



Dear RSVP Volunteers and Community Partners,

As summer arrives, we are excited to celebrate the energy, dedication, and compassion that AmeriCorps Seniors RSVP volunteers bring to our communities every day. The warmer months provide many opportunities to make a meaningful difference while connecting with neighbors, families, and local organizations.

This summer, RSVP volunteers are participating in a variety of projects, including community garden maintenance, food bank support, park and trail cleanups, assisting at local summer events, and helping older adults remain independent through friendly visits and transportation services. These efforts strengthen our communities and demonstrate the power of volunteer service.

Our westside multigenerational center will be opening in the coming months and we need volunteers to instruct a variety of classes that will be offered at the center.

We are grateful for every volunteer who shares their time, skills, and experience. Whether you contribute a few hours each month or serve regularly throughout the season, your commitment creates lasting positive change.

As you enjoy the summer months, we encourage you to explore new volunteer opportunities, invite friends to join our mission, and continue building connections that enrich the lives of others.

Together, we are making our communities stronger, healthier, and more vibrant.

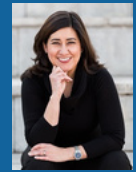
Thank you for your dedication and service. We wish you a safe, enjoyable, and rewarding summer.

Sincerely,  
RSVP Team

### Inside this Issue

- pg. 2 Updates & Reminders
- pg. 3 Spotlight
- pg. 4 Celebrations
- pg. 5 Opportunities
- pg. 6 Menu

### DSA Administration



**Anna Sanchez, Director**

**Shay Armijo**  
Deputy Director

**Nikki Peone**  
Associate Director

**Cristina Romero-Baca**  
Community Volunteer  
Engagement Manager

### RSVP Staff

**VACANT**  
RSVP Supervisor

**Isaiah Valenzuela**  
RSVP Volunteer Coordinator

**Mailiya Williams**  
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

07/03: CLOSED - Independence Day  
07/04: Independence Day  
07/17: Food Pantry @ MMMC 2PM-4PM  
07/17: Senior Picnic @ SBMMC  
10:30AM-12:30PM  
07/20: DSA Advisory Council Meeting  
@ Highland Senior Center 12pm



## 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.

## Advisory Council Members

### President

Sonya Hartwell

### Vice President

Dorothy Garcia

### Secretary

Andrea Garcia-Lansford

### Treasurer

Bob Martinez

Judy Spear

Amy Fisher

Tomas Lujan

Nick Manole

Marie Morra

Julie McCullough

Michele Watkins

Misti Melendez

Marlene Sena

Stuart Garber

Millie Martinez

JOIN US FOR AN UNFORGETTABLE  
RIDE DOWN MEMORY LANE.

**RSVP**

**APPRECIATION  
BREAKFAST**



**SAVE THE DATE**

WEDNESDAY, AUGUST 26, 2026

9:00AM - 11:00AM

Formal Invitation to Follow



# YOU'RE INVITED!



## VIVE BIEN LIVE WELL PROGRAM LAUNCH

Celebrate the launch of the **Vive Bien Live Well Program**, a new resource designed to support healthy aging and empower seniors to live their best lives with greater independence, wellness, and connection.

**This event  
is FREE for  
everyone!**



## TUESDAY, JULY 28, 2026

9:45 - 11:00 A.M.

Check-in Starts: 9:30 A.M.

**South Valley Multipurpose  
Senior Center**

2008 Larrazolo Rd SW,  
Albuquerque, NM 87105

---

### Register to Attend

Register to join **in person** or **on Zoom** to receive all the details and event information

[forms.cloud.microsoft/r/iaVEhAQZf9](https://forms.cloud.microsoft/r/iaVEhAQZf9)

# Celebrations

## July Birthdays

2nd Glenn K.

3rd Glenn S.

4th Patricia F.

6th Joann G.  
Rosa S.

9th Lorraine B.  
Terry C.  
Eric R.

10th Craig M.  
Sophia N.

11th Annette G.  
Susan J.  
Linda M.  
Colleen W.

13th Paul C.

14th Terri E.  
Kathryn M.  
Lana T.  
Cynthia U.

15th Marie C.  
Mary D.  
Charlotte O.

18th Terry B.  
Lori M.

19th Bryan C.  
Beatrice E.

20th Richard S.

22nd Beth H.

23rd Eileen G.

24th Dolores T.

27th Judy L.

28th Beth C.  
Steve M.

29th Joseph M.

30th Paula B.

31st Jo Ann H.  
JL.

Happy  
BIRTHDAY



**RSVP Supervisor  
Jessica Coyle!**

Jessica has lived in Albuquerque, NM, since 2006. She grew up in the Washington, D.C., metro area, and attended Hood College, where she studied education and music performance, and then The George Washington University, where she received a Master's Degree in Museum Education.

She has spent the last 20 years creating programs and educational opportunities for New Mexico cultural institutions like Albuquerque Museum and Coronado Historic Site. In her free time she enjoys sewing, crochet, playing viola in the Albuquerque Philharmonic, and spending time with her boyfriend, Craig, and two cats, Gizmo and Kaylee.

### Your Path to Using Vive Bien / Live Well

A simple step-by-step guide for seniors

- 1** Get your Vive Bien / Live Well flyer

Ask for a flyer at your clinic, community center, or from someone you trust. It has important information about the app.
- 2** Visit [ViveBienLiveWell.org](http://ViveBienLiveWell.org)

Open the website on your phone, tablet, or computer. You can ask a family member, friend, or caregiver for help.
- 3** Check the home page and go to "Before You Start" to learn what to expect.

  - Get information about how it works
  - What you need
  - How to prepare
- 4** Watch video tutorials for seniors

Videos that show you how the app works step by step. Made especially for you!
- 5** Get ready

  - Choose a quiet time for your wellness.
  - Glasses
  - Hearing aids
  - 30 min quiet time
  - Headphones
- 6** Download the app

Go to the App Store (iPhone) or Google Play (Android), look for "Vive Bien Live Well" and download the app.
- 7** Sign up and start your health checks

Create your account, answer simple questions, and start your health checks. It only takes a few minutes.

  - Mobility
  - Cognition
  - Nutrition
  - Mood
  - Vision
  - Hearing
- 8** Re-check every 6 months

Your health can change. Re-check every 6 months to keep track of your health, get updated tips, and a new care plan.

You are in control of your health.

Your information is private and secure.

We are here to support you.

Learn more: [ViveBienLiveWell.org](http://ViveBienLiveWell.org)    Questions? Contact us at [icopenm@salud.unm.edu](mailto:icopenm@salud.unm.edu)

# 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  
Catholic Charities  
City of Albuquerque Greenhouse  
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 Downtown  
Lovelace Women's Hospital  
Manzano Mesa Multigenerational  
Center  
Meals on Wheels  
Musical Theatre Southwest  
Nat. Hispanic Cultural Center  
New Mexico Railrunner  
New Mexico Veterans Memorial

NM Museum of Nat. Hist. & Science  
NM Aging & Long-Term Services  
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  
Read to Me Albuquerque Network  
Roadrunner Food Bank  
Ronald McDonald House Charities  
RSVP  
RSVP Advisory Council  
Santa Barbara Martineztown M.C.  
Storehouse  
The Wheels Museum  
VA Center for Development and  
Civic Engagement  
Visit Albuquerque

## Special Projects

### DSA Home Services

Is in need of volunteer drivers available 20 hours a week (days are flexible) to assist seniors with various chores - replacing batteries & lightbulbs, deliver & setup safety equipment, etc.

Volunteer must have a valid NM Driver's License and City Operators Permit (COP) and be able to carry & climb an 8ft ladder.



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
<p> <b>29</b></p> <p>Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz</p>	<p> <b>30</b></p> <p>Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz</p>	<p> <b>1</b></p> <p>BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz</p>	<p> <b>2</b></p> <p>Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz</p>	<p><b>CLOSED 3</b></p> <p></p>
<p> <b>6</b></p> <p>Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz</p>	<p> <b>7</b></p> <p>Greek Pasta Salad 5oz Broccoli Salad w/ Carrots &amp; Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz</p>	<p> <b>8</b></p> <p>Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz</p>	<p> <b>9</b></p> <p>Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 1oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz</p>	<p> <b>10</b></p> <p>Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz</p>
<p> <b>13</b></p> <p>Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz</p>	<p> <b>14</b></p> <p>Teriyaki Chicken w/ 3oz Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz</p>	<p> <b>15</b></p> <p>Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz</p>	<p> <b>16</b></p> <p>Cheese Omelet w/ Peppers &amp; Red Chile 3oz Stewed Tomatoes 2oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz</p>	<p> <b>17</b></p> <p>Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz</p>
<p> <b>20</b></p> <p>Beef w/ Peppers &amp; Onions 3oz Normandy Blend 2oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz</p>	<p> <b>21</b></p> <p>Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz</p>	<p> <b>22</b></p> <p>BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz</p>	<p> <b>23</b></p> <p>Green Chile Mac &amp; Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz</p>	<p> <b>24</b></p> <p>Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz</p>
<p> <b>27</b></p> <p>Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz</p>	<p> <b>28</b></p> <p>Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz</p>	<p> <b>29</b></p> <p>Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz</p>	<p> <b>30</b> <span style="color: red;">Anti-Inflammatory</span></p> <p>Black &amp; Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz</p>	<p> <b>31</b></p> <p>Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz</p>