



CITY OF LAS CRUCES

The following are the summary minutes of the **Senior Programs Advisory Board** meeting held on Thursday, June 13, 2024.

MEMBERS PRESENT:

Acting Chair Belinda Soto, Henry Benavidez Recreation Center Representative
Secretary Judy Chavarria, Member-at-Large
Steve Gaskell, District 1 Representative
Mona Bedale, District 2 Representative
Carol A Gurule, District 3 Representative
Yolanda Knodle, District 4 Representative
Brendan Shannon, District 5 Representative
Martha Lopez, Munson Center Representative
David Hernandez, Eastside Center Representative
Jo Ann Rodriguez-Haught, Frank O'Brien Papen Center Representative

MEMBERS ABSENT:

Larry Altamirano, Sage Café Senior Center Representative

GUESTS PRESENT:

Joan (Jody) Crowley, *Six Pillars of Brain Health*, Presenter
Lois Visage, *Six Pillars of Brain Health*, Presenter
Sonia Saldana, Senior Programs Deputy Director
Chris Behrens, Recreation Facility Manager
Patricia Bertoldo, Kitchen Supervisor
Roger Bishop, Nutrition Program Manager
Toni Flores, Recording Secretary

1. **CALL TO ORDER:** Acting Chair Belinda Soto, Henry Benavidez Recreation Center Representative, called the meeting to order at 9:00 a.m. at the Frank O'Brien Papen Center, 304 W. Bell Ave., Las Cruces, NM 88001.
2. **ROLL CALL:** Roll call was taken, and a quorum was ascertained.
3. **PLEDGE OF ALLEGIANCE:** The Pledge of Allegiance was led by Steve Gaskell, District 1 Representative.
4. **MOMENT OF SILENCE:** The Board observed a moment of silence.
5. **APPROVAL OF THE AGENDA:** Motion by Judy Chavarria, Member-at-Large Representative, seconded by Steve Gaskell. Motion passed.

1 **6. CONFLICT OF INTEREST:** Board Members had no conflict of interest with any
2 item on the agenda.

3
4 **7. INTRODUCTIONS:** New Members introduced themselves.

5
6 **8. PUBLIC COMMENT:** None.

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8 **9. ACTION ITEMS:**

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10 **9.1. APPROVAL OF MAY 9, 2024 SENIOR PROGRAMS ADVISORY BOARD**
11 **MEETING MINUTES:** Motion by Steve Gaskell, second by Judy Chavarria.
12 Motion passed.

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14 **10. DISCUSSION ITEMS:**

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16 **10.1. SENIOR PROGRAMS DEPUTY DIRECTOR'S REPORT:**

17
18 The construction at Munson and Sage Senior Centers is going well. The
19 ground has been broken for these construction projects. The expansions
20 at both centers will allow for more classes and activities during the day. The
21 two projects are expected to be completed at the beginning of 2025. Other
22 proposed projects include the remodeling of the Eastside Center kitchen.
23 The money must come from the General Fund, because the facility is not
24 City owned. If the City purchases the building, Capital Funds can be used
25 to update, remodel or expand the facility. Other projects include replacing
26 the old, worn-out floor of the Benavidez kitchen and replacing the dining
27 room floor in the Frank O'Brien Papen Center.

28
29 There will be 50 medically tailored meals available for the home delivery
30 clients based on need. Eastside and Benavidez Centers prepare the home
31 delivered meals and Munson Center provides the meals for Sage Cafe and
32 the Frank O'Brien Papen Centers. Security services will continue to be
33 provided at Munson Center and the south and north doors at Munson
34 Center will remain locked for safety reasons. The Budget of a few thousand
35 dollars was also approved to help with the pet food program. Staff is
36 working on adding programming that will not make a dent in the budget.
37 Munson Center will host an Elder Abuse Health Fair on June 28, 2024 from
38 10:00 a.m. to 2:00 p.m. Resources will be available to all attendees and
39 Adult Protective Services will be available.

40
41 Staff is excited about the budget approved for security services for Munson
42 Center, as it frees up funds to add more fitness classes as soon as the
43 expansions are complete. A request was made for chair yoga at Benavidez
44 and staff agreed to research it. The expansions are projected to be
45 completed in February and there will be much more room to add classes.

1 Classes are in session at the AARP Fit Pad and participants are pleased.
2 Staff will post sign-up sheets for people who are interested in classes. They
3 have already sent out an online survey. Staff reiterated that the survey
4 responses are necessary to get funding for activities. It was suggested
5 surveys should be brief so that people do not lose interest in completing the
6 surveys.

7
8 **11. UPDATES:**

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10 **11.1. CHAIR AND BOARD MEMBERS:**

11
12 Judy Chavarria reported that the baked fish served on June 12, 2024, at
13 Eastside Center was very heavily breaded. She asked Roger Bishop,
14 Nutrition Program Manager, about adding hamburgers and hot dogs during
15 the summer lunches and requested clarification of how Patsy Bertoldo,
16 Kitchen Supervisor, creates the menus. Roger Bishop reported that he
17 oversees the menus and nutrition program. P. Bertoldo is the supervisor for
18 the kitchen workers.

19
20 Martha Lopez reported that she has attended Munson Center for lunch
21 since January and she feels that the food is usually great, except the pork
22 chops were very thin, hard and impossible to chew. The tuna patty is too
23 salty. The Mexican food is excellent. She misses the cookies. Roger
24 Bishop reported that the dessert is only allowed twice a week and the other
25 days fresh fruit is required. A question was asked about specialized diets
26 for individuals and Roger Bishop reported that the budget does not allow for
27 that at the centers. There has been a recent budget increase to allow for
28 medically tailored meals in the home-delivered meal program only.

29
30 David Hernandez reported that he enjoys going to eat and the food is
31 always good. He talks to the staff and the participants. He scolds other
32 patrons for bad table manners.

33
34 Belinda Soto read a note from a patron that reported the bathrooms at
35 Benavidez Center are filthy. Roger Bishop reported that the custodian at
36 that facility has been replaced and sanitation should be improving soon. He
37 also plans to speak to the supervisor of that contract.

38
39 Jo Ann Rodriguez-Haught reported that the rice at Munson Center is
40 sometimes not fully cooked, because it is crunchy. Otherwise, the food is
41 good.

42
43 Mona Bedale, District 2 Representative, reported that the center ran out of
44 milk, both chocolate and white milk last week. She announced that the
45 Munson and Sage Cafe Centers are being used as cooling stations from 10

1 a.m. to 5 p.m. again. Roger Bishop mentioned that he will look into the milk
2 situation.

3
4 Carol A. Gurule, District 3 Representative, reported that she works in the
5 kitchen as a volunteer, and she has noticed that everyone eats all their food,
6 but they waste sugar, salt, butter, and pepper packets. A suggestion was
7 made to add a note about only taking the packets that they need. Another
8 suggestion was made to simply put them in a cup on each table. Roger
9 Bishop reported that those packets were left over inventory from the
10 pandemic and when that supply is depleted, they will begin using the old
11 system again.

12
13 Steve Gaskell reported that he and his wife enjoy eating at Munson Center.

14
15 There will be a free movie sponsored by AARP called "Thelma" based on
16 true events involving the scams that target elderly persons. Anyone
17 interested should RSVP online. The movie will be held Friday, June 28,
18 2024, at 6:30 p.m. Popcorn and drinks are not included.

19
20 AARP and El Caldito are hosting a free meal on June 14, 2024, at 6:00 p.m.
21 for veterans. There will be a small ceremony starting at 5:30 p.m.

22
23 Las Esperanzas will be holding a celebration of their 30th anniversary and
24 the 175th birthday of the historic section of Las Cruces at Klein Park in
25 October. Staff will check to find out if the Center's parking lot will be
26 available for attendees.

27
28 Staff will look into rearranging the agenda for next month's Board meeting
29 so that the people who need to leave early can receive their information
30 first.

31
32 **12. NEW BUSINESS:**

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34 **12.1. CHAIRPERSON NOMINATIONS: COMMITTEE APPOINTMENT BY**
35 **ACTING CHAIR B. SOTO:**

36
37 Acting Chair B. Soto nominated Steve Gaskell, David Hernandez, and Larry
38 Altamirano to serve on the Nomination's Committee to elect a Senior
39 Programs Advisory Board chairperson. However, not all nominated Board
40 members were present. Board Members indicated that members nominated
41 to serve on the Committee should be present at this meeting, so the
42 committee could meet immediately following the Board meeting. Acting
43 Chair Soto nominated Martha Lopez in place of Larry Altamirano. Board
44 Member Lopez declined due to being so new to the Board.
45

1 Jo Ann Rodriguez-Haught expressed interest in participating in the
2 Committee. Steve Gaskell agreed to include Jo Ann Rodriguez-Haught in
3 the Committee along with himself and David Hernandez.
4

5 Motion to accept the Nomination Committee members was made by Judy
6 Chavarria, second by Belinda Soto. Motion passed.
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8 **13. TRAINING:**

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10 **13.1. SIX PILLARS OF BRAIN HEALTH BY JOAN CROWLEY/LOIS VISAGE:**

11
12 Joan Crowley presented information regarding brain health. She suggested
13 seeing the doctor if there are concerns about brain health. The
14 professionals that do cognitive assessments are clinical psychologists.
15 Ways to keep cognitive function are to be social, engage the brain, manage
16 stress, physical exercise, get good sleep, maintain good blood flow, and eat
17 right. Using glasses and hearing aids can also help mental acuity.
18

19 Lois Visage invited anyone who was involved in education in any way to join
20 the Las Cruces Association of Retired Educators. She offered to make
21 presentations for any group interested in the presentations. Joan Crowley
22 invited everyone to attend local AARP meetings.
23

24 **14. ADJOURNMENT: Motion by Yolanda Knodle, second by Steve Gaskell. Motion**
25 **carried. Meeting adjourned at 11:15 a.m.**

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Judy Chavarria, Secretary