

RUNNINGWATER DRAW RSVP NEWSLETTER

July-September 2023

SERVING FLOYD, HALE, AND LAMB COUNTIES

RSVP STAFF

Charlotte Schumacher
Project Director

Irene Moreno
Volunteer Coordinator

ADVISORY COUNCIL

Gary Stennett - Chairman
Carol Schulz - Secretary
Elsa Cooper
Nancy Cox
Bobbie Dennis
Lori Durham
Richard Dye
Emma Herring
Nicki Logan
Nicole Russell
Dorothy Russell
Tara Walker
Rodney Watson
Teresa Young



I hope this newsletter finds you staying cool and well. September will be here before you know it and hopefully, it will cool down.

I wanted to let you know about a couple of things on the horizon for RSVP. On Saturday, September 16, we will have a booth at the Jimmy Dean Arts and Crafts Festival. This is hosted on the Wayland Baptist University Campus at the Laney Event Center. We will be there to recruit new members and sell raffle tickets for a handmade quilt. The quilt is beautiful and we would like to thank Marsha Allen and Shelda Rogers for donating the quilt. Come by and see us!

On October 20-22, we will have a booth at the Runningwater Draw Arts and Crafts Festival. Once again we will be there to recruit new members. We will also have a raffle for a \$500 print of Rodney Watson's paintings. We also want to thank Rodney for his continued support of RSVP by being on the Advisory Council and donating so generously.

If you would like to help out with either festivals, please give our office a call. 806-291-1223.

We will be having a New Volunteer contest that will run from September 1 - December 31. A cash prize will be awarded to the individual and station that recruits the most new volunteers. If you need more applications, please give us a call. We can put them in the mail the same day.



JULY

- 1 Carmen Rodriquez
- 2 Henel Henkel
- 2 Carolyn Huddleston
- 4 Ruth Naron
- 6 Cary Eaves
- 9 Dee Rice
- 10 Ronnie Moreno
- 10 Johnny Rose
- 11 Kathy Hunter
- 12 Randy Warrick
- 13 G.L. Hight
- 13 Phyllis Wall
- 14 Treva Tenery
- 14 Ethelyn Vernon
- 15 Evelyn Ball
- 15 Wendell Dunlap
- 15 Steve Polizzi
- 15 Barbara Tuner
- 16 Pauline Vasquez
- 17 Sandy Forehand
- 19 Joan Harrell
- 19 Irma Shackelford
- 20 Bobbye Dennis
- 21 Jane Berry
- 22 Renee Crane
- 24 Sue Castle
- 25 Belle Briseno
- 25 Jeanie Pennell
- 26 Milton Schaeffer
- 28 Carol Schulz
- 30 Amelia Luera
- 31 Patricia Beierman

August

- 1 Carolyn Warrick
- 6 Angelita Murillo
- 10 Betty Odom
- 10 Edith Sims
- 12 Sammie Roberts
- 12 Lewis Senter
- 14 Roberto Vasquez
- 15 Deborah Clinton
- 16 Diane Martinez
- 17 Cindy Cates
- 17 Doris White
- 22 Doris Howell
- 23 Evalene McDonald
- 23 Phyllis Smith
- 25 Denise Hasha
- 27 Susie Starnes
- 27 Heidi Trimmier
- 29 Emma Pate
- 30 Jimmy Cameron
- 30 Geneva Tipton
- 30 Colby Wright
- 31 Helen Coleman

SEPTEMBER

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



Plainview McDonald's
provides breakfast once a
month for RSVP members.





Capitan Bridgewater of the Plainview PD, gave the program on fraud at our June Lunch Bunch

Please join us for Lunch Bunch. Everyone is invited - Bring a Friend



August Lunch Bunch

Tuesday, August 22, 2023

11:45 AM

The Creamery

600 Qunicy St.

Plainview

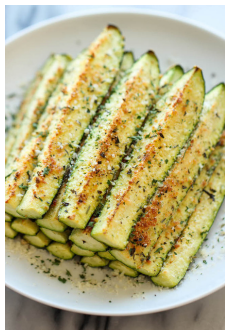
Interim
HEALTH CARE®

Will be our
Guest Speaker

BAKED PARMESAN ZUCCHINI

Ingredients

- 4 Zucchini (quartered lengthwise)
- ½ cup Parmesan (freshly grated)
- ½ teaspoon Dried Thyme
- ½ teaspoon Dried Oregano
- ½ teaspoon Dried Basil
- ¼ teaspoon Garlic Powder
- add Salt and Pepper
- 2 tablespoons Olive Oil
- 2 tablespoons Fresh Parsley Leaves (chopped)



Instructions

- 1) Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
- 2) In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
- 3) Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
- 4) Serve immediately, garnished with parsley, if desired.



Saturday, September 16
Wayland Baptist Univ
Laney Activity Center
10:00 - 3:00



Quilt is 78 X 66



Thank you
Marsha Allen
and
Shelda Rogers
for making and
donating this
quilt

**RSVP will have a booth
to recruit new members.
We will have a raffle for
this beautiful quilt.**

\$10 per ticket
3 for \$20

NEW VOLUNTEER CONTEST

HELP US GROW OUR VOLUNTEERS

**SEPTEMBER 1 -
DECEMBER 31, 2023**

Cash Prize For Individual and
Station that recruits the most
volunteers for RSVP



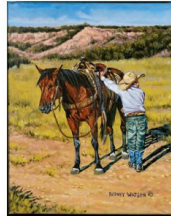
Rodney Watson

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. Six 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.

Running Water
Draw
Arts & Crafts Festival

October 20-22



**RSVP WILL HAVE A BOOTH AT
RUNNINGWATER DRAW ARTS
AND CRAFTS FESTIVAL**

**We will raffling a print from local
artist, Rodney Watson.**

Print is valued at \$500.00

**Other prints are available to
choose from.**

\$10 for a ticket

3 for \$20



How Much Water Should You Be Drinking per Day?

We have all heard it... "drink eight glasses of water per day"! As it turns out, that that claim has no scientific evidence to back it up. Drinking fluids throughout the day keeps our bodies hydrated and running optimally, but how much water should someone our age drink every day? Below we detail the intricacies of daily water intake you should have on a daily basis.

Is 64 oz Of Water Per Day Enough?

The daily amount of water a senior should drink daily depends on body weight, age, medication use, and fitness and activity levels. In general, a good rule is to divide your weight in half to calculate daily water intake by ounces, according to *The Daily Meal*. For example, if you weigh 160 pounds, the appropriate amount of water is 80 ounces of water per day. A cup holds 8oz, which equates to 10 cups of water per day. On average, we need 7 hours of sleep, which means you are awake 17 hours of the day. That equates to about a cup of water every hour and a half of awake time.

Daily Water Intake Chart by Weight

Pounds	Ounces of Water per Day	Number of Cups Daily
100lbs	50oz	6.25 Cups
120lbs	60oz	7.5 Cups
140lbs	70oz	8.75 Cups
160lbs	80oz	10 Cups
180lbs	90oz	11.25 Cups
200lbs	100oz	12.5 Cups
220lbs	110oz	13.75 Cups
240lbs	120oz	15 Cups
260lbs	130oz	16.25 Cups

It is important to consider another key factor when calculating your daily water intake. As we age, our water content decreases. According to *Healthline*, the amount of fluid in our body begins to decrease, meaning fewer water reserves are in our body. The water reduction is caused by wear-and-tear on the kidneys, and as kidney function declines, so does our ability to retain water.

Making a habit of drinking water consistently throughout the day can be a little tricky. One tip is to make the water itself a little tastier and more exciting by adding sliced fruits and sugar-free flavor enhancers, which can, in turn, make you more interested in drinking it. These enhancer packets can be found at United, Wal-Mart, Dollar General and The Dollar Store. They are inexpensive and come in boxes of 5-7 packets.

Information taken from ActiveAging.com, healthline.com, and thedailymeal.com

Heat Exhaustion and Heat Stroke

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to 104 F (40 C) or higher. The condition is most common in the summer months.

Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.

Stay cool during these hot dog days of summer.

What is the Pneumococcal Vaccine?

The pneumococcal vaccine prevents the spread of *Streptococcal pneumoniae*. These bacteria can cause several types of pneumococcal diseases. The diseases can range from mild illnesses like sinus and ear infections to severe illnesses such as pneumonia, meningitis, and sepsis.

Why is it important?

According to the Centers for Disease Control and Prevention (CDC), severe cases can lead to serious illness and death, particularly in young children, the elderly and those with weakened immune systems.

How are pneumococcal diseases spread?

These bacteria are transmitted through respiratory droplets that can quickly spread in crowded settings like schools and hospitals.

What are the symptoms?

Symptoms can range from mild to severe, including:

- Fever
- Cough
- Chest pain
- Difficulty breathing



What is the recommended schedule?

The recommended immunization schedule for the pneumococcal vaccine depends on age and underlying medical conditions.

- Infants and children younger than 2 years old can get the vaccine as a four-dose series at two months, four months, six months and 12-15 months of age.
- Adults 65 or older should receive a single dose of the vaccine.
- People with certain medical conditions may need additional doses or a booster dose.

Is it too late to get vaccinated?

Following the CDC immunization schedule ensures the best protection against pneumococcal diseases. Catch-up doses of the vaccine are still safe and recommended if someone has not received the vaccine.



Tobacco Users

Individuals using tobacco products, including e-cigarettes/vapes, have a higher risk for severe illness from pneumococcal disease. Quitting is hard, but finding resources to stop smoking does not have to be. The Texas Tobacco Quitline offers free, confidential and convenient cessation services to Texas residents ages 13 years and older. This includes quit coaching and nicotine replacement therapy.

Call 877-937-7848 (877-YES-QUIT) or visit [YesQuit.org](https://www.yesquit.org) to get started.

Learn more about [pneumococcal disease](https://www.dshs.texas.gov/immunization-unit/guidance-resources-parents-immunizations/pneumococcal-disease).¹

¹ <https://www.dshs.texas.gov/immunization-unit/guidance-resources-parents-immunizations/pneumococcal-disease>



Texas Department of State
Health Services

Stock No. 11-16781
Rev. 06/2023

Special thanks
to Ronnie
Moreno for
delivering these
small tokens of
appreciation on
July 4th to the
veterans at the
Plainview
nursing homes.



Quarterly Newsletter

Starting with this newsletter, we are going to a quarterly newsletter. The price of postage, paper and printing have gone up along with everything else. We hope this doesn't cause any inconvenience for anyone.

Welcome New Members

Sue Castle Richard Dees
Janice Lobeck Alice Lockerby
Comelia McDonough



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