

RUNNINGWATER DRAW RSVP NEWSLETTER

October – December 2023

SERVING FLOYD, HALE, AND LAMB COUNTIES

RSVP STAFF

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Project Director

Irene Moreno
Volunteer Coordinator

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Greetings from the RSVP office. I can't believe it's almost the end of the year. What a fast year this has been.

RSVP celebrated our 50th anniversary this year. Being around for 50 years is a big deal. Countless hours of volunteer work has been contributed to Floyd, Hale and Lamb Counties. Many volunteers have come before you and my hope is many more will come after you.

I feel very privileged to be part of such a wonderful organization. I know that anyone over fifty-five still has much to contribute to our communities and others around us.

As you go through the holiday season this year, think of ways that you can help your neighbor or community.

Here are some ways to volunteer during the holidays

- Sponsor a family in need
- Put the gift of a warm meal into the hands of some one less fortunate
- Thank veterans for their service by lending a helping hand
- Support victims of sexual assault and domestic violence
- Brighten someone's day by visiting a nursing home
- Volunteer or donate food at your local food bank
- Craft holiday cards to spread cheer and joy for hospitalized children



October

2 Glenda Ford
 6 Larry Falcon
 7 Mike Craig
 7 Barbara Glodt
 11 Jeanne Bartley
 12 Charline Hendrix
 12 Maria Steadham
 13 Diane Book
 13 Wanda Davey
 16 Barbara Colbert
 16 Jill Craig
 16 Janie Garza
 16 Dick Shaver
 17 Laveta Morren
 21 Virginia Barnard
 21 Ann Perry
 21 Joe Ruff
 22 Tommie Quebe
 24 Deborah Mahieu
 25 Kimberly Moss
 25 Rodney Watson
 26 Pamela Pollard
 27 Richard Dees
 27 Judy Dugas
 27 Mary Vasquez
 28 Ima Cook
 28 Dovie Gilleland
 29 Bob Bowden
 29 Christina Falcon
 29 Jimmy Falcon
 29 Stella Wickersheim
 30 Janis Miller

November

1 Linda Holbert
 2 Elsa Cooper
 3 Charlie Gonzales
 3 Peggy Roberts
 3 Jerry Wall
 6 Teresa Wood
 9 James Belk
 9 Estefana Gatica
 9 Alice Lockerby
 11 Marsha Allen
 11 Barbara Bell
 11 Alan Williams
 12 Glena Ross
 13 Linda Murphree
 15 Harold Beierman
 15 Cleta Duckett
 15 Jarus Flowers
 19 Barbara Warren
 19 Karen Mill
 20 Donna Black
 20 Janet Cooper
 22 Cynthia Clayton
 23 Mary Turley
 24 Sally Meeks
 25 Gary Stennett
 26 Nelda Barbarian
 26 Margie Sue
 26 Ernestine Whited
 27 Alice Rey
 30 Sarianne Beversdorf
 30 Gail Bizzell
 30 Mary Ramos
 30 Dalia Walls

December

2 Janie Shaver
 4 Edie Pene
 4 Jesusa Sanchez
 6 Helen Jo Harrell
 6 Jeanie Lopez
 8 Jannie Benson
 8 Tammy Coleman
 8 Jo Carol Walker
 8 Lori Wells
 11 Bill Coleman
 11 Susan Patridge
 14 Trina Lewis
 14 Melanie Strand
 18 Karen Boyce
 19 Dorothy Morton
 20 Estella Castro
 20 Mary Ann McGehee
 20 Carolyn Ross
 22 Kay Harris
 24 Cornelia McDonough
 25 Pam Buress
 26 Lupe Ruiz
 28 Claudine Carter
 29 Helen Lipham
 31 Glynda Jordan
 31 Bert Wall



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

SEPTEMBER BIRTHDAY AT MCDONALD'S



OCTOBER BIRTHDAY AT MCDONALD'S



NOVEMBER BIRTHDAY AT MCDONALD'S



Welcome to RSVP



NEW MEMBERS

Lupe Arroyo
Rogelio Arroyo
Nancy Cannon
Irma Cook
Jill Craig
Mike Craig
Buddy Crump
Judy Dugas

Chris Lewellen
Trina Lewis
Jan Lobeck
Laura Mason
Sylvia Mitchell
Kimberly Moss
Rosalinda Perez
Debbie Stennett
Judith Tullis

PLACES TO VOLUNTEER

Adult Protective Services
CASA of the South Plains
BeeHive Homes PLV/Floydada
Christian Manor
City of Plainview
Covenant Health Auxiliary
Crisis Center of the Plains
Faith in Sharing House (FISH)
First Methodist Church - PLV
Floydada Spirit of Sharing
Formby/Wheeler Units TDCJ
Hale Center Senior Citizens Center

Hale County Literacy Council
Hale County Meals on Wheels
Hale County Senior Center
Hunger Plus Inc.
Interim Hospice
Mabee Regional Heritage Center
Keep Plainview Beautiful
Lamb County Senior Center
Lamb County Healthcare Auxiliary
Lockney Senior Center
Millennium Singers
Olton Volunteer Ambulance

Petersburg Senior Center
Plainview Health Care
Prairie House Living Center
Runningwater Draw Care
Salvation Army
Sand Craw Museum
Santa Fe Place
Snack Pack 4 Kids
Sudan Senior Center
The Well at Petersburg
Unger Memorial Library
Westridge Manor

STAYING POSITIVE DURING THE HOLIDAYS

I don't know about you, but this has been a rough year for me. My mother passed away last year on December 2. For the next ten months I was trying to take care of 88 year old dad as much as I could with a full time job. My dad passed away on October 27. It's hard when you are the only "child" and have the responsibility of dispersing their possessions. Lots of decisions have to be made that sometimes aren't easy. Now, both my parents are gone and I'm facing the Christmas holidays without them.

Fortunately, we have been busy at the office getting ready for "Breakfast With Santa." But I would like to share some tips to help anyone who gets lonely, sad, or discouraged during this season. Of course, you can always volunteer in your community. That's what RSVP is all about.

Remind yourself that it is OK and perfectly normal to feel a bit down during the holiday season. Becoming aware of your feelings is the first step to finding relief. Writing in a journal or sending a letter can also help. Several online articles I read said writing in a daily journal can be a positive action.

Sharing your feelings of sadness and loneliness can be very healing. Call a relative, friend, or someone from your church. Share a laugh or a lunch to avoid the blues.

Connect with pets. Pets are always understanding and they never talk back. They love you for who you are. If you don't have one, there are support animals that can help.

Stay active. Do things for you family or your neighbors. Bake a loaf of bread or make candy. The smiles on their faces will brighten your day. As the saying goes, it's always better to give than receive.

Whether it's reading, painting, listening to music, writing, baking, or something else that inspires you, connecting with hobbies can help take your mind off of difficult thoughts or feelings. The local library has tons of books. They also have an free app for digital reading.

Don't forget that if you find yourself persistently sad, lethargic, or anxious, or if you are experiencing other symptoms of depression, seek professional help immediately. A trained professional can get past these concerns and help identify and manage negative feelings before they become more debilitating.

Merry Christmas from Charlotte and Irene

September Lunch Bunch



Kornerstone
Funeral Home
gave our
program on
pre-paid
funeral
planning.



October Lunch Bunch



Gayle Wilson of Grand Hearing gave our program on hearing loss.

Our Volunteers Helped The Salvation Army With Thanksgiving Baskets 50 Baskets Were Given Out



**THANK YOU
TO OUR
SPONSORS
BREAKFAST WITH SANTA**

DIAMOND SPONSORS
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PROSPERITY BANK
HAPPY STATE BANK
TABLE ON 10TH

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DODSON AGENCY
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MCDONALD TRADING POST
VISTA BANK
MY BUG MAN
WESTERN BANK
WJ MANGOLD HOSPITAL
FARMER'S INSURANCE
LKRS& CO.

Thank You Volunteers

Breakfast With Santa

Thank you for your continued support for
Breakfast with Santa.
This event is only possible with
your support and the giving hearts of
volunteers and donors who make it memorable for
the children of our community.

Crisis Center of the Plains	Jaynell Davidson
RSVP Volunteers	Hanna Bozeman
Plainview 4-H	Sandy Smith
Plainview Girl Scouts	Interim Healthcare
Furniture Expressions	Dennis Carter
Benny Garcia	Melissa Slack
Teresa Young	Kyla Slack
Plainview Spanish Club	Colby Lowrance

Merry Christmas!
Charlotte Schumacher & Irene Moreno
Runningwater Draw RSVP
Retired & Senior Volunteer Program

PREPARING FOR BREAKFAST WITH SANTA



A MILLION
THANKS TO
EVERYONE
THAT HELPED

BREAKFAST WITH SANTA 2023



SPICED CHOCOLATE MOLTEN CAKES

Ingredients

- 1/4 cup butter, cubed
- 2 ounces semisweet chocolate, chopped
- 1-1/2 teaspoons dry red wine
- 1/2 teaspoon vanilla extract
- 1 large egg, room temperature
- 2 teaspoons egg yolk, room temperature
- 1/2 cup confectioners' sugar
- 3 tablespoons all-purpose flour
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- Additional confectioners' sugar



Directions

1. Preheat oven to 425°. In a microwave, melt butter and chocolate; stir until smooth. Stir in wine and vanilla.
2. In a small bowl, beat the egg, egg yolk and confectioners' sugar until thick and lemon-colored. Beat in the flour, ginger and cinnamon until well blended. Gradually beat in butter mixture.
3. Transfer to 2 greased 6-oz. ramekins or custard cups. Place ramekins on a baking sheet. Bake until a thermometer inserted in the center reads 160° and sides of cakes are set, 10-12 minutes.
4. Remove from the oven and let stand for 1 minute. Run a knife around edges of ramekins; invert onto dessert plates. Dust with additional confectioners' sugar. Serve immediately.

Taste of Home Recipe



CORN PUDDING

Ingredients

- 3 tablespoons unsalted butter, melted, plus more for the casserole dish
- 4 ounces cream cheese, softened
- One 15-ounce can creamed corn
- 3/4 cup frozen corn, thawed
- 1/2 cup cornmeal
- 1/2 onion, chopped
- 2/3 cup milk
- 1 large egg, beaten
- 1 tablespoon sugar
- 1/2 cup shredded Cheddar
- Kosher salt and freshly ground black pepper



Directions:

1. Preheat the oven to 350 degrees F. Grease a 1-quart casserole dish with butter.
2. Beat the cream cheese, creamed corn, corn, cornmeal and chopped onion in the bowl of a stand mixer with the paddle attachment until combined.
3. Remove the bowl from the mixer and add the milk, 3 tablespoons melted butter, beaten egg, sugar and Cheddar. Season with the salt and pepper and stir with a rubber spatula until combined.
4. Spread the mixture in the casserole dish and bake for 50 minutes. Let stand 10 minutes before serving.

Food Network Magazine

SMOTHERED CHICKEN

Ingredients

- 5 pieces thick-cut bacon
- 1/2 c. all-purpose flour
- 1 tsp. kosher salt
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1/2 tsp. ground black pepper
- 6 chicken thighs, bone-in, skin-on
- 8 oz. baby bella mushrooms, sliced
- 1 medium yellow onion, peeled and chopped
- 1 red bell pepper, chopped
- 2 1/4 c. chicken stock
- 1/4 c. heavy cream
- Chopped parsley, to serve

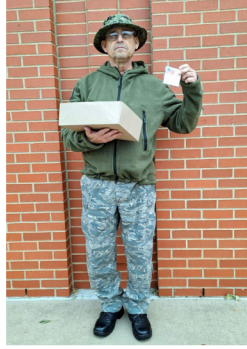
Recipe by Taylor Wann



Directions

1. Heat a large skillet over medium heat and add the bacon in a single layer. Cook, turning occasionally, until the bacon is deep brown and very crispy, about 10 minutes. Remove from the heat and transfer the bacon to a paper towel-lined plate, leaving the drippings in the pan. When cool enough to handle, crumble the bacon and set aside.
2. While the bacon is cooking, whisk together the flour, salt, paprika, garlic powder, and pepper in a medium, shallow dish (a pie plate works great!).
3. Dredge the chicken thighs in the flour mixture, taking care to cover the entire surface. Reserve 1/4 cup of the remaining flour mixture for the gravy.
4. Return the skillet to medium-high heat. Add the chicken thighs, skin-side down, to the skillet. Cook until deeply browned and crispy, 3 to 5 minutes on each side (the second side always seems to go faster than the first). Transfer the chicken to a plate and set aside.
5. Pour off the grease into a heatproof bowl. Without cleaning the skillet, return it to the stove over medium-low heat. Add 1/4 cup of the grease back to the skillet. Add the mushrooms, onion, and bell pepper. Cook, stirring occasionally, until the vegetables are very tender and the mixture becomes very soft and golden, 8 to 10 minutes. Add the reserved flour mixture and stir constantly for 2 minutes.
6. Gradually add the chicken stock, stirring until the flour is fully incorporated into the liquid. Cook, stirring frequently, until the mixture bubbles and thickens, about 5 minutes.
7. Nestle the chicken thighs, skin-side up, into the thickened gravy and spoon some gravy on top. Cover and cook until the chicken thighs reach an internal temperature of 165°F, about 20 minutes.
8. Remove the chicken from the pan and hold warm on a plate. Whisk in the heavy cream and heat until just warm. Serve the chicken thighs drizzled with gravy and topped with the reserved bacon and chopped parsley.





A big thanks to Ronnie Moreno for delivering small tokens of appreciation to our veterans at the nursing homes and assisted living facilities on Veteran's Day.

Thank you also to Donna Black for making the tokens.



 **RSVP**
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