

Las Cruces Senior Programs

Annual Report

Fiscal Year 2014/2015



The City of Las Cruces Senior Programs' mission is to promote and enhance the physical, intellectual, and social well-being of people 50+ who live in Las Cruces.





July 2014—June 2015

Year in Review



The City of Las Cruces Senior Programs has had a busy year! We have seen the expansion of programs to the newest center, Sage Café on the East Mesa, and now have five bustling centers catering to active adults in Las Cruces age 50+. Munson Senior Center—our flagship facility—has seen the most changes throughout the year with the addition of an expansive multi-purpose room on the north side of the building. The outside of Munson is also receiving an upgrade with the installation of a large emergency generator. Once this project is complete, Munson will act as one of the City’s premier disaster relief shelters on top of being a warming and cooling center for times of crisis in our community.

Another exciting initiative that started this past year is the “Food 4 Paws” pet food assistance program. With start-up and continuation grants from the Banfield Charitable Trust, we were able to deliver pet food to homebound cat and dog owners registered with our Meals on Wheels program. Besides this new grant program, our service deliveries supplemented by state and federal funding through the Older Americans Act (aged 60+ eligible) served nearly 3000 unique participants in the areas of congregate meals, home-delivered meals, homemaker services, respite care, and grandparents raising grandchildren.

Please read through the rest of the annual report to learn more about what Senior Programs has accomplished during the last fiscal year. Thank you for your support!





From July 2014 to June 2015 Senior Programs hosted a variety of special events at each one of our five community centers. They ranged from monthly dances at Munson, volunteer appreciation events and work days, bringing in nearby school-aged children to give a Christmas performance, the Spring Fling lunch at Eastside with an Easter Egg hunt, and various other fun one-time programs for our active adults to attend.

One of the major events we had occurred on February 24th, 2015: "A Night at Sage Café". This was a biggest undertaking of the year and took months of planning to present a night to remember for our seniors. The night started under a huge tent erected in the parking lot with a dinner provided by our Senior Nutrition staff and served on formal table settings by volunteers from Oñate High School. Following dinner, there was a public hearing where participants were given the opportunity to voice their opinions on what more they would like to see Senior Programs offer. The feedback from this public hearing will shape programming expansion and capital projects in the coming years. The night finished with a lively dance with music provided by The Mixx Band.

Stay tuned for future special events coming your way!





Services



Senior Recreation:

In the past year, we have had twenty different types of arts & crafts classes; eight lifelong learning classes like computer, healthy aging and Spanish classes; five weekly fitness classes including the very popular Tai Chi, Zumba Gold, and Line Dancing; ten different types of card games and billiards; five support groups, and nine dances. All in all, we had a grand total attendance of 15,877!

Senior Nutrition:

The City of Las Cruces Senior Nutrition and Meals Program provides wholesome mid-day meals to seniors 60 years of age and older and their spouses for a suggested donation of \$2.50. Home Delivered Meals suggested donation is \$3.00 per meal. Those age 59 years and below are able to eat as a guest for the price of \$7.50 at the congregate meal sites. Our aim is to provide our guests with nutritious, appetizing meals at our Congregate Meals locations or to deliver the same meal to them through the Meals on Wheels program. Our meals meet federal and state guidelines and are reviewed and approved to ensure they provide the minimum 1/3 of the daily nutrients and calories as defined by the United States Department of Agriculture (USDA). Meals are prepared with no sodium, fat, or sugar added to them. Our Congregate Meals are served at four locations: Munson, Benavidez, Eastside, and Papen Centers. Meals are served from 11:00 am to 12:30 pm. In FY 2015, we served 87,824 congregate meals and 189,274 home delivered meals!



Grandparents Raising Grandchildren:

Raising your grandchild or grandchildren can be a tough but rewarding experience. We offer supportive services and advocacy to seniors who are currently raising their own grandchildren. One such service is monthly support group meetings. In FY 2015, we had an attendance of 76 grandparents!



Services



Long Term Care:

While many of our seniors are able to join us at Munson Center or our other locations to enjoy our services and programs, some individuals are not physically able to come to our facilities. For these individuals we offer Case Management (Assessments and Resource Referral Assistance) and In-Home Services including Meals on Wheels, Homecare (light housekeeping), and Respite Care services. These services aid qualifying individuals 60 years of age and older, their spouses, and/or caregivers who reside within the City of Las Cruces and meet specific eligibility criteria. Income is not considered for eligibility. At the Resource Center, we provide information, referrals, assistance and advocacy to seniors free of charge. We provide information by phone, in-person, or by mail. We provide clients with accurate, unbiased information for making informed decisions. We also assist with Medicaid & Medicare questions, referrals to legal services, and community resources. In FY 2015, the resource center received 1338 calls and nearly 1900 hours of Case Management were provided!

The Volunteer Network:

The Network Volunteer Center connects individuals age 18 and older to volunteer positions at 20+ sites throughout the City of Las Cruces. Our volunteers mentor youth in after school programs, serve as museum guides, provide library services, and serve meals to seniors among many other things! Our team of 250+ volunteers expand and enhance the delivery of quality services to the Las Cruces community through meaningful volunteer engagement. Some of the benefits of volunteering include: meeting new people, learning or developing new skills, gaining professional references, and making a positive impact in our community.



In FY 2015, nearly 24,000 volunteer hours were logged in Las Cruces through the Volunteer Network!



Munson Senior Center

Located at 975 S. Mesquite Street in the heart of Las Cruces, Munson Senior Center is the longest-operating senior center in the metro service area and the first within the state of New Mexico to receive accreditation through the National Institute of Senior Centers (NISC). Munson serves as the largest congregate meal site operated by the City of Las Cruces. In FY 2015, Munson served nearly 29,000 congregate meals!

Munson Senior Center is also the headquarters for the administration services of Senior Programs, housing the Administrator's office, Long Term Care personnel, Senior Recreation staff, and the Volunteer Network. It has four meeting rooms that host a variety of programming from computer classes, to support groups, to card games, and chess players. Munson has an extensive art wing that holds classes and open labs related to lapidary work, pottery, quilting, and painting. It also holds a satellite branch of the Thomas Branigan Memorial Library where clients can check out and return books or spend a leisurely morning reading a good book.

In FY 2015, finishing touches were placed on the new multi-purpose room which currently holds four professional style billiards tables. This year also saw the continuation of the very popular Munson Community Garden which is volunteer-run and grows vegetables that are used in the congregate meal program and given to seniors to take home for their personal use at no cost. Munson lobby also received brand new furniture that makes the space feel less "clinical" and more "homey" according to our seniors. Come check out Munson Monday through Friday from 8am-5pm!



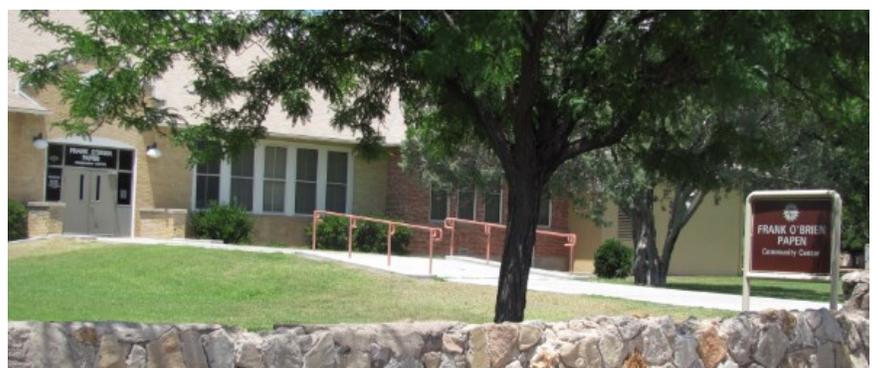


Eastside Community Center

Eastside Center is located in the Mesquite Historic District of Las Cruces. This area is known for being the original townsite of our community started in 1849. Many original adobe-style homes surround the center to this day. Eastside is noted for its lively, bilingual community members that enjoy playing pool, doing craft projects, participating in chair exercises, or eating a noontime meal in the dining room. In FY 2015, Eastside served 22,882 meals. It is also one of two hubs for the Meals on Wheels program and produced 89,154 breakfast and lunch meals for homebound clients!

Senior Programs at the Frank O'Brien Papen Center represents a partnership with the City's Parks & Recreation Department since they are the stewards of the facility. Located in Mesilla Park, Papen Center offers a noontime meal to eligible seniors in the area. It is currently the smallest meal site with a total of 9,668 meals served in FY 2015. Papen Center is definitely worth the time to check out in order to see what Senior Programs and Parks & Recreation have to offer to the residents of Mesilla Park!

Frank O' Brien Papen Center





Sage Café on the East Mesa is the newest community center operated by Senior Programs. Funding for the renovations of the center were provided through capital outlay appropriations procured through the New Mexico Aging and Long Term Services Department. Sage currently offers a variety of programming including a knitting circle, an enhanced fitness class, train dominoes, and card games. There is also a satellite branch of the Thomas Branigan Memorial Library where clients can check out or drop off books and there is a computer lab open to the public. In FY 2015, Sage Café's own community garden opened in partnership with the City's Parks & Recreation Department and a grant from the National Recreation and Parks Association. Come check out Sage Café Tuesdays through Friday from 9am-2pm and say hi to Jean!

Benavidez Community Center is a popular hangout for local active adults looking for community and maybe even a little bingo. With great outdoor space, a game room, and a dining room that can turn into a multipurpose space in a matter of minutes, Benavidez has a lot to offer the surrounding community. In FY 2015, Benavidez served 26,353 congregate meals. It also serves as a hub for Meals on Wheels meal preparation and produced 100,198 breakfast and lunch meals for homebound clients. Come check out what's happening at Benavidez today!

Benavidez Community Center



Senior Programs - By the Numbers



Revenue Totals FY 2015*:	
Federal:	\$209,882
State:	\$350,191
Local:	\$1,718,676
Other Grant:	\$7,500
Program Income:	\$187,299
Total:	\$2,473,548

Senior Programs is fortunate to be a recipient of federal and state pass-through dollars through the New Mexico Non-Metro Area Agency on Aging. These dollars are used for core services for eligible participants age 60 and up as permitted in the Older Americans Act of 1965. The core services are congregate meals, home-delivered meals, homemaker services, respite care of elders services, and grandparent raising grandchildren services.

Besides grant-funded programming, local funds—those provided by the City of Las Cruces general fund—support senior recreation, art & craft classes, the volunteer network, and various other activities at the five community centers.

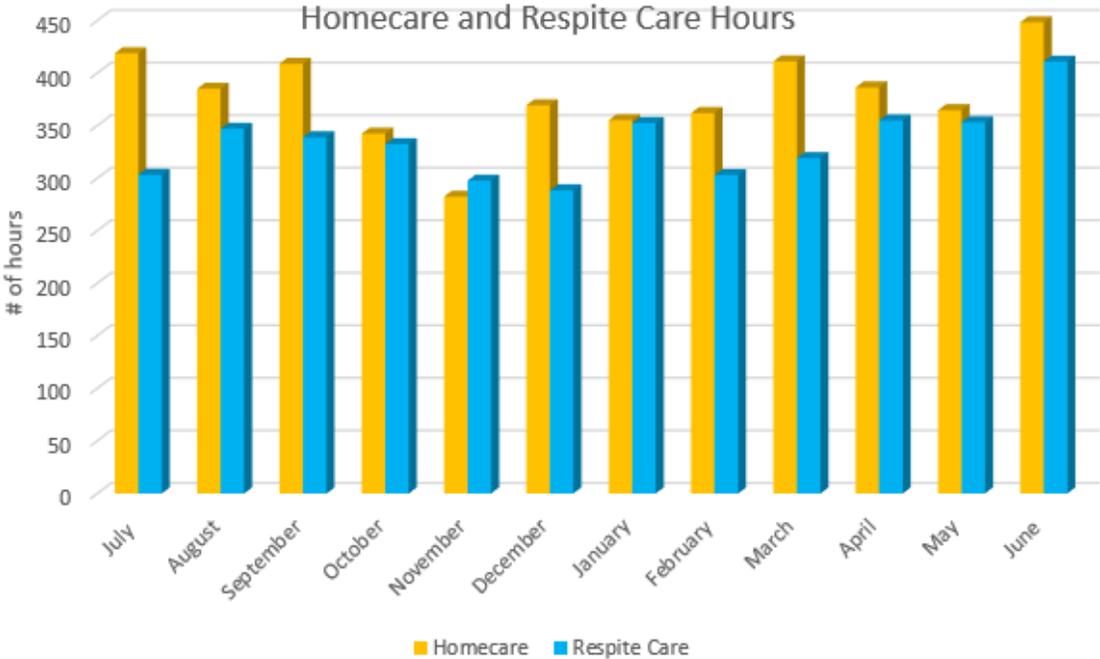
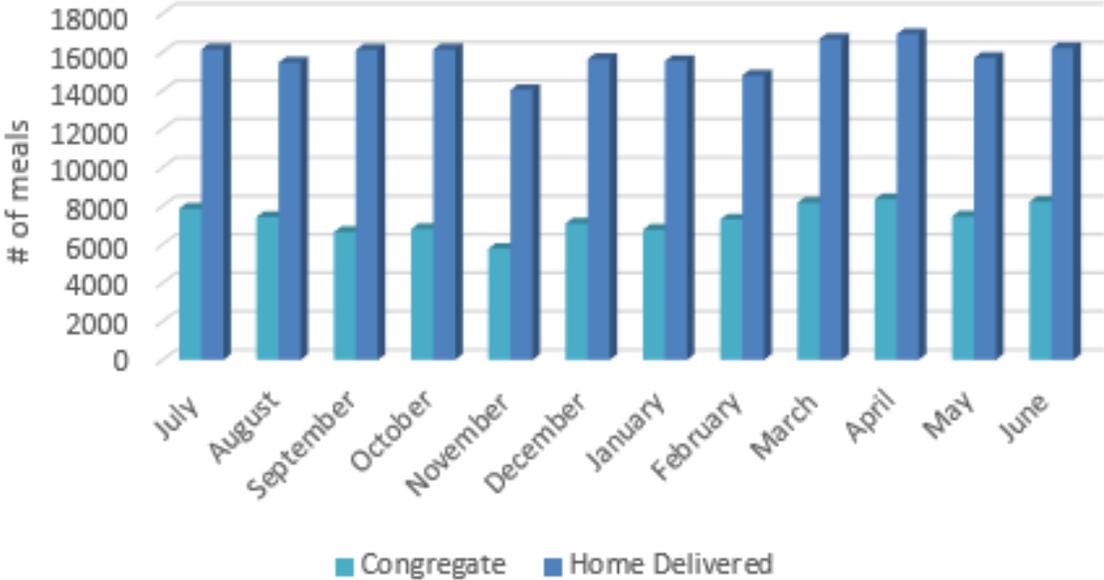
In FY 2015, Senior Programs was the recipient of two Banfield Charitable Trust grants totaling \$5000 used for the “Food 4 Paws” program. A Subaru “Share the Love” grant for \$2500 was also received and was used to purchase computer tablets for Meals on Wheels drivers.

*Revenue totals equal expense totals for FY 2015

Grant Program Service Numbers



Congregate and Home Delivered Meals



Senior Programs Advisory Board



The Senior Programs Advisory Board (SPAB) consists of seven members appointed by the mayor, with the advice and consent of the City Council, and site members selected by Senior Programs participants as a representative of each senior program site and appointed by the Mayor with the advice and consent of the City Council. There is one member from each of the six city districts, one member at large, and site representative members elected from the Benavidez, Eastside, Munson, Frank O'Brien Papen and Sage Café Centers. The duties of the SPAB include reviewing business and operation of the City's senior centers, assisting staff in review and development of policies & procedures, and recommending regulations to City Council when the need arises. The Board has the final say on any code of conduct violations or grievances of seniors that are brought before its members. The Advisory Board meets the 2nd Thursday of the each month from 9:00 a.m. to 11:00 a.m. at each of the centers on a rotating basis.



Testimonials



“Let me tell ya, I consider ourselves lucky that we have such great cooks. The food is not overcooked or undercooked. To me, it’s always just right. We are a family here. Everyone says ‘hi’ and ‘bye’ even though we come from different cultures.”

- Leo Miranda, congregate meals participant, Eastside Center

“The food is good, nutritious cooking. My driver, Erica, is wonderful and I have nicknamed her ‘sunshine’ because she is always so bright.”

- Almeda Emerson, home delivered meals participant

“Homemaker services are working very well for me. Brianna (living assistance worker) is very nice and does everything asked of her.”

- Shirley Nelander, homemaker services participant

“I serve as a garden volunteer and a greeter at the Munson Center. I like to see how things have grown and improved with our garden since we started it. I’m very thankful for the support given to our garden volunteers by the Mayor, the City of Las Cruces staff, and the University which helps provide master gardeners to our garden.”

-Louis Kiss, Network Volunteer

“It’s so much fun. You can be as creative as you want to be and when you feel like you can’t do something...it turns out you can.”

-Connie Kopsa, Open Clay Works



Las Cruces Senior Programs
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Senior programs staff is available to provide additional information about this annual report, by calling (575) 528-3000 or via e-mail at seniorprograms@las-cruces.org

Senior Centers Hours of Operation
Monday through Friday

Munson Center (975 S. Mesquite St.) 8 am - 5 pm

Eastside Center (310 N. Tornillo) 8 am - 2 pm

Benavidez Center (1045 McClure Rd.) 10:30 am - 1 pm

Papen Center (304 W. Bell) 10:30 am - 1 pm

Sage Café (6121 Reynolds Dr.) Tues-Fri, 9am-2pm

