

Retired Senior Volunteer Program

RSVP Newsletter

719 S. Main Street Belen, NM



**AmeriCorps
Seniors**



RSVP would like to extend a **Heartfelt Thank You** for the donations that allowed us to provide the annual Thanksgiving Food Baskets to families in need in the Belen school district. A very special thanks to the following donors and organizations for their assistance:

*Marvin and Myung Hayes ~ Helen Abeyta ~ Herman and Pearl Lucero ~ Arlan and Orlinda Duree
~ Thomas and Rose Meier ~ Rudy and Rhona Espinoza ~ Abram and Patricia Torres
~ Rio Communities Optimist Club NM ~ Baca for Senate NM ~ St. Vincent De Paul of Belen
~ First Presbyterian Church of Belen ~ Belen Area Food Pantry ~ Belen High School Staters
~ Dr. Martin Luther King, Jr. Multi-Cultural Commission ~ Belen Moose Lodge
~ Valencia County Senior Olympics*

RSVP ANNUAL LUNCHEON

In the interest, safety and health of our volunteers and seniors of our community, we have no choice but to delay our 2021 Annual Luncheon. We intend to plan our luncheon at a future date. We firmly believe that this pandemic is coming to an end and we look forward to resuming our RSVP routine.

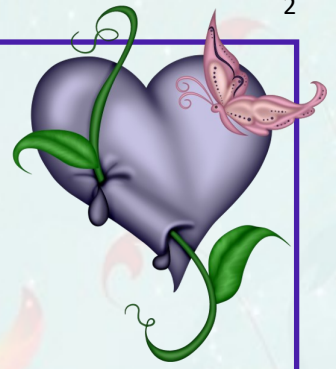




Teriyaki Green Beans

Ingredients:

- 1 lb. fresh green beans cut into 1-inch pieces
- 8- oz. fresh mushrooms sliced
- 1 shallot diced
- 3 Tablespoons butter
- 1 tsp minced garlic
- ¼ cup teriyaki sauce
- ½ tsp sesame seeds



- ~ Melt butter in a skillet over medium-high heat. Add green beans, shallot and mushrooms.
- ~ Cook until starting to soften, about 4-5 minutes.
- ~ Add garlic and cook for 30 seconds.
- ~ Add teriyaki sauce. Cook for an additional 5 minutes or until green beans reach desired tenderness. Sprinkle with sesame seeds.
- ~ Serve immediately.



If You Would Enjoy An Opportunity To Visit With Another Person In Your Community By Phone, Please Consider This Offer

RSVP has organized a Wellness Check Program that entails a friendly phone call at your convenience from an RSVP volunteer from your community.

If you would like to participate in this program, call the RSVP office and provide your name and phone number. We will schedule a phone call with an RSVP volunteer.



**For more information call
Bertha Flores at 505-966-2567 or
Cindy Lu Cowan at 505-966-2566**





In Loving Memory



Margaret Gutierrez

1940 - 2020

Margaret Ellen Gutierrez, age 80, was the loving wife of Roy B. Gutierrez and the mother of two sons.
Margaret would have celebrated her 81st birthday on January 12, 2021.

Margaret was born in Los Lunas, New Mexico. She worked as a civil servant for the Social Security Administration and for the Postal Service from which she would later retire. Margaret loved being outside and found great joy working in the garden. She generously shared all that she grew with family and friends. Margaret carefully tended to her beautiful flowers, and fed the hummingbirds which she loved to sit and watch every evening. She was a woman who took great pleasure in the simple gifts from God, such as tending her garden and traveling with her granddaughters. She was a talented cook and baker, making beautiful trays of holiday treats and tamales to share with family and friends. Margaret truly valued the time she spent with her family and friends. Being a part of her life was a special blessing to all who knew and loved her. Margaret stated many times that her greatest accomplishments were her two sons and her two granddaughters. Margaret was a dedicated volunteer for the RSVP program for several years. She was always ready to volunteer her time, and she did so with all her heart. She takes a piece of our hearts with her. She was loved by so many and will be greatly missed.

Fly with the angels Margaret, you will never be forgotten!



Don't Wait!

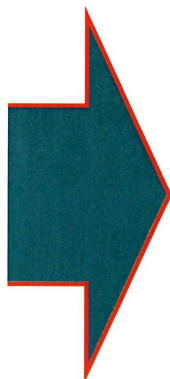
Register Now For Your Covid-19 Vaccine!

COVID-19 Vaccine



Questions?
Call the Aging
and Disability
Resource Center
(ADRC) at
1-800-432-2080

I'd like to encourage you to join more than 250,000 of your fellow New Mexicans and register for your COVID-19 vaccine at vaccinenm.org



- You'll submit basic contact information, including your employment category and medical conditions.
- DOH will then send you a notification when vaccine is available, and you'll be able to schedule your vaccination at a provider near you.
- On the day of your appointment, you will fill out a medical questionnaire about your current health.
- Vaccinations are free, but we will ask for insurance information to help support the cost of the vaccination program. If you don't have insurance, that's okay – you can still get vaccinated.
- And please, continue to maintain COVID-safe practices: wear a mask, maintain physical distancing, avoid groups, and wash your hands often.

Please contact your local Senior Center if you would like to get the Vaccine at their facility.



State offers call center support for vaccine registration

New option on Department of Health hotline

SANTA FE – The New Mexico Department of Health today announced that the DOH hotline now offers support for questions surrounding vaccine registration.

Nearly 300,000 New Mexicans have registered for vaccine at the state's website: <https://cvvaccine.nmhealth.org>

The registration process is straightforward: users create a profile, enter health and other information, and then wait to receive notification from DOH when vaccine is available to them.

Users who have questions or would like support with the registration process - including New Mexicans who do not have internet access - can dial

1-855-600-3453

**press option 0 for vaccine questions
and then option 4 for tech support**

Users who have other vaccine-related questions can call 1-855-600-3453 and simply press option 0 for vaccine questions.

“New Mexico is working to deliver vaccine as quickly and efficiently as possible. We encourage everyone to register - and we are pleased to provide in-person support to assist with that process,” said Dr. Tracie Collins, Secretary -Designate of the New Mexico Department of Health.

Matt Bieber, Communications Director | Matt.Bieber@state.nm.us | (505) 470-2290

NEED HELP PAYING FOR YOUR PRESCRIPTIONS?

Medicare Part D low-income subsidy (also called “Extra Help”) helps people with limited income save money on their Medicare Part D prescription drug costs. If you qualify, you could get help paying your plan premium, annual deductible, co-insurance and co-pays. You could also get help to stay covered during the coverage gap.



Who Can Get Low-Income Subsidy?

You may qualify if you:

- ~Live in one of the 50 States or the District of Columbia
- ~Are entitled to Medicare Part A, are enrolled in Medicare Part B or both.
- ~Are single, have less than \$19,140 in annual income and less than \$14,610 in resources.
- ~Are married, have less than \$25,860 in annual income and less than \$29,160 in resources.

How Can I Apply For A Low-Income Subsidy?

You can apply in one of the following ways:

- ~ Visit your local Social Security office or apply on line at socialsecurity.gov/extrahelp
- ~ Talk to your sales agent

After you apply, Social Security will review your application and send you a letter to let you know if you qualify for a low-income subsidy.

For More Information contact:

Michelle Emsweller
Licensed Sales Representative
(800) 803-5703, TTY 711
UHCMedicareSolutions.com

Retired and Senior Volunteer Program (RSVP)



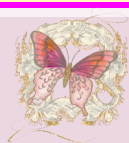
There are 259 seniors volunteering all over Valencia County. We have 25 volunteer sites that include: Senior Centers, Del Rio Project Center, St. Vincent De Paul Thrift Store, Center for Ageless Living, the Belen Harvey House Museum, and many more.

719 S. Main St. Belen, NM

ALL volunteers are eligible for reimbursement for travel up to .25 cents per mile.

If you would like to learn more about our program pick up a Handbook in the office.





February 2021

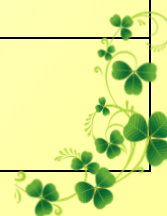


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3	4	5	6
7 Superbowl	8	9	10	11	12 Chinese New Year Abraham Lincoln's Birthday	13
14 Valentine's Day	15 Presidents' Day	16	17 Ash Wednesday	18	19	20
21	22 George Washington's Birthday	23	24	25 Purim Begins at Sunset	26	27
28						



March 2021

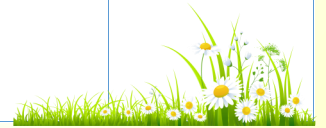
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 Spring Begins
21	22	23	24	25	26	27 Passover Begins at Sunset
28 Palm Sunday	29	30	31			





April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 April Fool's Day	2 Good Friday	3
4 <i>Happy Easter</i>	5	6	7	8	9	10
11	12	13	14	15 Tax Day	16	17
18	19	20	21 Administrative Professional's Day	22 Earth Day	23	24
25	26	27	28	29	30	



To All Our Volunteers

In

*February, March
& April*



I wake up, lift my arms, turn my neck, bend my knees.

And everything sounds the same...
"Craaaaaaaaaaaaaack"



So I've come to the conclusion:
I'm not old - I'm crispy!

N

Belen Public Library Programs & Services

Library services have been curtailed by the current county-based Public Health Order.

Limited curbside pick-up is available
call 966-2600 for details.

Wi-Fi is available in the parking areas
surrounding the library building from
6:30a.m. to 8:00p.m.

Monday through Saturday

Password is: Guestwifi

Appointments for computer time and
virtual classroom use are suspended.
Library stacks and restrooms are still
closed to the public.

Talking Books & More

Do you or someone you know have
vision loss? Do you have a disability
that prevents you from reading a
standard print book, for example, an
inability to hold a book or turn pages? If
so, both the New Mexico State Library
in Santa Fe and the Belen Public Library
can help.

The State's Library for the Blind and
Print Disabled (LBPD) program
provides qualifying New Mexicans with
audiobooks and magazines on digital
cartridges. The digital player needed is
provided to LBPD participants for as
long as they are in the program.

Belen Public Library
333 Becker Avenue
Belen, NM

505-966-2600

belenpubliclibrary@gmail.com



Books On Becker

Our nonprofit secondhand bookstore at
513 Becker Avenue

In the downtown Belen Arts District is

Temporarily Closed

Although we miss serving our local
customers, welcoming our out-of-town
visitors, and greeting our neighbors, our
store's inventory, browsing environment,
and all-volunteer staff present some
challenges to safely re-opening during a
pandemic.

We thank you for your past patronage. We
are optimistic about the future. We look
forward to once again interacting with the
wide and wonderful community of
book-lovers.

HELLO, SPRING



FREE FOOD FOR SENIORS 60 AND OLDER

Household Size	Monthly Gross Income	Yearly Gross Income
1	\$1,383	\$16,588
2	\$1,868	\$22,412
3	\$2,353	\$28,236
4	\$2,839	\$34,060

To Register, Please Bring:

- ~ Picture ID
- ~ Proof of age. Must be at least 60 years old
- ~ New Mexico Residency
- ~ **Current year income for entire household REQUIRED**

Belen Community Center
(Next to Belen High School)

305 Eagle Lane

Belen, NM 87002

8:00 a.m. to 12:00 p.m.

2021 Distribution Dates

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

For more Information Call City of Belen RSVP Office

Bertha Flores

Cindy Lu Cowan

505-966-2567

505-966-2566

For More Information Call Mid Rio Grande RSVP 505-966-2567

**Belen Area Food Pantry Is Distributing
Food Boxes To Families In Need**

TUESDAYS AND THURSDAYS

8:00 a.m. ~ 11:00 a.m.

*****Limited 72 boxes per day*****

**BELEN AREA FOOD PANTRY
201 S 3RD STREET
BELEN, NM**

- ID REQUIRED
- PROOF OF RESIDENCE
- **MUST BE IN THE BELEN
SCHOOL DISTRICT**

Find us on Facebook at

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

Find us on the City of Belen Web-site at

<https://www.belen-nm.gov/departments/senior-living-rsvp/>

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