

# Retired Senior Volunteer Program

## RSVP

## NEWSLETTER

719 S MAIN STREET  
BELEN, NM



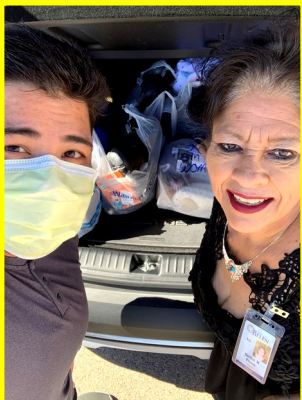
### **Donations Distributed To Valencia County's Veterans And Elderly In Need**

In February, the need for slippers and socks for our veterans and elderly was brought to our attention. Knowing that these men and women in our community lack these essentials is deeply troubling and heartbreaking. When RSVP learned of this, a donation drive was launched for slippers and socks for men and women. The donation drive was met with overwhelming support from Valencia County and the surrounding areas. Because of these donations, we have been able to fill 45 packages of slippers, socks, lap blankets, mittens, toiletries, knitted scarves, and knitted caps. The packages were distributed and received with much love and grateful hearts by our veterans and elderly.

*A Special Thank You to*

♥ Joseph Ortega ♥

Joseph recognized this need and reached out to us. He also takes the time to pick up and distribute all of the donated items.



# *"Operation Never Forget"*

## **MEMORIAL DAY CEREMONY BELEN EAGLE PARK VETERANS MEMORIAL**

**Monday, May 30th  
10:00 a.m. to 12:00 noon**

**MUSIC BY  
WAYNE GALLEGOS**

# **REMEMBER**

### **Master of Ceremonies**

**City Manager  
Andrew Salas**

### **Keynote Speaker**

**Mayor  
Robert Noblin**

### **Guest Speaker**

**Councilor  
Frank Ortega**

**MEMORIAL  
BRICK  
SPECIAL**

**\$30.00**

**MEMORIAL DAY ONLY**

**Refreshments Will Be Served  
After Ceremony**

**Provided By  
RSVP and**

**The Belen Harvey House Museum.**

### **Donation Drive For Veterans**

**RSVP will be  
taking  
donations for  
Slippers and  
Socks for our  
veterans in  
need. Men and  
women size  
large are most  
needed. Drop  
your  
donation off  
at the  
RSVP Table.**

**BELEN  
JROTC**

# Welcome Back Seniors. We Missed You!

AS OF MARCH 14TH, VALENCIA COUNTY SENIOR CENTERS ARE OPEN TO THEIR NORMAL HOURS AND STARTING UP ACTIVITIES LIKE BINGO, POOL, LINE DANCING, LUNCH, AND MORE.

**Come  
Join  
Us!**

## **Belen Senior Center**

**715 S. Main Street, Belen  
505-864-2663**



### **LINE DANCE**

Tuesday  
1:00pm-2:00 pm

### **BINGO**

Monday, Tuesday,  
Thursday & Friday  
10:00am-12:00pm

### **CORNHOLE**

Wednesday  
10:00am-12:00pm

- \* Must Show Proof Of Your Covid Vaccine To Enter The Building
- \* Face Masks Are Required

## **Meadow Lake Community Center**

**100 Cuervo Lane, Los Lunas  
505-865-8824**

Meadow Lake Community Center has FREE  
AT HOME COVID TEST KITS for Meadow  
Lake residents and the surrounding  
communities. Come by today and pick up  
your kit. The center is open  
Monday thru Friday  
9:00 am — 2:30 pm.

## **Del Rio Senior Center Is Now Offering Yoga and Tai-Chi Classes**

As of April 1, 2022 the Del Rio Senior Center offers Yoga and Tai-Chi classes for anyone interested. Del Rio Senior Center is located at 351 Rio Communities Blvd in Rio Communities. If you would like to participate in these classes, or need further information call the Del Rio Senior Center at

**505-864-7500**

## **Bosque Farms Community Center Calendar of Events**

### **SENIOR MEALS**

Monday-Friday  
12:00 pm

### **BEGINNING TAI CHI**

Monday-Wednesday-Friday  
9:00 am

### **LINE DANCE**

Wednesday  
1:00 pm

### **ZUMBA**

Wednesday 6:00 pm  
Saturday 8:00 am

### **YOGA**

Tuesday & Thursday  
9:30 am

### **BINGO**

Thursday  
12:30 pm

**For More Information call  
505-869-5133**

## **Senior Community Service Employment**

SCSEP is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. The program provides community service hours to public and non-profit agencies, allowing them to provide needed services. Participants work an average of 20 hours a week and are paid the highest of federal, state or local minimum wage. Participants must be at least 55, unemployed, and have a family income of no more than 125% of the federal poverty level.

For more information on SCSEP programs in your area call the toll-free help line at  
**1-877-US2-JOBS (1-877-872-5627)**  
or go to the web page at

<https://tinyurl.com/4keuxp6z>

**FREE!**

Valencia County Senior Olympics Presents  
**REACHING FOR THE STARS DANCE EVENT**  
 500 Jubilee Blvd. SW, Los Lunas

***Saturday, May 7th***  
***10 a.m. to 11 a.m.***

**For more information call**  
**505-869-5133**

**SENIOR FARMERS MARKET PROGRAM**



Applications are now available on a

**First-Come First-Serve Basis**

Until June 1, 2022

**BENEFITS WILL BE ISSUED IN JULY 2022**



**Age - 60 years of age or older-non-Native American or  
 55 years of age or older Native American the day of application**

Gross household income must not exceed the following limits:

\$1,986.00 monthly....for a household of .....1  
 \$2,686.00 monthly....for a household of .....2  
 \$3,386.00 monthly....for a household of .....3  
 \$4,086.00 monthly....for a household of .....4  
 \$4,786.00 monthly....for a household of .....5  
 \$5,486.00 monthly....for a household of .....6  
 \$6,186.00 monthly....for a household of .....7  
 \$6,886.00 monthly....for a household of .....8

To print an application visit:

FMNP SENIORS |New Mexico WIC [nmwic.org](http://nmwic.org)

To receive by mail email: [DOH.FMNP@state.nm.us](mailto:DOH.FMNP@state.nm.us)

Or Call

**505-476-8816**

**Come Listen To Music  
 And Join The Fun!**

*Let's Celebrate the*  
**CINCO DE MAYO**

*Seniors 60+ Invited!*

**Valencia County  
 Senior Centers**

**Re-Opening Celebration**

**Tuesday, May 3rd**

**10:00 a.m. to 12:00 p.m.**

**Belen Senior Center**  
 715 S. Main Street, Belen

**Music Provided By**  
**Wayne Gallegos**

**This Is An Outdoor Event**

**Games ~ Prizes ~ Food ~ Music**

**We Are  
Back To Business  
As Usual!**



## BELEN PUBLIC LIBRARY

333 Becker , Belen

**505-966-2600**

Monday - Saturday 10am - 5pm

**NO APPOINTMENT NECESSARY**

No limits on computer times, seating available for reading and laptop use.



### JOB SEARCH ASSISTANCE

#### JobNow

JobNow provides you with practical tools to help you get a job.

#### IN PERSON CLASSES

Our Computer Specialist holds in-person classes to help with your job search.

#### PUBLIC COMPUTERS

We have public computers available at no charge and very low-cost printing. We also have free wi-fi.



If you would like to do research on your vehicle , or do repairs on your own, there is no better source than Chilton Library. You can access Chilton's wealth of information online, it is the go-to for at home mechanics.

### FURTHER YOUR EDUCATION

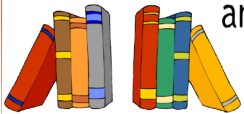
- Obtain your High School Diploma and Career Certification online! For ages 19+.
- Gale Courses provides more than 360 six-week long, online programs taught by college instructors.
- Learn over 100 languages (including English) through listening, speaking, reading, and writing activities. Mobile apps are available for learning on-the-go.

kanopy

With your Belen Public Library card you get access to Kanopy. Kanopy allows you free access to stream movies, documentaries, foreign films, and more. With your card you get 5 free films a month.

### BOOKS ON BECKER

a nonprofit secondhand bookstore where meandering, browsing, and daydreaming are strongly encouraged.



Seven rooms. Comfy chairs. Thousands of books. Great prices.

Hours: Wednesday through Saturday, 12 p.m. to 5 p.m.

Address: 513 Becker Avenue in the Belen Arts District

Phone: 505-785-2835 (during store hours)

Your purchases help fund Library programs and scholarships.

*Come find your treasure!*

### *A Special Thank You*

St. Anthony's Home Healthcare Services offers at home non-medical services.

St. Anthony's Home Healthcare Services has assisted RSVP with blankets, toiletries, and other personal items for the needy in Valencia County. We would like to express our heartfelt gratitude for your generosity and for all you do for this community and the surrounding areas.

# House

All the words are hidden vertically, horizontally, or diagonally—in both directions.

The letters that remain unused form a sentence from left to right.

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

DORMER WINDOW  
DRAINPIPE  
FIRE ESCAPE  
FLOOR  
FOUNDATIONS  
GARAGE  
GUTTER  
HAT RACK  
HOLLOW WALL  
KITCHEN  
OFFICE  
PATIO  
SHUTTER  
SITTING AREA  
STOVE  
STUDIO  
TURRET  
WALL ANCHOR  
WELL  
WINDOWSILL

ARCADE  
BATHROOM  
BEDROOM

BEDSTEAD  
CEILING  
CHIMNEY

COLONNADE  
CORRIDOR  
DOORSTEP

**SOLUTION ON PAGE 11**

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

**There are 246 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.**

**719 S Main Street**

**Belen, NM**



Office of the Governor

**MICHELLE LUJAN GRISHAM**

# **GOVERNOR ENACTS TAX CUTS FOR NEW MEXICO SENIORS, FAMILIES, AND BUSINESSES**

March 8, 2022

## **PRESS RELEASES**

**SANTA FE** – Gov. Michelle Lujan Grisham today signed House Bill 163, legislation that includes many of the governor's priorities intended to keep more money in the pockets of New Mexicans, including exempting social security income from taxation and cutting the state's gross receipts tax rate for the first time in 40 years.

"New Mexicans, like all Americans, are feeling the pressure of rising costs," said Gov. Lujan Grisham. "Coupled with the state's robust current financial situation, there is no reason we shouldn't be taking every action to cut costs for New Mexican seniors, families and businesses – and today, we are doing just that."

House Bill 163 is sponsored by Rep. Christine Chandler, Rep. Javier Martínez, Rep. Micaela Lara Cadena, Sen. Peter Wirth, and Sen. Michael Padilla.

The bill eliminates taxation on social security, saving New Mexico seniors over \$84 million next year. The bill includes a cap for exemption eligibility of \$100,000 for single filers and \$150,000 for married couples filing jointly.

In addition, House Bill 163 cuts the state's gross receipts tax rate by an eighth of a percent starting July 1, 2022, and ramps up to a quarter-percent reduction on July 1, 2023, saving New Mexico businesses and consumers nearly \$200 million when fully implemented.

In all, the bill is expected to provide about \$400 million of recurring tax relief benefitting all New Mexicans.

House Bill 163 also includes:

- A new refundable child tax credit of up to \$175 per child, which will save New Mexico families \$74 million annually.
- A one-time, refundable income tax rebate of \$500 for married couples filing joint returns with incomes under \$150,000, and \$250 for single filers with income under \$75,000, which will save New Mexicans about \$312 million.
- A three-year income tax exemption for armed forces retirees, starting at \$10,000 of military retirement income in 2022 and rising to \$30,000 of retirement income in tax year 2024.
- A one-time \$1,000 refundable income tax credit for tax year 2022 for full-time hospital nurses.
- An extension of the solar market tax credit, worth 10% of the purchase and installation cost of a solar power system.
- An end to the so-called "tampon tax" by creating a gross receipts tax deduction for feminine hygiene products.
- A new gross receipts tax deduction for certain professional services sold to manufacturers, which will help reduce tax "pyramiding" by about \$5 million per year and make New Mexico businesses more competitive.

"This tax package is about making a difference for every community in New Mexico," said Rep. Christine Chandler. "We are putting more money back into the pockets of families with the Child Income Tax Credit, protecting the financial stability of our retired veterans and our low and middle-income senior citizens by cutting or eliminating their state income tax, and boosting our local businesses and attracting investment by cutting the gross receipts tax."

"New Mexico is leading the way with innovative tax policies that support our working families," said House Majority Leader Javier Martínez. "Our Child Income Tax Credit will make it easier for struggling families to make ends meet in every community across the state."






"New Mexico's Child Income Tax Credit will provide much needed relief to hardworking parents doing their best to raise their children in these trying times," said Rep. Micaela Lara Cadena.

"This legislation provides much needed tax relief for New Mexico families, seniors, nurses and veterans. It reduces the gross receipts tax for the first time in forty years, a critical first step towards the comprehensive tax reform New Mexico needs," said Senate Majority Leader Peter Wirth. "I appreciate the bipartisan work on this tax package and thank Governor Lujan Grisham for signing it into law today."


"The elimination of income tax on Social Security in New Mexico is going to benefit retirees, the many children being fostered by their grandparents, and New Mexico's middle class," said Sen. Michael Padilla. "This effort has been a long time coming and I would like to recognize Governor Lujan Grisham for making it a priority for the session and signing it into law today."

"Social Security tax relief is a matter of fairness for middle-income retirees and it is an investment in the financial security of New Mexicans for years to come," said Joseph P. Sánchez, AARP New Mexico State Director. "AARP has long fought to lessen the burden of state tax on Social Security beneficiaries, and this bill is a giant step forward. AARP commends Gov. Michelle Lujan Grisham and our elected officials for taking advantage of this historic opportunity and providing New Mexico's retirees with some much-needed financial relief."




# MAY 2022

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  RSVP CLOSED	31				

# JUNE 2022

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  FATHER'S DAY	20 	21	22	23	24	25
26	27	28	29	30		

# July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 <small>RSVP CLOSED</small> 	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						

**HAPPY  
BIRTHDAY**  
*To All Our  
Volunteers in  
May, June, & July*



**Good For  
A Laugh !**

© Raychel Backland 2017



**Yes I'm  
skilled...**  
**It takes  
real skill to  
trip up  
the stairs,  
fall over  
nothing and  
choke on  
thin air.**





# New Mexico Senior Olympics

Ernesto Ramos State Summer Games – Las Cruces NM

**June 8-11th, 2022**

**41st Annual State Summer Games**

**50+ Seniors still  
got GAME!**

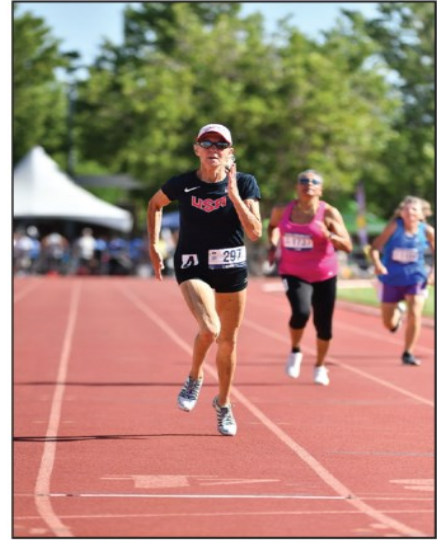
**Limited Menu of Events due to COVID-19 • 18 Sports will be offered**

Largest multi-sport event for Seniors 50+  
Athletes compete in 5-year age divisions  
50-54, 55-59, 60-64.... 95+

**Open registration - no pre-qualifying required**  
**Online registration now open**

\$60 registration entry fee for 1-5 sports  
Campus housing and dining will be available

'22 Summer Games is a qualifying event for the  
'23 National Senior Games scheduled for Pittsburgh, PA.



**Visit [www.nmseniorolympics.org](http://www.nmseniorolympics.org) for Game Schedule**

**1-888-623-6676**



## New Mexico 44TH Annual Conference on Aging

September 6-8, 2022

[altsd.coa@state.nm.us](mailto:altsd.coa@state.nm.us)

**1-800-432-2080**



Tuesday September 6, 2022	Wednesday September 7, 2022	Thursday September 8, 2022
AND TIPS Training	8:30 am–10:30 am Plenary Session	8:30 am–10:30 am Plenary Session
	11:00 am–12:00 pm Workshops	11:00 am–12:00 pm Workshops
	12:00 pm–1:00 pm Lunch Presentation	12:00 pm–1:00 pm Lunch Presentation
	1:00 pm–2:00 pm Workshops	1:00 pm–2:00 pm Workshops
	2:00 pm–4:00 pm Training Opportunities	2:00 pm–4:00 pm Training Opportunities



## PERFECT SUMMER FRUIT SALAD

### INGREDIENTS:

- |                                 |  |
|---------------------------------|--|
| 2/3 cup fresh orange juice      | 2 cups strawberries, hulled and sliced |
| 1/3 cup fresh lemon juice       | 3 kiwi, peeled and sliced              |
| 1/3 cup packed brown sugar      | 3 bananas, sliced                      |
| 1/2 teaspoon grated orange zest | 2 oranges, peeled and sectioned        |
| 1 teaspoon vanilla extract      | 1 cup seedless grapes                  |
| 2 cups cubed fresh              | 2 cups blueberries                     |

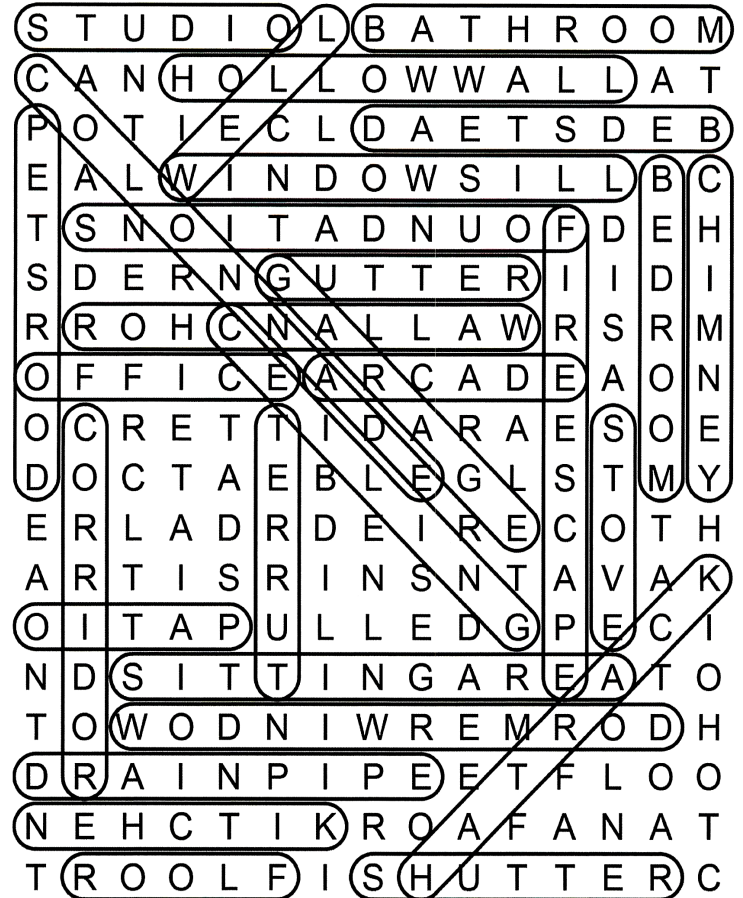
### STEP 1

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened (about 5 minutes). Remove from heat and stir in vanilla extract. Set aside to cool.

### STEP 2

Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi, bananas, oranges, grapes, blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3-4 hours before serving.

## Solution: House



**\*\*AN ATTIC LADDER IS A RETRACTABLE LADDER THAT IS INSTALLED INTO THE FLOOR OF AN ATTIC**

## FEEDING THE HUNGRY IN TIME OF NEED

**BELEN AREA FOOD PANTRY IS DISTRIBUTING FOOD BOXES TO FAMILIES IN NEED**



**TUESDAYS AND THURSDAYS**

**8:00 am – 11:00 am**

**LIMITED to 72 BOXES PER DAY**

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

**FOR MORE INFORMATION CALL  
MID-RIO GRANDE RSVP**

**505-966-2567**

# 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
- Proof of 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**

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

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)