



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

Commission

Vacant · 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

February, 2019



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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
currycountyseniors.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

February Birthdays!

Patricia Ritch	February 2
Agnes Brown	February 6
Betty Dye	February 6
Linda Riley	February 6
Rada Winkles	February 8
Robert Trujillo	February 11
Imogene Hubby	February 13
William Boeshar	February 19
Linda Stanford	February 19
Jean Fisher	February 22
Bonnie Barkley	February 25
Mary Gonzales	February 26
Lucy Barela	February 27
Jeneane Tatum	February 29



Curry County Retired & Senior Volunteer and Foster Grandparent

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

The 27th Annual Clovis Dr. Martin Luther King Jr. Scholarship Breakfast was held at the Clovis High School cafeteria on Saturday, January 19, 2019. With the focus on education, the breakfast was well attended by several hundred participants. The Clovis Dr. Martin Luther King Jr. Symbolic Walk & Rally was held on Monday, January 21, 2019 and started at Potter Park in Clovis, NM 88101.

FGP RoseAnn Martinez, RSVP Raymond Romero and FGP Margie Romero were among the volunteers who attended the event.



Curry County Commissioner Robert Thornton presented the Proclamation declaring January 21, 2019 as MLK National Day of Service on behalf of RSVP/FGP and Curry County.



February Senior Happenings in Curry County

1. **Curry County Health Council and Curry County Administration** will wear **red** on February 1, 2019 in recognition of National Wear **Red** Day to show their support for the awareness of heart disease. February is American Heart Month.
2. **Curry County Commission** will have their regular public meetings in February on Tuesday, February 5, 2019 at 9:00 am and Tuesday, February 19, 2019 at 9:00 am. There will also be a special meeting on Friday, February 8, 2019 at 9:00 am. The meetings are open to the public and will be held in the Commission Room at 417 Gidding St. Clovis. Attend and see our local government in process!
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 February 18, 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!
4. **Baxter-Curren Senior Center** is hosting a Valentine Benefit Banquet on February 9, 2019 at 5:30 pm. It will include a dinner and entertainment for \$15. Contact Baxter Curren Activity Center at 575-762-3631 for more information.
5. **City of Clovis Senior Citizens Department** invites you to register in their new database program that will alert you in the event of an emergency. See the flyer on the last page.

Volunteer Opportunities

1. **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 20th of each month.

Valentine

N	A	O	M	S	E	T	A	L	O	C	O	H	C
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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
C	T	L	E	R	D	A	T	E	N	S	E	N	T
L	U	E	F	O	P	H	D	E	E	A	U	R	I
A	I	Y	U	M	F	I	H	S	N	V	M	N	N
I	O	A	A	Q	E	C	O	E	L	I	N	O	E
B	T	H	D	O	U	R	E	I	R	M	M	B	R
U	C	L	N	E	D	O	D	I	P	U	C	E	R
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/>





This heartfelt dessert keeps things sweet and simple, with Twinkies cut into shape and smothered with a thinned red raspberry jam and a sprinkling of fresh raspberries for added pizzazz.

Ingredients

- 3 tbsp. seedless red raspberry jam
- 1 c. Fresh raspberries
- 2 Twinkies snack cakes

Directions

1. Stir jam and 1 Tbsp. water in a bowl until smooth. Add raspberries; toss gently to coat.
2. Cut Twinkies in half diagonally, starting about 1 in. down from top left to 1 in. from bottom of opposite side. For each heart, put 2 halves together on 1 serving plate. Spoon raspberry mixture over and around hearts. Garnish with mint, if desired

Calories per Serving: 253 Yields: 2 Total Time to Prepare: 2 mins

February is American Heart Month

Preventing Heart Disease: Healthy Living Habits

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

Healthy Diet

Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting [salt](#) (sodium) in your diet also can lower your blood pressure. Limiting sugar in your diet can lower you blood sugar level to prevent or help control diabetes.

Healthy Weight

Being overweight or obese increases your risk for heart disease. To determine if your weight is in a healthy range, doctors often calculate your [body mass index \(BMI\)](#). If you know your weight and height, you can [calculate your BMI](#) at [CDC's Assessing Your Weight website](#). Doctors sometimes also use waist and hip measurements to calculate excess body fat. They may use special equipment to calculate excess body fat and hydration status.

Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

No Smoking

Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

Content source: [National Center for Chronic Disease Prevention and Health Promotion](#) , [Division for Heart Disease and Stroke Prevention](#)

This page sponsored by.....



Curry County
Health Council

February is

National Children's Dental Health Month



17% of America's Kids don't get the dental health care they need

About 1 of 5 children aged 5 to 11 years have at least one untreated decayed tooth

44 % of kids will suffer from pediatric dental disease BEFORE kindergarten

Children need help brushing and flossing until they can clearly write their own name

Age 2 is Too Late! parents should have their child see a dentist by their 1st birthday

Healthy Kid's Teeth 2-2-2 Rule visit your dentist TWO times a year, and brush and floss TWO times a day for TWO whole minutes!

In 1950, the American Dental Association worked with Congress to program February 6th as National Children's Dental Health Day. Now the entire month of February is considered Dental Health Month. The American Dental Association (ADA) sponsors the month to raise awareness about the importance of oral health.

Curry County Health Council will present a proclamation at the regular meeting of the Curry County Commission on February 5, 2019 at 9:00 am in an effort to bring awareness to children's dental health.

Curry County Manager Lance Pyle will read "Let's Meet a Dentist" by Bridget Heos and Kyle Poling and handout toothbrushes to Grady's first grade class on February 6, 2019 and the first grade class in Melrose on February 28, 2019.

What can you and I do? Let's encourage our grandkids to practice good dental health care by setting an example with brushing and flossing every day and visiting the dentist regularly.

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Curry County
Health Council

Attention Senior Citizens

City of Clovis, Senior Services Department
invites you to register in our new database program

“My Friendship Center”

This is a city-wide database to alert seniors in the event of:

- Inclement Weather
- Facility Closures
- City or County Emergency
- and much more



HOW IT WORKS

SIMPLY STOP BY
FRIENDSHIP SENIOR CENTER AT
901 W. 13TH TO REGISTER

*my*seniorcenter™

In the event of an emergency
our department is able to
alert you and then work with
City and County personnel
to ensure seniors are safe.

For information
call 575-769-7908

