

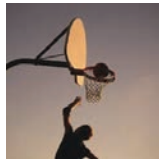
## The Park Provides Opportunity for Well Being!

Getting together with friends, family and neighbors is an important part of being happy and healthy. Our Village of Cuba St. Francis of Assisi Park and Eichwald Recreation Center gives us opportunity to do just that. Thanks, Village of Cuba!

The Farmers Market is a great place to meet up with your friends and neighbors every Saturday from nine to noon. The fresh, local produce on sale there is super nutritious! The market will be open through the end of October. Thanks Elena Snyder, our 'Market Champion', and to the hard working Cuba Farmers Market Committee.



Walk, run or bike on the Village of Cuba St. Francis of Assisi Park trail. Workout in the weight/cardio rooms, or play basketball at the Eichwald Recreation Center. Kids can run, swing, and slide on the playground. Staying active is an important part of staying well. The park provides a safe place for a variety of physical activity with your friends and family. Thanks, Cliff Sandoval, our local Trail Champion, for keeping our trail bladed; and Dick Kozoll, for all the lovely landscaping Volunteer work.



Volunteering is a proven wellness booster. You, too, can participate in Volunteer Watering and other park improvement projects to keep our park beautiful for all of us. It's fun and it feels great to do something for others.

This is your park, Cuba. Come out and meet your community, then take advantage of all the great things your can include in your healthy lifestyle. See you out there!

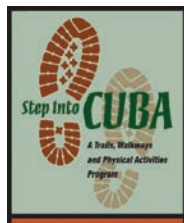


## The place to be on Saturdays in Cuba!!!

Stop by the Market to visit with your neighbors and purchase fresh produce plants and flowers!

Every Saturday through October 29, 2011  
9:00 a.m. to NOON  
Village of Cuba St. Francis of Assisi Park

WIC Accepted at the Market!  
Need more information? Please call 575-289-0244.



## Healthy Communities

Nacimiento Community Foundation

[www.stepintocuba.org](http://www.stepintocuba.org)

### August 2011 Activities Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Forest Service STRETCHES 15 Minutes				
9:00 AM		Morning Park WALK 60 minutes		Morning Park WALK 60 minutes	
10:00 AM		WIC Office STRETCHES 15 minutes		WIC Office STRETCHES 15 minutes	
12:00 PM	Health Center WALK 45 minutes	Senior Center WALK 15 minutes	Health Center WALK 45 minutes	Cuba Credit Union STRETCHES 15 minutes	
12:30 PM		Senior Center WALK 15 minutes			
01:00 PM	Cuba Credit Union STRETCHES 15	Senior Center WALK 15 minutes	Senior Center STRETCHES 15 Minutes	Senior Center STRETCHES 15 Minutes	
03:15 PM	CUBA Schools Staff STRETCHES 15 MINUTES				

To sign up for an activity, call 575-289-3718, or e-mail: [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)  
For Senior Center information, call 575-289-3510

## Congressman Lujan Visits Cuba

On August 22nd, Congressman Ben Ray Lujan visited Cuba. He began his visit at the Nacimiento Community Foundation and Step Into Cuba offices, met by Jeanette Linville, Executive Director of the Nacimiento Community Foundation, and Susan DeFrancesco and Shari Smoker of the UNM



*Congressman Lujan visits the Cuba Community Garden. L-R: Cuba Community Garden Co-director Jill Mumford, Congressman Lujan, Rufina Cowboy, Tamara Lewis, Lisa Cowboy*

Prevention Research Center's Healthy Kids Healthy Cuba project. The Congressman toured the Foundation and Public Health offices, the Cuba Food Pantry, and then walked to the Cuba Community Garden. At the garden, the Congressman was met by local community members, garden members, and local youth who had written to the Congressman asking him to visit. The Congressman spoke to the children about the importance of growing and eating healthy foods, and congratulated them on their involvement in community projects. He praised the Cuba Community Garden for a job well done in getting the community together in such a great place to grow! At the garden, he also spent time with several veterans from American Legion Post 23 who generously donate the use of their land for the garden.

Led by Dr. Richard Kozoll, Step Into Cuba Volunteer Coordinator, the Congressman experienced firsthand the challenges of a pedestrian attempting to cross US Highway 550 and learned about the efforts of the Village, Step Into Cuba and the NM Department of Transportation to make Cuba's Main Street more pedestrian friendly. He then hiked part of the Fisher Trail with members of the community, Derek Padilla, District Ranger with the Cuba Forest Service office, and Teresa Woodfill, Administrator of PMS/Checkerboard Area Health System. The last stop for Congressman Lujan was the Village of Cuba St. Francis of Assisi Park where he was met by community volunteers who have been active in Park improvements, Step Into Cuba, and the Cuba Farmers' Market. The Congressman was impressed with and supportive of all of the efforts the Village and community residents put forth to improve the health and safety of community residents.



*Congressman Lujan and Dr. Dick Kozoll along US Hwy. 550.*

## Cuba Farmers' Market Accepts Senior Nutrition Program Coupons!

**The Senior Farmers' Market Nutrition Program and Farmers' Market Nutrition Program are available for income-eligible seniors age 60 and over. These programs provide participants with a one-time disbursement of \$28 worth of vouchers that can be used to purchase fresh fruits and vegetables at the**

## Cuba Farmers' Market!

**Eligible Participants are seniors who qualify and are enrolled in the state's Commodity Supplemental Food Program (CSFP) as well as seniors age 60 and over who live at or below 185% of the Federal Poverty Level.**

**Those who are not currently enrolled in CSFP will need to provide proof of identification, residency and income to your regional CSFP provider**

**To apply for the Senior Farmers' Market Nutrition Enhancement Program or to find out if you qualify for the program, contact your regional CSFP provider:**

**Northwestern NM  
Echo Inc.  
(505) 326-3770  
Farmington, NM**

**For more information about  
the Cuba Farmers' Market, contact  
Shari Smoker at 575-289-0244**

Hello Cuba Community Members!

Thanks to our watering volunteers, with some help from the summer rains, our Village of Cuba St. Francis of Assisi Park plantings are alive and well!

Being a Watering Volunteer is a great way to give back to your community, while, at the same time, doing something good for yourself.

Trees, shrubs and wildflowers provide shade and wildlife habitat, purify our air and water, and beautify our surroundings. Getting out in the fresh air, and volunteering, are proven to reduce stress and improve well being.

Consider setting aside some time in your schedule to come out to the park to water. Just let me know which week/s you would like to sign up for, and how much time per week you can give (between 1 and 5 hours) and I will gladly include your name/organization in the Fall Volunteer Watering Schedule.

- September 18 - 24
- September 25 - October 1
- October 2 - 8
- October 9 - 15
- October 16 - 22
- October 23 - 29

Thanks!

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Nacimiento Community Foundation  
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**Ride the Rio Metro**  
*Sandoval Easy Express*