



# Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

## **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*

## **Curry County Senior Centers**

*Baxter 762-3631*

*Friendship 769-7913*

*Grady 357-2009*

*La Casa 762-8110*

*Melrose 253-4261*

*Texico 482-3835*



# January, 2017

Happy  
New Year  
2017

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.*



# **Recognition for the RSVP November Timesheet Drawing!**

**Meals on Wheels**  
**Beverly Slaght**

**Friendship Senior Center**  
**Bernice Gutierrez**

**Bread of Life Ministries**  
**Jody Lowry**

**Melrose Senior Center**  
**Dixie Jacobs**

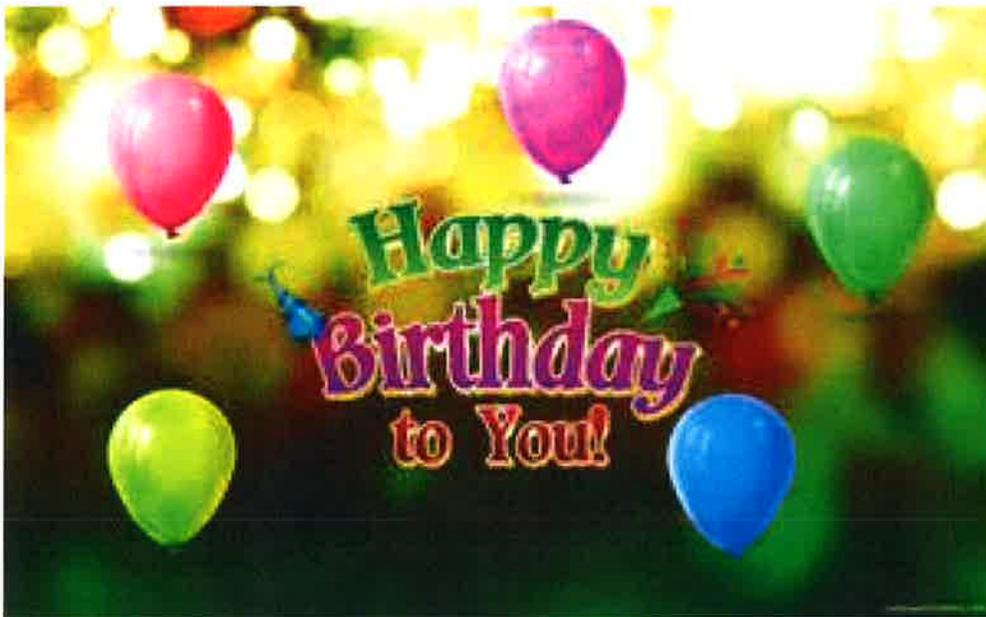
**We will have another drawing in January for the December  
Timesheet**

Drawing held on January 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

# *January Birthdays!*

Esther Hall	January 7
Virginia Steinle	January 18
Maria Arredondo	January 21
Lucy Madrid	January 21
Norma Nagel	January 27
Maria Julia Lueras	January 28



Graphics from: [bing.com/images](http://bing.com/images)

# **CURRY COUNTY**

## **RETIRED & SENIOR VOLUNTEER AND FOSTER GRANDPARENT ANNUAL RECOGNITION BANQUET**

### **Write up on Banquet**

#### **RSVP Highlights Report**

**12/23/2016**

#### **Curry County Retired Senior Volunteer Program**

Curry County Retired & Senior Volunteers were honored with an appreciation banquet on December 22, 2016 at the Clovis Civic Center.

In appreciation for all they do during the year, they were honored with dinner and presented with an appreciation pin and card. They were also given a parting gift of appreciation with the CNCS Senior Corp logo on each item.

Participating in this year's event were Curry County Manager Lance Pyle, who gave attendees a heartfelt warm welcome and expressed his gratitude for the service our volunteers provide the community. Pastor Roy Martin, who also sits on the Advisory Council gave the invocation. Incoming Curry County Commissioners Robert Thornton and Benjamin Smith were on hand to meet and greet the volunteers. Ms. Opal Evans from United Way was the guest speaker who expressed appreciation for the positive impact volunteering has in our community. Special guests included Ms. Joyce Pollard, President of the Clovis Dr. MLK Jr. Commission and Mr. Selmus Price, President Clovis Branch NAACP No 6101.

Our Volunteers have contributed their time in helping seniors and the disabled stay in their homes by delivering hot meals every day, including weekends and holidays. They have assisted in ending hunger and provided food security to many by working at the Clovis Senior Meal Site, assisting in our local food banks and distributing USDA food commodities.

They have also given of their time, compassion and life experience by working as "Pink Ladies" at the hospital. They have uplifted and encouraged their fellow seniors by helping with the many activities and events in the county's senior centers. They have shared their talent by making items such as blankets, caps, mittens, and ponchos that were donated to The Hartley House, Families First, and our veterans at the local VA Health Clinic and Freedom Foundation housing. They are assisting our community's local income taxpayers by assisting AARP in tax preparation.

We have also gained from their knowledge and wisdom by their participation on our Advisory Council.



**Curry County Manager Lance Pyle welcomed the volunteers and their guests.**



**Newly elected Curry County Commissioner Benjamin Smith and his wife Molly meet and greet volunteers at the banquet.**



**La Casa Senior Center**



**Baxter Curren Senior Center**



**Texico Senior Center**



**Curry County Foster Grandparents**





Curry County Manager Lance Pyle and RSVP Volunteer Kay Berry. Kay volunteers at CRSMA, PRMC and AARP Tax Assistance.



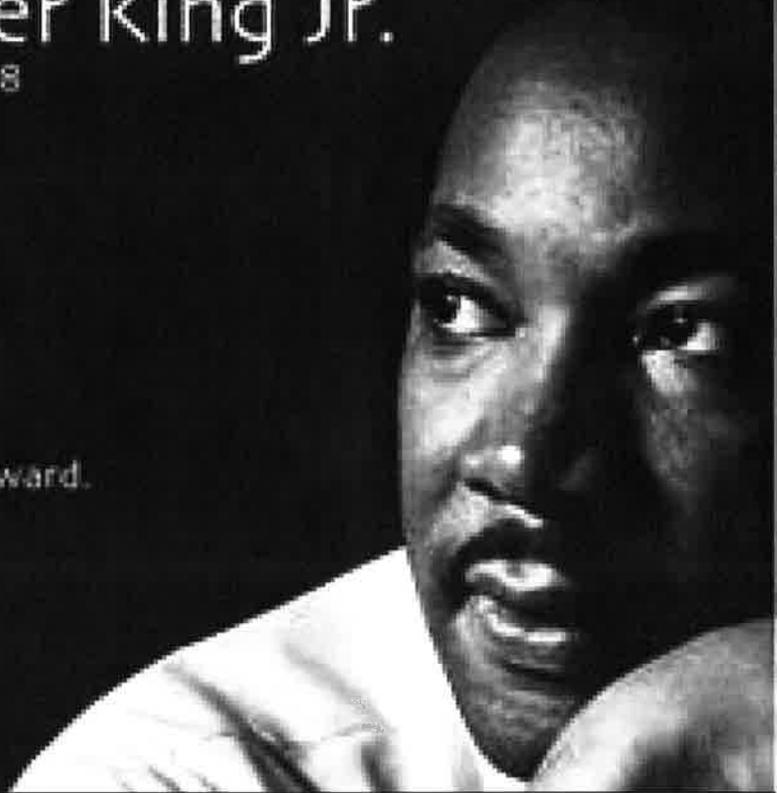
Curry County Manager Lance Pyle and Foster Grandparent Magdalena Gallegos. Magdalena has been a Foster Grandparent for 24 years and is currently at La Casita Elementary.

# Martin Luther King Jr.

January 15, 1929 - April 4, 1968

If you can't fly, then run,  
if you can't run, then walk,  
if you can't walk, then crawl,  
but whatever you do,  
you have to keep moving forward.

- Martin Luther King, Jr.



“He was a husband, a father, a preacher-and the preeminent leader of a movement that continues to transform America and the world. Martin Luther King, Jr, was one of the twentieth century’s most influential men and lived one of its most extraordinary lives”. He was assassinated on April 4, 1968 at the Loraine Hotel after delivering his final address on April 3, 1968 at Bishop Charles J. Mason Temple in Memphis.

*From The Autobiography of Martin Luther King, Jr. edited by Clayborne Carson*

Curry County RSVP Program Director Suzanne Zamora is compiling a list of volunteers to help with the annual MLK Breakfast Scholarship on January 14, 2016 and Commemorative Walk on January 16, 2016. Both events are hosted by The Martin Luther King Jr. Commission. If you would like to help for either or both events, please contact Suzanne at 575-763-6009 or by e-mail at [szamora@currycounty.org](mailto:szamora@currycounty.org).

# Happy New Year!

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF	HOLIDAY	PARTY
BALLOONS	DECEMBER	HORNS	PUNCH
BANNERS	EVENTS	KISS	RESOLUTIONS
BUFFET	FAMILY	MIDNIGHT	SINGING
CELEBRATE	FATHER TIME	MUSIC	STREAMERS
CHAMPAGNE	FEAST	NEW YEARS	THIRTY FIRST
CONFETTI	FESTIVITIES	DAY	TIARAS
DANCE	FIREWORKS	NEW YEARS	WINE
DAY ONE	FIRST OF	EVE	YEAR IN
	JANUARY	NOISEMAKERS	REVIEW
	FRIENDS	OCCASION	

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html) <http://www.puzzles.ca/wordsearch.html>

# Lucky Foods for the New Year

Our guide to feasting for future fortune

BY LAUREN SALKELD

For many, January 1 offers an opportunity to forget the past and make a clean start. But instead of leaving everything up to fate, why not enjoy a meal to increase your good fortune? There are a variety of foods that are believed to be lucky and to improve the odds that next year will be a great one. Traditions vary from culture to culture, but there are striking similarities in what's consumed in different pockets of the world:

## Grapes

New Year's revelers in Spain consume twelve grapes at midnight—one grape for each stroke of the clock. This dates back to 1909, when grape growers in the Alicante region of Spain initiated the practice to take care of a grape surplus. The idea stuck, spreading to Portugal as well as former Spanish and Portuguese colonies such as Venezuela, Cuba, Mexico, Ecuador, and Peru. Each grape represents a different month, so if for instance the third grape is a bit sour, March might be a rocky month. For most, the goal is to swallow all the grapes before the last stroke of midnight, but Peruvians insist on taking in a 13th grape for good measure.

## Black-eyed peas

In the Southern United States, it's traditional to eat black-eyed peas or cowpeas in a dish called hoppin' john. There are even those who believe in eating one pea for every day in the New Year. This all traces back to the legend that during the Civil War, the town of Vicksburg, Mississippi, ran out of food while under attack. The residents fortunately discovered black-eyed peas and the legume was thereafter considered lucky.

## Cakes

Cakes and other baked goods are commonly served from Christmas to New Year's around the world, with a special emphasis placed on round or ring-shaped items. Italy has *chiacchiere*, which are honey-drenched balls of pasta dough fried and dusted with powdered sugar. Poland,

In certain cultures, it's customary to hide a special trinket or coin inside the cake—the recipient will be lucky in the New Year. Mexico's *rosca de reyes* is a ring-shaped cake decorated with candied fruit and baked with one or more surprises inside. In Greece, a special round cake called vasilopita is baked with a coin hidden inside. At midnight or after the New Year's Day meal, the cake is cut, with the first piece going to St. Basil and the rest being distributed to guests in order of age. Sweden and Norway have similar rituals in which they hide a whole almond in rice pudding—whoever gets the nut is guaranteed great fortune in the New Year.

## What Not to Eat

In addition to the aforementioned lucky foods, there are also a few to avoid. Lobster, for instance, is a bad idea because they move backwards and could therefore lead to setbacks. Chicken is also discouraged because the bird scratches backwards, which could cause regret or dwelling on the past. Another theory warns against eating any winged fowl because good luck could fly away.

Now that you know what to eat, there's one more superstition—that is, guideline—to keep in mind. In Germany, it's customary to leave a little bit of each food on your plate past midnight to guarantee a stocked pantry in the New Year. Likewise in the Philippines, it's important to have food on the table at midnight. The conclusion? Eat as much lucky food as you can, just don't get too greedy—or the first place you'll be going in the New Year is the gym.

Epicurious.com



## Cream Cheese Pound Cake



Cook  
30 m

Ready In  
3 h

*Recipe By:* Katie Webster

"Pound cake got its name from the original formulation: a pound each of sugar, flour, butter and eggs. Just the thought of it is enough to raise your cholesterol. Our version calls for half whole-wheat flour, less sugar, a modest amount of butter and loses quite a few egg yolks. To keep it rich we moisten the cake with reduced-fat cream cheese and buttermilk. It is every bit as delicious as the original, with only a third of the calories and fat."

### Ingredients

- 1 1/2 cups whole-wheat pastry flour, (see Ingredient Note)
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 large eggs
- 1/2 cup nonfat buttermilk, (see Tip)
- 1/3 cup canola oil
- 2 tablespoons light corn syrup
- 1 tablespoon vanilla extract
- 6 large egg whites
- 2 cups sugar, divided
- 1/2 cup (1 stick) unsalted butter, softened
- 8 ounces reduced-fat cream cheese, (Neufchâtel)

### Directions

- 1 Preheat oven to 325°F. Coat a 12-cup Bundt pan with cooking spray and dust with flour.
- 2 Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl. Whisk whole eggs, buttermilk, oil, corn syrup and vanilla in another medium bowl until well blended.
- 3 Beat egg whites in a large clean bowl with an electric mixer on high speed until light and foamy. Gradually beat in 1/2 cup sugar until stiff glossy peaks form.
- 4 Beat butter and cream cheese in a large bowl until creamy. Add the remaining 1 1/2 cups sugar and beat, scraping down the sides of the bowl as needed, until pale and fluffy, about 4 minutes. Alternately add the flour and buttermilk mixtures, beating until just smooth. Fold in about one-third of the egg whites with a rubber spatula until just smooth and no white streaks remain. Fold in the remaining egg whites. Scrape the batter into the prepared pan, spreading evenly.
- 5 Bake the cake until a skewer inserted into it comes out clean and the top springs back when touched, 1 hour to 1 hour 10 minutes. Cool in the pan on a wire rack for 10 minutes. Loosen the edges with a knife and turn out onto the rack; let cool for at least 1 hour more before slicing.

**Make Ahead Tip:** Wrap and store at room temperature for up to 3 days or freeze for up to 1 month.

**Equipment:** 12-cup Bundt pan

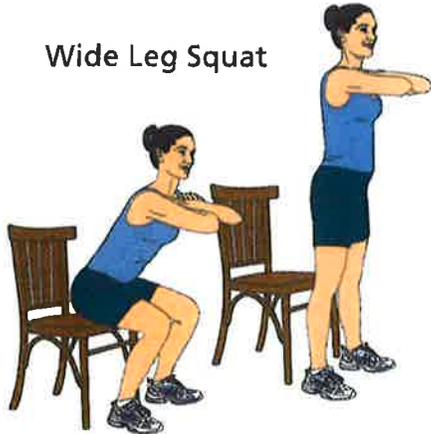
**Ingredient Note:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

**Tip:** No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

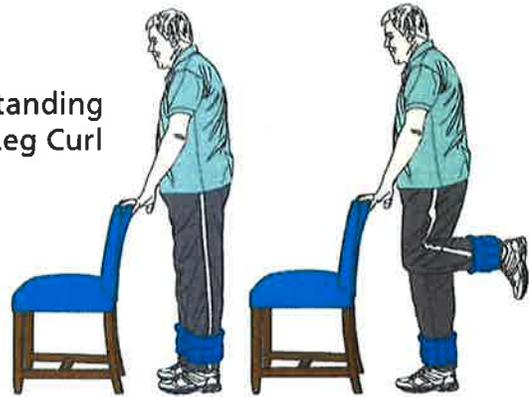
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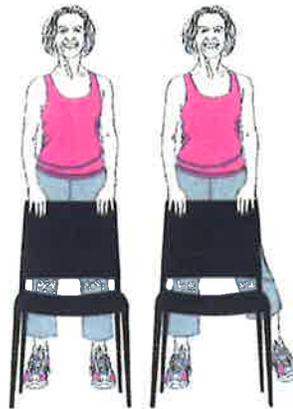
### Wide Leg Squat



### Standing Leg Curl



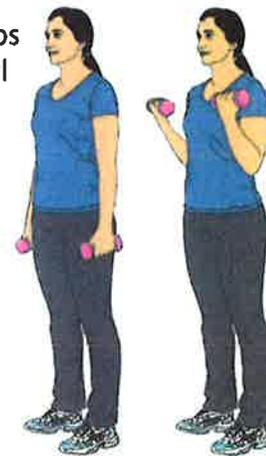
### Side Leg Raise



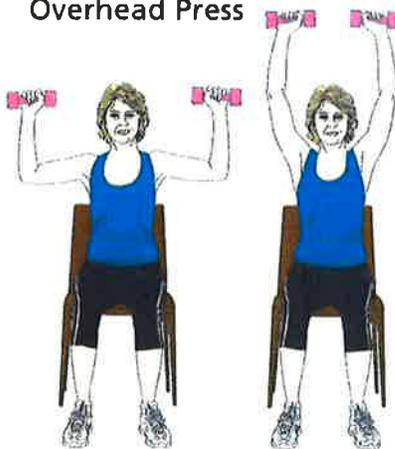
### Knee Extension



### Biceps Curl



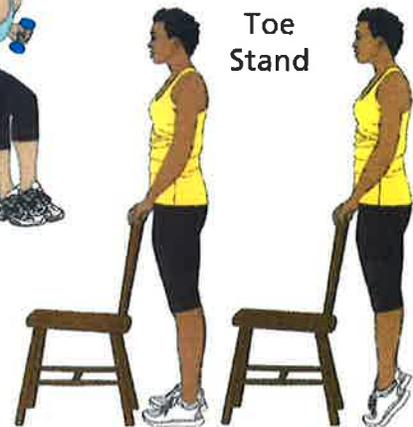
### Overhead Press



### Seated Row



### Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension  
New 07/08; Revised 12/15/00

*This page sponsored by:*



**Curry County  
Health Council**

## *Curry County RSVP Volunteer Opportunities*

*La Casa Senior Center in Clovis is looking for a volunteer driver who can drive their center van with senior members to and from their homes, events, and activities.*

*Individuals interested must have a current driver's license, a good driving record and a few free hours a week to dedicate to driving as needed.*

*For more information you can contact RSVP Director Suzanne Zamora at 575-763-6009 and/or Darla Gonzales, La Casa Senior Center Director at 575-762-8110.*