



February

2015



We're on the Web!
www.currycounty.org



Senior Volunteer News
RSVP & Foster Grandparent Program of Curry County
816 N Main * Clovis, NM * 763-6009 February 2015



★ Presidents' Day ★

“What we call Presidents Day first became a holiday, albeit just for federal workers in the District of Columbia, in 1879. The holiday—which was celebrated on George Washington's birthday on Feb. 22—was appropriately called Washington's Birthday. By 1885, Congress adopted the holiday for all federal offices.

On Jan. 1, 1971, the federal holiday was shifted to the third Monday in February, which moves the date from Washington's actual birthday to a date that's just sort of around it. Officially, in that act of Congress, the holiday is still called Washington's Birthday.”

Retrieved from:

<http://patch.com/california/culvercity/presidents>

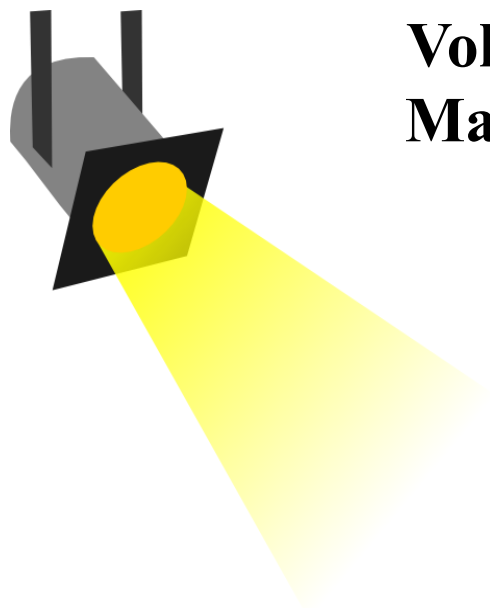
What's Happening

Join us February 10, 2015 for an appreciation luncheon for YOU, our volunteers, Clovis Carver Library Ingram Room, 12:00-1:00pm.



February Birthdays

- Lucy Barela
- Bertha Boyden
- Agnes Brown
- Betty Dye
- Jean Fisher
- Linda Stanford



Volunteer Spotlight: Magdalena Gallegos

Magdalena Gallegos has served as a Foster Grandparent for 21 years. Currently she serves at La Casita with 3 children consistently, but many others during her day in the classroom. Magdalena's favorite part of being a Foster Grandparent is helping the kids to read. Her goal this year is to keep on being a Foster Grandparent, helping the kids. In her spare time Magdalena likes to embroider and crochet. She has raised 14 children of her own and maintains a selfless and truly humble attitude in her work in the school as a Foster Grandparent. We are truly grateful for her service!

Opportunities to serve as Foster Grandparents are available. If this interests you at all, please give us a call! (575-763-6009)

“The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.”

~Henry Wadsworth Longfellow

Commission

Angelina Baca. District 1

Ben McDaniel. District 2

Chet Spear. District 3

Wendell Bostwick. District 4

Tim Ashley. District 5

Lance Pyle-County Manager

RSVP & Foster

Grandparent

Staff

Diana Blaschke, Director

Jane Reese, Coordinator

Senior Centers

Of

Curry County

Baxter 762-3631

Friendship 769-7913

Grady 357-2009

La Casa 762-8110

Melrose 253-4261

Texico 482-3835

Contact us to Volunteer!!

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February is National Heart Health and Dental Awareness Month!

7 Steps to Heart Disease Prevention

1. **Get enough exercise.** This means at least 30 minutes of exercise almost every day of the week.
2. **Quit smoking.** If you do smoke, it's time to quit.
3. **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
4. **Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
5. **Reduce your alcohol intake.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
6. **Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
7. **Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.