



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



2018

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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.



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CURRY COUNTY

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)
AND
FOSTER GRANDPARENT PROGRAM (FGP)
ADVISORY COUNCIL
(in alphabetical order)

Susan Alman	RSVP/FGP 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	RSVP/FGP Program Director

October Birthdays!

Brenda Banas	October 3
Mary Jon McKenzie	October 4
Beverly Miller	October 5
Faye Pittman	October 5
Bernice Gutierrez	October 8
Ida Munoz	October 15
Dixie Jacobs	October 30
Yvonne Light	October 31



RSVP/FGP In-service Highlights September 11, 2018

Curry County Retired & Senior Volunteers attended an in-service training on Tuesday, September 11, 2018. Since September is National Preparedness Month, Dan Heerding, Emergency Management Director, City of Clovis/Curry County, gave a presentation on how to prepare for weather related disasters and the importance of emergency preparedness for their families and homes. He also provided instruction on how to prepare and what should be in an emergency “to go” bag for the home and in their vehicles for driving in inclement weather in order to keep them safe in case they get stranded on the road.



Curry County Lt. Michael Brockett provided the volunteers with important information on how to protect ourselves and our property from theft and personal injury and included the latest telemarketing scams that are directed to older adults. He gave several examples of fraudulent telephone calls and house to house scams that are being currently perpetrated in the local area.

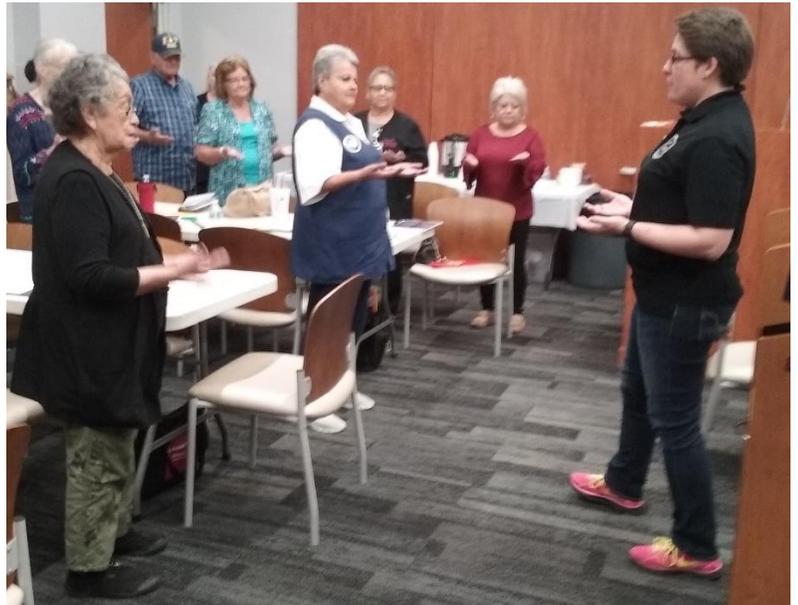




Following Lt. Brockett and staying on the subject of personal safety, Curry County Fire Marshall David Kube told us how to keep our homes safe from fire hazards and what to do in case we are faced with a fire emergency. In addition, because several of our volunteers have fallen lately with one resulting in serious injury and September 22 is Fall Prevention Day, he also provided basic safety tips on fall

prevention in the home. He told the group that while working as an EMT, many of the emergency calls received were from individuals who had fallen at home. He said many of the falls could have been prevented if they had only removed some of the hazards in their home such as loose rugs, cords trailing on floors, and adequate lighting to name just a few.

Randa Jesko, who is Tai Chi instructor in addition to her position as a GIS presented an insightful PowerPoint presentation on the importance of maintaining balance as one gets older and how that can help with preventing falls. She followed up her presentation by demonstrating ways to stand and sit in order to align the body carriage, that will in turn, assist with balance. Finally, she demonstrated several basic tai chi exercises that anyone can do and had everyone standing up and participating with her.



The event was well attended and received by our Senior Volunteers. We hope to have other in-service trainings in the future on topics of interest and benefit to our senior community.



October Senior Happenings in Curry County

1. **Curry County Commission** regular public meetings in October are scheduled for Tuesday, **October 2, 2018** and Tuesday, **October 16, 2018** both meetings begin at 9:00 am, are open to the public, and are held in the Commission Room at 417 Gidding St. Clovis. Attend and see our local government in process!
2. **The Curry County Health Council** in partnership with United Blood Services will have a blood drive on Friday, **October 5, 2018**. Call Susan Alman at 575-763-6016 to sign up and then visit the blood mobile parked at the parking lot of the Curry County Administrative Complex at 417 Gidding St. Clovis, NM between the hours of 10:00 am to 2:00 pm.
3. **Melrose Senior Center** is having a **fundraising event** at Ute Lake State Park on October 13, 2018. The BIG BASS BONANZA is an open team tournament. Please refer to the flyer for this event at the end of this newsletter or contact the Melrose Senior Center at 575-253-4261 or by email at melroseniors@live.com.
4. **PRMC Auxiliary (Pink Ladies)** is having a Bake, Craft & Gift Shop Sale on **October 19, 2018** at PRMC. A great opportunity to support the Auxiliary and pick up a treat (or two).
5. **Produce for The People** will be distributing produce on Monday, **October 22, 2018** from 1:00 pm to 2:00 pm at the Curry County Fairgrounds. There are no eligibility requirements and the event is open to the public but it is on a "first come" basis so arrive early!
6. **Friendship Senior Center** invites you to join them for a "Power Walk" at 9:00 am on Monday, Wednesday and Friday. Come by the center at 901 W. 13th St, Clovis to join or call center Program Coordinator, Sandy Pieratt at 575-769-7913 for more information.

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.
2. **Food Bank of Eastern New Mexico** is looking for volunteers to help with food distribution. Work is done at the Food Bank. Contact Director Diana Sprague at 575-763-6130 or call Suzanne at 575-763-6009.
3. **Compassus Hospice** is in need of volunteers. For more information contact Christine Martinez-Guajardo at 575-935-5683 or go by the office at 1200 W. 21st St. Clovis.

Got something going on at your volunteer station you would like us to include? Contact Suzanne for review no later than the 20th of each month.

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	COSTUME	JACK O	SKELETON
BATS	DRACULA	LANTERN	SKULL
BLACK CAT	FRIGHTENING	MASK	SPIDERS
BROOMSTICK	FULL MOON	MUMMY	TOMBSTONE
CANDLE	GHOSTS	NIGHT	VAMPIRE
CANDY	GHOULS	PUMPKIN	WEREWOLF
CEMETERY	GOBLINS	SCARECROW	WITCHES
COFFIN	GRAVEYARD	SCARY	ZOMBIE
		SCREAM	

[Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search](https://www.puzzles.ca/word-search)



Simple Baked Apples



allrecipes!

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

Recipe By: MAEVEN6

"This is a family standard. We have it at least once a week during the winter. The spices, nuts and raisins can be interchanged or omitted depending upon your tastes. This also serves as a great breakfast, side dish, or dessert."

Ingredients

6 apples - peeled, cored and sliced	1/4 teaspoon ground cloves
1/2 cup white sugar	1/2 cup raisins
3 tablespoons all-purpose flour	1/2 cup chopped walnuts
1/2 teaspoon ground cinnamon	1/2 cup whole milk
1/2 teaspoon ground nutmeg	

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.
- 2 Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
- 3 Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

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Stay Strong, Stay Healthy

UNIVERSITY OF MISSOURI
Extension
 equal opportunity/ADA institution

Wide Leg Squat



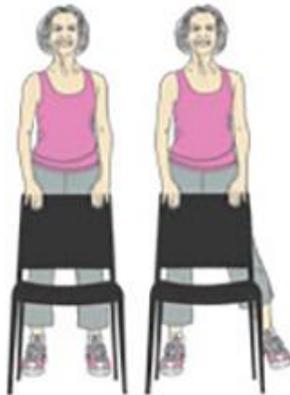
Standing Leg Curl



Knee Extension



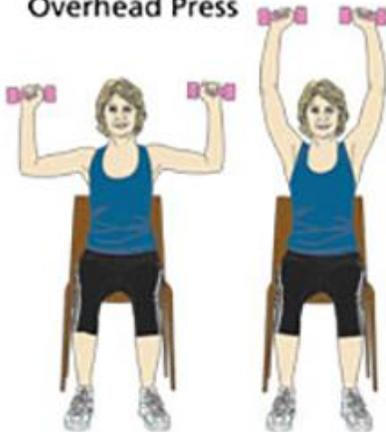
Side Leg Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand

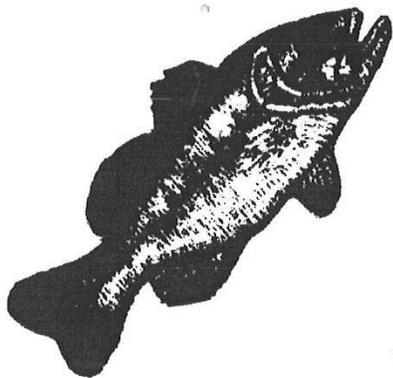


Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
 New 07/08; Revised 12/15/00

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**BIG BASS
BONANZA
UTE LAKE,
STATE PARK, NM.**

OCTOBER 13TH 2018

OPEN TEAM TOURNAMENT

. \$100.00 PER TEAM . \$110 PER TEAM DAY OF CASH ONLY

. 50/50 PAYBACK . \$10.00 BIG BASS POT

THIS IS A FUNDRAISING EVENT FOR THE MELROSE SENIOR CENTER

CALL MARK LATHAM AT 575-309-4496 OR 575-799-5412

**CALL TO PRE-REGISTER. CHECK OR MONEY ORDER PAYABLE TO
MELROSE SENIOR CENTER. MUST BE RECEIVED NO LATER THAN
5TH OCTOBER. DAY OF ENTRY FEE \$110.00 PER TEAM CASH ONLY.**