



**AmeriCorps
Seniors**

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SPONSOR REPRESENTATIVE

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

Runningwater Draw RSVP *Newsletter*

Serving Floyd, Hale, and Lamb Counties since 1973

MAKING MEMORIES

Believe it not, summer is here! It's the time of year that your grandchildren may come to visit. These are very important times to share together and make new memories. Some of my fondest memories are spending several weeks with my grandparents in Arkansas.

First, do your research and plan age-appropriate activities and adventures. Looking for things to do in your community? Community parks are always open and are a fun way to burn off some of their energy. The Hike and Bike Trail in Plainview is a perfect place to walk or ride bikes.

Check with local churches for the Bible School dates. Offer to assist with Bible School so you can share in the experience with your grands.

The Museum of the Llano Estacado and the Jimmy Dean Museum are great places to take the children in Plainview. Other area museums in the three counties served by Runningwater Draw RSVP include the Hale County Farm and Ranch Museum in Hale Center, the Floyd County Museum in Floydada and Sand Crawl Museum in Olton. Each one is a treasure of our local history. For older children, remember the Abraham Art Gallery display on the Wayland Baptist University campus. The Ranching Heritage Center in Lubbock is also a great place to take the kids.

If you participate in any volunteer activities, take the grands with you. It's never too early to learn the meaning of service to others. My grands stayed with me last week, and they helped us deliver Meals on Wheels. The clients were excited to see a young child helping.

There are swimming pools in almost every area community. Plainview has a brand-new aquatic center that is awesome. It would probably be worth the drive if you live out of the Plainview area.

When you need a cool place to hide, there are matinees at the movies. These are usually lower price than normal admission and you get a senior discount.

If you like to bake, teach your grands how to make cookies or brownies. Let them measure the ingredients and crack the eggs. Use a small hand mixer so they can help by holding the mixer.

Caprock Canyon and Palo Duro Canyon are great day trips. Caprock Canyon has beautiful buffaloes that live in the canyon. Palo Duro Canyon has lots to do, including The Texas Outdoor Musical. The musical runs June 2—August 13. It's a great way to spend a day or camp out for the night.

Last but not least, you can always do crafts even if you aren't crafty. Look on Pinterest or Google crafts for kids. There are tons of things to do that aren't costly. The good thing about the internet is everyone loves to share what worked for them.

Have fun and enjoy your time with your grands whenever possible. You'll look up one day and they will be all grown up. It happens in a flash!



LIKE US ON FACEBOOK

WELCOME NEW MEMBERS

Richard Dye
Anita Flores
Sandy Forehand
Janie Garza
Irene Moreno
Rumaldo Moreno
Mark Schumacher
Hortensia Villanueva

**MEALS ON WHEELS
IS LOOKING
FOR SUMMER SUBS
CALL ASHLEY
806-292-9030**

WIN A \$500 PRINT BY LOCAL ARTIST RODNEY WATSON

\$10 FOR ONE CHANCE OR \$20 FOR 3 CHANCES
DRAWING JUNE 14TH
JUST IN TIME FOR FATHER'S DAY
CALL 806-291-1223
RUNNINGWATER DRAW RSVP RAFFLE



ABOUT THE ARTIST

Like many a young man growing up in the 1950's, images of the wild west were permanently etched into the mind of artist Rodney Watson as he eagerly arose each Saturday morning to catch every episode of each weekly western showing on the small screen. The horses and the cattle on the family farm enabled him to live out many a childhood wild-west adventure back in those days. Western images still stroll across the artist's mind, but the years have helped define the boundaries between fact and fiction. Over thirty years ago Rodney had begun to carve out his niche as an artist, but circumstances prompted his return to the business world. Five years ago, he was able to return to his studio full time. Since that time, he has stepped away from his pencil works and bronze sculpting to focus on oil painting.

Watson's works can be found in the collections of the Late Jimmy Dean; The late Jerry Clower; former Texas Speaker of the House Pete Laney; Nolan Ryan and former First Lady Laura Bush.



Call our office or
contact a Board
Member

Gary Stennett
Carol Schultz
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

*All funds raised help RSVP
with operating expenses.*

806-291-1223

We can mail you your tickets

**June 13 is the deadline
for tickets!**



CALL RSVP @ 291-1223 FOR A TICKET OR COME BY OUR OFFICE
WE ARE IN THE BASEMENT OF THE UNGER LIBRARY



May

- 2 Jeannie Morris
- 3 Bobby Jones
- 4 Kathy Jahay
- 4 Joe Nance
- 4 Jodi Tone
- 5 Freda Savahl
- 6 Randell Reeves
- 7 Ann McDonald
- 8 Bettie Hardin
- 8 Tommy Louthan
- 9 Rosa Gonzales
- 13 Eva Reyes
- 14 Sarah Kunel
- 14 Joyce Senter
- 15 Doris Cox
- 15 Cathy Williams
- 17 Joyce Peggram
- 17 Fran Ramage
- 17 Mary Ann Warrick
- 21 Linda McAnelly
- 21 Kathleen Sterner
- 24 John Walker
- 25 Delores Mulanax
- 25 Mary Parish
- 26 Jimmy James
- 27 Felipe Gatica
- 27 Danny Knox
- 29 Susan Fudge
- 30 Mark Schumacher



June

- 1 Janet Peoples
- 1 Lucy Dean Record
- 1 Janice Sageser
- 2 Anita Whitfill
- 5 Betty Stout
- 7 Dorothy Russell
- 10 Judy Gattis
- 10 W.B. Jones
- 11 Andrea Unwin
- 13 Gerald Elkins
- 13 Judy Fitzgerald
- 13 Deborah Gilmer
- 13 Georgana Nafzger
- 15 Janet Conklin
- 15 Sue Lewellen
- 17 Tonya Keese
- 17 Ann McCormick
- 18 Scott Roberson
- 18 Randy Trammell
- 19 Jacquenet Boyd
- 20 Betty Gonzales
- 21 Susan Blackerby
- 23 Shirley Hilburn
- 24 Brenda Carthel
- 25 Linda Matsler
- 26 Donna Burnett
- 26 Janice Sokora
- 27 Ann Jones
- 29 Alicia Luna
- 29 Ron Warren
- 30 Ethel Chambers

**BIRTHDAY BREAKFAST AT
MCDONALD'S WILL RESUME
IN JULY!
DETAILS COMING SOON**

DURING MAY, WE CELEBRATED OLDER AMERICANS MONTH BY SPOTLIGHTING A FEW OF OUR VOLUNTEERS ON FACEBOOK.



DURING THE MONTH OF MAY, RUNNINGWATER DRAW RSVP RECOGNIZES OUR VOLUNTEERS WHO DO SO MUCH FOR OUR COMMUNITY THROUGHOUT THE YEAR



Meet Elsa, she has been volunteering with RSVP since 1998. Her volunteer activities include being a member of the RSVP Advisory Council. She also volunteers at Lockney Health & Rehabilitation, Lockney Senior Citizens, home delivered meals in Lockney, Jimmy Dean Museum, and many others.

We applaud Elsa for her continued support of RSVP and her commitment to volunteering.

Volunteering -- Live longer, Live happier, and Contribute to your community!



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Meet Daryl, he is our oldest member. He turned 99 in March. He has been volunteering with RSVP since 2008. You will find him at Covenant Hospital in Plainview making popcorn almost every day for the last 14 years. His main focus is Covenant Hospital Auxiliary.

Daryl says the key to living a long life is to keep moving! We admire Daryl for his continued support of RSVP and his commitment to volunteering.

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Meet Agustin. He joined RSVP in 2003. He has volunteered at many of our stations in the area. These include Hale County Adult Activity Center, Faith in Sharing House, Millennium Singers and many hours with community activities.

We admire Agustin for his continued support of RSVP and his commitment to volunteering.

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Meet Tara. She joined RSVP in 2014. She has volunteered with Meals on Wheels, My Dad Reads to Me (Local Prisons), Faith in Sharing House, Hike and Bike Trail and many hours with community activities. She is also an Advisory Board member for RSVP.

We admire Tara for her continued support of RSVP and her commitment to volunteering.

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Meet Mike and Cathy. They joined RSVP in 2019. Their main focus is Meals on Wheels. They deliver 2 to 4 times a month. They also have helped clean up the Hike and Bike Trail. Cathy was Mrs. Clause at our Breakfast with Santa last year, and you she may be appearing again this year.

We admire them for their continued support of RSVP and their commitment to volunteering.

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Meet Jarus. He joined RSVP in 2003. He volunteers with Companion Care, helping other seniors by taking them to the doctor and the grocery store. He helped with the nation wide Drug Drop at WBU. He is also a member of the Millennium Singers who sing at nursing homes and retirement centers.

We admire Jarus for his continued support of RSVP and his commitment to volunteering.

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OLDER AMERICANS MONTH

AGE MY WAY: MAY 2022



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Meet Nancy. She joined RSVP in 2012. Her main focus is the Covenant Hospital Auxiliary. She volunteers many hours for this worthy cause. She coordinates all the volunteers and makes sure everything runs smooth. She has also volunteered for Snack Pack For Kids.

We admire Nancy for her continued support of RSVP and her commitment to volunteering.

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Meet Deborah. She joined RSVP in 2015. Her main focus is Meals on Wheels in Plainview and Hale Center. She volunteers for My Dad Reads to Me. Our program with the local prisons. She also helps out our office when we need help with mailouts and Breakfast with Santa.

We admire her for her continued support of RSVP and her commitment to volunteering.

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Meet Lori. She joined RSVP in 2010. Her main focus is volunteering at the Lamb Healthcare Center in Littlefield. She is the President of the Hospital Auxiliary. She has also volunteered for companionship and is a member of the RSVP Advisory Board.

We admire Lori for her continued support of RSVP and her commitment to volunteering.

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Meet Gerald, he has been volunteering with RSVP since 2009. His volunteer activities include Faith in Sharing House, Jimmy Dean Museum, and American Red Cross. His main focus is anything that recognizes our veterans.

We applaud Gerald for his continued support of RSVP and his commitment to volunteering.

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Meet Ron. He joined RSVP in 2015. His main focus for volunteering is with Faith In Sharing House. He also serves on the boards of Keep Plainview Beautiful and Silver Star (APS). He also volunteers for community activities.

We admire Ron for his continued support of RSVP and his commitment to volunteering.

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AmeriCorps Seniors

RUNNINGWATER DRAW RSVP RECOGNIZES OUR SENIORS WHO DO SO MUCH FOR OUR COMMUNITY DURING THE MONTH OF MAY



Meet Evelyn, she has been volunteering with RSVP since 2008. Her volunteer activities include Covenant Hospital Auxiliary, Meals on Wheels, and Community Service through volunteer activities at her church.

We applaud Evelyn for continued support of RSVP and her commitment to volunteering.

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DURING THE MONTH OF MAY,
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RECOGNIZES OUR VOLUNTEERS
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Meet Joe. He joined RSVP in 2019. His main focus is Meals on Wheels in Plainview. He also takes special treats to the clients he delivers meal to. He has been delivering meals for over 3 years. He also helps out a Faith In Sharing House.

We admire him for his continued support of RSVP and his commitment to volunteering.

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Meet Bobbye. She joined RSVP in 2003. She volunteers in the Olton area for the Olton Volunteer Ambulance, Runningwater Draw Care Center, the Sand Crawl Museum, and other community activities. She is also an Advisory Council member of RSVP.

We admire Bobby for her continued support of RSVP and her commitment to volunteering.

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Our Volunteers at the Hike and Bike Trail RSVP, HALE COUNTY 4-H, AND ROTC 340 Pounds of trash picked up



COOKING FOR TWO

Garden Chickpea Salad

INGREDIENTS:

- 1/2 teaspoon cumin seeds
- 1/4 cup chopped tomato
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 3/4 cup canned garbanzo beans or chickpeas, rinsed and drained
- 1 medium carrot, julienned
- 1 small zucchini, julienned
- 2 green onions, thinly sliced
- 1/2 cup coarsely chopped fresh parsley
- 1/4 cup thinly sliced radishes
- 1/4 cup crumbled feta cheese
- 3 tablespoons chopped walnuts
- 3 cups spring mix salad greens

DIRECTIONS:

1. For dressing, in a dry small skillet, toast cumin seeds over medium heat until aromatic, stirring frequently. Transfer to a small bowl. Stir in tomato, lemon juice, oil, garlic, salt and cayenne pepper.
2. In a bowl, combine chickpeas, carrot, zucchini, green onions, parsley, radishes, cheese and walnuts. Stir in 1/3 cup dressing.
3. To serve, divide greens between 2 plates; top with chickpea mixture. Drizzle with remaining dressing.



Turkey Avocado Panini

INGREDIENTS:

- 1/2 ripe avocado
- 1/4 cup mayonnaise
- 2 ciabatta rolls
- 1 tablespoon olive oil, divided
- 2 slices provolone cheese
- 1 cup whole fresh spinach leaves, divided
- 1/4 pound thinly sliced mesquite smoked turkey breast
- 2 roasted red peppers, sliced into strips

DIRECTIONS:

1. Mash the avocado and the mayonnaise together in a bowl until thoroughly mixed.
2. Preheat a panini sandwich press. You can also use a waffle iron or a George Forman Grill.
3. To make the sandwiches, split the ciabatta rolls in half the flat way, and brush the bottom of each roll with olive oil. Place the bottoms of the rolls onto the panini press, olive oil side down. Place a provolone cheese slice, half the spinach leaves, half the sliced turkey breast, and a sliced roasted red pepper on each sandwich. Spread half of the avocado mixture on the cut surface of each top, and place the top of the roll on the sandwich. Brush the top of the roll with olive oil.
4. Close the panini press and cook until the bun is toasted and crisp, with golden brown grill marks, and the cheese has melted, about 5 to 8 minutes.




Please help us keep our records correct.
If you have a change: Please detach and mail or deliver to the RSVP Office
825 Austin, Plainview TX 79072 or call the RSVP Office at 291-1223
Thank You!

Name: _____
Change of Address: _____
Change of Phone Number: _____
Email Address: _____
I have resumed volunteering after an absence: _____
I resumed volunteering at: _____
I would like a new or additional volunteer assignment: _____

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