

# Mid-Rio Grande Retired & Senior Volunteer Program

## RSVP

## Newsletter

719 S Main St., Belen



# RSVP Annual Volunteer Luncheon

This year's RSVP annual volunteer luncheon took place on May 3rd at the Belen Business Center. It was a Carnival theme with cotton candy, popcorn, and a photo booth. Game Changer Grill catered the event and served green chili cheeseburgers, potato salad, macaroni salad, and a garden salad. All volunteers received a recognition cup for all of their hard work this year volunteering. Wayne Gallegos was the MC and DJ for the event. Cakes were made and donated by Lenore Pena, one of RSVP's volunteers. RSVP received several donations for door prizes and they were raffled out during the event to the attending volunteers.

RSVP would like to thank all our 2023-2024 volunteers! Keep up the good work and continue volunteering!







Arcosa Wind Towers Inc. LLC donated food to our local seniors at Del Rio Senior Center and Belen Senior Center on Tuesday, March 5th. They were able to give out 68 bags of food with a variety of non-perishable items along with some necessities like a roll or two of toilet paper. RSVP is so grateful to have found such a wonderful company who is willing to help with the hunger of seniors in Valencia County.





**Belen**  
The Hub City

Office of the Mayor  
Proclamation

*WHEREAS, Mayor Robert C. Noblin and the City of Belen will participate in the AmeriCorps Senior Corps National Service Recognition Day on March 4, 2024; and*

*WHEREAS, service to others is a hallmark of the American character and is central to how we meet our challenges. Therefore, the nation's mayors are increasingly turning to national service and volunteerism as a cost-effective strategy to meet city needs; and*

*WHEREAS, AmeriCorps Senior Corps addresses the most pressing challenges facing our cities and nation, from educating students for jobs and supporting veterans and military families, to preserving the environment and helping communities recover from natural disasters; and*

*WHEREAS, National service expands economic opportunity by creating more sustainable, resilient communities and providing education, career skills, and leadership abilities for those who serve. The national service participants serve in more than 70,000 locations across the country, bolstering the civic, neighborhood, and faith-based organizations that are so vital to our economic and social well-being. They represent a unique public-private partnership that invests in community solutions and leverages non-federal resources to strengthen community impact and increase the return on taxpayer dollars; and*

*WHEREAS, AmeriCorps members and Senior Corps volunteers demonstrate commitment, dedication, and patriotism by making an intensive commitment to service, a commitment that remains with them in their future endeavors; and*

*WHEREAS, AmeriCorps shares a priority with mayors nation-wide to engage citizens, improve lives, and strengthen communities; and joins with mayors nationwide to support the "National Service Recognition Day."*

**NOW, THEREFORE, I, Robert C. Noblin, Mayor of the City of Belen, do hereby proclaim the 4th Day of March, 2024 to be:**

**"National Service Recognition Day"**

*in Belen, New Mexico, and hereby encourage all citizens to take part in this observance.*

*Robert C. Noblin, Mayor*

Attest:

*Dorothy Flores, CMC City Clerk*



**Pictured: Left to Right** Councilman Rudy Espinoza, Councilman Frank F. Ortega, RSVP Director Bertha Flores, Mayor Robert Noblin, Councilman Steven L. Holdman, and Councilwoman Tracy Armijo.

RSVP Director Bertha Flores attended a council meeting on Monday, March 4 in order to receive a Proclamation from the Mayor. The city of Belen Mayor Robert Noblin proclaimed the 4th of March, 2024 to be "National Service Recognition Day". This proclamation is to honor all RSVP volunteers who are currently volunteering as well as past volunteers. Bertha is very proud to be a part of RSVP and work along side Valencia County's seniors. RSVP gifted the Mayor and council members with lap blankets that were sewn by one of our very own RSVP volunteers.

## Mid-Rio Grande Retired & Senior Volunteer Program

719 S. Main Street, Belen

**There are 236 seniors volunteering in Valencia County. We have 23 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**



We would like to offer a Special Thank You to the AARP Tax-Aides who volunteer their time each year to help local residents prepare and file tax returns. This year AARP filed a total of **620** tax returns for families in need.



**Adult Summer Reading Program will be running from June 3rd—July 22nd. This year's theme is All Together Now focusing on Unity, Friendship, and Community! Registration for the Summer Reading Program starts May 1st. For more information, please contact the Belen Public Library at (505) 966-2600.**

### Housing and Rent Assistance

**The New Mexico Emergency Rental Assistance Program** was established and has been subsidized by the New Mexico Department of Finance & Administration for citizens who are having financial problems. The program aims to reduce homelessness throughout the state. Low and moderate-income seniors who are looking for rent support are prioritized by this program. The amount of help depends on the economic situation of the applicant. Find out more at <https://www.nmdfa.state.nm.us/local-government/grants/> or make a phone call at 505 827 4984.

**The Salvation Army of New Mexico** is highly effective in this state as a non-governmental organization. It offers various programs for people in need including shelter and housing assistance for families. Particularly seniors who are in financial hardship are urged to apply for the SilverCrest Senior Residences. These residences have furniture, essential needs, meal service, and health support for residents. The link to their official website is as follows <https://newmexico.salvationarmy.org>. In addition to the Salvation Army, there are numerous non-profit organizations and charities that prioritize supporting senior citizens in the country.



# New Mexico Senior Olympics STATE SUMMER GAMES

June 12-16, 2024 Las Cruces, NM



## HOW TO REGISTER



There are three ways to register for the Senior Olympics State Summer Games - paper form, online, or through group registration. The registration entry form will require all pertinent information to include shirt size, request for housing/dining and meals, event fees, event entry data, partner information, liability waiver and an emergency contact. Athletes can enter a maximum of five (5) Sports with unlimited number of events in each Sport. Payment method accepted by NMSO includes check, money order, cashier's check, or all major debit/credit cards (all credit cards will be assessed a 2.5% processing fee). Cash by mail is not recommended.

- Registration booklets are mailed to local game sites. An entry form can be downloaded from the NMSO website, [www.nmseniorolympics.org](http://www.nmseniorolympics.org). You can also scan the QR code for direct access to online registration.
- Entry forms are processed in Roswell. All registered athletes will receive an entry confirmation mailing to confirm events, fees, and entry data. It is the responsibility of the athlete to read and confirm entry confirmation data is correct. Contact NMSO at 1-888-623-6676 or [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org) to request corrections. Deadline for events corrections is May 15th.
- Registration fees support athlete social event, insurance, data management, awards, game promotion and newsletter. Registration deadline is May 3rd. Entry Fee for in state and out-of-state is \$60.00. Late registrations will be received through May 15th for an additional \$25.00. All athletes will pay a one-time \$5.00 administration fee. Golf will incur additional fees. All registration fees are NON-REFUNDABLE except for housing/dining up to the deadline, May 15th.

### PAPER FORM

Complete the paper registration entry in ink with all required information and sign the waiver; keep a copy for your records. Payment must accompany entry form. NMSO is not responsible for lost or misdirected mail. Please call our office if you do not receive an entry confirmation mailing.

### ONLINE

Register online at: [nmseniorolympics.org](http://nmseniorolympics.org) or by scanning the QR code. You will need an email address and a credit card to register.

- Click "Register Here". Enter your personal info and the system will match your account. An account will be set up for all new athletes.
- Select your sports (max of 5) and housing/dining if applicable.
- Before completing the registration, you will be asked to review your entry selections. If you need to make changes use the previous button to go back and make any corrections.

- The final step to complete your online registration will be payment with a debit/credit card.

### IMPORTANT NOTE: Partner

Events - Your partner will receive an email and be invited to register for the Games. Partner events are not valid unless your partner completes or submits an entry form as well. NMSO is not responsible for finding partners for athletes. If you are looking for a doubles partner, be sure to view the "Partner Find" web page on our website. There you will find available athletes, or you can post your own contact info to help you find a doubles partner.

A receipt will be emailed to you verifying payment and event entry confirmation. We recommend you print a hard copy of your entry confirmation. On your Entry Confirmation form is a confirmation number that will allow you to go back and access your registration to update later, if needed.

### GROUP REGISTRATIONS

NMSO has provided each local game site a supply of registration booklets to promote the Summer Games. An athlete can request assistance at any local game site to complete and mail a registration entry form to NMSO. In the event there are enough athletes to warrant a group mailing, a local game coordinator may elect to collect registrations and mail to NMSO. Athletes are strongly encouraged to confirm receipt of his/her entry form with NMSO. Local Game sites are not responsible for lost or misdirect mail.





## Chicken with Peach-Avocado Salsa

Total Time: 30 minutes Makes: 4 servings

### Ingredients

1 medium peach, peeled and chopped	3 tbsp finely chopped red onion	1/2 tsp grated lime zest
1 medium ripe avoca- do, peeled and cubed	1 tbsp minced fresh basil	3/4 tsp salt, divided
1/2 cup chopped sweet red pepper	1 tbsp lime juice	1/2 tsp pepper, divided
	1 tsp hot pepper sauce	4 boneless skinless chicken breast halves



### Directions

1. For salsa, in a small bowl, combine peach, avocado, red pepper, onion, basil, lime juice, hot pepper sauce, lime zest, 1/4 tsp salt, 1/4 tsp pepper.
2. Sprinkle chicken with remaining 1/2 tsp salt and 1/4 tsp pepper. On a lightly greased grill rack, grill chicken, covered, over medium heat 5 minutes. Turn; grill until a thermometer reads 165 degrees, 7-9 minutes longer. Serve with salsa.

## Coconut Milk Strawberry-Banana Pops

Total Time: Prep: 10 minutes + freezing Makes: 12 servings

### Ingredients

1 can (13.66 oz) coconut milk  
 1 pint fresh strawberries, chopped, divided  
 1 medium banana, sliced  
 2 tbsp male syrup  
 12 freezer pop molds or 12 paper cups (3 oz each) and wooden pop sticks



### Directions

1. Place coconut milk, 1 1/2 cup strawberries, banana and syrup in a blender; cover and process until smooth. Divide remaining strawberries among 12 molds or paper cups. Pour pureed mixture into molds or cups, filling 3/4 full. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm, at least 4 hours.

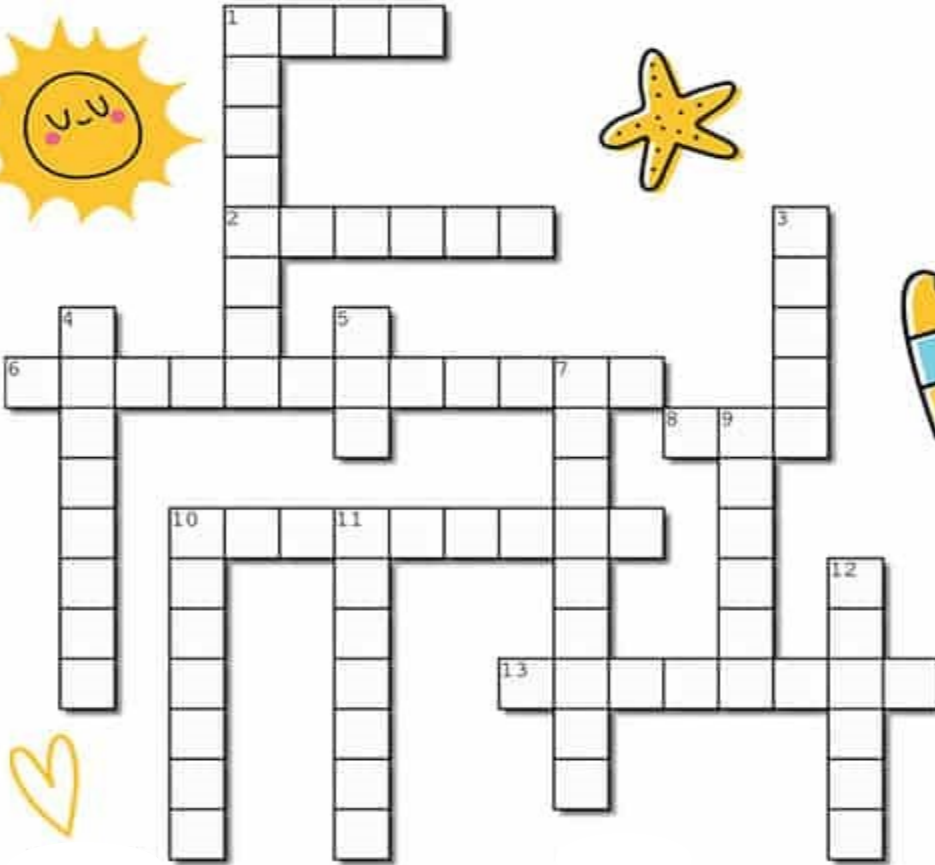
## Leap Back to the 80s!



RSVP gave out lemonade and volunteer recognition cups to those who participated in the fitness class with ALTS Cabinet Secretary Jen Paul Schroer on February 29th. The fitness class took place at the Belen Senior Center. The theme for the event was Leap Back to the 80s. Several people dressed up in their best 80s attire. Some of our RSVP volunteers who were present spoke with Jen about their volunteering experience with

# AT THE BEACH

## CROSSWORD PUZZLE



### ACROSS

1. Kids love to dig in this.
2. You can collect these on the beach.
6. An American summer holiday
8. You turn this on to cool off.
10. We put this on our skin to protect us from the sun.
13. A trip away from home.

### DOWN

1. What you wear to go swimming.
3. You swim in this at the beach.
4. A frozen treat on a stick.
5. The weather in summer.
7. Someone whose job is to make sure swimmers are safe.
9. The last month of summer.
10. A bird you see often at the beach.
11. When you ride a wave with a board.
12. Commonly worn in summer.

## VFW Post 2387 Annual

# Memorial Day Ceremony

**Belen Eagle Park Veterans Memorial  
305 Eagle Ln**

**Monday, May 27, 2024  
At 10:00 am**



**Any questions, contact Frank Ortega at (505) 236-3618**

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

# May 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  RSVP CLOSED	28	29	30	31	

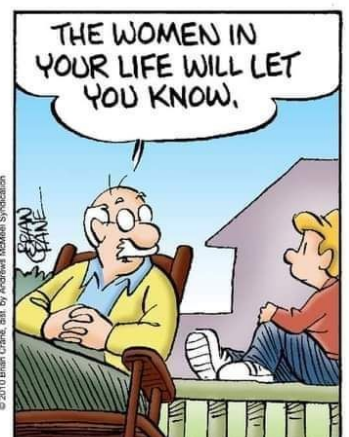
# June 2024

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
30						



# July 2024

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	24	25	26	27
28 	29	30	31			





# OUR EXPERTS ANSWER YOUR FRAUD QUESTIONS

## AARP anti-scam advisers offer some timely advice

BY AMY NOFZIGER AND MARK FETTERHOFF

**O**n any given weekday, 300 to 400 people call the AARP Fraud Watch Network Helpline to talk with our volunteers. (You can, too, when fraud concerns arise: Call 877-908-3360 between 8 a.m. and 8 p.m. ET.) Americans reach out because of an encounter with a crook or out of concern that they or a friend or family member is being targeted by a scam. Trained AARP volunteers do what they can to provide the best answers for those concerns, sometimes referring people to law enforcement agencies, other times giving them useful advice.

Here are some recent inquiries that represent the range of frauds being perpetrated right now. You might find a concern of yours addressed here.

### **I lost money in a cryptocurrency scam.**

#### **Can I get any of it back?**

Recoveries aren't common. Still, if you lost money in a crypto scam, immediately submit a report to the FBI Internet Crime Complaint Center (IC3) at [ic3.gov](http://ic3.gov) or contact your local FBI field office and provide as much transaction information as possible. Be wary of anyone claiming they can recover your funds who is not verified as law enforcement. This may be another scam.

### **Someone I care for is involved in an elaborate romance scam but won't believe his phony paramour is a crook. How can I convince him?**

The blunt truth is you might not be able to break the spell. It's similar to trying to help someone with addiction. Here are some things that we recommend: Enlist help from a trusted source (police, attorney, doctor, other friends or family). Consider writing



a letter instead of speaking in person. This might help keep emotions in check. Share videos and news articles about romance scams. It might help your friend to see he is not alone in dealing with a predatory fake lover. Ask him to consider family or individual counseling. Also, if you have what you consider legitimate evidence of a fraud, report it to police.

### **Someone stole my wallet. It had everything in it. What do I do?**

Although much identity theft has shifted online, there's still no shortage of criminals who covet a card-filled wallet. First steps include calling all your financial institutions and telling them that your accounts are compromised; most will close your account immediately and transfer all assets or liabilities to a new one. Alert your state DMV if you had a driver's license (it will likely issue you a new one), and alert your health insurer, whether it's private or Medicare. You should also file a police report to document the case. Next, put a fraud alert on your credit report to stop anyone from getting a credit card in your name. Consider setting up an Identity Protection PIN at [irs.gov](http://irs.gov) to prevent someone from getting through to your account and impersonating you. Find help with all these steps at [identitytheft.gov](http://identitytheft.gov).

### **I keep receiving packages I didn't order.**

#### **What should I do so I won't be billed?**

The U.S. Postal Service (USPS) website says that many people simply pay for the item. But you don't have to. If you have not opened the package, mark it "Return to Sender." USPS will send it back at no charge to you. If you open the package and like what you find, keep it—free. This is a rare instance when "finders, keepers" applies, USPS notes. "By law, unsolicited merchandise is yours to keep." Why does it happen? It might be a scam called "brushing." The intention is to create a record of a verified buyer. Then the sender will write a fake review in your name. "These fake reviews help to fraudulently ... inflate the products' ratings and sales numbers," says the U.S. Postal Inspection Service website. This can result in increased sales.

### **My wife is getting calls supposedly from Medicare. They ask for her personal information so they can replace her card. I just want to know if this is a scam.**

Yes, it is 100 percent a scam. Medicare will never call you uninvited and ask you to give personal or private information. Medicare fraud is big business, and you want to protect your number as you would any other personal or financial information. If you suspect a criminal has your Medicare number, call 1-800-MEDICARE and watch your Medicare summary notices to ensure no one has charged items to your number without your permission.

### **My husband got an email from someone claiming to be with AARP, stating that he could fill out a survey to get a prize.**

In the past year, there has been an increase in the amount of reports to the AARP Fraud Watch Network Helpline about scammers posing as AARP. This is not surprising because AARP is viewed as trustworthy. It's important to remember that AARP will never contact you unsolicited asking for personal or financial information. If you ever have a doubt, call the helpline at 877-908-3360. ■

*Amy Nofziger is the director of victim support for the AARP Fraud Watch Network. Mark Fetterhoff is a senior adviser with the network.*

**Have questions related to scams? Call the AARP Fraud Watch Network Helpline toll-free at 877-908-3360. For the latest fraud news and advice, go to [aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork).**



**Crossword Puzzle: Solution**

**ACROSS**

- 1. Kids love to dig in this. **Sand**
- 2. You can collect these on the beach. **Shells**
- 6. An American summer holiday. **Fourth of July**
- 8. You turn this on to cool off. **Fan**
- 10. We put this on our skin to protect us from the sun. **Sunscreen**
- 13. A trip away from home. **Vacation**

**DOWN**

- 1. What you wear to go swimming. **Swimsuit**
- 3. You swim in this at the beach. **Ocean**
- 4. A frozen treat on a stick. **Popsicle**
- 5. The weather in summer. **Hot**
- 7. Someone whose job is to make sure swimmers are safe. **Lifeguard**
- 9. The last month of summer. **August**
- 10. A bird you see often at the beach. **Seagull**
- 11. When you ride a wave with a board. **Surfing**
- 12. Commonly worn in summer. **Shorts**

**10 Signs of Hearing Loss You Shouldn't Ignore**

- You get irritated at others for mumbling
- You're having trouble following conversations
- Talking on the phone is more challenging
- Some sounds seem louder than normal
- It's harder to carry on a conversation in a crowded room
- Everyone is telling you to turn down the TV
- You feel like you're getting clumsier
- You don't remember things people tell you
- You don't get jokes like you used to
- You get distracted more easily

**11 Foods That May Help Support Your Hearing Health**

- Bell Peppers
- Bananas
- Cantaloupes
- Carrots
- Citrus fruits (orange, grapefruit, lemon, etc.)
- Dark green leafy vegetables (broccoli, kale, Swiss chard, and spinach)
- Eggs
- Potatoes, sweet & white
- Pumpkin
- Tomatoes
- Fish

**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*  
RSVP Director  
505-966-2567

[bertha.flores@belen-nm.gov](mailto:bertha.flores@belen-nm.gov)

*Chantel Apodaca*  
Clerical Specialist I  
505-966-2566

[chantel.apodaca@belen-nm.gov](mailto:chantel.apodaca@belen-nm.gov)