

# **Las Cruces Senior Programs**

## **Annual Report**

### **Fiscal Year 2015/2016**



#### *Senior Programs Mission:*

*To promote and enhance the physical, intellectual, creative, and social well-being of individuals 50+ in order to improve their quality of life.*

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Accredited by   
National Institute of  
Senior Centers

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## Program Highlights

**“Best Senior Program ever!! I Can’t say enough good things about it. They have helped me tremendously. Wonderful program!! Keep up the good work.” John J. Dott**

The City of Las Cruces Senior Programs continues to provide high quality services to senior citizens in our community. During FY 2016 Senior Programs was able to add more services by partnering with other community organizations. Two programs started in FY2016 were the yard assistance program and the Morning Star United Methodist Church Light House Pantry.

City of Las Cruces Senior Programs and Morning Star have partnered together to provide a grocery bag of non-perishable food items to our homebound seniors who have been identified as being nutritionally at risk.

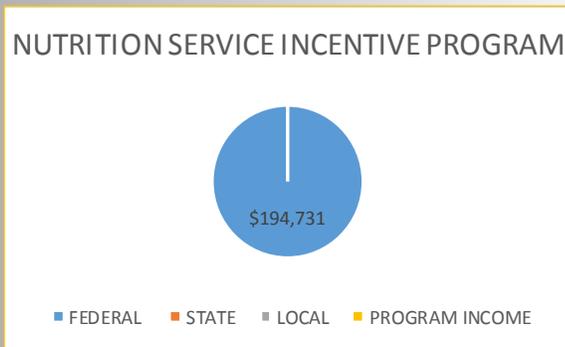
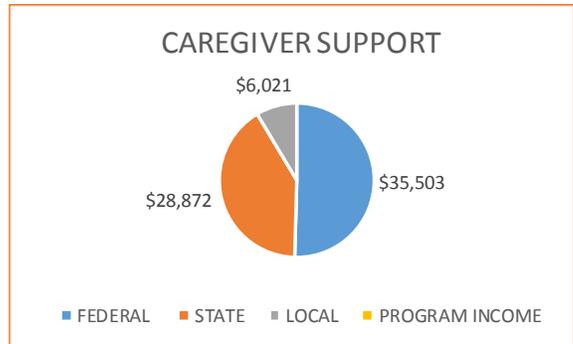
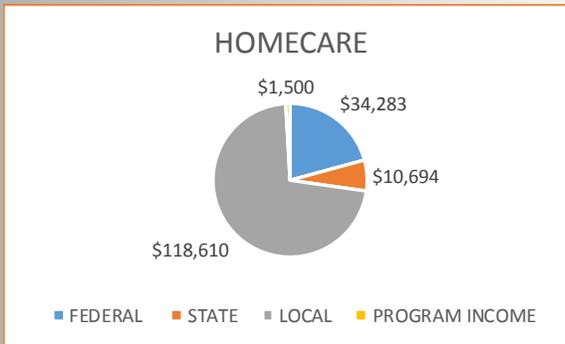
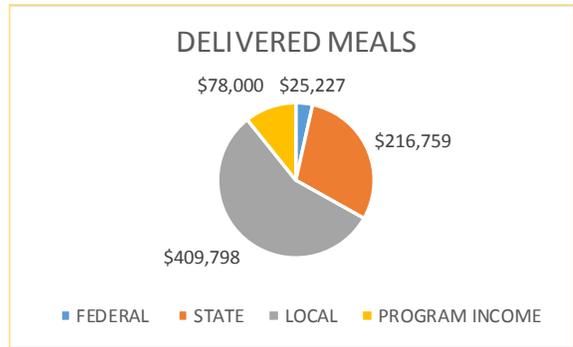
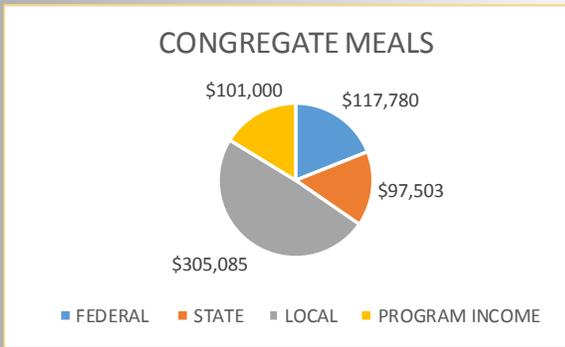
The project was started in February 2016. It was started with 15 identified clients and currently has a total of 21 clients. Morning Star utilizes their volunteers to pack and deliver the grocery bags to Munson Center on a monthly basis. Senior Programs meal delivery drivers and Living Assistance Workers deliver the grocery bags to the clients. A short Emergency Food Assistance Program application has to be completed.

There have been several groups helping take care of our seniors’ yards since a new partnership began between Codes Enforcement, Senior Programs, and The Network Volunteer Center. Volunteer groups involved with the program include Mesilla Valley Christian School, Las Cruces Latter-Day Saints Missionaries, NMSU Women’s Soccer Team, Juvenile Citation Program, and the Network Volunteer Center Yard Assistance Team.

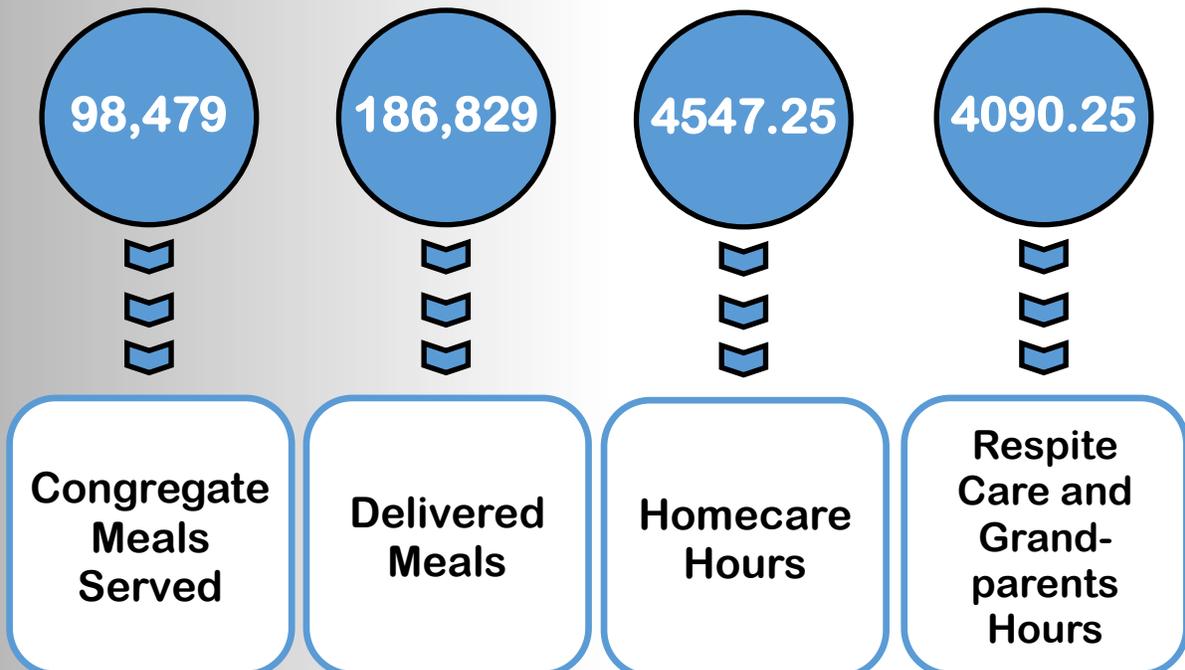
Munson received a new look in FY16. New decorations are giving the center a more inviting look. Seniors have mentioned how much they like the new decorations and how they are now spending more time socializing at our lobby area.



## FY16 Senior Programs Budget



## FY16 Number of units of Services Provided



## Services

### Senior Nutrition:

Congregate meals are served at four of our centers Monday through Friday and, as a pilot program, Senior Programs is now providing meals Tuesdays and Thursday at Sage Café Senior Center. In addition to the congregate and delivered meals, senior nutrition is managing the Food 4 Paws program for eligible homebound clients. The clients receive assistance for their pets, including pet food and veterinary care.

An accomplishment for the program for FY16 is the increase in the number of units provided. Senior Programs exceeded our congregate meal units by 16 percent and showed growth of 12 percent over last year. Additionally, we exceeded our budgeted home delivered units and had an impressive 20 percent increase in program contributions over last year.



### Testimonials:

“At the time, Home Delivered Meals helped me because I could not cook for myself. It was convenient when I was sick. The meals helped me recover and I was able to stop because my health improved with the help of the meals. Jenny Reyes was really nice and helpful.”

Larry Cooper, Home Delivered Meal Client

“I like talking to the people at the center. Every day, I look forward to coming. Everyone is so nice, especially the staff. The food is really good.”

Linda Dominguez, Congregate Client at the Eastside Community Center

“The Food 4 Paws Program has helped us out so much financially. Times have been really hard for me, having to take care of my husband. The help of the Food 4 Paws program has eased the financial burden on us.”

Linda Adams, Food 4 Paws recipient



### Long-Term Care:

Senior Programs Respite Care provides relief for the caregivers of seniors who need supervision. The program also includes assistance to Grandparents Raising their Grandchildren.

The program exceeded their Respite units by 11.25. Long Term Care services were able to supply our respite caregivers with supplemental supplies such as adult diapers, ensure, gloves etc. totaling \$4,259.25. The program currently has an average of 23 active Respite Care clients.

Senior Programs Home Care services also provides assistance with light housework for eligible seniors.

During FY16, Senior Programs exceeded the homecare units of services by 243.5 units. An average of 90 clients were provided with assistance. The homebound clients who were financially at risk received vacuums cleaners, fans and cleaning supplies purchased by the program.

The Grandparents Raising Grandchildren program purchased supplemental supplies totaling \$3,995.54 for 11 grandparents taking care of a total of 20 grandchildren. The grandparents also received additional resources and information at their monthly support group meeting. The resource included Legal Services for Children, Respite Services available for senior grandparents, MCH Family Outreach, and the "I Can" program.

Long Term Care Services collaborated with Home Instead Senior Care to provide gifts through Santa for a Senior. Approximately 60 clients received gifts on behalf of Santa for a Senior.



## Advisory Board:

The 12-member board is made up of 7 members appointed by the Mayor with approval of City Council and 5 site center representatives elected by the respective center participants. The Board's primary role is to assist staff in the review and development of policies and procedures and to advocate on the behalf of the center participants.

The Senior Programs Advisory Board meets the 2<sup>nd</sup> Thursday of the month from 9:00 a.m. to 11:00 a.m. at each of the Senior Programs' centers on a rotating basis. Please call 528-3000 for more information.

### Board Members:

Chair Felix Vega  
 Vice Chair Judy Chavarria  
 Secretary Marilu Darby  
 Abel L. Chavarria  
 Sharlene Wittern  
 Rick Jackson  
 Manuel Contreras  
 Renee Short  
 Gabriel Montalvo  
 Bill King  
 Juliette M. White  
 Rayla Buchanan

### Representative:

Eastside Center  
 Member at Large  
 District 2  
 District 1  
 District 3  
 District 4  
 District 5  
 District 6  
 Munson Center  
 Frank O'Brien Papen Center  
 Benavidez Center  
 Sage Café Senior Center



## Senior Recreation:

Senior Programs Recreation services provides a wide variety of activities that help our seniors improve their health and social well being. The activities include fitness classes, arts and crafts, conversation groups and support groups. The centers have available art wings, meeting rooms, library and computer room where the different activities take place. Munson Center has our multipurpose room for billiards, one of the most popular activities. The total attendance for recreation activities for FY16 was 24,949.

In addition to the recreation activities our seniors enjoy socializing at our centers. Munson received a new look in FY16. New decorations are giving the center a more inviting look. Seniors have mentioned how much they like the new decorations and how now they are spending more time socializing at our lobby area.

The top 10 activities based on attendance:

Activities	Attendance
Billiards (Munson & Eastside)	6273
Enhanced Fitness (Munson & Sage)	3454
Coffee Current Events	1470
Clay Works	1113
Zumba Gold	960
Jewelry/Lapidary Lab	955
Woodcarving	944
Line Dancing	936
Stained Glass	798
Maj Jongg	758

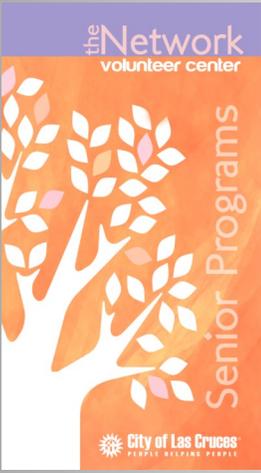


**Congratulations to the line dancing ladies for winning gold at the Senior Olympics!**

# Monthly Dances

In the last year, Senior Programs hosted 11 dances. Our total attendance for all of the dances was 663.





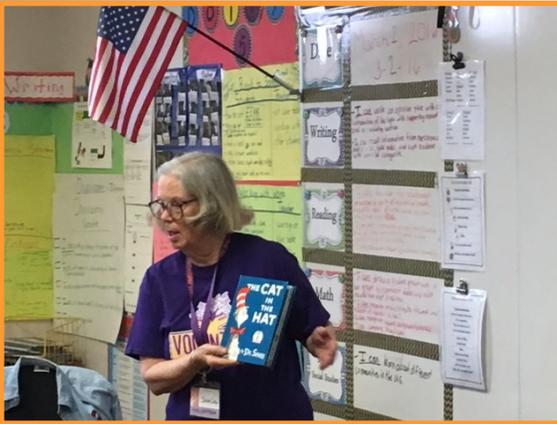
# Volunteer Network

## Mission:

To expand and enhance the delivery of quality services to the Las Cruces community through meaningful volunteer engagement.



**Nine service groups with 113 volunteers from schools, churches, community and US Armed service organizations participated in Volunteer Network events this year.**



Network volunteers participated in the first ever “Doña Ana Read Across America” campaign sponsored by Doña Ana County that had kids reading to celebrate Dr. Seuss’s birthday. Network volunteers were mobilized to read in the following schools reaching over 500 students with just our program alone—Columbia Elementary, Mesilla Elementary, East Picacho Elementary, Mission Lutheran School, Mesilla Valley Christian School, Holy Cross Catholic School.



The Network Volunteer Center partnered with Peace Village of Las Cruces to host an Intergenerational Mini Peace Camp in March of 2016, followed by a reprise of this intergenerational experience as a part of the “field trip day” for the week-long Peace Camp held in June.



Many Network Volunteers participated in activities with the youth from around the city including La Casa Domestic Violence Shelter. The programming consisted of fun activities that promoted multicultural learning, intergenerational conversation, cooperative problem solving, and non-violent conflict resolution.

Mesilla Valley Christian School helped put together 13 Thanksgiving baskets together for the Grandparents Raising Grandchildren program.



The garden volunteers had an amazing harvest, totaling almost 1000 lbs. of produce that was grown in the garden and distributed to seniors in our community to help increase access to healthy produce. Our garden items also won multiple ribbons at the Southern New Mexico State Fair in 2015 with a prize butternut squash winning best of show! Through support from Thrivent, the gardeners were able to purchase new compost bins and tumblers continuing their commitment to sustainability by composting food scraps from the Munson kitchen.

The number of volunteers working in our gardens continues to hover between 20 and 25 with new volunteers coming from the NMSU Extension Master Garden program on a regular basis. Fiscal year 2016 has been a challenging gardening year as many plants were harmed by hail storms and squirrels, but the gardeners were able to carry on and had help from several visiting groups of kids from Mesilla Valley Christian School, East Picacho Elementary, and Peace Village of Las Cruces.



## Senior Center Locations



**Munson Center**  
975 Mesquite St.  
Monday through Friday  
8:00 AM - 5:00 PM



**Eastside Center**  
310 N. Tornillo  
Monday through Friday  
8:00 AM - 2:00 PM



**Benavidez Center**  
1045 McClure Rd.  
Monday through Friday  
10:30 AM - 1:00 PM



**Papen Center**  
304 W. Bell  
Monday through Friday  
10:30 AM - 1:00 PM



**Sage Café**  
6121 Reynolds Dr.  
Tuesday through Friday  
9:00 AM - 2:00 PM