

# Retired Senior Volunteer Program (RSVP) Newsletter

719 S Main St., Belen NM



*Caring for our  
seniors is perhaps  
the greatest responsibility we  
have. Those who walked before us  
have given so much and made  
possible the life we all enjoy.*

*-John  
Hoeven*







We would like to give a special thanks to our wonderful sewing ladies at the Del Rio Project Center. These wonderful RSVP volunteers make lap blankets for our veterans. Thank you for all your hard work.

**Johnny Stuckey**

**96 years old**

**Born in Lexington, Mississippi**

**Married to Jacque (Saunders of Las Vegas, NM) for 72 years and counting.**

**Pearl Harbor survivor**

**Highlands University graduate**

**Math and Physics teacher**

**Retired from Sandia Lab as a Technical Writer and Safety Engineer. Resident of Albuquerque since the early 1950s**

## Martin Luther King, Jr. Day Vigil



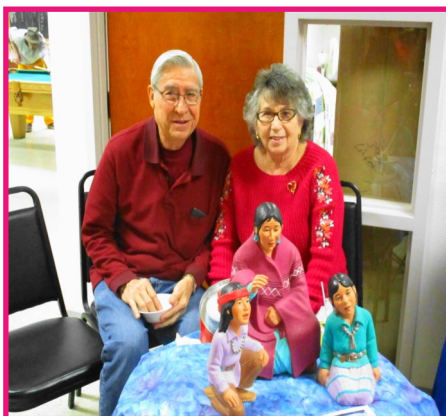


## RSVP Volunteer Luncheon

The annual lunch for RSVP volunteers will be held Friday, April 26<sup>th</sup> at the Belen Elks Lodge on route 314 north of Belen. You should receive a formal invitation prior to then. Volunteers will be admitted starting at 10 AM. Please bring the invitation with you to the luncheon to be admitted. **ONE guest for each RSVP volunteer is welcome, but there will be a \$7.00 charge for the guest.** The theme of this year's luncheon is **"Hollywood"**. For more information call Seleena at 966-2566 or by e-mail at

[Seleena.Carrillo@belen-nm.gov](mailto:Seleena.Carrillo@belen-nm.gov)

## Valentine's Day dance at Del Rio Senior Center



## Strawberries

b	a	r	p	a	t	c	h	u	r
p	a	j	i	k	s	i	s	t	i
s	w	s	c	a	q	e	w	o	p
m	j	g	k	l	o	v	e	b	e
f	u	i	v	e	m	d	e	d	n
i	r	t	y	c	t	o	t	i	s
z	e	u	y	g	j	p	o	m	v
i	j	u	i	c	y	u	n	M	y
r	t	a	u	t	n	j	c	a	l
s	t	e	m	u	i	v	d	y	a
u	k	b	f	i	r	e	d	j	t

Find each word in the search.

Words go ↑, →, and ↘.

red	juicy
ripe	stem
seeds	May
basket	sweet
pick	patch
jam	fruit



## Lemon Curd

3 lemons  
 1 1/2 cups sugar  
 1/4 pound unsalted butter,  
 room temperature  
 4 extra-large eggs  
 1/2 cup lemon juice (3 to 4  
 lemons)  
 1/8 teaspoon kosher salt

1. Using a carrot peeler, remove the zest of 3 lemons, being careful to avoid the white pith. Put the zest in a food processor fitted with the steel blade. Add the sugar and pulse until the zest is very finely minced into the sugar.
2. Cream the butter and beat in the sugar and lemon mixture. Add the eggs, 1 at a time, and then add the lemon juice and salt. Mix until combined.
3. Pour the mixture into a 2 quart saucepan and cook over low heat until thickened (about 10 minutes), stirring constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer. Remove from the heat and cool or refrigerate.

## Adult Protective Services

Adult Protective Services in the Aging & Long Term Services Dept. provides a system of protective services to anyone 18 or older who is unable to protect themselves from abuse, neglect, or exploitation. They are available 24 hours a day, seven days a week. Adult Protective Services has its own investigators and can provide services including emergency protective placement, caregivers, home care, adult day care, and legal services, if warranted. If you or someone you care for is the victim of abuse or neglect, call anytime at 866-654-3219.

## Need Transportation?

If you are in need of non-emergency medical transportation Adaptive Transportation is there to help.

This benefit is available through many health care providers, for example United Healthcare, Blue Cross BlueShield, Molina and many more.

If you have any question or want to see if your insurance is covered by this provider please call Leandra Aragon (Manager) at 505-865-6000.

### Rio Metro Regional Transit District

#### Valencia County Office

101 Courthouse Rd. SE  
 Los Lunas, NM 87031

(Los Lunas Transportation Center, next to Rail  
 Runner station)

505-352-3595

Valencia County, including Belen and Los  
 Lunas

Happy Birthday to all in April, May and June

# April

Page 5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fools' Day	2 Belen Senior Center Dance	3	4 Del Rio Senior Center Dance	5	6
7	8	9 Belen Senior Center Dance	10	11 Del Rio Senior Center Dance	12	13
14 Palm Sunday	15	16 Belen Senior Center Dance	17	18 Del Rio Senior Center Dance	19 Passover Begins at sunset	20
21 Easter Sunday	22	23 Belen Senior Center Dance	24 Administrative Professionals Day	25 Del Rio Senior Center Dance	26	27
28	29	30 Belen Senior Center Dance				

# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Del Rio Senior Center Dance	3	4
5 Cinco De Mayo	6	7 Belen Senior Center Dance	8	9 Del Rio Senior Center Dance	10	11
12 Mother's Day	13	14 Belen Senior Center Dance	15	16 Del Rio Senior Center Dance	17	18 Armed Forces Day
19	20	21 Belen Senior Center Dance	22	23 Del Rio Senior Center Dance	24	25

# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Memorial Day	28	29	30	31	1
2	3	4 Belen Senior Center Dance	5	6 Del Rio Senior Center Dance	7	8
9	10	11 Belen Senior Center Dance	12	13 Del Rio Senior Center Dance	14 Flag Day	15
16 Father's Day	17	18 Belen Senior Center Dance	19	20 Del Rio Senior Center Dance	21 Summer Begins at 9:54 am	22
23	24	25 Belen Senior Center Dance	26	27 Del Rio Senior Center Dance	28	29



# *Veterans Memorial Belen, NM*

A new Veterans Memorial and information center is under construction in Belen's Eagle Park, to honor and recognize the service of all of our wonderful veterans. The memorial is being funded through a combination of some government funding and assistance from you, the public.

Donations for the Veterans Memorial and information center are being sought now. Donations of trees, shrubs, and rose bushes as well as financial contributions are needed for continuing construction and equipping of the memorial and information center.

The names of all donors will be listed in a future edition of the RSVP newsletter, which is widely distributed in the county.

For financial contributions please make a check payable to the "City of Belen – Veterans Memorial" and send to: Retired Senior Volunteer Program (RSVP), 719 South Main St., Belen, NM, 87002, or simply drop off your donation at that address. The RSVP office is in the Belen Business Center next to the Belen Senior Center.

The RSVP office is coordinating the collection of donations for the memorial and information center. The Veterans Memorial is a non-profit organization with limited government funding which depends heavily on public support. All contributions are fully tax deductible.

For more information, including how to donate trees, shrubs, and rose bushes, or in regard to financial contributions for the memorial and information center or other questions, please contact Bertha Flores at 505-966-2567 or at [Bertha.Flores@belen-nm.gov](mailto:Bertha.Flores@belen-nm.gov). If you require additional information please contact Frank Ortega at 505-966-2664. Your support for this project is greatly appreciated.

## Information Center



## Veterans Memorial



## RSVP Attended Senior Day at the Round House in Santa Fe on February 22



## Retired and Senior Volunteer Program (RSVP)

There are 237 seniors volunteering all over Valencia County. We have 25 volunteer sites that include: Senior Centers, Del Rio Project center, St. Vincent De Paul Thrift Store, Center for Ageless Living, the Belen Harvey House Museum and many more. If you would like to learn more about our program pick up a Handbook in the office or call Bertha Flores at 505-966-2567 or Seleena Carrillo at 505-966-2566.



### 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 and myself through service.

I am a Senior Corps ( RSVP, Foster Grandparent, Senior Companion) volunteer, and I will get thing done.

## Dance Weight Loss.

Love dancing? Then why not dance, to lose weight? Love watching "Dancing with the Stars". Why not try yourself? Dance workouts are not only a great form of the cardio exercise, but also one of the best workout routines for toning your body. You can burn as many calories dancing, as you will running or walking.

## Retired Senior Volunteer Program

Attended the World's Largest Annual  
Matanza in Belen, NM

The RSVP attended to get the chance to recruit new volunteers and meet new people. We handed out hot chocolate and coffee.

**Grand Re-Opening of the Fred Luna Multigenerational Center in Los Lunas:** This event will be held Friday, April 12<sup>th</sup> from 9 AM to 1 PM, including a health fair and refreshments and lunch.

## Turning 65 in 2019?

Age 65 is a major milestone, and one worth celebrating. If you're turning 65 in the coming year, here are a few important things to be aware of.

You can enroll in Medicare -- but doing so might not make sense

Medicare eligibility kicks in at age 65, and your initial enrollment period begins three months before the month of your 65th birthday and ends three months after the month in which you turn 65. But if you're still working at age 65 and have health insurance through your employer, signing up for Medicare might not pay. phone number for more info is 1-800-633-4227 or visit <https://www.medicare.gov/>

**Mother's Day Event Friday, May 10<sup>th</sup>:** All our mothers will be honored with a special lunch at the Belen Senior Center.

**Silver Horizons Food Bank food drop off Monday, March 18<sup>th</sup>:** This will held be at 1 PM at the Belen Senior Center . First come, first served. Please bring a valid ID.

## Retired Senior Volunteer Program Office Information

Find us on Facebook at

<https://www.facebook.com/Belen-RSVP-274996122966821/>

Find us on the City of Belen Web-site—

<http://www.belen-nm.gov/senior-living-rsvp-.aspx>

**Bertha Flores, Director**

**505-966-2567**

**bertha.flores@belen-nm.gov**

**Seleena Carrillo, Assistant**

**505-966-2566**

**seleena.carrillo@belen-nm.gov**

Created By:

Seleena Carrillo