



Messenger

City of Las Cruces Senior Programs Newsletter

A Unit of the National Council on Aging



Table of Contents:

- ◆ Activities, P. 2 & 3
- ◆ Lunch Menu, p. 6
- ◆ The Network Volunteer Center, p. 4 & 5
- ◆ Nutrition News, p. 6
- ◆ Long-term Care Services, P. 7-8
- ◆ Facilities and Resources, P. 1

Visit us at:

www.las-cruces.org

Or email us at:

seniorprograms@las-cruces.org



Senior Programs Annual Christmas Lunch
Programas para adultos mayores
Almuerzo anual de Navidad

December 15, 2016 / Diciembre 15, 2016

What's on the menu:

Roast Beef with Gravy, Mashed Potatoes, Glazed Baby Carrots, Garden Salad, Clover Roll, and Cherry Pie!

Carne de res al horno, Pure de papas, zanahorias glaseadas, ensalada pan y pie de cereza!

Please reserve your meal by December 14th by calling 528-3012.

Favor de hacer su reservacion para el dia 14 de Diciembre llamando a 528-3012.

Lunch will be served from 11:00 am to 12:30 pm.

El almuerzo se servira de 11:00 am a 12:30 pm

Sage Café will serve from 11:30 am to 12:30 pm with a limit of 50 reservation.

Sage Café estara sirviendo de 11:30 am a 12:30 pm con un limite de 50 reservaciones

60 & Older the suggested donation is \$2.50, guests under 60 is a charge of \$7.50.

La donacion sugerida para adultos mayores de 60 es de \$2.50, invitados menores de 60 deberan pagar \$7.50.

Upcoming Building Closures:
December 22nd and
December 23rd for the
Christmas Holidays.



Senior Programs Advisory Board

Front Row: Marilu Darby ~ Secretary, District 2,
 Sharlene Wittern ~ District 3,
 Rayla Buchanan ~ Sage Café Senior Center,
 Judy Chavarria ~ Vice Chair, Member at Large.
 Second Row: Gabriel Montalvo ~ Munson Center,
 Renee Short ~ District 6,
 Felix Vega ~ Chair, Eastside Center,
 Dr. Able Chavarria ~ District 1,
 Juliette White ~ Benavidez Center.
 Not pictured: Rich Jackson ~ District 4,
 Manny Contreras ~ District 5,
 Bill King ~ Frank O'Brien Papen Center.

The Senior Programs Advisory Board meets the second Thursday of the month at 9:00 am at each of the Senior Programs' sites on a rotating basis. The meetings are open to the public. The next Board meeting will be held at the Eastside Community Center, on December 8, located at 310 N. Tornillo Street.

Senior Programs Facilities and Resources

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.
Information and Referrals	975 S. Mesquite Street, Las Cruces	575-528-3011		
Meal Reservation and Cancellations		575-528-3012		
Dial A Ride		575-541-2777		
Meals On Wheels Intake	975 S. Mesquite Street, Las Cruces	575-541-2451		

Senior Recreation Programs

Sage Café Activities:

Knitting (this is not a class)	Thu	10:15 am – 12:15 pm	No charge	Meeting Room 115.
Enhance Fitness	Tue, Wed, Fri	9:45 am – 10:45 am	No charge	Sage Café, dining area.
Coffee & Conversation	Tue-Fri	9:00 am – 10:00 am	50¢ coffee 50¢ pastry	Reminder! We will be charging for coffee and pastries beginning in December 2016. Join Daniel & Anne for a lively discussion!
Beginning Chess Class	Fri	12:00 pm – 1:45 pm	No charge	Meeting Room 115.
Intermediate Chess	Fri	11:00 am – 12:00 pm	No charge	Meeting Room 115.
Train Dominoes	Tue	10:30 am – 1:45 pm	No charge	Meeting Room 115.
Hands N' Feet	Tue	10:30 am – 1:45 pm	No charge	Meeting Room 115.

Eastside Community Center Activities:

Crocheting (this is not a class)	Tue & Thu	8:30 am – 11:30 am	No Charge	Eastside Center classroom; items donated locally.
Wood Carving (this is not a class)	Wed & Fri	8:00 am – 12:00 pm	No Charge	Eastside Center classroom. Join anytime.
Billiards – Daily	Mon – Fri	8:00 am – 2:00 pm	No Charge	Eastside Center.
Billiards – Wednesday	Wed	8:00 am – 2:00 pm	No Charge	Ladies day at Eastside Center!

Henry Benavidez Community Center Activities:

Bingo – Weekly	Wed	12:45 pm – 1:45 pm	No charge	Benavidez Community Center, Dining Room.
Grandparents Raising Grandchildren – Monthly	2 nd Tue	10:30 am – 11:30 am	No charge	Benavidez Community Center, Classroom.

Munson Center Activities:

Classes with registration for 6-week sessions:

Lapidary Certification Class	Mon	12:00 pm – 3:30 pm	\$12 per 6-week session	Munson Center, Studio 1. Limit of 6 students.
Silver Jewelry Class	Fri	9:00 am – 12:00 pm	\$12 per 6-week session	Munson Center, Studio 1. Limit of 5 students. \$50 supply kit required.
Stained Glass #3 (Beginner Only)	Wed.	1:00 pm – 4:00 pm	\$6 per 6-week session	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. \$5 new student kit.
Faceting	Fri	9:00 am – 12:00 pm	\$12 per 6-week session	Munson Center, Studio 4. \$16.50 supply kit required.

Drop-in classes:

Stained Glass #1	Mon	8:30 am – 11:30 am	\$1 per session	Munson Center, Studio 1. Class limited to 12 students.
Stained Glass #2	Wed	8:30 am – 11:30 am	\$1 per session	Munson Center, Studio 1. Class limited to 12 students.
Stained Glass #3	Wed	1:00 pm – 4:00 pm	\$1 per session	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.
Stained Glass #4	Fri	1:00 pm – 4:00 pm	\$1 per session	Munson, Studio 1. Class limited to 12 students.
Clay Works – Open Studio	Tue	8:00 am – 11:00 am	\$1 per session	Munson Center, Studio 3. Class limited to 12 participants.
Clay Works – Open Studio	Thu	8:00 am – 11:00 am	\$1 per session	Munson Center, Studio 3. Class limited to 12 participants.
Clay Works – Open Studio	Tue	12:00 pm – 4:00 pm	\$1 per session	Munson Center, Studio 3. Class limited to 12 participants.
Clay Works – Open Studio	Thu	12:00 pm – 4:00 pm	\$1 per session	Munson Center, Studio 3. Class limited to 12 participants
Clay Works – Open Studio	Fri	8:00 am - 4:00 pm	\$1 per session	Munson Center, Studio 3. Class limited to 12 participants.
Wheel Works	Mon & Wed	12:00 pm- 2:00 pm	\$1 per session	Workshops on hold for 2 weeks. New workshops to be announced.
Supplies and Materials				Ceramic Glaze \$2 per cup. Kiln firing \$2, \$3, \$4 depending on size. Clay \$13 for 25-pound bag.
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.
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:				
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 & Tue	5:30 pm – 6:30 pm	\$1 for 60+ \$2 for under 60	Munson Center Auditorium.
Lifelong Learning:				
Quilting (this is not a class)	Tue & Thu	8:30 am – 11:30 am	No charge	Munson Center, Studio 2; items donated locally.
Crochet Club (this is not a class)	Wed	1:00 pm – 4:00 pm	No charge	Munson Center, Meeting Room 4. Join anytime!
Community Garden Meeting for the Munson Center Garden	3 rd Tue	10:00 am – 11:00 am	No charge	No meeting in December 2016. New meetings to be announced for January 2017.
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 – 3:30 pm	No charge	Munson Center, Meeting Room 4. If you are interested in the class, please see the instructor to find out what they are covering and how you can catch up and be able to keep up with the class!
Spanish – Spoken for Beginners	Fri	10:00 am – 11:00 am	No charge	Munson Center, Meeting Room 2. Join anytime!
Desert Writers	Wed	9:00 am – 11:00 am	No charge	Munson Center, Meeting Room 2. Join anytime!
Munson BookClub	3 rd Wed	10:00 am – 11: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	9:00 am – 11:00 am	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.
Uno	Tue	11:30am–3:30 pm	No charge	Munson Center, Meeting Room 3.
Extra Activities:				
Essential Oils Education	TBA	TBA	No charge	This is an education class that will discuss many different topics about essential oils. This will be an extended class, offered over multiple weeks.
Low Vision Support Group	1 st Tue	2:30 pm – 4:00 pm	No charge	Munson Center, Meeting Room 2.
Low Vision Support Group	1 st Tue	9:30 am – 11:00 am	No charge	Good Samaritan, Oasis Room.
Stroke Support Group	1 st Thu	1:00 pm – 2:00 pm	No charge	Munson Center, Meeting Room 2.
Senior Programs Advisory Board Meeting	2 nd Thu	9:00 am – 11:00 am	Open to the public	Join us for the SPAB meeting on December 8th at Eastside Community Center, 310 N. Tornillo. 528-3012
Senior Programs Monthly Dance	3 rd Thu	2:00 pm – 4:00 pm	\$3 per person	Join us on December 15th for our Christmas Dance!

For any questions about activities, please contact Jeneca Maya at 575-528-3017 or Michael Garcia at 575-541-2005. Activities and programs at our centers are open to all who are age 50 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs.

Volunteer Happenings

Volunteer Spotlight—Young People Helping Others

During this season of giving, we would like to give thanks to the many area students and youth who are giving of their time to give back to their community. Thanksgiving brought many youth groups coming to help those in need. We give thanks to all organizations encouraging young people to get involved in their communities:

- Mesilla Valley Christian Schools returned for their annual Serve-a-Thon. Approximately 30 students gathered with MCVS staff to help with the Benavidez Center Food Distribution and with a community clean-up project with Codes Enforcement.
- Students from Las Cruces Catholic Schools came together to help decorate our centers for our annual Thanksgiving meal. They made Thanksgiving centerpieces for each table, and set up tablecloths and placemats for Munson, Papen, Benavidez, and Eastside Centers!
- Mayfield High School students as well as the local Latter-Day Saints Missionaries to help serve our annual Thanksgiving meal to our seniors.

Thank you to these wonderful young people for setting a great example!

Right: Students from Mesilla Valley Christian School helping at the Benavidez Center Food Distribution. **Below:** MCVS Students helping to clean-up areas in the city. **Bottom, L to R:** Holy Cross Catholic School students set tables for our Thanksgiving Meal at Munson; Holy Cross students gather to make centerpieces for Thanksgiving tables; MCVS Students working together to pass bring a sack of potatoes to the food



Special Volunteer Opportunities for the Month of December!

Here are the upcoming special events that need volunteers! As with all our volunteer opportunities, please contact The Network Volunteer Center at 575-528-3035 or Ryan Steinmetz, the Volunteer Coordinator at rsteinmetz@las-cruces.org to get connected!

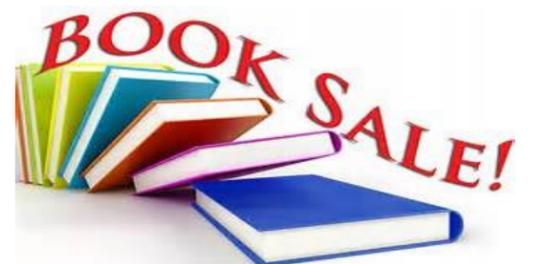
- **Habitat for Humanity Gift Wrapping**—Are you a “gift-wrap extraordinaire”? Habitat for Humanity will begin their “Gift-Wrap Table” set up at Barnes and Noble inside the Mesilla Valley Mall on November 27th and will need people for 4-hour shifts all the way up until December 24th. If you are interested in helping with a shift or providing gift wrap, tape, or other supplies, contact Anne McPhee at 847-274-7455.
- **Winterfest at Railroad Museum**—Can you believe it’s that time again?!? Yes, soon December will be here and the annual Winterfest Celebration at the Railroad Museum will be upon us. Many people from all over the county will be coming to see the arrival of Santa Claus on the train on Friday, December 2nd from 5:00-8:00 pm. Elves are needed to help with kids’ activities, serving refreshments and cookies, and other tasks too!
- **Food Distribution**—Our monthly Food Distributions are going great at Munson, Eastside, and now Benavidez Centers. We will be starting at the Papen Center in November and Sage Café in December. Below is the schedule for all our monthly food distributions. Thank you so much for all the volunteers who have come out so far, and we still need volunteers to help with this new project that requires a lot of volunteer power!

Munson Center	975 S. Mesquite	4 th Wednesday
Eastside Center	310 N. Tornillo	4 th Monday
Benavidez Center	1045 McClure	1 st Friday
Papen Center	304 W. Bell	1 st Thursday
Sage Café	6121 Reynolds	1 st Monday beginning Dec. 5 th , 2016

- **Thomas Branigan Memorial Library Book Sale**—Four volunteers are needed to help at the library on **Monday, December 12th from 12:00-4:00**, to help put together our semi-annual book sale happening on December 13th. Four volunteers will also be needed to help remove and organize the unsold books.

Volunteer Appreciation Celebration!!! December 8th, 2016

SPECIAL VOLUNTEER APPRECIATION BREAKFAST!—Our Volunteer Appreciation Breakfast will be held on **Thursday, December 8th at 9:00 a.m. at the Munson Center**. Please RSVP by Tuesday, December 6th by sending an email to rsteinmetz@las-cruces.org or calling the Network Volunteer Center office at 575-528-3035. Come and celebrate all the wonderful things our volunteers are doing in our community! There will also be gifts and a raffle for volunteer participants!



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 yard maintenance projects to help seniors in need. There are a lot of seniors waiting on this list so this is a **Priority Need!**

Human Resources Department—Volunteers are needed on an on-call basis to help with front-desk coverage and other administrative tasks at the city hall office.

Juvenile Citation Program—Office Volunteers and tutors/mentors are needed for this important program working with youth in our community.

Museums—All Museums—There is a huge need for greeters, tour guides, docents, and receptionists for these museums, and on weekends in particular. Museum volunteers are also especially needed for the afternoon hours.

Museum of Art—Volunteers are especially needed on Saturdays.

Railroad Museum—Volunteers are especially needed every other Saturday from 12-2, and every Thursday, 12-2. Also, “Volunteer Elves” are needed for the upcoming WinterFest celebration held on December 2nd.

Americans 4 Arts Study Volunteer—Volunteers are needed to help collect arts information for Las Cruces and Doña Ana County. **This is a priority need.**

Senior Programs: General

Front Desk Assistant —We are in need of front desk assistants to aide the receptionists in providing quality customer service for the seniors of Munson Center

Greeters—Volunteers are needed to help welcome our guests at the Munson Center to various programming activities held in the building. Tasks include checking in on groups to see if they need anything, tracking participation in various activities, and garnering feedback for Senior Programs.

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!

Sage Café Coffee & Refreshments—A volunteer is needed Tuesday—Friday to sell coffee and refreshments at the Sage Café from 9:00-10:30. Come and help us make the Sage Café even more hospitable than it already is!

Senior Programs: Nutrition and Meals

Meals on Wheels Respite Driver—Help deliver much-needed meals to our senior population. We are in need of a crew of volunteers willing to drive their own vehicles to help with “mini-routes” that will deliver food to our seniors. (Mileage reimbursement now available).

Papen, Munson, and Eastside Centers—Volunteers are needed to help at the centers serving meals and helping with clean-up of tables, especially Thursday and Friday.

Christmas Meal Volunteers—Volunteers are needed on December 15th from 10:30 am until 1:00 pm at all five centers to help serve our annual Christmas meal to our seniors.

Food Distribution Sites—The Network Volunteer Center is trying to recruit volunteers for our Food Distribution project. This month, we will begin food distribution services at the Sage Café on December 5th and continue services at the Papen Center, Dec. 1st, Benavidez Center, December 2nd, Eastside Center, Dec. 26th, and the Munson Center, Dec. 28th. Many volunteers are needed to help with set-up/tear-down, check-in interviews, helping on the food line itself, and helping to carry out food bags/baskets for seniors. We are looking for around 15-20 volunteers per site each month. Groups welcomed. **Priority Need**

Thomas Branigan Memorial Library

Book Sale Volunteers—Four volunteers are needed on Monday, Dec. 12th, 12:00-4:00 for setting up the Book Sale to take place on December 13th. Four additional volunteers will be needed on Tuesday, Dec. 13th to help remove and organize the books that are not sold after the sale, 5:00-7:00 pm.

After-School Programs 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—The planning process for the 2017 Volunteer Fair begins. Volunteers are needed for the Steering Committee! This is a fun group that helps to make sure all is ready for the upcoming fair held in April of 2017. Our next meeting is December 9th! **Priority Need**

Outreach Volunteers—Volunteers are needed to help with outreach sessions at the Farmer’s Market as well as other tablings throughout the city.

Community Volunteer Needs

Habitat for Humanity

Christmas wrapping is upon us, and you can help Habitat raise money to build homes for needy families by wrapping presents at Barnes and Noble inside the Mesilla Valley Mall beginning November 27th until December 24th. If you are interested in helping with a shift or providing gift wrap, tape, or other supplies, contact Anne McPhee at 847-274-7455.

Boys and Girls Club

The Boys and Girls Club of Las Cruces is needs volunteers to help with its youth programming. If you are interested in being a volunteer for this worthwhile organization, contact Carissa Trujillo at carissa@bgclasruces.org.

Gospel Rescue Mission

Volunteers are needed to help sort clothes in the clothing room at the Gospel Rescue Mission Thrift Store located on Solano. Interested volunteers and connect to the Gospel Rescue Mission through the Network Volunteer Center.

Holiday Greetings!

Thank you for attending our annual Thanksgiving lunch. We had an amazing turnout. Mark your calendars for December 15, for our annual Christmas lunch. You do not want to miss out on this meal. See our flyer for more information.

Online Meal Reservations

You can make your meal reservations online. Simply type an email to mealreservations@las-cruces.org with your name, day(s) you want to eat, the center and call back number. We are very excited to start this and hope to see lots of reservations come through this way. Please remember that reservations received after 1 p.m. will be placed on the waiting list. For those of you who don't know, you can always make monthly reservations. All you have to do is give a copy of the monthly menu to your Office Assistant at the meal site marked with the days you want to eat.

Email Notifications

Would you like to stay in the loop with the latest news in your Senior Nutrition Program? Send me your email address or give it to the Office Assistant at your meal site. We have started an email notification system as a way to improve our communication to you. You will receive monthly menus in advance, nutrition education, announcements and public information.

Survey Results

We are finished tallying up the results of our October survey. I have met with our Senior Nutrition team to analyze the information and develop an action plan. We are making good headway on our goals. You will see more fish on the menu, less liver & onions, and many more improvements. To see our actions plan, send me an email at rbishop@las-cruces.org.

Regards, Roger Bishop, Nutrition and Meal Services Program Manager

¡Saludos del día de fiesta!

Gracias por asistir a nuestro almuerzo anual de Acción de Gracias. Tuvimos una participación asombrosa. Marque sus calendarios para el 15 de diciembre, para nuestro almuerzo anual de Navidad. Usted no quiere perderse esta comida. Consulte nuestro folleto para obtener más información.

Reservas de comida en línea

Usted puede hacer sus reservaciones de comida en línea. Simplemente escriba un correo electrónico a mealreservations@las-cruces.org con su nombre, día (s) que desea comer, el centro y número de devolución de su llamada. Estamos muy emocionados de comenzar esto y esperamos ver muchas reservaciones venir a través de esta manera. Por favor recuerde que las reservaciones recibidas después de las 1 pm serán colocadas en la lista de espera. Para aquellos de ustedes que no saben, siempre pueden hacer reservaciones mensuales. Todo lo que tiene que hacer es dar una copia del menú mensual a su Asistente de Oficina en el sitio de la comida marcado con los días que desea comer.

Notificaciones de Correo Electrónico

¿Le gustaría mantenerse al día con las últimas noticias de su Programa de Nutrición para Personas Mayores? Envíeme su dirección de correo electrónico o se lo puede dar al Asistente de Oficina en su sitio de comida. Hemos iniciado un sistema de notificación por correo electrónico como una manera de mejorar nuestra comunicación con usted. Recibirá menús mensuales por adelantado, educación nutricional, anuncios e información pública.

Resultados de la encuesta

Terminamos de registrar los resultados de nuestra encuesta de octubre. Me he reunido con nuestro equipo de Nutrición para analizar la información y desarrollar un plan de acción. Estamos avanzando en nuestros objetivos. Verá más pescado en el menú, menos hígado con cebollas, y muchas más mejoras. Para ver nuestro plan de acciones, envíeme un correo electrónico a rbishop@las-cruces.org.

December 2016

Mon	Tues	Wed	Thurs	Fri
The SUGGESTD DONATION for Seniors 60 years of age and older and their spouses is \$2.50 each Person's 59 years of age and under, the charge is \$7.50 Reservations: Call 575-528-3012 by 1 pm the day before Meal Reservations for Monday: Please call on Friday by 1 pm Cancellations: Call 575-528-3012 by 9 am the same day Lunch Hours: 11am-12:30pm Sage Café: 11:30am-12:30pm T&TH Reserve Online: mealreservations@las-cruces.org			1 Lime Grilled Chicken .Steamed Rice .Seasoned Spinach .Beets & Onion Salad .Sliced Peaches	2 Salmon Patty .Dill Potatoes .Green Beans .Dinner Roll .Oatmeal Raisin Cookie
5 Swiss Steak .Baked Potato .Spinach Salad w/Egg .Seasoned Peas .Cherry Crisp	6 Pork Roast .Baked Yam .Mixed Veggies .Jalapeno Cornbread .Jell-O Chiffon .Applesauce	7 Chicken Fajita .Spanish Rice .Pinto Beans .Tortilla .Pico de Gallo .Tropical Fruit	8 Spaghetti w/ Meat Sauce .Cauliflower .Dinner Roll .Banana Pudding w/ Wafers	9 Beef Stew .Broccoli w/ Cheese .Steamed Cabbage .Cornbread .Spice Cake Birthday Cake
12 Hot Turkey Sandwich .Mash Potatoes w/ Gravy .Pea Salad .Green Beans .Yogurt w/ Fruit	13 Chicken Salad Sandwich .Tomato Slices .Macaroni Salad .Sun Chips .Banana	14 Antipasto Salad .Pickled Beets .Dinner Roll .Sunshine Salad .Chocolate Chip Cookie	15 Roast Beef w/ Gravy .Mashed Potatoes .Glazed Baby Carrots .Garden Salad .Clover Roll .Cherry Pie	16 Green Chicken Enchilada .Pinto Beans .Spanish Rice .Tangerine .Sherbet
19 Beefaroni .Chuckwagon Corn .Summer Salad .Cheese Biscuit .Chilled Peaches	20 Teriyaki Chicken .Fried Rice .Cucumber Salad .Oriental Veggies .Dinner Roll .Brownie	21 Hamburger .Oven Roasted Potatoes .Lettuce, Tomato, Pickle .Mixed Veggies .Apple	22 CLOSED WINTER HOLIDAY 	23 CLOSED WINTER HOLIDAY 
26 Picadillo .Spanish Rice .Pinto Beans .Tortilla .Apricots	27 Chicken Alfredo Penne Pasta .Seasoned Peas .Dinner Roll .Brownie	28 Meat Loaf .Mashed Potatoes w/ Gravy .Spinach Salad w/ Egg .Peas and Carrots .Orange	29 Meat Lasagna .Brussel Sprouts .Garden Salad .Dinner Roll .Cantaloupe	30 Posole .Pinto Beans .Dinner Roll .Neiman Marcus Cookie

Meal Reservations and Wasted Food
Reservations: Please call in your reservation by 1 pm the business day prior to request. Monday reservations: reservation must be made on the prior Friday by 1 pm. Holiday reservations: reservation must be made on the business day prior by 1 pm. All reservations made after 1 pm will be placed on waiting list. Those on waiting list will be served once all reserved meals have been served Those on waiting list are not guaranteed to be served a meal
Wasted Food: If you do not cancel your meal, we will not be able to give the meal to another client. This results in wasted food.
Cancellations: If you are not able to make it to the meal, please call and cancel your reservation by 9 am. If you do not call and cancel for two consecutive days, you will be automatically dropped for the rest of the week. You must call to make reservations or let the Office Assistant know. If you do not cancel, we will not be sure if we can give your meal to a walk-in client or someone on the waiting list.
Reservas de comidas y comida desperdiciada
Reservas Por favor llame para hacer su-reservación antes de la 1 pm el día hábil antes de la solicitud. Reservaciones del lunes: la-reservación debe hacerse el viernes antes de las 1:00. Reservaciones de vacaciones: la reservación debe hacerse el día laboral antes de las 1:00. Todas las Reservaciones hechas después de la 1 pm serán colocadas en la lista de espera. Aquellos en lista de espera serán servidos una vez que todas las comidas reservadas hayan sido servidas Aquellos que están en lista de espera no están garantizados para que les sirvan una comida
Comida desperdiciada Si no cancela su comida, no podremos dar la comida a otro cliente. Esto se traduce en alimentos desperdiciados.
Cancelaciones Si no puede llegar a la comida, por favor llame y cancele su reservación antes de las 9 am. Si no llama y cancela durante dos días consecutivos, automáticamente se eliminará durante el resto de la semana. Debe llamar para hacer reservaciones o informe al Asistente de Oficina. Si no cancela, no estaremos seguros si podemos darle su comida a un cliente que se encuentra en la lista de espera.

Alzheimer's Caregiving Tips

Coping with Agitation and Aggression

People with Alzheimer's disease may become agitated or aggressive as the disease gets worse. **Agitation** means that a person is restless or worried. He or she does not seem to be able to settle down. Agitation may cause pacing, sleeplessness, or **aggression**, which is when a person lashes out verbally or tries to hurt or harm someone.

Causes of Agitation and Aggression

Most of the time, agitation and aggression happen for a reason. When they happen, try to find the cause. If you deal with the causes, the behavior may stop. For example, the person may have:

- Pain, depression, or stress
- Too little rest or sleep
- Constipation
- Soiled underwear or diaper
- Sudden change in a well-known place, routine, or person
- A feeling of loss - for example, the person may miss the freedom to drive
- Too much noise or confusion or too many people in the room
- Being pushed by others to do something—for example, to bathe or to remember events or people—when Alzheimer's has made the activity very hard or impossible
- Feeling lonely and not having enough contact with other people
- Interaction of medicines

Look for early signs of agitation or aggressing. If you see the signs, you can deal with the cause before problem behaviors start. Try not to ignore the problem. Doing nothing can make things worse.

A doctor may be able to help. He or she can give the person a medical exam to find any problems that may cause agitation and aggression. Also, ask the doctor if medicine is needed to prevent or reduce agitation or aggression.

Tips for Coping

Here are some ways you can cope with agitation or aggression:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control in his or her life as possible.
- Coping with changes is hard for someone with Alzheimer's. Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Try gentle touching, soothing music, reading, or walks.
- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favorite snack, object, or activity.
- Limit the amount of caffeine, sugar, and "junk food" the person drinks and eats.

Here are some things you can do:

- Slow down and try to relax if you think your own worries may be affecting the person with Alzheimer's.
- Try to find a way to take a break from caregiving.

Safety Concerns

When the person is aggressive, protect yourself and others. If you have to, stay at a safe distance from the person until the behavior stops. Also try to protect the person from hurting himself or herself.

For more caregiving tips and other resources:

- **Read:** "Caring for a person with Alzheimer's Disease" at www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease
- **Visit:** www.nia.nih.gov/alzheimers.topics.caregiving
- **Call** the ADEAR Center toll-free at 1-800-438-4380



Grandparents Raising Grandchildren

Holiday Harmony

By Helen Frost, CSU Intern, School of Social Work

<http://www.ext.colostate.edu/grg/feature/holiday-harmony.html>

For grandparent caregivers the holiday season can be filled with mixed emotions, including excitement for the grandchildren, a feeling of being overwhelmed by festive activities, or a feeling of dread about financial limitations and being unable to share in the rituals of the season. It is important during this time of year to handle situations, events and emotions in a way that will not make day to day living more difficult. As a grandparent caregiver it becomes especially important to take care of yourself mentally, emotionally and physically so that you are able to share the joys of the season with your grandchildren and family.

There are numerous ways that grandparents can manage the stress around the holiday season and create wonderful memories to share with their grandchildren. Suggestions for taking good care of yourself mentally and emotionally are to attend your community support group, reach out to friends within the support group who understand what you are going through, or have coffee with a friend to receive extra support and take a break from the challenges of the season.

For grandparent's it is especially important to take care of yourself physically. This means getting enough rest, take a nap or go for a walk with your grandchildren if you are able. Remember to maintain your routine as much as possible and if you are taking medications, make certain you follow doctors' orders and take them as scheduled.

The holiday season is also a challenge for grandparents who do not have the resources to spend large amounts of money on gift giving or extravagant meals. Take care of yourself financially by preparing a realistic budget for the "extras" and give yourself permission to set realistic expectations about what you can afford or do during this holiday season. Stay in the 'here and now' when planning for the holidays by not comparing this season to holidays in the past.

This time of year may bring requests for extra visits from your adult child or your grandchild's biological parent. When appropriate, include your adult child or your grandchild's biological parent in activities; however, review the rules of visitation with the parent beforehand and remain firm about your expectations. Do not let things slide during this time of year because it is the holiday season; try to anticipate any problems that may arise and have a plan to address these issues.

Finally, it is acceptable to limit your plans to activities that you and your family decide are important rituals. You may determine that it is time to embrace a new tradition, perhaps buying a gingerbread house kit and working on it together as a family, introducing the idea of homemade Christmas gifts, baking together as a family. A new tradition might capitalize on the unique strengths or talents that you have as a grandparent.

As grandparents, do not believe that you have to do everything or make up for the adult child or your grandchild's biological parent not being present in your grandchild's life. Instead, try to anticipate that your grandchild may have mixed emotions during this time of year. Perhaps grandchildren will become more sensitive or exhibit behaviors that you thought had been resolved, such as acting out or withdrawing. Try to reassure your grandchild and help him or her talk about his or her feelings in a safe and loving environment.

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

The support group meets the 2nd Tuesday of each month from 10:30 am to 11:30 am at the Benavidez Community Center, 1045 McClure Road. For more information or to see if you qualify, please call Luis Castro at 541-2365.

Join us for our next meeting on **December 13, 2016.**



Sonia Saldana Senior Programs Administrator 575-541-2464 ssaldana@las-cruces.org Office at Munson Center	Roger Bishop Nutrition and Meal Services Program Manager 575-528-3013 rbishop@las-cruces.org Office at Eastside Center	Lora G. Palacios Long Term Care Services Manager 575-541-2459 lopalacios@las-cruces.org Office at Munson Center	Michael Garcia Recreation Facilities Manager 575-528-3000 mgarcia@las-cruces.org Office at Munson Center
			
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.			

Medicare Open Enrollment Dates

Please call the Aging & Long-Term Services Office at (575)647-2023 or call the Munson Center at (575) 528-3000 for additional information or to make an appointment (when noted)

December 5, 2016	9:00 am – 4:00 pm	Aging & Long-Term Services Office at 2407 W. Picacho	Walk-in
December 6, 2016	9:00 am – 4:00 pm	Aging & Long-Term Services Office at 2407 W. Picacho	Walk-in



On November 9, 2016, Sage Café was presented with an American Flag. Here are a couple of pictures from that flag ceremony. There were Senior Programs staff members, Senior Programs Advisory Board members, and community members present during the flag ceremony. Please stop by and see the new flag at Sage Café. The flag and flag pole were donated to Sage Café by Able and Judith Chavarria of The Woodmen of the World.



FOOD DISTRIBUTION SCHEDULE:

REGISTRATION BEGINS AT 9 AM, DISTRIBUTION BEGINS AROUND 10 AM. DEPENDING ON THE ARRIVAL OF THE ROADRUNNER FOOD BANK TRUCK.

DATE	CENTER	ADDRESS
DECEMBER 5	SAGE CAFÉ	6121 REYNOLDS DR.
DECEMBER 8	PAPEN CENTER	304 W. BELL
DECEMBER 9	BENAVIDEZ CENTER	1045 MCCLURE
DECEMBER 26	EASTSIDE CENTER	310 N. TORNILLO
DECEMBER 28	MUNSON CENTER	975 S. MESQUITE ST.