



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

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



February, 2018



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.



Image from freeclipart.com



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**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

FEBRUARY BIRTHDAYS!

Agnes Brown	February 6
Betty Dye	February 6
Linda Riley	February 6
Rada Winkles	February 8
William Boeshaar	February 19
Linda Stanford	February 19
Jean Fisher	February 22
Larry Duncan	February 23
Bonnie Barkley	February 25
Mary Gonzales	February 26
Lucy Barela	February 27



2018 New Mexico Senior Olympics

Registration Dates:

Monday, March 5, 2018	4:00 – 7:00 pm
Wednesday, March 7, 2018	1:00 – 4:00 pm
Thursday, March 8, 2018	1:00 – 4:00 pm
Saturday, March 10, 2018	12:00 – 2:00 pm

Register at Roy Walker Recreation Center, 316 West Second St. Clovis

There is a \$20.00 registration fee that covers a shirt (if you are a new registrant) and the cost of the banquet. It also helps supply water and snacks for the events.

When you register, someone will review all of the events available with you and help you decide which ones you might enjoy. You also will be given a calendar with your chosen events highlighted.

Events are held throughout the month of April.

We hope you decide to join in the fun and fellowship of the 50+ Senior Olympics. See you there!



PRMC

“PINK LADIES”

Invite you to a:

Valentine’s Day bake sale!

on

Friday, February 9, 2018

starting at 8:00 am in the foyer of the
PRMC hospital.

Come by and pick up a baked treat
for yourself or your sweetie!

There will also be a jewelry sale in
the Cannon Room at PRMC on
February 15-16, 2018 at 8:00 am.

Nothing over \$5.00 (excluding tax)

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

Baxter-Curren Senior Center

908 Hickory—762-3631

(By Appointment Only—Seniors 50 and over)

February 5, —April 17

Monday-Thursday 8:00 am-11:30 am

Roy Walker Recreation Center

316 W. 2nd

(Walk-ins Only—Any Age)

January 29 —April 17

Monday-Thursday 9:00 am-11:30 am

Clovis Carver Library -701 N. Main

(Walk-ins Only—Any Age)

Feb. 5, Feb.26, Mar. 19, Apr. 2 4-7 PM

Feb. 17, Mar. 10, Apr. 14 1-4 PM

Call Library at (575) 769-7840 for tax preparation times

AARP Foundation

February is American Heart Month!

10 Things You Never Knew about Heart Disease

1. **Laughter is therapeutic.** Doctors from the University Of Maryland School Of Medicine found that watching a funny movie for even 15 minutes can increase your blood flow. Remember to laugh every day-it can keep your heart happy and healthy.
2. **Heart disease is the leading cause of death of American women.** A recent survey found that fewer than one in five physicians knew that more women than men die each year from the disease. Be your own health advocate. Ask your doctor to check your blood pressure and blood cholesterol level.
3. **Chest pain isn't the only warning sign of a heart attack.** Symptoms for most heart attacks include mild chest pain, some shoulder discomfort, or shortness of breath. Other signs can be nausea, lightheadedness, or breaking out in a cold sweat. If you experience these symptoms, call 911. It could save your life.
4. **Know your numbers.** If you're over 20, you should know your blood cholesterol number. If it's high, there are treatments (including medication and exercises) that can help. You should also get your blood pressure and your blood sugar levels checked regularly.
5. **Less is more.** Researchers found that people tend to eat everything on their plate. Since maintaining a healthy weight is important for heart health, watch those calories! Measure out your servings and use smaller plates for automatic portion control.
6. **Restaurant portions are getting larger-and so are we.** The average pasta portion 20 years ago was two cups. Today your plate is loaded with twice as much. Have an appetizer as your meal, share an entrée, or ask the waiter to wrap up half of the meal to go.
7. **Diabetes, a major risk factor for heart disease, is affected by what you eat.** Research has shown that eating more fruits, vegetables, and fiber can actually change the blood's sensitivity to insulin within as little as two weeks. So listen to what your mother told you and eat your veggies!
8. **Walking can save your life.** A recent study found that a sedentary 40-year-old woman who begins walking briskly for half an hour a day, four days a week, can enjoy almost the same low risk of heart attack as a woman who has exercised regularly her entire life. Start walking! Your heart will love you for it.
9. **Even children can suffer from hypertension.** About five out of every 100 children have higher than normal blood pressure. Make sure to your children's blood pressure checked when they visit their doctor.
10. **Childhood obesity is becoming an epidemic.** The percentage of overweight children has increased substantially in the past two decades. Get your family off the couch and reduce the amount of time spent in front of computer and TV screens. Walking, biking, or playing active games are great ways to spend some quality time together.

The Hidden Epidemic: Heart Disease in America is produced by WGBH Boston for PBS.

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CHOCOLATE-CHERRY HEART SMART COOKIES

from *CookingLight*

Category winner: [Desserts](#).

"I love chocolate and cherry flavors together, and I found great dried cherries from Maine for this recipe. I also used bittersweet instead of milk chocolate: Not only does it have less sugar, but it has a deeper flavor, too." — Marcie Dixon, Arlington Heights, Ill.

Ingredients

- 1.5 ounces all-purpose flour (about 1/3 cup)
- 1.5 ounces whole-wheat flour (about 1/3 cup)
- 1 1/2 cups old-fashioned rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter
- 3/4 cup packed light brown sugar
- 1 cup dried cherries
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- 3 ounces bittersweet chocolate, coarsely chopped
- Cooking spray

How to Make It

- Preheat oven to 350°.
- Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk.
- Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate.
- Drop dough by tablespoonful 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks.

Nutritional Information

- Calories 94, Fat 3.2g, Satisfat 1.6g, Monofat 0.6g, Polyfat 0.2g, Protein 1.5g, Carbohydrate 15.7g,
- Fiber 1.3g, Cholesterol 10mg, Iron 0.6mg, Sodium 88mg, Calcium 15mg

Yield: 30 cookies (serving size: 1 cookie)

Valentine's



Day

N	A	O	M	S	E	T	A	L	O	C	O	H	C
A	I	E	V	R	N	A	E	D	E	A	O	N	V
C	H	E	R	U	B	N	D	D	I	N	B	N	A
G	E	E	E	N	P	C	N	M	E	E	E	C	L
N	E	V	V	R	R	E	E	N	I	N	G	E	E
E	R	O	E	C	I	E	G	C	E	R	V	E	N
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E	R	C	O	E	M	B	B	C	R	H	I	C	B
S	C	D	R	O	S	U	R	D	R	B	N	O	I

- ADMIRER
- LOVE
- CHERUB
- RED ROSES
- CHOCOLATES
- VALENTINE
- BOYFRIEND
- DATE
- CUPID
- BOUQUET
- ROMANCE
- BE MINE
- CHAMPAGNE

Play this puzzle online at : <http://thewordsearch.com/puzzle/2212/>