Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

May, 2016

Commission

Angelina Baca · District 1

Ben McDaniel · District 2

Chet Spear · District 3

Wendell Bostwick · District 4

Tim Ashley · District 5

Administration

Lance A Pyle,

County Manager

RSVP & FGP Staff

Suzanne Zamora

Program Director

Susan Alman

Program Assistant

Senior Centers of Curry County

Baxter	*762-3631*
Friendship	*769-7913*
Grady	*357-2009*
La Casa	*762-8110*
Melrose	*253-4261*
Texico	*482-3835*

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Retired & Senior Volunteer & Foster Grandparent Programs

700 N. Main St. Suite 10

Clovis, NM 88101

575-763-6009

May Birthdays!

Jo Mullins	May 1
Suella Frerichs	May 12
Joe M. Garcia	May 15
Vivian Lake	May 16
Chris Dudley	May 18
Margaret Ressel	May 18

What Happened in April, 2016?

Announcing the Winners of the March RSVP Timesheet Drawing!

Ida Munoz
Pink Ladies

Sandra Stalcup
Baxter-Curren
Needle Gang

Cleta Cook
Bread of Life
Meals on Wheels

Dany Kloberdanz
Melrose Senior Center

Yvonne Hardage
Texico Senior Center

Lucy Barela
La Casa Senior Center

Kay Berry
AARP Tax Assistance

We will have another drawing in May for the April Timesheet

Drawing held on May 15, 2016

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

What's happening in May, 2016?

Senior Corps Week 2016

Each year during Senior Corps Week, we recognize the extraordinary impact Senior Corps volunteers make across our nation every day. This year, Senior Corps Week takes place May 16-20, 2016.

Senior Corps Week is a time to salute volunteers from Foster Grandparent Program, RSVP, and Senior Companion Program, recognize community sponsors and partners, and communicate the impact of and on the lives of those who serve.

The theme for Senior Corps Week-2016 is #SeniorCorpsWorks. Senior Corps works in countless ways to make communities stronger. Throughout the country, Foster Grandparents are mentoring and tutoring students, and Retired & Senior Volunteers are providing services such as disaster relief, meal distribution that help the elderly remain in their own homes, caring for the environment, supporting veterans and military families, and providing tax preparation services to low-income and elderly individuals.

Senior Corps Pledge
Last year, the Senior Corps pledge was developed. This pledge is administered to Senior Corps volunteers when they enter into service in the Foster Grandparent and RSVP programs and/or at other key moments during the year.

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.

We plan to present a proclamation on May 17, 2016 during the Curry County Commission Meeting for the Commission to sign in a show of support for our programs. You are invited to attend the meeting which will begin at 9:00 am in the North Annex Room at the Clovis Carver Public Library.

National Senior Health & Fitness Day, May 25, 2016

You Are Invited!

Curry County Health Council and Curry County RSVP have joined forces and resources to bring together a group of presenters to come and provide us with some useful information on National Senior Health & Fitness Day on May 25, 2016 at the Clovis Carver Public Library-North Annex from 9:30 am until 2:00 pm. Among the speakers scheduled to present are:

Mitch Gray-
Mitch is the Coordinator for the Clovis Healthy Kids Program and the Clovis Community Garden where vegetables can be grown and harvested for our own tables.

Dan Heeding
Dan is the Emergency Management Director for Clovis. He will inform us how we can best prepare ourselves and our homes for inclement weather and natural disasters such as tornado, snow blizzards and the like.

Michael Richardson
Michael is a RN from the New Mexico Department of Health. Do you or someone you know take prescription pain medication? Accidental overdose can occur with anyone. He will provide us with a presentation on Opioid (prescription pain medication) use that could result in overdose and will also speaks to us about Naloxone, a new emergency-only medication that, when properly used, can revive someone from a potential overdose and prevent a life threatening situation.

In addition to walking away more informed, we will have door prizes! food! give a-ways! Make plans to join us and feel free to contact us at 575-763-6009 if you need more information.

Mother's Day is May 8, 2016

Mother Is The Best

My mom is really great;
She's sweet as she can be;
When I need some help, I know
She's always there for me.
Mom loves me all the time,
Even when I'm a pest;
She always takes good care of me;
My mother is the best.

Did you know? The first Mother's Day was May 10, 1908 in Philadelphia.

Mother's Day Brunch Recipes

Celebrate the most important women in your life with one of these brunch recipes this Mother's Day.

Southwest Brunch Casserole

Southern Living

Start the Chile-Cheese Sauce first, and then begin the casserole. We don't recommend egg substitute for this recipe.

- **Yield:**

  Makes 10 to 12 servings

Ingredients

1 (16-oz.) package mild ground pork sausage

1/4 cup chopped onion

12 large eggs, lightly beaten

Chile-Cheese Sauce

2 cups self-rising flour

1/3 cup vegetable oil

1/3 cup evaporated milk

1 large egg, lightly beaten

1/2 teaspoon chili powder

1 1/2 cups (6 oz.) shredded sharp Cheddar cheese or Monterey Jack cheese with peppers

2 tablespoons chopped fresh cilantro or parsley

Preparation

1. Cook sausage and onion in a large nonstick skillet over medium-high heat, stirring until sausage crumbles and is no longer pink. Reduce heat to medium; add eggs, and cook, without stirring, until eggs begin to set on bottom. Gently stir to slightly break up eggs. Cook, stirring occasionally, until eggs are thickened but still moist. (Do not overstir, as this will form small, dry pieces.) Remove from heat; stir in Chile-Cheese Sauce. Spoon into a lightly greased 13- x 9-inch baking dish; set aside.

2. Stir together flour and next 4 ingredients until a dough forms. Turn dough out onto a lightly floured surface; knead 3 or 4 times.

3. Roll dough into a 12-inch square; sprinkle evenly with shredded cheese and cilantro. Roll up, jelly-roll fashion, and cut into 12 (1-inch-thick) slices. Place dough slices over egg mixture, spacing evenly.

4. Bake at 400° for 25 to 30 minutes or until golden.

Kitchen Express: Prepare sausage, egg, and Chile-Cheese Sauce mixture as directed; spoon into a lightly greased 13- x 9-inch baking dish. Top evenly with 12 frozen Southern-style biscuits. Bake at 400° for 25 to 30 minutes or until golden. Note: For testing purposes only, we used Pillsbury Southern Style Oven Baked Biscuits, located in the freezer section of the supermarket.

Go to Full Version of Southwest Brunch Casserole

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Another Mother's Day Brunch Recipe!

Photo by: Jim Bathie; Jan Gautro

Brunch Parfaits

Assemble everything but the granola and almonds ahead of time, and store in the refrigerator for up to an hour. Sprinkle with granola and almonds just before serving for the optimum crunch.

Cooking Light

- **Yield:** 4 servings (serving size: 1 parfait)

Ingredients

- 1/3 cup apricot preserves
- 3 cups sliced strawberries
- 2 cups low-fat vanilla yogurt
- 1/2 cup low-fat granola without raisins (such as Kellogg's)
- 2 tablespoons slivered almonds, toasted

Preparation

Place apricot preserves in a medium microwave-safe bowl, and microwave at high for 10 to 15 seconds or until preserves melt. Add strawberries, and toss gently to coat.

Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/3 cup strawberry mixture. Repeat the layers with the remaining yogurt and strawberry mixture. Top each serving with 2 tablespoons granola and 1 1/2 teaspoons almonds. Serve immediately.

Nutritional Information

Amount per serving

Calories 279 Caloriesfromfat 14 % Fat 4.2 g Satfat 1.4 g Monofat 1.4 g Polyfat 0.6 g Protein 8.7 g
Carbohydrate 53.5 g Fiber 3.9 g Cholesterol 6 mg Iron 1 mg Sodium 94 mg Calcium 240 mg

Search for Recipes by Nutrition Data
Go to Full Version of Brunch Parfaits

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Healthy Living

WEIGHT MANAGEMENT HANDOUT

Since the 70's, the prevalence of overweight and obesity has increased sharply for both adults and children in the United States. Most Americans have a poor diet and are over weight and/or obese:

- 83% don't have a good diet
- 65% are over weight
- 34% are obese
- 67% don't get enough exercise

WHAT ARE THE HEALTH RISKS OF BEING OVERWEIGHT?

Weighing too much may increase your risk for developing many health problems. If you are overweight or obese, you may increase your risk of many diseases and health conditions, including the following:

- Coronary hearth disease and Stroke:
- Type 2 Diabetes:
- Sleep Apnea:
- Some Cancers (endometrial, breast, and colon):
- Pregnancy complications

HOW CAN I LOWER MY HEALTH RISKS?

You should lower your health risks by losing weight, doing regular physical activity and eating healthy. If you are overweight, losing as little as 5% of your body weight may lower your risk for several diseases. If you weight 200 pounds, this means losing 10 pounds.

Weight loss occurs when an individual is in a state of negative energy balance. When the human body is spending more energy in work and heat than it is gaining from food or other nutritional supplements, it will use stored reserves of fat or muscle.

Eating too much or not being physically active will make you overweight. To maintain your weight, the calories you eat must equal the energy you burn. To lose weight, you must use more calories than you eat. A weight-control strategy might include

- Choosing low-fat, low-calorie foods
- Eating smaller portions
- Drinking water instead of sugary drinks
- Being physically active

To lose weight, you have to cut down on the number of calories you consume and start burning more calories each day. Calories are the amount of energy in the food you eat. Some foods have more calories than others. For example, foods high in fat and sugar

are typically high in calories. If you eat more calories than your body uses, the extra calories will be stored as excess body fat.

A pound of fat is about 3,500 calories. To lose 1 pound of fat in a week, you have to eat 3,500 fewer calories or "burn off" an extra 3,500 calories in that week. You can burn off calories by exercising or just by being more active.

The best way to lose weight and keep it off is to eat fewer calories and burn off calories. If you cut 250 calories from your diet each day and exercise enough to burn off 250 calories, that adds up to 500 fewer calories in one day. If you do this for 7 days, you can lose 1 pound of fat in a week.

HOW OFTEN SHOULD YOU EAT?

Most people can eat 3 regular meals and 1 snack every day. The 3 meals should be about the same size and should be low in fat. Others benefit more if they eat 5 to 6 smaller meals throughout the day, about 2 to 3 hours apart.

Whichever choice you make do not skip meals. Skipping meals may help you lose weight in the beginning but fails in the long run. Skipping meals may make you feel too hungry later in the day, causing you to overeat later.

Curry County
Health Council

Good Eating - Word Search

Find the words hidden in the grid of letters.

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

BEANS
BREADS
CEREAL
CHEESE
DAIRY
EGGS
FATS
FIBRE
FISH
FRUITS
MEAT
MILK
MINERALS
NUTS
OILS
PASTA
POULTRY
PROTEIN
RICE
VEGETABLES
VITAMINS
WATER
YOGURT

Large Print Word Search Puzzles
http://www.puzzles.ca/large_print_word_search.html

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Memorial Day is May 30, 2016

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the war dead with flowers. By the 20th century, competing Union and Confederate holiday traditions, celebrated on different days, had merged, and Memorial Day eventually extended to honor all Americans who died while in the military service. It typically marks the start of the summer vacation season, while Labor Day marks its end.

Are you or your spouse a veteran? We are compiling a list of all our volunteers who have served our country.

Please contact the Retired and Senior Volunteer Program Director at 575-763-6009.

Thank you!

To all of the Curry County employees who responded to the recent e-mail sent by the RSVP Director requesting donations of yarn and fabric for the Needle Gang at Baxter-Curren Senior Center. Your response and generosity was most appreciated!

This fabulous group of 10-15 ladies, many of them Curry County Retired & Senior Volunteers, get together every Friday to fellowship, sew and crochet.

These talented ladies make items from infant caps, baby blankets, and baby bunting that is donated to the hospital, Families First and Pregnancy Resource Center to scarves, lap blankets, Afghans, patchwork quilts and other items that are donated to the VA clinic, the Hartley House and other local organizations. The ladies take great pride and joy in making and donating the items and receive many cards of thanks from their recipients who are so grateful to receive a beautiful handmade item.

Unfortunately, they are running out of the yarn and fabric needed to continue this great work. The Curry County Retired and Senior Volunteer Program Director would like to extend a request to all who can donate yarn and fabric to contact her at 575-763-6009. Thank you.

CURRY COUNTY RETIRED & SENIOR VOLUNTEER PROGRAM NEED YOUR HELP!

TO IMPROVE OUR COMMUNITY!

Our volunteers share their time, experience, talents and knowledge within our community thus enriching the lives of many and making a difference. Become a member of the Curry County Retired & Senior Volunteer Program. Already a member but know someone who may be interested in joining? Have them:

Contact us for more information.

Graphics from free clipart.com

VOLUNTEERS NEEDED!

AGE 55 AND OVER

RETIRED OR STILL WORKING

VOLUNTEER OPPORTUNITIES IN MANY AREAS

VOLUNTEER THE HOURS YOU CAN!

CURRY COUNTY RSVP
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