



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



Lillian Higgs	September 1
Joyce Gates	September 4
Pearl Greene	September 6
Glenda Jones	September 6
James See	September 9
Billie Brazell	September 12
Kendale Burch	September 13
Melinda Coslett	September 14
Rosie Sena	September 14



CURRY COUNTY FOSTER GRANDPARENT PROGRAM HIGHLIGHTS



The Curry County Foster Grandparents were recognized by the Curry County Board of Commission on August 7, 2018 during their regular monthly commission meeting. The Foster Grandparents were attending their pre-service orientation and training for the new school year. Our Foster Grandparents mentor and tutor children with special needs in the classroom at local elementary schools. The Commission gave thanks and recognized the service and positive impact the Foster Grandparents contribute to the community.

Want to learn more about the Foster Grandparent Program? Contact FGP Director Suzanne Zamora at 575-763-6009 or come by her office at 417 Gidding St. Suite 100, Clovis NM.



YOU ARE INVITED!!!
TO A RETIRED SENIOR VOLUNTEER (RSVP)
&
FOSTER GRANDPARENT PROGRAM (FGP)
IN-SERVICE EVENT

IN THE COMMISSION ROOM

AT THE CURRY ADMINISTRATIVE COMPLEX
417 GIDDING ST., CLOVIS, NM 88101

TUESDAY, SEPTEMBER 11, 2018

2:00 pm TO 4:00 pm

(it will be a come and go event in order to allow everyone to join us)

This year the main topic will be the emergency preparedness in recognition of National Preparedness Month-September and fall prevention with an emphasis on how it affects us seniors locally, and what we can do to protect ourselves.

As usual, we will have knowledgeable presenters from area agencies who will provide us with useful information and resources that will enable us to live a safe, healthy, and active life.

Refreshments will be served along with a small token of appreciation.

Questions? Please call Susan or Suzanne at 763-6009.

Hope to See You There!!!





Senior Happenings in Curry County

1. **Curry County Commission** regular public meetings in August are Tuesday, **September 4, 2018** and Tuesday, **September 18, 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. Come and see our local government in process!
2. **Melrose Senior Center** is having **Trade Days** in the parking lot of the center in Melrose on Saturday, **September 8, 2018**, 8 am to 2 pm. To reserve a vendor space for \$20, call the Senior Center at 575-253-4261 or email melroseniors@live.com. Come and enjoy hotdogs, drinks, cinnamon rolls and friends! A great way to promote your interests and support the Senior Center.
3. **PRMC Auxiliary (Pink Ladies)** is having a Luxury Linens Sale on **September 11th & 12th** at PRMC.
4. **The Curry County Health Council** is supporting the American Foundation for Suicide Prevention in their Out of the Darkness Community Walk on **September 15, 2018** at 10:00 am starting at the Clovis Aquatic Center, 1700 E. 7th St. Clovis, NM. Contact Susan Alman at 575-763-6016 ext. 821 for more information.
5. **La Casa Senior Center** is having a Fiesta! It will take place on Sunday, **September 16, 2018** from 1:00 pm to 5:00 pm at 1120 Cameo, Clovis, NM. Live music with Randy Chavez y Sol will be featured as well as good food, games and a market. Sounds like fun!
6. **Produce for The People** will be distributing produce on Monday, **September 24, 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!
7. **Friendship Senior Center** has a Fitness Class every morning at 9:00 am Monday through Thursday. Come by the center at 901 W. 13th St, Clovis 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 for the needy. Work is done at the Food Bank. Contact Director Diana Sprague at 575-763-6130 or call Suzanne at 575-763-6009.

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.

Patriot Day in the United States

Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.



Observe Patriot Day

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world. The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center. Some communities, particularly in the areas directly affected by the attacks, hold special church services or prayer meetings. People who personally experienced the events in 2001 or lost loved ones in them, may lay flowers or visit memorials.

Public Life

Patriot Day is not a federal holiday and schools and businesses do not close. Public transit systems run on their regular schedules. Some people and organizations may take some time out to hold prayers for the victims of the attacks, but these do not usually affect public life for more than a few minutes.

About Patriot Day

On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense. The attacks have greatly increased attention to national security in the United States. This has had huge implications for United States national and international politics. This is particularly true for the relationships between the United States and Islamic countries in the Middle East.

Symbols

The most potent symbol of the events that happened on September 11, 2001 are pictures and videos of planes flying into buildings, of the Twin Towers of the World Trade Center engulfed in smoke and later collapsing and of people falling from buildings. Pictures taken of damaged buildings and relatives looking for loved ones in the days and weeks after the attacks are also often shown. The flag of the United States is often displayed around images of the events on September 11, 2001. This is to remind Americans that their country remained strong in the face of massive terrorist attacks.

Patriot Day should not be confused with [Patriot's Day](#), also known as Patriots Day, which commemorates the battles of Lexington and Concord in 1775, which were two of the earliest battles in the American Revolutionary War.

RSVP/FGP staff plan to present a Proclamation recognizing Patriot Day to the County Commission at their September 4, 2018 meeting. You are invited to attend and participate, please let Susan and/or Suzanne know.

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	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	

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

Apple Pie Tacos are such a fun twist on a classic apple pie recipe!

INGREDIENTS

TACO SHELLS

- 6 large Flour Tortillas
- 1 cup Oil for frying
- 2/3 cup sugar
- 2 teaspoons cinnamon

FILLING

- 1 21 oz can apple pie filling , *chopped coarsely*

OR

- 3 large apples
- 1 1/2 tablespoons butter
- 3 tablespoons brown sugar
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon
- 1 teaspoon cornstarch
- 1/2 cup water (*divided*)

OTHER

- Frozen Whipped Topping
- Caramel sauce (*store bought or homemade*)



INSTRUCTIONS

TACO SHELLS

1. Using a 3.5" circle cutter, cut out circles from your tortillas. You should get about 5 from each tortilla. (You can use any size cutter but this was the perfect size for a 2-3 bite taco).
2. Combine sugar & cinnamon in a bowl and set aside. Heat about 1 1/2" of oil in a pan on the stove over medium heat. Use a little scrap of tortilla to put in the oil and make sure it's good & bubbly.
3. Using tongs, place one circle in the oil for about 5 seconds. Flip it over and fold it in half holding it folded for about 5 seconds or until browned. Flip over and fry the other side until crispy. Immediately remove from the oil giving it a little shake and place into the cinnamon sugar.
4. Set on a pan to cool. You can leave these at room temperature for up to 3 days.

FILLING

1. Peel and dice apples. Toss with lemon juice.
2. Over medium heat stir together butter, chopped apples, cinnamon and brown sugar. Add about 1/4 cup water and let cook on medium heat for about 4 minutes. Stir 1 teaspoon cornstarch into remaining water and add to pan. Continue cooking until most of the liquid is gone and apples are soft.

ASSEMBLY

1. Fill each taco shell with about 2 tablespoons of pie filling (will vary based on shell size) and top with frozen whipped topping and a drizzle of caramel sauce if desired.

To serve: Place a mini muffin tin upside down (if desired you can line the tin with a cloth napkin to look pretty as I did in the photos above). Fill each taco with warm pie filling and top with frozen whipped topping. Lightly drizzle with caramel sauce.

NUTRITION INFORMATION

Calories: **82**, Fat: **1g**, Cholesterol: **1mg**, Sodium: **56mg**, Potassium: **39mg**, Carbohydrates: **16g**, Sugar: **10g**, Vitamin A: **0.6%**, Vitamin C: **1.5%**, Calcium: **1.1%**, Iron: **1.7%**

(*Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.*) Nutrition calculated using 1 cup oil for frying and without whipped topping or caramel sauce.

• Apple Pie Tacos <https://www.spendwithpennies.com/apple-pie-tacos/>

SEPTEMBER 22, 2018 IS NATIONAL FALLS PREVENTION AWARENESS DAY!



FACT SHEET

Falls Prevention



Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.



The Challenge

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 13 seconds, an older adult is treated in the emergency room for a fall; every 20 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.5 million injuries treated in emergency departments annually, including over 734,000 hospitalizations and more than 21,700 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

NATIONAL COUNCIL ON AGING

251 18th Street South, Suite 500 ■ Arlington, VA 22202 ■ 571-527-3900

ncoa.org ■ @NCOAging

FALLS PREVENTION FACT SHEET



NCOA's Role

NCOA leads the National Falls Prevention Resource Center, which supports awareness and educational efforts about falls and promotes evidence-based falls prevention programs and strategies across the nation. The purpose of the center is to:

- Increase public awareness and educate consumers and professionals about the risks of falls and how to prevent falls.
- Support and stimulate the implementation, dissemination, and sustainability of evidence-based falls prevention programs and strategies to reduce the incidence of falls among older adults and adults with disabilities.
- Serve as the national clearinghouse of tools, best practices, and other information on falls and falls prevention.

The National Falls Prevention Resource Center leads the **Falls Free® Initiative**, a national effort to address the growing public health issue of falls, fall-related injuries and deaths. The initiative includes a coalition of over 70 national organizations charged with working toward the progress of one or more of the strategies in the National Action Plan. Members are engaged in disseminating proven falls prevention programs, advocating for funding, and educating older adults about how they can reduce their risk of falling. The initiative also includes a 43-member State Coalition on Falls Prevention Workgroup charged with collaboratively promoting effective strategies to address falls.

www.NCOA.org/FallsFreeInitiative

The Falls Free® Initiative's work includes:

Falls Free® National Action Plan

In March 2005, NCOA released the landmark evidence-based Falls Free® National Action Plan to prevent falls and fall-related injuries in older adults. The plan was updated in 2015 and continues to serve as a roadmap and catalyst for action. The plan includes goals, strategies and action steps to increase physical mobility, reduce the impact of medications as a falls risk factor, and improve home and environmental safety. The plan also promotes, the expansion and funding of falls risk screening, assessment and evidence-based programs.

National Falls Prevention Awareness Day

Every September on the first day of fall, the Falls Free® Initiative promotes National Falls Prevention Awareness Day. States are encouraged to host and promote falls prevention awareness and screening activities to draw attention to the problem and offer older adults practical solutions. Forty-eight states and DC participated in the 2014 event.

www.NCOA.org/FPAD

For more information, please visit

www.NCOA.org/FallsPrevention.

For questions, please email falls.free@ncoa.org

About NCOA

The National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. Our mission is to improve the lives of millions of older adults, especially those who are struggling. Through innovative community programs and services, online help, and advocacy, NCOA is partnering with nonprofit organizations, government, and business to improve the health and economic security of 10 million older adults by 2020. Learn more at ncoa.org and @NCOAging.

NATIONAL COUNCIL ON AGING

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