

Mid-Rio Grande Retired & Senior Volunteer Program

RSVP Newsletter

719 S. Main Street
Belen, NM 87002



Remembered and Honored at Memorial Day Ceremony

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



"In the End, we will remember not the words of our enemies, but the silence of our friends." - Martin Luther King, Jr.



New Mexico 45th Annual Conference on Aging

Join us! For the 45th New Mexico Conference on Aging In-Person, Online, or at a Watch Party

The Conference offers older adults, caregivers and professionals who work with them a chance to learn and have fun in an environment that supports independence and dignity.



September 11-13, 2023

altsd.coa@state.nm.us

1-800-432-2080

For more information, visit website at <https://aging.nm.gov/news-events/conference-on-aging>

Monday September 11, 2023	Tuesday September 12, 2023	Wednesday September 13, 2023
 New Mexico State Fair Senior Day	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, Exhibits	12:00 pm–1:00 pm Lunch Presentation, Exhibits
	1:00 pm–2:00 pm Workshops	1:00 pm–4:00 pm Workshops
	2:00 pm–3:00 pm Workshops	2:00 pm–3:00 pm Workshops
	3:00 pm–4:00 pm Workshops	3:00 pm–4:00 pm Workshops
	6:00 pm–10:00 pm Homecoming Dance	4:00 pm–4:30 pm Closing—Door Prizes

In order to fund the conference, a minimal charge of a \$10 entrance fee is requested. This fee will cover the entire two-day conference and can be paid by Master Card or Visa when you register.

VA



U.S. Department
of Veterans Affairs

The Field Services Division’s veterans service officers (VSOs) assist veterans and their eligible dependents with filing VA claims and obtaining federal and state benefits. Our VSOs also help connect veterans to vital community resources, such as transitional housing and medical and behavioral health care. Information and assistance on federal and state benefits, local veterans’ programs, and referral services are available at Belen Business Center.

719 S. Main Street
Belen, NM 87002

For more information, please contact
Rob Miller (505) 537-9339
rob.miller@dvs.nm.gov



New Mexico Crisis And Access Line

1-855-NMCRISIS (662-7474)

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.

Peer-to-Peer Warm Line

1-855-466-7100

Call or text to connect with a peer.

Call: 7am—11:30pm

Text: 6pm-11pm

Our Lady of Belen Fiesta

August 18th-20th

Parade will be held on Saturday, August 19th down Main Street ending at Our Lady of Belen Catholic Church. The weekend will be filled with carnival fun, entertainment, food and music for dancing.

For more information, call the church at (505) 864-8043

VALENCIA COUNTY FAIR

August 20th-27th



**SENIOR DAY: August 27th
10 AM-1 PM**

The Valencia County Fair parade will be held at 10am Saturday, August 26, on Main Street from Camino del Llano to Aragon Rd in Belen. The fair will consist of animal shows, vendors, food, events for children and more.

Thanksgiving Food Basket Applications

The Retired & Senior Volunteer Program (RSVP) will start taking applications to help those in need with a Thanksgiving Day Food Basket. You **MUST** be in the Belen School District in order to receive a basket. Please apply at the Belen Business Center within the following dates and times listed below and bring all required documents.

For more information, call Bertha Flores 505-966-2567 or
Chantel Apodaca 505-966-2566

September 27th—November 16th

Monday—Friday 8am-12pm & 1pm-5pm

Must provide the following documents

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

Number of baskets are limited

If you would like to make a donation for the Thanksgiving Baskets, please bring in your non-perishable goods to: **RSVP Office located in the Belen Business Center
719 S Main Street Belen, NM 87002**

Social Security Administration Expands Outreach and Access for Supplemental Security Income

Campaign Also Targets Underserved Communities

Kilolo Kijakazi, Acting Commissioner of Social Security, announced that the agency has expanded its outreach to people in critical need of financial help who may be eligible for Supplemental Security Income (SSI).

SSI provides monthly payments to adults age 65 and older or to other adults – and children – with a disability or blindness who have limited income and financial resources. SSI helps pay for basic needs like rent, food, clothing, and medicine.

“Helping eligible people access critical benefits, including SSI, is part of Social Security’s core mission,” said Acting Commissioner Kijakazi. “Underserved communities face additional challenges, like unreliable or no access to the internet and computers, that widen the divide. Social Security’s campaign strives to reach people in their communities to tell them about the eligibility criteria for SSI, and how to contact us online at www.ssa.gov/ssi or by phone for more information or an appointment to apply.” The campaign supports President Biden’s Executive Order 13985, Advancing Racial Equity and Support for Underserved Communities Through the Federal Government.

Social Security used data to identify and reach underserved communities in rural and urban areas across the country where it noted the greatest decline in SSI applications since the pandemic, and where the majority of people living in those zip codes are people of color and/or people living at or below the 150 percent Federal poverty threshold.

Social Security’s campaign uses a variety of ways to reach people, including radio and television public service announcements (PSA), radio ads, mailers, bus shelter and other large signs, flyers distributed to local stores, and printed publications in several language options.

Social Security also is reaching more people online through social media, digital, YouTube ads, and search engine marketing.

Individuals who receive SSI may qualify for other financial help, including the Supplemental Nutrition Assistance Program (formerly known as food stamps), Medicaid, and discounted internet service through the Federal Trade Commission’s Affordable Connectivity Program. Individuals who receive Social Security benefits may also be eligible for SSI.

People with limited income and financial resources, and with access to the internet, should visit www.ssa.gov/ssi to learn more about SSI eligibility and request an appointment to apply for benefits. People without access to the internet can call Social Security’s National 800 Number at 1-800-772-1213 to speak with a representative.

In addition to this campaign, Social Security recently proposed simplifications to the SSI program when people are receiving food assistance. The proposed changes will simplify the rules, making it easier to understand and comply with program requirements. This will save time for the public and Social Security and improve the equitable treatment of food assistance within the SSI program. Social Security accepted comments about the [proposed rule](#) through April 17, 2023.

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To get more Social Security news, follow the Press Office on Twitter [@SSAPress](https://twitter.com/SSAPress).

Belen Senior Center

715 S. Main St. Belen, NM 87002
(505) 864-2663

Line Dancing	Corn Hole	Cards
Tuesday	Wednesday	Friday
1-2pm	9-11:30am	9am-2pm

Bingo

Monday, Tuesday, Thursday, & Friday
9:30-11:30am

Lunch Monday-Friday 12-12:30pm

Meadow Lake Community Center

100 Cuerdo Lane Meadow Lake, NM 87031
(505) 865-8824

Pool, Billiards, Ping Pong, & Puzzles

Monday-Friday
9am-2pm

Lunch Monday-Friday 12-12:30pm

Del Rio Senior Center

351 Rio Communities Blvd. Rio Communities, NM 87002
(505) 864-7500

Yoga	Tai Chi	Flea Market
Tuesday	Wednesday	1st Friday of every Month
9-9:30am	9:30-10am	9am-2pm

Pool & Billiards	Bingo
Monday-Friday	Monday, Tuesday, Thursday & Friday
9am-2pm	1-3pm

Lunch Monday-Friday 12-12:30pm

Fred Luna Multi-Generational Center

197 Don Pasqual Rd. Los Lunas, NM 87031
(505) 839-3853

Ceramics & Art	Tai Chi	Make Stuffed Animals
Tuesday-Thursday	Tuesday-Friday	Wednesday
9:30am-12pm	9-10am	9am-12pm
Pool	Bingo	Poker
Monday-Friday	Monday-Friday	Monday-Friday
8am-2pm	8:30-11:45am	9am-12pm

Lunch Monday-Friday 11:45am-12:15pm

Bosque Farms Community Center

950 N. Bosque Farms Loop Bosque Farms, NM 87068
(505) 869-5133

ZUMBA	Tai Chi Practice	Strength and Balance	Yoga
Monday, Wednesday, Friday, & Saturday	Monday, Wednesday, & Friday	Monday, Wednesday, & Friday	Tuesday & Thursday
8am		10:15am	9:30am
Monday & Wednesday	9am		Monthly Birthday Party
6pm			Last Wednesday of every month
Coffee and Doughnuts	Bridge & Dominoes	Line Dancing	12:30pm
Tuesday	Tuesday	Wednesday	Bingo
			Thursday

Lunch Monday-Friday 12pm

RIDE THE RAIL RUNNER

Autumn Word Scramble

Unscramble the letters to solve the puzzle!

1. LESEAV _____
2. DHRYEAI _____
3. ZCOY _____
4. LLOEHAWNE _____
5. PAELP ICERD _____
6. PPMUNIK _____
7. EIMDN _____
8. HOT CAHCOEOTL _____
9. AYCDN _____
10. GATYDLIH SVGIANS _____
11. ATOFBLOL _____
12. GGSNATHVNIKI _____
13. EPPLA EIP _____
14. KRICT RO ARTET _____
15. TTLAE _____
16. SETAREWS _____
17. ICLLYH _____
18. UMOESTC _____
19. OTSOB _____
20. RCNO EZMA _____

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

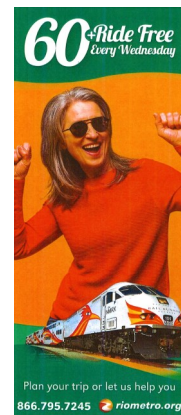
Museums

- 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



Albuquerque Balloon Fiesta

October 7, 2023—October 15, 2023

\$15 per person per session (ages 12 and up).

Morning and afternoon sessions.


*** General admission tickets are good for one session, any day.**

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)

August 2023

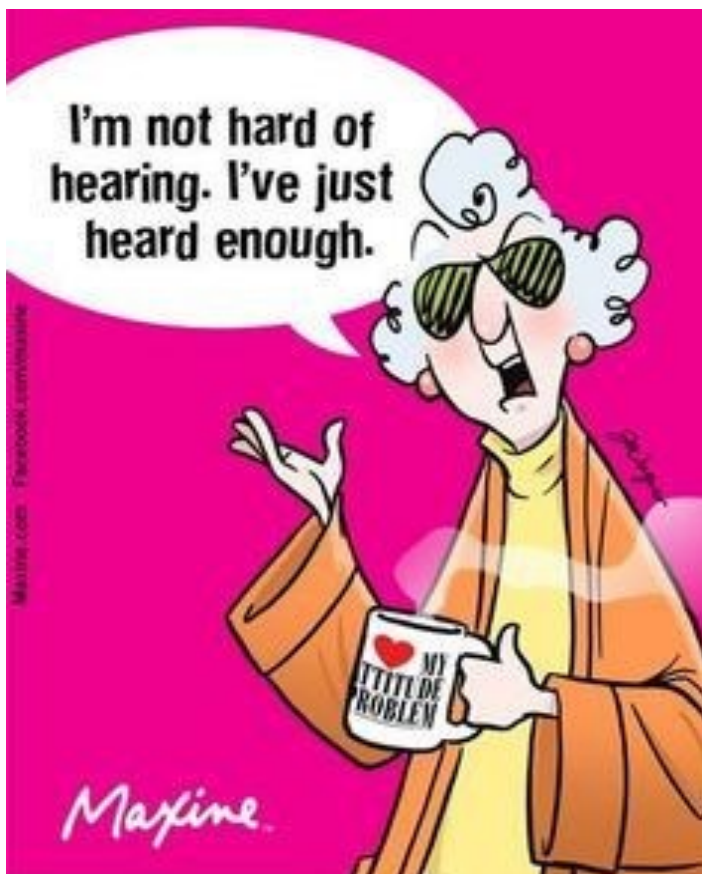
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Senior Citizens' Day 	22	23	24	25	26
27	28	29	30	31		

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4  RSVP CLOSED	5	6	7	8	9
10	11 	12	13	14	15	16
17	18	19	20	21	22	23  Fall Begins
24	25	26	27	28	29	30

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 RSVP CLOSED 	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 				



Healing Chicken and Rice Soup

Yield: 4-6 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- 2 tbsp. olive oil
- 3 cloves garlic, thinly sliced
- 2 in knob fresh ginger, peeled and thinly sliced
- 1 shallot, peeled and thinly sliced
- 1 ½ lbs. boneless skinless chicken thighs
- 1 ½ tsp salt
- 1 tsp turmeric
- 3-4 c fresh baby spinach
- 1 c jasmine rice
- 6-8 c chicken broth
- Juice of 4 limes (about ¼ c, plus more to taste)
- A splash of soy sauce or fish sauce (optional)
- Fresh herbs for topping (mint, basil, cilantro)
- Peanuts or cashews for topping



Instructions

1. Heat olive oil in a large soup pot over medium heat. Add the garlic, ginger, and shallots. Sauté for 3-5 minutes.
2. Add the chicken thighs. Sprinkle with 1 tsp salt and turmeric. Cook, undisturbed, for a few minutes. (Add ¼ c water to the pan to create a little steam bath if it's getting too browned on the bottom). Flip and repeat until cooked through. Remove chicken and set aside.
3. Add spinach and ½ tsp salt to the pan. Sauté for 2-3 minutes until wilted. Remove spinach and set aside.
4. Add rice to the pan. Sauté for 1-2 minutes so it picks up all the good pan flavors. Add 6 c broth and bring to a simmer.
5. While the rice is cooking, shred the chicken.
6. When the rice is soft, add chicken and spinach back to the pan. Season with lime juice, soy sauce/fish sauce, and fresh herbs. Add extra broth as needed.

Senior Day At The State Fair

Monday, September 11, 2023

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 11th. If you wish to participate, call Bertha Flores at **505-966-2567** to reserve your seat.



Seats on the bus are limited!

**Seats
LIMITED**

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

AUTUMN WORD SCRAMBLE SOLUTION

1. LEAVES
2. HAYRIDE
3. COZY
4. HALLOWEEN
5. APPLE CIDER
6. PUMPKIN
7. DENIM
8. HOT CHOCOLATE
9. CANDY
10. DAYLIGHT SAVINGS
11. FOOTBALL
12. THANKSGIVING
13. APPLE PIE
14. TRICK OR TREAT
15. LATTE
16. SWEATERS
17. CHILLY
18. COSTUME
19. BOOTS
20. CORN MAZE



NEW MEXICO MEDBANK™

Help for Those Who Can't Afford Their Prescription Medications

New Mexico Medbank helps people of all ages to get their prescription medications free from the pharmaceutical companies' Patient Assistance Programs.



New Mexico Medbank Program

Aging and Long-Term Services Department
Prescription Drug Assistance

PO Box 27118
2550 Cerrillos Road
Santa Fe, NM 87502-7118

Call us today for a location near you!

Toll-free in New Mexico
1-800-432-2080

505-476-4846
Fax: 505-476-4710

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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