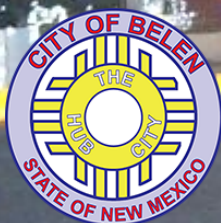


# Mid-Rio Grande Retired & Senior Volunteer Program

## RSVP NEWSLETTER



### RSVP Welcomed Federal and Regional Corporation for National and Community Services (CNCS)

RSVP welcomed federal and regional CNCS officials to the RSVP office on Tuesday, August 16<sup>th</sup> for a meeting to discuss RSVP activities and plans for the future.

Participants in the meeting were, left to right:

Jim Rickey- RSVP Advisory Council, Bertha Flores- RSVP Director, Wayne Gallegos- RSVP Advisory Council, Linda Duree- RSVP Advisory Council, Kathleen Pickering- Belen Library Director, Cindy Lu Hurbina- RSVP Assistant, Atalaya Sergi- National Director, CNCS AmeriCorps Seniors Bryant Abbott- CNCS Regional Portfolio Manager, Zanquetta Gray- CNCS Regional Senior Portfolio Manager

### AARP FRAUD WATCH NETWORK'S 5 WAYS TO STAY SAFE

► **Never use P2P transfer apps when engaging with strangers or businesses.** For purchases or other transactions, you have much more protection if you use a credit card.

► **If someone insists on being paid with Zelle, CashApp or Venmo, walk away.** The odds are too high that it's a scam.

► **Link the app you are using to a credit card rather than a bank account for more built-in protection.** And be sure to pay off the credit card on time to avoid paying interest.

► **Don't click on links sent to you via text or email with a request to update your P2P account information.** These are often sent by scammers.

► **If you do think you've been cheated, always go directly to the app's website to reach customer service.** If you do a generic web search for a company's customer service department, fake sites built by crooks often will show up among the results—and you could get hit by a whole other scam.



*Fun At The Fair*



**Senior  
Day**



**Valencia  
County  
Fair**



*Quilts of Grace Volunteer Diane Bonnet*

## Quilts of Grace Donations For Students Of Uvalde, TX



Quilts of Grace from the Jarales Sewing Circle have been making quilts to donate to the students of Uvalde, Texas. There are 800 students that need a quilt, and quilts will also be donated to the teachers, school staff, hospital staff, and first responders.

*Thank you for all your hard work.  
Your loving kindness is much appreciated!*



*Quilts of Grace Volunteers Elaine Aragon and Vangie Aragon*

## THANKSGIVING FOOD BASKET APPLICATIONS

**September 30th - November 10th**

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

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

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

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

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



**Come Join The Fun  
and Win A Turkey!**

**MONDAY  
NOVEMBER 7TH**

**1:00p.m. - 3:00 p.m.**

**BELEN SENIOR CENTER  
715 S MAIN STREET, BELEN  
505-864-2663**

# Annual Food Drive

**Help Us Collect Non-Perishable Food Items for  
Our Community. Donations Will Go To The  
Annual Distribution of Food Baskets to Needy  
Families for  
Thanksgiving and Christmas Seasons**

**YOU CAN HELP  
FIGHT HUNGER!**

**Please Bring Your Donations To:**

**Mid-Rio Grande RSVP Office  
(Next to Belen Senior Center)  
719 S Main Street, Belen**

**For More Information Please Call:**

<b>Bertha Flores</b>	<b>505-966-2567</b>
<b>Cindy Lu Hurbina</b>	<b>505-966-2566</b>



# Food Boxes For Seniors & Community Food Boxes

2nd Friday Of Every Month  
4th Friday Of Every Month

**MEADOW LAKE COMMUNITY CENTER  
100 CUERRO LANE, LOS LUNAS**

**12:30pm – 1:00pm**

**FOR MORE INFORMATION CALL  
505-865-8824**

## Meal Programs

Congregate and Home Delivered Meal programs are offered in most areas of Valencia County, based on available funding and in accordance with program requirements. Meals are provided once a day, five days a week.

**Congregate Meals** are served in a congregate setting, such as a senior center or community center. Congregate meal programs give seniors the opportunity to socialize with others and engage in daily activities.

**Home Delivered Meals** are delivered to clients who are homebound and unable to prepare their own meals and have no caregiver at home to prepare meals for them.

**For more information call  
505-864-2663**

## Help at Home

In home and community-based services that allow older individuals to remain in their home and receive supportive services. To find out about in-home services such as those funded through Medicaid or Veterans services, please call

New Mexico Aging & Long Term Services at

**1-800-432-2080**



NEW MEXICO  
AGING &  
LONG-TERM  
SERVICES  
DEPARTMENT

# Del Rio Senior Center

351 Rio Communities Blvd.,

Rio Communities

505-864-7500



**Every Day**

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



**Indoor Flea Market  
First Friday of Every Month  
8:30 a.m. - 12:00 p.m.**



**TAI CHI EXERCISES**

**Every Wednesday  
9:30 a.m. - 10:00 a.m.**

## YOGA Classes



**Every Tuesday  
at 8:30 a.m.**



**JANUARY 28, 2023  
8:00 a.m. - 2:00 p.m.  
Eagle Park in Belen  
\$20 per person**

**Shuttle Bus Service  
Offered**

**Live  
Music!**

**Food!**

**FREE PARKING**

## **Belen Area Food Pantry Relocates To City's Old Fire Station**



*Belen Area Food Pantry president Joe Portio, (right), and long-time pantry volunteer Tom Bradley (left)*

**TUESDAYS  
AND  
THURSDAYS**  
**8:00 – 11:00**  
**LIMITED to  
72 BOXES  
PER DAY**

The Belen Area Food Pantry has moved to a temporary location on South Sixth Street. In July 2021, the pantry's board of directors was told it needed to vacate the building it has occupied for several years on South Third Street. Joe Portio, the president of the BAFP, said the pantry worked with the City of Belen to get a lease in place and relocated the food pantry into the city's old fire station at

**116 S. Sixth Street, Belen**

The plan is to be in the old fire station for 12 to 18 months, Portio said, then the pantry will hopefully make its last move to a permanent location.

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

**1 FOOD BOX  
PER FAMILY  
PER MONTH**

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

### **Mid-Rio Grande Retired & Senior Volunteer Program 719 S. Main Street, Belen**

There are 248 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

### **Plan Your Visit to the Bugg Lights**



**Bugg Lights Museum  
513 Becker Ave., Belen**

Get into the holiday spirit at The Bugg Lights Holiday Display. Come enjoy the continuing tradition of the dream of Norman Bugg. View all his innovated displays plus many twinkling surprises. Walk through the display and see what awaits you.

**Beginning November 26th through December 31st  
Friday, Saturday, and Sunday 5:00 pm—9:00 pm**

Event is free but Donations are always welcome  
Plan to visit in December!

## BELEN PUBLIC LIBRARY

**Belen Public Library is fully open**

**Hours Monday - Saturday 10 a.m. to 5 p.m.**

## TAI CHI AT THE LIBRARY

You are invited to join us for Tai Chi once weekly in  
the Belen Public Library Lecture Hall  
333 Becker Avenue – 505-966-2600

Every Thursday morning 10am to 11am Beginning January 20th

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

While good for all ages, Tai Chi is particularly well suited for seniors

Please bring water if needed

Face masks & temp checks will be required

No registration required-parking available at east side of building

**FREE!**

## Belen Harvey House Museum

104 N 1st Street, Belen

**505-861-0581**

When family and friends visit, start  
their whistle-stop tour at the  
Belen Harvey House Museum,  
voted best tourist spot in Valencia  
County.

### Hours

**Wednesday through Saturday  
12 noon to 5 p.m.**

For more information,  
visit their website at

[www.harveyhousemuseum.org](http://www.harveyhousemuseum.org).

**Lunch For Seniors 60+**

**Tuesday, December 13th**  
**9:00 a.m. - 12:00 p.m.**

**DOOR PRIZES!**

**Christmas PARTY**

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

**Dance To The Music of DJ Wayne Gallegos**



## **MEDICARE OPEN ENROLLMENT**

Medicare Open Enrollment is 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 plan sends 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.

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](http://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**

# Sausage Tortellini Soup

- |   |   |
|---|---|
| 1 pound ground Italian sausage, hot or mild | 1/2 teaspoon mustard powder                       |
| 1 small yellow onion, diced                 | 1/4 teaspoon pepper                               |
| 3 cloves garlic, minced                     | 1 cup heavy cream                                 |
| 3 Tablespoons flour                         | 5 cups chicken broth                              |
| 1 teaspoon dried basil                      | 2 cups kale                                       |
| 1/2 teaspoon oregano                        | 2 cups refrigerated tortellini, approx. 10 ounces |
| 1 pinch cayenne (optional)                  | Salt to taste                                     |
| 1 teaspoon hot sauce                        | 1 pinch red pepper flakes                         |



1. Cook and crumble the sausage and diced onions over medium-high heat until the onions are softened and the sausage is cooked through, 8-10 minutes. Drain grease. Add the garlic and cook for 1 minute.
2. Add the flour and cook for 1-2 minutes to remove the raw flour taste.
3. Add 1 teaspoon dried basil, 1/2 teaspoon oregano, 1 pinch of cayenne, 1 teaspoon hot sauce, 1/2 teaspoon mustard powder, 1/4 teaspoon pepper. Stir to combine.
4. Add the chicken broth. Add the cream. Bring to a boil, reduce to a simmer.
5. Add the kale and tortellini and simmer for 3-5 minutes.
6. Taste the soup and add salt if desired.
7. Serve and top with a pinch of red pepper flakes. Serve with garlic bread and cheese.

## FREE FOOD FOR SENIORS 60 AND OLDER



## Belen Community Center

(Next to Belen High School)

305 Eagle Lane

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

Household Size	Maximum Gross Income/ Month
1	\$1,473
2	\$1,984
3	\$2,495
4	\$3,007

\*For each additional family member add \$512/Mo.

\*Income guidelines effective February 9, 2022

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

### Distribution Dates 2022

**November 8th**  
**December 6th**



# **Belen Veterans Memorial Veterans Day Ceremony**

## **Honoring Disabled Veterans and Caregivers**

### **November 11, 2022**

**3:00 p.m.**

**FLAG  
RETIREMENT**

**Belen  
Veterans Memorial  
at Eagle Park  
Belen**





**Complimentary  
Refreshments by  
Blue Line Grill**

**HAMBURGERS    HOTDOGS    DRINKS**




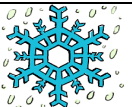

**COFFEE & HOT CHOCOLATE**

*Placement of Luminarias in Honor of Veterans*



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ALL SAINTS DAY	2 ALL SOULS DAY	3	4	5
6  Daylight Saving Time Ends	7	8  ELECTION DAY	9	10	11  VETERANS DAY RSVP CLOSED	12
13	14	15	16	17	18	19
20	21	22	23	24 RSVP CLOSED  Happy Thanksgiving	25 RSVP CLOSED	26
27 ADVENT BEGINS	28	29	30			

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5  International Volunteer Day	6	7  PEARL HARBOR REMEMBRANCE DAY	8	9	10
11	12	13	14	15	16	17
18  Hanukkah	19	20	21  Winter Solstice	22	23 RSVP CLOSED	24
25 Merry Christmas	26 RSVP CLOSED	27	28	29	30 RSVP CLOSED	31  New Year's Eve

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i>	2 RSVP CLOSED	3	4	5	6	7
8	9  Law Enforcement Appreciation Day	10	11	12	13	14
15	16 RSVP CLOSED  Martin Luther King, Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# Social Security Benefits to Increase in 2023

**AARP  
BULLETIN  
October 2022**

## Analysts expect biggest benefit bump in 40 years

**S**ocial Security beneficiaries struggling with inflation will be helped by the biggest cost-of-living increase in 40 years, beginning in January 2023, experts predict.

"If nothing else happened, the increase would be 9 percent," says David Enna, creator of the independent website Tipswatch.com, which tracks inflation-protected financial instruments. Other experts put the likely increase between 8 and 11 percent. All say it will be the largest in decades.

That is good news for many older people dealing with inflation. "Social Security is the only guaranteed inflation-adjusted source of income most American workers can count on during retirement," says Bill Sweeney, AARP senior vice president for government affairs.

The final number, based on an automatic formula set by Congress, will be announced in October.

The cost-of-living adjustment (COLA) is based on the difference from last year to this year of a three-month average (from July to September) of the Consumer Price Index for Urban Wage Earners and Clerical Workers, known as CPI-W. Benefit checks rose 5.9 percent in January 2022.

For the average retiree who receives a monthly benefit of \$1,670.95, next year's raise could be roughly \$170. That increase would not just be for one year. "That becomes your new base," says Marc Goldwein, senior

**\$170**  
estimated raise  
for average  
monthly  
retiree benefit

policy director for the Committee for a Responsible Federal Budget.

High inflation could affect the health of the Social Security trust funds. Trustees in May predicted the funds would have enough money through 2035. Experts say high inflation would mean more money paid out of the funds, with more money coming into the funds from taxes on workers' wages.

In 2023 retirees will also get to keep more of the annual bump to their Social Security check. Last year, Medicare beneficiaries had to absorb a big increase in their premiums, which are deducted from their checks. But this year, for the first time in more than a decade, premiums will decline. The standard monthly premium for Medicare Part B — which covers doctor visits and outpatient hospital services — will be \$164.90 in 2023, or \$5.20 less than it is this year, according to the Centers for Medicare & Medicaid Services.

**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/>

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505-966-2567

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