



# 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

# October, 2017



*Image from bing.com*

## *Curry County Senior Centers*

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



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](http://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)

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

# OCTOBER BIRTHDAYS!

Linda Armijo	October 1
Mary Jon McKenzie	October 4
Beverly Miller	October 5
Faye Pittman	October 5
Bernice Gutierrez	October 8
Ida Munoz	October 15
Celina Chavez	October 17
Sandra Gurule	October 25
Dixie Jacobs	October 30
Yvonne Light	October 31



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

**Stella Parker**  
Baxter Curren Senior Center

**Lucy Barela**  
La Casa Senior Center

**Shirley Thompson**  
Texico Senior Center

**Joyce Gates**  
PRMC-Pink Ladies

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

Drawing held on October 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

# OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH!

learn. .love.commit.

learn about your breast cancer risks. love your body. commit to regular preventive health screenings.

## learn: Breast Cancer Facts

do you know the facts?

- Breast cancer is the second most common cancer in women, after skin cancer.
- Breast cancer rates are dropping
- Finding and treating breast cancer early greatly increases your chances of surviving it.
- Cancer treatment options are changing almost every day.

what increases my risk?

Know the facts about your personal risk for developing breast cancer. While some risks, such as family history, can't be changed, other risk factors, such as the amount of alcohol you drink, can be. Check the list below and ask your health care professional for guidance.

- Older age; breast cancer risk increases with age
- Personal or family history of breast cancer
- Never having children or having your first child after age 30
- Long menstrual history (starting periods at an early age and ending at an older age)
- Not breastfeeding
- Drinking alcohol excessively
- Being significantly overweight
- Dense breast tissue

breast cancer screening guidelines

Screening Type	Age	How Often
Mammogram	40+	Every year
Breast Exam by a Health Care Professional	20 – 39 40 and older	Every 3 years Every year
Breast Self-Exam	20+	Periodically

finding answers

American Cancer Society  
1-800-227-2345  
[www.cancer.org](http://www.cancer.org)  
Breastcancer.org  
[www.breastcancer.org](http://www.breastcancer.org)

National Women's Health Resource Center  
1-877-986-9472  
[www.healthywomen.org](http://www.healthywomen.org)

**REDBOOK**  
love your life.

 National Women's Health Resource Center  
[www.healthywomen.org](http://www.healthywomen.org)

This page sponsored by:



# 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  
BATS  
BLACK CAT  
BROOMSTICK  
CANDLE  
CANDY  
CEMETERY  
COFFIN

COSTUME  
DRACULA  
FRIGHTENING  
FULL MOON  
GHOSTS  
GHOULS  
GOBLINS  
GRAVEYARD

JACK O LANTERN  
MASK  
MUMMY  
NIGHT  
PUMPKIN  
SCARECROW  
SCARY  
SCREAM

SKELETON  
SKULL  
SPIDERS  
TOMBSTONE  
VAMPIRE  
WEREWOLF  
WITCHES  
ZOMBIE

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



## Apple Crisp II



allrecipes

Prep	Cook	Ready In
30 m	45 m	1 h 20 m

Recipe By: Diane Kester

"A simple dessert that's great served with ice cream."

### Ingredients

10 cups all-purpose apples, peeled, cored and sliced	1 cup all-purpose flour
1 cup white sugar	1 cup packed brown sugar
1 tablespoon all-purpose flour	1/4 teaspoon baking powder
1 teaspoon ground cinnamon	1/4 teaspoon baking soda
1/2 cup water	1/2 cup butter, melted
1 cup quick-cooking oats	

### Directions

- 1 Preheat oven to 350 degrees F (175 degree C).
- 2 Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
- 3 Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
- 4 Bake at 350 degrees F (175 degrees C) for about 45 minutes.

*Curry County  
Senior Activities for October 2017*

**Baxter-Curren Activity Center  
Presents the 3rd Annual**



**Mainline Bowl  
October 7 at 10:30 am**

Open to the community of Clovis, Curry County  
and the Greater High Plains Country.  
Lots of Fun, Door Prizes and Fellowship.  
For more information call Karl (575)218-5095



# DOMINO TOURNAMENT



TO BENEFIT THE

**Clovis/Curry County 50+ Senior Olympics  
October 28, 2017**

**◆ Friendship Senior Center ◆**

901 Wet 13th St, Clovis, NM

**7:30-8:30 am Late Registration on October 28, 2017 ◆ 9 am Tournament Begins**

**Contact Dewey Pierce 575-714-3947**



## REGISTRATION FORM

Player #1 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Player #2 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Fee:  \$20 per preregistered team       \$\_\_\_\_\_ Additional donation to the Clovis/Curry County Senior Olympics  
 \$25 same day registration per team      *Donations are greatly appreciated!!!*

*By signing this form, I agree to participate in the First Annual 42 Domino Tournament to Benefit the Clovis/Curry County 50+ Senior Olympics held on October 28, 2017. and to release, waive, discharge, and covenant not to sue, and agree to hold the Clovis/Curry County 50+ Senior Olympics, its trustees, officers, servants, agents, volunteers and employees from and against any and all liabilities, demands, claims, or injuries, that I may sustain during or in conjunction with the Activity.*

Player #1 signature \_\_\_\_\_

Player #2 signature \_\_\_\_\_

Make checks payable to: Clovis/Curry County 50+ Senior Olympics

Mail this form and payment to: Keli Marshall 1613 Claremont Terrace, Clovis New Mexico 88101

## CLOVIS LA CASA SENIOR CENTER



**1120 CAMEO \* CLOVIS, NEW MEXICO 88101**

**Transportation available- For more information call: 575.762.8110**

# October 2017-Clovis La Casa Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	4 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	5 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Loteria</b>	6 <b>GARAGE/ BAKE SALE</b>	7
8  Portales Dance	9 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	10 <b>Advisory Meeting 10:00 General 11:00 CLOVIS</b>	11 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	12 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Loteria</b>	13 Exercise 915 am Sewing/Crafts 8 Ball Pool	14
15	16 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	17 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	18 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	19 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Loteria</b>	20 Exercise 915 am Sewing/Crafts 8 Ball Pool	21
22  Clovis Dance 1-5	23 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	24 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	25 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	26 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Loteria</b>	27 <b>Enchilada luncheon fundraiser</b>	28
29	30 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>	31 Exercise 915 am Sewing/Crafts 8 Ball Pool <b>1:00 Bingo</b>		<b>LOTERIA</b> 		

