



# 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*

# January, 2019



*Image from freeclipart.com*

## *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](mailto: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*



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

# January Birthdays!

Maria Esquibel	January 1
Esther Hall	January 7
Virginia Steinle	January 18
Lucy Madrid	January 21
Norma Nagel	January 27
Maria Julia Lueras	January 28



## **Curry County**

### **Retired & Senior Volunteer and Foster Grandparent**

### **Annual Volunteer Appreciation Luncheon**

Curry County Retired & Senior Volunteers and Foster Grandparents were honored with a luncheon on December 1, 2018 at the Clovis Civic Center. An estimated 100 volunteers and guests were in attendance. Special guests include Curry County Commissioner Seth Martin and County Manager Lance Pyle.

The **Retired & Senior Volunteer Program (RSVP)** was established in 1971 and is now one of the largest senior volunteer organizations in the nation, RSVP engages more than 208,000 people age 55 and older nationwide in a diverse range of volunteer activities. Curry County RSVP currently has approximately 110 members serving in 11 volunteer stations throughout the county. The **Foster Grandparent Program (FGP)**, which began in 1965 nationwide, provides loving and experienced tutors and mentors to children and youth with special needs. There are currently 14 Foster Grandparents serving in kindergarten to fifth (5<sup>th</sup>) grade classrooms.

Curry County has had the privilege of maintaining a Retired Senior Volunteer and Foster Grandparent Program for over 23 years. Both programs receive federal funding from the Corporation for National Service (CNCS), state funding from New Mexico Aging and Long Term Services Department (ALTSD), and local funding from Curry County.





## January Senior Happenings in Curry County

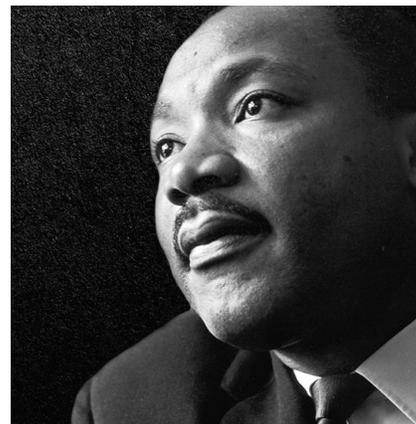
- 1. Curry County Commission** will have their regular public meetings in January 10, 2019 at 9:00 am. The meeting is open to the public and will be held in the Commission Room at 417 Gidding St. Clovis. RSVP/FGP accompanied by Ms. Joyce Pollard, Chairperson of the MLK Commission, Clovis Chapter, will present a proclamation for MLK Day of Service. Attend and see our local government in process!
- 2. Melrose Senior Center** is having a 50/50 raffle at a basketball game on January 29th. Please contact Kristi Cargile, Melrose Senior Program Director at (575) 253-4261 or by e-mail at [melrosenmseniors@gmail.com](mailto:melrosenmseniors@gmail.com).
- 3. Produce for The People** is now on the 3rd Monday of each month at 11:00 am at Hillcrest Park (where the old golf course main office used to be). Next distribution date is January 21, 2019. There are no eligibility requirements and the event is open to the public but it is on a "first come" basis so arrive early!

## 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. Donate a couple of hours a week!

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

*Dr. Martin Luther King, Jr. Day of Service  
January 21, 2019*



*“LIFE’S MOST PERSISTENT AND URGENT QUESTION IS:  
WHAT ARE YOU DOING FOR OTHERS?”*

-Dr. Martin Luther King, Jr.-

Rev. Dr. Martin Luther King, Jr. devoted his life to equality, social justice, economic advancement, and opportunity for all. He challenged us to build a more perfect union and taught us that everyone has a role to play in making America what it ought to be.

**What is the MLK Day of Service?**

After a long struggle, legislation was signed in 1983 to mark the birthday of Dr. King as a federal holiday. Americans first observed the holiday in 1986. In 1994, Congress designated the holiday as a national day of service and charged the Corporation for National and Community Service (CNCS) with leading this effort. Taking place each third Monday in January, the Martin Luther King, Jr. Day of Service is the only federal holiday observed as a national day of service “a day on, not a day off.” This day of service helps to empower individuals, strengthen communities, bridge barriers, address social problems, and move us closer to Dr. King's vision of a "Beloved Community."

**Would you like to attend the MLK Scholarship Breakfast on January 19, 2019?  
Call Program Director, Suzanne Zamora at 575-763-6009 and request a ticket.**

# Happy New Year

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for celebrating New Year's Eve.

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

APPETIZERS  
BABIES  
BALLOONS  
BANNERS  
BUFFET  
CELEBRATE  
CHAMPAGNE  
CONFETTI  
DANCE  
DAY ONE

DECORATIONS  
END OF  
DECEMBER  
EVENTS  
FAMILY  
FATHER TIME  
FEAST  
FESTIVITIES  
FIREWORKS  
FIRST OF  
JANUARY  
FRIENDS

HATS  
HOLIDAY  
HORNS  
KISS  
MIDNIGHT  
MUSIC  
NEW YEARS  
DAY  
NEW YEARS  
EVE  
NOISEMAKERS  
OCCASION

PARADES  
PARTY  
PUNCH  
RESOLUTIONS  
SINGING  
STREAMERS  
THIRTY FIRST  
TIARAS  
WINE  
YEAR IN REVIEW



## Rustic Pear Tart



Cook 25 m  
Ready In 1 h 15 m

Recipe By: EatingWell Test Kitchen

“Who says you can't have your tart and eat it, too? This deceptively simple fall dessert is made for special celebrations. Look for a fragrant pear that's nonetheless firm to the touch.”

### Ingredients

- 1 large ripe but firm pear, peeled and thinly sliced
- 1 teaspoon plus ⅓ cup all-purpose flour, divided, plus additional for dusting
- 2 tablespoons sugar, divided
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon grated nutmeg
- ⅛ teaspoon salt
- ⅓ cup whole-wheat pastry flour
- 1 tablespoon cold unsalted butter
- 2 tablespoons walnut oil, or canola oil
- 1-2 tablespoons cold water

### Directions

- 1 Preheat oven to 375°F.
- 2 Toss pear slices, 1 teaspoon all-purpose flour, 1 tablespoon sugar, cinnamon, nutmeg and salt in a medium bowl.
- 3 Whisk ⅓ cup all-purpose flour, whole-wheat flour and the remaining 1 tablespoon sugar in a medium bowl. Cut in butter with a pastry cutter or a fork until the mixture resembles coarse meal. Sprinkle oil over the mixture and stir with a fork until evenly combined. Add 1 tablespoon water and stir until the dough just stays together when pressed with a fork; add up to 1 additional tablespoon of water if the dough seems too dry.
- 4 Line a work surface with parchment paper or a silicone baking mat, generously dust with flour and turn the dough out onto it. Form the dough into a small patty, dust the top with flour and roll into a rustic 10-inch circle, adding more flour if necessary to prevent sticking. Transfer the crust to a baking sheet with parchment paper or baking mat in place.
- 5 Lay the pear slices in decorative, overlapping circles on top of the crust, leaving a 1-inch border around the edge. Spoon any remaining pear juice over the slices. Pick up the edges of the crust using a spatula and fold over the pears. The crust will not meet in the center.
- 6 Bake the tart until lightly browned and bubbling, about 40 minutes. Cool for 10 minutes before serving.

### Nutrition information

- Serving size: ½ tart
- Per serving: 445 calories; 20 g fat(5 g sat); 6 g fiber; 64 g carbohydrates; 5 g protein; 8 mcg folate; 15 mg cholesterol; 24 g sugars; 207 IU vitamin A; 5 mg vitamin C; 16 mg calcium; 1 mg iron; 148 mg sodium; 162 mg potassium
- Carbohydrate Servings: 4½

# January is Glaucoma Awareness Month

**EYE  
CHART**

 AMERICAN OPTOMETRIC ASSOCIATION

## GLAUCOMA: WHO'S AT RISK?

More than 3 million Americans have glaucoma—but only half know they have it. Use this data to educate patients about the risk factors and the importance of early detection through annual, comprehensive eye exams.



### RACE

African Americans are more likely to get glaucoma and suffer permanent vision loss than are Caucasians.



### AGE

People over age 60.



### PHYSICAL INJURIES TO THE EYE

Severe trauma can result in immediate increased eye pressure and future increases in pressure due to internal damage. Injury also can dislocate the lens, closing the drainage angle, and increasing pressure.



### FAMILY HISTORY

Having a family history of glaucoma increases the risk of developing it.



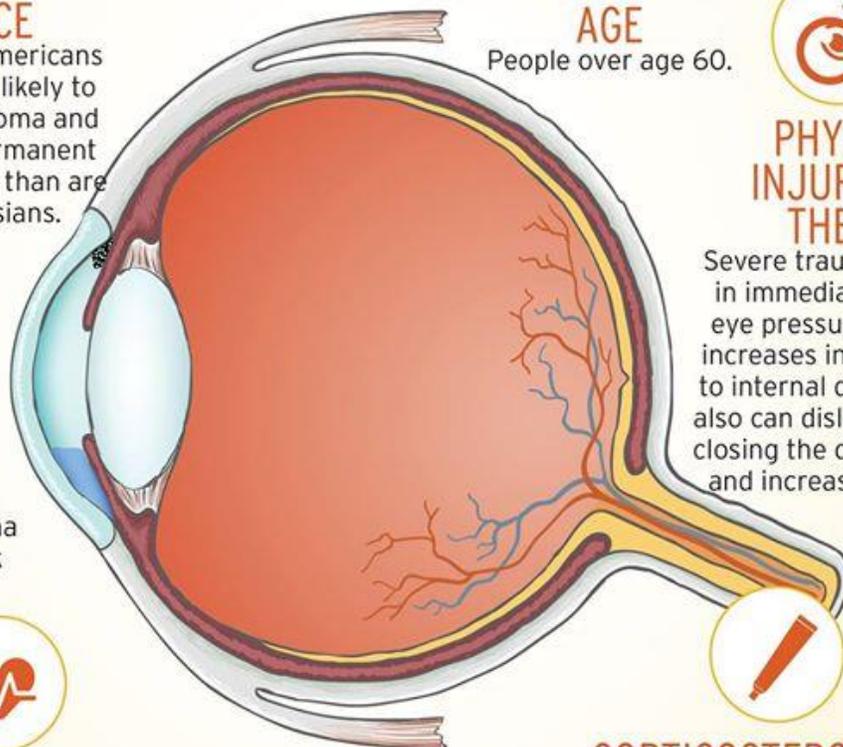
### MEDICAL CONDITIONS

Diabetes, high blood pressure and heart disease may increase the risk of developing glaucoma.



### CORTICOSTEROID USE

Prolonged periods of use may increase the risk of getting secondary glaucoma.



### OTHER EYE-RELATED RISK FACTORS

Corneal thickness and optic nerve appearance indicate risk for development of glaucoma. Conditions such as retinal detachment, eye tumors, and eye inflammations also may induce glaucoma. Some studies suggest that high amounts of nearsightedness may also be a risk factor for the development of glaucoma.

Source: American Optometric Association

TRIFONENKO/THINKSTOCK (EYE); DAVIDOODA/THINKSTOCK (ECON); PUNSAVAPORN/THINKSTOCK (ICONS)

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Have you considered making a few New Year's resolutions for when the ball drops to signal the start of 2019? If so, you're not alone. Here are a few to consider adding to your list, as well as methods of accomplishing them.

**Improving Physical Health**-You can't change the way you live overnight. However, you can easily make a single change every day which will quickly add up. Here are a few small steps to take to help you improve your health in 2019.

**Eat More Vegetables**-From improving digestion to reducing the risk of heart problems, vegetables are critically important for staying healthy. Consider a small step such as adding a serving of green beans to your evening meal, or adding peppers to your omelet.

**Reduce Sugar Intake**-There's no need to forever swear off ice cream or cookies. However, consider reducing the amount of sugar in your coffee, or using an artificial sweetener. Eat a smaller portion of a piece of cake. Reducing the level of sugar in your diet can help improve not only your physical health, however. Some studies show reduction of sugar intake can also improve your mental health by reducing depression and mood swings.

**Get Moving!**-There's no need to spend hundreds of dollars on new gym clothes, shoes, and memberships. A simple 20-25 minute walk per day can reduce blood pressure, stress, and improve your heart rate. Other steps you can add include parking farther from the entrance to the store so you will walk further. Walking in place during television commercials keeps you moving while you relax. By adding a few extra steps each day, you can take leaps into improving your health over the year.

**Improving Mental Health**-While your physical health is important, so is the mind. By keeping your mind busy, you can help fight off depression and memory loss, while having fun at the same time.

**Play a Video Game**-Video games are not just for kids. Consider trying logic puzzle games, matching, or other challenges which make you think. In addition to helping your mind stay active, you can have fun challenging your family members and showing them who is boss.

**Stay Flexible**-From yoga to stretching, tai-chi, and Pilates, keeping your joints loose helps not only your physical health but also your mental status. They release hormones which reduce stress and improve overall optimism. [2018MedicareFAQ.com](http://2018MedicareFAQ.com)

**Happy New Year!**