

SLV

San Luis Valley Volunteers Living through Service

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Volume 1 Issue 3

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Rise and Shine!

By Patt Morgan-Lloyd, RSVP Director

Spring, summer, fall or winter; daylight savings time or not daylight savings time; 7 days a week, 12 months a year, I wake up between 4 a.m. and 5 a.m. every morning. Without the less-than-gentle reminder from an alarm clock. Yet, when I'm attending a conference or a meeting and stay overnight in a motel, I always call the front desk to ask for a "wake-up call."

I think we sometimes need a "wake-up call." Hopefully, that warning does not come at great expense. Waiting until you've had your first heart-attack is not a good way to be reminded that you need to exercise more, watch your diet, and have regular check-ups. Waiting until someone you hold dear takes his or her own life is too late for you to be that one person who might have made a difference.

The Colorado Trust says, "Counties with the highest risk for suicide attempts tend to be in the southern part of Colorado, particularly the San Luis Valley." **Surprised? I was.** And here are some more startling facts:

- The highest suicide rates of any age group occur among persons aged 65 years and older.

- There is an average of one suicide among the elderly every 90 minutes.

- In 1998, suicide ranks as the 16th leading cause of death among those 65 years and older and accounted for 5803 deaths among this age group in the U.S.

- The rate among adults aged 65-69 was 13.1 per 100,000 (all rates are per 100,000), the rate among those aged 70-74 was 15.2, the rate for those aged 75-79 was 17.6, among persons aged 80-84 the rate was 22.9, and among persons aged 85+, the rate was 21.0.

- It is estimated that 20% of elderly (over 65 years) persons who commit suicide visited a physician within 24 hours of their act, 41% visited within a week of their suicide and 75% have been seen by a physician within one month of their suicide.

- In 1998, men accounted for 64% of suicides among persons aged 65 years and older

There are "signs" you can watch for, ways in which you can make a difference in whether someone lives or chooses not to live. RSVP has made a commitment to be a part of the prevention team at San Luis Valley Mental Health Center. We'd like for you to join us. In this case, what you don't know CAN HURT YOU!

Become part of the solution instead of allowing the problem to persist; call the RSVP office (587-5610.) We'll let you know when the next SSAVE meeting is going to be held, will arrange for speakers to talk at your church, at any meeting, or small groups, give you help line phone numbers, or any other information you might feel helpful. Wake up before the alarm goes off!

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A VERY Grand Opening for the Alamosa Senior Center Kitchen!

Do you have suggestions for the newsletter? a story you want to share, an issue you want to learn about?

Call the RSVP office at

587-5610

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“It is better to shoot for the moon and miss than shoot for nothing and hit it”.

Rev. Eloise Page



Good Food!



Grand Opening continued...



All about you!

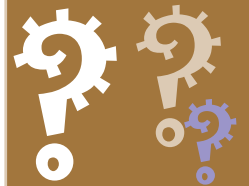
“You can’t put footprints in the sands of time while sitting down.”

Nelson Rockefeller

THE COIN FLIP

by RSVP member Dan Welsh!

The sidewalk cents we see are worth a bend;
 There’s value too in tasks that daybreak sends.
 To help a neighbor helps the helper, too,
 For all too soon, we wear “the other shoe.”
 “Tis not alone the bedfast need a smile,
 The elbow grip helps both another mile.
 For each of us a morning heartbeat sings,
 The rest of the song, “Hi, neighbor,” happily rings.



Name these members

1



2



Good Friends!

Win an RSVP tote bag!

Send us your photos, original poems, recipes or anything else you’d like to share with the members. We’ll publish one (or maybe more, depending on space) in our quarterly newsletter. If your contribution is selected, we’ll send you a brand-new RSVP tote bag!

The Drug Problem in America



“You have to become involved to make an impact. No one is impressed with the win/loss record of the referee.”
John Holcomb

The other day, someone at a store in our town read that a methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, “Why didn’t we have a drug problem when you and I were growing up?”

I replied: I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not

speak with respect, spoke ill of the teacher or the preacher, or if I didn’t put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profane four-letter word. I was drug out to pull weeds in mom’s garden and flower beds and cockleburs out of dad’s fields. I was drug to the homes of family, friends, and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood; and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins; and they affect my behavior in everything I do, say, and think. They are stronger than cocaine, crack, or heroin; and, if today’s children had this kind of drug problem, America would be a better place.

~author unknown~



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To: