

# Mid-Rio Grande Retired & Senior Volunteer Program

## RSVP Newsletter

719 S. Main Street, Belen



### Memorial Day Ceremony

May 27, 2024

### Belen Eagle Park Veterans Memorial



# Happy Retirement!



RSVP Director Bertha Flores retired as of June 28, 2024. She worked with the city of Belen for 14 years. Bertha is known to take very good care of any senior in Valencia County. She was very passionate about serving her community in any way that she could. She would take donations for slippers, socks, walkers, blankets, disposable diapers, non-perishable foods, etc. Lydia Maldonado and Melissa Martinez had a retirement dance at the Belen Senior Center on June 21st in her honor for all of the hard work she has done. DJ Wayne Gallegos played music for all that attended. Some key speakers were Senior Center Operations Manager Lydia Maldonado, Councilman Frank Ortega, Belen City Manager, Roseann Peralta, and NM Aging and Long Term Representative Aimee Brown. City of Belen had a lunch, cake, and refreshments at City Hall to send Bertha off with a farewell on June 26th. Also on June 26th, RSVP Board Members took Bertha out to dinner at Pete's Café in Belen.



Bertha, you will be dearly missed by everyone that you have had the honor of working with! Congratulations on your retirement! We all wish you the best on your future endeavors.

- RSVP Board Members and Chantel Apodaca

# FREE FOOD FOR SENIORS 60 AND OLDER



U.S. Department of Veterans Affairs

## Center

(Next to Belen High School)

305 Eagle Lane

8:00am - 12:00pm

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.

**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**

**\*\*Currently distributing every other month**

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

**DISTRIBUTION DATES 2024**

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

## Our Lady of Belen Fiesta *August 16th-18th*

Parade will be held on Saturday, August 17th down Main Street ending at Our Lady of Belen Catholic Church. The weekend will be filled with carnival fun, entertainment, food and music for dancing.

For more information, call the church at (505) 864-8043

## VALENCIA COUNTY FAIR

### Free Senior Day at the County Fair

**Sunday  
August 25th**



**10:00am**

—

**1:00pm**

**Valencia County Fair Parade  
Saturday, August 24th @ 10 AM**

**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**

**Wed: 8:00am - 5:00pm**

**Thurs: 8:00am - 5:00pm**

**Fri: 8:00am - 5:00pm**

For more information or to schedule an appointment, please contact

**Rob Miller (505) 537-9339**

**rob.miller@dvs.nm.gov**

# **8 Most Common Skin Conditions After You Turn 70**

## **1. Seborrheic Keratoses—78%**

Seborrheic keratoses are non-cancerous wart-like growths that often appear on the face, chest, shoulders or back. Typically, they are slightly elevated from the skin surface and appear as waxy brown, black or tan growths. No treatment is necessary, but if a seborrheic keratosis causes irritation, it can be removed by a doctor.

## **2. Lentigo Senilis—69%**

Older adults, people with fair skin and people who have spent lots of time in the sun are most prone to lentigo senilis, more commonly known as liver spots. They appear as flat tan, brown or black spots, most often on the face, hands, shoulders and arms. It is important, however, for your doctor to distinguish between an age spot and other conditions such as lentigo maligna, a type of skin cancer. Liver spots are harmless and don't need treatment. In some cases, prescription creams and procedures can remove them or make them less noticeable, according to the Mayo Clinic.

## **3. Cherry Angiomas—63%**

Cherry angiomas are noncancerous skin growths made up of blood vessels that give them a reddish appearance. Also known as senile angiomas or Campbell de Morgan spots, they are fairly common skin growths that vary in size from a pinhead to a quarter inch in diameter and usually show up after age 30. Some cherry angiomas appear smooth and even with your slightly raised. They can bleed if scratched, rubbed or cut open.

## **4. Melanocytic Nevi—50%**

Also known as moles, melanocytic nevi are small, pigmented spots on the skin that usually appear during childhood or adolescence. The number of moles varies by person, from a handful to hundreds. Typically, they have clean-cut edges and are uniform in color. They can darken or enlarge during adolescence or pregnancy. Most moles are harmless, but they can, on rare occasion, become cancerous.

## **5. Tinea Pedis—49%**

Tinea pedis, or athlete's foot, is a common foot infection caused by fungi called dermatophytes that thrive in warm, moist environments. Symptoms include itchy feet; cracked, blistered or peeling skin between the toes; or redness and scaling on the soles. The infection can also spread to the toenails, turning them thick and cloudy yellow. Over-the-counter antifungal medications are recommended.

## **6. Rosacea—26%**

More common among fair-skinned women, rosacea causes redness and visible blood vessels, usually on the face. The skin condition can be mistaken for acne, other skin problems or natural ruddiness. It is a relapsing condition, which means there are periods when symptoms are particularly bad and time when they are less severe. The cause is unknown, but it could be due to a combination of hereditary and environmental factors, according to the Mayo Clinic. There's no specific test for rosacea, but you may need further tests to rule out other conditions, such as lupus. Creams, gels and oral medications can help reduce spots and redness from rosacea. If you have the condition, the Cleveland Clinic advises that you avoid common triggers such as alcohol, spicy food and stress.

## **7. Actinic Keratosis—22%**

This disease is distinguished by a rough, scaly patch of skin that develops slowly from years of sun exposure on the face, lips, ears, back of hands, forearms, scalp and neck. With time the spots or patches may become hard, with a wartlike surface.

## **8. Asteatotic Eczema—21%**

This condition, also called xerotic eczema or eczema craquele occurs when skin becomes abnormally dry, itchy or cracked. It's common among older people and often happens in winter, especially in colder areas where indoor heating makes the air dry. Frequent bathing, certain medications, irritating soaps and scratchy wool fabrics can make it worse. To help prevent this condition, take short, cool showers with mild, fragrance-free soaps. Applying a petroleum-based lotion within three minutes of bathing can also help.

**MEMORIAL BRICKS**

**\$40.00**

**PICK UP A BRICK APPLICATION AT THE RSVP OFFICE IN BELEN**

**719 S. Main Street**

**NEW MEXICO AGING & LONG-TERM SERVICES DEPARTMENT**

**46th Annual Conference on Aging**

This year's conference is one not to miss as we are updating the format, topics and activities for your enjoyment and education. Registration anticipated to launch August 2024.

To get more information on dates and times for the conference, please contact ALTSD at 1-800-432-2080 or email at [nm.adrc@altsd.nm.gov](mailto:nm.adrc@altsd.nm.gov). You may also visit their website [aging.nm.gov](http://aging.nm.gov) and click on Conference on Aging.

RSVP received money from NM Aging & Long-Term Services to beautify our park as well as give the Belen Senior Center some planters and plants to take care of.

10th/Ross Park: 5 apple trees were planted by Wayne Gallegos, Pearl Lucero and Bertha Flores. Another street light was placed in the park.

Thank you to the city of Belen and the RSVP Board Members for all their hard work in taking care of this park to make it beautiful for the community!

Belen Senior Center was given several plants and planters: jalapenos, strawberries, cucumbers, tomatoes, etc. All fruits and vegetables are free to take for any senior. The seniors are in charge of taking care of the plants.

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	6		2					4

Solution on pg. 10

## National Night Out

August 6, 2024

**Belen Police Department**

**Belen Eagle Park, from 5:30-7:30pm**

**Los Lunas Police Department**

**Los Lunas Sports Complex, from 5-8pm**

**Valencia County Sheriff's Office**

**UNM-Valencia Campus, from 5:30-7:30pm**

This event will provide resources, entertainment, food, refreshments, and school supplies free of charge to our community. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.



## Apple Cinnamon Oatmeal

### Ingredients

- 1 tbsp salted butter
- 1 Honeycrisp apple, cored and cut into 1/2—in cubes (about 2 cups)
- 3 tbsp light brown sugar, divided, plus more for sprinkling
- 1 tsp ground cinnamon, plus more for sprinkling
- 1 c old-fashioned oats
- Pinch kosher salt
- 1/4 c warm heavy cream or milk, to serve
- 2 tbsp chopped toasted walnuts (optional)





### Directions

1. In a medium saucepan, melt the butter over medium heat. Add the apple, 2 tbsp of brown sugar and cinnamon. Cook, stirring frequently until the apples are softened and fragrant, 2 to 3 minutes. Remove 1/4 of the apples to a small bowl.
2. In the saucepan with the remaining apples, add the oats, salt, the remaining 1 tbsp of brown sugar and 2 c of water. Bring the mixture to a simmer and cook, stirring occasionally, until the oats are softened, 3 to 5 minutes more.
3. To serve: divide the oatmeal between two bowls and top each with the heavy cream. Top with the reserved apples and sprinkle with walnuts (optional), brown sugar, and cinnamon.
4. Enjoy!

# August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 National Night Out	7	8	9	10
11	12	13	14	15	16 Our Lady of Belen Fiestas	17
18  Senior Citizens Day	19	20	21	22	23	24
← Valencia County Fair →						
25	26  WOMEN'S EQUALITY DAY	27	28	29	30	31

# SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2  LABOR DAY RSVP Closed	3	4	5 NM State Fair starts	6	7
8  Grandparents Day	9	10	11  WE WILL NEVER FORGET	12	13	14
15 NM State Fair ends	16	17	18  U.S. AIR FORCE BIRTHDAY ESTABLISHED SEPTEMBER 18, 1907	19	20	21
22	23	24	25	26	27	28
29	30					

# October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 ABQ Balloon Fiesta begins
6	7	8	9 ABQ Balloon Fiesta	10	11	12
13 ABQ Balloon Fiesta ends HAPPY BIRTHDAY U.S. NAVY	14 RSVP Closed INDIGENOUS PEOPLES' DAY	15	16 Happy BOSS Day	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Happy Halloween		





## Fraud Watch

# VETO THESE ELECTION SCAMS

**With the 2024 voting cycle underway, crooks see an opportunity to steal**

BY SARI HARRAR

It's a big election year—and criminals are already out in force with scams aimed at stealing your cash and personal information while making you think you're taking part in the democratic process. Barbara from Michigan told the AARP Fraud Watch Network Helpline she lost \$500 to an impostor claiming to be President Joe Biden's press secretary, who texted her repeatedly for donations via gift cards. Desi from Florida paid \$20,000 to a social media impostor for Donald Trump memorabilia and had to cancel his credit cards to protect his finances. Mary from California is trying to stop repeat credit card charges to a political campaign.

Law enforcement and election officials across the U.S. are warning about voter registration scams, criminals deploying artificial intelligence to impersonate candidates on the phone and social media, and schemes to garner campaign contributions and interfere with voting. Another danger: fake political surveys designed to steal personal data, including credit card account information.

Election-related scams often target older adults, simply because they're so politically engaged. "Almost half of individual campaign contributions come from people age 50 and older," says Brett G. Kappel, a Washington-based campaign finance lawyer.

The months before a presidential election are a boom time for crooks. "Politics brings out passion in people, which is always an opportunity to steal," says AJ Nash, vice president at the cybersecurity company ZeroFox.

Here's the scoop on three big election year consumer scams—and how to avoid them:



### ► SCAM PACs AND BOGUS DONATIONS

Sounding like charities, scammers register as political action committees (PACs) with the Federal Election Commission. By phone, email, text and social media, they solicit donations they say will support candidates and campaigns that promote worthy causes—from breast cancer awareness to firefighters. Instead, they keep most of the money for themselves, Kappel says. The haul can be huge: One large group of "scam PACs" raked in more than \$140 million over the previous two election cycles, according to a 2023 investigation of FEC records of PACs by the news website *The Daily Beast*.

Donation-seeking scammers may impersonate candidates, campaigns and political interest groups, sometimes using AI—riding on the sense of election urgency to push you to act, says Melanie McGovern, of the International Association of Better Business Bureaus.

**Outsmart them:** Never donate right away to groups that contact you, Kappel says. Give directly to candidates and campaigns by looking up their contact information online. You can review a PAC's finances by looking up the group on the FEC's website at [fec.gov/data](http://fec.gov/data). And check how groups accept payment. "Legitimate PACs must have bank accounts and will accept credit cards," Kappel says. "Scammers want you to use PayPal, send a check or, worse yet, a gift card, because the money can't be recovered."

### ► FRAUDULENT SURVEYS

Pollsters measure public opinion through surveys by email, text, social media and phone.

Scam surveys aim to steal your personal identifying information, often by offering a gift or other incentive that requires you to provide your credit card number, Social Security number, address or date of birth, the Pennsylvania attorney general's office warns.

**Outsmart them:** Don't assume phone surveys must be legit if you're on the National Do Not Call Registry—these types of calls are exempt, according to the Federal Trade Commission. A legit political poll won't offer you a gift or ask for personal information, says Amy Nofziger, AARP's director of fraud victim support. "I do not

participate in phone surveys," she says. "You can't verify who they really are."

### ► VOTER REGISTRATION SCAMS

Early in the 2024 primary election season, officials in some states were already warning about voter registration scams that use phone calls and text messages to phish for personal information. Voters are asked to confirm their registration by clicking on a link. Scammers may impersonate election officials and ask you to provide personal data to update or renew your registration, the National Association of Secretaries of State warns.

Criminals exploit confusion about registration rules, which vary by state. "The dates aren't as clear as when your taxes are due," notes Michael Kaiser, president and CEO of Defending Digital Campaigns.

**Outsmart them:** You can't register to vote by phone and you can't vote online in a federal election. But voting rules vary from state to state, and so do deadlines for mail-in and absentee ballots. In many cases, regulations have changed since 2020. Cut through the confusion "by going to the secretary of state or board of elections for your state," Kaiser says. Don't click on a link in an email or text. Find trustworthy information about your state's rules at [aarp.org/electionguides](http://aarp.org/electionguides). ■

*Sari Harrar is a contributing editor for AARP who frequently writes about fraud for the AARP Bulletin.*

**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).**

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9	6	3	2	8	5	1	7	4

**What to Do if Your Wallet Is Lost or Stolen**

1. Cancel your debit and credit cards
2. Freeze your credit
3. File a police report
4. Set up fraud alerts
5. Update your auto-pay accounts
6. Keep an eye on all of your accounts
7. Replace what's been lost: Social Security Card, Driver's license, Medicare card, etc.

**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:**

**Chantel Apodaca      505-966-2566**

**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/>

*Greg Coon*  
*Parks & Recreation/RSVP Director*  
 505-966-2701  
[gregory.coon@belen-nm.gov](mailto:gregory.coon@belen-nm.gov)

*Chantel Apodaca*  
*Clerical Specialist I*  
 505-966-2566  
[chantel.apodaca@belen-nm.gov](mailto:chantel.apodaca@belen-nm.gov)