



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

May 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.



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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

May Birthdays!

Margaret Ressel	May 1
Emma Ulibarri	May 1
Suella Frerichs	May 12
Elizabeth Popescu	May 15
Ruben Correa Rosalez	May 15
Vivian Lake	May 16
Virginia “Jo” Mullins	May 18



Keeping the Community Safe by Making Masks

Just because we have to stay inside doesn't mean we stop serving!



Billy and Mary Gonzales from La Casa Senior Center provided fabric masks for Plateau, Curry County Treasurer's Office and Detention Center Officers.



Senior Services and Friendship Center also made masks for the Detention Center Officers.



Not pictured but worth mentioning, Melrose Senior Center provided masks for Curry County Sheriff's Office.





Also making masks for the community are Delores Moralez who volunteers at CRSMA, Meals on Wheels, Baxter-Curren and Food Bank and



Jean Fisher who leads the Quilting Club at Baxter-Curren Senior Center.



Also keeping busy during this unprecedented time is our Program Assistant Susan Alman. She has delivered close to one-hundred gift bags, calls every RSVP volunteer and Foster Grandparent, and is currently conducting the annual volunteer satisfaction survey by telephone. Job well done! Thanks, Susan.



Scams in Times of COVID-19

Dear Senior Corps Volunteers,

Thank you for your continued service and dedication to Senior Corps. I hope this message finds you safely sheltering in place, safely conducting your volunteer activities, and continuing to follow the Center for Disease Control and public health guidelines.

As I mentioned in my last message, your safety and well-being are my first priority. For that reason, I've become aware of some COVID-19 scams that are targeting older adults, and I feel compelled to share them with you. You would think that being at home would keep all of us completely safe! Unfortunately, people are using COVID-19 as a way to scare us into complying with their requests or demands.

- **Counterfeit Stimulus Checks**: You might receive a fake check with a number to call for you to verify your information. Providing this information to them is simply a way for them to gain access to your checking account so they can take your money or use your personal information to secure credit cards and other documents
- **IRS Scams**: Someone calls you pretending to be from the IRS saying that they need your financial information in order for you to receive your stimulus check. Don't fall for this! The IRS has told us that they will never call you unless they are returning your call. They will also not contact you via text message or on social media
- **Fake COVID Vaccines/Test Kits**: Someone might try to sell you test kits or other products that they say you can use to test for the virus or that will prevent the virus. These might be vaccines, pills with high doses of Vitamin C or some kind of air filter system that they say will remove COVID-19 from the air in your home. There is no cure or vaccine for this virus and testing is only available from your medical professional or through your local and state governments. And, none of these are delivered to your house
- **Errands-Grocery-shopping/Medication Pick-up**: Be careful of someone you don't know calling to offer to run errands for you such as grocery shopping and picking up medications or other supplies. These individuals will take your cash and never be seen again, leaving you empty-handed
- **Scams Targeting Your Social Security Benefits**: Someone is calling you to say that, due to COVID-19, your Social Security benefits will be decreased or suspended unless you provide personal information or send them money to maintain regular benefit payments during this period. Whether by text, email or letter, any communication saying that you will not receive your benefits due to COVID-19 is a scam
- **Online Shopping**: Many of us are now going online to buy groceries, medical masks and cleaning supplies. Be sure to purchase these goods directly from an established store or internet service that offers contactless delivery. Some others may not even have the goods that you're trying to order
- **Person in Need Scams**: This is a variation of the grandchild scam. Someone might contact you claiming to be a grandchild, friend, or relative who is ill or stranded someplace and needs for you to send them money. They might also ask you to keep it a secret. Hang up and call the person they're pretending to be to see if they are okay. Do not send money unless you are sure their story checks out
- **Census Scam**: Census scammers may contact you by phone, email, regular mail or visit you seeking your personal and financial information. They may also tell you that this information is required before you can receive your stimulus check. Real Census workers will never ask for financial information and receiving your stimulus check is not connected with completing the Census.

No one, including me and my family, is exempt from being targeted by these scams. The best rule of thumb in all these cases is to never give out your personal information to anyone over the phone, in a text or in an email. And, if something doesn't sound quite right to you, check it out with a relative, friend, or someone else that you trust.

Whatever you decide to do, just remember that we are all in this together and you are always in my thoughts and prayers.

Stay Safe! Stay Healthy! Stay Home!

In service,

Deborah Cox-Roush

Director, Senior Corps

May is Mental Health Awareness Month!

Suicide and Older Adults

Suicide is an important problem among older adults. Suicide rates are particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. Suicide attempts by older adults are much more likely to result in death than among younger persons. Reasons include:

- Older adults plan more carefully and use more deadly methods.
- Older adults are less likely to be discovered and rescued.
- The physical frailty of older adults means they are less likely to recover from an attempt.

Risk and Protective Factors

Suicide prevention efforts seek to reduce risk factors for suicide and strengthen the factors that protect individuals from suicide. Here are a few examples:

- Depression and other mental health problems
- Substance use problems (including prescription medications)
- Physical illness, disability, and pain
- Social isolation

Protective factors

- Care for mental and physical health problems
- Social connectedness
- Skills in coping and adapting to change

Reference http://webappa.cdc.gov/sasweb/ncipc/mortrate10_us.html

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WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:  <ul style="list-style-type: none">▷ Wanting to die▷ Great guilt or shame▷ Being a burden to others	FEELING:  <ul style="list-style-type: none">▷ Empty, hopeless, trapped, or having no reason to live▷ Extremely sad, more anxious, agitated, or full of rage▷ Unbearable emotional or physical pain
CHANGING BEHAVIOR, SUCH AS:  <ul style="list-style-type: none">▷ Making a plan or researching ways to die▷ Withdrawing from friends, saying good bye, giving away important items, or making a will	<ul style="list-style-type: none">▷ Taking dangerous risks such as driving extremely fast▷ Displaying extreme mood swings▷ Eating or sleeping more or less▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

  National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 19-4316

Creamy Rice Pudding

Recipe By: Erica G.

"This is my mom's recipe for Rice Pudding. It's the best I've ever tasted, and it gets rave reviews from everyone I serve it to. Sprinkle with nutmeg or cinnamon, if desired. For creamier pudding, use short or medium grain rice."

Prep 25 minutes, Cook 20 minutes, Ready in 45 minutes

Ingredients

- 3/4 cup uncooked white rice
- 2 cups milk, divided
- 1/3 cup white sugar
- 1/4 teaspoon salt

- 1 egg, beaten
- 2/3 cup golden raisins
- 1 tablespoon butter
- 1/2 teaspoon vanilla extract

Directions

1. Bring 1 1/2 cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 minutes.
2. In a clean saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining 1/2 cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla.



Fruit-Flavored Water

Prep 5 minutes, Ready in 5 minutes

Recipe By: Dey Saiee

"Tired of plain old boring water? Here's a cool and fruity twist on it! Mix up your fruits for a tasty surprise! Citrus fruit and berries work best. If you want more flavor, add more fruits, and if you want less flavor, use less fruit. You can squeeze the juice out to color the water or just put whole slices and berries in."

Ingredients

- 5 cups water
- 1 cup ice cubes (optional)
- 1/2 cup small strawberries
- 1 lime, sliced

Directions

1. Pour water into a pitcher. Add ice and strawberries. Squeeze lime slices to release some of their juice into the water before adding them in. Stir to combine flavors.

Printed from Allrecipes.com 4/21/2020



Home Sweet Home

X K F D A F W I G R W K T L P C C
F D I N I N G R O O M N R O N H B
O J I M O K C C S T E S N V Y I Y
O C O M F O R T E M S L Z E K M T
R I H T M R A W E O E T S S Q N F
F Y N M A I E S R O F X E D T E O
W I X E R T A P T R B A O S J Y G
T M R W H B T I V G E P M N O A I
P R A E I C E I Z N D N R I R L A
L Y X V P G T P C I R H W D L S C
B A T Q A L A I L V O P E A D Y P
M O O R H T A B K I O N S E L V Q
U W A V I V E C Y L M C B N Q B H
L G D O F E N C E E S K L S T E P

- ATTIC
- BASEMENT
- GARAGE

DININGROOM
FAMILY
GARDEN

FENCE
FIREPLACE
KITCHEN

- LAWN
- PATIO
- STAIRWAY

LIVINGROOM
PETS
TREES

LOVE
ROOF
WARMTH

- BATHROOM
- CHIMNEY

BEDROOMS
CLOSETS

BEDS
COMFORT

Large Print Word Search Puzzles: <https://www.puzzles.ca/large-print-word-search.html>



MHR
Mental Health Resources

NPW
national prevention week



CALLING ALL ARTISTS

In honor of National Prevention Week, OSAP & MHR are involving the community in promoting substance misuse prevention and positive mental health by hosting an art contest!

**THEME: WHAT DOES
PREVENTION LOOK LIKE TO
YOU?**

Send your artwork to the Curry County-
Office of Substance Abuse Prevention
Facebook page or email
thenderson@currycounty.org
by Sat. May 9th.

Voting period is May 11th - 16th.

