

RSVP Voluntimes

March 2025



Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director



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DSA Administration



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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

3/1: First Day of Women's History Month
3/1: Ramadan Begins
3/4: Mardi Gras
3/5: Ash Wednesday
3/9: Daylight Saving Time Begins
3/14: Holi
3/14: Purim
3/17: St. Patrick's Day
3/20: First Day of Spring

 **HELLO** 
SPRING

Dear AmeriCorps Seniors volunteers,

We were recently made aware of conversations at the federal level related to the funding of agency grant, loan, and other financial assistance programs.

At this time, we have not received official word from AmeriCorps on how or if these proposed changes might affect our AmeriCorps Seniors FGP, RSVP, and SCP programs.

As soon as we receive additional details from AmeriCorps we will be sure to share that information with you.

Thank you for your continued service.

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 Barelvas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

Advisory Council Members

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Sonya Hartwell

Vice President

Dorothy Garcia

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Andrea Garcia-Lansford

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Judy Spear

Millie Martinez

Tomas Lujan

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Julie McCullough

Marlene Sena

Misti Melendez

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Spotlight

RSVP Pinning Ceremony 2025

At the end of last month, we had the opportunity to recognize and celebrate some of our volunteer's longevity and commitment to service. These RSVP volunteers have served 5, 10, 15, 20, 25 and 40 years. We want to share a few pictures of the event.

Thank you RSVP Volunteers!



Please call the RSVP office at (505)767-5225 for more information

Celebrations

March Birthdays

1st	Mary Guysi		Donna Boyle		26th	Jerilyn Burzin
2nd	Cecilia Trujillo	11th	Lisa Bryant			Lucy Lopez
			Becky Frick		29th	Donald Meaders
3rd	Dorothy Martinez		Karen Morton			
	Esther Roybal	13th	Rosa Rios		30th	Lora McKown
5th	Cheryl Silverman		Patricia Levinson		31st	Maria Bourassa
			Michael Yanes			
6th	Velma Donoghue	14th	Sue Detrow			
	Christine Marin		Margaret Garner			
	Anne Withrow		Leroy Pacheco			
7th	Pauline Brummell	16th	Diana Koster			
	Michael Nadler		Toby Palley			
8th	Barbara Bonner	20th	Paul Allen			
9th	Kazem Ranjbaran	22nd	Katherine Gampert			
			Jael Gulotta			
10th	Dorothy Otto	25th	Angelica Apodaca			
	Sandra Sealey		Christina Candelaria			



**50+ SENIOR
TECH
CONNECT**

**SAVE THE DATE!
APRIL 11, 2025**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

**ONE
ALBUQUE
RQUE** senior affairs

diverseIT.

Free Ride!

*Santa Fe
National Cemetery*



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
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 Ramp Project
New Mexico Veterans Memorial
NM Museum of Nat. Hist. and
Science

NM Aging & Long-Term Services
NM Commission 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

Palo Duro Senior Center

Calling all bingo enthusiasts!
Palo Duro is in need of 1 or 2
volunteers that would be
available on Tuesdays for
bingo calling and cash
handling.

If you are interested, please
call the RSVP Office at
(505)767-5225.










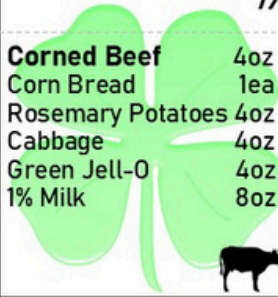








Manzano Mesa Multigenerational Center

Manzano Mesa is looking for a
tech savvy volunteer to help
read online chats and respond
to instructors through Zoom
on the 2nd, 3rd, & 4th
Thursdays of every month.

If you are interested, please
call the RSVP Office at
(505)767-5225.

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
3	4	5	6	7
Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz 	Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz 
10	11	12	13	14
Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz 	Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz 	Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz 
17	18	19	20	21
 Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz 	Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz 	Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 
24	25	26	27	28
Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz 	Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz 	Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz 