



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

June, 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

June Birthdays!

Shelley Winn	June 1
Judy Wade	June 4
Billy Gonzales	June 4
Joy Melton	June 9
Orlin Sisneros	June 9
Nelson Rutter	June 9
Patricia Mondragon	June 15
Jeffrey Greene	June 19
Benjamin Moralez	June 20
Frances Helker	June 21





1. Due to COVID-19 pandemic, the State of New Mexico has encouraged voters to vote absentee by mail. If by chance you missed the deadline to vote by absentee mail, you can still vote in-person on June 2, Election Day at the following Election Day Polling Places based on your precinct:

1. Colonial Golf Course, 1300 Colonial Parkway, Clovis
2. Youth Recreation Building, 1504 E. 7th St., Clovis
3. Roy Walker Community Center, 316 W/ 2nd St. Clovis
4. Farmer's Electric Cooperative, 3701 N. Thornton, Clovis
5. Curry County Road Department (Road Barn), 1006 CR 6, Clovis
6. Pleasant Hill Fire Department, 304 SR 77, Texico
7. Texico Community Building, 215 N. Griffin, Texico
8. Grady Senior Citizens Center, 104 W. Main, Grady
9. Melrose City Hall, 105 E. Avenue B, Melrose

If you would like additional information on anything related to the 2020 Primary Election in Curry County, please call the Clerk's Office at (575) 763-5591 or online at currycounty.org.

2. If anyone would like to send a card or note of hope and encouragement to patients battling COVID-19 at the University of New Mexico Hospital you can mail it directly to:

UNM Hospital, Attention: Barbara Temer
2211 Lomas Boulevard Northeast, Albuquerque, New Mexico 87106.

3. RSVP/FGP staff has received notice from the New Mexico Aging & Long Term Services Department that the annual 2020 Conference on Aging normally held in August has been cancelled for this year. RSVP/FGP Program Director is considering Senior Day in Santa Fe, 2021 as an alternative trip. If you would like more information or have a suggestion or comment, contact Suzanne at 575-763-6009.

4. Call Buddies- Let's communicate until we get back to serving at our volunteer stations! Susan has expanded her Call Companion RSVP activity to include our volunteers. She will be forming "call-a-buddy" groups by phone the first week of June so that we can reach out and contact each other during the current stay at home situation.

5. AARP Tax Assistance are preparing tax returns at Roy Walker Community Center again. This is by appointment only from Tuesday through Thursday from 9 am to 11 am and 1:00 pm to 3:00 pm. Call Brenda Hankins at 575-763-3631 for more information.

June 15 is World Elder Abuse Awareness Day

It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse does occur. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, caretakers simply don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. Help spread the word this June 15, which is World Elder Abuse Awareness Day. If you see something, say something.

Why World Elder Abuse Awareness Day Is So Important

1. Older Americans may be unable to advocate for themselves

Many seniors are not in a place to stand up for themselves, whether it's because they're physically frail or because they're scared of speaking up and fear repercussions. It's crucial for all of us to be on the lookout for signs of elder abuse, and to speak up if something seems wrong.

2. Seniors deserve our respect and our attention

In so many cultures, elders are revered—and rightfully so. Their experiences, memories, and perspective on life are valued for the lessons that younger folks can learn. And if older people aren't encouraged to pass along the skills and wisdom they have accumulated during their lives, then the culture as a whole suffers. We owe it to older generations to ensure that their so-called Golden Years are not tarnished by neglect.

3. It reminds us to look out for each other

It's easy to see bad things and not say anything—whether that's senior abuse, or a mugging on the street. But World Elder Abuse Awareness Day reminds us just how important it is to look after, and look out for, our fellow humans. It reminds us to exercise compassion on a daily basis, and care about others rather than just ourselves.

Source: nationalday.com

June is Cataract Awareness Month

As a way to bring awareness and inform people about cataracts, Prevent Blindness America designated June as Cataract Awareness Month.

Known as the leading cause of blindness in the world, cataracts is expected to affect more than 30 million people by the year 2020. The good news is that there's a cure for cataracts.

www.myeyelab.com/blog/ataracts

CATARACT
SEE ALL OF YOUR WORLD!

The Eye
Posterior & Anterior Chambers

Cornea, Pupil, Iris, Lens, Macula, Retina, Optic Nerve, Vitreous

Cataracts
Symptoms of cataracts
Cataracts usually develop painlessly and gradually and the early warning signs often go unnoticed. Glare around light and dimming in vision are among the first signs. Driving often becomes difficult, particularly at night. Reading also becomes challenging. Double vision and difficulty judging distances can occur. Color soon becomes dull and washed out.

Intraocular Lens Implanting Procedure

1. Phacoemulsification
2. Foldable Intraocular Lens
3. Intraocular Lens

Take Back Your Vision!
Say Goodbye to cataract....!

NAYS NATIONAL ACADEMY OF YOUNG SCIENTISTS
NSF NATIONAL SCIENCE FOUNDATION
CEAP COMMUNITY EDUCATION & AWARENESS PROGRAM

This page sponsored by



Spring to Summer

Find every word from spring to summer.

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

☆☆☆☆☆

When the sun is beating down in the summer and folks are longing for something cool and refreshing, this soup hits the spot. To serve with dinner as an appetizer, omit the shortcake. —Joan Hallford, North Richland Hills, Texas

TOTAL TIME: Prep: 15 min. + chilling

YIELD: 4 cups.

Ingredients

2 cups fresh or frozen strawberries, hulled

1-1/2 cups unsweetened pineapple juice

1/2 cup white grape juice

1/3 cup confectioners' sugar

1/2 cup moscato wine or additional white grape juice

1/2 cup sour cream

6 individual round sponge cakes

Whipped cream

Directions

1. Place strawberries in a blender; cover and process until pureed. Add juices and confectioners' sugar; cover and process until smooth. Transfer to a bowl; whisk in wine and sour cream. Refrigerate, covered, until chilled, 1-2 hours. Stir.
2. Serve with sponge cakes, whipped cream and additional strawberries.

Nutrition Facts

3/4 cup: 227 calories, 6g fat (3g saturated fat), 32mg cholesterol, 191mg sodium, 37g carbohydrate (27g sugars, 1g fiber), 3g protein.

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**YOUR
INPUT
MAKES A
DIFFERENCE!**

**CURRY COUNTY OFFICE
OF SUBSTANCE ABUSE
PREVENTION WOULD LIKE
TO GIVE**

**A BIG
THANK
YOU!**

**TO THOSE WHO
PARTICIPATED IN THE
NEW MEXICO
COMMUNITY SURVEYS.
WE COLLECTED 485
SURVEYS!**

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.



CS 315822-A 03/07/2020

For more information: www.cdc.gov/COVID19

