personas que se aferraron a la dieta de la mente bajaron el riesgo de enfermedad de Alzheimer en un 54%. Eso es grande. Pero tal vez aún más importante, los investigadores encontraron que los adultos que siguieron la dieta sólo parte del tiempo todavía reducen el riesgo de la enfermedad en un 35%.

Por otro lado, las personas que siguieron el guión y las dietas mediterráneas “moderadamente” no tenían casi ninguna caída en el riesgo de Alzheimer Morris dice.

Los científicos necesitan hacer más investigación sobre el enfoque mental, “pero es un comienzo muy prometedor. Demostrueba que lo que usted come puede tener un impacto en si usted desarrolla el Alzheimer de la tarde-aparición,” que es la forma más común de la enfermedad, dice Cecilia Rokusek, dietista registrada en Nova Sunoriental University.

¿debería seguir la dieta de la mente?

Incluso si usted no tiene antecedentes familiares de enfermedad de Alzheimer u otros factores de riesgo, es posible que todavía desee probar este plan de alimentación. Se centra en alimentos nutritivos enteros, por lo que “no es sólo bueno para su cerebro. Es bueno su corazón y la salud en general, también”, dice Majid Fotuhi, MD, PhD. Es Presidente y CEO del Instituto de Neurología Memosyn.

Una de las mejores cosas del plan es que usted no tiene que atenerse a ella perfectamente para ver los beneficios, dice Rokusek. “eso hace que sea más probable que lo sigas por un largo tiempo”, dice. Y cuanto más tiempo la gente como la manera de la mente, menor es su riesgo de contraer la enfermedad de Alzheimer, dice Morris.

Si usted decide hacer su dieta más mente-mente, Rokusek recomienda que usted tome algunos pasos adicionales. “Mantenga sus porciones en jaque, y tenga cuidado acerca de cómo se prepara la comida. Las salsas, los panes y los aceites pueden agregar calorías extras y ingredientes ocultos como el azúcar”, dice. “haga un punto para beber varias copas de agua al día, también.”

Por último, entender que a pesar de que la dieta juega un papel importante, “es sólo un aspecto de la enfermedad de Alzheimer”, dice Fotuhi. Así que haga ejercicio regular y administre su estrés para reducir aún más su riesgo, dice.
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

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
<th>Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonia Saldana</td>
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<td>Munson Center</td>
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Food Distribution Schedule:

Registration begins at 9 am, Distribution begins around 10 am. Depending on the arrival of the

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<tr>
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<tr>
<td>MAY 3</td>
<td>Papen Center</td>
<td>304 W. Bell</td>
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<td>MAY 4</td>
<td>Benavidez</td>
<td>1045 McClure</td>
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<td>MAY 7</td>
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<td>6121 Reynolds Dr.</td>
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<td>MAY 23</td>
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<td>975 S. Mesquite</td>
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Older Americans Month 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older American’s Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Mes de Los Americanos Mayores de Edad 2018

Cada Mayo, la administración sobre el envejecimiento, parte de la administración para la vida de la comunidad, conduce la observancia de las personas de la edad avanzada. El tema del 2018, engancha a cada edad, enfatiza que nunca es demasiado viejo (o joven) para participar en actividades que pueden enriquecer su bienestar físico, mental y emocional. También celebra las muchas maneras en que los adultos mayores hacen una diferencia en nuestras comunidades.

Participar en actividades que promueven el bienestar mental y físico, ofreciendo su sabiduría y experiencia a la siguiente generación, buscando la tutoría de alguien con más experiencia de vida que usted — esos son sólo algunos ejemplos de lo que puede significar estar comprometido. No importa en cual etapa este en su vida, no hay mejor momento que ahora para empezar. Esperamos que se una y participe a todas las edades!