



# 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*

# July, 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](mailto: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

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

# July Birthdays!

Gilbert Brashear	July 1
Barbara Singleton	July 10
Ruth See	July 15
Wanda Stup	July 15
Raymond Romero	July 22



## RSVP Volunteer Highlight



We would like to introduce you to Jack (Shorty) McEwan, a volunteer at Baxter-Curren Senior Center.

Jack has been has been of service as a volunteer at Baxter- Curren Senior Center for the past three to four years during the center’s regular hours of business in a variety of ways but during the current COVID-19 pandemic that shuttered the center, Jack has been busy at serving others through many selfless activities. He has provided transportation for his fellow seniors in need, run errands for people as in shopping for groceries and provided companionship and care-giving to several of his neighbors and friends.

Jack is a long time resident of Curry County having been born in the old hospital on Thornton St. Jack is also Navy Veteran with 6 years of service. One of his favorite things to do is to play cards with friends.

When asked what brought Jack to volunteering, he says it “gets him out of the house and moving” Jack tells us he likes being with people and would like to encourage more people to volunteer. He told Susan he likes being a member of the Retired & Senior Volunteer Program because “it has a lot of good people in it”.

We want to say thank you to Jack McEwan and all of our RSVP volunteers who selflessly give of their time every day to serve their fellow citizens and make our community a brighter place to live.

Know of a RSVP volunteer who you would like Susan to interview and highlight? Call her or Suzanne Zamora at 575-763-6009.



Curry County Manager Lance Pyle, County Finance Director Carol Pipes, Facilities Superintendent Ben Roberts turns over the new La Casa Senior Center Shuttle Bus to Program Director David Briseno, Program Coordinator Darlene Gonzales and members of the La Casa Senior Center. The Shuttle Bus cost was \$55,400.69 and funded with a General Obligation Bond Appropriation through the Agency and Long Term Services Department. Darlene Gonzales tells us that the bus will be used for Senior Transportation. For more information call her at 575-762-8110. Congratulations to La Casa Senior Center!

**RSVP/FGP New Office Hours:**

Beginning July 8, 2020 Program Director Suzanne Zamora will be in the office Monday, Tuesday, Thursday and Friday from 7:30 am to 4:00 pm. Program Assistant will be in the office Tuesday, Wednesday, and Thursday from 10:30 am to 5:00 pm and on Friday 12:30 pm to 5:00 pm. We will maintain the usual practice of meeting with everyone on a walk in basis but due to the COVID-19 pandemic and the requirements set by the NM Governor and the City of Clovis Reopening Guide we will require that everyone wear a mask and maintain social distancing. And of course, you are welcome to call either Suzanne or Susan at 575-763-6009 during those hours listed above or call Suzanne on her cell phone at 575-825-5287 any other time. Thanks for understanding.

**Census 2020**

You still have time to respond to the Census 2020 whether online at [2020census.gov](https://2020census.gov), over the phone at (844) 330-2020, or by mail. The census determines how much federal funding New Mexico receives for the next 10 years but how much funding depends on the population numbers so every person should be counted.

# Important Information About Your Cloth Face Coverings

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



**Stay at home as much as possible**



**Practice social distancing (remaining at least 6 feet away from others)**



**Clean your hands often**



**In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms.** Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

## How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.



## General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution. Allow it to completely dry.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Curry County Manager's Office  
417 Gidding Street, Suite 100  
Clovis, NM 88101  
(575) 763-6016



For Immediate Release on: June 19, 2020  
Issued By: Curry County Administration

### Let's Make Wearing Masks Creative

Over the past seven (7) days, Curry County has experienced a total of twenty-nine (29) positive new cases of COVID-19, with multiple new confirmations reported daily. A total of ninety-seven (97) Curry County individuals have contacted COVID-19, and it is evident that Curry County will hit one hundred (100) cases very soon.

In an effort for the county to slow the spread, on Monday, June 22, 2020, Curry County will sponsor its own mask contest to promote the proper wearing and use of facial coverings and to show support to individuals and business that are making efforts to slow the spread of COVID-19. The contest proceeds the State of New Mexico's successful mask contest. However, Curry County is the most creative county in the State of New Mexico, and the county is encouraging residents to show the State.

The county encourages individuals to do their part and make wearing masks creative by encouraging local businesses, schools, and community leaders to have contests for the best mask, funniest mask, most creative mask, most unique mask, and involve our youth in utilizing their artistic skills.

County Manager Pyle stated, "Let's take this challenging time and let's have fun, while, at the same time, slow the spread and protect our families, friends, co-workers, neighbors, and community. Let's do this, as a county, to make people laugh and have something to remember when reflecting on how we, as a community, took a challenge and turned it into something creative, unique, all while slowing the spread and showing respect for our community members."

Residents can submit their funny, creative and unique masks to the County via email at [ecrouthamel@currycounty.org](mailto:ecrouthamel@currycounty.org). The county will periodically post masks on the County Facebook page and website through July 15, 2020. Businesses can take this time to design masks for them and the County will post their masks and advertise their business as a COVID-safe business of mask-wearing on the County social media page and website.

The Eastern New Mexico News will publish photos of the winners with their masks after the contest concludes.

For more information pertaining to "Let's Make Wearing Masks Creative", please contact County Manager Lance Pyle at 575-763-6016, or by email at [lpyle@currycounty.org](mailto:lpyle@currycounty.org).

***Susan and Suzanne have had several calls from volunteers who want to participate but do not have either internet or an email address to use in order to send a picture of their mask. You can also hand deliver your mask to our office or call us and we will pick it up. Please include your name, where and how long you have volunteered and one or two sentences about your mask. Thanks.***

*Suzanne  
and Susan*

# Red White and Blue Fruit Skewers with Cheesecake Yogurt Dip

PREP TIME: 20 mins TOTAL TIME: 20 mins

If you need a quick dessert that doesn't require much work, it doesn't get easier than this! These fresh strawberry, blueberry and angel food cake skewers are perfect for July 4th. It's also a great recipe to make with the grandchildren, no matter what age.



## Ingredients

### For the cheesecake dipping sauce:

- 4 oz. 1/3 less fat cream cheese (softened)
- 1 cup fat free Greek yogurt
- 1 tsp vanilla
- 1/4 cup sugar

### For the skewers:

- 14 oz. angel food cake (cut about 1-inch cubes)
- 72-84 medium strawberries (about 3.5 lbs. stems removed)
- 1 pint blueberries
- 24 to 28 skewers

## Instructions

1. In a medium bowl, combine the cream cheese with yogurt, vanilla and sugar. Mix well until sugar dissolves; set aside.
2. Thread 3 strawberries and 2 cubes of cake onto each skewer, alternating between strawberries and cake.
3. Finish each skewers with 3 blueberries.
4. Place finished skewers on a platter and refrigerate until ready to eat.

Serving: 1 skewer, 1 tbs. dip

Calories: 85, Carbohydrates: 16g. Protein: 3g. Fat: 1g. Sodium: 128mg, Fiber: 1g, Sugar: 6g

Printed from Skinnytaste: <https://www.skinnytaste.com/red-white-and-blue-fruit-skewers-with/>



## Best Uses for Baking Soda

Clean, Freshen, and More with Baking Soda!

Baking soda is amazing! This versatile substance can be used to remove stains, keep your sneakers smelling fresh, and even get rid of your sweet tooth. Here are some of the **best uses for baking soda**.



### FOR HEALTH

- Add baking soda to your bath water to relieve sunburned or itchy skin.
- Make a paste of baking soda and water, and apply to a burn or an insect bite for relief.
- If you crave sweets, rinse your mouth with one-teaspoon baking soda dissolved in a glass of warm water. Don't swallow the mixture; spit it out. Your craving should disappear instantly.
- To remove pesticides, dirt, and wax from fresh fruits and vegetables, wash them in a large bowl of cool water to which you've added two to three tablespoons of baking soda.

### IN THE KITCHEN

- Clean your refrigerator with a solution of one-teaspoon baking soda to one quart of warm water.
- Pour a cup of baking soda into the opening of your clogged drain and then add a cup of hot vinegar. After a few minutes, flush the drain with a quart of boiling water.
- To remove stains from your coffee and tea cups, wipe them with a damp sponge dipped in baking soda paste.
- Boil two inches of water in a pan with a burned bottom, turn off the heat, and then add half a cup of baking soda. Let it sit overnight. In the morning it will be easy to clean.
- Sprinkle a teaspoon of baking soda on the bottom of your toaster oven to eliminate the burned smell from drippings and crumbs.

### IN THE BATHROOM

- Soak toothbrushes in baking soda and warm water overnight to clean bristles.
- Keep your rubber gloves dry and smelling good by sprinkling baking soda inside them. They'll slip on more easily too!

### ON CLOTHING

- To remove perspiration stains, make a thick paste of baking soda and water. Rub paste into the stain, let it sit for an hour, and then launder as usual.
- Gasoline and oil odors can be removed by putting clothes in a trash bag with baking soda for a few days before washing them.

### MISCELLANEOUS USES

- Add a pinch of baking soda to boiled syrup to prevent it from crystallizing.
- Lay down a barrier of baking soda under sink-pipe openings and along basement windows to keep carpenter ants, silverfish, and roaches from invading. Roaches eat the baking soda, dehydrate, and die.
- A light baking soda paste on a damp cloth will remove bugs and tar from cars without damaging the paint. Let paste sit for a few minutes before wiping and rinsing clean.
- Sprinkling baking soda on your front steps will provide traction and melt the ice. Unlike rock salt, kitty litter, or sand, it won't damage outdoor or indoor surfaces or shoes.

A paste of baking soda removes red sauce stains from plastic. Source: [almanac.com](http://almanac.com)

I would like to thank each and everyone of my volunteers and Foster Grand Parents for your patience and hanging in with us during this very trying time. I love each of you and have enjoyed our talks over the months. We are thinking of you!  
Susan Alman  
From all of us, we just want to say.....

Thank to all the  
the volunteer for  
all the Hard Work  
Lyn Baul

THANK YOU  
ALL-CANIT  
DO IT WITHOUT  
YOU  
COT Spaw  
COMMISSIONER

Thank you  
FOR YOUR SERVICE  
TO OUR COMMUNITY.  
Stay well  
James a. Pife

Thanks for all you  
do for community!  
Bentley



Thank You  
to all our volunteers  
we appreciate all  
you do!  
Suzanne  
Zamora

Thank you, thank you, thank you. We couldn't do what we do  
without you. We are so grateful and appreciate your hard work.

Your love & service -  
is so greatly  
appreciated!  
Ely

Dear Volunteers  
Thank you so much  
for all the good work  
we hope you  
The Salvation Army  
mags

Thank you  
for all of your  
time in effort to  
help our community!  
Cresley Lopez

To all the Volunteers -  
Thank you for your  
service to our community.  
You are greatly appreciated!  
David Kube

THANK YOU FOR ALL THAT  
YOU DO FOR OUR COMMUNITY  
YOUR SERVICE IS VALUED  
Randa Johns  
10

Thank you  
for your service  
Rose Ann Matney

Ahé'hee' (thank you)  
in Navajo)  
for all your hard  
work! I appreciate  
all your volunteer  
service for OSAP!  
- Janya  
Henderson

Thank you for  
Everything!  
Senior Services  
Department  
Barbara R.  
Sandy P.

From all of us, we just want to say.....

Thanks  
you are truly  
appreciated.  
Barbara Singleton



Thank you  
for everything  
you do!  
Kristian Massey

Thanks for all  
you do for  
our community.  
Stay safe & God  
bless.

Brenda Hankins

You are awesome!  
Thanks for all you  
do!  
We are so thankful  
for your willingness  
to serve and do in our  
community. Thank you  
so much.  
Captain Miguel Ibarra

Thank you  
for all you do  
to support the  
Food Bank of  
Eastern New Mexico!  
- Dawn

Thank you for everything  
you do! Ashley White

You're the Best!  
Thank you for all  
you do! J. Decker

Thanks so  
much for ALL  
that you do!  
We appreciate  
you!  
Nikki  
Povets

