

RSVP NEWSLETTER

Dr. Martin Luther King, Jr.

On January 20, 2014 the Martin Luther King Commission held its 21st annual MLK Candle light Vigil. The lights in the dark of the night looked beautiful. The Retired Senior Volunteer Program provided refreshments during the vigil. May we always remember the good that came from Martin Luther King, Jr. "Darkness Cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -MLK



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RSVP Partnering with Let's Move That Food

On January 17, 2014 RSVP partnered with Let's Move That Food to help feed some people in Valencia County. With help of our RSVP volunteers, we were able to distribute food to about 400 individuals. Thank you to all that helped.





Simple Tuna Noodle Casserole (25 Min)

Ingredients:

- 1 11oz can of cream of mushroom soup
- 1/2 cup milk
- 1 cup peas
- 2 (5oz) can of tuna (drained)
- 2 cup cooked pasta

Directions:

1. Mix soup, milk, peas, tuna & cooked pasta
2. Transfer to a casserole dish.
3. Bake at 400 Degrees for 15 min
4. Let cool for 5-10 min before serving



Legislature

On January 28th RSVP took our annual trip to the Round House for Senior Day. Some of the RSVP volunteers were able to accompany us. Bertha Flores, Leandra Chavez, Jim Rickey, Audrey Torres, Pearl Lucero and Herman Lucero all had the honor of getting to sit down and talk to Senator Michael Sanchez about our seniors and hopes for their future.



From the left: Audrey Torres, Leandra Chavez, Herman Lucero, Pearl Lucero, Bertha Flores



From the Left: Pearl Lucero, Leandra Chavez, Audrey Torres, Senator Michael Sanchez, Bertha Flores

Changes in the Belen Area Food Pantry

One of the RSVP volunteer sites is the Belen Food Pantry. It is currently moving to a different location. The new food pantry will be located at 513 Becker Ave., formerly the site of the Valencia Domestic Violence Office. The food pantry is hoping to be open again on March 1st.

It's a Fiesta!!

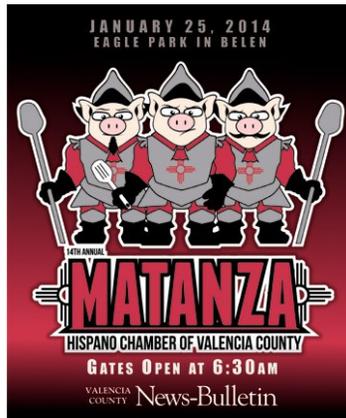
All of our volunteers are invited to the annual recognition lunch on Friday, April 25th at the Belen Elks Lodge on route 314 north of Belen. The lunch will be fiesta themed. Doors will open at 11 AM and lunch will be served around noon. Besides a delicious lunch, there will be music, dancing, and door prizes. Several vendors and organizations will be in the lobby. Volunteers will receive an invitation about two weeks before the lunch. Please bring your invitation to the lunch with you. If you wish to bring a guest, he/she will be charged \$7 to defray the cost of the lunch.

Senior Olympics

Signups for Senior Olympics in Valencia County is going on now. Obtain the entry form and a list of all scheduled events at the Los Lunas Daniel Fernandez Recreation Center at 1103 Highway 314. For more information contact Marcos Castillo at 352-7662 or by e-mail at castillom@loslunasnm.gov. The fee is \$20 for an unlimited number of events. The bowling fee is \$5 per event; the golf fee is \$28 for 18 holes and a cart (at Tierra del Sol Country Club). The state Senior Olympics will be held July 16th thru 19th in Roswell.

Hispano Chamber of Commerce Annual Matanza

RSVP participated at the Matanza held on January 25th at Belen's Eagle Park. RSVP Director Bertha Flores provided attendees with information about the RSVP program here in Valencia County. She also sold



coffee and hot chocolate to supplement funding for the prizes for the annual volunteer lunch on April 25th. Because of the large turn out at the event, we actually ran out of hot chocolate and coffee!

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.

Helpful Numbers

Need help paying for medications?

Call MEDBANK, part of the state's Dept. of Aging & Long Term Services to speak to a counselor. You provide information and MEDBANK assists in filling out paperwork required by pharmaceutical companies. Those companies sometimes offer prescription medications at reduced cost or no cost. MEDBANK itself does not make a decision about eligibility. It works with pharmaceutical companies. For more information about MEDBANK call the Aging & Long Term Services Dept. resource center at 800-432-2080.

Adult Protective Services

Adult Protective Services in the Aging & Long Term Services Dept. provides a system of protective services to anyone 18 or older who is unable to protect themselves from abuse, neglect, or exploitation. They are available 24 hours a day, seven days a week. Adult Protective Services has its own investigators and can provide services including emergency protective placement, caregivers, home care, adult day care, and legal services, if warranted. If you or someone you care for is the victim of abuse or neglect, call anytime at 866-654-3219.



We All Need Someone to Be There

Planting the seed,
To help the need
Being a friend,
Prayers and hope to send

Not walking away,
But trying to stay
Not turning away,
No matter what day
Being there,
No matter where
Giving hugs,
Instead of tugs
Not pushing aside,
Getting to know the
person inside

We are all human,
Sometimes we just
need a hand
It can do so much
So take the time,
Everyone gets in a
bind
Let's all show
random acts of
kindness,
No matter how big or
small
We're all in need of
Someone to care,
We all need someone
to be there.

-Judy Kilgore
3/22/2013

RSVP NEWSLETTER

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Belen Senior Center Dance	5 Los Lunas Senior Center Dance Ash Wednesday	6 Del Rio Senior Center Dance	7	8 International Women's Day
9 Daylight Savings Begins	10	11 Belen Senior Center Dance	12 Los Lunas Senior Center Dance	13 Del Rio Senior Center Dance	14	15 Purim (Jewish Holiday) Begins at Sundown
16	17  St. Patrick's Day	18 Belen Senior Center Dance	19 Los Lunas Senior Center Dance	20 Del Rio Senior Center Dance Spring Begins	21	22
23	24	25 Belen Senior Center Dance	26 Los Lunas Senior Center Dance	27 Del Rio Senior Center Dance	28	29
30	31					

April

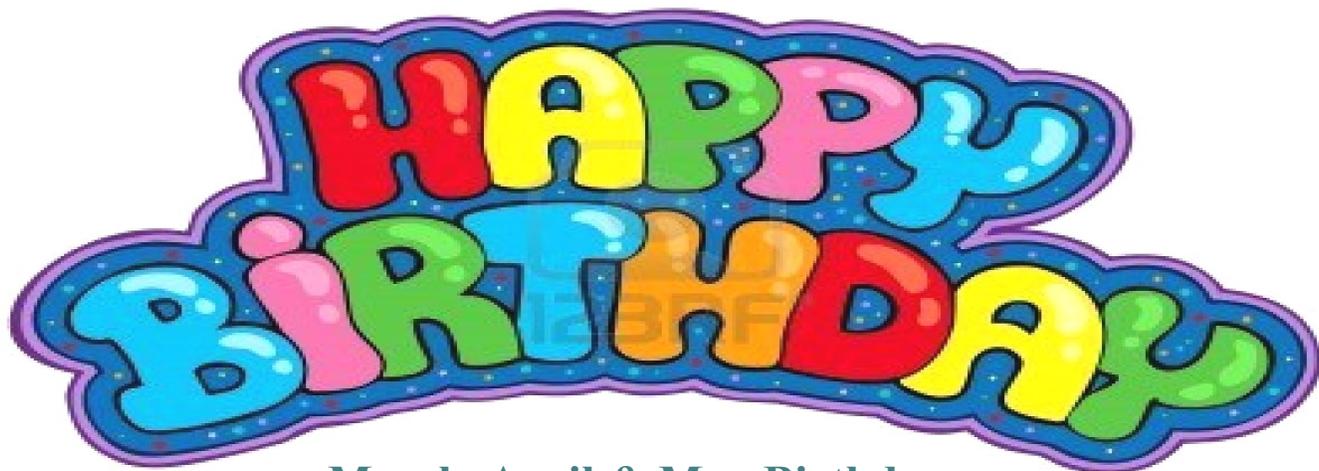
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Belen Senior Center Dance April Fool's Day	2 Los Lunas Senior Center Dance	3 Del Rio Senior Center Dance	4	5
6	7	8 Belen Senior Center Dance	9 Los Lunas Senior Center Dance	10 Del Rio Senior Center Dance	11	12
13 Palm Sunday	14 Passover Begins at	15 Belen Senior Center Dance	16 Los Lunas Senior Center Dance	17 Del Rio Senior Center Dance	18 Good Friday	19
20 Easter 	21	22 Belen Senior Center Dance	23 Los Lunas Senior Center Dance	24 Del Rio Senior Center Dance	25 Annual Volunteer Luncheon @ Elks Lodge	26
27	28	29 Belen Senior Center Dance	30 Los Lunas Senior Center Dance			

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Cinco De Mayo	6 Belen Senior Center Dance	7 Los Lunas Senior Center Dance	8 Del Rio Senior Center Dance	9	10
11 Mothers Day	12	13 Belen Senior Center Dance	14 Los Lunas Senior Center Dance	15 Del Rio Senior Center Dance	16	17 Armed Forces Day
18	19	20 Belen Senior Center Dance	21 Los Lunas Senior Center Dance	22 Del Rio Senior Center Dance	22	24
25	26 Memorial Day	27 Belen Senior Center Dance	28 Los Lunas Senior Center Dance	29 Del Rio Senior Center Dance Ascension Day	30	31

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Belen Senior Center Dance Shavuot (Jewish Holiday) Begins at sundown	4 Los Lunas Senior Center Dance	5 Del Rio Senior Center Dance	6	7
8 Feast of Pentecost	9	10 Belen Senior Center Dance	11 Los Lunas Senior Center Dance	12 Del Rio Senior Center Dance	13	14 Flag Day 
15 Fathers Day	16	17 Belen Senior Center Dance	18 Los Lunas Senior Center Dance	19 Del Rio Senior Center Dance	20	21 Summer Begins
22	23	24 Belen Senior Center Dance	25 Los Lunas Senior Center Dance	26 Del Rio Senior Center Dance	27	28
29	30					



March, April & May Birthdays

David Hise	03/01	Nellie Cordova	03/24	Georgia Eddy	04/26
Paul Ridley	03/01	Bertha Lightfoot	03/24	Alice Rivera	04/27
Shirley Hershberger	03/03	Lydia Lopez		Clara Mulligan	04/30
Bob Young	03/04	03/29		Robert Manasco	05/02
Frances Gallegos	03/06	Susan Moran	04/03	Joe Martinez	05/02
Raymond Barela	03/08	Louise Main		Kathryn Tafoya	05/02
Linda Griego	03/09	04/04		Ethalena Mims	05/04
Joan Propiak	03/09	Jesse Poland		Ida Oliver	05/04
John Gardner	03/10	04/04		Dee Hull	05/07
Frank Gonzales	03/10	Troyce Aycox	04/09	Mary Hahn	05/08
Ida Gardner		Lloyd Colson	04/10	Sisto Sanchez	05/10
03/11		Wilfred Marquez	04/11	Lala Gabaldon	05/11
Patricia Hathaway		Angela Blasi	04/14	Marilyn Mora	05/12
03/12		Patty Herington	04/16	Phyllis Young	05/20
Tim Sanchez	03/13	Mary Bradley	04/18	Dorothy Vaughan	05/21
Laura Hawes	03/18	Ann Bebault	04/18	Barbara Bransky	05/22
Dolores Garcia	03/20	Karen Minder	04/24	Clarke Metcalf	05/23

RSVP Office

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RSVP Office Hours

8:00 AM - 5:00 PM

Created By:

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