

# Mid-Rio Grande Retired & Senior Volunteer Pro-

719 S. Main Street

Belen, NM

# RSVP Newsletter



## WANTED

2023

Volunteer



Due to COVID-19, the luncheon was postponed until 04/28/2023. The Volunteer Luncheon took place at the Belen Business Center with a Western theme. Game Changer Grill catered and Wayne Gallegos was the DJ. Door Prizes were raffled off to the volunteers that attended.



RSVP would like to thank all our 2020-2023 volunteers!



**VA**



U.S. Department  
of Veterans Affairs

## What care and services does VA health care cover?

Each Veteran's medical benefits package is unique. Yours will include care and services to help:

- Treat illnesses and injuries
- Prevent future health problems
- Improve your ability to function
- Enhance your quality of life

All Veterans receive coverage for most care and services, but only some will qualify for added benefits like dental care. The full list of your covered benefits depends on:

- Your priority group, **and**
- The advice of your VA primary care provider (your main doctor, nurse practitioner, or physician's assistant), **and**
- The medical standards for treating any health conditions you may have

[Learn more about priority groups](#)

You should also know that being signed up for VA health care meets your Affordable Care Act (ACA) health coverage requirement of having "minimum essential health coverage." We'll update this site if the ACA changes with new laws.

[Learn more about the ACA, VA, and you](#)

AARP, January 3, 2023

## **Insulin Copays Capped**

**Under the Inflation Reduction Act of 2022, which includes a number of provisions to lower the prices of prescription drugs for Medicare beneficiaries, beginning in 2023 copays for a 30-day supply of any insulin that a Medicare drug plan covers will be capped at \$35. Enrollees won't have to pay more than \$35 even if they have not yet met their annual Part D deductible. Note that not every plan covers every type of insulin.**

**Beginning on July 1, Medicare enrollees who take their insulin through a pump as part of the Part B durable medical equipment benefit will not have to pay a deductible and they will also benefit from the \$35 copay cap.**

**Another provision of the new law calls for some high-priced drugs to be subject to price negotiation with drug makers. So although the monthly maximum copay for insulins covered by Medicare will be \$35 in 2023, 2024 and 2025, beginning in 2026 — the first year negotiated prices will take effect — covered insulin copays for any drugs that have been part of the new negotiations will be \$35 or 25 percent of the negotiated price, whichever is less.**

## **Free vaccines**

**Also under the new law, vaccines recommended for adults by the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) will be available to Medicare recipients free of charge.**

**Some vaccines are covered under Part B and are already free to Medicare enrollees. Others are covered by Part D prescription drug plans and require beneficiaries to pay some of the cost.**

**For example, shots for the flu, pneumonia, COVID-19 (initial shots and boosters) and hepatitis B for some enrollees are free under Part B and that coverage will continue in 2023. Part B also covers vaccines needed to treat certain injuries or if you have direct exposure to a disease. Those include hepatitis A, rabies and tetanus.**

**Other vaccines, most notably the two-dose Shingrix, which guards against shingles, are covered under Part D prescription drug plans and may require cost sharing depending on the plan. Shingrix, for example, can run as much as \$200 a dose. Starting in 2023, even if a beneficiary hasn't satisfied their Part D deductible, that vaccine and others recommended by ACIP will be free to beneficiaries.**

## **6 Vitamins That Can Improve Your Eye Health and Prevent Vision Loss**

Not everyone over 50 needs to take a supplement to preserve their vision. But some nutrients seem to be essential for healthy eyes. Here are the six top vitamins that promote eye health.

1. Vitamin A (and beta carotene)
2. Vitamin E
3. Vitamin C
4. Zinc
5. Lutein and Zeaxanthin
6. Omega-3 fatty acids

AARP  
January 26, 2023

## Watermelon Salad with Feta and Cucumber



**Prep Time:** 10 minutes **Cook Time:** 1 minute **Total Time :** 11 minutes

**Serves:** 4

### INGREDIENTS

- 3 c watermelon cubed or balled
- 1 1/2 c sliced cucumber seeds removed
- 2 tbsp. mint thinly sliced or small mint leaves
- 1/3 c feta cheese crumbled
- 3 tbsp. olive oil
- 1 tbsp. lime juice
- Salt and pepper to taste

### INSTRUCTIONS

1. Place the watermelon, cucumber and mint in a large bowl.
2. In a small bowl, whisk together the olive oil, lime juice and salt and pepper.
3. Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta and serve.

**La Vida's**  
 Music  
 Community Resources  
 Youth Program Scholarships  
 FOOD  
 Face Painting  
 Rock Wall  
 Our Future's So Bright  
 We Gotta Wear Shades  
 La Vida FELICIDAD  
 FREE Family EVENT  
**9th Annual FAMILY Expo**  
 June 2nd, 2023  
 9:30am - 1:30pm  
 Daniel Fernandez  
 Youth Center  
 Los Lunas, NM  
 United Way  
 Funded in part by United Way of Central New Mexico.



New Mexico  
Farmers Markets

## Los Lunas Farmers Market Bosque Farms Growers Market

Year 2023

### SATURDAY SCHEDULE

Bosque Farms Growers Market will be open on Saturdays, beginning April 15th from 9 AM to 12 noon. Beginning May 6th, the market will be open from 8 AM to 12 noon.

\*This market will open every Saturday as weather permits through the last Saturday in October.

### TUESDAY SCHEDULE

Los Lunas Farmers Market will be open on Tuesdays beginning the May 2nd from 4 PM to 7 PM through October at the Heritage Park annex where 47 meets Main Street and turns into 47 at the light.

Welcome to the 12<sup>th</sup> Year of the Bosque Farms Growers Market. Our market is located at 1090 North Bosque Loop near the playground and baseball field. We are pleased to provide you with fresh, locally grown food, locally grown garden and landscape plants, and locally made crafts.

You may be pleased to know that most of our growers live in and grow their products in Valencia County. The local growers markets in Bosque Farms, Los Lunas, and Belen provide an opportunity for small growers and craft producers to sell their products in Valencia County. As a matter of fact, you may know some of our growers and crafts people because they live right here in Bosque Farms.

Market manager.  
George Torres  
Chilielectric6@gmail.com

**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\*\***

**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/<br>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**

**DISTRIBUTION DATES 2023**

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

**Summer  
Crossword**

SOLUTION ON PAGE 10

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

**There are 253 seniors  
volunteering in Valen-  
cia County. We have 25  
volunteer sites that  
Include: Senior Cen-  
ters, 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 of-  
fice or call:**

**Bertha Flores  
505-966-2567**

- ACROSS**
- 1) Beachgoer's pride
  - 4) Surfer's hangout
  - 6) Dog days month
  - 7) Rod & reel sport
  - 9) Disk you whisk
  - 11) Make a bed?
  - 12) Roughing it, perhaps
  - 14) Treat on a stick
  - 15) Alfresco meal
  - 16) Parlor treat
  - 18) Bermuda \_\_\_\_\_

- DOWN**
- 1) Beach attire
  - 2) Worker's respite
  - 3) Not indoors
  - 5) Tramping on the trail
  - 8) Outdoor cookout
  - 10) Lake activity
  - 13) Ballpark fare
  - 17) Summer cooler



**Can you answer all 5 questions right?**

- 1. What is the color of the "M" in McDonald's?
- 2. What was the name of Elvis Presley's infamous estate located in Memphis, TN?
- 3. What is the National Dish of America?
- 4. What are the names of the Three Stooges?
- 5. What did the U.S. Postal Service add in 1963 that is part of every address today?

Answers on pg. 10



We would like to offer a Special Thank You to AARP Tax-Aide who volunteer their time each year to help local residents prepare and file annual taxes. This year AARP filed a total of 576 taxes for families in need.



VFW Post 2387 Annual

# Memorial Day Ceremony

**Belen Eagle Park Veterans Memorial**

**Monday, May 29th 9:00am –10:00am**



**Refreshments will be served after the ceremony at Henry Byrd III Visitors Center**

## June 2023

| Sun          | Mon                           | Tue        | Wed      | Thu | Fri | Sat |
|--------------|-------------------------------|------------|----------|-----|-----|-----|
|              |                               |            |          | 1   | 2   | 3   |
| 4            | 5                             | 6          | 7        | 8   | 9   | 10  |
| 11           | 12                            | 13         | 14       | 15  | 16  | 17  |
|              |                               |            | FLAG DAY |     |     |     |
| 18           | 19 <small>RSVP Closed</small> | 20         | 21       | 22  | 23  | 24  |
| FATHER'S DAY |                               | JUNETEENTH |          |     |     |     |
| 25           | 26                            | 27         | 28       | 29  | 30  |     |

# July 2023

| Sun | Mon | Tue                          | Wed | Thu | Fri | Sat |
|-----|-----|------------------------------|-----|-----|-----|-----|
|     |     |                              |     |     |     | 1   |
| 2   | 3   | 4 <small>RSVP Closed</small> | 5   | 6   | 7   | 8   |
|     |     | INDEPENDENCE<br>DAY          |     |     |     |     |
| 9   | 10  | 11                           | 12  | 13  | 14  | 15  |
| 16  | 17  | 18                           | 19  | 20  | 21  | 22  |
| 23  | 24  | 25                           | 26  | 27  | 28  | 29  |
| 30  | 31  |                              |     |     |     |     |



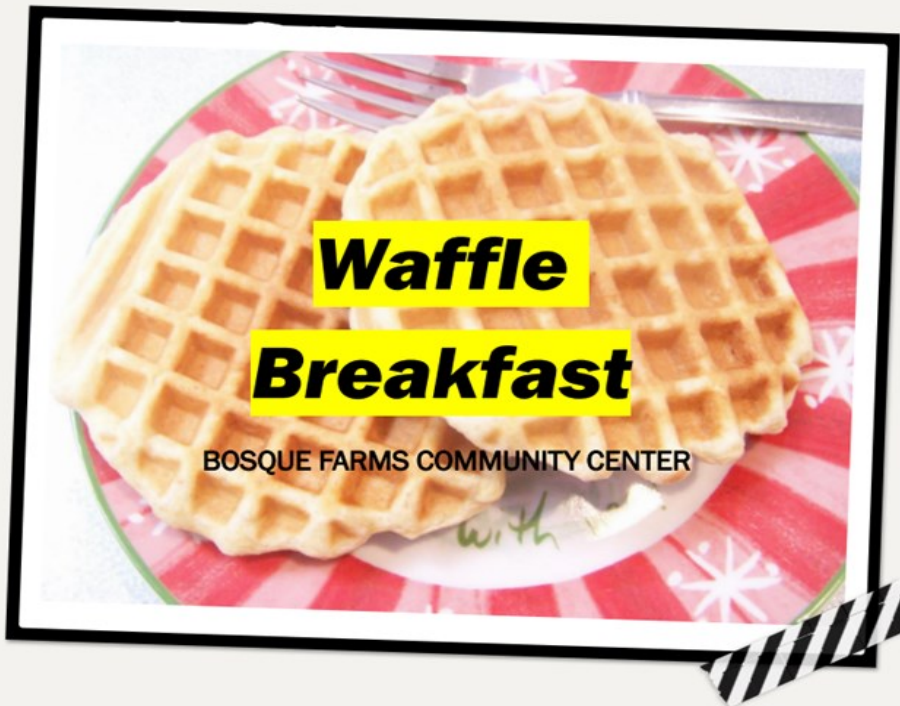


**1<sup>st</sup> Wednesday**  
**of every month**

**9-10:30 am**

**Bring your favorite topping or prepared side dish.**

**Coffee, butter and syrup will be provided.**



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sungate.

**Mondays**

**9-11 am**

**Bosque Farms  
Community Center**

**Beginners are welcome!**

## Senior Expo & HEALTH FAIR

**Friday, May 5th**

From 10:00am-1:00pm

Daniel Fernandez Youth Center

Los Lunas, NM



Brought to you by La Vida Felicidad,  
Valencia County Senior Coalition



**LaVida**  
FELICIDAD

**Join Us For This Free Event**

- Health Screenings
- Local Community Resources
- Great Raffle Prizes & Giveaways

**“Celebrating Valencia County’s Seniors  
and Older Americans Month”**

FOR VENDOR REGISTRATION EMAIL [katie@lvfnm.org](mailto:katie@lvfnm.org)

La Vida Felicidad will be having two vans that will be doing health screenings on site as well as Optum, UNM Health, Ambercare, senior housing experts, and other vendors.

# ALTSD uses Kiki Saavedra dollars to “ramp” up help for older adults and persons with mobility issues

In 2020, New Mexico State House Bill 225 was signed into law. HB225 established the Kiki Saavedra Senior Dignity Fund, a crucial investment in improving and delivering high-priority services for seniors across New Mexico. The legislation is named in honor of the late state Rep. Kiki Saavedra, and ALTSD manages and appropriates monies from the fund. ALTSD is proud to use monies from the Kiki Saavedra Senior Dignity Fund to support our partner, the New Mexico Ramp Project. The New Mexico Ramp Project is a 501(c)(3) charitable nonprofit that provides free ramps for older adults and people with mobility issues across New Mexico. These are identified by local health care providers and organizations knowing the financial and medical condition of the individual. Volunteer labor is used to build the ramps. Ramps are built without regard to race, religion, ethnicity, age or gender.

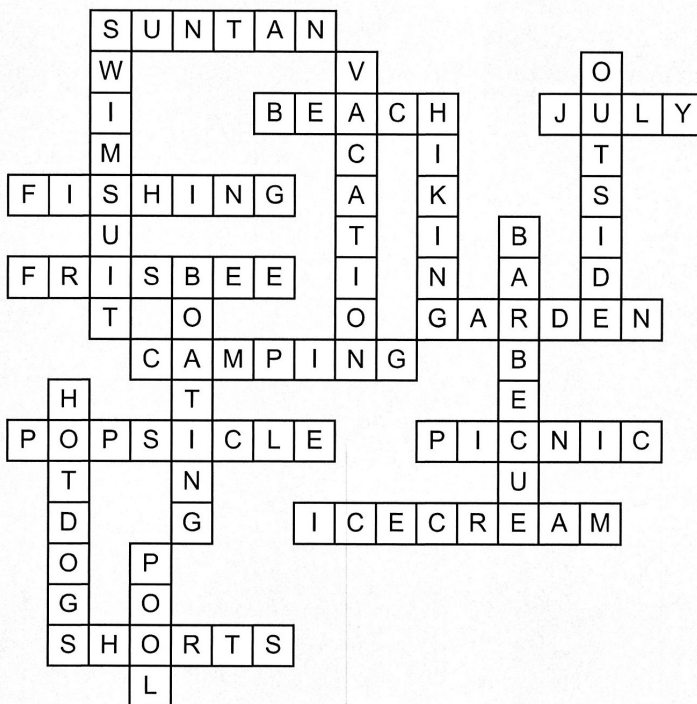


E-mail: [info@nmramp.org](mailto:info@nmramp.org)  
 Website: [nmramp.org](http://nmramp.org)

For more information call  
 NM Aging & Long Term Services Department  
**1-505-476-4799**



## SOLUTION



**Answers:**

1. What is the color of the “M” in McDonald’s? - **Yellow**
2. What was the name of Elvis Presley’s infamous estate located in Memphis, TN? - **Graceland**
3. What is the National Dish of America? - **Hamburger**
4. What are the names of the Three Stooges? - **Larry, Curly, and Moe**
5. What did the U.S. Postal Service add in 1963 that is part of every address today? - **Zip codes**

**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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 RSVP Director  
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