



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



February, 2020



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.



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
Roy Martin	Parkland Baptist Church
Rose Ann Martinez	Foster Grandparent Program
Barbara Singleton	Retired & Senior Volunteer Program
Suzanne Zamora	RSVP/FGP Program Director
New Members	
Tanya Henderson-Office of Substance Abuse Prevention	
Randa Jesko-County Deputy Assessor/Youth Pastor	
Casey Peacock-United Way	
Nikki Lovett – Curry County Grants Coordinator, Ex-Officio	
Chet Spear-Curry County Board of Commission, Ex-Officio	

February Birthdays!

Patricia Ritch	February 2
Agnes Brown	February 6
Betty Dye	February 6
Linda Riley	February 6
Rada Winkles	February 8
Katherine Owen	February 10
Imogene Hubby	February 13
Bettye Davis	February 16
William Boeshar	February 19
Linda Stanford	February 19
Jean Fisher	February 22
Bonnie Barkley	February 25
Mary Gonzales	February 26
Lucy Barela	February 27
Jeaneane	Tatum
	February 29



Curry County Retired & Senior Volunteer and Foster Grandparent

Dr. Martin Luther King, Jr. Scholarship Breakfast, January 18, 2020

The 28th Annual Clovis Dr. Martin Luther King Jr. Scholarship Breakfast was held at the Clovis High School cafeteria on Saturday, January 18, 2020. With the focus on education, the breakfast was well attended by several hundred participants. Here are some highlights of the event.



Curry County Retired & Senior Volunteers and Foster Grandparents attended the Clovis Dr. Martin Luther King Jr. Commission Scholarship Breakfast on January 18, 2020. Left to Right: RSVP volunteers John Moya and Jane Madrid with Foster Grandparents Cleo Duran, Ruby Chavez and Bettye Davis.



Also in attendance were Right to Left: County Commissioner and Mrs. Robert Sandoval, Curry County Manager and Mrs. Lance Pyle, Foster Grandparent Margie Romero and RSVP Volunteer Raymond Romero.



Senior Happenings in Curry County

1. **The Board of Curry County Commission** regular meetings have been scheduled for February 6, 2020 and February 18, 2020, at 9:00 am in the in the Commission Room at 417 Gidding St. Clovis. Attend and see our local government in process!
2. Another **Volunteer In-service** is scheduled for Monday, February 17, 2020 in the Commission Room from 10:00 am– 12:00 pm. Attendance is required of Foster Grandparents but all of our volunteers are more than welcome to attend. CRSMA, Baxter-Curren and Friendship Centers will be closed on this day for President’s Day so come out and join us. We will have speakers, snacks and Tai Chi for beginners. For more information, call Suzanne at 575-763-6009.
3. **PRMC Hospital Auxiliary** is having a Bake Sale on Valentine’s Day-February 14, 2020 beginning at 8:00 am. Go by PRMC and pick up a baked treat for yourself and your Valentine!
4. **2020 Census** is having an “Everyone Loves the Census! Community Celebration at Roy Walker Center, 316 W. 2nd St. Clovis on Saturday, February 8, 2020 from 10:00 am to 2:00 pm. Free t-shirts for the first 500 guests, free food and giveaways!

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.

February is American Heart Month!

TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.
GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.

PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.
AIM FOR 2½ HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.

SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE AND, IF YOU DO, QUIT.

HEARTTRUTH.GOV
ARE YOU AT RISK FOR HEART DISEASE?
A program of the National Institutes of Health

THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.
MAINTAIN A HEALTHY WEIGHT.

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.
GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.

DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.
YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.*

Sources: * National Heart, Lung, and Blood Institute. (2005). Your guide to a healthy heart. † Diabetes Prevention Program Research Group (2002). Reduction in the incidence of Type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 393-403.

National Wear Red Day

United States holidays 2020. The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day[®] in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health. Time&Date.com

This page sponsored by.....

Pineapple Upside-Down Cake

Say *aloha* to a heart-healthy version of an American favorite. This cake recipe has the familiar rich, fruity taste and topping of caramelized pineapple rings, but has shed the excess sugar and replaced the unhealthy fats in the batter with mashed banana. Covered with a design of pineapple rings but with banana used in place of additional fat in the recipe, this isn't just impressive on the eyes, it's also a healthy cake that tastes indulgent.

Ingredients

- 1 (20-ounce) can **pineapple slices** in juice, undrained
- 1/4 cup low-calorie **brown sugar blend**
- 3/4 cup granulated, **no-calorie sweetener** (divided use)
- 1 cup **all-purpose flour**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **cinnamon**
- pinch of **salt**
- 1 medium ripe **banana** (peeled, chopped)
- 1 tablespoon **canola oil**
- 1 tablespoon **water**
- 2 large **eggs**
- 1/2 cup 1 percent **buttermilk**
- 1 teaspoon **vanilla extract**



Directions

1. Preheat the oven to 350°F.
2. Make the pineapple glaze: Drain pineapple juice from the canned pineapple slices (about 1 cup) into a medium heavy-duty pot. (Reserve pineapple slices.) Add low-calorie brown sugar blend and 1/4 cup no-calorie granulated sweetener into the pot and bring to a boil over high heat. Let boil until bubbly and reduced by about one-fourth, around 8 to 10 minutes. (Make sure to keep an eye on it while boiling in case it reduces quickly.) Remove from heat; the amount of liquid should be around 3/4 cup.
3. Coat a 9-inch cake pan with cooking spray. Pour the pineapple glaze into the dish. Arrange as many pineapple rings as will fit over the glaze—about 7. Reserve the remaining pineapple rings.
4. Meanwhile, into a small bowl, add all the dry ingredients: 1/2 cup no-calorie, granulated sweetener, flour, baking powder, baking soda, cinnamon, and salt.
5. Into a large bowl, add the chopped banana. Use a fork to mash the banana. Add oil, water, eggs, buttermilk, and extract into the bowl with the banana, stirring together to combine. Stir in the dry ingredients until mixed together. Chop remaining pineapple rings and stir into the batter.
6. Pour batter over the pineapple rings. Bake in the oven until a toothpick inserted in the center of the cake comes out clean, about 50 minutes.
7. Remove cake from the oven and let cool 10 minutes. Run a butter knife along the edges of the cake pan to make sure the cake won't stick. Place a plate on top of the pan and use pot holders to flip cake over to invert. Serve warm or at room temperature.

Nutrition Facts per serving: Calories 188, Total Fat 3.3g, Cholesterol 47 mg, Sodium 187 mg, Carbohydrate 35 g, Dietary Fiber 2 g, Sugars 17g, Protein 4g. Dietary Exchanges: 1 fruit, 1 starch, 1/2 carbohydrate, 1 fat.

This recipe is reprinted with permission from American Heart Association Instant & Healthy. Copyright © 2018 by the American Heart Association.



VALENTINE'S DAY WORD SEARCH

VALENTINES
LOVE
HEART
GIFTS
FLOWERS
CHOCOLATES
SWEETS
CUPID
RED
FEBRUARY
BALLOONS
BEAR
KISS
DATE
ROSES



AARP FOUNDATION TAX-AIDE

Get your taxes done for free.

Baxter-Curren Senior Center

908 Hickory—762-3631

By Appointment Only

Seniors 50 and over

February 3—April 15

Monday—Thursday

8am-11:30am

Roy Walker Recreation Center

316 W. 2nd

Walk-ins Only—Any Age

January 27—April 15

Monday—Thursday

9am-11:30am

Clovis Carver Library -701 N. Main

(Walk-ins Only—Any Age)

Feb. 8, Feb. 22, Mar. 14, Apr. 4.....1pm-4pm

Mar. 2, Mar. 23, Apr. 13.....4pm-7pm



Working for You

We work hard to make sure you get every tax credit and deduction you've earned.



Welcoming and Free

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

To find sites near you, visit aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.

In accordance with federal law and the Department of the Treasury – Internal Revenue Service policy, discrimination against taxpayers on the basis of race, color, national origin (including limited English proficiency), disability, sex (in education programs or activities), age or reprisal is prohibited in programs and activities receiving federal financial assistance. Taxpayers with a disability may request a reasonable accommodation and taxpayers with limited English proficiency may request language assistance to access service. To report unethical behavior to IRS, email us at wi.voltax@irs.gov.

If a taxpayer believes he or she has been discriminated against, a written complaint should be sent to: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue, NW, Washington, DC 20224. For all other inquiries concerning taxpayer civil rights, contact us at the mailing address or email us at edi.civil.rights.division@irs.gov. Do not send tax returns or other tax-related information to the Civil Rights Division office or email address.

AARP Foundation
For a future without senior poverty.