



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

Commission

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

April, 2018

Administration

Lance A. Pyle
County Manager

RSVP & FGP Staff

Suzanne Zamora
Program Director
Susan Alman
Program Assistant



Curry County Senior Centers

Baxter (575) 762-3631
Friendship (575) 769-7913
Grady (575) 357-2009
La Casa (575) 762-8110
Melrose (575) 253-4261
Texico (575) 482-3835



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



Stella Parker	April 2
Kathy Ollom	April 8
Judy Casady	April 11
Lillian Ulibarri	April 15
Magdalena Gallegos	April 18
Alicia Pacheco	April 28
Ann Sweat	April 28



Curry County Volunteer In-service Highlights!

Curry County Retired & Senior Volunteers and Foster Grandparents attended an in-service training on Wednesday, March 7, 2018 at the Pavilion in the Curry County Fairgrounds. The subject of the training was the Opioid Crisis and its effects on our community, both personally and collectively. The volunteers heard presentations from Mr. James Padilla, LSAA who spoke about his personal struggle with addiction and recovery, and Curry County Undersheriff Mike Reeves who provided the audience with more than the law enforcement perspective as he is also a Registered Nurse and highly knowledgeable on the subject. The group also heard from Curry County Detention Center Administrator Mark Gallegos who gave an informative and eye opening presentation on the population entering the detention center who are addicts.

Teresa Broecker from the Clovis Public Health Office and Chris Morehkash from NM DOH-Roswell gave a presentation and a demonstration on Narcan or Naloxone, a narcotic blocker that is used to treat narcotic drug overdose. Curry County RSVP/FGP Director, Suzanne Zamora said the event was well attended and well received by the Senior Volunteers and other in-service trainings are planned for the future on topics of interest and benefit to the senior community. There are currently close to 100 registered RSVP members and 9 Foster Grandparents serving as volunteers in Curry County.





Calling All Seniors!

April Volunteer Happenings in Curry County

1. Recognition Day for National Service, April 3, 2018

Please join RSVP/FGP staff, Susan and Suzanne, on April 3, 2018 from 7:30 am to 8:30 am for donuts and coffee in the Administration Conference Room located in the Curry County Administrative Complex, 417 Gidding St. Clovis. Susan and Suzanne also presented Proclamations for Recognition Day for National Service to the Curry County Commission on March 6, 2018, Melrose City Council on March 12, 2018 and Texico City Council on March 13, 2018.

2. Melrose Senior Center is having its first Trade Days in the parking lot of the center on Saturday, April 7 from 9 am to 2 pm. People can rent a 20' x 20' space for \$20 and sell whatever they want. Call Marti Stacy at 575-253-4261 or email at melroseniors@live.com.

3. NM Legal Aid, 400 Pile St. Suite 401, Clovis NM, is having a Free Legal Clinic on Wednesday, April 11: 3-7 pm, for anyone who have need of their services and advice.

4. PRMC Auxiliary-Pink Ladies are hosting another great bake and craft sale on April 13, 2018 at the hospital. Go out and grab some goodies.

5. The Senior Olympic Golf Tournament will be held on Friday, April 20, 2018 and will begin at 9 am. They will play at Chaparral Golf Course at 1300 Colonial Parkway, Clovis.

Volunteer Opportunities

1. CRSMA (Curry Resident Senior Meal Association) is in need of volunteers to help serve Monday through Friday from 10:30 am to 1:00 pm. Contact Cherrise Perez in person at 901 W. 13th Clovis, or call her at 575-762-9405. You can also call Suzanne at 575-763-6009. Donate the days that you can!

2. 50+ Olympics seek Volunteers to help with the activities. Contact Melinda Coslett at 575-799-6485 for more information on how you can help.

3. OSAP (Office of Substance Abuse Prevention) need 7 volunteers to help with administering the AFS Survey on April 3rd, 4th, and 5th at Marshall Middle School and on April 10th, 11th and 12th at W.D. Gattis Middle School. Call Shannon Loughery or Alondra Paz-Melgar at 575-763-7725 or Suzanne at 575-763-6009 for more information.

4. Mission of Mercy is seeking volunteers to help with their free 2-day clinic on April 7-8 (back page of this newsletter). Register to volunteer at: www.ramusa.org/volunteer or call 865-579-1530 Info at: www.nmdentalfoundation.org or email: nmmom2@nmdaf.org

Calendar Clovis Area 50 + Olympics 2018

Sunday	Monday March 5 2018 <i>Registration</i> 4 pm - 7:00 pm Roy Walker Recreation Center	Tuesday March 6	Wednesday March 7 <i>Registration</i> 1:00 pm - 4:00 pm Roy Walker Recreation Center	Thursday March 8 <i>Registration</i> 1 pm - 4 pm Roy Walker Recreation Center	Friday March 9	Saturday March 10 <i>Registration</i> 12 pm - 2 pm Roy Walker Recreation Center
Registration \$20 fee Monday, March 5 - 4 to 7 Wed. March 7-1pm to 4pm Thurs. March 8 - 1pm to 4pm Sat. March 10 - 12pm to 2pm, all will be at Roy Walker						
April 1	April 2	April 3	April 4	April 5	April 6	Saturday April 7 9 AM
Easter	Pickleball 9:30 AM Roy Walker Gym	Basketball free-throw 9:30 AM start 3 point shot after free-throw Roy Walker gym	Badminton 9:30 am Roy Walker Gym	Soccer kick, Softball & Frisbee throw 10 am start YRB 7th & Sycamore	8 Ball Pool 12 noon La Casa Senior Center 1120 Cameo	Opening Ceremony Baxter Senior Center 908 Hickory Fun Events Talent & Dance Practice 1pm Competition 6PM CCC Town Hall
8	9	10	11	12	13	14
Bowling 15th 2 pm Cannon Lanes Teams & mix- doubles	Swimming Mon thru Friday 830 - 2 Clovis Fitness Center 1700 E 7th Street	Huachas(washers) 9:30 AM Roy Walker Gym	Shuffleboard Singles 9:30am Roy Walker Rec. Center	Table Tennis 1 pm Roy Walker Gym	Frisbee GOLF aka Disc Golf 10 AM Ned Houk Park Bowling - 2 pm Start Cannon Lanes Singles & Doubles	Horseshoes 9 am Sandoval Park 2nd & Rencher
22	23	24	25	26	27	28
Air gun Competition all ages 9:30 am Roy Walker Rec. Center	Cornhole - Singles 9:30 start Air gun Competition all ages 9:30 am Roy Walker Rec. Center	Frisbee Accuracy 10 am Roy Walker gym	Cornhole - Doubles 9:30 start Air gun Competition all ages 9:30 am Roy Walker Rec. Center	Shuffleboard Doubles 9:30am Roy Walker Rec. Center	Field Events 8:30am Yucca Middle School Track Events 10:00 am Yucca Middle School track	Field Events 8:30am Yucca Middle School Track Events 10:00 am Yucca Middle School track
The following sports are: To Be Determined (TBD) and will go through Event Manager Archery - Cycling -Golf -Tennis *But must be done and turned in by 4pm April 27, 2018*						
Awards Banquet May 19 6 pm Baxter/Curren Senior Center 908 Hickory						
As of Feb 14, 2018 Roy Walker Recreation Center 316 W 2nd corner Grand & Rencher* YRB Seventh & Sycamore * Clovis Community College (CCC) Town Hall 417 Schepps Blvd. Yucca Middle School 14th & Sycamore * La Casa Senior Center 1120 Cameo Cannon Lanes 105 Albright Ave CAFB * Colonial Golf Course 1300 Colonial Pkwy* Baxter Senior Center 908 Hickory* Clovis Fitness (Swimming Pool) 1700 East 7th street* *MMS(Marshall) - southeast of old football field Main street						

HOPPY EASTER!

Easter is considered a religious holiday by many people. In addition to being celebrated in churches, a lot of people enjoy Easter at home. Easter always falls on the first Sunday after the full moon on or after the spring equinox. This means that Easter always falls between March 22 and April 25.

Does this make you wonder about the Easter Bunny and Easter Eggs? The Easter Bunny is said to be named after the ancient goddess Easter, the goddess of spring. Many baby arrivals are born in the spring and rabbits have lots of babies. Eggs are another symbol of spring and new life. In the 1700s, German immigrants to America brought a story of a rabbit that laid eggs and hid them for children. That's the Easter Bunny!



Sweets are also associated with Easter. This tradition is said to have started with hot cross buns, baked pretzels, and finally chocolate. In the 1800s, chocolate in the shape of an egg became the new Easter treat. In the 1900s, Jelly beans were added to the Easter favorites list and in 1954 marshmallow Peeps became an iconic Easter candy experience.

We sure love our Easter candy. Approximately 200 million chocolate eggs are sold at Easter time each year. We buy more than 700 million Peeps. Americans devour 16 billion jellybeans every Easter! That's a lot of candy!

https://www.freeeasterprintables.com/preview/Easter_Fun_Facts

OTHER APRIL HOLIDAYS

April 1, 2018-April Fools' Day (sometimes called **All Fools' Day**) is an annual celebration in some European and Western countries commemorated on April 1 by playing practical jokes and spreading hoaxes. The jokes and their victims are called **April fools**. People playing April Fool jokes expose their prank by shouting "**April fool**". Some newspapers, magazines and other published media report fake stories, which are usually explained the next day or below the news section in small letters. Although popular since the 19th century, the day is not a public holiday in any country.

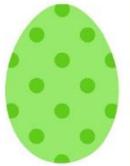
April 22, 2018-Earth Day Earth Day is an annual event celebrated on April 22. Worldwide, various events are held to demonstrate support for environmental protection. First celebrated in 1970, Earth Day events in more than 193 countries are now coordinated globally by the Earth Day Network.

Arbor Day – April 27, 2018 Arbor Day is a holiday in which individuals and groups are encouraged to plant trees. Today, many countries observe such a holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season.

Wikipedia.com



Easter Word Search



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

BUNNY
DUCKLINGS
BONNET
BASKET
CHICKS



DAFFODILS
EASTEREGG
HYACINTH
SPRING
EGGS



LAMBS
IRIS
JELLYBEANS
RABBIT
CHOCOLATE





Carrot Pineapple Cake I



Prep
30 m

Cook
45 m

Ready In
1 h 15 m

Recipe By: Linda

"The carrots and pineapple work together to keep this cake moist and wholesome."

Ingredients

2 cups all-purpose flour	1 teaspoon vanilla extract
2 teaspoons baking soda	2 cups shredded carrots
1 teaspoon baking powder	1 cup flaked coconut
1 teaspoon salt	1 cup chopped walnuts
2 teaspoons ground cinnamon	1 (8 ounce) can crushed pineapple, drained
1 3/4 cups white sugar	1 (8 ounce) package cream cheese
1 cup vegetable oil	1/4 cup butter, softened
3 eggs	2 cups confectioners' sugar

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- 2 Mix flour, baking soda, baking powder, salt and cinnamon. Make a well in the center and add sugar, oil, eggs and vanilla. Mix with wooden spoon until smooth. Stir in carrots, coconut, walnuts and pineapple.
- 3 Pour into 9x13 inch pan. Bake at 350 degrees for about 45 minutes. Don't panic, the center will sink a little. Allow to cool.
- 4 To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioners sugar and beat until creamy.

OPIOID DEPENDENCY:

Prevention Works • Treatment is Effective • Recovery is Possible

Having prescription painkillers in your home increases the risk that another person in your household might find them and misuse them, or take them accidentally. **Safely get rid of expired and unused meds.** Never flush down the toilet. To find the nearest take back location, call the New Mexico Poison and Drug Information Center at 1-800-222-1222 **or visit one of the following locations.**

CONSUMER DRUG TAKE-BACK RECEPTACLES

Albuquerque: UNM Hospital - Three Receptacles (UNMH Main Lobby and BBRP Main Lobby)
UNM Hospital Outpatient Pharmacy - One Receptacle in Lobby - 1209 University Blvd., NE
UNM Hospital Pharmacy- 2211 Lomas Blvd., NE, 4ACC
UNM Cancer Center - One Receptacle (Outpatient Pharmacy - 1st Floor)
UNMH Southwest Mesa Clinic - One Receptacle in Lobby - 301 Unser Blvd., SW
UNMH North Valley Clinic - One Receptacle in Lobby - 3401 N 4th Street, NW, Suite 106
UNMH Southeast Heights Clinic - One Receptacle in Lobby - 8200 Central Ave., SE
USAF-377TH Medical Group - 1501 San Pedro Drive, SE, Bldg 47
NM VA Hospital - 1501 San Pedro Drive, SE
USAF Kirtland AFG - 7901 Gibson Blvd., SE, Bldg 20169
Walgreens #3366 - 3400 Coors Blvd., NW
Cannon AFB: USAF Hospital - 224 West D.L. Ingram, Bldg 1408
Chaparral: US Army McGregor Range Pharmacy - Bldg 9503 Hawk Road, RM 9503-11
Clovis: Roden-Smith Pharmacy - 305 E. Llano, Estacado Blvd.
Crownpoint: USPHS Indian Hospital - Hwy 371 at Route 9
Gallup: Gallup Indian Medical Center - 516 E. Nizhoni Blvd.
Holloman AFB: USAF Hospital - 280 First Street, Bldg 23
Mescalero: USPHS IHS Clinic - 1 Abalone Loop
Pecos: Pecos Valley Medical Center - 199 State Hwy 50
Portales: Roosevelt General Hospital - 42121 US Hwy 70
Rio Rancho: UNM Sandoval Medical Center - 3001 Broadmoor NE
Walgreens #5158 - 4051 Southern Blvd., SE
Ruidoso: Sierra Blanca Pharmacy - 1206 Mechem Drive
San Fidel: IHS-ACL Hospital - I-40, EXIT 102
Santa Fe: Walgreens #3934 - 3298 Cerrillos Road
Christus Saint Vincent Outpatient Pharmacy - 465 Saint Michaels Drive, Suite 112
Shiprock: IHS Pharmacy - HWY 491 N
Thoreau: USPHS-HIS - 3 Navarre Blvd.
Tohatchi: Tohatchi Health Center - 07 Choos Gai Drive

A DOSE
OF
REALITY

The Consumer Drug Take-Back program is discrete, no-questions-asked, safe and responsible drug disposal, which is critical in combating the opioid crisis.



For a complete updated list and contact info go to:

DoseOfRealityNM.com



New Mexico Mission of Mercy

A FREE TWO DAY CLINIC

Presented by NM Mission of Mercy, a Program of the New Mexico Dental Association Foundation



Remote Area Medical - RAM™ Clinic



CLOVIS, NEW MEXICO APRIL 7-8, 2018

CURRY COUNTY EVENTS CENTER
1900 E BRADY AVE, CLOVIS, NM 88101

FREE basic services for adults and children, no I.D. required
Dental, Medical and Vision Care

**Numbers handed out at 3:00am for the clinic day
Come Early - Doors open at 6:00am**

For information go to ramusa.org or call 865-579-1530 or email: nmmom2@nmdaf.org

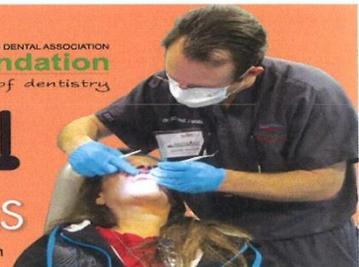
The New Mexico Dental Association Foundation
is the charitable arm of the New Mexico Dental Association



New Mexico Mission of Mercy

UNA CLINICA GRATUITA DE DOS DIAS

Presentado por NM Mission of Mercy, un programa de New Mexico Dental Association Foundation



Remote Area Medical - RAM™ Clinic



CLOVIS, NEW MEXICO ABRIL 7 y 8, 2018

CURRY COUNTY EVENTS CENTER
1900 E BRADY AVE, CLOVIS, NM 88101

Dental

Restoraciones
Extracciones
Limpiezas

Medico

General
Medico

Visión

Exámenes de Ojos
Grafas
(hecho en el sitio)

El Primer Llegado, El Primer Servido No Hay Citas Necesarias

Servicios básicos **GRATUITOS** para adultos y niños, no I.D. necesario

**Números entregados a los 3:00am para el día de la Clínica llegue temprano
Las puertas abren a las 6:00am**

Para más información, visite ramusa.org o llame 865-579-1530 o nmmom2@nmdaf.org

The New Mexico Dental Association Foundation
es el brazo caritativo de New Mexico Dental Association

