Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

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Curry County Senior Centers

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

April, 2017

Happy Spring Everyone!

Image from freeclipart.com

Curry County
Retired & Senior Volunteer Program (RSVP)
&
Foster Grandparent Program (FGP)
417 Gidding St. Suite 100
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 (Retired & Senior Volunteer or Foster Grandparent) volunteer, and I will get things done.

Retired & Senior Volunteer
And
Foster Grandparent Programs
Advisory Council

Lucy Barela

Erin Burch

Yvonne Hardage

Roy Martin

Rose Ann Martinez

Renee Mestas

Barbara Singleton

Doria Rey

Susan Alman

Suzanne Zamora

April Birthdays!

Stella Parker	April 2
Juanita Woods	April 2
Judy Casady	April 11
Lillian Ulibarri	April 15
Magdalena Gallegos	April 18
Alicia Pacheco	April 28
Ann Sweat	April 28

Graphics from: bing.com/images

Recognition for the RSVP February Timesheet Drawing!

Mary Ann Sandoval
La Casa Senior Center

Rueben Correa
CRSMA

Bertha Boyden
Friendship Senior Center

Jeffrey Greene
AARP Tax Aide

We will have another drawing in April for the March Timesheet

Drawing held on April 15, 2017

Promotion Sponsored by:
Curry County Retired and Senior Volunteer Program (RSVP)

417 Gidding St. Suite 100, Clovis, NM 88101
Phone (575) 763-6009

April Happenings and Holidays

April Fools' Day, April 1, 2017

April Fools' Day (sometimes called **All Fools' Day**) is celebrated every year on April 1 by playing practical jokes and spreading hoaxes. The jokes and their victims are called **April fools**. People playing April Fool jokes expose their prank by shouting **April Fool**. Some newspapers, magazines, and other published media report fake stories, which are usually explained the next day or below the news section in small letters. Although popular since the 19th century, the day is not a public holiday in any country. Geoffrey Chaucer's *The Canterbury Tales* (1392) contains the first recorded association between April 1 and foolishness. Source:wikipedia.com

Mayor and County Recognition Day, April 4, 2017

The nation's mayors and county officials are increasingly turning to national service as a cost-effective strategy to address local challenges. By unleashing the power of citizens, AmeriCorps and Senior Corps programs have a positive and lasting impact – making our cities and counties better places to live. To spotlight the impact of national service and thank those who serve, mayors and county officials will participate in the fifth-annual Mayor and County Recognition Day for National Service on **April 4, 2017**.
Source: CNCS.gov

Join Susan and Suzanne on April 4, 2017, 9:00 am at Clovis Carver Library North Annex where they will present a Proclamation to the Curry County Commission for Mayor and County Recognition Day.

Easter Sunday in the United States, April 16, 2017

What Do People Do?
Many churches hold special services on Easter Sunday, which celebrate the Jesus Christ's resurrection after his crucifixion. Many people also decorate eggs. These can be hard boiled eggs that can be eaten later, but may also be model eggs made of plastic, chocolate, candy or other materials. It is also common to organize Easter egg hunts. Eggs of some form are hidden, supposedly by a rabbit or hare. People, especially children, then search for them. In some areas, Easter egg hunts are a popular way for local businesses to promote themselves or may even be organized by churches.

Public Life.
Easter Sunday is not a federal holiday but a number of stores are closed in many parts of the US and if they are open, they may have limited trading hours.

Background
In Pagan times, many groups of people organized spring festivals. Many of these celebrated the re-birth of nature, the return the land to fertility and the birth of many young animals. These are the origins of the Easter eggs that we still hunt for and eat.
In Christian times, the spring began to be associated with Jesus Christ's crucifixion and resurrection. The crucifixion is remembered on Good Friday and the resurrection is remembered on Easter Sunday. The idea of the resurrection joined with the ideas of re-birth in Pagan beliefs.

Symbols
For people with Christian beliefs, the cross that Jesus was crucified on and his resurrection are important symbols of the period around Easter. Other symbols of Easter include real eggs or eggs manufactured from a range of materials, nests, lambs and rabbits or hares. Sometimes these symbols are combined, for example, in candy models of rabbits with nests full of eggs. Eggs, rabbits, hares and young animals are thought to represent the re-birth and return to fertility of nature in the spring. Source:*time&date.com*

More April Happenings and Holidays

National Volunteer Week, Sunday, April 23 to April 29, 2017

National Volunteer Week is a yearly week of recognition for the many, many people in the U.S. and Canada who give generously of their time and resources to a huge variety of causes. The week has a history in Canada dating back to the time of the Second World War, when women were celebrated for their part in supporting the war effort on the home front. In the United States, Nixon established National Volunteer Week in 1974. Each year, the current president issues a special proclamation in honor of volunteers. A number of awards are presented for outstanding service including the President's Volunteer Service Award and the Points of Light Tribute Awards.

The week is used to bring awareness to the contributions of volunteers and to encourage more people to donate their time to a local, national, or global cause. Take advantage of this week to nominate someone you admire for a volunteering award, share about your favorite cause on social media, and find an opportunity to volunteer yourself! - See more at: http://www.day-finder.com/national-volunteer-week-2017.

Arbor Day in the United States

Arbor Day is a state holiday to promote tree planting in Nebraska and is held on the last Friday of April.

Celebrate Arbor Day
On Arbor Day, people are encouraged to care for their natural environment. It's a time for people to get their hands in the dirt and plant and/or care for trees, bushes and plants. Events include: communal tree planting, exhibitions, fairs, music performances and open days in garden centers. Arbor Day awards are also presented in communities, schools, and organizations throughout the United States.
Public Life
Arbor Day falls on the last Friday of April in Nebraska. It is a legal holiday so some state offices and historic sites are closed. Some schools are closed, while others remain open, so residents must check with their local school on possible school closures. Some businesses are closed but others may remain open.
About Arbor Day
In 1854 J Sterling Morton moved from Detroit to the area that is now Nebraska. He and other pioneers noticed a lack of trees, which were needed to act as windbreaks to stabilize the soil and to give shade from the Sun. Morton planted many trees around his own home and encouraged others to do the same.
On January 4, 1872, he proposed a holiday to plant trees on April 10 that year. This was known as "Arbor Day" and prizes were awarded to the counties and individuals who planted the most trees on the day. About one million trees were planted in Nebraska on the first Arbor Day. In 1885, Arbor Day became a legal holiday and was moved to April 22, which was Morton's birthday. In 1989 the official state holiday was moved to the last Friday in April. All states in the US now have an official Arbor Day, usually at a time of year that is has the best weather conditions for planting trees. Source:time&date.com

History pages are brought to you by RSVP/FGP staff in response to member requests. If you would like us to include other topics of interest please let Susan and/or Suzanne know. 575-763-6009

April is Stress Awareness Month

All you need to know to begin undoing what stress has been doing to you is how to systematically relax all the muscles in your body. Here is how you do it.

Find a quiet place where you will not be disturbed for about 15 minutes. Dim the lights. Locate a comfortable chair in which you can sit straight up with your feet on the floor. Sit comfortably in the chair. Pay close attention to how you feel as you begin. Notice any stiffness or tightness. Are there any aches or pains? Do you feel tense, frustrated, or keyed up? Pay attention to how you feel now because you are going to become more relaxed and you need a point of comparison.

First, we will review what to do and then we will experience the relaxation exercise. The systematic muscle relaxation procedure goes as follows.

How to Relax Your Body

- While sitting quietly and comfortably:
- Bend your right hand back at the wrist and briefly hold the tension. Now relax.
- Now do the same thing with the left hand. Hold the tension and now relax.
- This time tighten both hands into fists and hold the tension. Feel it spread up the arms towards the elbows. Now relax.
- Now bend both arms at the elbows and raise your hands up towards your shoulders. Tighten up the muscles in the biceps. Hold it. Now relax.
- These three exercises have used the major muscles in the arms and started them relaxing. If you don't move them around, they will continue to relax becoming more and more relaxed, and you can forget about them.
- Next, turn your attention to your face. For your forehead raise your eyebrows up a far as you can and hold the tension. Now relax.
- For your eyes close them and then squeeze the eyelids tightly together. Now relax and open you eyes.
- For your jaw you just bite down and clamp your teeth together. Feel the tension along the jaw. Now relax. These three exercises have started the face relaxing.
- For your neck just bend your head forward as if trying to touch your chin to your chest. Feel the tension along the back of the neck and now relax.
- For your shoulders just raise them up as high as you can and notice the tension. Now let them drop all at once and relax.
- For your chest you do two things at once. Take a deep breath and hold it while at the same time trying to touch your shoulder blades together by pulling your arms back. Hold it. Now relax.
- For your stomach you just pull in as if trying to touch your backbone with your stomach. Now relax.
- For your back you arch out and away from the chair and you can feel tension along the spine. Now relax.
- With your feet flat on the floor, press down and feel the tension spread up the back of the legs. Now relax.
- For the right thigh raise your leg up in front of you and feel the tension build. Now relax.
- Now do the same thing with the left leg and relax.
- Finally, for your feet bend your toes up as if pointing towards the ceiling and feel the tension around the feet and ankles. Once again, relax.

UMass Department of Psychiatry, Health Psychology Program

This page sponsored by:

Curry County Health Council

Fresh Coconut Cake

YIELD 16 servings (serving size: 1 slice)

Ingredients

- Cake:
- Cooking spray
- 1 tablespoon cake flour
- 12 ounces sifted cake flour (about 3 cups)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 3/4 cups sugar, divided
- 2/3 cup butter, softened
- 1 cup warm coconut water (from 1 small brown coconut)
- 1 teaspoon vanilla
- 6 large egg whites
- Frosting:
- 4 large egg whites
- 1/4 teaspoon cream of tartar
- 1/8 teaspoon salt
- 2 tablespoons sugar
- 1 1/4 cups sugar
- 1/4 cup water
- 1 teaspoon vanilla extract
- 2 cups shaved fresh coconut, toasted

How to Make It

1. To prepare the cake, preheat oven to 350°.
2. Lightly coat 3 (9-inch) round cake pans with cooking spray; line bottom of pans with wax paper. Lightly coat wax paper with cooking spray; dust pans with 1 tablespoon flour.
3. Combine 12 ounces (about 3 cups) flour, baking powder, and salt; stir with a whisk. Place 1 1/2 cups plus 2 tablespoons sugar and butter in a large bowl; beat with a mixer at medium speed for 2 1/2 minutes or until well blended. Add flour mixture and coconut water alternately to sugar mixture, beginning and ending with flour mixture. Beat in 1 teaspoon vanilla. In a separate bowl, beat 6 egg whites on high speed until foamy using clean, dry beaters. Add remaining 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Carefully fold egg whites into batter; pour batter into prepared pans. Bake at 350° for 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans. Discard wax paper. Cool completely on wire racks.
4. To prepare frosting, combine 4 egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl; beat with a mixer at high speed until foamy. Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Combine remaining 1 1/4 cups sugar and 1/4 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 250°. With mixer on low speed, pour hot sugar syrup in a thin stream over egg whites. Gradually increase speed to high; beat 8 minutes or until thick and cool. Stir in 1 teaspoon vanilla.
5. Place 1 cake layer on a serving plate, and spread with 1 cup frosting. Top with another cake layer. Repeat procedure with 1 cup frosting and remaining cake layer, ending with cake layer on top. Spread remaining frosting over top and sides of cake. Gently press shaved coconut onto top and sides of cake. Store cake loosely covered in refrigerator. Source: http://www.myrecipes.com/recipe/fresh-coconut-cake/print

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS
FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING
RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

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Curry County
Senior Volunteer Opportunities

THE CURRY COUNTY

FOSTER GRANDPARENT PROGRAM HAS 2 VACANCIES

As a Foster Grandparent, you'll help children in elementary schools in Clovis and Melrose to 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 love for and a desire to help children. We offer a tax-free hourly stipend to help cover costs for income eligible volunteers. In addition we cover transportation costs and provide uniforms. You'll even receive supplemental, accident and liability insurance while you are in service. Need more information? Call Suzanne Zamora at 575-763-6009 or drop by to see her at Suite 100 in the Curry County Administrative Complex located at 417 Gidding St. Clovis, NM anytime during regular business hours.

Not interested in the Foster Grandparent Program? We have other volunteer opportunities available…….

If you are 55 years of age or older, a resident of Curry County and would like to connect with others, share the years of your experience, and make an impact within your community, we have a senior volunteer position for you! Whatever your experience, ability or amount of time you have to donate, we need you!

Join our team of over 100 senior volunteers currently serving Curry County. Need more information? Come by our new office in the Curry County Administrative Complex located at 417 Gidding St. Suite 100, Clovis, NM or give us a call at (575) 763-6009.

We'd love to hear from you and have you join our team.

Suzanne Zamora
RSVP/FGP Director