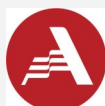
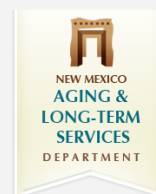


# Retired Senior Volunteer Program



## RSVP Newsletter

719 S. Main Street Belen, NM



**AmeriCorps**  
Seniors



We would like to extend our deep appreciation to the Rio Communities Optimist Club (RCOC) for their generous donation of \$200 to help us to provide food baskets to needy families for the Thanksgiving Day holiday. Pictured (left to right) are RCOC President Marilyn Winter, RSVP Director Bertha Flores, and RCOC District Lieutenant Governor Sallie Rizzo.

*Photo courtesy of the Valencia County News-Bulletin.*



### **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**

### **Older Americans Month (OAM) 2021 Communities of Strength**

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. In May, we celebrate the strength of our Older Americans with special emphasis on the power of connection and engagement in building strong communities.





A big **Thank You** to Bertha Flores and her team with the Retired Senior Volunteer Program (RSVP) for their many hours of support for our senior citizens in Belen and Valencia County. Their time and efforts help feed, provide supplies, and throughout the COVID-19 pandemic, have kept our beloved older friends and neighbors safe. They recently assisted hundreds of senior citizens with vaccine registration.

## In Loving Memory



*Fly With  
The Angels  
Mary*

*Mary Gutierrez*

Mary Gutierrez was an RSVP volunteer at the Belen Senior Center for 24 years. She was known and loved by so many and touched the hearts of everyone who knew her. She will be greatly missed and never forgotten.



**TREES  
DONATED  
FOR  
RSVP  
PARK IN  
BELEN**



On Tuesday, April 19<sup>th</sup>, RSVP planted three mature desert willow shrubs in its adopted city of Belen park at 10<sup>th</sup> and Ross Streets. RSVP advisory council member Pearl Lucero and her husband Herman generously donated the shrubs and planting materials. They, along with advisory council members Wayne Gallegos and Jim Rickey, planted the shrubs in the park. RSVP wishes to express its gratitude to the city of Belen for assisting with the planting with its heavy duty equipment and city employee.

*Happy  
Birthday*

*Happy Birthday*

*To All*

*Our Volunteers In*

*May, June, & July*

### **Medicare Claims**

Check on Medicare claims: after you receive health services, save receipts and statements from your provider. Claims filed by your provider show up in Medicare within about 7 days. However, providers can take up to a year to submit a claim. Compare your statement from your provider to the claim processed by Medicare.

Call **1-800-633-4227** or check your claims at [www.mymedicare.gov](http://www.mymedicare.gov). You will receive a hard copy Medicare Summary Notice (MSN) every quarter or duplicates if requested. If you detect an error contact your provider to try to resolve the discrepancy. If you are not satisfied with the response call the New Mexico Senior Medicare Patrol (SMP) at **1-800-432-2080** or MEDICARE to report the problem. If you have a Medicare Advantage or other health or drug plan (e.g.: HMO, PPO with a private insurance plan) you will receive an Explanation of Benefits (EOB).



# *Memorial Day Service*

*Monday, May 31st*

**10:00a.m. - 11:00a.m.**

*Belen Veterans Memorial*

*Belen Eagle Park*

*Presentation of Colors : Chavez-Curran VFW Post 2387, Belen*

*Speaker: Brigadier General (Retired) Andrew E. Salas*

*Music Provided By: Wayne Gallegos*

*Gone  
But*



*Never  
Forgotten*



**New Mexico**  
GAS COMPANY®  
AN EMERA COMPANY

## **HELP IS AVAILABLE TO RESIDENTIAL AND SMALL BUSINESS CUSTOMERS**

Residential customers can apply for help through New Mexico Gas Company's

**[HEAT New Mexico program.](#)**

Qualified residential customers will receive a one-time payment of \$150 toward their New Mexico Gas Company bill.

Small business owners can apply online at

**[www.nmgco.com/SmallBusiness/CovidRelief](http://www.nmgco.com/SmallBusiness/CovidRelief)**

Those who qualify will be eligible for a one-time credit of up to \$250.

For more information go to **[nmgco.com](http://nmgco.com)** or reach out to our Call Center at **1-888-664-2726**



Chicanos Por La Causa, Inc.  
**NEW MEXICO**



## **Are You A Senior 60+ In Need Of Utility Assistance?**

TO QUALIFY YOU MUST BE A  
SENIOR 60+ WHO DOES NOT  
EXCEED THE 200% INCOME  
THRESHOLD.



**To learn more and see if  
you qualify Call**

**1-800-432-2080**

## **NEW MEXICO PRESCRIPTION DRUG ASSISTANCE PROGRAM**



**1-800-432-2080**

**There is no age requirement to qualify for our services.**

**Insured ~ under-insured ~ and regardless of immigration status,  
you are eligible to receive assistance from our office.**

The PDA program is one of many programs located at the Aging & Disability Resource Center (ADRC). The ADRC is available to provide free benefits counseling and assistance to all state residents. Assistance through the NM PDA is completely free, and can assist all New Mexicans struggling with prescription drug costs.

## ***Free Legal Helpline for Seniors***

### **Legal Resources for the Elderly Program**

**1-800-876-6657**

The Legal Resources for the Elderly Program (LREP) is a free, statewide helpline for New Mexico residents age 55 and older. The program does not have any income restrictions. LREP is a joint project of the New Mexico State Bar Foundation and the New Mexico Aging and Long-Term Services Department. LREP has been in existence for nearly 30 years.

#### **Transfer on death (TOD) accounts:**

Assets like stocks and bonds can be held this way. The transfer is accomplished when the named beneficiary presents a copy of the death certificate to the company issuing the stock or bond.

#### **Payable on death (POD) accounts:**

An asset like a bank account can be held this way. When the account holder dies, this type of account is paid to the beneficiary when the beneficiary presents a copy of the death certificate to the bank or credit union.

#### **DEBT PROBLEMS/BANKRUPTCY**

**\*EMPLOYMENT ISSUES \* FORCLOSURE**

**\*KINSHIP GUARDIANSHIP**

**\*GRANDPARENT VISITATION \* GUARDIANSHIP**

**\*LANDLORD/TENANT ISSUES**

**\*MEDICAID LONG-TERM CARE \* MEDICARE**

**\* POWER OF ATTORNEY \* PROBATE**

**\* SOCIAL SECURITY DISABILITY**

**\* TRANSFER ON DEATH DEEDS**

**\* GENERAL ESTATE PLANNING.**

**For more information, visit our website at**  
[www.nmbar.org](http://www.nmbar.org)

## ***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.**

## ***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**



## How The American Rescue Plan Will Help New Mexicans with Private Health Insurance Costs



### What you need to know

- The American Rescue Plan gives more people a chance to get low cost or no cost health insurance.
- You have to go to [Healthcare.gov](https://www.healthcare.gov), which is the online health insurance marketplace where you can shop for health insurance plans. It's the only place where you can get financial help from the American Rescue Plan to lower your costs.
- The American Rescue Plan has extra financial help so that health plans are even more affordable for you and your family.

### Free local help is available

- If you want help picking a plan, [beWellnm.com](https://www.beWellnm.com) is New Mexico's local website where you can learn more about your options and get free local help with enrolling in a health plan.
- Call 1-833-862-3935 to find someone in your area who can help you understand your options. If you are ready to enroll now and don't want help, go to [Healthcare.gov](https://www.healthcare.gov) to start your application.

### Don't wait - Act now!

- You have to sign up by August 15th.
- If you're already enrolled in a plan, don't wait to update your account on [Healthcare.gov](https://www.healthcare.gov). Average savings will be about \$50 per person. The sooner you enroll, the sooner you'll save.
- If you're new to [Healthcare.gov](https://www.healthcare.gov), the sooner you sign up, the sooner you'll have health insurance!

## 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. 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. Be aware and stay protected.



**1-800-432-2080**

## Coronavirus Scams Fraud Alert

### Beware of Offers to Test for Coronavirus (COVID-19)

Don't give your Medicare number to anyone over the phone or to door-to-door solicitors offering to test for the Coronavirus/COVID-19.



- Scammers approaching residents of senior housing and assisted living facilities about "opportunities" for COVID-19 testing.
- Robocalls about "special virus kits" and asking for your Medicare number to send a "free" test.
- Emails offering COVID-19 testing services that can be ordered through a telehealth provider

For additional information on healthcare fraud, visit [www.nmaging.state.nm.us](https://www.nmaging.state.nm.us)

# May 2021

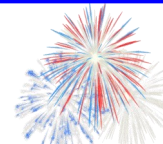
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 	6	7	8
9 	10	11	12	13	14	15 
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31  RSVP CLOSED					

# June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 	15	16	17	18	19
20  Father's Day Summer Begins	21	22	23	24	25	26
27	28	29	30			



# July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 	5 RSVP CLOSED	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Parents Day	26	27	28	29	30	31

## Did You Know

New Mexico has a "Duty to Report" provision in the Adult Protective Services Act (27-7-30) which states: "Any person, or financial institution, having reasonable cause to believe that an incapacitated adult is being abused, neglected or exploited shall immediately report that information to Adult Protective Services." To make a report to Adult Protective Services call **1-866-654-3219**.



## Adult Protective Services

Adult Protective Services in the Aging & Long Term Services Department 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:

**1-866-654-3219**

**505-476-4912**



## 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.**

### Distribution Dates

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

For more information call

**Bertha Flores**  
505-966-2567

**Cindy Lu Cowan**  
505-966-2566



## APPLE WALDORF SALAD

### INGREDIENTS

- 1 cup of red apples diced
- 1 cup of diced green apples diced
- 2 cups chopped iceberg or romaine lettuce
- 1 cup grapes sliced in half
- 1 cup celery chopped
- 1/2 cup walnuts chopped
- 2 tbsps. lemon juice
- 1/4 cup mayonnaise or Greek yogurt

Chop up the lettuce and wash it. While it is drying, wash the apples, grapes, and celery.

Pat the apples dry and dice them into small chunks. You can either remove the skin or keep it on. Normally when I make salads with apples, I always keep the skin on. The skin is a great source of nutrition and it adds a different texture to your salad.

Place the diced apples into a small bowl and add the lemon juice to it. Make sure to thoroughly coat the apples with the juice and set aside.

In a large bowl, add the chopped lettuce and the remainder of the ingredients except the dressing.

Once all of the ingredients are added, stir in the yogurt or mayo. Add salt and pepper if you would like.

Serve on salad plates and Enjoy!



# FEEDING OUR HUNGRY IN TIME OF NEED

## Belen 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\*\***

**Pick Up Your Food Box:**

**Belen Food Pantry**

**201 S 3rd Street**

**Belen, NM 87002**



**ID Required**

**Proof Of Residence**

**Must Be In The Belen School District**



**For Information Call**

**Mid-Rio Grande RSVP**

**505-966-2567**

### **COVID-19 VACCINE REGISTRATION**

**Mid - Rio Grande RSVP  
is currently assisting with Vaccine  
Registrations. If you need assistance  
registering for your Covid-19 Vaccine  
call**

**Bertha Flores                      505-966-2567**

**or**

**Cindy Lu Cowan                  505-966-2566**



### **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.**



Meadow Lake Community Center  
now has

**COMMUNITY WIFI**

We welcome anyone who wishes  
to use wifi from the parking lot  
area.



## **Retired and Senior Volunteer Program RSVP**

**719 S. Main Street Belen**

There are 255 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.

**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.



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/>



*Bertha Flores, Director*  
505-966-2567

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*Cindy Lu Cowan, Assistant*  
505-966-2566

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