



# 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*



# August, 2020



*Image from freeclipart.com*

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

# August Birthdays!

Janetta Geisler	August 1
Robbie Russell	August 4
Douglas Richardson	August 4
Katt Parker	August 7
Star Kilmer	August 9
Becky Hahn	August 12
Patricia Pierce	August 16
Frances Townson	August 21
Jeaneane Serna	August 24





Debbie Lasiter, a longtime resident of Texico shows off the mask her granddaughter made for her. Debbie is a Foster Grandparent at Texico Elementary and wears her mask while attending an outdoor get together with a couple of her fellow Foster Grandparents on July 1, 2020.



Lucy Barela, a Retired Senior Volunteer and RSVP Advisory Council Member with Curry County sports a complete outfit to match her facemask. She says the sunflower is a favorite flower. In addition to keeping busy as a RSVP volunteer, Lucy is also a senior companion who hasn't stopped serving during the pandemic. She says she stays safe and keeps others safe by adhering to all of the necessary precautions and encourages everyone to do the same. "Don't do it for yourself, do it for others."



Curry County Foster Grandparent and FGP Advisory Council Member RoseAnn Martinez says “Peace and wear a facemask to keep yourself and others safe from the virus.” RoseAnn has been a Foster Grandparent in Clovis for approximately ten years and has lived in Curry County all her life.



This is Monica Delk who is a Retired & Senior Volunteer (RSVP) at Baxter-Curren Senior Center. Monica oversees a crocheting group called the “Needle Gang”, who crochet items to be donated to different non-profit agencies within Curry County. Monica says she wears a mask “to protect herself and others.” The Needle Gang welcomes donations of yarn. Call RSVP at 575-763-6009 for information on how to donate.



Agnes Brown is a Retired & Senior Volunteer (RSVP) at Baxter-Curren Senior Center’s crochet group the Needle Gang. Agnes is a long time resident of Curry County for over 40 years. She is a fan of Elvis as seen by her mask. Agnes wears a mask to protect others in her community.

# Surprising Uses for Apple Cider Vinegar

- 1. To Preserve Food:** Just like other types of vinegar, apple cider vinegar is an effective preservative. In fact, people have used vinegar as a pickling agent to preserve foods for thousands of years. It works by making the food more acidic, which deactivates its enzymes and kills any bacteria in the food that may cause spoilage.
- 2. As a Deodorizer:** Apple cider vinegar is known to have antibacterial properties. Because of this, it's often claimed that apple cider vinegar can eliminate bad smells. There isn't any research to back up these claims, but you can try it out by mixing apple cider vinegar with water to make a deodorizing spray. This makes a natural alternative to odor neutralizers. You can also mix it with water and Epsom salts to make a foot soak. This may help get rid of unwanted foot odor by killing off odor-causing bacteria.
- 3. To Make an All-Purpose Cleaner:** Apple cider vinegar is often a popular choice for a natural alternative to commercial cleaning agents. This is because of its antibacterial properties. Mix 1 cup of water with half a cup of apple cider vinegar, and you'll have a natural all-purpose cleaner. However, it's worth noting that although vinegars such as apple cider vinegar can kill some bacteria, they aren't as effective at killing harmful bacteria as commercial cleaning agents.
- 4. To Soothe a Sore Throat:** Apple cider vinegar is a popular home remedy for sore throats. It's thought that its antibacterial properties could help kill off the bacteria that could be causing the problem. However, there is no evidence to support its use in this way. If you try this at home, make sure you mix the vinegar with water before gargling. This is because apple cider vinegar is very acidic and has been known to cause throat burns when consumed undiluted.
- 5. As a Facial Toner:** Anecdotally, apple cider vinegar is claimed to help remedy skin conditions and reduce the signs of aging. As such, many people like to use apple cider vinegar to make a skin tonic. The general recipe is 1 part apple cider vinegar to 2 parts water. This is then applied to the skin using a cotton pad. However, if you have sensitive skin, you may want to make a more diluted solution.
- 6. To Trap Fruit Flies:** Fruit flies can be a pest. Interestingly, it's really easy to use apple cider vinegar to make a cheap fruit fly trap. Simply pour some apple cider vinegar into a cup, add a few drops of dish soap (so that any trapped flies sink) and you're good to go.
- 7. To Boil Better Eggs:** Adding vinegar to the water you use to boil or poach eggs can help you produce consistently good eggs. This is because the protein in egg whites firm up more quickly when exposed to a more acidic liquid. When you're poaching eggs, you want the egg whites to firm up as quickly as possible so that the eggs keep their shape. Using vinegar when boiling eggs can also speed up the coagulation, or clotting, of the egg whites. This can be useful if the shell cracks while the egg is being boiled.
- 8. To Wash Fruits and Vegetables:** Pesticide residue on fruits and vegetables can be a concern for many people. That's why some people like to wash their fruits and vegetables in apple cider vinegar. The hope is that it'll remove more of the chemical residues than water alone.

Although it's not entirely clear if it will remove more pesticides than simply washing with water, it may help kill any dangerous bacteria on food. For example, washing foods in vinegar has been shown to remove dangerous bacteria like *E. coli* and *Salmonella*.

- 9. To Clean Dentures:** You can also use apple cider vinegar to clean dentures. Although there's no consensus on the best method to clean dentures, it's thought that the residues left by apple cider vinegar could be less harmful to the skin in your mouth than other cleaning agents.
- 10. In the Bath:** For the same reasons people like using apple cider vinegar as a homemade facial toner, they also like using it in the bath. If you want to try it, add 1–2 cups of apple cider vinegar to your bath water and enjoy a soak in your tub.
- 11. As a Hair Rinse:** An apple cider vinegar hair rinse is said to remove product buildup, detangle and add shine to your hair. Try mixing 1 part apple cider vinegar with 1 part water and pour the mixture over your hair. Leave it in for a few minutes before washing it out. If you have sensitive skin, then you should try doing this with a weaker dilution first, as the vinegar is quite acidic.
- 12. As a Dandruff Treatment:** Massaging diluted apple cider vinegar into your scalp may help get rid of dandruff. It's unclear how effective this is, but the theory is that the acid in the vinegar could help stop the growth of the fungus *Malassezia*, which may contribute to dandruff.
- 13. As a Weed Killer:** Another great use for apple cider vinegar is as a homemade weed killer. Spray undiluted vinegar on unwanted weeds in your garden to get rid of them. You can also try mixing it with soap and lemon juice to see if that makes it more effective.
- 14. To Clean Your Tooth Brush:** To have really clean teeth, it's worth considering how clean your toothbrush is. Given that apple cider vinegar has antibacterial properties, you can use it as a homemade cleaner for your toothbrush. To make your own toothbrush cleaner, mix half a cup (120 ml) of water with 2 tablespoons (30 ml) of apple cider vinegar and 2 teaspoons of baking soda and mix well. Leave the head of your toothbrush in the mix for 30 minutes. Make sure you rinse your brush well before you use it, as the acidity of undiluted vinegar could damage your teeth.
- 15. To Get Rid of Fleas:** Apple cider vinegar may help prevent your pet from getting fleas. It's thought that spraying a mixture of 1 part water and 1 part apple cider vinegar onto your pet will create an environment that fleas won't want to hang around in.

[www.healthline.com](http://www.healthline.com)

## Spiced Apple Cider Vinegar Caramels



The apple cider vinegar doesn't add to the flavor, it is more to cut through the extreme caramel sweetness. Adding a small amount of cinnamon gives the caramel just a touch of holiday spice.

Ingredients: 1 & 1/2 cups Cream  
3/4 cup White Sugar  
3/4 cup Brown Sugar  
1 tsp Salt  
1 Tb Vanilla  
1/2 tsp Cinnamon  
3 Tb Apple Cider Vinegar

Begin heating the apple cider vinegar in a large saucepan over medium/low heat. While the vinegar is reducing, mix together cream, white sugar, brown sugar and salt. After five minutes the vinegar should be a darker color and cooked down to about one tablespoon. Increase the heat to medium and add the cream and sugar mixture to pan. Stir continuously until the liquid begins to boil. Stop stirring and attach your candy thermometer. While the caramel is boiling, line an 8x8 pan with buttered foil. Stir together the vanilla and cinnamon and set aside. Dip a heat resistant brush into water and wipe down the sides of the pan to remove any sugar crystals. Once the caramel reaches 237 degrees Fahrenheit, remove from heat. (For firm caramels, heat to 245 degrees Fahrenheit) Quickly and carefully stir in the vanilla and cinnamon mixture. Pour into the buttered pan and cool in the refrigerator overnight.

Once the caramel has completely cooled, remove the entire block including the foil. Flip upside down on a buttered cutting board. Run a sharp knife under hot water then dry and coat with butter. Cut caramels to desired shape and size. Wrap pieces in wax paper and eat within a week or two. These are soft caramels that need to be stored in the refrigerator.

*Yield: 12*  
*Prep Time: 5 MINUTES*  
*Cook Time: 15 MINUTES*  
*Total Time: 20 MINUTES*

Recipe adapted from *Joy of Baking*

# Memory



BOOST

CARE

CHEER

DELAY

ELDERLY

ENCOURAGE

ENJOY

EXERCISE

FAMILY

HEALTH

LEARN

LIVE

LOVE

MEMORY

NOURISH

ONSET

RECOLLECT

REMEMBER

RETAIN

SAVE

SHARE

Courtesy of [wordsearchrus.com](http://wordsearchrus.com)

**SHARE TODAY. SHAPE TOMORROW**



**CLASSROOM TUTORING IN READING & LANGUAGE FOR CHILDREN IN PRESCHOOL, KINDERGARTEN, FIRST, AND SECOND GRADE. OPPORTUNITIES AVAILABLE IN LOCAL SCHOOLS.**

**THE CURRY COUNTY  
FOSTER GRANDPARENT PROGRAM  
NEED YOUR HELP!**

**SIGN UP TODAY FOR SCHOOL YEAR  
2020-2021**

As a Foster Grandparent, you'll help children in our community's elementary schools develop the academic and life skills that are critical to their development and future success. You don't need formal experience in tutoring or mentoring just a desire to help children in the classroom . **We also offer a tax-free hourly stipend to help cover costs for income eligible volunteers.** You'll even receive supplemental, accident and liability insurance while you are in service.

Contact us for more information.



**FOSTER  
GRANDPARENTS  
NEEDED TO SERVE  
IN OUR SCHOOLS!**

**OPEN TO  
VOLUNTEERS  
AGE 55 AND OVER  
WHO CAN SERVE  
BETWEEN 5 AND 40  
HOURS A WEEK.**

**VOLUNTEER THE  
HOURS YOU CAN!**

**CURRY COUNTY  
FOSTER  
GRANDPARENT  
VOLUNTEER  
PROGRAM**

417 Gidding St.

Suite 100  
Clovis, NM 88101

Suzanne Zamora  
Program Director

575-763-6009  
szamora@currycounty.org

