



Senior Volunteer News

RSVP & Foster Grandparent Program of Curry County

Commission

Robert Sandoval · 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



November, 2019



Image from freeclipart.com

Curry County
Retired & Senior Volunteer Program (RSVP)
&
Foster Grandparent Program (FGP)
417 Gidding St. Suite 100
Clovis, NM 88101
575-763-6009
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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.



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 |
| 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 |

New Members

Casey Peacock-United Way

Tanya Henderson-Office of Substance Abuse Prevention

Randa Jesko-County Deputy Assessor/Youth Pastor

November Birthdays!

Pat Corley

November 11

Susan Jones

November 10

Patricia Richardson

November 4



RSVP Volunteer Highlight

In an effort to allow us to learn about and from one another, RSVP Program Assistant Susan Alman came up with the great idea of interviewing a RSVP volunteer or volunteer station for this page.



We would like to introduce you to William Boeshaar, a RSVP volunteer at Bread of Life located at Matt 25 on Thornton Street.

William has been of service as a volunteer at Matt 25 for fifteen (15) to twenty (20) years and four years at Bread of Life. He joined our Retired & Senior Volunteer Program (RSVP) around three (3) years ago. When Susan asked William what he does at Bread of Life, William said he did a little of everything and was a “jack of all trades”.

William grew up in Ohio, and as a young man enlisted in the United States Air Force where he reached the rank of Staff Sergeant. He retired after twenty (20) years of service to his country.

William enjoys traveling with his wife and family, especially on cruises, and go at least twice a year to different places such as Alaska, Bahamas, the Caribbean, and Canada to name a few.

When asked what brought William to volunteering, he says he saw a need in his community and felt he could help alleviate that need. He went on to say that “even 30 minutes a week in volunteering is 30 minutes more of something you can do to make yourself and others feel better and be better for it”. William would like to encourage more people to volunteer.

We want to say thank you to William Boeshaar and all of our RSVP volunteers who selflessly give of their time every day to serve their fellow citizens and make our community a brighter place to live.

Know of a RSVP volunteer who you would like Susan to interview and highlight? Call her or Suzanne Zamora at 575-763-6009.



Senior Happenings in Curry County

1. **Curry County Commission** will have their regular public meetings on November 5, 2019 at 9:00 am and November 15, 2019 at 9:00 am. RSVP/FGP staff will present a proclamation on Alzheimer Awareness Month-November at the meeting on November 5. The meeting is 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!
2. We are having an **Alzheimer Awareness Workshop** on November 15, 2019 from 3:00 pm to 5:00 pm. An expert from the NM Alzheimer's Association in Roswell will be here to educate both individuals and caregivers on the subject. Please contact Suzanne or Susan at 575-763-6009 for more information. A flyer for the event has been included with this newsletter.
3. **The Office of Substance Abuse Prevention (OSAP)** in conjunction with the Curry County Health Council is hosting a Community Family Talk-Preventing Underage Alcohol Drinking on November 12, 2019 from 5:30 pm to 7:30 pm. For more information, contact Tanya Henderson at 575-763-6016 ext. 164.
4. **La Casa Senior Center** is looking for a van driver. This is a paid position. For more information, contact Darla at 575-762-8110.
5. **The Annual Volunteer Recognition Luncheon will be on November 23, 2019 this year. Keep a lookout for an invitation that will be sent out during the second week of November!**

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!
2. **Meals on Wheels** is looking for volunteers to help with meal delivery. For more information, contact RSVP Program Director 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.

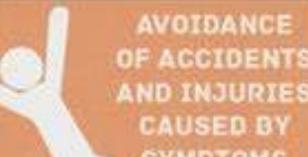
NOVEMBER IS ALZHEIMER'S DISEASE AWARENESS MONTH!

WHAT WE ALL NEED TO KNOW

[HTTP://WWW.TOPALZHEIMERCARE.COM](http://www.topalzheimercare.com)

60% OF ALZHEIMER'S CASES GO UNDIAGNOSED

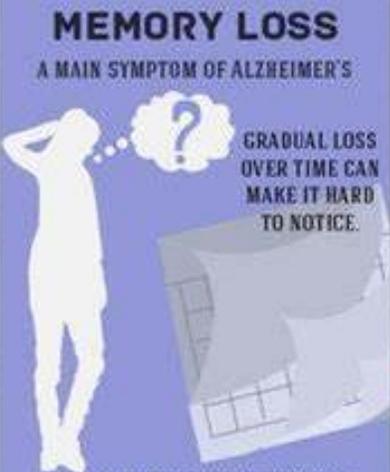
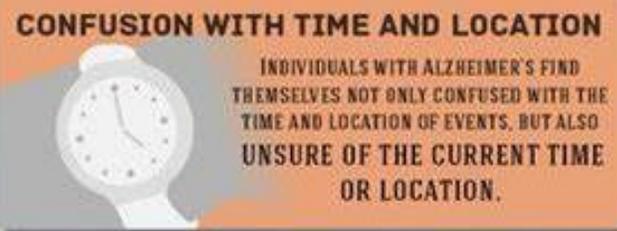
DETECTION CAN LEAD TO

| | | |
|--|--|--|
|  <p>EARLY TREATMENT</p> <p>The earlier the diagnosis, the more likely your symptoms will respond to treatment.</p> |  <p>BETTER CARE</p> <p>Family and professionals can care for the patient more effectively following detection.</p> |  <p>AVOIDANCE OF ACCIDENTS AND INJURIES CAUSED BY SYMPTOMS</p> |
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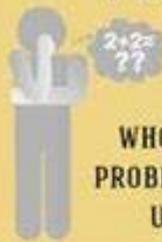
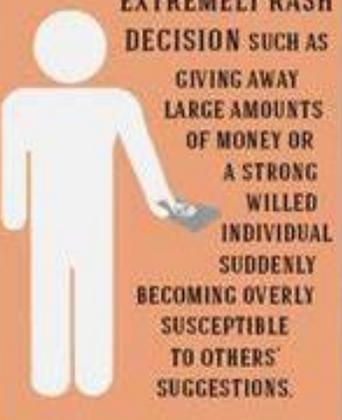
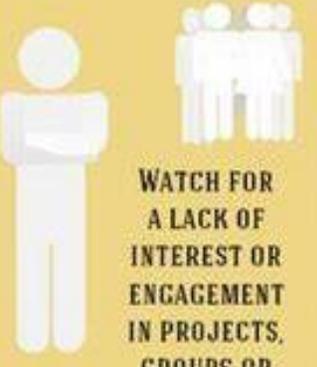
NOT EVERY PERSON WILL SHOW ALL OF THESE SYMPTOMS. IF YOU ARE CONCERNED OR SEE THESE SYMPTOMS, ESPECIALLY IN AN INDIVIDUAL OVER 65 YEARS OLD, NOTIFY OTHERS AND CONSIDER HELPING THEM TO SEEK PROFESSIONAL MEDICAL TREATMENT. THERE ARE ACCURATE TESTS TO DETERMINE IF THE CAUSE IS ALZHEIMER'S DISEASE, DEMENTIA, OR SOMETHING ELSE.

DON'T BE A STATISTIC!

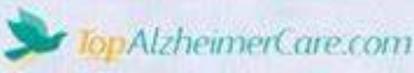
KNOW THE SYMPTOMS

| | |
|---|--|
|  <p>MEMORY LOSS A MAIN SYMPTOM OF ALZHEIMER'S</p> <p>GRADUAL LOSS OVER TIME CAN MAKE IT HARD TO NOTICE.</p> <p>LOOK FOR MEMORY LOSS THAT BEGINS TO DISRUPT DAILY LIFE OR REQUIRES EXTENSIVE REMINDERS. A DOCTOR CAN RUN SIMPLE TESTS TO CHECK FOR THE BIGGER PROBLEM.</p> |  <p>TROUBLE WITH FAMILIAR TASKS</p> <p>WE ALL HAVE MOMENTS OF CONFUSION AND ISSUES WITH COMPLETING TASKS BUT A MANIFESTATION OF A SERIES OF TASKS THAT WERE SIMPLE AND PRACTICED BECOMING DIFFICULT COULD BE SYMPTOM OF A MORE MEDICAL ISSUE.</p> <p>WATCH OUT FOR SIMPLE REPEATED TASKS THAT ARE SUDDENLY DIFFICULT OR CONFUSING SUCH AS TYING YOUR SHOES.</p> |
| |  <p>CONFUSION WITH TIME AND LOCATION</p> <p>INDIVIDUALS WITH ALZHEIMER'S FIND THEMSELVES NOT ONLY CONFUSED WITH THE TIME AND LOCATION OF EVENTS, BUT ALSO UNSURE OF THE CURRENT TIME OR LOCATION.</p> |

KNOW THE SYMPTOMS (continued)

| | | |
|---|--|---|
| <h3>PERSONALITY CHANGES</h3> <p>DEMENTIA VICTIMS COMMONLY EXPERIENCE FEELINGS OF DEPRESSION, CONFUSION, FEAR AND ANXIETY.</p>  <p>WATCH FOR THESE EMOTIONS IF THEY RECUR FREQUENTLY WITHOUT A CLEAR CAUSE.</p> | <h3>DIFFICULTY SOLVING PROBLEMS</h3>  <p>LOOK OUT FOR AN INDIVIDUAL WHO STRUGGLES WITH PROBLEMS OR PLANS THAT USED TO BE EASY.</p> | |
| <h3>TROUBLE WITH IMAGES AND SPACES</h3>  <p>AN ELDERLY INDIVIDUAL LOSING THEIR ABILITY TO UNDERSTAND 3-D SPACES CAN BE A SIGN OF ALZHEIMER'S DISEASE.</p> <p>LOOK FOR CONFUSION WITH MIRRORS, IMAGES AND ROOMS.</p> | <h3>DIFFICULTY WITH WORDS</h3>  <p>MANY PEOPLE STUMBLE UPON WORDS OR FORGET WHAT THEY WERE SAYING, MAKING THIS SYMPTOM DIFFICULT TO DETECT.</p> <p>WATCH FOR SIGNIFICANTLY WORSENERD WORD RECALL FROM YEARS AGO.</p> | |
| <h3>POOR JUDGEMENT</h3> <p>DECIDING IF SOME POOR DECISIONS ARE SIMPLY STUBBORNNESS OR ADJUSTING TO GETTING OLDER AS OPPOSED TO A SYMPTOM OF A DEMENTIA CAN BE DIFFICULT.</p> <p>WATCH FOR EXTREMELY RASH DECISION SUCH AS GIVING AWAY LARGE AMOUNTS OF MONEY OR A STRONG WILLED INDIVIDUAL SUDDENLY BECOMING OVERLY SUSCEPTIBLE TO OTHERS' SUGGESTIONS.</p>  | <h3>WITHDRAWAL FROM SOCIAL ACTIVITIES</h3> <p>WITHDRAWAL FROM FAMILY, SOCIAL ACTIVITIES OR EVEN WORK OCCURS AS IT BECOMES MORE DIFFICULT FOR THE INDIVIDUAL TO REMEMBER STEPS OR TO PLAN WITH OTHERS.</p> <p>WATCH FOR A LACK OF INTEREST OR ENGAGEMENT IN PROJECTS, GROUPS OR ACTIVITIES.</p>  | <h3>MISPLACING ITEMS</h3> <p>IT IS NORMAL TO FORGET WHERE WE PUT ITEMS FROM TIME TO TIME.</p> <p>LOOK FOR THOSE WHO MISPLACE ITEMS ON A REGULAR BASIS. OFTEN ACCUSING OTHERS OF MOVING OR STEALING THEIR THINGS.</p>  |

Sources
National Institute of Health - National Institute on Aging
<http://www.nia.nih.gov/alzheimers>
Alzheimer's Association, 2012 Alzheimer's disease facts and figures Alzheimer's and Dementia: The Journal of the Alzheimer's Association, March 2012, 8131-968
CIA World Factbook



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Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





Judy's Strawberry Pretzel Salad



Prep

15 m

Cook

10 m

Ready In

2 h

Recipe By: Tom Quinlin

"This three-layer salad includes a pretzel crust, cream cheese center, and strawberry top."

Ingredients

- | | |
|-----------------------------------|--|
| 1 1/2 cups crushed pretzels | 1 (8 ounce) container frozen whipped topping, thawed |
| 4 1/2 tablespoons white sugar | 1 (6 ounce) package strawberry flavored Jell-O(R) |
| 3/4 cup butter, melted | 2 cups boiling water |
| 1 cup white sugar | 1 (16 ounce) package frozen strawberries |
| 2 (8 ounce) packages cream cheese | |

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Mix together the pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.
- 2 In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.
- 3 In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

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November 3, 2019 Daylight Saving Time

In 2019, we set our clocks back one hour on **Sunday, Nov. 3, at 2 a.m.** This sends us back to standard time and we get the hour back that we lost in March when we sprang forward for daylight saving time.

We stay in standard time until Sunday, March 12, 2017, at 2 a.m., when we spring forward again -- that is, advance clocks during by one hour so that daylight lasts an hour longer into the evening. Later that year, on Nov. 5, we once again fall back ... and so on.

Why do we do [this crazy time dance the second Sunday of March and first Sunday in November?](#)

In the United States, daylight saving time was introduced as an energy-saving strategy during World War I. It was adopted again during World War II.

It has been tinkered with from time to time, but in 1966 it became law as part of the [Uniform Time Act](#).

In Europe, what they call summer time begins and ends with a time change at 1 a.m. the last Sunday in March and ends the last Sunday in October. This applies to all countries in the European Union.

Here in the United States, the time change rules are not followed uniformly. Parts of Arizona as well as Hawaii, American Samoa, Guam, Northern Mariana Islands, Puerto Rico and the Virgin Islands do not observe the time change.

Still, the U.S. Department of Transportation, which oversees daylight savings time, says these the practice of changing the clocks forward one hour from standard time during the summer months, and changing them back again in the fall is done for our own good. The DOT website offers [several reasons for it](#), including saving energy, preventing crime and reducing auto accidents.

Want to read more history and details? Visit [Transportation.gov/regulations/time-act](https://www.transportation.gov/regulations/time-act).

