



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

January, 2020



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



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

January Birthdays!

| | |
|--------------------|------------|
| Maria Esquibel | January 1 |
| Esther Hall | January 7 |
| Wieta Blackburn | January 12 |
| Cleo Duran | January 19 |
| Lucy Madrid | January 21 |
| Juanita Chavez | January 26 |
| Norma Nagel | January 27 |
| Maria Julia Lueras | January 28 |



More Annual Volunteer Appreciation Luncheon Highlights

We received several requests for more pictures of the volunteer luncheon on November 23 so here they are. Enjoy! Want more? Come by Suzanne's office for a printed pictorial.





.Mr. James Townson begin the festivities with on opening prayer. He also provided an update on the fundraising events for Melrose Senior Center where he serves as the Treasurer of their Advisory Council as well as serving in many other capacities.



Curry County Foster Grandparents





Senior Happenings in Curry County

1. **Curry County Commission** will have a public meetings on January 14, 2020 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 Director Suzanne Zamora and representatives from the Clovis Dr. Martin Luther King Jr. Commission will present a proclamation for MLK Day of Service. Attend and see our local government in process!
2. The Clovis Dr. Martin Luther King Jr. Commission will host the 28th Annual Scholarship Breakfast on Saturday, January 18, 2020 at the Clovis High School Cafeteria beginning at 9:00 am. **If you would like a ticket to the event, please come by Suzanne's office or call 575-763-6009.** In addition to the Breakfast, they also host a Symbolic Walk and Rally on Dr. Martin Luther King Jr. holiday beginning at 9:00 am from Potter Park.
3. The quarterly meeting of the RSVP/FGP Advisory Council will be held on January 10, 2020 in the Conference Room at 417 Gidding St. Suite 100, Clovis at 3:00 pm. All volunteers are welcomed to attend. For more information contact Program Director Suzanne Zamora at 575-763-6009.
4. A Foster Grandparent in-service is scheduled for January 17, 2020 in the commission room from 11:00 am– 1:00 pm. Attendance is required of Foster Grandparents but if any volunteer would like to attend call either Susan or Suzanne and let them know. Lunch will be served. Guest speakers to be announced.

Volunteer Opportunities

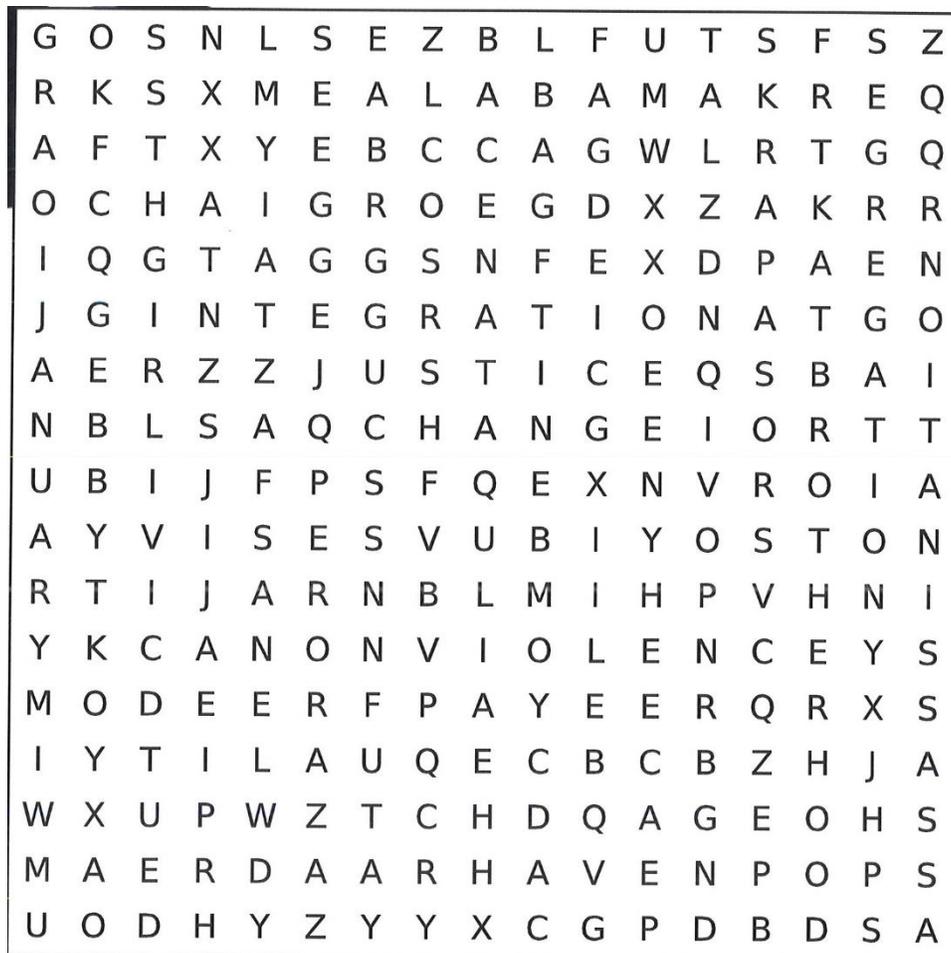
1. We are have added the **Salvation Army of Clovis** as a volunteer station. Some of the activities we are recruiting for include, clerical, arts & crafts, food pantry and clothing organization. If interested, please contact Suzanne or Susan at 575-763-6009 for more information. Volunteer hours are negotiable.
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!
3. **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.



The Martin Luther King Jr. holiday on Jan. 20, 2020, marks the 25th anniversary of the day of service that celebrates the Civil Rights leader’s life and legacy. Observed each year on the third Monday in January as “a day on, not a day off,” MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. The Corporation for National and Community Service (CNCS), who is our federal grantor, has been charged to lead this effort for the last quarter century.

Martin Luther King Word Search



- | | | | |
|---------------|-------------|-------------|-------------|
| Alabama | Dream | January | Peace |
| Assassination | Equality | Justice | Rosa Parks |
| Brotherhood | Freedom | Minister | Segregation |
| Change | Georgia | Nobel | Speech |
| Civil Rights | Integration | Nonviolence | |

Roasted Tomato and Vegetable Soup

This veggie-packed side-dish vegetable soup can be made in the slow cooker. Just make a few tweaks (see Variation). By Diabetic Living Magazine

Ingredients

1 tablespoon olive oil

1 medium onion, chopped

1 stalk celery, sliced

1 medium carrot, chopped

1 teaspoon bottled minced garlic (2 cloves)

3 (14.5 ounce) cans reduced-sodium chicken broth

2 cups cubed peeled butternut squash

1 (14.5 ounce) can fire-roasted diced tomatoes or one 14-1/2-ounce can diced tomatoes, undrained

1 15- to 19-ounce can white kidney beans (cannellini beans), rinsed and drained

1 small zucchini, halved lengthwise and sliced

1 cup small broccoli and/or cauliflower florets

1 tablespoon snipped fresh oregano or 2 teaspoons dried oregano, crushed

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Freshly shredded Parmesan cheese (optional)

Directions

Step 1 In a 4-quart Dutch oven, heat oil over medium heat. Add onion, celery, carrots, and garlic; cook for 5 minutes.

Step 2 Stir in broth, squash, and undrained tomatoes. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Add beans, zucchini, broccoli, oregano, salt, and pepper; cook for 5 minutes more. If desired, sprinkle each serving with Parmesan cheese.

Tips

Variation: Slow Cooker Version: Omit olive oil. In a 3-1/2- to 4-quart slow cooker combine onion, celery, carrot, garlic, broth, squash, tomatoes, beans and dried oregano (if using). Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3-1/2 to 4 hours. If using low-heat setting, turn cooker to high-heat setting. Add zucchini, broccoli, fresh oregano (if using), salt and pepper. Cover and cook 30 minutes more. Serve as above.

Nutrition Facts

92 calories; 2 g total fat; 641 mg sodium. 16.1 g carbohydrates; 5.7 g protein; Full Nutrition

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January is Glaucoma Awareness Month!

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach **4.2 million** by 2030, a 58 percent increase.

GLAUCOMA

VILLA MEDICA
CLINIC FOR REGENERATIVE MEDICINE
GERMANY SINCE 1978

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle

Open-angle glaucoma has no symptoms until sufferers begin to lose their peripheral vision.

OPEN-ANGLE GLAUCOMA

**VISION LOSS CAUSED BY GLAUCOMA IS PERMANENT
EARLY DETECTION IS YOUR BEST DEFENSE**

WHO IS AT RISK FOR GLAUCOMA?

- Everyone **age 60 and older** especially Hispanics/Latinos
- People with a **family history** of Glaucoma
- People with **Diabetes**

ACUTE ANGLE-CLOSURE GLAUCOMA is a medical emergency and must be treated immediately or blindness could result in one or two days.

Symptoms may include:

- severe pain
- nausea
- vomiting
- blurred vision
- rainbow halo around lights

The infographic also features a diagram of an eye with labels: Iris, Cornea, Lens, Angle or trabecular meshwork (where fluid should drain), Ciliary body (where fluid is made), and Optic nerve. The word 'PRESSURE' is written in large yellow letters inside the eye diagram.

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