



RSVP NEWSLETTER

Retirement of Joseph Campos

Inside this issue:

Joseph Campos Retirement	1
Joseph Campos	2
Recipes & Quote	3
Info and Annual Luncheon	4
Calendar	5
Birthdays	6





Joseph: Thank you for all the love and care you give to all the seniors of Valencia County, You will be missed. Enjoy your retirement and Thank You For All Your Hard

Work.





**Here's to the everyday heroes,
The Volunteers who do what they can,
To ease the suffering of their fellow man.**

**May they know the true satisfaction
That comes from helping others
Less fortunate than themselves,
But no less their sisters and brothers.**

**May they feel the gratitude in our hearts
For all of the good that they've done.
The appreciation that we all feel for them
Is truly second to none**



Zesty Pasta Dish

Ingredients

**Kosher salt
12 ounces spaghetti
1/3 cup white wine or dry vermouth
1 clove garlic, smashed
2 wide strips lemon zest
5 tablespoons unsalted butter, thinly sliced
3 tablespoons extra-virgin olive oil
Freshly ground pepper
1 medium head escarole, torn into 1-inch pieces, or 6 heaping cups torn spinach
1/2 pound sugar snap peas (about 2 cups), halved
1/4 pound prosciutto, torn into pieces
1/4 cup roughly chopped fresh parsley
2 to 4 ounces pecorino romano cheese, snap-peas, prosciutto cheese**

Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs.

Bring the wine, garlic and lemon zest to a simmer in a large skillet over medium-high heat. Gradually whisk in the butter, then the olive oil, until thickened; add 1 teaspoon salt, and pepper to taste. Add the escarole and cook until wilted, about 3 minutes. Add the snap peas and cook until tender, 2 to 3 minutes. Discard the garlic and lemon zest.

Reserve 1/4 cup cooking water, then drain the spaghetti and add to the skillet. Add 1 to 2 tablespoons cooking water and 1 teaspoon salt; toss, adding more cooking water as needed to loosen. Divide among plates and top with the prosciutto, parsley and pecorino.

Advanced Health Care Directive:

This form allows you to specify who will make health care decisions for you if you lose the ability to make those decisions yourself.

The form

Has three parts: Power of attorney for health care. You name someone who is designated to make health care decisions for you if you cannot yourself. Instructions for end of life health care including whether to prolong your life or not. You can also provide instructions about organ donation, if any. Designating your primary care doctor. He or she would also be one of two doctors who decide whether you have capacity. To learn more consult with your doctor or call the Legal Resources for the Elderly (LREP) at 1-800-876-6657.

Retired Senior Volunteer Program

RSVP Volunteers use their skills and experiences to make a difference in their communities. They must be 55 and older.

So if you are 55 years or older and would like to make a difference in your community. please contact:

Bertha Flores 505-966-2567

or Marie Gabaldon-Volk 505-966-2566

Financial power of attorney (POA)

This is a document allowing you pick someone you trust to act as your agent and conduct your financial affairs if you are unwilling or unable to conduct them.

Financial power of attorney remains in effect until you revoke it, which can be done at any time. It becomes effective only if you become incapacitated; a doctor has to certify this in writing before your designated agent has authority to act on your behalf. Financial power attorney ceases upon your death. It is NOT a substitute for a will.

The Senior Citizens Law Office in Albuquerque can assist you in creating a financial power of attorney free of charge if you are 60 or older. For more Information call their office at 505-265-2300



**Come one come all to the annual Volunteer Luncheon
April 15, 2016 at Elks Lodge
Hwy 314 Belen, NM. The Party
runs from 11:00 AM -2:00 PM
Any guests will be charged \$7.00**

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1 April Fool's Day</i>	<i>2</i>
<i>3</i>	<i>4</i>	<i>5 Belen Senior Center Dance</i>	<i>6 Los Lunas Senior Center Dance</i>	<i>7 Del Rio Senior Center</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12 Belen Senior Center Dance</i>	<i>13 Los Lunas Senior Center Dance</i>	<i>14 Del Rio Senior Center Dance</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19 Belen Senior Center Dance</i>	<i>20 Los Lunas Senior Center Dance</i>	<i>21 Del Rio Senior Center Dance</i>	<i>22 Passover begins at sunset</i>	<i>23</i>
<i>24</i>	<i>25</i>	<i>26 Belen Senior Center Dance</i>	<i>27 Los Lunas Senior Center Dance</i>	<i>28 Del Rio Senior Center Dance</i>	<i>29</i>	<i>30</i>

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3 Belen Senior Center Dance</i>	<i>4 Los Lunas Senior Center dance</i>	<i>5 Cinco de Mayo</i>	<i>6</i>	<i>7</i>
<i>8 Mothers-Day</i>	<i>9</i>	<i>10 Belen Senior Center Dance</i>	<i>11 Los Lunas Senior Center</i>	<i>12 Del Rio Senior Center Dance</i>	<i>13</i>	<i>14</i>
<i>15 Feast of Pentecost</i>	<i>16</i>	<i>17 Belen Senior Center Dance</i>	<i>18 Los Lunas Senior Center Dance</i>	<i>19 Del Rio Senior Dance</i>	<i>20</i>	<i>21 Armed Forces Day</i>
<i>22</i>	<i>23</i>	<i>24 Belen Senior Center Dance</i>	<i>25 Los Lunas Senior Center Dance</i>	<i>26 Del Rio Senior Dance</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30 Memorial Day</i>	<i>31 Belen Senior Center Dance</i>				

HAPPY BIRTHDAY

Margaret Bailing 3/5

Raymond Barela 3/8

Nellie Cordova 3/24

William Doty 3/12

Frances Gallegos 3/6

Ida Gardner 3/11

John N. Gardner 3/10

Frank Gonzales 3/10

Linda Griego 3/9

Shirley Hershberger 3/3

David A. Hise 3/1

Ana Lavato 3/13

Lydia C. Lopez 3/29

Joan Prokopiak 3/9

Paul Ridley 3/1

Ana Rosales 3/10

Tim Sanchez 3/13

Beverly Stern 3/25

Troyce A. Aycox 4/9

Ann BeBault 4/18

Angela Blasi 4/14

Mary Bradley 4/18

Karen Minder 4/24

Susan D. Moran 4/3

Jesse Poland 4/4

George Riedl 4/19

Alice/Eliza Rivera 4/27

Teofilo Soto 4/21

Dolores Apodaca 5/16

Marie Benoit 5/9

Barbara Bransky 5/22

Orveta Darcy 5/17

Charlene Davis 5/5

Barbara Franklin 5/15

Lala Gabaldon 5/11

Daniel Gleason 5/17

Mary Hahn 5/8

Dee Hull 5/7

Robert Manasco 5/2

Joe R. Martinez 5/2

Veronica Matsu 5/21

Clarke Metcalf 5/23

Ethalena M. Mims 5/4

Ida Oliver 5/4