

Mid-Rio Grande Retired & Senior Volunteer Program

RSVP Newsletter

719 S. Main Street Belen, NM



A Special Thank You...



The Mid-Rio Grande Retired & Senior Volunteer Program (RSVP) distributes Thanksgiving Day food baskets annually to those in need that are located in the Belen school district. Mid-Rio Grande RSVP would like to thank the following organizations for their assistance and generosity in providing food baskets to needy families in the area:

Belen High School Staters, Belen Dr. Martin Luther King, Jr. Multi-Cultural Commission, First Presbyterian Church of Belen, Business Women of Valencia County, Belen Moose Riders, Roadrunner Healthcare, Greg’s BBQ & family, Senator & Mrs. Greg Baca, Conquistadore Dental, Valencia County Senior Olympics, Anna Barela, McAlister and private donors from our community.

With the help of all listed above, we were able to provide 155 food baskets to needy families. Also, a special thank you to Blake’s Lotaburger for donating breakfast burritos to the Belen High School class who donated the most non-perishable items.

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

10 Tips for Aging Well

Simply living longer is not enough. What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it is never too late to make changes that can help you live a longer and healthier life.

Here, from the American Geriatrics Society's Health in Aging Foundation, are ten tips for living longer and better:

Eat a rainbow

You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors— the more varied, the wider the range of nutrients you're likely to get. The longest-lived and healthiest people in the world eat primarily a whole-food, plant-based diet. Vegetables, legumes, fruits, nuts, and seeds form the basis of this diet. Limit red meat, dairy, and other animal products. And choose whole grains over the refined stuff.

Sidestep falls

Walking at least 30 minutes a day, three times a week can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits—and lower your risk of falls. Aim for about 7,500 steps per day for the most benefits. Aim to bring more activity into your daily routine (such as parking farther away from the store, or taking the stairs instead of the elevator). Preventing falls is important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium (from food sources) and vitamin D daily.

Toast with a smaller glass

The amount of alcohol that is safe to drink changes as we get older. Adults over age 65 who are healthy and do not take medications should not have more than 3 drinks on a given day or 7 drinks in a week. (A drink is 1.5 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) If you have a health problem or take certain medications, you may need to drink less or not at all. Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.

Get your shots

They're not just for kids! Must-have vaccines for older adults include those that protect against pneumonia, tetanus/diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.

Know the low-down on sleep in later life

Contrary to popular belief, older people don't need less sleep than younger adults. New recommendations from the National Sleep Foundation suggest 7 to 8 hours of shut-eye a night. If you're getting that much and are still sleepy during the day, see your healthcare professional. Sleepiness may be related to your medications or your mood. You may have a sleep disorder called sleep apnea that can increase your risk of developing heart disease.

Flatten your (virtual) opponent, sharpen your mind

Conquering your adversary in a complex computer game, joining a discussion club, learning a new language, and engaging in social give-and-take with other people can all help keep your brain sharp, studies suggest.

Enjoy safer sex

Older adults are having sex more often and enjoying it more, research finds. Unfortunately, more older people are also being diagnosed with sexually transmitted diseases. To protect yourself, use a condom and a lubricant every time you have sex until you are in a monogamous relationship with someone whose sexual history you know.

Get your medications checked

When you visit your healthcare professional, bring all of the prescription and over-the-counter medications, vitamins, herbs and supplements you take. You can also bring a complete list that notes the names of each, the doses you take, why you take them, and how often you take them. Ask your healthcare provider to review everything you brought or put on your list. Your provider should make sure they're safe for you to take, and that they don't interact in harmful ways. The older you are, and the more medicines you take, the more likely you are to experience medication side effects, even from drugs bought over-the-counter.

Speak up when you feel down or anxious

Roughly 1 in 5 older adults suffers from depression or anxiety. Lingering sadness, tiredness, loss of appetite or pleasure from things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone much of the time can all be signs that you need help. Tell your healthcare professional right away. There are many good treatments for these problems.

Find the right healthcare professional and make the most of your visits

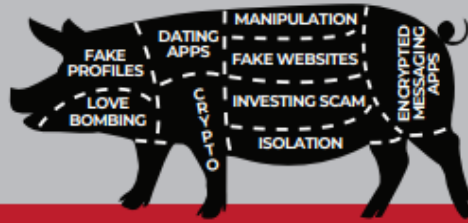
See your healthcare professional regularly, answer questions frankly, ask any questions you have, and follow your provider's advice. If you have multiple, chronic health problems, your best bet may be to see a geriatrics healthcare professional—someone with advanced training in caring for older adults. (The AGS' Health in Aging Foundation can help you find one at <https://www.healthinaging.org/find-geriatrics-healthcare-professional>.)



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. July 2019

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PIG BUTCHERING

Helping investors protect their assets

WHAT IS A PIG BUTCHERING SCAM?

Pig Butchering is a term or metaphor that describes a scam perpetrated over a long period of time to steal the victim's money repeatedly via online apps. Also known as "Killing Pig Plate" or "Sha Zhu Pan" this scam started in China around 2019 and victims have lost millions worldwide.

BACKGROUND

This scam was developed by Asian organized crime groups/gangs and initially targeted individuals in China then moved to the United States.

- Scammers are human trafficking victims who are forced to perpetuate this scam for money or other financial opportunities
- Official training with procedure manuals is used to execute scam
- It is one of the leading scams reported to the FBI and is still underreported

THE FLOW

The fraudster and victim ("pig") usually meet online
 The scammer works at gaining the trust ("fattening up") the victim
 The fraudster directs victim to go to a private messaging service/app and fraudster will assist
 The scammer convinces the victim to invest, what to do and where to deposit the money
 The victim loses the investment. The money is gone as well as trusted friend ("the slaughter")



THE PROCESS

Starts with the scammer:
 Often making contact with the targets over long periods of time and seemingly at random;
 Then gaining trust before ultimately manipulating their targets into phony investments and disappearing with the money/funds.



THE INTRODUCTION

The scammer may start off with a wrong number text, email, social media platforms, or dating applications
 Take their time to set the "hook" or build the connection
 Incorporates a romance scam with a long-term twist or even affinity fraud



THE RELATIONSHIP

Meet online and build the relationship
 Relationship grows over time (possibly becoming romantic)
 Getting to know financial wants and fears
 Introducing you to online investments
 Talk of cryptocurrency and making money long-term



OTHER SCAMS INVOLVED

Romance Scam—Developing a romantic relationship
Affinity Fraud—Through a trusted community member(s)
 Through an unexpected or random connection with online apps or websites



For more information, contact:
 NMRLD Securities Division
 505-476-4580
www.rld.nm.gov/securities-division





Spring



N G V S L C T J E D F P Z O R L B
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VA



U.S. Department of Veterans Affairs

NM Department of Veterans Affairs office located inside the Belen Business Center has a new office schedule:

Tues: 8:00am - 5:00pm

Belen Business Center

Thurs: 8:00am - 5:00pm

Belen Business Center

Fri: 8:00am - 5:00pm

Belen Business Center

For more information or to schedule an appointment, please contact

Rob Miller (505) 537-9339

rob.miller@dvs.nm.gov

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|---------|----------|----------|
| APRIL | BASEBALL | BREAK |
| BREEZE | CLEANING | CLOUDS |
| JACKET | KITE | MARCH |
| MAY | PICNIC | PUDDLES |
| RAINBOW | RAINCOAT | SEASON |
| SHOWERS | SPRING | SUNSHINE |
| THAW | UMBRELLA | WINDY |



TUESDAYS & THURSDAYS
February 1st - April 11th

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 2022 Tax Returns
- W2
- Award Letter (SSA 1099)
- Social Security Cards For All Household Members
- Rental Agreement (If Applicable)

Lemon Garlic Butter Shrimp with Asparagus



INGREDIENTS

- 1 1/2 lbs. medium raw shrimp, peeled and deveined
- 1 1/2 lbs. asparagus (1 bunch) rinsed and trimmed
- 3 tbs. butter
- 1 tbs. olive oil
- 5 clove garlic, minced
- 1 tsp. Italian seasoning
- 2 tsp. onion powder
- Salt and fresh cracked pepper, to taste
- 1/4 c (60ml) vegetable stock
- 1 tbs. Sriracha (or any hot sauce you like)
- Crushed chili pepper flakes, optional
- Juice of 1/2 lemon
- Fresh chopped parsley or cilantro, for garnish

DIRECTIONS

1. To prepare the garlic butter shrimp recipe with asparagus: place a large non-stick skillet with 1 tbs. olive oil and 1 tbs. butter over medium heat. Add the asparagus and season to taste. Sauté the asparagus until crisp-tender, 4-6 minutes. Remove sautéed asparagus from the pan and set aside.
2. In the same pan, add the remaining 2 tbs. of butter and add shrimp. Season with salt pepper, fry shrimp for 1-2 minutes on one side.
3. Add the minced garlic, Italian seasoning, and onion powder to the shrimp. Stir to combine and flip the shrimp to cook on the opposite side. Cook shrimp for 1 minute then add 1/4 cup vegetable stock and Sriracha. Allow the sauce to reduce for 1 minute, making sure not to overcook the shrimp.
4. Push the cooked shrimp on the side and add asparagus back to the pan . Stir asparagus to coat them into the sauce and squeeze half of lemon over the top of the cooked shrimp and asparagus. Allow reheating for 1-2 minutes. Remove cooked shrimp and asparagus from heat, garnish with parsley, lemon slices, and red crushed chili pepper if you like. Serve immediately-Enjoy!

FREE FOOD FOR SENIORS 60 AND OLDER



Belen Community Center

(Next to Belen High School)
305 Eagle Lane

8:00am -12:00pm

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**

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.

**For more Information Call:
Bertha Flores
505-966-2567**






DISTRIBUTION DATES 2024

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




February 2024

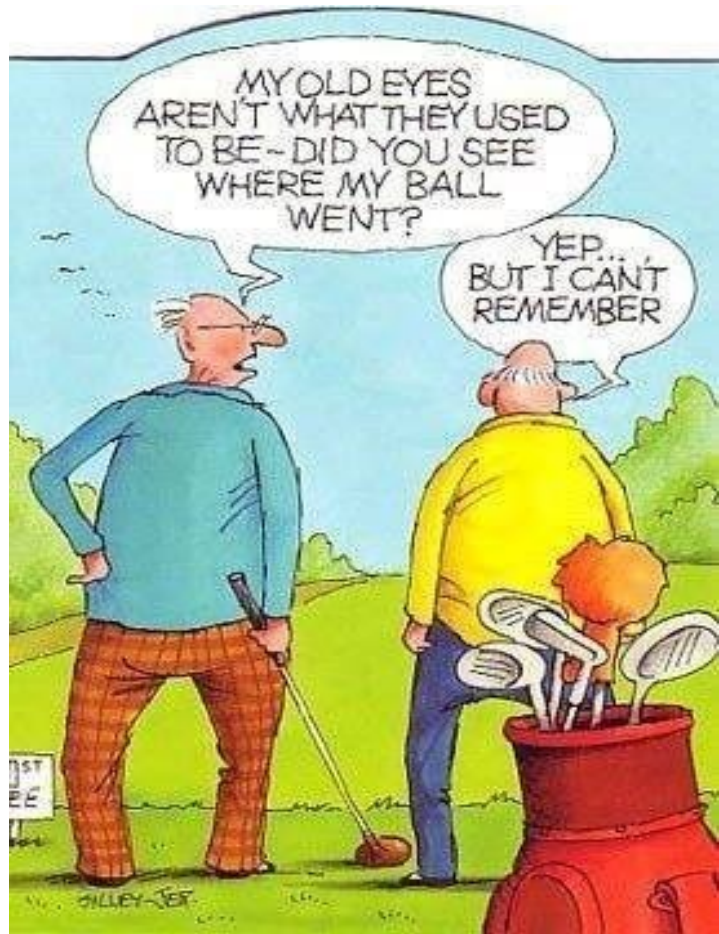
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3
4	5	6	7	8	9	10 
11	12 	13 	14 	15	16	17
18	19  RSVP CLOSED	20	21	22 	23	24
25	26	27	28	29		

March 2024

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	22	23
24	25	26	27	28	29  RSVP CLOSED	30
31 						

APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 	23	24 	25	26	27
28	29	30				



Retired and Senior Volunteer Program

RSVP

719 S. Main Street, Belen

There are 227 seniors volunteering in Valencia County. We have 24 volunteer sites that include: Senior Centers, Del Rio Project Center, Center for Ageless Living, the Belen Harvey House Museum, and many more.

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

Bertha Flores 505-966-2567

Or

Chantel Apodaca 505-966-2566



30th Annual Celebration & Remembrance of Dr. Martin Luther King, Jr.

RSVP served hot chocolate to all who attended the Candlelight Vigil on Monday, January 15th for Dr. Martin Luther King, Jr. This year the event took place at the Belen Public Library. They announced the K-12 Art and Verbal Arts contest winners.

From Left to Right: Jim, Rickey, Bertha Flores (RSVP Director), Lenore Pena, and Orlanda Duree.



From Left to Right: Bertha Flores (RSVP Director), Orlanda Duree, and Lenore Pena.



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**

Annual RSVP Luncheon Reminders

- ◆ You **MUST** be an active registered volunteer with RSVP to receive an invitation.
- ◆ You **MUST** be submitting monthly timesheets.
- ◆ Each registered volunteer is able to bring **one guest**, but **will be charged \$7.00** for that guest.
- ◆ You **MUST** RSVP to Bertha Flores no later than the date listed on the invitation.
- ◆ Invitations will be mailed out in the coming months.



If you have any questions or concerns in regards to RSVP, please contact Bertha Flores
505-966-2567 or bertha.flores@belen-nm.gov

10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood & personality

Important Contact Information

Aging and Disability Resource Center 1-800-432-2080 505-476-4937	Adult Protective Services Intake 1-866-654-3219	Meals On Wheels 505-864-2663
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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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