

RSVP

A Volunteer  
--(Author Unknown)

Helping out,  
lending a hand  
Someone who will  
understand  
A person who will  
always be there  
Without a doubt  
someone who cares  
A Volunteer.

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# RSVP NEWSLETTER

Volume 5, Issue 2 - 2014

Mid-Rio Grande



From the left: Pearl Lucero, Mary Chavez, Fillie Baca, Lois Pettis, Alberta West.

Missing: Mildred Hammer, Dee Hull



## Quilts from Sewing Ladies at Del Rio Senior Center Sent to Injured Troops in Germany

Volunteers at the Del Rio Senior Center, known as “Sewing Ladies”, create quilts from donated material. Quilts go to the Blue Star Mothers, which ships them to troops overseas, including a military hospital in Germany, where they are given to recuperating soldiers. One recent recipient at the hospital is married to a granddaughter of Mary Chavez (nicknamed Honey), one of the same sewing ladies that makes the quilts. A thank you note made it back to the group relating how much the soldiers in Germany covet these quilts (one e-mail includes the comment “those quilts are a hot commodity”).

Another recipient of the quilts created by the “Sewing Ladies” is the Veterans Administration Hospital in Albuquerque, where the quilts are distributed to veterans receiving treatment.

It’s a small world. The thoughtfulness of the sewing ladies is deeply appreciated by those who receive their gifts, whether here in the USA or overseas.

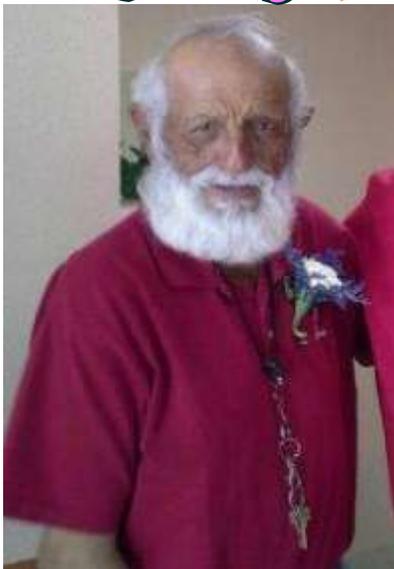
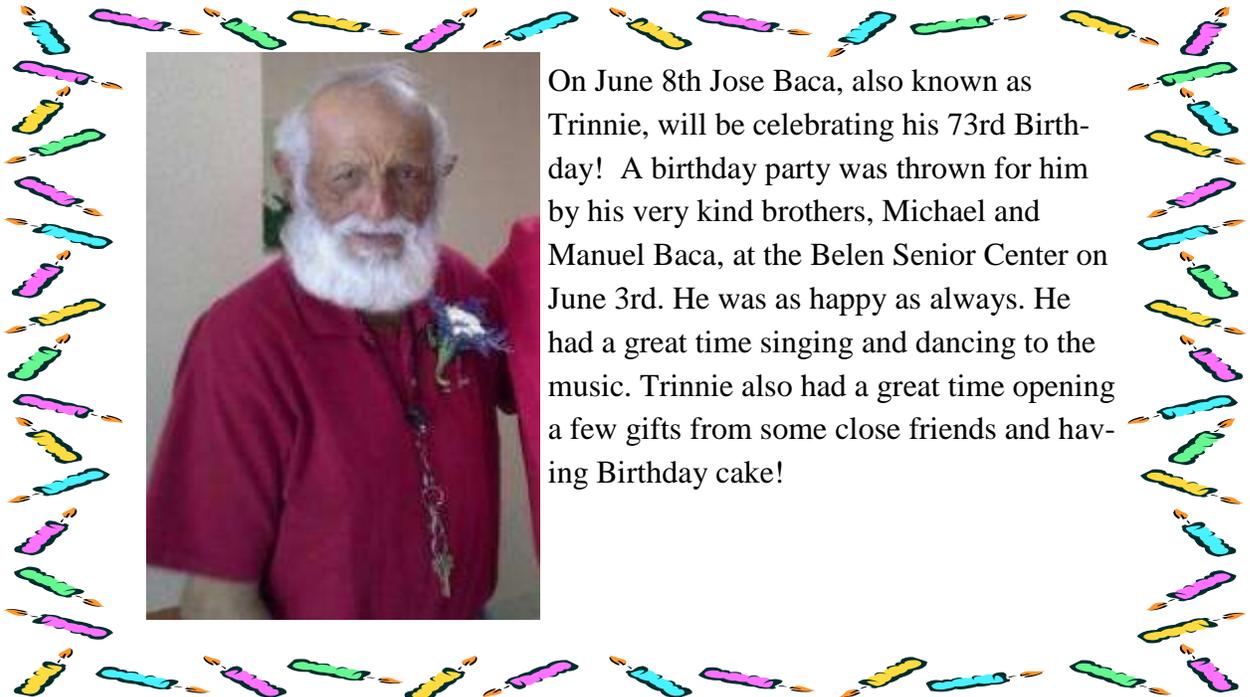
To help these women continue to be able to do these amazing things, we are in search of donations of material and batting. If you can donate any of these give Bertha a call at 966-2567.

## *Luau at Del Rio Senior Center*



On May 22nd Del Rio Senior Center had a Luau to celebrate summer! Everyone had a great time singing and dancing to the music provided by DJ, Wayne Gallegos.

## *Jose (Trinnie) Baca's Birthday!*



On June 8th Jose Baca, also known as Trinnie, will be celebrating his 73rd Birthday! A birthday party was thrown for him by his very kind brothers, Michael and Manuel Baca, at the Belen Senior Center on June 3rd. He was as happy as always. He had a great time singing and dancing to the music. Trinnie also had a great time opening a few gifts from some close friends and having Birthday cake!

# RSVP VOLUNTEER LUNCHEON 2014



## SPECIAL THANK YOU!

We at RSVP would like to thank everyone that helped on April 25, 2014 for the Annual Volunteer Luncheon at the Elks Lodge. Thanks to the Elks Lodge for donating the hall and being there for all the Volunteers in Valencia County. A special thanks to Mayor Jerah Cordova for helping us.



To the Belen City Council: David Carter, Darleen Aragon, Wayne Gallegos and Frank Ortega, a big thank you to you.



To the RSVP Advisory Board for all they do: Jim Rickey, Orlanda Duree, Audrey Torres-Vallejos, Pearl Lucero, Mark Rosenblum and Wayne Gallegos, Thank you!



### *Help For Our Seniors:*

#### [New Mexico Ombudsmen](#)

Ombudsmen assist residents by advocating for their rights, investigating and helping to resolve concerns, and ensuring they receive the care they deserve. Services are free, confidential and provided by certified ombudsmen staff and volunteers. Those in long-term care facilities have rights protected by law that they may not realize such as respect, fair and dignified treatment, freedom from abuse and retaliation, the right to independent choices, and privacy. Nearly 200 long-term care residents live in Valencia County facilities, alone. The Ombudsman program is housed in the New Mexico Aging and Long-Term Services Dept. To learn more about the Ombudsman program or if you or a loved one needs help, call 1-866-842-9230 or visit

[www.nmaging.state.nm.us](http://www.nmaging.state.nm.us).

#### [Lawyer Referral for the Elderly Program \(LREP\)](#)

A free legal help line for individuals 55 and over. The help line can provide **basic** assistance about consumer protection, debt collection, foreclosures, long term care, power of attorney, probate, and other topics. Talking to an attorney at LREP is free. LREP may refer you to an attorney at a reduced fee, full fee, or fee free, depending on the nature of your questions and circumstances. LREP is a service of the State Bar of New Mexico. Call LREP in Albuquerque at 797-6005 or toll free at 800-876-6657.

#### [Belen Food Pantry](#)

As of May 20th, the food pantry is now open! The new location is 513 Becker St. in Belen. Their hours are Tuesdays and Thursday from 10:00 AM to 1:00 PM.



#### [Retired and Senior Volunteer Program \(RSVP\)](#)

RSVP volunteers use their skills and experiences to make a difference in their communities. Volunteers help in the libraries, food pantries, schools, and senior centers. Must be 55 years or older. So if you are 55 years or older and would like to make a difference in your community, please contact Bertha or Leandra at the RSVP office.

#### [Chicken and Strawberry Salad](#)



##### INGREDIENTS

- 1 lb skinless, boneless chicken breast halves
- 1/2 cup pecans
- 1/3 cup red wine vinegar
- 1/2 cup cane sugar
- 1 cup vegetable oil
- 1/2 onion, minced
- 1 tsp ground mustard
- 1 tsp salt
- 1/4 tsp pepper
- 2 heads of lettuce, rinsed, dried and Torn.
- 1 cup sliced, fresh strawberries

##### DIRECTIONS

1. Pre-heat grill for high heat
2. Lightly oil the grill. Grill chicken 8 minutes on each side. Remove from heat, cool and slice.
3. Place pecans in a dry skillet over medium heat. Cook pecans for 8 minutes, stirring frequently. Remove from heat and set aside.
4. In a blender, combine red wine vinegar, sugar, vegetable oil, onion, mustard, salt and pepper. Process until smooth.
5. Arrange lettuce on serving plates. Top with grilled chicken slices, strawberries and pecans. Drizzle with dressing to serve.
6. Enjoy!

July

All Dances Start at 10:00 AM  
and end at 12:00 PM.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Belen Senior Center Dance	2 Los Lunas Senior Center Dance	3 Del Rio Senior Center Dance	4 INDEPENDENCE DAY	5
6	7	8 Belen Senior Center Dance	9 Los Lunas Senior Center Dance	10 Del Rio Senior Center Dance	11	12
13	14	15 Belen Senior Center Dance	16 Los Lunas Senior Center Dance	17 Del Rio Senior Center Dance	18	19
20	21	22 Belen Senior Center Dance	23 Los Lunas Senior Center Dance	24 Del Rio Senior Center Dance	25	26
27 National Parents Day	28	29 Belen Senior Center Dance	30 Los Lunas Senior Center Dance	31 Del Rio Senior Center Dance		

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Valencia County Community Expo
3	4	5 Belen Senior Center Dance	6 Los Lunas Senior Center Dance	7 Del Rio Senior Center Dance	8	9
10 Valencia County Community Expo ends	11	12 Belen Senior Center Dance	13 Los Lunas Senior Center Dance	14 Del Rio Senior Center Dance	15 FEAST OF ASSUMPTION	16
17	18 Valencia County Fair Begins August 18th- 24th	19 Belen Senior Center Dance New Mexico Conference on aging	20 Los Lunas Senior Center Dance New Mexico Conference on aging	21 Del Rio Senior Center Dance National Senior Citizens Day	22	23
24 31	25	26 Belen Senior Center Dance	27 Los Lunas Senior Center Dance	28 Del Rio Senior Center Dance	29	30

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY	2 Belen Senior Center Dance	3 Los Lunas Senior Center Dance	4 Del Rio Senior Center Dance	5	6
7 GRANDPARENTS' DAY	8	9 Belen Senior Center Dance	10 Los Lunas Senior Center Dance	11 Del Rio Senior Center Dance PATRIOTS DAY	12	13
14	15	16 Belen Senior Center Dance INDEPENDENCE DAY IN MEXICO	17 Los Lunas Senior Center Dance	18 Del Rio Senior Center Dance	19	20
21	22 FIRST DAY OF AUTUMN	23 Belen Senior Center Dance	24 Los Lunas Senior Center Dance	25 Del Rio Senior Center Dance	26	27 RIO ABAJO DAY IN BELEN
28	29	30 Belen Senior Center Dance				



## *June, July & August Birthdays!*

<i>Joe Ray Carrillo</i>	<i>06/03</i>	<i>Manuel Rodriquez</i>	<i>06/17</i>	<i>Alice Hayes</i>	<i>08/15</i>
<i>Peggy Winters</i>	<i>06/03</i>	<i>Gunny Vetter</i>	<i>06/21</i>	<i>Alys Lisle</i>	<i>08/17</i>
<i>Diane Figge</i>	<i>06/04</i>	<i>Charles Wallace</i>	<i>06/25</i>	<i>Andrea Camp</i>	<i>08/19</i>
<i>Janice Johnson</i>	<i>06/07</i>	<i>Alberta West</i>	<i>06/27</i>	<i>Carmen Sanchez</i>	<i>08/19</i>
<i>Audrey Vallejos</i>	<i>06/07</i>	<i>Doris Duran</i>	<i>6/30</i>	<i>Eileen Henry</i>	<i>08/22</i>
<i>Trinnie Baca</i>	<i>06/08</i>	<i>Lupe Garcia</i>	<i>07/06</i>	<i>Toni McDonald</i>	<i>08/23</i>
<i>Toni Gonzales</i>	<i>06/09</i>	<i>Lois Pettis</i>	<i>07/07</i>	<i>Linda Brenner</i>	<i>08/26</i>
<i>Angelina Bradshaw</i>	<i>6/12</i>	<i>Gloria Cola-Craig</i>	<i>07/11</i>	<i>Sally Chavira</i>	<i>08/29</i>
<i>Bruce Coleman</i>	<i>06/13</i>	<i>Hilda Hidalgo</i>	<i>07/13</i>	<i>Mickey Cone</i>	<i>08/30</i>
<i>Joan Arvizu</i>	<i>06/13</i>	<i>Helen Abeyta</i>	<i>07/14</i>	<i>Tino Mascarena</i>	<i>08/30</i>
<i>Janis Marston</i>	<i>06/14</i>	<i>Gary Nichols</i>	<i>07/25</i>	<i>Rosalie Marquez</i>	<i>08/31</i>
<i>Cynthia Clark</i>	<i>06/15</i>	<i>Martha Marquez</i>	<i>07/29</i>	<i>Shirley Stotts</i>	<i>08/31</i>
<i>Maxine Gobert</i>	<i>06/15</i>	<i>Lillie McNabb</i>	<i>07/29</i>		
<i>Donna Baca</i>	<i>06/16</i>	<i>John Zollan</i>	<i>08/09</i>		

RSVP Office

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RSVP Office Hours

8:00 AM - 5:00 PM

Created By:

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