



**AmeriCorps  
Seniors**

RSVP STAFF

Charlotte Schumacher—  
Director

Irene Moreno—  
Volunteer  
Assistant

RSVP ADVISORY  
COUNCIL

Gary Stennett—  
Chairman

Carol Schulz—  
Secretary

Elsa Cooper  
Nancy Cox  
Bobbie Dennis  
Lori Durham  
Richard Dye  
Emma Herring  
Nicki Logan  
Sally Phillips  
Nicole Russell  
Dorothy Russell  
Tara Walker  
Rodney Watson  
Teresa Young

SPONSOR  
REPRESENTATIVE

Nelda VanHoose

Lead. Inspire.  
Change the world.  
Again.  
Get Involved!

# Runningwater Draw RSVP Newsletter

*Serving Floyd, Hale, and Lamb Counties since 1973*



Mayor, Dr. Charles Starnes, presented Charlotte Schumacher with a special proclamation recognizing the work of RSVP. Runningwater Draw RSVP celebrated our volunteers by hosting a Drive-Thru Recognition on March 10th in the Littlefield area and on March 16th in the Plainview area.

City Manager  
JEFFREY SNYDER

City Secretary  
BELINDA HINOJOSA

Mayor  
CHARLES STARNES

Mayor Pro-Tem  
SUSAN BLACKERBY

Councilmembers  
NELDA VANHOOSE  
LARRY WILLIAMS  
NORMA JUAREZ  
TERESSA KING  
RYAN WEISS  
LORIE RODRIGUEZ

**PLAINVIEW, TX**  
*explore the opportunities*

**Proclamation**

WHEREAS, service is a hallmark of the American character and has the unique ability to bring people of all backgrounds together in common cause, and throughout our history citizens have stepped up to meet our most pressing challenges of the day by volunteering in their communities; and

WHEREAS, AmeriCorps provides opportunities for more than 250,000 Americans to serve their country through service at nonprofits, schools, public agencies, and community and faith-based groups across the country; and

WHEREAS, in Hale, Lamb and Floyd Counties, more than 300 members and Volunteers from Runningwater Draw RSVP, AmeriCorps Seniors helped to meet local needs at more than 33 Service Locations by responding to COVID-19, supporting veterans and military families, restoring the environment, delivering meals to seniors, volunteering in nursing homes, hospitals, food banks, libraries, museums, and other community needs; and

WHEREAS, through their service, AmeriCorps members and AmeriCorps Seniors volunteers strengthen the lives of their families, communities, and the City of Plainview as a whole; and

WHEREAS, AmeriCorps Week is an opportunity to recognize the dedication and commitment of the more than 12 million Americans who have chosen to serve their country through AmeriCorps and millions more who have served in AmeriCorps Seniors and their community partners, and to encourage more Americans to follow their footsteps in service;

NOW, THEREFORE, BE IT RESOLVED that I, Charles Starnes, Mayor of the City of Plainview, do hereby designate March 13-19, 2022, as AmeriCorps Week in Plainview, Texas, and offer our heartfelt thanks to our RSVP AmeriCorps members and alumni and AmeriCorps Seniors volunteers for their service.

*Charles Starnes*  
Charles Starnes  
Mayor  
March 8, 2022



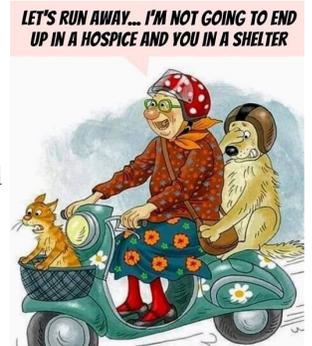
**LIKE US ON FACEBOOK**  
**RunningwaterDrawRSVP**



Paws Pet Adoption of Plainview needs volunteers. They are no longer associated with the Plainview Animal Shelter.

Help is needed to transport pets to the vet in Lubbock and Tulia. There may be times when a driver is needed to transport a pet to a new home in another town.

Contact Sue Hawkins 806-647-6515 or through Facebook—pawspetadoptionply



**VOLUNTEERS NEEDED**  
**APRIL 30, 2022 10 AM—2 PM**  
**LOCATION: WAYLAND BAPTIST UNIVERSITY**  
**SEE INSERT—CALL 806-291-1223 TO SIGN UP**

**MEALS ON WHEELS PLAINVIEW**

**VOLUNTEERS NEEDED FOR THURSDAY AND FRIDAY EVERY OTHER TUESDAY**



RSVP volunteers and Plainview 4-H members partner to help keep the Hike and Bike Trail free of trash and debris through the “Adopt a Park” program. The first clean-up day of this year will be Wednesday, April 20th starting at 4:15 pm. Meet at the Date street entrance

If your organization is interested in joining us as a service project, contact the RSVP office at 291-1223.



RSVP partnered with the City of Plainview and Keep Plainview Beautiful in 2002 to create Community Gardens. There are 3 locations in Plainview. Each garden has 5 to 6 sections for individuals to plant a garden. There are sections available if you are interested in growing fresh vegetables and/or flowers, working in the dirt, getting sunshine, and making new friends.

The City of Plainview has tilled the ground in all three locations and will provide the water for your plants.

Give us a call if you are interested. 806-291-1123

# MARCH

1	Dewitt Crosby
2	Beverly Dunlap
3	Beverly Wall
5	Molly Fonseca
6	Janet Poole
8	Peggy Carson
8	Betty Kemp
9	Betty Jones
10	Daryl Dixon
1	Mary Rangel
14	Bobby McGehee
15	Rita Cronholm
15	Coralyn Dillard
15	Beverly McDonald
16	Brad Callison
16	Cathy Jacobs
18	Virginia Samarripa
20	Mary James
20	Nicki Logan
21	Herbert Chaney
22	Nancy Bowden
22	Rosa Camacho
23	Lori Durham
24	Jana Cannon
24	Belinda Olivarez
26	Sherry Hacker
28	Sally Phillips
29	Phil Cox
29	Maria Williams
30	Charlotte Schumacher
30	Jack Needham

# APRIL

1	Cindy Kingston
1	Norma Ragland
3	Alan Debnam
3	Mona Redinger
4	Rose Ann Bailey
4	Beverly Hummel
5	Carol Ray Kelley
6	Linda Lucas
8	Pat Ryan
8	Retha Williams
9	Alvin Petty
10	Dawn Taylor
11	Nancy Lewis
13	Lois Reeves
14	Irene Moreno
15	Pete Gonzales
16	Patricia Smith
18	Carolina Castro
18	Gloria Steele
20	Margaret Rose
21	Jan McDonald
23	Peggy Shaver
23	Anthony Whitfill
23	Sally Wright
24	Shelda Rogers
25	Maria Jimenez
25	Sharon Trammell
27	Gaylan Goddard
27	Linda Shipp
28	Dixie Rogers
29	JoAnn Nunez

HAPPY  
BIRTHDAY



# April

**2022**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
		Snack Pack for Kids 5:00 pm				
3	4	5	6	7	8	9
Palm Sunday					Good Friday	
10	11	12	13	14	15	16
Easter			Hike and Bike Trail Cleanup 4:15 pm Date Street Entrance		Earth Day	
17	18	19	20	21	22	23
						Drug Take Back 10-2 Wayland Baptist University
24	25	26	27	28	29	30



## VOLUNTEERING LEADS TO BETTER HEALTH

\*According to the research, Senior Corps volunteers report much higher self-rated health scores, which is considered a valid marker of actual health, compared to older adults in similar circumstances who do not volunteer. They also reported feeling significantly less depressed and isolated compared to non-volunteers.

- After two years of service in Senior Corps, 84 percent of older adults reported improved or stable health.
- 32 percent of Senior Corps volunteers who reported good health at the beginning of the study reported improved health at the two-year follow-up.
- Of those who reported five or more symptoms of depression at the beginning of the study, 78 percent said they felt less depressed two years later.
- 88 percent of Senior Corps volunteers who first described a lack of companionship reported a decrease in feelings of isolation after two years.

Among those who initially reported a lack of companionship, 71 percent reported an improvement in their companionship status.

Senior Corps volunteers found their community service satisfying and meaningful, and they reported having opportunities for personal growth, a sense of accomplishment, and friend-making, all factors associated with improved health, psychological, and emotional well-being and connection to the community.

\*Copied from AmeriCorps Newsroom—"Volunteering Helps Keep Seniors Healthy, New Study Suggests" February 2019

### Ways to Volunteer:

Feed the Hungry	Non-Profit Thrift Stores
Help Military Families and Veterans	Library Volunteer
Help Animals in Need	Museum Guide
Protect the Environment	Crisis Center (Plainview)
Visit Nursing Homes	Hale County Literacy Council
Hospital Auxiliary	Snack Pack for Kids
CASA of the Plains	My Dad Reads To Me
Adult Protective Services	
Salvation Army	



**SERVING  
HERE**



**SIGN UP TO HELP - SATURDAY APRIL 30TH**

**806-291-1223**



# Clean Out Your Cabinet

Saturday, April 30, 2022

**Wayland Baptist University**

Harral Auditorium Circle Drive (7th and Utica)

10 a.m. - 2 p.m.

Clean out your Medication Cabinet of ALL unused, expired drugs, pills, capsules, and tablets. **Sorry, We CANNOT ACCEPT liquids or inhalers,** but we will accept used syringes as long as they are in a RED Biohazard container.

There is no need to get out of your car. Simply roll down your window and drop it in the box provided.

Wayland Police Department, The City of Plainview Police Department and Community Volunteers will be on hand to monitor the take back program.



## Community Sponsors

- Area Pharmacies
- City of Plainview Health Department
- City of Plainview Main Street
- City of Plainview Police Department
- City of Plainview Public Works
- Covenant Health Plainview
- Hale County 4-H
- RSVP
- Wayland Baptist University Health Services
- Wayland Baptist University Police

**For more information: Call 806-291-3763**



## COOKING FOR TWO

### STUFFED PEPPERS FOR TWO

#### INGREDIENTS:

- 2 medium green peppers
- 2 medium green peppers
- 1/2 pound ground beef
- 1 can (8 ounces) tomato sauce, divided
- 1/4 cup uncooked instant rice
- 3 tablespoons shredded cheddar cheese, divided
- 1 tablespoon chopped onion
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten

#### DIRECTIONS:

1. Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tablespoons cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased 1-1/2-qt. baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350° for 45-60 minutes or until meat is no longer pink and peppers are tender.
3. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

#### Nutrition Facts

1 stuffed pepper: 405 calories, 20g fat (9g saturated fat), 193mg cholesterol, 1277mg sodium, 25g carbohydrate (6g sugars, 3g fiber), 32g protein.



### LOOPY'S BAKED APPLE CRISP

#### INGREDIENTS:

- cooking spray
- 1/4 cup cream cheese, softened
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- 2 tablespoons chopped walnuts
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1 apple, halved and core cut out
- 1 tablespoon butter
- 1/4 cup granola

#### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking dish with cooking spray.
2. Stir cream cheese, brown sugar, maple syrup, walnuts, cinnamon, vanilla extract, nutmeg, and allspice together in a bowl until well mixed.
3. Place apples, cut-side up, into baking dish, supporting them with pieces from the core underneath if needed. Spoon 1 1/2 teaspoons butter into each cored apple and top each with 1/2 the cream cheese mixture, filling the hole and covering the entire top of apple.
4. Bake in the preheated oven until apples are slightly softened, about 35 minutes. Sprinkle apples with granola, pressing granola into filling. Continue baking until apples are cooked through and granola is browned, about 10 more minutes.

#### Nutrition Facts

Per Serving: 423 calories; protein 5.9g; carbohydrates 47.8g; fat 24.8g; cholesterol 47.2mg; sodium

