



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

March, 2020



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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



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

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
Tanya Henderson	Office of Substance Abuse Prevention
Randa Jesko	County Deputy Assessor/Youth Pastor
Casey Peacock	United Way of Eastern New Mexico
Nikki Lovett	Grants Coordinator, Ex-Officio
Chet Spear-	County Commissioner, Ex-Officio

March Birthdays!

Rose Ann Martinez	March 4
Joe Munoz	March 5
James Townson	March 6
Debbie Lasiter	March 8
Linda Sarellano	March 9
Adan Lucero	March 12
Ina Chandler	March 15
Judy Gambill	March 17
Monica Delk	March 21
John Moya	March 21
Jerri Lou Franse	March 31
Peggy McNeil	March 31



February Volunteer In-Service



Detention Administrator Mark Gallegos was the featured speaker for the monthly Senior Volunteer Program in-service on February 17, 2020. He informed the group of all the innovative inmate programs that have been recently implemented at the detention center, provided an update on the renovation of the women's section and explained the need for the renovation. He also reported that the facility is now accredited by the state and is almost fully staffed. He also offered the group a tour of the detention center. Director Suzanne Zamora will coordinate a future tour of the detention center with Mark Gallegos and will post the date and time in in the Senior Happenings in Curry County section for all who wish to tour the facility.

Join us for the Next RSVP/FGP In-service on Friday, March 6, 2020.



2020 Senior Day in Santa Fe: Pictured from left to right are La Casa Senior Center members: Virginia and Adan Lucero, John Montoya, Robert Maes, Orlin Sisneros, Jo Gallegos, Mary Esquibel, Irene Durham, Lillian Ulibarri, Johnny Tapia, Billy and Mary Gonzales with center Director Darla Gonzales and State Representative Martin Zamora



March Senior Happenings in Curry County

1. **Curry County Commission** will have their regular public meetings on March 12, 2020 at 9:00 am and on March 17, 2020 at 9:00 am. Both 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!
2. **Curry County Volunteer In-service** for March will be on Friday, March 6, 2020 from 11:00 am to 1:00 pm (*see Flyer page 10*). Lunch will be served so call Susan or Suzanne at 575-763-6009 and let them know you will be attending.
3. **Census 2020** workers will be out knocking on doors in April. In order to help you complete the Census online and avoid them coming to your home, RSVP staff are planning a Census “Party” (*see Flyer on page 11.*)
4. Curry County Clerk’s Office will be in need of Poll Workers for the Primary Election in June and the General Election in November. You must be a registered voter of Curry County and computer proficient. Contact County Clerk Annie Hogland at 575-763-5591 for more information.
5. Census 2020 is still hiring field enumerators for the census this year. Contact Workforce Connection at 575-763-8341 or visit their office at 111 N. Main St. Clovis.
6. RSVP/FGP staff is creating a short promotional video that will highlight all of our outstanding volunteer work. If you would like to include your organization and/or present an interview, please call Suzanne Zamora at 575-763-6009.

Clovis/Curry County 50+ Olympics

1. **Registration for April’s Competition**

Friday, March 13, 2020	1:00 – 4:00 pm	Roy Walker Recreation Center
Saturday, March 14, 2020	12:00-2:00 pm	Roy Walker Recreation Center
Monday, March 16, 2020	1:00 – 4:00 pm	Roy Walker Recreation Center
Tuesday, March 17, 2020	4:00 – 6:00 pm	Roy Walker Recreation Center
2. 50+ Olympics general Board Meeting is March 19, 2020, 10:00 am at Friendship Center. Voting on the new By-Laws is planned so your attendance is important.
3. Also, a talent show in April is planned as part of the events. If you have a special talent—either as a solo act or group such as skits, dance, instruments, singing, readings, etc., come to registration and sign up.

March is National Nutrition Month

mindful eating

Here are a few tips you can try at home:

- 1 Always try to sit down at a table to eat. 
- 2 Before you sit, clear any clutter that may be on the table. 
- 3 Set a place for yourself, even if you are eating alone. 
- 4 Use tableware and utensils that appeal to you. 
- 5 Take a moment to adjust the lighting so it feels pleasant to you. 
- 6 Consider playing some soft, relaxing music while you eat. 
- 7 Try to minimize multitasking while eating. 

Attend the in-service on March 6, 2020 and receive a token of appreciation in recognition of National Nutrition Month from RSVP staff.

This page sponsored by.....



Curry County
Health Council

Fruit Triangles with Honey Orange Dipping Sauce

Phyllo-filled fruit triangles dipped in an orange- and honey-flavored, yogurt-based sauce--this dessert takes only 40 minutes to prepare. Source: Diabetic Living Magazine



Ingredients

Fruit Triangles

- ✓ 1 small ripe plum, pitted and chopped (1/2 cup)
- ✓ 2 tablespoons snipped dried apricots
- ✓ 1/4 teaspoon ground cinnamon
- ✓ 4 sheets frozen phyllo dough (14x9-inch rectangles), thawed
- ✓ Butter-flavored nonstick cooking spray

Honey-Orange Dipping Sauce

- ✓ 1/3 cup plain fat-free yogurt
- ✓ 1 tablespoon honey
- ✓ 1/2 teaspoon finely shredded orange peel

Directions

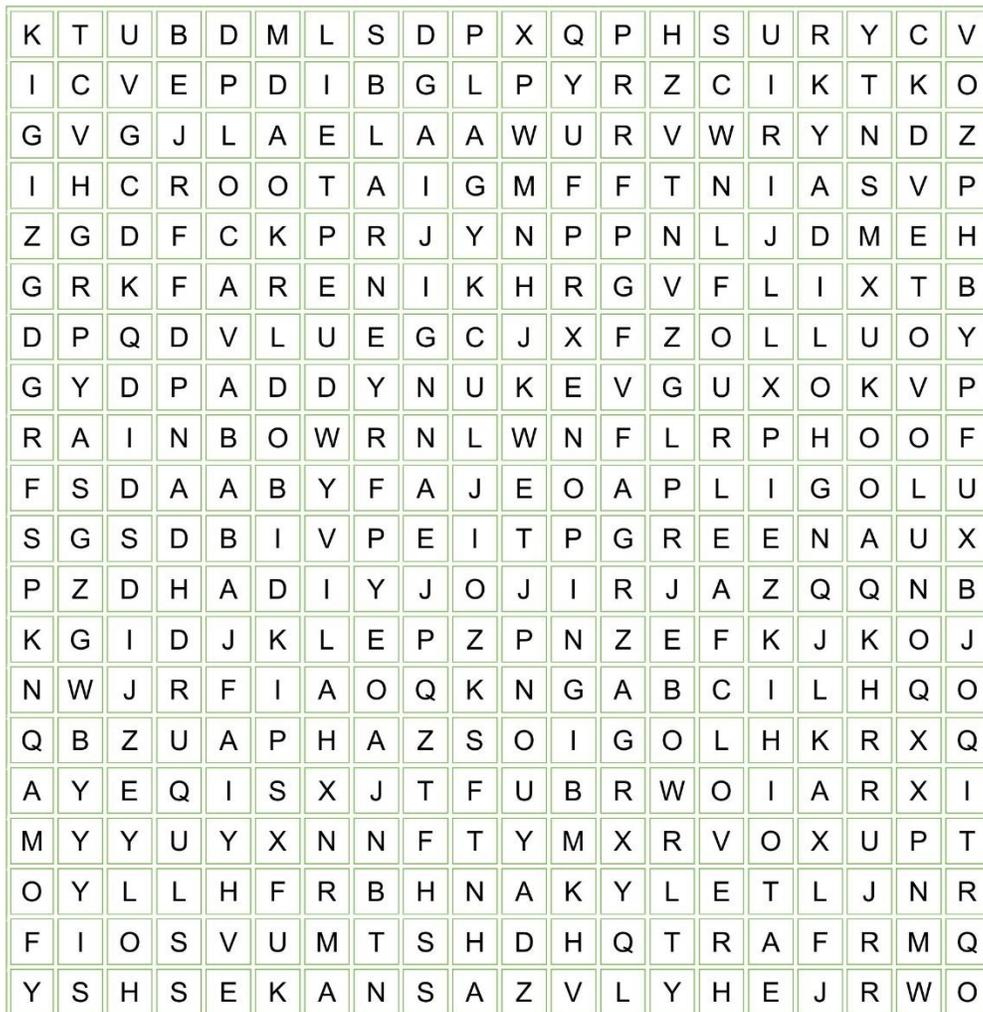
- ✓ Step 1 Prepare Fruit Triangles: Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper. In a small bowl combine plum, apricots and cinnamon. Set aside.
- ✓ Step 2 Unroll phyllo dough. Place one sheet of phyllo dough on a flat surface, keeping the remaining sheets covered with plastic wrap. Lightly coat the phyllo sheet with cooking spray. Top with a second sheet; lightly coat with cooking spray. Cut dough crosswise into six 2 1/4-inch strips. Place a teaspoon of the plum mixture about 1/2 inch from the top of each strip. To fold into a triangle, bring a corner over filling so the short edge lines up with the side edge. Continue folding the triangular shape along the strip until the other end is reached. Do not wrap too tightly. Repeat with remaining phyllo sheets and filling to make a total of 12 triangles.
- ✓ Step 3 Place triangles on prepared baking sheet. Bake for 20 to 22 minutes or until lightly browned.
- ✓ Step 4 Meanwhile, prepare Honey-Orange Dipping Sauce: Combine yogurt, honey and orange peel in a small bowl. Serve with warm fruit triangles.

Nutrition Facts

Serving Size: 3 triangles and 1 1/2 tablespoons sauce. Per Serving: 104 calories; 1.3 g total fat; 0.3 g saturated fat; 108 mg sodium. 150 mg potassium; 21 g carbohydrates; 1.1 g fiber; 10 g sugar; 2.8 g protein; 222 IU vitamin a iu; 3 mg vitamin c; 30 mcg folate; 48 mg calcium; 1 mg iron; 10 mg magnesium;

St. Patrick's Day

Word Search



Word List

Snakes
Leprechaun
Green
Four Leaf Clover

Saint
Patrick
Blarney
Holiday

Paddy
Ireland
Shamrock
March

Lucky
Rainbow
Pot of Gold
Jig

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YOU ARE INVITED!!!
TO A RETIRED SENIOR VOLUNTEER (RSVP)
&
FOSTER GRANDPARENT PROGRAM (FGP)
WORKSHOP

**IN THE COMMISSION ROOM AT THE CURRY COUNTY
ADMINISTRATIVE COMPLEX
417 GIDDING ST., CLOVIS, NM 88101**

Friday, March 6, 2020
11:00 am TO 1:00 pm

(It will be a come and go event in order to allow everyone to join us)

1. Elizabeth J. Sanchez, SE Regional Coordinator State Health Insurance Program with NM Aging & Long Term Services will provide information on Medicare and Medicaid.
2. Yadira Reyes, Outreach Promotor from La Casa Family Health Center will inform us on resources available and the MyCD program.

The Medicare program changes a little bit each year. Knowing what's new in 2020 could help you navigate the many choices you'll have during this year's Open Enrollment.

We are planning to provide lunch (Coffee Bistro) and a small token of appreciation to all attending the event so **please call Susan or Suzanne at 763-6009 and let us know if you plan to join us.**

Hope to See You There!!!



Everybody L♥ves the Census!

Curry County RSVP/FGP Census 2020 Senior Volunteer Party

- Friday, March 27, 2020
- 9:00 am till 4:00 pm
- Conference Room

417 Gidding St. Suite 100
Clovis

Want to avoid Census Takers from coming to your home but still need to be counted? Suzanne and Susan are going to be available on the above date and time to assist you with completing the 2020 Census online. Walk ins accepted all day.

Refreshments will be served.
Hope to see you there!

For more information, call 575-763-6009

