

RSVP Voluntimes

August 2025

Step into August with Laughter, Nature, and Celebration

School Days Memories

Seniors fondly recall wooden desks, inkwells, and the dreaded teacher's ruler. Recess was serious business, and walking to school uphill both ways wasn't just a joke—it was a rite of passage. Favorite games like hopscotch and Red Rover, surprise cookies at lunch, and the smell of pencil shavings still bring smiles. The joy of back-to-school lives on in these timeless memories. What's your favorite?

Easy Hikes & Birdwatching

As summer winds down, gentle nature walks are perfect for fresh air and feathered friends. Try Elena Gallegos Open Space, Rio Grande Nature Center, or Tingley Beach Trails. Birdwatching is peaceful—and binoculars make it even more fun!

National Wellness Month

August is for moving more, eating well (and yes, enjoying a donut or two), staying hydrated, keeping up with check-ups, and caring for mental health. Wellness isn't about perfection—it's about feeling good in body and heart.

Senior Citizens Day – August 17th

Celebrate the amazing seniors who enrich our communities with wisdom, humor, and stories that start with "Back in my day..." This day honors their lifetime of contributions and common sense you just can't Google. Check with your local center to see how they're marking the day—it's a chance to laugh, reflect, and say thanks to those who remember a world before Wi-Fi.

After all, life's better—and a lot more fun—with seniors around.

Stay Safe & Be Well,
RSVP Staff

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DSA Administration



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RSVP Staff

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Isaiah Valenzuela
RSVP Volunteer Coordinator

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RSVP Office Assistant

RSVP Office

714 7th Street SW
Albuquerque, NM 87102
505-767-5225

Office Hours

Monday -Friday 8:00
a.m.-5:00 p.m.

Updates & Reminders

Important Dates

8/01: First Day of National Wellness Month
8/4-8: DSA Center Closures
Barelas, Bear Canyon, Highland, Palo Duro
8/17: National Senior Citizens Day
8/26: Women's Equality Day
9/01: CLOSED - Labor Day



Volunteer Badge Policy

It is standard operating procedure of the Department of Senior Affairs that all volunteers shall wear a DSA approved identification badge while on City of Albuquerque Property. ID badges must be worn on the outer most layer of clothing above the waist at all times while volunteering.

Mileage Reimbursement

We've received a few questions regarding the mileage reimbursement policy. The mileage reimbursement policy is one round trip per day from your residence to your volunteer station returning home with a maximum of \$25.00 per month.

New Volunteer Orientation

If you are new to the program or need a refresher on how to enter your hours into the Web Assistant, training sessions are held on the second Tuesday of each month at the Barelas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

2025

SAVE THE DATE



NEW MEXICO

**CONFERENCE
ON AGING**

ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025

GLORIETA
CONFERENCE CENTER

AGINGINNM.ORG

Advisory Council Members

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Millie Martinez

Tomas Lujan

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Marie Morra

Nick Manole

Michele Watkins

Julie McCullough

Marlene Sena

Misti Melendez

Greg Hallstrom

Spotlight

Volunteer at the **BALLOON MUSEUM** during **BALLOON FIESTA® 2025**

**October
4-12
2025**

Be a part of the biggest event of the year as we welcome thousands of visitors from all over the world to enjoy the events, history, art and culture of the Balloon Museum.

Greeters, Activity Assistants, PlayStation Hosts, Information Booth volunteers, and more

Whatever your interests, there is a role for you!



Sign up here

www.oneabqvolunteers.com

**For more information
505-768-6032
dshort@cabq.gov**



Celebrations

August Birthdays

1st	Robert Fass		Michael Chavez		26th	Lupe Reynoso
2nd	Rosemary Davidson	15th	Michael Hadaway			Edward James Sullivan
	Diana Garcia		Yvonne Mangrum-Spicer		27th	Bo Keith
3rd	Marianne Evans	17th	Woody Simpson			Jean Spalt
4th	Frank Marquez				28th	Louisa Martinez
5th	Mary Garcia	18th	Celeste Rael			Sunita Moonka
6th	Ann Shields	19th	Arlene Stein			Geri Saunders
	Joseph Romero	20th	Mary Valenzuela		29th	Charles Cissna
7th	Larry Sanchez		Diane Miller			Guy Dahms
	Joe Vigil	21st	Carol Ann Ifversen			Jeanette Duran
8th	Henry Shonerd		Raymond Taylor		30th	Viola Hurtado
	Kim Ho Tran	22nd	Gloria Jane Borton		31st	Michael Gillotti
9th	Robert Martinez		Anna Gutierrez			Mary Sanchez
10th	Connie Devers	23rd	Carl Roybal			Yixin Zhang
12th	Susan Mulvaney		Brian Pinder			
13th	Janet Orona	24th	Mary Rose Nichols			
	Allen Spalt		Loretta Leger			
14th	Gail Garza	25th	Bernard Urbassik			
			Robert Walling			
			Darlene Alderete			
			David Wimsatt			



Happy
BIRTHDAY



Welcome RSVP Program Supervisor - Desiree Azzara!

A seasoned professional with over 17 years of experience in social services, case management, and community-focused programs. Armed with degrees in Psychology and Sociology from the University of New Mexico (Go Lobos!), she brings both empathy and analytical grit to every challenge—along with a knack for finding real-world, people-first solutions.

Desiree hails from a military family so expansive it could fill a battalion—spanning nearly every branch of service. She recently returned to Albuquerque from Austin to help care for her parents, now 83 and 89, continuing her family’s tradition of service in her own way.

Desiree is also a dedicated spectator of fast things—Formula 1, college football, the NFL, and especially high-performance cars, her lifelong obsession. Yet even with a need for speed, she’s grounded by life’s simple pleasures: a New Mexico sunset, the silhouette of the Sandias, and the quiet joy of being exactly where she needs to be.

Please join us in welcoming her to our program!



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH

Barelas Senior Center

Fiesta

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC, DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER 2025 | 9 am - 3 pm

714 Seventh St SW 87102

ONE ALBUQUERQUE | United Healthcare | **ENGAGE** with Senior Affairs

Opportunities

Volunteer Stations

Albuquerque Bio Park Education
Albuquerque Little Theater
Albuquerque Museum
Albuquerque Police Department
Albuquerque Reads
Anderson/Abruzzo International
Balloon Museum
Animal Welfare Department
ARC Thrift Store
Aviation Department
Barelas Senior Center
Bear Canyon Senior Center
BernCo Senior & Social Services
Department
Catholic Charities
City of Albuquerque Open Space
Compassus
DSA Advisory Council
DSA Case Management
DSA Home Services
DSA Information & Assistance
DSA Nutrition

DSA Satellite Meal Sites
DSA Sports & Fitness
DSA Transportation
DSA Volunteers in Action
Explora Science Center
Friends of Valle de Oro
Highland Senior Center
Hospice De La Luz
Indian Pueblo Cultural Center
Los Volcanes Senior Center
Lovelace Women's Hospital
Manzano Mesa Multigenerational
Center
Maxwell Mus. of Anthropology
Meals on Wheels
Musical Theatre Southwest
Nat. Hispanic Cultural Center
New Mexico Kids Matter
New Mexico Veterans Memorial
NM Museum of Nat. Hist. and
Science
NM Aging & Long-Term Services

NM Commision for the Blind
NM Long-Term Care Ombudsman
North Domingo Baca M.C.
North Valley Senior Center
Palo Duro Senior Center
Popejoy Hall
Presbyterian Healthcare Services
Presbyterian Northside
ProMedica Hospice
Read to Me Albuquerque Network
Roadrunner Food Bank
Ronald McDonald House Charities
RSVP
RSVP Advisory Council
Santa Barbara Martineztown M.C.
Storehouse
University Hospital
VA Center for Development and
Civic Engagement
Visit Albuquerque

Special Projects

50+ Primetime Expo

North Domingo Baca
Multigenerational Center is in
need of volunteers with a current
COP that is interested in helping
with transportation for the event.

Los Volcanes Sports & Fitness

In need of a volunteer to help
fulfill custodial duties around
the sports & fitness center.

**Monday - Friday
10am - 2pm**

Barelas Fiesta

Barelas Senior Center is in need of volunteers to assist with setup,
cleanup, shuttle driving, & supporting Barelas staff to make this a
successful event for our community!



AUGUST 2025

**ONE
ALBUQUE
ROQUE**

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4	5	6	7	8
Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11	12	13	14	15
Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18	19	20	21	22
Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25	26	27	28	29
Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 