



# 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*



# September, 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

# September Birthdays!

<b>Joyce Gates</b>	<b>September 4</b>
<b>Pearl Greene</b>	<b>September 6</b>
<b>Glenda Jones</b>	<b>September 6</b>
<b>Julia McGowan</b>	<b>September 7</b>
<b>James See</b>	<b>September 9</b>
<b>Billie Brazell</b>	<b>September 12</b>
<b>Kendale Burch</b>	<b>September 13</b>
<b>Melinda Coslett</b>	<b>September 14</b>
<b>Elizabeth Tanner</b>	<b>September 18</b>
<b>Pamela Pierce</b>	<b>September 21</b>



## Curry County RSVP Volunteer COVID-19 Survey Results

COVID-19 has significantly impacted our communities and affected our volunteers' ability to keeping serving. Program Assistant Susan Alman began conducting a telephone survey in August in an effort to gauge what volunteers are doing during this time and to evaluate future volunteer opportunities and roles. Overall, thus far, 65% of our RSVP volunteers have completed the survey and the following is a pre-view of volunteer responses.

1. Number of volunteers currently serving during this time: 28 volunteers or 56% and 44% are not able to serve at this time due to the closure or restricted access to the volunteer station.
2. Volunteers have served a combined total of 2,493 hours since March through August. Compared to the combined 13,546 hours volunteers provided to the community in the prior 6 months, the numbers are low. Nonetheless, the volunteer hours currently donated by our volunteers are vital during this time.
3. Examples of activities our volunteers have done or are still doing between March and August: AARP resumed with Tax Assistance in May and June. The Needle Gang are still crocheting items at home for donating to local non-profits. Volunteers are keeping their senior centers secure and in good condition by cleaning and checking on senior centers. Volunteer station board officers continue to attend board meetings and take care of fiscal responsibilities. Volunteers are still taking care of those in need of sustenance by delivering Meals on Wheels, delivering commodities at Salvation Army and collecting food for distribution at Bread of Life Ministries. Other volunteers are delivering newsletters, PPE, and gift bags, providing transportation to pay bills, to the grocery store, pharmacy, etc. Our Call Companions are calling people who are homebound and therefore reducing their sense of isolation while others are providing comfort and support to their neighbors by running errands, emptying trash, providing a homemade meal, and collecting their mail. And one volunteer teaches line dancing.
4. 48% of volunteers not serving at this time reported that they are comfortable about resuming their volunteer duties after COVID-19 restrictions are lifted and the percentage of volunteers less comfortable or not comfortable at all about resuming volunteering was about 17% with the remainder standing somewhere in the middle:
5. 90% of volunteers hope to resume their volunteer schedule once the restrictions are lifted and the stations open but 10% are either uncertain or have decided not to resume serving as a volunteer at this time. They said it was not a good time to go back and a couple said they would wait on a vaccine. Others told us that they were most concerned about either contracting the COVID-19 virus or bringing it to a loved one at home who is at high risk.
6. We also asked our volunteers what changes or main safety precautions they expect to encounter at their volunteer station once they can get back in to serve and 76% expect personal protective equipment such as masks and gloves and sanitizer will be required. 21% stated that they expect there will be less face to face contact with social distancing and frequent handwashing a regular practice. 3% stated they believe modifications such as curbside delivery and Plexiglas barriers will still be in place. Others said they would follow mandated precautions set by the stations, especially the hospital.
7. 65% of volunteers stated that enforced use of personal protective equipment and social distancing would definitely help to make them more comfortable when returning to volunteer service and 5% would like to see less face to face contact. 30 % of volunteers stated they felt completely comfortable about returning to serve right now.

We still have surveys to complete but thus far we have re-discovered what we knew all along. Senior volunteers are continuing to serve their community, are well aware that safety precautions are necessary during this time and they will need to adapt to the changes brought about due to COVID-19 but are eager and willing to jump back into service as soon as possible. A big thank-you to all who answered the survey!

**Do You Need Face Masks, Gloves, Sanitizer, or Face Shields? Give Us a Call at 575-763-6009**

# CENSUS 2020 Update

## Get Yourself Counted!

**The 2020 Census is happening now. How does the Census impact your Community? School lunches. Plans for highways. Support for firefighters and families in need. Census results affect your community every day.**

You still have time to complete the Census 2020. Due Date is September 30, 2020



You can complete your questionnaire online at [my2020census.gov](https://my2020census.gov) If you are responding online, please note that you cannot save your progress and that you must complete the census in one sitting.

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You can complete your questionnaire by phone. Customer Service Representatives are available every day from 5am to 12 pm Mountain Time on the following phone lines:

- **English** (for 50 states and Washington, D.C.): 844-330-2020
  - **Spanish** (for 50 states and Washington, D.C.): 844-468-2020
  - **TDD** (Telephone Display Device): 844-467-2020
- 



You can send your completed questionnaire by mail. When responding, use blue or black ink to fill in the questionnaire. Do not use a pencil. When finished, return the questionnaire in the envelope we provided. If you have lost your return envelope, please mail your completed questionnaire to:

U.S. Census Bureau  
National Processing Center  
1201 E 10th Street  
Jeffersonville, IN 47132

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**If you need help with completing your Census 2020 questionnaire, contact Susan or Suzanne at 575-763-6009 and we will be happy to help. You can also come by our office.**

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\*Remember: The Census Bureau will **never** ask you for:

- Your full Social Security number.
- Your bank account or credit card numbers.
- Anything on behalf of a political party.
- Money or donations.

If you receive a phone call saying they are with Census2020 and ask for the above, it is most likely a scam, hang up and call your local police or sheriff.

From the desk of  
**Michael  
Aliperti**  
MS-ISAC Chair

# 6 Common Elderly Scams to Watch Out For and How to Stay Safe

A scam can be initiated via the computer (email, internet, and social media), text, postal mail, in person, or a phone call. No matter the origin of the scam, the characteristics are the same:

First, there is something to pique your interest – someone in trouble, big discount offers, lottery win. Second, the individual contacting you seems trustworthy, too friendly, seeming to care about you. Third, there's a deadline associated with the offer – act fast, act now.

There will always be scams, particularly those targeted at seniors. This month's newsletter identifies some common scams and some tips to help you take control of the situation and stay safe and stay in control.

**Grandparent Scam** One of the most common scams presented to seniors is the Grandparent Scam. The caller claims to be a relative, a grandson or granddaughter, and the call is urgent. Typically, the grandchild is out of town and is in trouble, needs money fast for some emergency, and doesn't want the rest of the family to know. The caller may have bits of information, some of which could be collected from sources like social media, and prompts the senior to provide more information, making the call appear genuine.

**This is not a legitimate call.** Hang up the phone and contact your family or the authorities.

**Sweepstakes Scam** In this case, the scammer would send their target a check or something else of value, whether in the mail, email, text or phone call that indicates the recipient won something. In order to claim the "prize," the recipient may have to send a check or money order to cover taxes and fees, and may be asked for banking information to deposit the winnings, or to buy something to enter the contest. This is so the scammer can obtain private banking information. The name of the sweepstakes may seem familiar – quite often scammers will do this to make it recognizable. **Legitimate contents do not ask for money or financial information up front.** Do not respond to these messages with a check, money order or cash. It is always best to never provide identifying information to anyone over the phone, text, or email especially your bank account information.

**Home Improvement Scam** Scammers target seniors by providing home improvement services in order to gain access to their home, belongings, and personal information. They will arrive at their target's house, offer free inspections, or offer services to fix something they deem "needs work". Scammer will pretend to be working for the local town or county to appear more legitimate. The homeowner should stay in control of the situation and not be intimidated by the person at their door. Never let them in your home. Be suspicious of unsolicited offers, and ask for identification. If work does need to be done, ask friends and neighbors who they would recommend. Be sure to get references, and only use licensed contractors. Never pay the full amount up front.

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Pay as the work is completed according to a contract.

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**Telemarketer Scam** Scammers will target seniors in an effort to obtain financial information by claiming to be from an important institution such as a credit card company, Microsoft, Social Security Administration, Internal Revenue Service, phone company, power company, and so on. **Never feel pressured to commit to anything over the phone.**

Don't rely upon caller ID to let you know who the call is coming from. Technology today allows for calls to be masked and appear to be from a number you know or can associate with, but it is not. Never give out personal information to an unsolicited caller. Never provide birthday, social security number (even the last 4 digits), your mother's maiden name, pet's name, bank account information or anything that can be used as password or identifying information.

Hang up and contact the company the caller claims to be with directly if you feel you need to talk to them. Refer to your copy of your phone bill, power bill, or the number on the back of your credit card or bank card to initiate contact.

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**Internet Scams** There are many ways scammers are using technology to take advantage of seniors. Whether it is a special offer via email, attempts to acquire your user name and password via a scheme, or skimming of information while shopping online, there are ways you can be in control and keep your information safe. If you are computer-savvy, keep these tips in mind to keep your information safe:

Never click on links in emails.

Don't open attachments for special offers.

Be careful of free offers over holidays.

Watch for malicious ads and popups.

Don't shop over public Wi-Fi.

Be suspicious of gift card scams –buy from trusted sources.

Know what your product cost.

Make sure the site is secure – look for the “lock” icon and “https” on your browser address bar when shopping.

Make sure all computer anti-virus, malware, and security software is up to date.

Don't save credit card information online; check out as guest if offered on the site.

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**Charities** While there are many charities that are worthy of your donations, be sure you know who you are donating to. Always verify the charity before making any donation by checking with your Attorney General's office.

Know what the charity is doing with your contribution.

Avoid charities that will not answer your questions or provide written information about their programs or finances.

Talk with family, friends, or trusted sources before giving to charity.

Do not give on the spot before doing research on the charity

Never give cash or purchase gift cards for payment.

If you feel you have been scammed, or are concerned that you are a victim of fraud, contact your local law enforcement immediately. Remember to keep a close eye on bank and credit card statements, and report any unusual activity. Stay informed. Remember, you are in control!

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## September is National Healthy Ageing Month

### 10 Tips for Reinventing Yourself during September Is Healthy Aging Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say its positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, call someone you know and chat for a few minutes.
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!) Many classes are online.

## Healthy Snack Bar Recipe

A major hurdle in keeping your cravings in check is the issue of handling in-between-the-meals hunger pangs. It is often during this time that we tend to go for food which is unhealthy and loaded with calories. Apart from being low in fat, this healthy recipe is going to keep you satiated for long. It is a perfect snack recipe to go for when you start craving for something sweet. Honey adds a mildly sweet flavor to this snack bar recipe which can easily be eaten as an after-meal dessert. Filled with the goodness of different dry fruits, this healthy recipe is sure to be loved by people of all age groups. Pair it with a glass of milk or fresh fruit juice for a wholesome and delicious breakfast.



### Ingredients of Healthy Snack Bar

- ¼ cup almonds
- ¼ cup walnuts
- ¼ cup dried fruit of your choice
- ¼ cup oats
- ¼ cup honey
- 1 tsp. sesame seeds
- ½ tbsp. oil
- ½ teaspoon butter
- 1 pinch salt
- Black pepper to your taste

- **Step 1**

To make this healthy breakfast recipe, take a pan and add all the chopped nuts in it. Heat the pan over low flame and dry roast the chopped nuts for few minutes. Once done, keep these roasted nuts aside till further use.

- **Step 2**

Now in a non-stick pan, add honey and heat it over low flame for 3-5 minutes. Make sure that you stir it continuously. Then add butter in it. Mix honey and butter together and then add all remaining ingredients and mix well. Once the mixture is ready, turn off the flame and allow the mixture to cool.

- **Step 3**

Before the mixture hardens completely, grease a plate with little refined oil and spread the mixture evenly on it. Refrigerate for 1-2 hours so that it is firm and tight. Cut in blocks and bars and store in an air-tight containers. These Healthy Snack Bar can easily be packed in a lunchbox

Calories 419  
Timesfood.com



# ★ House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M  
 C A N H O L L O W W A L L A T  
 P O T I E C L D A E T S D E B  
 E A L W I N D O W S I L L B C  
 T S N O I T A D N U O F D E H  
 S D E R N G U T T E R I I D I  
 R R O H C N A L L A W R S R M  
 O F F I C E A R C A D E A O N  
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DORMER WINDOW  
 DRAINPIPE  
 FIRE ESCAPE  
 FLOOR  
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 KITCHEN  
 OFFICE  
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 TURRET  
 WALL ANCHOR  
 WELL  
 WINDOWSILL

ARCADE  
 BATHROOM  
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COLONNADE  
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# TALK

COVID  
Crisis Counseling

Call Now  
505-954-1057  
It's Free & Anonymous



If you or someone you know is experiencing overwhelming anxiety or grief, reach out to talk to someone free and anonymous at 505-954-1057  
**Help is available.**

You are not alone.  
Reach out anytime & anywhere.  
**Free and anonymous talk counseling.**  
Call 505-954-1057

## TALK: COVID Crisis Counseling



Behavioral Health Services Division  
New Mexico Crisis and Access Line