

Zuni Elderly Services Program Senior Center/Adult Day Care



**Pueblo of Zuni
Zuni, New Mexico**

Pueblo of Zuni - Zuni, NM



Zuni Elderly Services Program - Staff

Senior Center Staff

Karen Leekity, Elderly Services Director
Peggy Leekya, Administrative Assistant IV
Delana Tekala, Administrative Service
Laura Pooacha, Caregiver Outreach Worker
Cordy Coeoyate, Activities Coordinator
Troy Natachu, Lead Maintenance Man
Dorothy Penketewa, Head Cook
Yvette Bewanika, Cook
Brittney Seowtewa, Cook

Senior Volunteer Staff-SCP/FGP

Annette Quam, Senior Volunteer
Coordinator
Dion Panteah, Driver

Adult Day Care Staff

Erika Lewis, Adult Day Care Coordinator
Sonya Wallace, ADC Aide
Judith Dewa, ADC Aide

- Four Senior Employment Workers
- Six Summer Youth Workers

23 Senior Companions and 22 Foster Grandparents funded through the Corporation for National & Community Service (CNCS), a Federal grant.

Activities of the Elderly Services Programs



Our Senior Center is a place for all Elders to come and participate in services and activities. We now have an Adult Day Care center for frail Elders who need one-to-one care. It is a social model and did not have any funding at all. This is where our CSBG funding kicked into help our Program provide care for our frail Elders, otherwise they would have been sent to a nursing care home off the reservation.



Activities include inter-generational activities involving local schools. The interaction between Elders and students was incredible. Elders taught them traditional ways and the Zuni language.

Exercise is implemented several times a week to help with balance, strength and stability.



Brain Fitness Activities



Partnership and collaboration with other programs in the state brought on new ideas and programs to the Elderly Programs. Enhanced Fitness and Brain Fitness are two programs that our elders enjoy. New food and new activities were introduced. The Elders enjoy trying new things at the Senior Center and Adult Day Care.



INTERGENERATIONAL ACTIVITIES



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- Two groups of students from Missouri and Colorado come to the Pueblo to volunteer. Assisting our people with various projects that are planned for them through their sponsors and working with the Zuni Tribe.
- The Deer Hill Expeditions Program coordinates teen volunteer from Colorado to come to Zuni for cultural exchange programs and assist Elders with their chores or help out at the Senior Center, including
 - Chop wood and stock pile for the Elders.
 - Assist community projects such as minor repairs for home homes of Elders and families who are low-income and need help.
 - Help fix the ovens by plastering them with mud and straw.
- MISSOU college students, Alternative Breaks students from Missouri do their community service in our Pueblo. They spend time with the elderly community learning about our culture.
- These two groups spend a week or two in Zuni to learn how our people live and assist in various projects in the Pueblo.



Gardening



Planned Activities



Exercise is implemented three times a week to help with balance, strength and stability, Zumba, low impact aerobics, Tai Chi and line dancing are scheduled. Elders like to participate in the Senior Olympic - local, state and national games. N Arts and crafts, in-service trainings trips, outings to local areas and special events for birthdays and holidays.

