

May and June Birthdays!!!

<i>Robert Manasco</i>	5/02	<i>Joe Ray Carrillo</i>	6/03
<i>Joe Martínez</i>	5/02	<i>Peggy Winters</i>	6/03
<i>Ethanelena Mims</i>	5/04	<i>Diane Figge</i>	6/04
<i>Ida Oliver</i>	5/04	<i>Vincent Roselli</i>	6/04
<i>Charlene Davis</i>	5/05	<i>Jan Johnson</i>	6/07
<i>Dee Hull</i>	5/07	<i>Toni Gonzales</i>	6/09
<i>Mary Hahn</i>	5/08	<i>Angelina Bradshaw</i>	6/12
<i>Sisto Sanchez</i>	5/10	<i>Joan Arvizu</i>	6/13
<i>Lala Gabaldon</i>	5/11	<i>Bruce Coleman</i>	6/13
<i>Marilyn Mora</i>	5/12	<i>Anna Herrera</i>	6/14
<i>Dolores Apodaca</i>	5/16	<i>Janis Marston</i>	6/14
<i>Daniel Gleason</i>	5/17	<i>Cynthia Clark</i>	6/15
<i>Phyllis Young</i>	5/20	<i>Maxine Gobert</i>	6/15
<i>Veronica Matsu</i>	5/21	<i>Donna Baca</i>	6/16
<i>Dorothy Vaughan</i>	5/21	<i>Manuel Rodriguez</i>	6/17
<i>Barbara Bransky</i>	5/22	<i>Gunny Vetter</i>	6/21
<i>Clarke Metcalf</i>	5/23	<i>Elizabeth Schmitz</i>	6/24
<i>Keith Volmer</i>	5/28	<i>Alberta West</i>	6/27
<i>Jo Richert</i>	5/30	<i>Doris Duran</i>	6/30
<i>Amy Stotts</i>	5/31		

RSVP Office

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E-Mails

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RSVP Office Hours
8:00 AM - 5:00 PM

Created By:
Leandra Chavez

RSVP



"Alone we can do
so little; together
we can do so
much"

- Hellen Keller

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RSVP NEWSLETTER

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Mid-Rio Grande



Belen Public Library



Belen Public Library

The Belen Public Library is one of the many RSVP Volunteer Stations. The Library is located at 333 Becker Ave. in Belen. Volunteers at the library help checking in and checking out books and DVD's at the front desk and in the children's section, help patrons make copies, and help them log on to the computers. The library is open Mondays through Fridays from 10:00AM to 5:00PM and Saturdays 10:00AM to 2:00PM. The library is in need of volunteers for 4 hours on Saturdays. To become a volunteer at The Belen Public library please call Bertha Flores, the RSVP Director, at 505-966-2567 or Leandra Chavez, RSVP Assistant, at 505-966-2566.





SPRING PASTA SALAD

Ingredients

Dressing:

- 1/3 cup Extra-virgin olive oil
- 2 tsp. Dijon Mustard
- 1 tsp. honey
- 1 clove garlic, grated
- 1 lemon, zested & juiced
- Salt and black pepper

Pasta:

12 oz cavatappi pasta, cooked to package instructions and shocked under cold water.

4 oz asparagus, blanched and thinly sliced on bias

1 box frozen peas, defrosted

12 oz jar roasted yellow peppers, chopped

1 pint Grape tomatoes, halved

1/2 cup fresh dill, chopped

Cheese to grate onto the top of your pasta.

Directions:

For the dressing: In a small bowl, whisk together the olive oil, Dijon mustard, honey, garlic, lemon zest and juice, and season with salt and pepper.

For the pasta: Toss the pasta with the asparagus, peas, roasted peppers, tomatoes and dill. Pour the dressing over the salad, tossing to coat. Let the salad hang out for a bit to soak up all of the flavor.

When ready to serve top with your choice of cheese. Enjoy!

15th Annual World's Largest Matanza



An estimated 13,000 people or more attended the 15th Annual World's Largest Matanza! Bertha Flores, RSVP Director, and her two daughters, served hot chocolate and coffee to raise some money for our RSVP program. This year's Matanza was so big that she actually ran out of hot chocolate and coffee by 2:00 PM. Before that she was able to sell about 120 cups of hot

chocolate or coffee to the cold attendees of the matanza.

Legislature



On January 27th RSVP took our annual trip to the Round House for Senior Day. Some of our volunteers were able to join us. Bertha Flores, Leandra Chavez, Jim Rickey, Orinda Duree, Pearl and Herman Lucero all had the honor of getting to sit down with some legislators and talk

about the hopes and futures of our seniors.

Tips: Reducing the Risk for Dementia

Unfortunately, there is no cure for dementia, but there is scientific evidence that a healthy life style can help keep your mind active and prevent memory loss. Here is a list of 6 things you can do to try to keep your mind working great.

Challenge your mind

Maintain blood pressure

Stay Physically Active

Get a good night's sleep

Eat a Healthy Diet

Stay connected to friends and family

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fools' Day	2	3 Good Friday Passover Begins at sundown	4
5 Easter Sunday	6 US Entry into WWI Easter Monday (Canada)	7 Belen Senior Center Dance	8 Los Lunas Senior Center Dance	9 Del Rio Senior Center Dance	10	11 Last Day of Passover
12	13	14 Belen Senior Center Dance	15 Los Lunas Senior Center Dance Tax returns due	16 Del Rio Senior Center Dance	17	18
19	20	21 Belen Senior Center Dance	22 Los Lunas Senior Center Dance Earth Day	23 Del Rio Senior Center Dance	24	25
26	27	28 Belen Senior Center Dance	29 Los Lunas Senior Center Dance	30 Del Rio Senior Center Dance		
May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 May Day	2
3	4	5 Belen Senior Center Dance Cinco de Mayo	6 Los Lunas Senior Center Dance	7 Del Rio Senior Center Dance	8 V-E Day	9
10 Mothers Day	11	12 Belen Senior Center Dance	13 Los Lunas Senior Center Dance	14 Del Rio Senior Center Dance Ascension Day	15	16 Armed Forces Day
17	18	19 Belen Senior Center Dance	20 Los Lunas Senior Center Dance	21 Del Rio Senior Center Dance	22	23 Shavuot begins at sundown
24 31	25 Memorial Day	26	27	28	29	30
June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Belen Senior Center Dance	3 Los Lunas Senior Center Dance	4 Del Rio Senior Center Dance	5	6 D-Day
7	8	9 Belen Senior Center Dance	10 Los Lunas Senior Center Dance	11 Del Rio Senior Center Dance	12	13
14 Flag Day US Army Birthday	15	16 Belen Senior Center Dance	17 Los Lunas Senior Center Dance	18 Del Rio Senior Center Dance	19	20
21 Fathers Day Summer Begins	22	23 Belen Senior Center Dance	24 Los Lunas Senior Center Dance St Jean Baptiste Day	25 Del Rio Senior Center Dance Start of the Korean War	26	27
28	29	30 Belen Senior Center Dance				

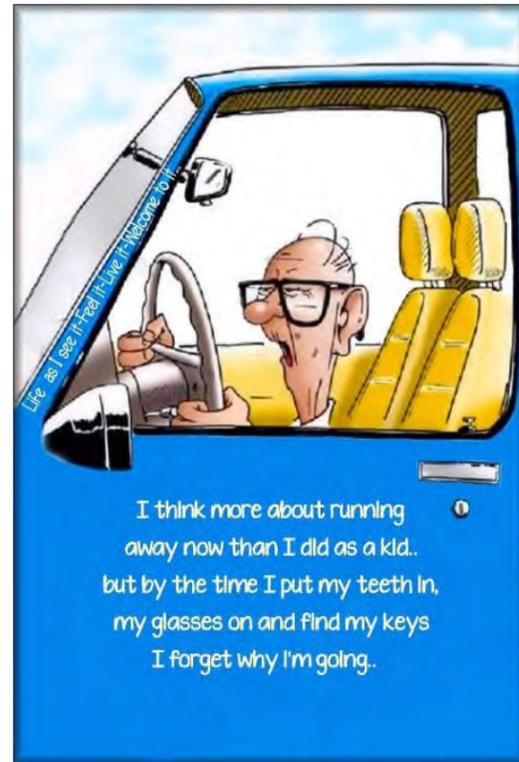


Retired and Senior Volunteer Program
(RSVP)

RSVP volunteers use their skills and experiences to make a difference in their communities. Volunteers help in libraries, food pantries, schools, and senior centers. They must be 55 years or older. So if you are 55 years or older and would like to make a difference in your community, please contact Bertha or Leandra at the RSVP office.

Volunteering

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



- VOLUNTEER
- HELP
- KIND
- SENIOR
- RETIRED
- RSVP
- COMMUNITY
- COMPANIONSHIP
- FRIENDS



22nd Annual Martin Luther King Day Candlelight Vigil



RSVP Volunteers Jim Rickey and Orlinda Duree, along with Bertha Flores (RSVP Director) and Leandra Chavez (assistant), spent January 19th providing hot chocolate and cookies to the attendees of the 22nd Annual Martin Luther King Jr. Candlelight Vigil.

RSVP Volunteer Luncheon



All of our volunteers are invited to the annual RSVP luncheon on Friday, April 10th at the Belen Elks Lodge on route 314 north of Belen. Doors will open at 11 AM and lunch will be served at noon. Besides a delicious lunch, there will be music, dancing and door prizes! The luncheon will be Mardi Gras Themed and prizes will be given to the two volunteers that wear the best Mardi Gras attire, so wear your colors! There will be several vendors in the lobby of the Elks Lodge so that you can get some helpful information. Volunteers should have received an invitation about two weeks before the lunch. Please bring your invitation with you because it is your ticket in. If volunteers would like to bring a guest the guest will be charged \$7.00.

Important numbers

Transfer on death (TOD) accounts: assets like stocks and bonds can be held this way. The transfer is accomplished when the named beneficiary presents a copy of the death certificate to the company issuing the stock or bond. For more information, contact the Legal Resources for the Elderly Program (LREP) at 505-797-6005 or 1-800-876-6657.

Payable on death (POD) accounts: an asset like a bank account can be held this way. When the account holder dies, this type of account is paid to the beneficiary when the beneficiary presents a copy of the death certificate to the bank or credit union. For more information, contact the Legal Resources for the Elderly Program (LREP) at 505-797-6005 or 1-800-876-6657.