



**AmeriCorps
Seniors**

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

Runningwater Draw RSVP *Newsletter*

Serving Floyd, Hale, and Lamb Counties since 1973

CULTIVATE JOY IN YOUR LIFE

With all of the changes happening in our world, there's no better time than now to cultivate positivity and joy in our lives. Our mental wellness is crucial to our overall health, and positive emotions increase our satisfaction with life. Who doesn't want to be happier?

Here are 10 ways we can cultivate positivity:

1. Choose gratefulness – appreciating the little things in life by keeping a daily gratitude list is a simple way to boost your positivity. Then, go volunteer.
2. Surround yourself with uplifting people – positivity breeds positivity.
3. Give hugs – hugging brings smiles, connects us with each other, and melts away stress.
4. Create your fun – it's essential for decreasing your stress levels, stimulating your mind, and improving your mood.
5. Listen to music – uplifting music can be a powerful tool to boost your mood.
6. Laugh – choosing joy positively affects your spirit, soul, mind, and body.
7. Pray and meditate – it helps reduce stress while giving a sense of peace and hope.
8. Silence the negative self-talk – be kind to yourself and practice positive affirmations to change your mindset.
9. Limit media exposure – overconsuming social media and news leads to mental health challenges including fear and anxiety.
10. Connect with an animal – it will lower your blood pressure, reduce loneliness, boost your mood, and increase feelings of social support.

So, let's implement and share some of these strategies to stay positive and have joy in our lives during these changing times.



LIKE US ON FACEBOOK
RunningwaterDrawRSVP

ICE CREAM SOCIAL-JULY 1, 2022 ICE CREAM DONATED BY GRAND VIEW DAIRY



**RSVP WILL HAVE ANOTHER ICE CREAM SOCIAL
CLOSE TO THE END OF SUMMER**



The 7th Annual City-Wide Cleanup Day in cooperation with Operation: Serve will be held on **Saturday, July 30th from 9:00 a.m. – 5:00 p.m.**

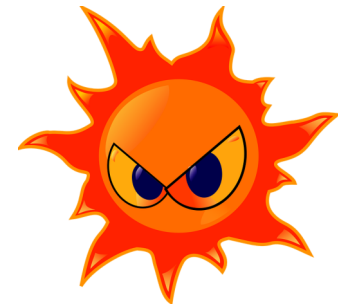
Volunteers will meet at First United Methodist Church (1001 W. 7th Street) at 8:00 am for breakfast and to receive instructions about their job duties. All volunteer jobs will begin by 9 a.m. Breakfast and lunch will be provided to all volunteers participating in the event.

Also, the City of Plainview will provide large roll-off containers for dumping and encourage all citizens to take the opportunity to clean up their own property. Locations include Broadway Park (101 SE 1st Street) and First United Methodist Church (1001 W. 7th Street).

Items that will be allowed at the drop-off include: Furniture, Small Appliances, Household Items, Trash/Debris, Tree Limbs/Grass Clippings, and Electronics (no batteries) including TVs, microwaves, computers and other items considered as E-Waste.

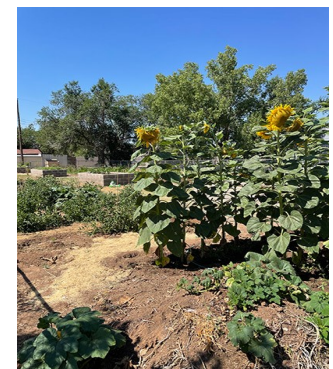
5 Hot Weather Tips that Could Save Your Life

1. Drink more water than you think you need. Then drink some more.
2. Make – or find – a cool place for yourself or your loved one
3. Skip outdoor activities – or do them early
4. Don't feel well? Act fast
5. Get together with others – or check on older adults in your life



Good old-fashioned practices like running air conditioning and fans, closing curtains and blinds and staying out of the sun during the heat of the day, can really help older adults stay safe and cool. So can cool showers or baths, running cool water over parts of the body or keeping cool, wet cloths handy

28th Street Community Garden



**Thank you, McDonald's, Rick and Ruth Robillard, for hosting our
July Birthday Recognition Breakfast!**

We played bingo. Congratulations to Ronnie Moreno for winning the prize.

"The most important thing is to enjoy your life—to be happy—it's all that matters."

— Audrey Hepburn

Pictured below: Wendell and Beverly Dunlap, Evelyn Ball, Randy Warrick, Steve Polizzi,
Irma Shackelford, Irene and Ronnie Moreno and Charlotte Schumacher



"Folks are usually about as happy as they make their minds up to be."

— Abraham Lincoln

July

Happy Birthday

August

1 Carmen Rodriquez	15 Barbara Turner
2 Helen Henckle	16 Pauline Vasquez
2 Carolyn Huddleston	17 Sherry Ebeling
2 Ernestine Lichte	17 Sandy Forehand
4 Ruth Narvon	19 Joan Harrell
6 Cary Eaves	19 J.B. Roberts
9 Dee Rice	19 Irma Shackelford
10 Ronnie Moreno	20 Bobbye Dennis
10 Johnny Rose	20 Sherry York
11 Kathy Hunter	21 Jane Berry
12 Randy Warrick	23 Barbara DeBerry
13 G. L. Hight	23 Rose Marie Urbina
13 Phyllis Wall	25 Belle Briseno
14 Glenn McDonald	25 Jeanie Pennell
14 Treva Tenery	26 Milton Schaeffer
14 Ethelyn Vernon	28 Carol Schultz
15 Evelyn Ball	30 Amelia Luera
15 Wendell Dunlap	31 Patricia Beierman
15 Steve Polizzi	

1 Carolyn Warrick	17 Doris White
6 Angelita Murillo	18 Ernest Patty
10 Edna Heflin	23 Evalene McDonald
10 Betty Odom	24 Kathryn Cozby
10 Edith Sims	24 Melanie Hoskins
11 Gerald Chambers	25 Denise Hasha
12 Sammie Roberts	27 Heidi Trimmier
12 Lewis Senter	29 Emma Pate
14 Robert Vasquez	30 Jimmy Cameron
15 Deborah Clinton	30 Geneva Tipton
15 Diane Ward	30 Colby Wright
17 Cindy Cates	31 Helen Coleman

"Count not the candles...see the lights they give. Count not the years, but the life you live. Wishing you a wonderful time ahead. Happy birthday."

OUR VOLUNTEER STATIONS IN FLOYD, HALE AND LALMB COUNTIES

Adult Protective Service
C.A.S.A. of the South Plains
Christian Manor
City of Plainview
Covenant Health Plainview Auxiliary
Crisis Center of the Plains
Faith in Sharing House
First United Methodist Church
Floydada Spirit of Sharing
Formby/Wheeler Unit - TDCJ
Hale Center Senior Citizens Association
Hale County Literacy Council
Hale County Senior Citizen Center
Hunger Plus Inc.
Jimmy Dean & Llano Estacado Museum
Keep Plainview Beautiful

Lamb County Senior Citizens Center
Lamb Healthcare Center - Auxiliary
Lockney Health & Rehabilitation
Lockney Senior Citizen
Meals on Wheels
Olton Volunteer Ambulance Asso
Petersburg Senior Citizen Center
Plainview Health Care Center
Prairie House Living Center
Runningwater Draw Care Center
Salvation Army
Sand Crawl Museum
Santa Fe Place
Snack Pak 4 Kids
Sudan Senior Citizens Center
Unger Memorial Library
Westridge Manor



LUNCH BUNCH IS BACK



LUNCH BUNCH WILL MEET AT
OLD MEXICO RESTURANT
THURSDAY, AUGUST 4, 2022 AT 11:45

SPECIAL GUEST SHAWNTE CLAWSON
AGRILIFE EXTENSION SPECIALIST
1st OF A 4 PART SERIES
"BE WELL, LIVE WELL"

CALL OUR OFFICE TO RSVP
BY AUGUST 1st @806-291-1223
GOOD FOOD | GOOD FELLOWSHIP | GREAT FUN



Gerald Chambers delivered 26 small gifts to veterans at the Plainview nursing homes, Westridge Manor, and Christian Manor.

Littlefield members delivered 15 gifts to the veterans in the nursing homes in Littlefield.

Thank you, Donna Black for making the small gifts.

Eva Reyes, from Littlefield won our raffle for a print by Rodney Watson. She is a member of RSVP and volunteers for the hospital auxiliary in Littlefield. "Parade Day" is the name of the print.



COOKING FOR TWO

Two-Ingredient Homemade Ice Cream

INGREDIENTS:

- 2 cups heavy cream
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- A mix-in of your choice, like chocolate syrup, crushed Oreos, finely chopped strawberries, sprinkles, etc.

DIRECTIONS:

1. In a large bowl, whip the cream until stiff peaks form. You can use an electric beater to make this process easier.
2. Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined.
3. Stir in mix-in of your choice. Get creative! You can separate your base into multiple containers to try more flavors.

Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.

Whole-Wheat Veggie Wrap

INGREDIENTS:

- 1 8-inch whole-wheat tortilla
- 2 tablespoons hummus
- ¼ avocado, mashed
- 1 cup sliced fresh vegetables of your choice
- 2 tablespoons shredded sharp Cheddar cheese

DIRECTIONS:

Lay tortilla on work surface. Spread hummus and avocado on the tortilla. Add veggies and Cheddar and roll up. Cut in half before serving.



Creamy Broccoli Apple Salad

Ingredients:

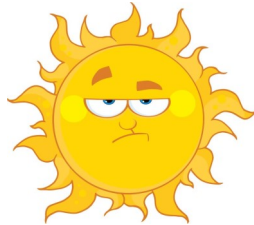
- 4 cups fresh broccoli florets (about 2 medium heads)
- 2 large apples, chopped
- 1/2 cup shredded carrots
- 1/2 cup dried cranberries
- 1/4 cup red onion, chopped
- 1/2 cup chopped pecans
- 2 tbsp Lemon juice (about half a lemon)
- 1/2 cup Mayonnaise,
- 1/2 cup Greek yogurt
- 1/8 tsp Pepper
- 1/4 tsp Salt
- 1 tbsp Sugar

Instructions

1. In a large bowl, place the broccoli, apples, cranberries, pecans, onion and shredded carrot
 2. In a smaller bowl, whisk together the mayonnaise, yogurt, salt, pepper, sugar and lemon juice.
- Pour the dressing over the salad ingredients and mix until everything is coated.

RSVP and Plainview 4-H will pick up trash on the Hike and Bike trail in conjunction with Operation Serve. We will start at 10:00 AM on July 30th at the Date Street Entrance. Please call our office if you would like to volunteer. 806-291-1223

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AmeriCorps

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