



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

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Senior Centers

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Melrose 253-4261

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August, 2016



Graphics from justbcause.com



Retired & Senior Volunteer & Foster
Grandparent Programs

700 N. Main St. Suite 10

Clovis, NM 88101

575-763-6009

Senior Corps Pledge

I will get things done for America – to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am a Senior Corps (RSVP or Foster Grandparent) volunteer, and I will get things done.



Recognition for the RSVP July Timesheet Drawing!

Mary London
Texico Senior Center

Jeaneane Serna
Baxter-Curren Senior Center

Angie Sena
Friendship Senior Center

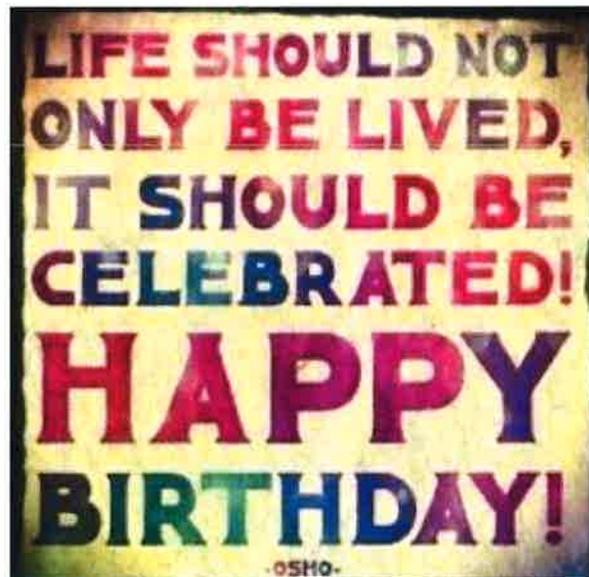
Celina Chavez
La Casa Senior Center

We will have another drawing in September for the August Timesheet
Drawing held on July 15, 2016

Promotion Sponsored by:
Curry County Retired and Senior Volunteer Program (RSVP)
700 N. Main Street, Clovis, NM 88101
Phone (575) 763-6009

August Babies!

| | |
|-------------------|-----------|
| Janetta Geisler | August 1 |
| Robbie Russell | August 4 |
| Jody Lowry | August 6 |
| John Bross | August 19 |
| Jeaneane Serna | August 24 |
| Jane Rybolt | August 27 |
| Mary Ann Sandoval | August 30 |



Graphics from bing.com/images

August 21, 2016

Senior Citizens Day in the United States

National Senior Citizens Day recognizes contributions senior citizens make in communities across the United States. It is annually observed on August 21.

Senior citizens in the USA are recognized for their achievements on Senior Citizens Day. Senior citizens in the USA are recognized for their achievements on Senior Citizens Day.

What Do People Do?

Various events and activities are organized on Senior Citizens Day to raise awareness of supporting older people and recognizing their achievements. Some people raise awareness through social media and news stories, while others organize special community gatherings inviting senior citizens, their families, friends and volunteers. Some businesses give special discounts or deals to senior citizens on or around August 21.

Public Life

National Senior Citizens Day is an observance and not a public holiday in the US.

Background

Some people celebrate Senior Citizens Day on August 14 as it was the day past US president Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan, who was the US president at the time, declared August 21 to be National Senior Citizens Day.

This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

August Is:

National Immunization Awareness Month

Vaccinations for Adults

You're never too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

| Vaccine | Do you need it? |
|--|--|
| Hepatitis A (HepA) | Maybe. You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–18 months apart. |
| Hepatitis B (HepB) | Maybe. You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or simply want to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months. |
| Human papillomavirus (HPV) | Maybe. You need this vaccine if you are a woman age 26 years or younger or a man age 21 years or younger. Men age 22 through 26 years with a risk condition* also need vaccination. Any man age 22 through 26 who wants to be protected from HPV may receive it, too. The vaccine is given in 3 doses over a 6-month period. |
| Influenza | Yes! You need a dose every fall (or winter) for your protection and for the protection of others around you. |
| Measles, mumps, rubella (MMR) | Maybe. You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.* |
| Meningococcal (MenACWY [MCV4], MenB, MPSV4) | Maybe. You may need MenACWY and/or MenB vaccine if you have one of several health conditions, for example, if you don't have a functioning spleen. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.* You should consider MenB if you are age 23 or younger (even if you don't have a high-risk medical condition). |
| Pneumococcal (Pneumovax [polysaccharide vaccine, PPSV]; Prevnar [conjugate vaccine] PCV) | Maybe. If you are age 65 years (or older), you need both pneumococcal vaccines, Prevnar (if you haven't had it before) and Pneumovax. Get Prevnar first and then get Pneumovax 1 year later. If you are younger than age 65 and have certain high-risk conditions (for example, asthma, heart, lung, or kidney disease, immunosuppression, or lack of a functioning spleen, or are a smoker),* you need 1 or both vaccines. Talk to your healthcare provider to find out when you need them.* |
| Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td) | Yes! All adults who have not yet received a dose of Tdap, as an adolescent or adult, need to get Tdap vaccine (the adult whooping cough vaccine). And, all women need to get a dose during each pregnancy. After that, you need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria toxoid-containing shots sometime in your life or if you have a deep or dirty wound. |
| Varicella (Chickenpox) | Maybe. If you've never had chickenpox or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.* |
| Zoster (shingles) | Maybe.* If you are age 60 years or older, you should get a 1-time dose of this vaccine now. |
| Hib (<i>Haemophilus influenzae</i> type b) | Maybe. Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your health care provider to find out if you need this vaccine. |

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Are you planning to travel outside the United States? Visit the Centers for Disease Control and Prevention's (CDC) website at wwwnc.cdc.gov/travel/destinations/list for travel information, or consult a travel clinic.

immunization
action coalition



Saint Paul, Minnesota • 651-647-9009 • www.immunize.org • www.vaccineinformation.org

Technical content reviewed by the Centers for Disease Control and Prevention

www.immunize.org/catg.d/p4030.pdf • Item #P4030 (3/16)

This page sponsored by:



Curry County
Health Council

3 HEALTHY DESSERT IDEAS

Desserts do not have to be always loaded with high fat content or be made from substantial amounts of sugar. Instead with a bit of careful planning, sensible yet delicious desserts can also be concocted out of healthier ingredients that will let you have your cake and eat it too!

Most desserts that center on using fruits as their primary ingredient with only one or two accompanying ingredients will often making the healthiest deserts. These desert options will naturally be low on the fat count as well as the calorie count.

Here is a list of some traditional deserts that have been substituted with healthier ingredients and modified to suit the needs of individuals who are concerned about their sugar intake. Others are simply a healthier take on ways to indulge in your sweet tooth without feeling any guilt. So whether it is chocolate that you crave or feel like having an exotic dessert, there is something for everyone on this list of ten healthy desserts.



1. Chocolate dipped strawberry

This a not only a quick but also a healthy way to satisfy chocolate cravings. To prepare, start by microwaving chocolate in a small bowl for about one minute. Stir and continue nuking for another twenty seconds. Stir again, keep doing this with intervals until the chocolate is completely melted.

Another way to do this is by placing chocolate on top of a double boiler and heating until the chocolate melts to a smooth consistency. Dip the strawberry in the chocolate covering it halfway and leaving the other half uncovered. This gives you a healthy yet delicious snack to satisfy your sweet tooth.

2. Strawberry shortcakes

Enjoy this delectable dessert by whipping up a version that is much lower on the fat content but still yields a taste as good as the original recipe.

- 1 tbsp. calorie free sweetener
- 1 tbsp. cornstarch
- 1 cup orange juice
- ¼ tsp almond or vanilla extract
- 1 ½ cups fresh strawberries, sliced
- 6 sponge cake dessert shells



Combine sweetener and cornstarch in a pan. Stir in orange juice and bring to a boil. Stir the mixture constantly until it is bubbly and has thickened. Remove from heat and add in extract. Cool completely.

When cool, combine orange juice mixture and strawberries in bowl stirring gently. Cover mixture and chill for half an hour. To serve, spoon mixture over dessert shells and enjoy.

3. Caramelized spiced pears

- 3 ripe pears, sliced
- 1 tbsp. lemon juice
- 2 tbsp. unsalted butter
- 3 tsp. light brown sugar
- ½ tsp. cinnamon, ground
- ½ tsp. ginger, ground
- ¼ tsp. cloves, ground pinch of salt



In a medium bowl toss pears with lemon juice. Melt butter on medium heat and add in pears. Cover and cook on medium low heat for about ten minutes, stirring once halfway through.

In the meantime, mix sugar and remaining spices in a small bowl. Add to pears after the ten minutes are done and cook on medium heat stirring frequently. Continue cooking until pears are glazed and tender for about 4-6 minutes. Serve warm.

This desert can be served on its own, stirred into yogurt or enjoyed as a topping on a serving of whole wheat waffles or pancakes.

Like pears other fruits can also be caramelized and served as deserts on their own or be combined with other foods to make more treats. Spiced fruits may be served as toppings, served with a sauce or served into a cobbler for a variety of results.

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

| | | | |
|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |

SHARE TODAY. SHAPE TOMORROW



CLASSROOM TUTORING IN READING & LANGUAGE FOR CHILDREN IN PRESCHOOL, KINDERGARTEN, FIRST, AND SECOND GRADE. OPPORTUNITIES AVAILABLE IN LOCAL SCHOOLS.

**THE CURRY COUNTY
FOSTER GRANDPARENT PROGRAM
NEED YOUR HELP!**

**SIGN UP TODAY FOR SCHOOL YEAR
2016-2017!**

As a Foster Grandparent, you'll help children in our community's elementary schools develop the academic and life skills that are critical to their development and future success. You don't need formal experience in tutoring or mentoring just a desire to help children in the classroom. We also offer a tax-free hourly stipend to help cover costs for income eligible volunteers. You'll even receive supplemental, accident and liability insurance while you are in service.

Contact us for more information.



**FOSTER
GRANDPARENTS
NEEDED TO SERVE
IN OUR SCHOOLS!**

**OPEN TO
VOLUNTEERS
AGE 55 AND OVER
WHO CAN SERVE
BETWEEN 15 AND
40 HOURS A WEEK.**

**VOLUNTEER THE
HOURS YOU CAN!**

**CURRY COUNTY
FOSTER
GRANDPARENT
VOLUNTEER
PROGRAM**

700 N. Main St. Suite
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Clovis, NM 88101

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szamora@currycounty.org



Graphics from freeclipart.com

**CURRY COUNTY
RETIRED & SENIOR
VOLUNTEER PROGRAM
NEED YOUR HELP!**

BECOME A MEMBER TODAY!

Our volunteers share their time, experience, talents, and knowledge within our community thus enriching the lives of many and making a difference.

Contact us for more information.



**VOLUNTEERS
NEEDED!**

**AGE 55 AND OVER-
RETIRED OR STILL
WORKING**

**VOLUNTEER
OPPORTUNITIES IN
MANY AREAS**

**VOLUNTEER THE
HOURS YOU CAN!**

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