# City of Las Cruces Senior Programs Newsletter

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

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**SATURDAY NIGHT CINCO DE MAYO DANCE**

**WHEN/CUANDO:** Saturday May 4, 2019

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 5:00—7:00 pm

**ENTRY FEE:** $3.00

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**OLDER AMERICANS MONTH**

Please join us for our Older Americans Month celebration at Munson Senior Center. We will have food, music, and a dance!

**May 23, 2019**

Food & Music: 1:30 pm - 3:00 pm

Dance: 3:00 pm - 5:00 pm

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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 575-541-4315 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>

<table>
<thead>
<tr>
<th>Information and Referrals</th>
<th>Meal Reservation and Cancellations</th>
<th>Dial A Ride</th>
<th>Meals On Wheels Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>975 S. Mesquite Street, Las Cruces 575-528-3011</td>
<td>975 S. Mesquite Street, Las Cruces 575-528-3012</td>
<td>575-541-2777</td>
<td>975 S. Mesquite Street, Las Cruces 575-541-2451</td>
</tr>
</tbody>
</table>
### Sage Café Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitting (this is not a class)</td>
<td>Thu</td>
<td>10:15 am – 12:15 pm</td>
<td>No charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Enhance Fitness</td>
<td>Tue, Wed, Fri</td>
<td>9:45 am – 10:45 am</td>
<td>No charge</td>
<td>Sage Café, dining area.</td>
</tr>
<tr>
<td>Beginning &amp; Intermediate Chess</td>
<td>Wed</td>
<td>11:00 pm – 1:45 pm</td>
<td>No charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Train 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>Beading</td>
<td>Tue</td>
<td>12:00 am – 1:00 pm</td>
<td>No Charge</td>
<td>Sage Café Dining Room</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</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</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>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>8:15 am – 9:45 am</td>
<td>No Charge</td>
<td>Eastside Dining Room</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 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>Fri</td>
<td>12:00 pm – 2:00 pm</td>
<td>$6 per 6-week session</td>
<td>Limit of 13 Students. Class will be held at Eastside Center</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. Drop-in limited to returning students, if the limit of new students is below 6 with a maximum of 12 students. There will not be drop-in if there are 6 new students.</td>
</tr>
<tr>
<td>Stained Glass #4</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>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>
</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>
</tbody>
</table>

### Supplies and Materials:

- **Lapidary and Silver Jewelry Open Lab**
  - Tue & Thu | 8:00 am – 4:00 pm | $3 per day | Munson Center, Studio 1. Certification required to participate in open lab. Pay $3 per day at the front desk. |
- **Ceramic Glaze**
  - $2 per cup. Kiln firing $2, $3, $4 depending on size. Clay $13 for 25-pound bag. |
- **Gourd Painting**
  - Wed | 1:00 pm – 4:00 pm | $1 per session | Munson Center, Studio 3. Class limited to 12 participants. |
- **Mosaic/Gourds – Open Studio**
  - Fri | 1:00 pm – 4:00 pm | $1 per session | Munson Center, Studio 4. Class limited to 10 participants. |
- **Mosaics – Open Studio**
  - Tue | 1:00 pm – 4:00 pm | $1 per session | Munson Center, Studio 4. Class limited to 10 participants. |
- **Painting – Open Studio**
  - Mon | 8:30 am – 11:30 am | $1 per session | Munson Center, Studio 2. Class limited to 10 participants. |
- **Painting – Open Studio**
  - Fri | 8:30 am – 11:30 am | $1 per session | Munson Center, Studio 2. Class limited to 10 participants. |
Other activities offered at Munson Center:

**Fitness Classes:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhanced Fitness</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am – 9:00 am</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Beginners</td>
<td>Mon</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Intermediate</td>
<td>Fri</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>Mon</td>
<td>5:30 pm – 6:30 pm</td>
<td>$1 for 60+ $2 for under 60</td>
<td>Munson Center Auditorium.</td>
</tr>
</tbody>
</table>

**Lifelong Learning:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting (this is not a class)</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No charge</td>
<td>Munson Center, Studio 2; items donated locally.</td>
</tr>
<tr>
<td>Community Garden Meeting for the Munson Center Garden</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 1.</td>
</tr>
<tr>
<td>Spanish – Conversational</td>
<td>Tue</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Room 4. Join anytime! Level: Beyond Intermediate. A fun discussion group about topics chosen each week. For people who can converse in Spanish and want to improve their skills and vocabulary. There is no English or formal instruction.</td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>Mon</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Meeting Room 2. 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>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, outside on east side of Munson.</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>Thu</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Game Day</td>
<td>Thu</td>
<td>12:30 am – 2:30 pm</td>
<td>No charge</td>
<td>Come Join us for different Games! Card Games, Dominoes, and board games! Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Fri</td>
<td>11:30 am – 4:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
</tbody>
</table>

**Extra Activities:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>2:30 pm – 4:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>9:30 am – 11:00 am</td>
<td>No charge</td>
<td>Good Samaritan, Oasis Room.</td>
</tr>
<tr>
<td>Stroke Support Group</td>
<td>1st Thu</td>
<td>1:00 pm – 2:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Essential Oils</td>
<td>3rd Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, May 16 2019</td>
</tr>
<tr>
<td>Blood Pressure Monitoring</td>
<td>Mon</td>
<td>11:00 am – 1:00 pm</td>
<td>No charge</td>
<td>Munson Center</td>
</tr>
<tr>
<td>Senior Programs Advisory Board Meeting</td>
<td>2nd Thu</td>
<td>9:00 am – 11:00 am</td>
<td>Open to the public</td>
<td>Join us for the SPAB meeting on May 9, @ Benavidez Center - 1045 McClure Road. 575.541.2005</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>1st Sat</td>
<td>4:00 pm – 6:00 pm</td>
<td>$3 per person</td>
<td>May 4 - Please join us for our Saturday Dance! Enjoy snacks and great Music! We will be honoring our Veterans</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>May 16 – join us for our May Dance! This month we will be having it at MUNSON CENTER!</td>
</tr>
</tbody>
</table>

For any questions about activities, please contact Jeneca Maya Montoya at 575-528-3017 or Michael Garcia at 575-541-2005.

Activities and programs at our centers are open to all who are age 50 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs.
## Parks & Recreation Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>Thu TBD</td>
<td>TBD</td>
<td>Drop in fee: $2 per walk $1 for Seniors</td>
<td>TBD</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am</td>
<td>$12.00 for 4 week Session. During the Summer months, walks begin at 7:00/7:30 am.</td>
<td>TBD</td>
</tr>
<tr>
<td>50+ Indoor Cycling</td>
<td>Mon, Wed</td>
<td>10:30 am - 11:20 am</td>
<td>$2 per Class $1 for Seniors</td>
<td>Las Cruces Regional Aquatic Center</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tue, Thu</td>
<td>8:55 am</td>
<td>No Charge</td>
<td>Taught by NMSU students. Classes will resume in August when NMSU classes resume.</td>
</tr>
</tbody>
</table>

### Fitness Classes

- **Walking Group**
  - Days: Mon, Wed, Fri
  - Time: 8:00 am
  - Drop in fee: $2 per walk, $1 for Seniors
  - Fee: $12.00 for 4 week Session. During the Summer months, walks begin at 7:00/7:30 am.

- **50+ Indoor Cycling**
  - Days: Mon, Wed
  - Time: 10:30 am - 11:20 am
  - Fee: $2 per Class, $1 for Seniors

### Tai Chi

- Days: Tue, Thu
- Time: 8:55 am
- Fee: No Charge

### BEADING

Please Join us for a beading class!

**Sage Café Dining Room**

Tuesday May 21, 2019 - 12:00 am to 1:00 am

**Munson Center**

Thursday May 23, 2019 –12:00 pm to 1:00 pm

Supply Lists will be available at Munson Center and Sage Café.

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**¿TIENE USTED Temor de caerse?**

### Un Asunto de Equilibrio:

**Contando el Temor a las Caídas**

**Muchas personas adultas mayores temen a caerse y dejan de participar en actividades. Un Asunto de Equilibrio es un programa que recibido premios nacionales y está diseñado para ayudarte a controlar tu temor a las caídas y aumentar tu nivel de actividad.**

**En este programa va a aprender a:**

- Reconocer que puede prevenir las caídas
- Hacer metas para aumentar el nivel de actividad física
- Hacer cambios en su entorno para reducir el riesgo a caerse
- Hacer ejercicios para aumentar la fuerza y el equilibrio

**¿Quién debe de participar?**

- Cualquier persona que sienta temor a caerse
- Cualquier persona que quiera mejorar su equilibrio, flexibilidad y fuerza
- Cualquier persona que se haya caído alguna vez
- Cualquier persona que haya reducido su actividad por temor a caerse

**Fecha y hora de clases:**

- Cada Martes y Jueves
- Mayo 7-Mayo 30
- 12:00-2:00 pm

**Lugar:** Eastside Centro de la Comunidad

Para reservar su lugar:

- Firme la hoja de registro en Eastside o Munson

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Volunteer Happenings

Thanks for a Successful Volunteer Fair and Giving Day 2019!

This year’s Volunteer Fair and Giving Day was a HUGE success! With 57 organizations participating and over 1700 fair attendees, it was by far the biggest fair we have ever had! Over 700 volunteers were signed up to learn more about volunteer service with the various organizations involved in this year’s event.

Introduced at this year’s event, the Giving Day was also immensely successful. Thanks to our partnership with Community Foundation of Southern New Mexico and United Way of Southwest New Mexico, matching funds of up to $500 were available for participating organizations collecting donations at the event. This first year, over $18,000 was raised by local non-profits and fund matches.

Thank you to the MANY volunteers who helped to make this event a success. It was a lot of hard work, but that hard work was so worth it when such a worthwhile event is the result. Thanks to our many performers! Thank you to our community supporters—Dunkin’ Donuts, Milagro, Little Caesars, Cattle Baron, Caliche’s, Corner Deli, Girl Scouts of the Desert Southwest, Thrivent, Sonic, Walmart, Sam’s Club, Lowe’s, Sprouts, Albertsons, Jason’s Deli, and Rudy’s. And another big thank you to the Steering Committee who worked so hard in putting this event together!

Volunteer Breakfast, May 9th!

Come join us for a volunteer appreciation breakfast on Thursday, May 9th at 8:30 am at the Munson Center located at 975 S. Mesquite St. to celebrate a year of wonderful happenings for the volunteer program. We will honor all volunteers as well as hand out some special volunteer awards as well. We’ll also discuss this year’s volunteer highlights!

As a part of this year’s Volunteer Appreciation, we will also have a chance to say good-bye to Volunteer Coordinator, Ryan Steinmetz, who has served in this capacity for almost five years. Ryan will not be leaving the city organization, however, and will be serving as a Recreation Services Supervisor with the Parks and Recreation Department overseeing the Weed and Seed and Teen Connection Programs.

“I have been truly blessed to serve by community by connecting others to points of service as well,” stated Steinmetz. “I have met so many people who truly want to make their community a better place, and who have so much fun doing so! I am saddened by leaving, but excited for a new opportunity to serve my community.”

Please RSVP for this event by 5:00 pm Tuesday, April 7th by calling Ryan at 575-635-9455 or emailing at rsteinmetz@las-cruces.org!

Music in the Air

Thank you to Travis Manning who performed at the Sage Café on April 18th. His performance was truly appreciated by the Sage Café lunch crowd.
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! Also, Spanish Translators and Tour Guides needed for upcoming Prado exhibit!

NEW!! Railroad Museum—Volunteer needed to cover the Saturday shift from 2:00 to 4:30 and Wednesdays from 12:00-2:00!

Museum of Nature and Science—Looking for new volunteers, especially on Saturdays

Museum of Art—Volunteer tour guides needed as well as information desk

Branigan Cultural Center—in More volunteers general are needed

Parks and Recreation

Front Desk Volunteers—Parks and Recreation Department is looking for some great volunteers to help with the front desk at the Papen Center!

Senior Programs: General

Quilting and Crochet Volunteer Groups—Want to learn how to quilt or crochet and help the community with the items you make? These groups are for you!

Gardeners—The Munson Center Community Garden is in need of new volunteers! We meet once a month for meetings and of course spend a lot of time in the garden. Don’t know much about gardens? That’s ok, we’ll teach ya!

Mosaics Instructor and Stained Glass Instructor(s)—Needed for the Munson Center

RN’s and CNA’s needed to help take blood pressures of seniors during their visits to the centers—ongoing monitoring encouraging good health and constant checking. Especially needed during days of Food Distribution (See schedule below)

Senior Programs: Nutrition and Meals

NEW!! Dining Room Aides are needed at Benavidez Center, particularly on Mondays!

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 Friday—Benavidez  4th Monday—Eastside Center
1st Thursday—Papen Center  4th Wednesday—Munson Center

NEW!! Asylum Seeker Project—Volunteers are needed to help with shelter and humanitarian needs for asylum seekers that have been welcomed for temporary shelter in Las Cruces.

Thank you to the many volunteers who helped with our many projects this month! April has been super busy, but you all came through to help at the Volunteer Fair, Water Festival, Spring Fest, Earth Day, and Asylum Seeker events. Our city could not do all the wonderful things we do without your continued service to your community.

THANK YOU VERY MUCH!

Special thanks to all our Network Volunteers, City staff, County staff, LCPS, and non-profit partners for all their hard work in serving immigrants seeking asylum that were housed at Las Cruces High School.
Staying Hydrated

It’s starting to get warmer! That means it’s important to start thinking about water and how hydrated you are. Your body needs water to function at its best.

**Being dehydrated can lead to these negative symptoms:**

- Acne and dry skin
- Gas, bloating, and acid reflux
- Brain fog and poor mental performance
- Fatigue and stiffness

**Here are some great tips for staying hydrated:**

Don’t wait until you’re thirsty! You may already be dehydrated by then.

You can add flavor to your water by adding herbs and juices from fruit and vegetables.

Be careful! Caffeine and alcohol will dehydrate you.

Consider bringing a water bottle with you.

Certain foods are full of water. Try adding Berries, watermelon, citrus, tomatoes, zucchini, cucumber, radishes, and celery to your diet.
¡Están comenzando a calentarse los días! Eso quiere decir que es importante de comenzar a pensar en el agua y que tan hidratado esta. Su cuerpo necesita agua para funcionar mejor.

**Estando deshidratado puede llegar a estos síntomas negativas:**

- Acné y piel seca
- Gas, inflamada, a
- Perdida de memoria y pobre ejecución mental
- Fatiga y ponerse tieso

**Aquí hay unas buenas ideas para mantenerse hidratado:**

- ¡No espere hasta que tenga sed! Puede que ya este deshidratado para entonces.
- Le puede dar sabor a el agua con agregar hierbas y jugos de fruta o vegetales.
- ¡Tenga cuidado! Cafeína y and alcohol lo deshidrata.
- Considere de traer una botella de agua con usted.
- Cierta comida está llena de agua. Trate de agregar fresas, sandia, fruta cítrica, tomate, calabaza, pepino, rábanos, y apio a su dieta.
Regular home safety check-ups keep seniors safe

Spring is a great time to take a fresh look at your older adult’s home to make sure it’s as safe as possible.

Hazards add up over time and increase the risk of falls or accidents – a top reason for seniors to lose mobility or decline in health. Regular home safety check-ups reduce fall risk and help them stay as independent as possible.

We created a handy printable checklist of essential spring safety tips. Use this free checklist to help you notice things around the house, fix safety issues, and take notes if larger repairs are needed.

**Use this printable checklist to keep seniors safe at home**

Once or twice a year, go through this checklist of important safety updates to keep your older adult’s home in tip-top shape.

Our printable checklist includes:

**Medication**
- Update the list of all medications, vitamins, and supplements
- Safely dispose of any expired or discontinued medications

**Bathroom**
- Install grab bars (if needed) or make sure existing ones are sturdy and well-attached
- Replace bath mats with non-skid low profile mats
- Install a raised toilet seat or safety frame (if needed) or check that existing ones are sturdy
- Make sure tub or shower floor is non-slip – try this at-home treatment or these stick-on decals
- Add automatic night lights to make it easy to see at night

**Kitchen**
- Prominently post emergency contact information on the fridge and near the telephone
- Check that appliances are in good working condition and within easy reach
- Place frequently used items in easy reach
- Put away appliances that are rarely used to remove clutter
- Check that the stove, refrigerator, and freezer are in good working condition

**Bedroom**
- Use automatic night lights to light the way to the bathroom
- Check that the bedside lamp is easy to turn on and off
- Make sure the phone and/or medical alert device is easy to reach from the bed
- Check that the bed is easy to get into and out of or add an aid like this one
- Keep clothing and daily dressing & grooming items within easy reach

**General house**
- Set the water heater at a temperature that won’t scald
- Check that all sinks and drains are in good working order
- Clear hallways and main floor spaces of dangerous clutter
- Secure all electrical cords at the edges of rooms
- Make sure lighting is bright, that there are on/off switches at every doorway, and replace light bulbs as needed or switch to long-lasting LED bulbs
- Change smoke detector batteries or switch to a 10-year smoke detector
- Make sure fire extinguishers are fully charged and easily accessible
- Check that furniture is sturdy and in good shape – no wobbly or sliding chairs
- Check that flooring is smooth and free of tripping hazards

**Outside the house**
- Make sure that house numbers are clearly visible from the street, night and day
- Check that walkways are clear, free of tripping hazards, and have supportive handrails (as needed)


http://1tsip9tt643kufi0v3m1s4is-wpengine.netdna-ssl.com/wp-content/uploads/2018/04/SpringSafetyChecklistforSeniors.pdf
Chequeos de seguridad en el hogar regular protección a las personas mayores

Primavera es un buen momento para tomar una mirada fresca en casa de su adulto mayor para asegurarse de que es tan seguro como sea posible. Riesgos se suman con el tiempo y aumentan el riesgo de caídas o accidentes – una razón superior para las personas mayores a perder movilidad o disminución en la salud. Regular inicio seguridad check-ups reducir el riesgo de caída y ayuden a mantenerse tan independientes como sea posible.

Hemos creado una útil lista de verificación imprimible de consejos de seguridad de resorte esencial. Utilice esta lista gratis para notar cosas alrededor de la casa, arreglar problemas de seguridad y tomar notas si se necesitan reparaciones mayores.

Utilice esta lista de verificación imprimible para proteger a las personas mayores en casa

Una o dos veces al año, vaya a través de esta lista de actualizaciones importantes de seguridad para mantener a su adulto mayor Hogar en perfectas condiciones. Nuestra lista para imprimir incluye:

**Medicamento**
- Actualizar la lista de todos los medicamentos, vitaminas y suplementos
- Disponer con seguridad de medicamentos vencidos o descontinuados

**Cuarto de baño**
- Instalar barras del gancho agarrador (si es necesario) o asegúrese de que las existentes son robustos y bien atado
- Vuelva a colocar alfombras de baño con las esteras antideslizantes bajo perfil
- Instalar un elevado marco de seguridad o asiento inodoro (si es necesario) o comprobar que las existentes son robustos
- Asegúrese de bañera o ducha piso es antideslizante – probar este tratamiento en casa o estas etiquetas adhesivos
- Agregar luces de noche automático para que sea fácil de ver por la noche

**Cocina**
- Post destacado información de emergencia en la nevera y cerca del teléfono
- Compruebe que los aparatos están en buenas condiciones y a poca distancia
- Coloque artículos con frecuencia usados de fácil acceso
- Guarde los aparatos que se usan con frecuencia para eliminar el desorden
- Compruebe que la estufa, el refrigerador y el congelador están en buenas condiciones de trabajo

**Dormitorio**
- Use luces de noche automático para iluminar el camino al baño
- Compruebe que la lámpara de noche es fácil de encender y apagar
- Asegúrese de que el teléfono o dispositivo de alerta médico es fácilmente accesible desde la cama
- Compruebe que la cama es fácil de conseguir en y fuera de o añadir una ayuda como esta
- Mantener la ropa y preparación diaria y artículos a poca distancia de la preparación

**Casa general**
- Ajustar el calentador de agua a una temperatura que no escaldará
- Verifique que todos los sumideros y desagües están en buenas condiciones
- Claro pasillos y espacios de la planta principal del desorden peligroso
- Asegure todos los cables eléctricos en los bordes de las habitaciones
- Asegúrese de que la iluminación es brillante, que hay interruptores de encendido/apagado en cada puerta y cambiar focos de luz según sea necesario o cambiar a bombillas de LED de larga duración
- Cambiar las baterías del detector de humo o cambiar a un detector de humo de 10 años
- Asegúrese de que los extintores son cargadas y de fácil acceso
- Compruebe que los muebles son robustas y en buena forma – sin sillas inestables o correderas
- Compruebe que el suelo es liso y libre de tropezones

**Fuera de la casa**
- Asegúrese de que números son claramente visibles desde la calle, noche y día
- Revise que pasarelas están claras, sin tropezones y barandillas de apoyo (según sea necesario)
Spring Safety Checklist for Seniors

Use this checklist of major safety items to keep your older adult’s home in tip-top shape. Keeping their living environment safe reduces fall risk and helps them live as independently as possible.

Medication
- Update the list of all medications, vitamins, and supplements
- Safely dispose of any expired or discontinued medications

Bathroom
- Install grab bars (if needed) or make sure existing ones are sturdy and properly attached
- Replace bath mats with non-skid low profile mats
- Install a raised toilet seat or safety frame (if needed) or check that existing ones are sturdy
- Make sure tub or shower floor is non-slip
- Add automatic night lights to make it easy to see at night

Kitchen
- Prominently post emergency contact information on the fridge and near the telephone
- Check that appliances are in good working condition and within easy reach

Bedroom
- Place frequently used items in easy reach
- Put away appliances that are rarely used to remove clutter
- Check that the stove, refrigerator, and freezer are in good working condition
- Use automatic night lights to light the way to the bathroom
- Check that the bedside lamp is easy to turn on and off
- Make sure the phone and/or medical alert device is easy to reach from the bed
- Check that the bed is easy to get into and out of (if not, add an aid)
- Keep clothing and daily dressing & grooming items within easy reach

General house
- Set the water heater at a temperature that won’t scald
- Check that all sinks and drains are in good working order
- Clear hallways and main floor spaces of dangerous clutter
- Secure all electrical cords at the edges of rooms
- Make sure lighting is bright, that there are on/off switches at every doorway, and replace light bulbs as needed or switch to long-lasting LED bulbs
- Change smoke detector batteries or switch to a 10-year smoke detector
- Make sure tire extinguishers are fully charged and easily accessible
- Check that furniture is sturdy and in good shape – no wobbly or sliding chairs
- Check that flooring is smooth and free of tripping hazards

Outside the house
- Make sure that house numbers are clearly visible from the street, night and day
- Check that walkways are clear, free of tripping hazards, and have supportive handrails (as needed)

NOTES:

**Lista de seguridad de resorte para personas mayores**

Use esta lista de elementos de seguridad más importantes para mantener al adulto mayor en perfectas condiciones. Mantener su entorno de vida seguro reduce el riesgo de caída y les ayuda a vivir tan independientemente como sea posible.

Medicamento
- Actualizar la lista de todos los medicamentos, vitaminas y suplementos
- Seguridad disponer de medicamentos vencidos o descontinuados

Cuarto de baño
- Instalar las agarraderas (si es necesario) o asegúrese de que las existentes son robustas y correctamente montado
- Alfombras de baño: reemplazar con esteras anti-deslizantes bajo perfil
- Instalar un marco de seguridad o asiento de inodoro elevado (si es necesario) o comprobar que las existentes son robustas
- Asegurarse de bañera o ducha piso es anti-deslizante
- Add nocturno automático las luces para que sea fácil de ver por la noche

Cocina
- Verifique que todos los sumideros y desagües están en buenas condiciones
- Claro pasillos y espacios de la planta principal del desorden peligroso
- Asegure todos los cables eléctricos en los bordes de las habitaciones
- Asegúrese de que la iluminación es brillante, que hay interruptores de encendido/apagado en cada puerta, cambiar focos de luz según sea necesario y cambiar a bombillas de LED de larga duración
- Cambiar las baterías del detector de humo o cambiar a un detector de humo de 10 años
- Asegurarse de neumático extintores son cargadas y de fácil acceso
- Comprobar que muebles son robusta y en buen estado – no sillas inestables o correderas
- Comprobar que el suelo es liso y libre de tropezones

Casa general
- Fija el calentador de agua a una temperatura que no escaldará
- Verifique que todos los sumideros y desagües
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.

### 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>MAY 2</td>
<td>PAPEN CENTER</td>
<td>304 W. BELL</td>
</tr>
<tr>
<td>MAY 3</td>
<td>BENAVIDEZ CENTER</td>
<td>1045 McClure</td>
</tr>
<tr>
<td>MAY 6</td>
<td>SAGE CAFE</td>
<td>6121 REYNOLDS DR</td>
</tr>
<tr>
<td>MAY 20*</td>
<td>EASTSIDE</td>
<td>310 N. TORNILLO</td>
</tr>
<tr>
<td>MAY 22</td>
<td>MUNSON</td>
<td>975 S. MESQUITE</td>
</tr>
</tbody>
</table>

*May 20 is tentative.*