



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

Commission

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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*

Curry County Senior Centers

Baxter 762-3631

Friendship 769-7913

Grady 357-2009

La Casa 762-8110

Melrose 253-4261

Texico 482-3835

October, 2016



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Curry County
Retired & Senior Volunteer Program
(RSVP)

&

Foster Grandparent Program
(FGP)

417 Gidding St. Suite 100

Clovis, NM 88101

575-763-6009



WE MOVED!

**TO
417 GIDDING ST.
SUITE 100
(BACK OF POST OFFICE)**

Stop by anytime during regular business hours and say hi!

You can now park in the parking lot facing Axtell and enter the building from the main entrance.

RSVP/FGP offices are #120 for Susan Alman and #102 for Suzanne Zamora.

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 August Timesheet Drawing!

Gabriel Martinez
Friendship Senior Center

Jean Fisher
Baxter-Curren Senior Center

Jovita Sepeda
Texico Senior Center

Margie Romero
La Casa Senior Center

Janetta Geisler
PRMC Pink Ladies

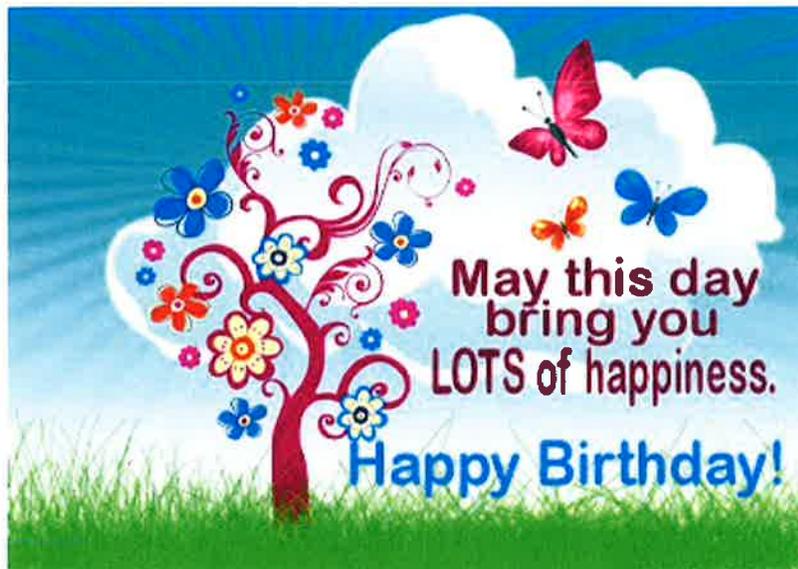
**We will have another drawing in October for the September
Timesheet**

Drawing held on October 15, 2016

Promotion Sponsored by:
Curry County Retired and Senior Volunteer Program (RSVP)
417 Gidding St. Suite 100, Clovis, NM 88101
Phone (575) 763-6009

October Birthdays!

Mary Jon McKenzie	October 4
Beverly Miller	October 5
Faye Pittman	October 5
Lois Barnes	October 10
Ida Munoz	October 15
Gabriel Martinez	October 18
Sandra Gurule	October 25
Dixie Jacobs	October 30



CURRY COUNTY

RETIRED & SENIOR VOLUNTEER NEWS



Pictured from left to right, front row is Needle Gang Supervisor, Monica Delk, Veteran Fred Davies, Veteran Jess Mitchell, Needle Gang Member, Esther Hall and RSVP Program Assistant Susan Alman. Back row left to right is Tommy Knight, President of Freedom Foundation of Eastern New Mexico and Jim Cassidy, Rural Veterans Coordination Program (RVCP) and NM Department of Veterans Services

In honor of all veterans and in remembrance of 9/11, RSVP volunteers from the Needle Gang of Baxter-Curren Senior Center crocheted red, white and blue afghans. The afghans were donated on September 8, 2016 to veterans residing at the newly renovated house sponsored by the Freedom Foundation of Eastern New Mexico on Mitchell St. in Clovis. Veterans were very appreciative and proudly displayed their beautiful blankets handmade by the Needle Gang members of Baxter-Curren Senior Center.

The Freedom Foundation of Eastern New Mexico is a registered non-profit organization that provides housing for homeless veterans in addition to other services. If you would like to help you may contact Tommy Knight, President of the local Freedom Foundation Chapter at 575-749-3628 or on their Facebook page. You can also drop by their new office at 913 Mitchell St., Clovis NM and speak with Lori Brunson. You can also call RSVP Program Assistant Susan Alman at 575-763-6009.

CURRY COUNTY

FOSTER GRANDPARENT PROGRAM NEWS



Ms. Lucia Garza retired from the Curry County Foster Grandparent Program on September 30, 2016 after serving the community as a Foster Grandparent in the Clovis Municipal School system for more than 20 years. Her last assignment was at James Bickley Elementary where she mentored and tutored children in kindergarten.

She is moving to Houston, Texas and we wish her well although her beautiful smile and sweet nature will surely be missed by the children, the staff at James Bickley and all of us who work with her in the Foster Grandparent Program.

If you would like to volunteer as a Foster Grandparent contact Suzanne at 575-763-6009 for more information.

Columbus Day, October 10, 2016



Monday, October 10

Columbus Day is a holiday celebrating the **anniversary of Christopher Columbus' arrival in the Americas on October 12, 1492**. The event is celebrated in many countries including the United States, Argentina, Venezuela, Colombia, Chile, Mexico and Spain.

Is Columbus Day a federal holiday?

Yes, it became a federal holiday in the United States in 1937 due to the decision of Congress and President Franklin Delano Roosevelt. Nowadays it is generally observed by the U.S. Postal Service, federal agencies, banks, most state government offices, most school districts and many businesses. Most states celebrate it as an official state holiday and close schools and other state services.

When is Columbus Day celebrated?

Columbus Day is celebrated on the **second Monday in October**, but up until 1970 it was celebrated on October 12 to commemorate Columbus' arrival in the Americas which occurred on October 12, 1492. Since 1970, the holiday has been fixed to the second Monday in October.

HALLOWEEN



October 31

HALLOWEEN AROUND THE WORLD

INTRODUCTION

Halloween, one of the world's oldest holidays, is still celebrated today in a number of countries around the globe. In Mexico and other Latin American countries, Día de los Muertos—the Day of the Dead—honors deceased loved ones and ancestors. In countries such as Ireland, Canada and the United States, adults and children alike revel in the popular Halloween holiday, which derived from ancient festivals and religious rituals. Traditions include costume parties, trick-or-treating, pranks and games.

HALLOWEEN: WHERE IT ALL BEGAN

In Ireland, where Halloween originated, the day is still celebrated much as it is in the United States. In rural areas, bonfires are lit as they were in the days of the Celts, and all over the country, children get dressed up in costumes and spend the evening “trick-or-treating” in their neighborhoods. After trick-or-treating, most people attend parties with neighbors and friends. At the parties, many games are played, including “snap-apple,” a game in which an apple on a string is tied to a doorframe or tree and players attempt to bite the hanging apple. In addition to bobbing for apples, parents often arrange treasure hunts, with candy or pastries as the “treasure.” The Irish also play a card game where cards are laid face down on a table with candy or coins underneath them. When a child chooses a card, he receives whatever prize is found below it.

A traditional food eaten on Halloween is barnbrack, a kind of fruitcake that can be bought in stores or baked at home. A muslin-wrapped treat is baked inside the cake that, it is said, can foretell the eater's future. If a ring is found, it means that the person will soon be wed; a piece of straw means that a prosperous year is on its way. Children are also known to play tricks on their neighbors, such as “knock-a-dolly,” a prank in which children knock on the doors of their neighbors, but run away before the door is opened.



6 MOVE STRONG EXERCISES

All of these exercises are great for alignment, strength, coordination and balance. If you're concerned about your balance, start the standing exercises while holding on to a sturdy chair or counter. Talk to your physician before beginning any exercise program.

Windshield Wiper

A seated leg-strengthening exercise for the adductors and abductors. Repeat each movement 10 times.

1. Sit tall with your buttocks on the edge of the chair, legs together, hands on the outside of your knees. Pull your navel toward the spine to engage your abdominal muscles.
2. Open your knees and legs to the sides, resisting with your hands.
3. Move your hands to the inside of your knees and squeeze knees close together while resisting with hands.

Reach Down and Reach High

A placement and coordination exercise. Use this balletic movement every time you have to bend down and pick something up or reach up to a high shelf.

1. Put one foot behind the other and reach down to pick something off the floor. This provides a strong stance. The front foot will keep you from losing your balance and the back foot will catch you to prevent a dangerous fall.
2. Bend both knees as you bend down.
3. Now reach high to place something in a cupboard: Place one foot behind the other when reaching up with straight legs to provide balance.

This page sponsored by:



Stepping Over the Suitcase

A strength, balance and coordination exercise. Repeat 10 times, then switch sides and do 10 reps with you left foot. Be sure to lift your knees up high.

1. Stand with your feet together, hands on hips.
2. Lift your right foot up, to the side, and...
3. down — as if you're stepping over a large suitcase. (Move slowly to maintain your balance!)

Pump the Gas

Try this when you get up in the middle of the night or when you've been sitting for a long period of time.

1. Sit up tall on the edge of your bed or chair.
2. Point and flex your feet 5 times to get your blood flowing to prevent dizziness and possibly fainting.

Stop it

A sharp staccato lunge forward with a mental picture of stopping activates muscles that help to stop a fall. Repeat 10 times, alternating legs. Each time you stop, say "STOP" out loud. This trains your muscles and mind to catch you if you trip.

1. Hold onto a firm surface for support with one hand (a kitchen counter or sturdy chair works).
2. Lunge forward with one foot and arm extended forward..
3. STOP, return to starting position.
4. Repeat with the other leg.

Strike a Pose

If it's good enough for Madonna, it's good enough for us!

1. Do 10 sharp and strong freestyle moves in different directions. Anything you want to do is fine.
2. Make them big to allow you to move with expression and regain confidence. Have fun!





Classic Pumpkin Pie

CookingLight

Refrigerated pie dough makes this classic pumpkin pie recipe simple to prepare. Bake the pie on a baking sheet in the lower third of the oven to encourage a crisp crust.

- **Yield:**

12 servings (serving size: 1 wedge and about 1 tablespoon topping)

Photo by: Photography:
Randy Mayor; Styling: Lydia
DeGaris-Pursell

Ingredients

Filling:

3/4 cup packed brown sugar
1 3/4 teaspoons pumpkin pie spice
1/4 teaspoon salt
1 (12-ounce) can evaporated low-fat milk
2 large egg whites
1 large egg
1 (15-ounce) can unsweetened pumpkin

Crust:

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)

Cooking spray

Topping:

1/4 cup whipping cream
1 tablespoon amaretto (almond-flavored liqueur)
2 teaspoons powdered sugar

Preparation

Position oven rack to lowest position.

Preheat oven to 425°.

To prepare filling, combine first 6 ingredients in a large bowl, stirring with a whisk. Add pumpkin, and stir with a whisk until smooth.

To prepare crust, roll dough into an 11-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under and flute.

Pour pumpkin mixture into the crust. Place pie plate on a baking sheet. Place baking sheet on lowest oven rack. Bake at 425° for 10 minutes. Reduce oven temperature to 350° (do not remove pie from oven); bake an additional 50 minutes or until almost set. Cool completely on wire rack.

To prepare topping, beat cream with a mixer at high speed until stiff peaks form. Add the amaretto and powdered sugar, and beat until blended. Serve with pie.

Nutritional Information

Amount per serving

Calories 222 Calories from fat 30 % Fat 7.4 g Satfat 3.7 g Monofat 0.7 g Polyfat 0.1 g Protein 4.1 g
Carbohydrate 35.3 g Fiber 3 g Cholesterol 32 mg Iron 0.8 mg Sodium 241 mg Calcium 104 mg

[Search for Recipes by Nutrition Data](#)

[Go to Full Version of Classic Pumpkin Pie](#)

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Halloween

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

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

APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
CANDLE	GHOSTS	PUMPKIN	VAMPIRE
CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE

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