

Retired Senior Volunteer Program (RSVP) Newsletter

719 S Main St., Belen NM

*Happy New
Year!
from RSVP
Bertha Flores
&
Seleena Carrillo*



Luncheon for Seniors at Center for Ageless Living on September 14th



RSVP 2nd annual Senior Health Fair was on September 28th 2018

It was a great success; there were a variety of vendors to help with your needs and answer questions about your health plans. Thank you all who attended.





Beef and Cheddar Casserole

- 1 tablespoon extra-virgin olive oil, plus more for the baking dish
- Kosher salt
- 3 cups wide egg noodles (about 5 ounces)
- 1 1/2 cups sour cream
- 1/2 cup freshly grated Parmesan cheese
- 12 ounces ground beef
- 1 red bell pepper, seeded and chopped
- 1 bunch scallions (white and green parts), finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon Italian seasoning
- One 14 1/2-ounce can petite diced tomatoes
- 2 cups grated Cheddar cheese

Preheat the oven to 425 degrees F. Oil a 2-quart baking dish. Bring a large pot of salted water to a boil. Add the noodles and cook to al dente according to the package directions. Drain and put in the prepared baking dish. Toss with the sour cream, Parmesan and 1/4 teaspoon salt.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the ground beef and cook, stirring, until no longer pink, about 4 minutes. Add the bell peppers and scallions and cook until crisp-tender, about 3 minutes. Make a space in the pan, add the tomato paste and toast for a minute. Sprinkle with the Italian seasoning and 1/4 teaspoon salt. Add the diced tomatoes, stir and bring to a simmer. Cook until slightly thickened, about 2 minutes. Pour the beef mixture over the noodles and sprinkle with the grated Cheddar. Bake on the middle rack until the cheese is melted and the edges are bubbling, 15 to 20 minutes. Let stand for 10 minutes before serving.

NEW YEAR WORD SEARCH

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

word list

Family
 Winter
 Fireworks
 Holiday
 Midnight
 Resolution
 Clock
 Year
 Celebration
 New

Calendar
 Confetti
 Baby
 Hats
 Noise Makers
 Eve
 Count down
 Party
 Fire works
 Times square



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The Belen Food Pantry

115 S 4th St. Belen NM

Open Tuesday and Thursday only from 10am to 12pm or till the number of eligible recipients is reached (65). First come first served.

You can register throughout the year; all you need is to be 55+ and to show proof of residence, which must list the same address as that on your driver's licenses. Any question please call 505-864-8621.

Happy Birthday to all in
 January, February and
 March

January

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Belen Senior Center Dance Happy New Year	2 Fred Luna Senior Center Dance	3 Del Rio Senior Center Dance	4	5
6	7	8 Belen Senior Center Dance	9 Fred Luna Senior Center Dance	10 Del Rio Senior Center Dance	11	12
13	14	15 Belen Senior Center Dance	16 Fred Luna Senior Center Dance	17 Del Rio Senior Center Dance	18	19
20	21 Martin Luther King Jr. Day	22 Belen Senior Center Dance	23 Fred Luna Senior Center Dance	24 Del Rio Senior Center Dance	25	26
27	28	29 Belen Senior Center Dance	30 Fred Luna Senior Center Dance	31 Del Rio Senior Center Dance		

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Ground Hog Day
3 Super bowl	4	5 Belen Senior Center Dance Chinese New Year Begins	6 Fred Luna Senior Center Dance	7 Del Rio Senior Center Dance	8	9
10	11	12 Belen Senior Center Dance Abraham Lincoln Birthday	13 Fred Luna Senior Center Dance	14 Del Rio Senior Center Dance Valentine's Day	15	16
17	18 Presidents Day	19 Belen Senior Center Dance	20 Fred Luna Senior Center Dance	21 Del Rio Senior Center Dance	22 George Washington Birthday	23

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Belen Senior Center Dance	6 Fred Luna Senior Center Dance Ash Wednesday	7 Del Rio Senior Center Dance	8	9
10 Daylight Saving Time Begins (at 2am)	11	12 Belen Senior Center Dance	13 Fred Luna Senior Center Dance	14 Del Rio Senior Center Dance	15	16
17 St. Patrick's Day	18	19 Belen Senior Center Dance	20 Fred Luna Senior Center Dance Spring begins at 3:58pm	21 Del Rio Senior Center Dance	22	23
24/31	25	26 Belen Senior Center Dance	27 Fred Luna Senior Center Dance	28 Del Rio Senior Center Dance	29	30

Halloween Party 2018



Belen Echo Dates for 2019

Belen Community center

2nd Tuesday of the Month8a.m. — 12p.m.

January 8	July 9
February 12	August 13
March 12	September 10
April 9	October 8
May 14	November 12
June 11	December 10

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.

Meadow Lake Technology Grant

A state of the art technology lab is coming soon to the Meadow Lake Community Center. As part of four projects awarded to the Valencia County Older Americans Program, \$16,500 will go toward purchasing computer equipment, software and furnishings for those who attend Meadow Lake. The facility will have Wi-Fi capability throughout the building, providing access to some of our most remote and isolated seniors. This project is expected to be completed by early 2019. For updates and more information, please contact Nancy Gonzales at 505-864-2663.

Senior Day at the Roundhouse

Mark your calendars early! The annual Senior Day at the Roundhouse in Santa Fe is Friday February 22, 2019. It is a busy but exciting day, and a special chance for your voice to be heard by our state lawmakers. Vendors, healthcare providers, and centers from around the state will have informational booths for people to visit. We encourage seniors wishing to attend to carpool and arrive early. Limited transportation may be provided from the Belen Senior Center, depending on funding. The event lasts all day, with a main ceremony taking place in the Rotunda at 10:00AM. For more information, please contact Nancy Gonzales at 505-864-2663

Medicare cards:

Medicare recipients in New Mexico have been or will soon be receiving their new cards. The new cards were issued so that social security numbers are no longer listed on the cards. To learn more about the new cards go to www.medicare.gov/newcard

Social security benefits to increase in 2019:

Social Security benefits will increase 2.8 %. This is the annual cost-of-living adjustment. By law, federal benefits increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W).

Small increase in Medicare Part B premium in 2019:

The standard monthly premium for Medicare Part B enrollees will be \$135.50 for 2019, an increase of \$1.50 from \$134 in 2018. A small percentage of Medicare beneficiaries will pay less than the full monthly premium in 2019 due to the hold harmless provision, which limits certain beneficiaries' increase in their Part B premium to be no greater than the increase in their Social Security benefits. The annual deductible for all Medicare Part B beneficiaries will be \$185 in 2019, an increase of \$2 from the annual deductible of \$183 in 2018.

Free mental health training:

Saturday, January 28th from 8 AM to 5:30 PM, **free mental health first aid training**, at the Belen Library at 333 Becker Ave. Flyer with more information: <https://tinyurl.com/ycugtjds>

For more info or to register contact Diana Good at 222-0958 or via e-mail at dianae.good@state.nm.us

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>

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