

# RSVP Newsletter



New Mexico Aging &  
Long-Term Services Dept.



## BE THANKFUL

Be thankful that you don't already have everything you desire, If you did, what would there be to look forward to?

Be thankful when you don't know something, For it gives you the opportunity to learn.

Be thankful for the difficult times, During those times you grow.

Be thankful for your limitations, Because they give you the opportunity for improvement.

Be thankful for each new challenge, Because it will build your strength and character.

Be thankful for your mistakes, They will teach you valuable lessons.

Be thankful when you're tired and weary, Because it means you've made a difference.

It is easy to be thankful for the good things. A life of rich fulfillment come to those who are always thankful for the setbacks.

Gratitude can turn a negative into a positive, Find a way to be thankful for your troubles and they can become your blessing

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## Bosque Farms Senior Center



# RSVP VOLUNTEER LUNCHEON 2012

## SPECIAL THANK YOU

We at RSVP would like to thank everyone that helped on March 16, 2012 for the annual Volunteer Luncheon at the Elks Lodge. Thank you to Elks Lodge for donating the hall and for being there for all the Volunteers in Valencia County. A special thanks to Amerigroup Real Solutions (Mindy Romero) for the wonderful cakes and to Mindy Romero and Family for being there for our Volunteers. To Mayor Rudy Jaramillo for always being willing to help us when we need him, also Mary Lucy Baca City Manager for helping us on every Volunteer Luncheon.

To the Belen City Council: Jerah R. Cordova, Wayne Gallegos, Mary Aragon, a very special thank you.

To the RSVP Advisory Board for all they do:  
 Jim Rickey, Orlinda Duree, Mary Aragon, Wayne Gallegos, Pearl Lucero, Louis Lusero, Mark Rosenblum, Thank you.



# RSVP VOLUNTEER LUNCHEON 2012

## VOLUNTEERISM

- Giving back for those gifts you have been given is to volunteer your own time, resources, or abilities so that others may also move forward.
- In some cases, those that volunteer are always the same people.
- The world is hugged by the faithful arms of volunteers
- Volunteers do not necessarily have the time; they have the heart.
- There are two ways of spreading light— to be the candle or the mirror that reflects it.
- Volunteering lengthens life— and improves the quality of life
- It wasn't the reward that mattered or the recognition you might harvest. It was the depth of commitment, your quality of service, the product of your devotion— these were the things that counted in life. When you gave purely, the honor in giving, and that was honor enough.



**Chicken and Sun-Dried Tomato Bruschetta**



**Ingredients**

- 2- Skinless, Boneless chicken breast halves
- 1-1/4 cups Italian salad dressing, divided
- 4- cups fresh spinach torn
- 1/3 cup crumbled feta cheese
- 8 sun-dried tomatoes, packed without oil, chopped
- 1(1-pound) loaf focaccia bread, cut into 1/2-inch thick slices
- 1/4 cup olive oil

**Directions**

1. Place the chicken and 1 cup salad dressing in a bowl. Cover, and marinate at least 3 hours in the refrigerator.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Discard dressing used for marinating, and grill chicken 7 minutes per side, until juices run clear, Cool and shred.
4. In a large bowl, mix the cooked chicken, spinach, Feta cheese, sun dry tomatoes, and remaining dressing.
5. Brush the focaccia bread with olive oil, and cook 1 minute per side on the prepared grill, or until lightly toasted. Place portions of chicken mixture on the toasted focaccia bread



# April 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 City of Belen Council meeting 6:00 pm	3	4	5	6	7
8	9	10 Belen Senior Center Dance 10am-12pm	11 Fred Luna Senior Center Dance 10-12	12 Del Rio Senior Dance 10-12 pm Los Lunas Council meeting 6:00pm	13	14
15 Belen Fire Dept. hosting night at the Iso-topes \$10.00	16 City of Belen Council meeting 6:00 pm	17 Belen Senior Center Dance 10am-12pm	18 Fred Luna Senior Center Dance 10-12pm	19 Del Rio Senior Center Dance 10-12 pm	20	21
22	23	24 Belen Senior Center Dance 10am-12pm	25 Fred Luna Senior Center Dance 10-12pm	26 Del Rio Senior Center Dance 10-12pm, Los Lunas Council meeting 6:00pm	27	28
29	30					

# May 2012

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 City of Belen Council meeting 6:00pm	8 Belen Senior Center Dance 10-12pm	9 Fred Luna Senior Center Dance 10-12pm	10 Del Rio Senior Center Dance, Los Lunas Council meeting 6:00pm	11	12
13	14	15 Belen Senior Center Dance 10-12pm	16 Fred Luna Senior Center Dance 10-12pm	17 Del Rio Senior Center Dance 10-12pm	18	19
20	21 City of Belen Council meeting 6:00pm	22 Belen Senior Center Dance 10-12pm	23 Fred Luna Senior Center Dance 10-12pm	24 Del Rio Senior Center Dance 10-12pm Los Lunas Council Meeting	25	26
27	28	29 Belen Senior Center Dance 10-12pm	30 Fred Luna Senior Center Dance 10-	31 Del Rio Senior Center Dance 10-12pm		

<b>Dolores Apodoca</b>	<b>5/16</b>	<b>Diane Pena</b>	<b>05/11</b>
<b>Joan Arvizu</b>	<b>6/13</b>	<b>Jesse Poland</b>	<b>04/04</b>
<b>Troyce A. Aycox</b>	<b>4/09</b>	<b>Alicia Reza</b>	<b>06/09</b>
<b>Trinie Baca</b>	<b>6/08</b>	<b>Manuel Rodriquez</b>	<b>06/17</b>
<b>Barbara Bailey</b>	<b>4/24</b>	<b>Mary T. Sanchez</b>	<b>05/12</b>
<b>Angela Blasi</b>	<b>4/14</b>	<b>Sisto Sanchez</b>	<b>05/10</b>
<b>Angelina Bradshaw</b>	<b>6/12</b>	<b>Dorothy Vaughan</b>	<b>05/21</b>
<b>Barbara Bransky</b>	<b>5/22</b>	<b>Charles Wallace</b>	<b>06/25</b>
<b>Margaret Burkhart</b>	<b>6/13</b>	<b>Alberta West</b>	<b>06/27</b>
<b>Joe Ray Carrillo</b>	<b>6/03</b>	<b>Alice J. Williams</b>	<b>05/27</b>
<b>Cynthia Clark</b>	<b>6/15</b>	<b>Peggy Winters</b>	<b>06/03</b>
<b>Roger Clark</b>	<b>6/02</b>	<b>Phyllis Young</b>	<b>05/20</b>
<b>Lloyd Colson</b>	<b>4/10</b>		
<b>Doris Corrao</b>	<b>4/27</b>		
<b>James Daugherty</b>	<b>5/02</b>		
<b>Susan Marie Duran</b>	<b>5/22</b>		
<b>Marie Forman</b>	<b>6/20</b>		
<b>Sue C. Forrest</b>	<b>4/10</b>		
<b>Thomas Fritts</b>	<b>4/23</b>		
<b>Lala Gabaldon</b>	<b>5/11</b>		
<b>Maxine Gobert</b>	<b>6/15</b>		
<b>Dale Grudier</b>	<b>5/16</b>		
<b>Patty Herrington</b>	<b>4/16</b>		
<b>Dee Hall</b>	<b>5/07</b>		
<b>Dona Leininger</b>	<b>5/26</b>		
<b>Louis Lusero</b>	<b>6/29</b>		
<b>Juan Maestas</b>	<b>5/28</b>		
<b>Robert Manasco</b>	<b>5/02</b>		
<b>Wilfred Marquez</b>	<b>4/11</b>		
<b>Joe Martinez</b>	<b>5/02</b>		
<b>Lillian Michael</b>	<b>4/26</b>		
<b>Ethalena M. Mims</b>	<b>5/04</b>		
<b>Susan D. Moran</b>	<b>4/03</b>		
<b>Clara Mulligan</b>	<b>4/30</b>		
<b>Dee Ann Murray</b>	<b>6/10</b>		
<b>Ida Oliver</b>	<b>5/04</b>		

