

Mid-Rio Grande RSVP Newsletter

ISSUE 01

JANUARY 2025

WELCOMING OUR NEW RSVP SUPERVISOR

Supervisor's Note



Photo ©Apolo Gomez

Welcome to the start of a new year! As we move into 2025, I wanted to highlight some of the new changes to the Mid Rio-Grande Retired and Senior Volunteer Program (RSVP). First, I would like to introduce myself as the new RSVP Supervisor. During the short time I have been with RSVP, I have met many wonderful RSVP Volunteers and have visited most of our Volunteer Stations, but I look forward to meeting and getting to know every person who graciously volunteers their time for the betterment of our community. I am excited about the fresh initiatives we have planned for this year, which aim to enhance volunteer engagement and expand our community impact. Together, we can build on the foundation laid by previous leaders and create even more opportunities for our volunteers to make a difference.

I am excited to welcome Lydia Maldonado to our RSVP Board. She brings a wealth of experience and passion for providing senior services. She oversees multiple senior centers in the county and is dedicated to providing meal services and support to our community's older adults. I am thrilled she has joined the RSVP Board and I look forward to working together on future endeavors.

-Christine Vasquez



Belén
The Hub City



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RETIRED & SENIOR VOLUNTEER PROGRAM

Volunteer Station Highlight

BELEN AREA FOOD PANTRY



Photo Courtesy of Chantel Apodaca

We are grateful for so much but as the new year rings in, we are often reminded of the many Valencia County residents in need. Nonprofits and Public agencies work to support a myriad of communities and interests that help improve our community. This month, RSVP would like to recognize the Belen Area Food Pantry, which provides support to curb food insecurity.

The Belen Area Food Pantry is an all-volunteer station filled with people working hard to provide over 250

food boxes monthly. In a typical week, volunteers receive, pack, and distribute food to the line of vehicles that sometimes extend around the corner. Their dedication to helping the community often brings the volunteers to the distribution center daily, which amounted to over 2200 hours in 2024.

We want to recognize all of the Belen Food Pantry's hard work and dedication with a heartfelt THANK YOU!

About the Food Pantry Distribution

Who qualifies for this distribution? Anyone who lives within the Belen School District

Distribution Hours: Tuesday & Thursday 8:00am – 10:00am (max of 70 boxes per day)

What to bring: Photo ID & Proof of residency within the Belen School District.

HEALTHY RECIPE

SICK DAY CHICKEN NOODLE SOUP



Active Time: 20 mins

Total Time: 20 mins

Servings: 4

Nutrition Profile: No Added Sugar
Mediterranean Diet Sesame-Free
Weight Loss Nut-Free Dairy-Free
High-Protein

Ingredients

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 1 tablespoon finely chopped garlic
- 2 teaspoons chopped fresh ginger
- 1 tablespoon white miso
- 1/2 teaspoon salt
- 8 cups unsalted chicken broth
- 3 cups whole-wheat egg noodles (6 ounces)
- 1 cup mixed frozen vegetables
- 2 tablespoons thinly sliced scallions
- 1/4 teaspoon crushed red pepper

Directions

1. Heat 1 tablespoon oil in a large Dutch oven over medium heat. Add chicken pieces; cook, stirring often, until no longer pink, about 5 minutes. Add 1 tablespoon garlic and 2 teaspoons ginger; cook, stirring constantly, until fragrant, about 1 minute.
2. Add 1 tablespoon miso and 1/2 teaspoon salt; stir to coat. Stir in 8 cups broth; bring to a boil over high heat. Add 3 cups noodles and 1 cup frozen vegetables; return to a simmer over medium-high heat. Reduce heat to medium to maintain simmer; cook, stirring occasionally, until the noodles are tender and the chicken is cooked through, about 8 minutes. Stir in 2 tablespoons scallions and 1/4 teaspoon crushed red pepper.

*Make Volunteering
Your First
New Year's Resolution*

Help Your Community
Volunteer with Mid-Rio Grande RSVP Today!

Volunteer with a Purpose! Join AmeriCorps Seniors RSVP

ONGOING VOLUNTEER ROLES

When you express interest in an ongoing volunteer role, we'll introduce you to the agency partner and assist you in getting involved.

ONE-TIME VOLUNTEER ROLES

We understand that people may want to help for special events or periodic roles. There are many one-time volunteer roles available such as events and outreach opportunities.

WHY VOLUNTEER THROUGH RSVP?

AmeriCorps Seniors RSVP connects adults aged 55+ with local organizations that address community needs. Our volunteers align their skills with identified needs, creating a fulfilling experience for both the volunteer and the community. Our program provides supplemental insurance coverage, travel reimbursement, and recognition for contributions but no compensation. Our volunteers make a difference in their communities, one project at a time.

Contact Mid-Rio Grande RSVP for more information

719 S. Main St., Belen, New Mexico 87002

Phone: 505-966-2566

www.belen-nm.gov/departments/senior-living-rsvp/




U.S. Department of Veterans Affairs

The Field Services Division's veterans service officers (VSOs) assist veterans and their eligible dependents with filing VA claims and obtaining federal and state benefits. Our VSOs also help connect veterans to vital community resources, such as transitional housing and medical and behavioral health care. Information and assistance on federal and state benefits, local veterans' programs, and referral services are available at Belen Business Center.

For more information, please contact

Rob Miller (505) 537-9339

rob.miller@dvs.nm.gov

719 S Main Street Belen, NM 87002

VOLUNTEER TIMESHEET REMINDER

RSVP Volunteers are required to submit monthly timesheets with their volunteer hours. Timesheets are due on the 5th of every month. Some volunteer stations may have group timesheets. Please submit timesheets to the RSVP office located at the Belen Business Center 719 S. Main St. Belen, NM or you can email them to chantel.apodaca@belen-nm.gov

If you are unable to drop off your timesheet or email, please contact us so we can arrange pick up from your volunteer station.

Christmas Dance

at Belen Senior Center



PHOTOS COURTESY OF CHANTEL APODACA

On December 17, 2024, the Belen Senior Center held their Christmas Party and Dance. A few gifts were raffled out throughout the event. DJ Wayne Gallegos was the entertainment. The Belen Moose Riders were also in attendance. They volunteered their time to serve lunch to all seniors and donated gifts to all that attended.

Want to Nominate an RSVP Volunteer?



EACH MONTH WE ARE CELEBRATING A VOLUNTEER WHO GOES ABOVE AND BEYOND FOR OUR COMMUNITY! IN ORDER TO BE NOMINATED, THE VOLUNTEER MUST BE REGISTERED WITH RSVP, AN ACTIVE VOLUNTEER, AND SUBMIT TIMESHEETS MONTHLY. IF YOU ARE NOMINATED, A RSVP STAFF MEMBER WILL CONTACT YOU TO GET A PICTURE AND TO AWARD YOU WITH A CERTIFICATE AND A VOLUNTEER PIN.

To nominate a volunteer

please call Chantel apodaca at (505) 966-2566 or email chantel.apodaca@belen-nm.gov

Upcoming Dates

1/1 New Years Day

(RSVP Office Closed)

1/5 RSVP Timesheets Due

1/20 Martin Luther King Jr. Day

(RSVP Office Closed)

1/20 MLK Event - 6pm

at Belen Public Library

1/25 World's Largest Matanza

at Belen Eagle Park

1/27 Senior Day

at the New Mexico State Capitol in Santa Fe

1/29 Chinese New Year



January Birthdays

1/4 Gayle Brunkow

1/5 Carina Arterburn

Rita Karson

1/6 Lucia Blair

1/7 Fillie Baca

1/8 Teresa Molina

1/12 Joanne Romero

1/14 Diana Tanner

1/15 Antonia E. Torres

Cynthia Gomez

1/21 Thomas Garde

1/22 Karen Springstead

1/26 Reyes Lopez

1/27 Linda Caron

Georgia G. McKown

1/28 Gary Wyttenbach

1/31 Lenore Pena



CHECK OUT OUR RSVP WEBSITE

Scan the QR code! You will be sent to our RSVP webpage. You will be able to find out information about ECHO distribution dates, Veterans Memorial, RSVP Facebook page, Volunteer timesheets, along with other information about senior programs/events.

If you have any questions or concerns, please contact Chantel Apodaca at (505) 966-2566 or Christine Vasquez at (505) 966-2567.



RSVP New Hours:
Monday - Thursday
7:00 am - 6:00pm