

RETIRED SENIOR VOLUNTEER PROGRAM RSVP NEWSLETTER

719 S. Main Street
Belen, NM



Memorial Day Celebration Success!

Belen Eagle Park Veterans Memorial
305 Eagle Lane
Belen, NM 87002

505 - 236 - 3618

| MEMORIAL BRICKS | | |
|--------------------------------------|---|--|
| CHRIS LUCERO ANG 1968-1979 | RICHARD MARTEL USAF SMSGT 1981-2011 | JOSE RAMON BACA ARMY CPL 1951-1954 |
| DON R WOOD NAVY ET-1 1973-1993 | ELSO F PADILLA ARMY PFC 1952-1954 | |

\$40.00

**PICK UP A BRICK APPLICATION
AT THE RSVP OFFICE IN BELEN**



Thanksgiving Food Basket Applications



The Retired Senior Volunteer Program (RSVP) will be taking applications to help those in need with a Thanksgiving Day Food Basket.

September 30th - November 10th

Monday - Friday 8:00 - 12:00 & 1:00 - 5:00

Must be in the Belen School District

Must provide the following documents:

- * **Proof of Income for entire household**
- * **Proof of Residence**
- * **ID**
- * **Birth Certificate or Medicaid Card for each child in household**

If you would like to make a donation to fill Thanksgiving Baskets for families in need, please bring your non-perishable goods to:

FOR MORE INFORMATION CALL:
BERTHA FLORES
505-966-2567

RSVP Office
719 S Main Street
Belen

***LIMITED TO
THE NUMBER OF
BASKETS
AVAILABLE**

~ Thank You For Your Generosity ~

A SPECIAL THANK YOU TO

Valencia

Flying and Retrieval Society

FOR DONATING TO THE BELEN VETERANS MEMORIAL AND THE BACKPACK FUND. THANK YOU FOR YOUR CONTINUED SUPPORT FOR THE COMMUNITY. OUR GRATITUDE IS SURPASSED BY THE JOY AND DIFFERENCE YOU MAKE IN THE LIVES OF THE FAMILIES IN VALENCIA COUNTY.

RSVP WOULD LIKE TO SEND OUT A HEARTFELT
THANK YOU TO

**BELEN LOYAL ORDER OF
THE MOOSE LODGE #1680**

FOR THEIR GENEROUS DONATION TO THE VALENCIA COUNTY OLDER AMERICANS PROGRAM AND RSVP. YOUR KINDNESS AND LOVING SUPPORT FOR THE NEEDY IN VALENCIA COUNTY IS GREATLY APPRECIATED.

RIDE THE RAIL RUNNER

Dining Restaurants and breweries in walking distance of the Santa Fe Depot Train Station to include:

- Tomasita's
- Second Street Brewery
- Boxcar
- Cowgirl

Shopping

- Railyard shops and galleries
- Shops along Guadalupe St
- Santa Fe Plaza
- Shops and galleries on Canyon Road

Entertainment

- Violet Crown Cinema (in the Railyard)
- Santa Fe Cinema 6 (on Cerrillos Rd)

Museums

- New Mexico Museum of Art*
- New Mexico History Museum/Palace of the Governors*
- Museum of Indian Arts & Culture*
- Museum of International Folk Art*
- Museum of Contemporary Native Arts**
- El Museo Cultural de Santa Fe

Outdoor Activities Railyard Park and Santa Fe Rail Trail

Albuquerque

Dining Restaurants and breweries near the Downtown ABQ Train Station, Old Town, and Nob Hill

Shopping

- Nob Hill District
- Old Town

Museums

- Downtown Arts & Cultural District
- New Mexico Museum of Natural History & Science
- Albuquerque Museum***
- iExplora!****

Outdoor Activities ABQ BioPark Zoo and Botanical Gardens

Belen

- Belen Arts District
- The Harvey House Museum
- Pete's Cafe

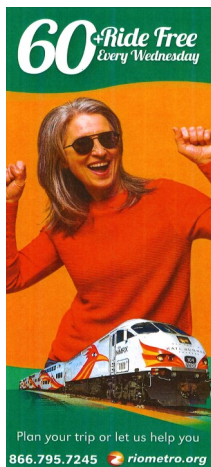
How it Works

- Show the onboard ticket agent your valid photo ID (must contain your birth date).
- Planning on making a connection to an ABQ Ride, Santa Fe Trails or Rio Metro bus? Ask your ticket agent to print out a free bus transfer slip.
- Call Customer Service for help with trip planning.
Tel: 866-795-7245, Mon-Fri, 5a-10:30p | Sat-Sun 8a-4p

* Free admission on Wednesdays for New Mexico residents 60+ with ID

** Half price admission for Seniors 62+

*** Free general admission on the first Wednesday of each month (except during Balloon Fiesta)



Del Rio Senior Center

351 Rio Communities Blvd., Rio Communities

505-864-7500

Tai-Chi Classes

Every Wednesday

9:30 a.m. - 10:00 a.m.

Yoga

Every Wednesday

10:15 a.m. - 11:00 a.m.

Kelly Brown Medicare Representative will be at Del Rio Senior Center to help Seniors with any questions, Every first Monday of each month.

10:00 a.m. - 12:30 p.m.

Bosque Farms Community Center

950 North Bosque Loop, Bosque Farms

Arts & Crafts Fair
Saturday, August 6th
9 am to 3 pm

| ZUMBA | TAI CHI | YOGA | BINGO |
|--------------------|------------|----------------------|----------|
| Monday & Wednesday | 9:00 am | 9:30 am | 12:30 pm |
| 6:00 pm | Mondays | Tuesdays & Thursdays | Thursday |
| Saturday | Wednesdays | | |
| 8:00 am | Fridays | | |

505-869-5133

Meadow Lake Community Center

100 Cuervo Lane, Los Lunas

Community Food Box Distribution

Food Boxes To Seniors Of Our Community

For Information on Dates and Times of Distribution, Call:

505-865-8824

Fred Luna

Multi-Generational Center

197 Don Pasqual Rd., Los Lunas

NOW OFFERING

BINGO * POOL * CERAMICS * SEWING * TAI-CHI

For Information on dates and times, please Call:

505-839-3853



Belen Senior Center
715 S Main Street
Belen

Del Rio Senior Center
351 Rio Communities Blvd.
Rio Communities

MONDAY, TUESDAY,
THURSDAY, AND FRIDAY
10:00 AM - 12:00 PM

RETURNING TO DINE IN ONLY

Belen Senior Center

Meadow Lake Community Center

Bosque Farms Community Center

HAVE RETURNED TO DINE IN ONLY MEALS.

The following sites will still offer grab and go meals in addition to dine in services:

LOS LUNAS SENIOR CENTER

DEL RIO SENIOR CENTER

however, these sites will operate grab and go meals on

RESERVATIONS OF MEALS ONLY

Reservations must be made 24 hours in advance. If you do not reserve a grab and go meal, you will have to go inside to dine.

NO CHANGES TO HOME DELIVERED MEALS

RESERVATION NUMBERS:

DEL RIO 505-864-7500

LOS LUNAS 505-839-3853

VALENCIA COUNTY FAIR **August 21st-28th 2022**

SENIOR DAY: August 28th

10:00 am - 1:00 pm

Valencia County
Senior Olympic
Dancers
10:00-11:00



Cornhole
11:00-1:00

Ralph
Miramontes
Band
11:00-1:00

The 2022 Our Lady of Belen Fiesta *August 19th-21st*

This year's OLB Fiesta will bring a car show, parade, chile contest, carnival, and the Burning of Old Man Quejas.

Featuring the best entertainment in New Mexico: Severo y Grupo Fuego - Peter Vigil and the All Star Band, Suavecito - Impression - Ralph Miramontes Top Notch - Cisne Dance Group, and much more.

For information call
505-864-8043



SENIOR DAY AT THE STATE FAIR

Monday, September 12, 2022

RSVP and the Belen Senior Center will be providing a bus ride to those who wish to attend the New Mexico State Fair on September 12th. If you wish to participate, call

Bertha Flores at **505-966-2567** to reserve your seat.

Seats on the bus are limited!

MUST BE AT THE BELEN SENIOR CENTER BY 8:00 A.M. TO RIDE THE BUS.



Senior Olympians Out Being Active Again. **Playing Cornhole**

The Valencia County Senior Olympians get together for cornhole every Tuesday through Thursday starting at 9:30 a.m. The competitors are members of the Valencia County Senior Olympics, and they play cornhole, sometimes three times a week.

Helen Abeyta, a coordinator for the VCSO said "We'd love for people over 50 to join us and get in some exercise. The pandemic was hard on us, but we're back out here now, and I want to make it my work now to get people out here and be active. We want people to know that we're out here."

Seniors play cornhole at the Belen Senior Center every Tuesday and Thursday, and at Daniel Fernandez Park in Los Lunas every Wednesday.

Social Security Recipients Could Get an 8.9% Raise Next Year

Social Security recipients are likely to get the biggest boost to their monthly checks since 1981. Social Security monthly payments are expected to increase by 8.9% next year, according to a new estimate of the 2023 cost-of-living adjustment (COLA).

The increase was in large part due to the soaring costs of gas, groceries and vehicles.

The Social Security Administration will announce the COLA in October, reflecting the most recent inflation numbers, and the increased payments would take effect in January 2023.

~ In Recognition ~

RSVP

Would like to Recognize

AARP
Tax-Aide™

AARP Tax-Aide volunteers give their time and service to help with tax preparation and filing for seniors and residents of Valencia County. This year AARP Tax-Aide prepared and filed 250 taxes in the Belen location.

Thank you for your time and services,
You are appreciated for all you do!

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is around the corner—October 15th through December 7th. For most people, it's the one time of year that you can change your Medicare coverage. If you are in a Medicare health or prescription drug plan, you should always review the materials your plans send you, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. Also, your health needs may have changed. Now is the time to compare all your Medicare health and drug plan choices.

Medicare Savings Programs: Medicare Savings Programs help you to pay for some of your Medicare costs related to health care (but not prescriptions). • The Qualified Medicare Beneficiary program - QMB helps pay for your Parts A and B annual deductibles, Part A and B premiums, and other copayments you may have at the doctor/ hospital. • The Specified Low-Income Medicare Beneficiary program - SLMB pays for your monthly Part B premium. • The Qualified Individual program - QI pays for your monthly Part B premium. • The Qualified Disabled and Working Individual program – QDWI is for people with Medicare who are under age 65, disabled, and do not qualify for free Medicare Part A because they returned to work. QDWI pays for Medicare Part A premiums. Even if you do not receive other types of Medicaid, you may be able to get help from a Medicare Savings Program.

Contact the Aging & Disability Resource Center (ADRC) to schedule a fall open enrollment appointment with a New Mexico SHIP (State Health Insurance Assistance Program) counselor today!

1-800-432-2080

Live web chat at: www.nmaging.state.nm.us

New Mexico Aging & Long-Term Services Department Aging & Disability Resource Center
2550 Cerrillos Road Santa Fe, NM 87505

Residential Accessibility Modification Program R.A.M.P.

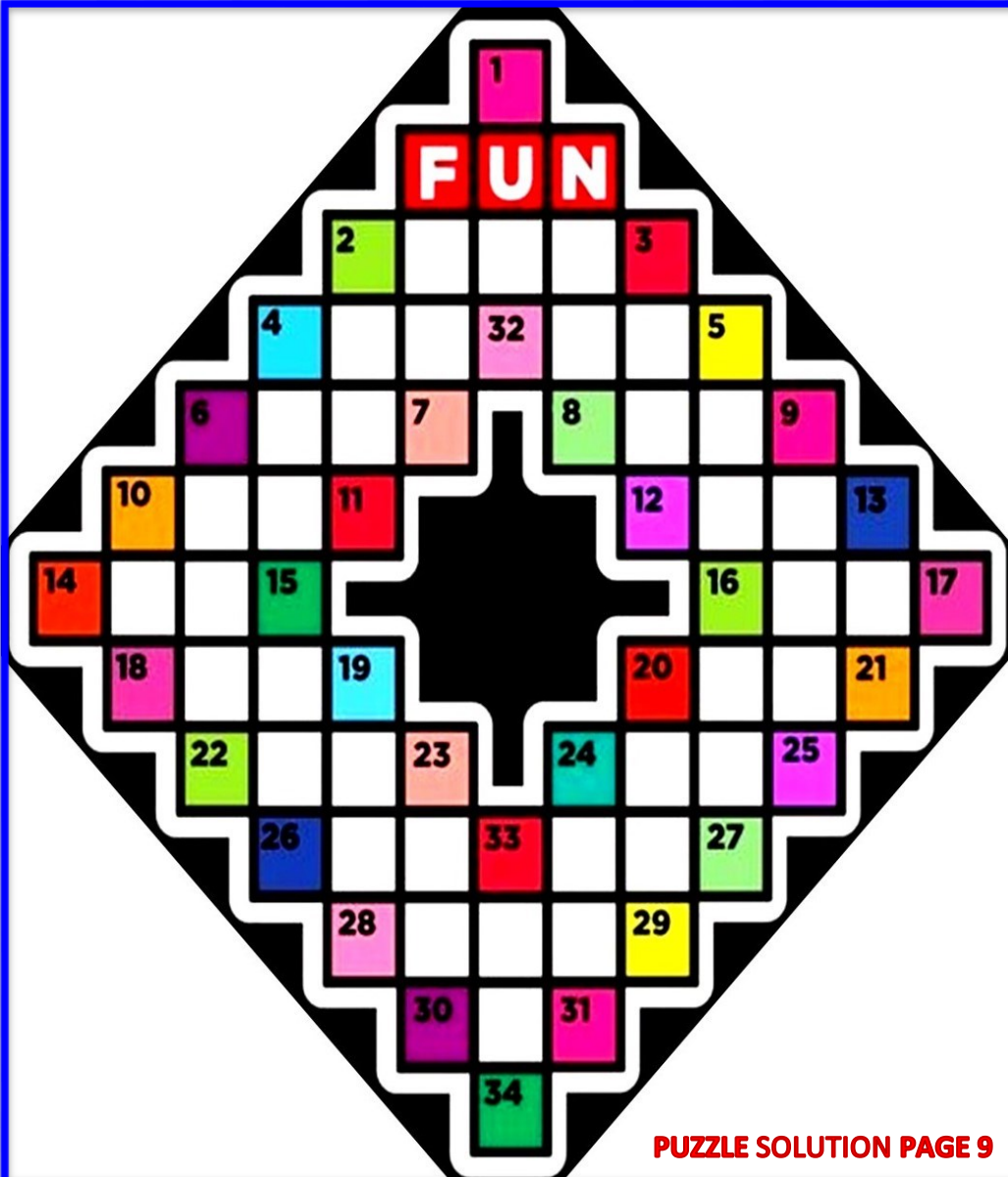
RAMP is a State funded program that will help improve the quality of lives for individuals with physical disabilities by making improvements to their current housing situation.



Eligibility Requirements

- * Must be a citizen of the United States of America
- * Must be a resident of New Mexico for at least six (6) months
- * Must have a physical disability documented by receipt of Social Security Disability Benefits (SSI or SSDI) or a statement from a physician
- * Must have applied for all other appropriate and available residential modification community resources leaving the RAMP as the "payer of last resort"
- * Taxable or reportable income must be within 250% of the most current Federal Poverty Income Eligibility Guidelines for Medicaid and Children's Health Insurance Program (CHIP)

For more information please contact the RAMP Project Manager:
491 Old Santa Fe Trail
Santa Fe, NM 87501-2753
Phone: 505-476-0412
877-696-1470



PUZZLE SOLUTION PAGE 9

- 2-3. What bargain hunters enjoy.
 4-5. A written acknowledgment.
 6-7. Such and nothing more.
 10-11. A bird.
 14-15. Opposed to less.
 18-19. What this puzzle is.
 22-23. An animal of prey.
 26-27. The close of a day.
 28-29. To elude.
 30-31. The plural of is.
 8-9. To cultivate.
 12-13. A bar of wood or iron.
 16-17. What artists learn to do.
 20-21. Fastened.
 24-25. Found on the seashore.
 10-18. The fibre of the gomuti palm.
 6-22. What we all should be.
 4-26. A day dream.
 2-11. A talon.
 19-28. A pigeon.
 F-7. Part of your head.
 23-30. A river in Russia.
 1-32. To govern.
 33-34. An aromatic plant.
 N-8. A fist.
 24-31. To agree with.
 3-12. Part of a ship.
 20-29. One.
 5-27. Exchanging.
 9-25. To sink in mud.
 13-21. A boy.

Medical Transportation



Triple D
MEDICAL TRANSPORT

**Contracted with Medicaid and Third Party
Administrators
State of New Mexico
LogistiCare
Molina Healthcare**

**Schedule Your Ride Now
505-881-7433**

Let us help you get where you need to be!



Report Neglect/Abuse/ Exploitation



If you need to report the abuse, neglect, or
exploitation of an adult or senior

**Call
Adult Protective Services (APS)
1-800-654-3219
Statewide**

You can also make a report to APS by submitting a
report online using APS intake.

<https://nmasing.state.nm.us/>

August 2022



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-------------------------------------|-----------|-----------|--|---|-----------|
| | 1 | 2 | 3 | 4  | 5 | 6 |
| 7  | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 FEAST OF ASSUMPTION | 16 | 17 | 18 | 19 | 20 |
| 21 NATIONAL SENIOR CITIZENS DAY | 22 | 23 | 24 | 25 | 26  | 27 |
| 28 | 29 | 30 | 31 | | | |

September 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|-----|--|-------------------|--|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5  RSVP CLOSED | 6 | 7 | 8 | 9 | 10 |
| 11  Patriot Day | 12 | 13 | 14 | 15 | 16  | 17 |
| 18 | 19 | 20 | 21 • WORLD •  — DAY — | 22 FALL BEGINS | 23 | 24 |
| 25 ROSH HASHANAH BEGINS AT SUNSET | 26 | 27 | 28 | 29 | 30 | |

OCTOBER 2022

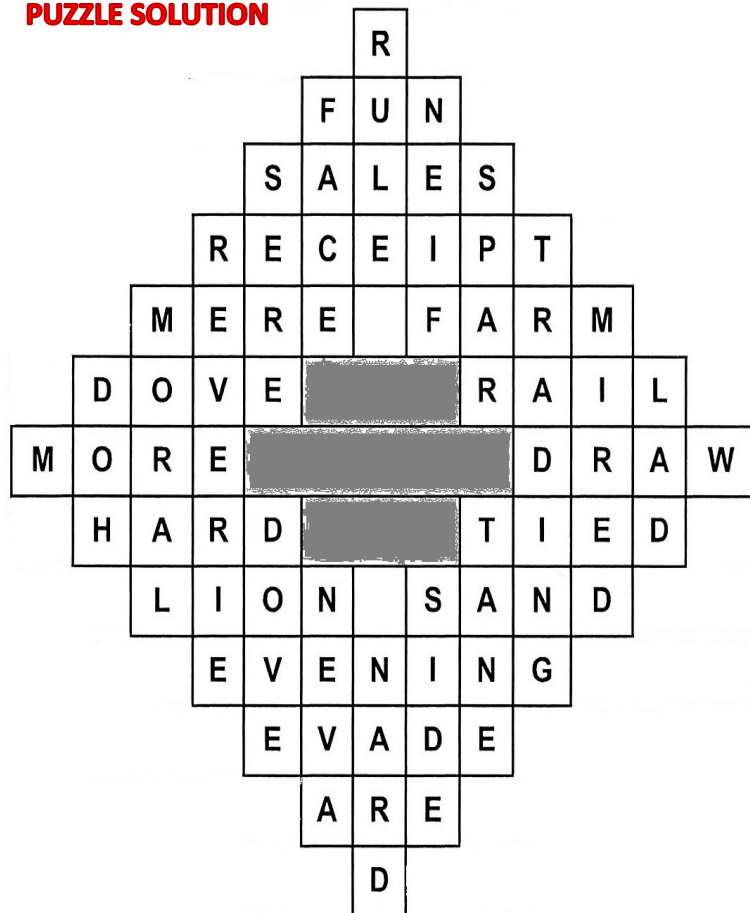
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|-------------------------------------|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 YOM KIPPUR BEGINS AT SUNSET | 5 | 6 | 7 | 8 |
| 9 SUKKOT BEGINS AT SUNSET | 10  INDIGENOUS PEOPLES DAY RSVP CLOSED | 11 | 12 | 13 | 14 | 15 |
| 16  HAPPY BOSS DAY! | 17 | 18 | 19 | 20 | 21 | 22 |
| 23  Happy Mother-In-Law Day | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 HAPPY HALLOWEEN | | | | | |

**HAPPY
BIRTHDAY
TO ALL OUR
VOLUNTEERS
IN AUGUST,
SEPTEMBER,
&
OCTOBER!**



HAPPY BIRTHDAY

PUZZLE SOLUTION



Easy Marry Me Chicken

Ingredients

- | | |
|------------------------------------|--------------------------------------|
| 1 tablespoon olive oil | 3-4 chicken breasts (about 1 ½ lbs.) |
| 1 teaspoon salt | 1 teaspoon pepper |
| 3 cloves garlic, minced | 1 teaspoon dried thyme |
| ½ teaspoon dried oregano | 1/2 teaspoon red pepper flakes |
| ¾ cup low sodium chicken broth | 1/2 cup heavy cream |
| 1/2 cup sundried tomatoes, chopped | 1/4 cup fresh-grated parmesan cheese |

Instructions

1. Preheat your oven to 375F degrees.
2. In a large cast iron skillet (or oven-safe skillet) heat oil over medium heat.
3. Season both sides of the chicken with salt and pepper.
4. Sear both sides of the chicken, about 5 minutes per side. Transfer chicken to a plate; set aside.
5. Add the minced garlic to the hot skillet and cook for 1 minute. Add the thyme, oregano, red pepper flakes, chicken broth, and heavy cream. Cook for 5 minutes, stirring often.
6. Stir in sun dried tomatoes and parmesan cheese
7. Return the cooked chicken to skillet and spoon the sauce over the chicken.
8. Bake for 18-20 minutes or until the chicken is cooked through.
9. Serve warm with your favorite sides.

Note: Use a cast iron skillet or other oven safe skillet to make this recipe, so that you can finish it in the oven.



New Mexico 44TH Annual Conference on Aging

September 6-8, 2022

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 |

Good For A Laugh!



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

August 9th November 8th
September 6th December 6th
October 11th

6 STEPS TO PREVENT A FALL

1. Find a good balance and exercise program- Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals.
2. Talk to your health care provider- Ask for an assessment of your risk of falling, and share your history of recent falls.
3. Review your medications with your doctor- Make sure side effects aren't increasing your risk of falling, and take medications as prescribed.
4. Get your vision and hearing checked annually- Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe- Remove hazards, increase lighting, make stairs safe, and install grab bars to key areas.
6. Talk to your family members- Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Albuquerque International Balloon Fiesta

October 1-9 2022
FOR 9 DAYS



**The Albuquerque International
Balloon Fiesta creates an
enchanted world of special shape
balloon rodeos, twilight balloon
glows, and vibrant balloon-filled
skies.**

855-725-1824

To purchase tickets online:
<https://balloonfiesta.com/Purchase-Tickets>

SCAM ALERTS

As awareness about the impact of the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they often target these more vulnerable populations.

What scams target senior citizens?

- Identity Theft
- Health Care and Health Insurance Fraud
- Telemarketing Fraud
- Internet Scams
- Sweepstakes Scams

The Senior Medicare Patrol (SMP) programs which help Medicare and Medicaid beneficiaries avoid, detect, and prevent health care fraud.

Call for assistance at **1-800-432-2080**

SIGN UP FOR TEXT AND/OR E-MAIL ALERTS ONLINE AT

<https://altsd.nm.gov/protecting-adults/avoiding-scams-fraud>

Retired and Senior Volunteer Program RSVP

**719 S. Main Street
Belen**

THERE ARE 244 SENIORS VOLUNTEERING IN 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.

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

Bertha Flores 505-966-2567

or

Cindy Lu Hurbina 505-966-2566

BELEN AREA FOOD PANTRY IS MOVING TO A NEW LOCATION



Belen Area Food Pantry will be moving temporarily to

116 S. 6th Street , Belen

(Old Fire Station across from Belen Police Department)

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

505-966-2567

**Food Pantry
will be
closed until
move is
complete.**

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

Cindy Lu Hurbina
RSVP Assistant
505-966-2566

cindy.cowan@belen-nm.gov