

# Retired Senior Volunteer Program RSVP Newsletter

719 S Main Street - Belen, NM



## *2021 Thanksgiving Food Baskets*

Thanks to so many generous donations, we were able to distribute 170 Thanksgiving Food Baskets to families in need. A very special Thank You to:

St Vincent de Paul of Belen, First Presbyterian Church of Belen, Optimist Club of Rio Communities, City of Belen Staff, Joe Saiz, Senator Gregory and Cynthia Baca, Abram and Patsy Torres, Dr. Martin Luther King Jr. Multi-Cultural Commission, Belen Moose Lodge, Belen Area Food Pantry, American Legion Post 81, The Citizens of Valencia County who donated the non-perishable food items to supply the baskets, and Private Donors

We were honored to join together with you to help feed the families of Valencia County for the 2021 holiday season.

## **FOOD INSECURITY IN VALENCIA COUNTY**

Hunger and food insecurity affect people of all ages, races, and genders. Hunger is a year-round problem that affects every community around New Mexico. The COVID-19 pandemic put further strain on households already experiencing food hardship which represents an enormous burden for many children and adults in Valencia County.

As this issue is of great importance, RSVP conducted a Food Insecurity Survey in October and November. This report revealed to us the continued importance of striving to feed the needy in Valencia County. Through these surveys, we learned that 70% of the participants reported:

- \* They found it difficult to access sufficient food to meet their family's needs
- \* They worry that their household would not have enough food
- \* They were not able to eat healthy and nutritious meals
- \* They were unable to eat preferred types of food because of lack of resources
- \* The food in their household is of insufficient quantity and does not last through the month

**Councilor Frank Ortega  
Named  
"Citizen of the Year"**



***Congratulations***

GBCC-Rhona Espinoza (left), Frank Ortega and his wife, Louise (center), GBCC-John Ivey (right)

City Councilor Frank Ortega, a US Marine veteran and former city of Belen fire chief was named Citizen of the Year by the Greater Belen Chamber of Commerce. Mr. Ortega is also a member of the RSVP Advisory Council and is highly involved with the Belen Veterans Memorial. Mr. Ortega said he was greatly humbled by the recognition. Frank also added "I didn't do this all by myself. My wife, Louise has always been there countless nights. Thank you all from the bottom of my heart. This is a new year, and a new city council and we are going to continue growing the city, the chamber, and Valencia County."

*Congratulations Frank Ortega!*

*On behalf of RSVP and the Board Members, we are so incredibly proud of you.*

*Thank You For All You Do!*

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

**1-800-876-6657**

<https://tinyurl.com/2p8yv23>

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. Through its helpline, LREP provides legal advice and brief services to more than 4000 New Mexico seniors annually. Each caller speaks with a trained intake staff member, who collects the necessary contact and demographic information. After completing an intake, each caller who is eligible for the Program speaks to one of LREP's five staff attorneys, each of whom is a highly qualified professional specializing in the legal issues that most affect New Mexico seniors. LREP staff attorneys provide legal advice and brief services in most areas of civil law.

*LREP provides legal advice in both English and Spanish.*

Examples of civil legal areas for which LREP frequently receives calls are:  
debt problems/bankruptcy; employment issues; foreclosure; kinship guardianship; grandparent visitation; guardianship; landlord/tenant issues; Medicaid long-term care; Medicare; powers of attorney; probate; Social Security Disability; transfer on death deeds; and general estate planning.

In addition to its helpline, LREP also offers  
*Legal Workshops statewide and Informational Legal Publications.*





## **2022 Valencia County Senior Olympics Spring Games**

**REGISTRATION DATES: JANUARY 10TH THROUGH FEBRUARY 5TH**

<https://www.loslunasnm.gov/618/Valencia-County-Senior-Olympics>

**GAMES WILL BE HELD AT THE DANIEL FERNANDEZ CENTER & PARK IN  
LOS LUNAS DURING THE MONTHS OF APRIL AND MAY**

### **Games Being Offered:**

**~ Air Hockey ~ Archery ~ Bocce Ball ~ Bowling ~ Corn Hole ~ Cycling  
~ Dance (couples dance and line dance) ~ Field & Track ~ Horseshoes  
~ Pickleball ~ Swimming ~ Table Tennis**

### **FOR MORE INFORMATION CONTACT:**

**BARBARA CAIN**  
**505-385-8907**

**YVONNE MONTOYA**  
**505-459-0352**



## **It's Tax Season Again**

AARP Tax Aide will be returning to the Belen Business Center to assist residents of Valencia County with State and Federal tax preparation and filing. This program will be

**BY APPOINTMENT ONLY**

**February 3rd ~ April 15th 9:00-1:00**

**MAXIMUM 8 PEOPLE ALLOWED IN THE AARP OFFICE AT ONE TIME**

**ALL OTHERS MUST WAIT IN YOUR VEHICLE UNTIL YOU ARE CALLED**

**\* FACE MASKS THAT COVER MOUTH, NOSE, AND CHIN ARE REQUIRED \* MUST WEAR AN APPROVED FACE MASK**

**\* NO BANDANAS \* NO SCARVES**

### **REQUIRED INFORMATION:**

- \* Photo ID for all household members**      **\* Rental Agreement (If Applicable)**
- \* Bank Account Information (Account & Routing Numbers)**      **\* Copy of 2020 Taxes**
- \* W2**      **\* Award Letter (SSA 1099)**      **\* Social Security Cards for all household members**

**For Appointments call Peggy 505-966-6803**

## FEEDING OUR HUNGRY IN TIME OF NEED

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**

FOR MORE  
INFORMATION CALL  
MID-RIO GRANDE RSVP  
**505-966-2567**



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

### Grandparents Raising Grandchildren

Grandparents and relatives who are raising children whose parents are unable to care for them are called "kinship caregivers". If you find yourself in this situation, you may have many questions about your legal rights and resources to help you in this very important role.

### Do you need help getting started?

Contact The Aging & Disability Resource Center. Assistance is provided for elders, persons with disabilities and caregivers in finding services and resources, statewide.

**Toll-Free 1-800-432-2080**  
**Santa Fe 1-505-476-4846**

### *Important Contact Information*

New Mexico Aging &  
Long-Term  
Services Department  
**505-476-4799**

Aging and Disability  
Resource Center  
**1-800-432-2080**  
**505-476-4937**

Adult  
Protective Services  
Intake  
**1-866-654-3219**

Meals On Wheels  
**505-864-2663**



# FREE FOOD FOR SENIORS 60 AND OLDER



## Belen Community Center

(Next to Belen High School)

305 Eagle Lane

Belen, NM

**8:00am -12:00pm**

Household Size	Maximum Monthly Gross Income	Maximum Yearly Gross Income
1	\$1,396	\$16,752
2	\$1,888	\$22,656
3	\$2,379	\$28,548
4	\$2,871	\$34,452

### To Register, Please Bring:

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

### For more Information Call

**Bertha Flores**  
**505-966-2567**

Or

**Cindy Lu Hurbina**  
**505-966-2566**

### Distribution Dates 2022

February 8th	August 9th
March 8th	September 6th
April 12th	October 11th
May 10th	November 8th
June 7th	December 6th
July 12th	



## APRIL 4, 2022 GATHERING FOR PEACE



Due to COVID, the Gathering for Peace Celebration and Remembrance of Dr. Martin Luther King, Jr. has been rescheduled. It will now be on April 4th, 2022 at 6pm in the Belen Public Library Public Meeting Room.

**Join us for the 28th Annual Celebration and Remembrance of  
DR. MARTIN LUTHER KING, JR.**

Candlelight Vigil ~ 6:00 pm

Sponsored by the City of Belen Dr. Martin Luther King, Jr. Multi-Cultural Commission and the State of New Mexico MLK Jr. Commission

## Welcoming New Offices Into Belen Business Center

719 S. Main Street, Belen NM

### COMMUNITY PRESERVATION

The City of Belen has established the Community Preservation Department which is comprised of Permitting, Code Enforcement, Animal Control, Risk Management, and Safety. This department is responsible for identifying and addressing problematic and/or troublesome areas, city code regulation violations and working with the public to reach a resolution that keeps Belen beautiful and safe for our residents and visitors.



For more information call  
Vidal Torres  
Municipal Regulation Specialist  
**505-966-2682**

### EL CAMINO HOUSING AUTHORITY

The purpose of the El Camino Real Housing Authority is to promote, preserve and provide quality affordable housing and related services for low and moderate income families, helping residents improve their lives and ensure a brighter future.



For more information call  
Anthony Valdivia  
Section 8 Counselor  
**575-835-0196 Ext. 2108**

### NEW MEXICO MEDICARE SOLUTIONS

New Mexico Medicare Solutions will help seniors 65 and older find a Medicare Plan that is best for them. Licensed Agents can compare plans in New Mexico to help individuals find the perfect plan that suits their needs.



For more information call  
Grant B. Crawford  
Licensed Insurance Broker  
**505-379-4565**

FACE MASKS  
AND  
TEMPERATURE  
CHECKS WILL BE  
REQUIRED

### TAI CHI AT THE LIBRARY

**Belen Public Library Lecture Hall**  
**333 Becker Avenue**  
**505-966-2600**

BRING YOUR  
WATER BOTTLE

**EVERY THURSDAY MORNING 10 AM TO 11 AM**

Will consist of 15 minutes of gentle stretching exercises,  
10-15 minutes of chair exercises and guided meditation, and  
30 minutes of Tai Chi forms and practice.



*No registration required - parking available at east side of building*

**WHILE GOOD FOR ALL AGES, TAI CHI IS PARTICULARLY WELL SUITED FOR SENIORS**

## RSVP Word Scramble

1. UANANL HNNOLEUC \_\_\_\_\_
2. EDCITROR \_\_\_\_\_
3. LCNVAIEA NCTOYU \_\_\_\_\_
4. EKEYWL DSECNA \_\_\_\_\_
5. RSNEIO LUETVRNOE \_\_\_\_\_
6. IROESN CPYOMLIS \_\_\_\_\_
7. EIEDTRR NOIERS \_\_\_\_\_
8. ELHAHT AFIR \_\_\_\_\_
9. EBLEN ENW XCIMEO \_\_\_\_\_
10. EABRHT \_\_\_\_\_
11. SNOERI NRCETE \_\_\_\_\_
12. PLINGEH SOETRH \_\_\_\_\_
13. EDAULV EESCVIR \_\_\_\_\_
14. MGAINK A FFDECREINE \_\_\_\_\_
15. TIOTEMMCD \_\_\_\_\_
16. SEFSLSLE \_\_\_\_\_
17. OMIHRSE \_\_\_\_\_
18. DBRAO SERMMEB \_\_\_\_\_
19. NIDYC UL \_\_\_\_\_
20. HIYADOL TPARESI \_\_\_\_\_

Solution on page 9

## One Pot Ham & Penne Skillet Recipe



- 1 Tbsp. olive oil
- 1/2 cup chopped yellow onion
- 3 cloves minced garlic
- 3 cups cubed fully cooked ham
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/4 tsp dried oregano
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes
- 3 cups chicken broth
- 2 cups 2% milk
- 1/4 cup flour
- 16 oz. penne noodles, uncooked
- 2 cups frozen peas thawed
- 1/2 cup Parmesan cheese

Place 1 Tbsp. olive oil in a large skillet over medium heat until warm. Sauté ham and onions until onions are translucent. Add garlic, parsley, basil, oregano, pepper and red pepper flakes.

Stir in broth, milk, flour and penne noodles. Bring to a boil, reduce heat and simmer 10-12 minutes, stirring frequently.

Add peas and simmer five more minutes or until pasta is cooked through and peas are warm.




Sprinkle Parmesan cheese on top of pasta.

## Good For A Laugh !




# February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 	3	4	5
6	7	8	9	10	11	12 
13	14 <i>Happy Valentine's Day</i>	15	16	17	18	19
20	21 	22 George Washington's Birthday	23	24	25	26
27	28					



# MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 ASH WEDNESDAY	3	4	5
6	7	8  International Women's Day	9	10	11	12
13 	14	15	16	17 	18	19
20 	21	22	23	24	25	26
27	28	29 Vietnam War Veterans Day	30	31 		





# April 2022

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

## WORD SCRAMBLE SOLUTION

- |                     |                         |
|---------------------|-------------------------|
| 1. Annual Luncheon  | 11. Senior Center       |
| 2. Director         | 12. Helping Others      |
| 3. Valencia County  | 13. Valued Service      |
| 4. Weekly Dances    | 14. Making a Difference |
| 5. Senior Volunteer | 15. Committed           |
| 6. Senior Olympics  | 16. Selfless            |
| 7. Retired Senior   | 17. Heroism             |
| 8. Health Fair      | 18. Board Members       |
| 9. Belen New Mexico | 19. Cindy Lu            |
| 10. Bertha          | 20. Holiday Parties     |



*Happy Birthday*

*Happy Birthday To All*

*Our Volunteers In*

*February, March, & April*





**SPRING**  
*Is in the air*

### 5 WAYS GARDENING BOOSTS SENIOR HEALTH

1. **Gardening Lowers Stress.**
2. **Gardening Increases Serotonin.**  
Serotonin is the chemical in the brain that increases mood and feelings of calmness and peace.
3. **Gardening Boosts Heart Health And Reduces The Risk of Stroke.**  
A study from Stockholm found that regular gardening can reduce the risk of heart attack and stroke by as much as 30% for people over 60. Additionally, being in the sun can increase vitamin D levels, which has also been shown to reduce the risk of heart disease.
4. **Gardening Increases Mobility.**  
Keeping lesser used muscles engaged, gardening has been shown to be a productive way of rebuilding strength and mobility.
5. **Gardening May Boost Brain Health.**  
Studies have found that gardening can reduce the risk of dementia by as much as 36%.

### SAFE GARDENING TIPS FOR SENIORS

1. **Use Potted Plants Or Build Raised Beds.**  
This can help prevent back strain and avoid feelings of dizziness. It is much easier for a senior to move freely without the risk of muscle strain or falling when using raised beds.
2. **Switch Out Traditional Gardening Tools For Lightweight Tools And Buckets.**
3. **Protection From The Sun .**  
Wear sunscreen, and have an umbrella to protect yourself from the dangers of the sun. Bring a water bottle and stay hydrated in the heat.
4. **Have Seating Readily Available.**  
This will give the gardener a place to rest and relax while gardening .

Find us on Facebook at

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

Find us on the City of Belen website at

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

**Bertha Flores**  
**RSVP Director**  
**505-966-2567**

[bertha.flores@belen-nm.gov](mailto:bertha.flores@belen-nm.gov)

**Cindy Lu Hurbina**  
**RSVP Assistant**  
**505-966-2566**

[cindy.cowan@belen-nm.gov](mailto:cindy.cowan@belen-nm.gov)