



**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  
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Nicki Logan  
Sally Phillips  
Nicole Russell  
Dorothy Russell  
Tara Walker  
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Lead. Inspire.  
Change the world.  
Again.  
**Get Involved!**

# Runningwater Draw RSVP Newsletter

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

## **DON'T BE A VICTIM**

Can you believe Fall is here? It's my favorite time of year. It also means that the holidays are quickly approaching. With the price of everything increasing, more people are trying to find way to get extra money. We need to be very careful not to be scammed.

During the past two years, two people I know have been scammed on the internet. One lost \$2,000 and the other \$200. But, this can happen on the phone with a call or text message. Here are some tips to help you prevent this from happening. Scammers target everyone and are increasingly sophisticated in their attempts to get money.

### **What Scammer Do**

1. Scammers pretend to be from a trusted organization. They can use technology to change the phone number to make it look real.
2. Scammers say there's a problem or a prize. They might say you owe them money or there is an emergency in your family.
3. Scammers pressure you to act immediately. They try to get you to act before you think it through.
4. Scammers will tell you pay a specific way, like sending money through a transfer company or putting money on a gift card.

### **What you can do to avoid a scam**

1. Block unwanted calls and text messages. If you don't know how, ask someone to help you.
2. Do not give out personal information like your social or bank account number on the phone to anyone.
3. Resist to act immediately.
4. Know that scammers usually want money.
5. **STOP** and tell them you will call them back. Call the company or organization they say they represented. Ask if they called you.
6. Do not open or respond to any email that you don't know the sender. It could be a virus that would corrupt your computer.
7. Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them.
8. Keep your personal details secure.
9. Be aware of shopping online if an offer sounds too good to be true, it probably is.



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

## VOLUNTEER OPPORTUNITIERS

**Covenant Hospital Auxiliary** is looking for new volunteers. 3 hour increments of volunteering to help deliver flowers, help in the gift shop and help visitors locate patients. Give the hospital a call and ask for the Pink Ladies! 806-296-5531

**Interim Health Care Hospice** is looking for volunteers to fill in for care givers for a few hours at a time. This allows the care give a chance to run errands, get their hair cut or just take a break. Call CJ @ 806-288-9482

**Meals on Wheels** has two routes open. It usually takes about 45 minutes to deliver healthy meals to those who can't cook for themselves. Help brighten someone's day by delivering a meal. Call Ashley Mayberry @ 806-292-9020 to sign up.

**Prairie House Living Center** is looking for volunteers. Volunteers can read to a patient, play games, or just visit with someone who is lonesome. Give Mary Soto a call @ 806-293-4855

**Jimmy Dean Museum** is in need of Volunteers. 1-3 hour increments Tuesday—Saturday. Call the museum @ 806-291-3660

**WE ♥ OUR  
VOLUNTEERS**



You are never too old to have a mammogram. Call your doctor and make an appointment!



## RSVP HONORED FIRST RESPONDERS WITH ICE CREAM TO GO

SPECIAL THANKS TO GRAND VIEW DAIRY FOR DONATING  
THE ICE CREAM



**RUNNING  
WATER DRAW  
ARTS & CRAFTS  
FESTIVAL**

**2022**  
48th Annual

**October 14, 15, 16**

**Gaming  
Tournaments**

**SUPER  
SMASH BROS.  
ULTIMATE**

**Plus  
Free  
Play**

**Anime  
WORLD  
COSPLAY**

**Rotary  
Club of Plainview**

Fri: 10a - 6p  
Sat: 10a - 6p  
Sun: 12p - 5p

**OLLIE  
LINER  
CENTER**  
2000 S. Columbia,  
Plainview TX

Littlefield  
Auxiliary  
give gifts to  
veterans for  
July 4th



MILLENNIUM SINGERS

PRAIRIE HOUSE  
LIVING CENTER







## SEPTEMBER

Mike Williams	9/1	Mary Ann James	9/16	Jane Ebeling	9/22
Robert Boyd	9/2	Louise Ramos	9/17	Ronnie Dennis	9/24
Pat Danford	9/4	Elizabeth Richardson	9/17	Doug McDonough	9/25
Rhonda Guthrie	9/4	Melody Rockwell	9/18	Tara Walker	9/26
Garry Hummel	9/6	Tom Johnson	9/20	Johnny Wood	9/26
Gayle Heckard	9/10	Mike Myers	9/20	Sue Daniels	9/27
Alicia Gonzalez	9/11	Robertson, Pam	9/20	Maebelle Francis	9/27
Delfina Perez	9/11	Anita Flores	9/21	Sharon Wright	9/27
Sherrie Wall	9/13	Bo Bartley	9/22	Lloyd Louthan	9/29

## OCTOBER

Janice Favor	10/1	Diane Book	10/13	Deborah Mahieu	10/24
Glenda Ford	10/2	Wanda Davey	10/13	Debby Spain	10/25
Phyllis Coleman	10/2	Barbara Colbert	10/16	Rodney Watson	10/25
Larry Falcon	10/6	Janie Garza	10/16	Pamela Pollard	10/26
Carlene Willis	10/6	Dick Shaver	10/16	Mary Vasquez	10/27
Barbara Glodt	10/7	Laveta Morren	10/17	Gilleland, Dovie	10/28
Ronny Hughes	10/9	Norvene Owens	10/17	Bob Bowden	10/29
Jeanne Bartley	10/11	Minnie Carpenter	10/21	Christina Falcon	10/29
Eugene Carter	10/12	Ann Perry	10/21	Jimmy Murillo	10/29
Charline Hendrix	10/12	Joe Ruffatto	10/21	Stella Wickersheim	10/29
Maria Steadham	10/12	Tommie Quebe	10/22	Janis Miller	10/30
				Nellie Williams	10/30



**Betty Odom and Diane Ward at the August Birthday Recognition.**

**Happy Birthday Girls!**

## SEPTEMBER BIRTHDAY RECOGNITION AT MCDONALDS



Mary Ann won the Sonic gift card for winning our bingo game. Congratulations!



## October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 LUNCH BUNCH 11:45 COTTON PATCH	7	8
9	10	11	12 OCTOBER BIRTHDAY BREAKFAST 8:30 MCDONALDS	13	14 RUNNING WATER DRAW CRAFTS FESTIVAL	15 RUNNING WATER DRAW CRAFTS FESTIVAL
16 RUNNING WATER DRAW CRAFTS FESTIVAL	17	18	19 FALL SWEEP TRASH PICKUP BEHIND OLD THUNDERBIRD	20	21	22
23	24	25	26	27	28	29 DRUG TAKE BACK 10-2 WAYLAND CAMPUS
30	31 HALLOWEEN					



## LUNCH BUNCH AUGUST AND SEPTEMBER



August Lunch Bunch at Old Mexico. Shawnte Clawson was our speaker. "Be Well/Live Well"



September Lunch Bunch at Mia's. Shawnte Clawson presented the 2nd program on "Be Well/Live Well"

**NEXT LUNCH BUNCH WILL BE OCTOBER 6TH**

**COTTON PATCH RESTURANT 11:45**

**Call our office to reserve your spot by October 4th**

**806-291-1223**

**Welcome Our  
New Members**

Lori Fudge  
Debra Lopez  
Diane Martinez  
Pamela Pollard  
Louise Ramos  
Phyllis Smith  
Maebelle Francis



**DRUG TAKE BACK—OCTOBER 29  
10-2 WAYLAND CAMPUS**

**FALL SOUP RECIPES****MEXICAN POZOLE SOUP**

2 pounds skinless boneless chicken thighs  
1 can (15-ounces) stewed tomatoes, no salt added  
1/4 tomato paste  
1 can (30 ounces) hominy, drained  
1 large onion  
1 can (4 ounces) diced green chilies  
4-6 garlic cloves, finely chopped  
2 teaspoons dried oregano flakers  
1 teaspoon cumin  
1/2 teaspoon salt  
1 teaspoon pepper  
1/2 cup water

**BAKED POTATO SOUP**

2 medium potatoes, baked and cooled  
1 can (14-1/2 ounces) chicken broth  
2 tablespoons sour cream  
1/8 teaspoon pepper  
1/4 cup shredded cheddar cheese  
1 tablespoon crumbled cooked bacon or bacon bits  
1 green onion, sliced

**Directions:**

Makes 10 1-cup servings  
Place meat in a 4-quart slow cooker. Add stewed tomatoes, tomato paste, hominy, onion, chilies, garlic, oregano, cumin, salt and pepper

Pour in 1/2 cup water and stir till combined.

Cover and cook on low for 6-7 hours. High 3-4 hours.  
Top with cilantro.

**LOW FAT, LOW SALT, LOW CALORIE**

**Directions:**

Peel potatoes and cut into 1/2-in. cubes; place half in a blender. Add broth; cover and process until smooth. Pour into a saucepan. Stir in sour cream, pepper and remaining potatoes. Cook over low heat until heated through (do not boil). Garnish with cheese, bacon and onion.