



**The Mid-Rio Grande RSVP Attended Senior Day at the Legislature
Thursday, January 19th**



**Bertha Flores, RSVP Director
and
Aimee Brown, Bureau Chief SSB
NM Aging and Long Term Services
Department**



**Left to Right: Herman Lucero, Jim Rickey,
Pearl Lucero, Orlinda Duree,
Bertha Flores, and Wayne Gallegos**



Valentine's Day Dance



Belen Senior Center
715 S. Main Street
Belen

TUESDAY, FEBRUARY 14TH

10:00 A.M. - 12:00 P.M.

ST. ANTHONY'S HOME HEALTHCARE SERVICES

WILL HAVE A TABLE WITH TREATS AND
INFORMATION

Lunch for Seniors 60+



DJ

WAYNE
GALLEGOS

50/50

DRAWING

Valencia County Resource Center

129 S. 3rd Street, Belen

505-305-9720 or 505-595-9279

The Valencia County Resource Center is a wonderful organization that serves Valencia County residents 18 years of age or older. Their services are completely free! They have Resource Specialists that can assist with several needs such as:

- *Referral Services
- *Links to Community Resources
- *Assistance with paperwork, applications, and vital documents
- *Employment navigation
- *Education navigation

And So Much More!

For more information, visit their Facebook page

<https://tinyurl.com/2p98dm53>

Valencia County Senior Olympics

REGISTER NOW!

Valencia County Senior Olympics is now ready to receive your registration for the 2023 Spring Games.

All registrations will be online, with a registration fee of \$20.00

This registration fee will include a T-Shirt, provided registration is placed by the deadline on Saturday February 18, 2023.

You can complete your online registration at:

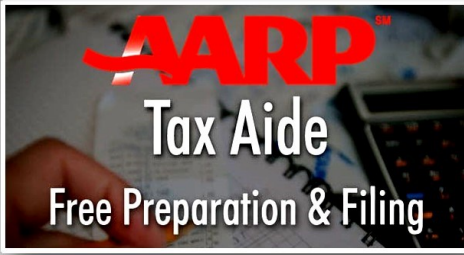
<https://tinyurl.com/yc4e4se5>

Click on "Senior Activities"

**For assistance contact
Daniel Fernandez Recreation Center
1103 Highway 314, Los Lunas
505-839-3845 or 505-352-7719**

Monday – Friday 9a.m.-9p.m.

TAX TIME



TUESDAYS & THURSDAYS
February 2nd - April 18th

**By Appointment
 ONLY**

**LOCATED AT BELEN BUSINESS CENTER
 719 S MAIN STREET, BELEN**

FOR APPOINTMENTS CALL PEGGY:

505-966-6803



PLEASE BRING ALL REQUIRED INFORMATION

Photo ID For All Household members

Bank Account Information (Account & Routing Numbers)

Copy of 2021 Tax Returns

W2

Award Letter (SSA 1099)

Social Security Cards For All Household Members

Rental Agreement (If Applicable)

**Do You Need Assistance
 With Transportation?**

Senior transportation programs make it possible for individuals who no longer drive and do not have access to public transportation to obtain rides for essential trips, such as medical appointments, shopping and other activities. The availability and type of transportation services can vary among communities.

You may also contact your local Senior Center or NM Aging and Long Term Services Department for information on senior transportation programs available in your community.

For More Information Call:

**New Mexico Aging and Long Term Services Department
 1-800-435-2080**



Belen Senior Center

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

Monday ~ Tuesday
 Thursday ~ Friday
 10:00 a.m. - 12:00 p.m.

**Bosque Farms
 Community Center**

950 N. Bosque Loop, Bosque Farms
 505-869-5133

Thursday
 12:30 p.m.

Del Rio Senior Center

351 Rio Communities Blvd.,
 Rio Communities
 505-864-7500

Every Day
 10:00 a.m. - 12:00 p.m.

Come Join The Fun!



Social Security Payment Growing Just in Time

Beginning January 2023, Social Security beneficiaries began receiving an 8.7 percent increase in monthly checks. A welcome relief for retirees fighting the ravages of inflation.

This is the largest cost-of-living adjustment (COLA) since 1981 and will add \$146 to the average retired Social Security recipient’s monthly benefit, pushing it from about \$1,681 to \$1,827, says the Social Security Administration.

Avoiding Scams & Fraud

Fraud fighters warn that the legion of scammers who impersonate Social Security Administration (SSA) officials in robocalls and other communications are adapting their pitches to the looming 8.7 percent increase, claiming targets have to pay a fee or provide personal or financial data to get their bigger benefits.

“We’ve seen actual letters sent to prospective victims, as well as text messages, emails, and even a fake website, all targeting beneficiaries expecting a COLA increase,” says A.J. Monaco, special agent in charge of the major case unit at the SSA’s Office of the Inspector General.

“Scammers are trying to trick beneficiaries into providing personally identifiable information and other sensitive information, such as bank account numbers, to activate the COLA increase,” he says.

COLA increases are automatic and DO NOT require recipients to take any action.

**Call Our Helpline If You Suspect A Scam
877-908-3360**

Toll-free service is available Monday through Friday, 8 a.m. to 8 p.m. ET

How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.

Go online to [SSA.gov](https://www.ssa.gov)
Our website is the best way



Call our Local Office
Phone: 1-800-772-1213
TTY: 1-800-325-0778
Fax: 1-833-950-2718



We will schedule an appointment for you, if necessary, to serve you by phone or in person.

500 Lead Avenue SE Suite 100, Albuquerque, NM 87102

Monday - Friday 9:00 a.m. – 4:00 p.m.

Saturday—Sunday CLOSED

What to Know if You Must Visit an Office:

- ◆ You must have an appointment to visit an office.
- ◆ Masks are required for all office visitors and employees, regardless of vaccination status.
- ◆ Visitor capacity is limited to follow physical distancing requirements. This means you may need to wait outside, so plan for cold or bad weather.
- ◆ We ask that you come alone unless you require help with your visit. If you require help, we can only permit one person to accompany you.

BELEN PUBLIC LIBRARY
333 BECKER AVENUE
BELEN
505-966-2600

Tai Chi at the Library is still going strong!

Every Thursday at 10:00am

the group meets in our Lecture Hall. You may park and enter on the East side of the building off of 3rd street. Please dress comfortably and bring water if needed.

Computer Classes and Tech Assistance

Computer Specialist Jessica Rodgers is offering
 FREE computer classes each week on
Tuesdays and Fridays

Also offering individualized assistance with
 computers and technology.

Call Jessica to RSVP
505-966-2602



We are an Adult Education program headquartered at the University of New Mexico - Valencia Campus. Our program offers classes for students who wish to prepare for either of the state High School Equivalency exams, who need to improve their skills to enter college, or who need assistance in English Language acquisition.

Our classes use the HiFlex design model to deliver online and face to face classes in
 Valencia County
 Socorro County
 Torrance County

If you are interested in finding out about our program, Visit us online at:

nextsteps.nmdelt.org

Or call

505-925-8990

Email: nextsteps@unm.edu



U.S. Department
 of Veterans Affairs

**Let's All Welcome
 The Department
 of Veterans Affairs
 To
 The Business Center
 719 S. Main Street
 Belen**

**For More Information call
 505-966-2567**

Bosque Farms Community Center

505-869-5133

**Monday –Wednesday –Friday
 Tai Chi Practice 9:00 a.m.**

**Monday & Wednesday
 Zumba 6:00 p.m.**

**Tuesday and Thursday
 Yoga 9:30 a.m.**

**Wednesday
 Line Dance 1:00 p.m.**

**Thursday
 Bingo 12:30 p.m.**

Senior Meals Monday–Friday 12:00

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 to 72 Boxes per day ****

Pick Up Your Food Box:

**Belen Area Food Pantry
116 S. 6th Street
Belen**



**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
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.**

- 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 2023

January 10th	July 11th
February 7th	August 8th
March 7th	September 5th
April 4th	October 10th
May 9th	November 7th
June 6th	December 5th



Tomato Cucumber Avocado Salad with Basil Pesto

INGREDIENTS

- * 1/2 pound red cherry tomatoes or grape tomatoes, halved
- * 1/2 pound yellow cherry tomatoes or grape tomatoes, halved
- * 2 avocados, diced
- * 1/3 cup red onion, diced
- 1 tablespoon lemon juice
- * 1 cucumber, sliced
- * 1/4 cup basil pesto
- Salt and pepper to taste

INSTRUCTIONS

In a large bowl, combine halved red and yellow cherry or grape tomatoes, diced avocado, sliced cucumber, and diced red onion.

Add basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper. Use more basil pesto, if desired.

20-Minute Homemade Basil Pesto Recipe

INGREDIENTS

- * 1/2 cup pine nuts or walnuts
- * 3 cloves garlic minced
- * 1/3 cup extra virgin olive oil
- * 2 cups fresh basil leaves packed
- * 1/2 cup Parmesan cheese shredded
- * 1/4 cup mayonnaise

INSTRUCTIONS

Preheat oven to 350. Spread the pine nuts on parchment paper-lined baking sheet and toast for 5 minutes, watching carefully. The nuts should acquire a nice browned color but not be burned. Be careful not to burn them.

Add basil leaves, toasted pine nuts, shredded Parmesan cheese, and minced garlic into a blender or food processor. Blend for 2 minutes. With the food processor in the off position, scrape the sides of the bowl with a spatula.

Add olive oil and mayonnaise. Blend for 2 minutes or more until creamy. With the food processor in the off position, scrape down the sides of the food processor or blender with a spatula. Blend briefly again, if needed.

Optional: mix in extra pine nuts (whole and toasted) into basil pesto, if desired.



CONTRIBUTORS FOR THANKSGIVING DAY BASKETS

Annually the Mid-Rio Grande Retired and Senior Volunteer Program (RSVP) coordinates distribution of food baskets for Thanksgiving Day in the area of the Belen school district. Mid-Rio Grande RSVP extends our gratitude to the organizations listed below for their assistance and generosity in providing food baskets to needy families in the area:

St. Vincent De Paul of Belen, Belen High School Staters, Belen Dr. Martin Luther King, Jr. Multi-Cultural Commission, First Presbyterian Church of Belen, Belen Moose Lodge, Belen Area Food Pantry, City of Belen Water Department, Senator & Mrs. Greg Baca, and private donors from our community.

With the help of all of the above-named, we were able to provide over 210 food baskets to needy families.

Thank you very much for your critical support for local families!



February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 GROUNDHOG DAY	3	4
5	6	7	8	9	10	11
12	13	14 VALENTINE'S DAY	15	16	17	18
19	20 PRESIDENTS DAY	21	22 ASH WEDNESDAY	23	24	25
26	27	28				

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 INTERNATIONAL WOMEN'S DAY	9	10	11
12 DAYLIGHT SAVING TIME BEGINS	13	14	15	16	17 SAINT PATRICK'S DAY	18
19	20 SPRING BEGINS	21	22	23	24	25
26	27	28	29	30	31	

April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 APRIL FOOL'S DAY
2 PALM SUNDAY	3	4	5 PASSOVER BEGINS AT SUNSET	6	7 GOOD FRIDAY	8
9 EASTER	10	11	12	13 PASSOVER FINAL DAY	14	15
16	17	18	19	20	21	22 EARTH DAY
23	24	25	26	27	28	29
30						

Good For A Laugh



PICNIC

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

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

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



- | | |
|----------------|----------------|
| Appetite | Insects |
| Basket | Margarine |
| Beverages | Meat |
| Blanket | Milk |
| Butter | Park |
| Camembert | Pepper |
| Can Opener | Salad |
| Cheese | Sandwiches |
| Coffee | Sauces |
| Cooler | Sausage |
| Country Air | Sheet |
| Dish | Snacks |
| Folding Chairs | Spices |
| French Bread | Strawberry Jam |
| Glasses | Tomatoes |
| Heat | Wine |

* THE IDEAL SEASON TO GO ON A PICNIC IS SUMMER WHEN THERE IS LOTS OF SUN.

Mid-Rio Grande Retired & Senior Volunteer Program

719 S. Main Street, Belen

There are 251 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

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
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505-966-2567

bertha.flores@belen-nm.gov

Cindy Lu Hurbina
RSVP Assistant
505-966-2566

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