



Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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DSA Administration



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RSVP Supervisor

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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

- 03/01: First Day of Women's History Month
- 03/03: Holi
- 03/03: Purim
- 03/08: Daylight Saving Time Begins
- 03/09-03/14: AmeriCorps Week
- 03/17: St Patrick's Day
- 03/20: Spring Equinox
- 03/29: Palm Sunday
- 03/31: César Chávez Day

* **HAPPY** *
ST. PATRICK'S
* **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.

Hello Spring



Advisory Council Members

President

Sonya Hartwell

Vice President

Dorothy Garcia

Secretary

Andrea Garcia-Lansford

Treasurer

Bob Martinez

Judy Spear

Millie Martinez

Tomas Lujan

Amy Fisher

Marie Morra

Nick Manole

Michele Watkins

Julie McCullough

Marlene Sena

Misti Melendez

Greg Hallstrom

TO ALL OUR WONDERFUL VOLUNTEERS

*Happy
AmeriCorps Week!*



**AmeriCorps
Seniors**

**YOUR TIME, ENERGY, AND HEART MAKE
A REAL DIFFERENCE**

**TODAY, WE CELEBRATE YOU.
THANK YOU FOR YOUR SERVICE.**



Celebrations

March Birthdays

2nd	Susan Lucero Cecilia Trujillo	11th	Donna Boyle Lisa Bryant Becky Frick Karen Morton Rosa Rios	25th	Angelica Apodaca
3rd	Dorothy Martinez Esther Roybal	14th	Sue Detrow Robert Holden Leroy Pacheco	26th	Jerilyn Burzin Lucy Lopez Adolph Romero
5th	Claire Conrad Cheryl Silverman	15th	Frank Gonzales	28th	Patrick Brolley
6th	Mary Donoghue Christine Martin Anne Withrow	16th	Toby Palley	30th	Lora McKown
7th	Pauline Brummell Michael Nadler	20th	Paul Allen		
9th	Michael Martinez Kazem Ranjbaran	22nd	James Duffy Katherine Gampert Jael Gulotta		
10th	Sandra Sealey	23rd	Catherine Armijo		



DAYLIGHT SAVING TIME BEGINS!

March 8th, 2026



Black Family Wellness Expo

The Links, Incorporated
Linked in Friendship, Connected in Service

NATIONAL IMPACT DAY OF SERVICE
March 21, 2026

4th Annual Albuquerque High School
800 Odelia Rd NE
10 AM - 2 PM

BLACK FAMILY WELLNESS EXPO

FREE ADMISSION

- 35+ Vendors
- Free Food Boxes
 - 1st 100 families
- Free Grocery Gift Cards for seniors 65+
- Immunizations
 - (Low/no-cost)
- Free Screenings
- Food Vendors

In partnership with:

The Links, Incorporated
Linked in Friendship, Connected in Service
Albuquerque (NAM) Chapter

UNM HOSPITAL

For More Info: abqlinksbfwe@gmail.com or nbedford@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
BernCo Senior & Social Services
Department
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 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 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

Satellite Meal Sites

We are looking for caring & dependable volunteers to support our daily meal programs in providing nutritious lunches to older adults in our community.

I & A Bag Stuffing

DSA Information and Assistance is in need of 5 volunteers to help stuff bags for upcoming outreach events.

Wednesday, March 4th
9am - 11am

AmeriCorps Seniors

We are looking for one volunteer to assist the AmeriCorps Seniors programs at 2 outreach events in the Albuquerque community.

Friday, March 13 7:30am - 1:30pm

Saturday, March 21 10:00am - 2:00pm

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	
	2		3		4		5		6
Sweet & Sour Pork	3oz	Meatloaf	3oz	Green Chile Chicken		Red Chile Omelet		Breaded Pollack	3oz
Stir Fry	3oz	Gravy	1oz	Posole	4oz	w/ Peppers	4oz	Tartar Sauce	1pc
Edamame	4oz	Stuffing	4oz	Pinto Beans	4oz	Rosemary Potatoes	4oz	Green Beans	4oz
Brown Rice	4oz	Normandy Blend	4oz	Calabacitas	4oz	Spinach	4oz	Sliced Carrots	4oz
Applesauce	4oz	Pudding	1ea	Orange	1ea	Jell-O	4oz	Brownie	1ea
1% Milk	8oz	1% Milk	8oz	1% Milk	8oz	1% Milk	8oz	1% Milk	8oz
	9		10		11		12		13
Beef Fajitas	3oz	Chicken Patty	3oz	Beef Stew	3oz	Green Chile Cheese		Tuna Casserole w/	
Fajita Mix	2oz	White Gravy	1oz	Mixed Vegetables	2oz	Veggie Burger	1ea	Mixed Vegetables	4oz
Pinto Beans/Spinach	4oz	Green Beans &		Mashed Potatoes	4oz	Corn & Red Peppers	4oz	Edamame	4oz
Spanish Rice	4oz	Mushrooms	4oz	Cornbread	1ea	Stewed Tomatoes	4oz	Brussel Sprouts	4oz
Flour Tortilla	2ea	Dinner Roll	1ea	Yogurt	4oz	Diced Pears	4oz	Jell-O	1ea
Diced Peaches	4oz	Margarine	1pc	1% Milk	8oz	1% Milk	8oz	1% Milk	8oz
1% Milk	8oz	Vanilla Pudding	1ea						
		1% Milk	8oz						
	16		17		18		19		20
Rotisserie Chicken	4oz	Corned Beef &	4oz	BBQ Pulled Pork	4oz	Minestrone Soup	4oz	Breaded Pollock	3oz
Mash Potatoes/Gravy	4oz	Cabbage	3oz	Diced Beets	4oz	Steamed Broccoli	4oz	Tarter Sauce	1ea
Sliced Carrots	4oz	Rosemary Potatoes	4oz	Corn & Red Peppers	4oz	Cornbread	1ea	Green Beans	4oz
Dinner Roll	1ea	Dinner Roll	1ea	Dinner Roll	1ea	Watermelon	1ea	Warm Cucumber	
Margarine	1pc	Margarine	1pc	Margarine	1pc	1% Milk	8oz	Salad	4oz
Mandarin Oranges	4oz	Green Jell-O	4oz	Peaches	4oz			Yogurt	4oz
1% Milk	8oz	1% Milk	8oz	1% Milk	8oz			1% Milk	8oz
	23		24		25		26		27
Baked Chicken	4oz	Meatball Sub	1ea	Pork Chop	3oz	Mac & Cheese w/	3oz	Cajun Tilapia	3oz
Diced Tomato &		Cauliflower	4oz	Green Chile Gravy	2oz	Broccoli	1oz	Pasta w/ Garlic Butter	
Cucumber Salad	4oz	Green Beans w/		Brown Rice	4oz	Brussel Sprouts	4oz	& Diced Tomatoes	4oz
Corn	4oz	Mushrooms	4oz	Normandy Blend	4oz	Sliced Peppers	4oz	Green Peas/Carrots	4oz
Dinner Roll	1ea	Vanilla Pudding	4oz	Applesauce	4oz	Watermelon	4oz	Banana	1ea
Margarine	1pc	1% Milk	8oz	1% Milk	8oz	1% Milk	8oz	1% Milk	8oz
Orange	4oz								
1% Milk	8oz								
	30		31		1		2		3
Green Chile		Salisbury Steak	4oz	Chicken Tetrzzini	4oz	Cheese Omelet	3oz	Baked Tilapia	3oz
Chicken Posole	4oz	Gravy	2oz	Diced Beets	4oz	Fajita Blend	2oz	Diced Tomatoes	1oz
Green Beans &		Mashed Potatoes	4oz	Breadstick	1ea	Spinach	4oz	Brown Rice	4oz
Mushrooms	4oz	Roasted Vegetables	4oz	Pears	4oz	Sweet Potato Mash	4oz	Steamed Broccoli	4oz
Stewed Tomatoes	4oz	Dinner Roll	1ea	1% Milk	8oz	Orange	1ea	Apple Slices	4oz
Jell-O	1ea	Margarine	1pc			1% Milk	8oz	1% Milk	8oz
1% Milk	8oz	Yogurt	4oz						
		1% Milk	8oz						