



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

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

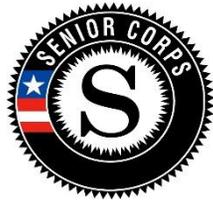


September, 2017



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
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 |

SEPTEMBER BIRTHDAYS!

Lillian Higgs	September 1
Joyce Gates	September 4
Pearl Greene	September 6
Glenda Jones	September 6
James See	September 9
Billie Brazell	September 12
Rosie Sena	September 14
Ruby Chavez	September 19
Carol Moore	September 20



Graphic from freeclipart.com

Recognition for the RSVP July Timesheet Drawing!

Faye Pittman
Baxter Curren-Needle Gang

Irene Durham
La Casa Senior Center

Lucy Madrid
Texico Senior Center

Peggy McNeil
PRMC-Pink Ladies

We will have another drawing in September for the August Timesheet

Drawing held on September 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/FGP In-Service Meeting

Curry County RSVP/FGP Volunteers got together on Friday, August 11, 2017 at the Clovis Carver Public Library-North Annex for an In-service meeting. The topics for this year's in-service were "Healthy Eating", "Active Living" and "Personal Safety". We had many speakers on the agenda that included.....

Nancy Hutson – Executive Director of Clovis Meals on Wheels
Dianna Sprague – Executive Director for Eastern New Mexico Food Bank
Maria Amaro—from United Way 211
Opal Evans - UWENM Volunteer Action Center
Bernie Cordova- DOH Senior Health Nutritionist

Here are some highlights from the event....

Dan Heerding, Emergency Management Director for the City of Clovis gave a wonderful presentation filled with valuable information on emergency preparedness for weather emergencies that can occur in all four seasons. Topics included where to go in case of tornado and how to prepare a "to go" emergency bag.



Yadira Reyes, from La Casa Family Health Center spoke about the MyCD and Diabetes Control classes that are offered free of charge to the public. Several of the attendees signed up for these classes that are designed to help manage chronic illness and improve the quality of life for those with a chronic illness or have a loved one with a chronic illness.

Senior Olympics – Kelli Marshall told us about the many activities to participate in at the Senior Olympics and how to become involved. She also brought an array of medals to show that are awarded for the highest scores in each activity. Sounds like fun!





Randa Jesko a GIS Specialist from the Curry County Assessor's Office and Susan Alman from the Curry County Health Council handed out a Prescription Trails Booklet to everyone and demonstrated how to use it to identify the walking trails available in Clovis and most importantly, how to determine which trail is best suited for our individual needs. Randa stressed the importance of staying active and how walking can be a huge benefit for people of all ages.



Jeremiah Teska, stationed at Cannon Air Force Base came to speak about Freedom Foundation, the great work being done for veterans locally and how we can volunteer to help.

Always a crowd favorite, Mitch Gray expressed his appreciation and admiration for our age group and spoke to us about his work with the Clovis Healthy Kids Program, the Clovis Community Gardens and Produce for the People program and opportunities for participating in these projects. He also provided us with information on health and wellness

We want to thank all of the presenters who took time out of their day to come out and share their knowledge with us. We had a great turnout, had fun and something new learned along the way.



By Matt McMillen

September is Healthy Aging month – follow these tips to stay at your peak!

1. Get moving

Exercise regularly to maintain a healthy body and brain.

2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Add some spice

Add herbs and spices to your meals if medications dull your taste buds.

5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

7. Sleep well

Talk to a sleep specialist if you don't sleep soundly through the night.

8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize



Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN

APPLE

BIRD MIGRATION

BLOWING LEAVES

BLUSTERY DAY

CANNING

CHESTNUTS

CHILLY

COLD

CROPS

EQUINOX

FALL

FARMING

FEAST

FROST

HALLOWEEN

HARVEST

HAYSTACK

HICKORY

NUTS

LONGER

NIGHTS

NOVEMBER

OCTOBER

ORANGE

LEAVES

PIE

PUMPKIN

RAKE

RED LEAVES

SCARECROW

SCHOOL

SEASON

SEPTEMBER

SHORTER DAYS

SQUASH

SWEET POTATOES

THANKSGIVING

TURKEY

WINDY

YELLOW LEAVES

Fat Free Bread Pudding

By Cathleen Colbert



Prep Time: 20 mins **Total Time:** 1 hr 20 mins **Servings:** 10

ABOUT THIS RECIPE

"from Sata Katsch."



Photo by anniesnomsblog

INGREDIENTS

- 4 cups bread, cubes
- 2 cups skim milk, hot
- 2/3 cup brown sugar (try SugarTwin Brown)
- 1/2 cup raisins
- 2 apples, sliced thin
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 3 egg whites (Just Whites or Egg Beaters)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Spray 1-1/2 quart baking dish with cooking spray.
3. Combine bread, raisins and apples in a large bowl.
4. Add milk and sugar; mix well.
5. Pour mixture into baking dish.
6. Let stand for 20 to 30 minute.
7. Beat egg whites until foamy.
8. Add vanilla and cinnamon to egg whites, mix well.
9. Pour egg mixture over bread in baking pan.
10. Bake uncovered for 45 minutes to 1 hour until set and lightly browned.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (135 g)		Total Fat 0.8g	1%
Servings Per Recipe: 10		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.9mg	0%
Calories 171.1		Sugars 23.2 g	
Calories from Fat 7	4%	Sodium 142.7mg	5%
		Total Carbohydrate 37.2g	12%
		Dietary Fiber 1.6g	6%
		Sugars 23.2 g	92%
		Protein 4.7g	9%

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

