



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

Commission

Angelina Baca · District 1
Ben L. McDaniel · District 2
Chet Spear · District 3
Benjamin Smith · District 4
Robert Thornton · District 5

Administration

Lance A. Pyle
County Manager

RSVP & FGP Staff

Suzanne Zamora
Program Director
Susan Alman
Program Assistant

Curry County Senior Centers

<i>Baxter</i>	<i>762-3631</i>
<i>Friendship</i>	<i>769-7913</i>
<i>Grady</i>	<i>357-2009</i>
<i>La Casa</i>	<i>762-8110</i>
<i>Melrose</i>	<i>253-4261</i>
<i>Texico</i>	<i>482-3835</i>



November, 2017



Image from bing.com

Curry County
Retired & Senior Volunteer Program (RSVP)
&
Foster Grandparent Program (FGP)
417 Gidding St. Suite 100
Clovis, NM 88101
575-763-6009
www.currycounty.org



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 PROGRAM (RSVP)
AND
FOSTER GRANDPARENT PROGRAM (FGP)
ADVISORY COUNCIL**
(in alphabetical order)

Susan Alman	Curry County Program Assistant
Lucy Barela	Retired & Senior Volunteer Program
Erin Burch	United Way of Eastern New Mexico
Yvonne Light	Texico Senior Center Director
Roy Martin	Parkland Baptist Church
Rose Ann Martinez	Foster Grandparent Program
Doria Rey	Curry County Grants Specialist
Barbara Singleton	Retired & Senior Volunteer Program
Suzanne Zamora	Curry County Program Director

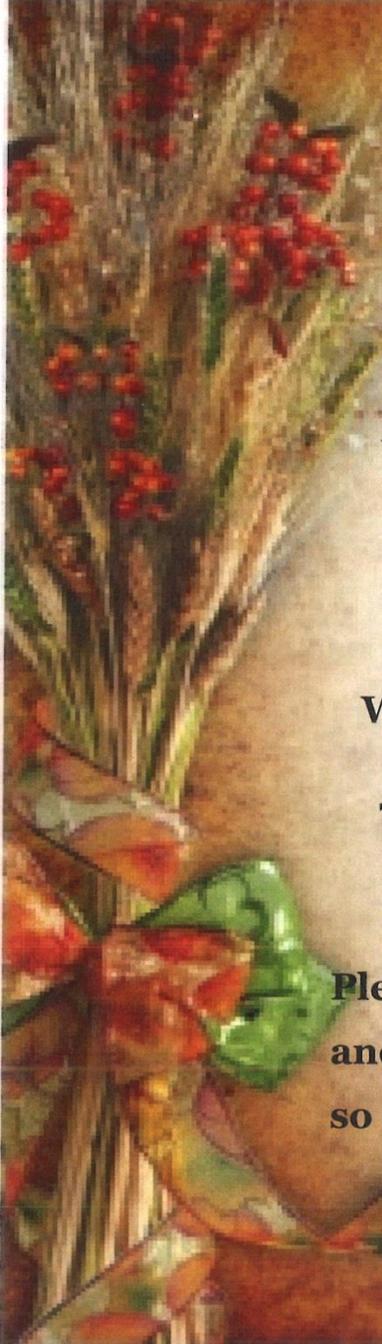
NOVEMBER BIRTHDAYS!

Kay Berry	November 1
Susan Jones	November 10
Pat Corley	November 11
Velma McKinney	November 18
Shirley Thompson	November 19
Modesta Cantu	November 24



Graphic from freeclipart.com

We want to say thanks!



**You are invited to attend a
Curry County
Retired & Senior Volunteer
Appreciation Luncheon!**

**Where: Grand Haven Events Center
212 Georgia
Clovis NM, 88101**

When: Saturday, November 18, 2017

Time: 11:00 am – 1:00 pm

**Please call Susan or Suzanne at 575-763-6009
and let us know if you will be attending by
so we can plan accordingly.**



**RECOGNITION FOR THE SEPTEMBER
TIMESHEET DRAWING!**

Frances Helker
Baxter Curren Senior Center

Mary Gonzales
La Casa Senior Center

Ruth See
Melrose Senior Center

William Boeshaar
Bread of Life Ministries

**We will have a drawing in November for the
October Timesheet**

Drawing held on November 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



VETERANS DAY IS NOVEMBER 11

Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans; that is, persons who served in the United States Armed Forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.

Source: Wikipedia

Veterans Today

The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Here are some facts about the veteran population of the United States:

- 16.1 million living veterans served during at least one war.
- 5.2 million veterans served in peacetime.
- 2 million veterans are women.
- 7 million veterans served during the [Vietnam War](#).
- 5.5 million veterans served during the [Persian Gulf War](#).
- Of the 16 million Americans who served during World War II, about 558,000 are still alive.
- 2 million veterans served during the [Korean War](#).
- 6 million veterans served in peacetime.
- As of 2014, 2.9 million veterans received compensation for service-connected disabilities.
- As of 2014, 3 states have more than 1 million veterans among their population: California (1.8 million), Florida (1.6 million) and Texas (1.7 million).
- The VA health care system had 54 hospitals in 1930, since then it has expanded to include 171 medical centers; more than 350 outpatient, community, and outreach clinics; 126 nursing home care units; and 35 live-in care facilities for injured or disabled vets.

Source: history.com

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH!

According to the National Diabetes Statistics Report, 2017 issued by the Centers for Disease Control and Prevention (CDC) 30.3 million people or 9.4% of the population in the United States 18 years or older, had diabetes in 2015. The percentage of adults with diabetes increased with age, reaching a high of 25.2% among those aged 65 years or older.

What is Diabetes?

In order to describe diabetes, it is important to understand how the body process and uses food. Each time we eat food, our bodies go through a process that changes the food into energy that our bodies can use for daily activity. The food we eat is broken down by our bodies into “glucose.”

Glucose is what fuels cells of the body; these cells need energy from glucose to live. Glucose from the food is carried by the blood to cells throughout the body. Glucose, however, is not automatically absorbed by cells.

Insulin is required to “unlock” the cells and allow the glucose to be changed into energy.

If there is not enough insulin or if the body does not use insulin properly, (a condition known as **insulin resistance**), then glucose is not able to get into the cells. As a result, glucose builds up in the bloodstream (causing high blood sugar).

There is no cure for diabetes. Properly managing the disease requires lifestyle changes and medication. When diabetes is not controlled, glucose builds up in the blood and can cause damage to vital organs. When diabetes *is* controlled, complications can often be avoided.

There are two types of diabetes. In **type 1** diabetes a person’s body does not make enough insulin to help move glucose into the cells for energy. In **type 2** diabetes a person’s body does not use insulin effectively and over time will not make enough insulin. Type 1 diabetes typically happens to people under the age of 30 and cannot be prevented. Type 2 diabetes can be prevented.

What are the Symptoms of Type 2 Diabetes?

The symptoms of diabetes can vary, range from mild to severe, or symptoms can even be absent. The most common symptoms include:

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal

For people with type 2 diabetes, symptoms generally develop gradually. Many people do not find out they have type 2 diabetes until they develop a complication from the disease, such as problems with vision or heart trouble. In some cases, a person can have the disease for many years before it is diagnosed.

Diabetes prevention: 5 tips for taking control

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, such as if you're overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider the latest diabetes prevention tips from the American Diabetes Association.

1. Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

2. Get plenty of fiber

It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

3. Go for whole grains

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

By Mayo Clinic Staff

Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid. The remaining 26 letters spell a popular Thanksgiving Day event.

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

ANNUAL
AUTUMN
CELEBRATION
CORN
CRANBERRY
FAMILY
FEAST
FESTIVAL
FOOD
FOOTBALL
FRIENDS
GATHERING

GRAVY
HARVEST
HOLIDAY
LONG WEEKEND
MASHED POTATOES
MEAL
NOVEMBER
PARADE
PILGRIMS
PLYMOUTH
PUMPKIN PIE

RELATIVES
REUNION
SQUASH
STUFFING
SWEET POTATO
THURSDAY
TRADITION
TRAVEL
TURKEY
WAMPANOAG
YAMS



Low-Fat Pumpkin Flan



Prep	Cook	Ready In
15 m	1 h 15 m	5 h 40 m

Recipe By: Chef John

"This delicious pumpkin flan is the result of an experiment in replacing the recipe's usual cream and half-and-half with low-fat milk."

Ingredients

1 1/4 cups white sugar	1 pinch ground allspice
2 tablespoons water	1 pinch ground mace
5 large eggs	1/3 cup white sugar
1 teaspoon ground cinnamon	1 (15 ounce) can pumpkin puree
1/4 teaspoon salt	1 3/4 cups low-fat milk
1/8 teaspoon ground cloves	1 vanilla bean, split and seeds scraped out and reserved
1/8 teaspoon ground ginger	2 tablespoons hulled toasted pumpkin seeds (optional)

Directions

- 1 Preheat the oven to 300 degrees F (150 degrees C).
- 2 Set eight (5 1/2 ounce) ramekins into a large baking dish.
- 3 Stir together 1 1/4 cups sugar and water in a saucepan over medium heat; cook and stir until dark amber, about 10 minutes.
- 4 Quickly divide the caramel among the ramekins; set aside.
- 5 Whisk eggs, cinnamon, salt, cloves, ginger, allspice, mace, and 1/3 cup sugar together in a large bowl. Stir in pumpkin puree until smooth.
- 6 Heat milk in a saucepan over medium-low heat until it starts to gently bubble and steam. Remove from heat.
- 7 Place vanilla bean seeds and pod in milk. Allow to soak for 10 minutes. Slowly strain hot milk mixture into the egg mixture and whisk to form a thin custard.
- 8 Divide the custard evenly among the ramekins, leaving about 1/4 inch at the top of each.
- 9 Fill baking dish with hot water to reach halfway up the sides of the ramekins. Cover the baking dish with heavy-duty aluminum foil.
- 10 Bake in the preheated oven until the flan is just set, 45 to 50 minutes.
- 11 Remove ramekins from hot water to cool completely. Cover and refrigerate until cold, at least four hours.
- 12 Run a knife around the inside edge of each ramekin and place an overturned plate on top. Invert and release the flan. Garnish and serve.

Curry County

Senior Activities for November, 2017

Get UP Get *MOVIN'* Get FIT

NEW MEXICO SENIOR OLYMPICS, INC.

Health Promotion Events

- Ⓣ Health and wellness through education, fitness and sports for adults 50+
- Ⓣ Learn how to add physical activity to your day to increase strength and balance
- Ⓣ Sport Clinics to enhance your game!
- Ⓣ FREE TO ATTEND
- Ⓣ Learn about opportunities to bringing an evidence based fall prevention program to your area

**F
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Visit NMSO website at www.nmseniorolympics.org for specific event program detail for each site.

- Ⓣ Register onsite - no pre-registration required
- Ⓣ Event hours: 9:00 a.m. to 3:00 p.m.
- Ⓣ General Session by Aging Matters, LLC
- Ⓣ Educational Workshops
- Ⓣ Falls Prevention and Walk for Fitness Workshops
- Ⓣ Senior Olympic Sport Clinics
- Ⓣ FREE Health Screenings

DOOR PRIZES:

New pair of walking shoes,
a FREE Summer Games Registration
and a Senior Olympic gift basket

Bring a sack lunch
so you don't miss out on the day's events



Coming to a city near you!

Visit website for
2018 dates and locations



2017
October 11 – Las Vegas
Abe Montoya Recreational Center



2018
January – Las Cruces
February – Albuquerque

November 14 – Clovis
Roy Walker Recreational Center

April – Farmington
May 30 – Roswell
National Senior Health & Fitness Day

4th Annual Clovis Meals on Wheels

ARTS AND CRAFTS FAIR

Saturday, November 11th

9:00 a.m. to 3:00 p.m.

Clovis Community College

Commons Area

417 Schepps Blvd

Admission is only \$1.00 and includes a free entry
for prize drawing



