



PUEBLO OF JEMEZ SENIOR CITIZENS PROGRAM

MISSION STATEMENT

The Pueblo of Jemez Senior Citizens Program
Mission is to provide services to all eligible
individuals 55 years of age and over with the
highest priority to those with the greatest
economic and social need and to improve quality
of life through a collaborative and coordinated
team approach.



SENIOR PROGRAM BUDGET

- IHS Compact Funding – Federal \$263,622
- Adm. For Community Living – Federal \$127,340
- Adm. Family & Children (CBG) – Federal \$14,660
- Aging and Long Term Services Dept. – State \$118,655
- Total Annual Budget - \$524,277



PROGRAM GOALS

- To coordinate services as appropriate to best meet the needs of senior citizens.
- To promote a community responsibility about caring for the senior citizen in need.
- To promote awareness and training on topics relating to health, nutrition, shopping, food preparation, and other related subjects.



SERVICES PROVIDED BY OUR SENIOR PROGRAM

- Nutrition – Congregate and homebound meals are prepared on a daily basis. Lunch is served Monday
- Physical Fitness and Recreation – In collaboration with our Community Wellness and other Health Programs. Activities include
 - physical fitness exercises, walks, enhance training, bowling, chair volleyball, and line dancing.
 - Other activities offered are sewing classes, quilting, crocheting, 8-ball pool, outings, trips to conferences and visits to other senior centers.
 - Senior Olympics.
- Information and Assistance – Provide vital information to senior community through congregate meals, flyers, the Red Rock Newsletter and home visits.
- Screening – Using JHHS CHRs, provide monthly blood pressure screens and glucose checks and various educational topics
- Home Services – Chore services which include: minor plumbing, door and window repairs, yard work, and interior clean up. With the assistance of Injury Prevention and our Medical Social Services Coordinator, our center also installs portable ramps.
- Transportation – Services to and from the Center, off-reservation outings, and field trips are provided and conscientious support is readily available to those who may need added assistance.
- LIHEAP – The LIHEAP program provides assistance to qualified individuals for their winter heating needs.
- Farmers Market – Through the FSIP, Inc., we provide certificates for qualifying families to shop at farmers markets within the area.



SERVICES PROVIDED BY OUR SENIOR PROGRAM

- Outreach/Home Visits – Distribute information to those 55 and older on activities pertaining to elder issues through the Red Rock Newsletter. Birthday cards are delivered to individuals on their 55th birthday. Home visits are made to follow up on individuals after a case management referral, after a hospital stay or an illness, or if they've been absent from the center for at least a week. These routine visits are made to ensure that our elders are safe in their homes and that their needs are being met.
- Family Care giving – To provide information and training to informal caregivers in our community. Sponsor support activities for caregivers such support group meetings, quarterly socials, two-day training in November to celebrate Caregiver Month. The gatherings provide respite to the caregiver.
- Senior Olympics – Senior Olympics is very popular with many of our seniors who compete and qualify for the National Olympics which promotes healthy lifestyles and influence members in the community.
- Intergenerational Activities – This program is designed to remind and expose our youth to our culture, traditions and language. Speakers are brought in to speak on the history of Jemez, to talk about life experiences, to share their talents, to provide arts and crafts-geared to pueblo culture, language classes for the youth are held based on the curriculum developed by our education department.
- Senior Companion- Volunteer companions visit elders in the community to help alleviate the loneliness and isolation by providing quality time. The companions also assist with grocery shopping, bill paying, transportation to medical appointments.



THANK YOU!

