

RSVP

Belen Business
Center
719 South Main
Belen NM 87002
(Next to Belen
Senior Center)

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RSVP NEWSLETTER

Volume 9, Issue 1

Mid-Rio Grande

Mid-Rio Grande Retired Senior Volunteer Program (RSVP) 719 S Main St Belen, NM

Senior Day at the Round House

Miguel Ulibarri – NM Aging and Long Term Services Dept.
Bertha Flores Director of RSVP



2017 Volunteer Luncheon



"What we
do for
ourselves
dies
within —
What we
do for
others
remains
and is
immortal"

-Albert
Pike

Mid-Rio Grande Retired Senior Volunteer Program

The Mid-Rio Grande RSVP serves the residents of Valencia County through volunteer services offered at a variety of locations within the County. The RSVP was created in 1969 as an amendment to the Older American Act, but is now a program of the Senior Corps of the Corporation for National and Community Service. The Sponsors are the City of Belen and New Mexico Aging & Long-Term Services Department.

The Director of the Retired Senior Volunteer Program is Bertha Flores. She has been with the program for about 8 years. Bertha loves her seniors and loves when she can help them when they are in need. She has two daughters that she has involved in RSVP as well, who are always there helping out. All the seniors depend on her because she gets stuff done and is always willing to help. Bertha's assistant Seleena Carrillo has been with the program for about one year and Seleena is excited to continue working with RSVP and learn as much as she can. We have 7 Advisory Council members who are Wayne Gallegos, Pearl Lucero, Frank Ortega, Jim Rickey, Orlinda Duree, Mike Moreno and Lenore Pena. These council members are always there helping Bertha with events she is sponsoring. RSVP is very involved in its community.

Volunteers of the RSVP must be 55 years of age or older, and willing to serve on a regular basis without compensation, and reside in Valencia County. The Mid-Rio Grande RSVP has over 240 volunteers and about 16 stations that all our volunteers cover, which include Belen Food Pantry, Harvey House, Public Library, Del Rio Senior Center, Belen Senior Center, St. Vincent De Paul and many more sites. As a Volunteer you are able to pick and choose where you would like to be located. If you would like more information about becoming a part of the RSVP you can contact Bertha Flores at 505-966-2567 or Seleena Carrillo at 505-966-2566.

2017 Volunteer Luncheon



Vendor at the 4th of July



National Service Recognition



Senior Day at the Round House



Senior Day at the County Fair



Martin Luther King Jr. Day





SATURDAY, JANUARY 27, 2018

7am to 3pm

Belen Eagle Park

305 Eagle Lane Belen, NM

\$ 15.00 a Person

12 and under FREE

Approximately 20 groups participate in this event. All proceeds go toward scholarships for Valencia County.

This event usually brings in thousands of people from all over. They have awards for best cooking, home made tortilla and even best chili.

Don't miss out on this awesome event.

Health Care Advice

Protect yourself from health care fraud and scams: to avoid being a victim, the New Mexico Aging & Disability Resource Center maintains a **Senior Medicare Patrol (SMP)**, which helps beneficiaries avoid, detect, and prevent health care fraud. Call them at 800-432-2080.

One area of potential fraud is **medical discount plans**: What sounds like affordable health insurance may be a medical discount plan instead. Medical discount plans can be a way for people to save money on health care costs, but discount plans aren't health insurance. Some medical discount plans provide legitimate discounts; others take people's money and offer very little in return. Many plans don't include local providers or they give you outdated lists of names and facilities. Some offers are just plain scams.

Federal and State Taxes

People living in the Belen area will be able to get Federal and New Mexico taxes done at the Belen Recreation Center, 305 Eagle Lane, during 2018. Our AARP Tax-Aides will be there on **Tuesdays and Thursdays beginning in February through mid April**. Deadline for filing 2017 taxes will be April 17, 2018.

Lea Long, PVS

New Mexico AARP Tax-Aide

505-296-2590

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 help paying for medications?

Call MEDBANK, part of the state's Dept. of Aging & Long Term Services to speak to a counselor. You provide information and MEDBANK assists in filling out paperwork required by pharmaceutical companies. Those companies sometimes offer prescription medications at reduced cost or no cost. MEDBANK itself does not make a decision about eligibility. It works with pharmaceutical companies. For more information about MEDBANK call the Aging & Long Term Services Dept. Resource center at 800-432-2080.

HAPPY NEW YEAR

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

MIDNIGHT SING
NEW
PARTY
CELEBRATION
GIFTS
CARDS
MUSIC
RESOLUTIONS
WISHES
REFLECTION
FUN
CALENDAR
BALL
DANCE
FEAST



Fresh Strawberry Upside Down Cake

- 2 cups crushed fresh strawberries
- 1 (6 ounce) package strawberry flavored Jell-O® mix
- 3 cups miniature marshmallows
- 1 (18 ounce) package yellow cake mix, batter prepared as directed on package

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Spread crushed strawberries on greased 9x13 inch baking pan. Evenly sprinkle strawberries with the dry gelatin powder, and top with mini marshmallows.
3. Prepare the cake mix as directed on the package, and pour on top of the marshmallows. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 50 minutes. Cool in the pan for 15 minutes. Run a knife around the pan to loosen the sides, and turn the cake out onto a serving tray. Store cake in the refrigerator.

Social Security benefits:

Social security beneficiaries will receive a 2.0% increase in their benefits in 2018.

The premium for Medicare part B for most people (with individual income of \$85,000 or less (or \$170,000 or less for a joint tax return) will be \$134 per month in 2018. These are the same amounts as in 2017.

Meet the new director of the Older Americans Program, Nancy Jo Gonzales

Ms. Gonzales recently became the new director of this county-wide program which oversees the county's senior centers and its meal program both at the centers and for Meals on Wheels clients. She is a native of Los Lunas who obtained a degree in communications at St. Edward's University in Austin. After having worked for several years in Austin, Nancy changed careers to become a real estate agent in Dallas. She continued in real estate when she returned to Los Lunas.

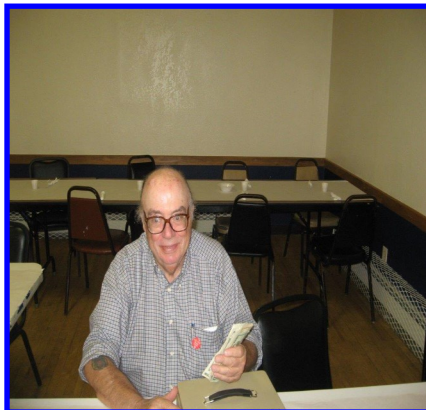
While in high school Nancy volunteered at senior and hospice facilities. While working in Dallas Nancy continued to volunteer with a program that offered support for caregivers of people in hospice situations.

Nancy is looking forward to working with seniors in the county. One of her new efforts has been to create a menu planning committee of seniors which meets monthly with the kitchen staff in Belen to provide input for food services.

Nancy can be reached at the Belen senior center at 864-2663 or nancy.gonzales@co.valencia.nm.us.

In loving memory of Mark Rosenblum

Mark Rosenblum was a volunteer at the Belen Public Library and Board Member of the RSVP for 8 years. Mark was always willing to help out in any type of way he could. He is dearly missed.



Happy New Year

January

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

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Del Rio Senior Center Dance	2 Ground Hog Day	3
4	5	6 Belen Senior Center Dance	7 Fred Luna Senior Center Dance	8 Del Rio Senior Center Dance	9	10
11	12 Abraham Lincoln Birthday	13 Belen Senior Center Dance	14 Fred Luna Senior Center Dance Valentine's Day and Ash Wednesday	15 Del Rio Senior Center Dance	16 Chinese New Year Begins (Year of the Earth Dog)	17
18	19 Presidents' Day	20 Belen Senior Center Dance	21 Fred Luna Senior Center Dance	22 Del Rio Senior Center Dance George Washington Birthday	23	24
25	26	27 Belen Senior Center Dance	28 Fred Luna Senior Center Dance			

March

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



January, February and March Birthdays

Carina Arterburn	1/5	Steve Weems	1/18	Raymond Barela	3/8
Fillie Baca	1/7	Mary Rachel August	2/9	Nellie Cordova	3/24
Teresa Baca	1/26	Mary Alice Barela	2/11	William Doty	3/12
Don Barker	1/20	Michael Bellinger	2/8	Frances Gallegos	3/6
John Crowl	1/19	Mary Chavez	2/15	Ida Gardner	3/11
Shirley Edens	1/12	Christine Darcangeli	2/27	John Gardner	3/10
Kerry (Tony) Garcia	1/8	Orlinda Duree	2/15	Frank Gonzales	3/10
Cynthia Gomez	1/15	Katje Erickson	2/7	Julia Gribpsky	3/16
Margaret Gutierrez	1/12	Robin Holbrook	2/16	Shirley Hersherberger	3/3
Rita Karson	1/5	Helen Maestas	2/21	Linda Griego	3/9
Mary Helen Koller	1/15	Charlene Norris	2/16	David Hise	3/1
Claudia Martinez	1/21	Lousia Rodriguez	2/18	Ana Lavato	3/13
John McDaniel	1/24	Paul Romero	2/28	Lydia Lopez	3/29
Madeleine McGee	1/26	Genevieve Sanchez	2/25	Ben Olguin	3/14
Gloria Otero	1/24	Lourdes Sanchez	2/11	Anna Pappas	3/22
Lenore Pena	1/31	Lua Scott	2/10	Joan Prokopiauk	3/9
Juanita Sanchez	1/11	Sarah Siler	2/1	Paul Ridley	3/1
Mella Taylor	1/2			Ana Rosales	3/10
Antonia Torres	1/15			Tim Sanchez	3/13
Martha Wallace	1/8			Beverly Stern	3/25
Jennie Weems	1/26				

RSVP Office

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E-Mails

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

Created By:

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