Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

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Susan Alman
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Curry County Senior Centers

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La Casa	*762-8110*
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Texico	*482-3835*

June, 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.

Image from freeclipart.com

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

June Birthdays!

Shelley Winn	June 1
Angie Sena	June 3
Joy Melton	June 9
Orlin Sisneros	June 9
Nelson Rutter	June 9
Patricia Mondragon	June 15
Jeffrey Greene	June 19
Christine Gonzalez	June 21
Frances Helker	June 21
Mary London	June 28

Graphics from: freeclipart.com

Recognition for the RSVP April Timesheet Drawing!

Lillian Higgs
AARP Tax

Adan Lucero
La Casa Senior Center

Yvonne Hardage
Texico Senior Center

Virginia Steinle
CRSMA

We will have another drawing in June for the May Timesheet

Drawing held on June 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

RSVP Volunteer Highlight

In an effort to allow us to learn about and from one another, RSVP Program Assistant Susan Alman came up with a great idea of interviewing a RSVP volunteer or volunteer station every month for this page.

We would like to introduce you to **Jane Madrid**, a RSVP volunteer Susan Alman interviewed at the Friendship Senior Center on Wednesday, May 17, 2017. Jane has attended and participated at Friendship Senior Center and both La Casa Senior Centers in Clovis and Portales. Jane remembers not going anywhere for a long time until a friend convinced her to step out and join and volunteer at the Senior Centers and she has been doing just that for at least thirteen years now. Jane is proud of having received many plaques and Certificates of Appreciation for her volunteer work. Jane generally helps with whatever she can but she especially enjoys decorating the center for holidays and seasons.

Susan asked Jane what she likes most about volunteering. Jane feels that the Retired Senior Volunteer Program has given her the opportunity to make new friends, have fun socializing and contribute. Jane feel her biggest contribution to the Retired Senior Volunteer Program is her ability to make sure that everyone at the center has a fun and enjoyable time.

In addition to her volunteer work, Jane takes pride in being a homemaker and raising three children as well as her fondness for making tamales and burritos. Jane helped in her daughter's retail business for many years until recently.

We want to say thank you to Jane and all of our RSVP volunteers who selflessly give of their time every day to serve their fellow citizens and the community.

Know of a RSVP volunteer who you would like Susan to interview and highlight? Call her or Suzanne Zamora at 575-763-6009.

FATHER'S DAY, JUNE 18, 2017

Importance of Father's Day

Father's Day festival is considered extremely important as it help acknowledge the contribution of fathers to individual families and to societies as large. Besides observance of Father's Day provide children an opportunity to express love and respect for their fathers. The sentiment goes a long way in strengthening father-child relationship and consequently in the emotional development of a child.

History of Father's Day

The idea of celebrating Father's Day Festival was given by Ms Sonora Dodd, a loving daughter from Spokane. Her father Henry Jackson Smart single-handedly raised Sonora and five of her siblings after the death of her mother during childbirth. When Sonora attended a Mother's Day Sermon in 1909, she thought that if there is the day to honor mother then there should also be a corresponding day to honor fathers. Sonora worked relentlessly for years to ensure that the idea of Father's Day becomes a reality. In 1924 President Calvin Coolidge first recognized Father's Day. In view of the massive popularity of the festival, in 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

Over the years, the concept of celebrating Father's Day spread beyond geographical boundaries. Today, millions of children across the world express gratitude for their dads as they celebrate Father's Day festival.

Significance of Father's Day Festival

Father's Day festival give us the opportunity to express thanks to our Daddy for all their unconditional love and affection. Observance of Father's Day makes fathers feel that their contributions are acknowledged in the society and also by their children. They feel proud of themselves! Besides by celebrating Father's Day, children come closer to their father. For, most often children take love of their parents for granted. Celebration of Father's Day makes them ponder for a while on the important role their father play in their life. This helps them appreciate the selfless care and protection provided by their father and hence they come emotionally closer to their dad.

Children must therefore take full opportunity of the day and express their gratitude for fathers with all their heart. The best way to do so is to do small things that daddy appreciates and by saying "I love you, Papa" with a gift of beautiful flower.

Source: SCFI

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

JUNE 12-18 IS NATIONAL MEN'S HEALTH WEEK

Men's health

By Mayo Clinic Staff

Do you know the greatest threats to men's health? The list is surprisingly short. The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke, according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers. Take charge of your health by making better lifestyle choices. For example:

- **Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.
- **Maintain a healthy weight**. Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.
- **Get moving**. Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer? Choose activities you enjoy, such as tennis, basketball or brisk walking. All physical activity benefits your health.
- **Limit alcohol**. If you choose to drink alcohol, do so only in moderation. That means up to two drinks a day for men age 65 and younger and one drink a day for men older than age 65. Examples of one drink include 12 fluid ounces (355 milliliters) of beer, 5 fluid ounces (148 milliliters) of wine or 1.5 fluid ounces (44 milliliters) of standard 80-proof liquor. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure.
- **Manage stress.** If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Don't wait to visit the doctor until something is seriously wrong. Your doctor can be your best ally for preventing health problems. Follow your doctor's treatment recommendations if you have health issues, such as high cholesterol, high blood pressure or diabetes. Also, ask your doctor about when you should have cancer screenings, immunizations and other health evaluations.

Motor vehicle accidents are another common cause of death among men. To stay safe on the road, wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances, and don't drive while sleepy.

Suicide is another leading men's health risk. An important risk factor for suicide among men is depression. If you have signs and symptoms of depression — such as feeling sad or worthless and a loss of interest in normal activities — talk to your doctor. Treatment is available. If you're contemplating suicide, call for emergency medical help or go the nearest emergency room.

Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you'll ever know.

Curry County Health Council

This page sponsored by:

Taste of Home

Creamy Strawberry Pie Recipe

TOTAL TIME: Prep: 25 min. + chilling **YIELD:** 6 servings

Ingredients

- 1 package (10 ounces) frozen sweetened sliced strawberries, thawed
- 1 package (3 ounces) strawberry gelatin
- 2 cups vanilla ice cream
- 1 pastry shell (9 inches), baked
- Sliced fresh strawberries, optional

Directions

- **1.** Drain strawberries into a 1-cup measuring cup and reserve juice; set berries aside. Add enough water to juice to measure 1 cup; pour into a large saucepan. Bring to a boil over medium heat. Remove from the heat; stir in gelatin until dissolved. Add ice cream; stir until blended. Refrigerate for 5-10 minutes or just until thickened (watch carefully).
- **2.** Fold in reserved strawberries. Pour into pastry shell. Refrigerate until firm, about 1 hour. Garnish with fresh strawberries if desired. Refrigerate leftovers. Yield: 6 servings.

Nutritional Facts

1 cup: 345 calories, 14g fat (7g saturated fat), 26mg cholesterol, 202mg sodium, 52g carbohydrate (33g sugars, 1g fiber), 4g protein.

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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

The Needle Gang from Baxter Curren Senior Center need your donations of 4-ply yarn in order to continue their wonderful work. All items created by the Needle Gang are donated to area agencies such as the VA clinic, Freedom Foundation, Families First and so on. You can drop your donations off with either Susan or Suzanne at the RSVP office or take to Baxter Curren Senior Center, 908 Hickory St. Clovis NM. Thank you.