

# RSVP Voluntimes

April 2023

## Message from your RSVP Team

April is Volunteer Appreciation Month and while we strive to show our appreciation daily, we want to take a moment during this special month to emphasize how much we truly appreciate every one of you.

Whether you are delivering meals to homebound seniors, providing educational tours or information to youth and visitors at our wonderful cultural attractions, helping out at our multigenerational and senior centers, or packing food boxes you are leaving a long-lasting imprint on our wonderful community!

The One Albuquerque spirit is often mentioned by City leaders and we here at RSVP are fortunate enough to see that spirit in action every day through the selfless work you do throughout our eighty-one volunteer stations. Many of you give your time and effort continuously without a second thought. You are willing to jump in and lend a hand to anyone in need. This is truly inspiring and something that our team is honored to be a part of.

Volunteer Appreciation week is April 16 - 22, 2023 and RSVP would like to provide you with a small token of our appreciation. The RSVP team will be holding a drive-thru appreciation event at Barelvas Senior Center on Thursday, April 20th from 2:00 pm until 4:00 pm. We would love to see you all during this event! If you have any questions regarding this event, please contact the RSVP office at (505) 767-5225.

As DeAnn Hollis said, "The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others." The RSVP team would like to thank you for giving your heart to our community. Because of you Albuquerque is a better place.

Until we see you again, stay safe and be well.

Cristina & Isaiah

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## DSA Administration



Anna Sanchez, Director

Chris Sanchez  
Deputy Director

Nikki Peone  
Associate Director

Natasha Montoya  
Community Volunteer  
Engagement Manager

## RSVP Staff



Cristina Romero-Baca  
RSVP Supervisor



Isaiah Valenzuela  
RSVP Office Assistant

## RSVP Office

714 Seventh Street SW  
Albuquerque, NM 87102  
505-767-5225

## Updates and **REMINDERS!**

### **Web Assistant Trainings**

If you 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 Barelbas Senior Center – RSVP office. Please remember that you only have fourteen days from when you volunteer to enter your hours into the system.

### **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. To obtain a copy of this policy contact the RSVP office.

### **Volunteer Hours**

As of January 30, 2023, The Retired Senior Volunteer Program (RSVP) will no longer accept Volunteer Time Tracking Sheets or Paper Time Sheets. Volunteers are required to submit all volunteer hours via the RSVP Web Assistant.

It is the policy of the RSVP that every volunteer enters their volunteer hours utilizing the RSVP Web Assistant. We highly recommend submitting hours on a daily basis. Volunteers can access the Web Assistant by going to [www.cabq.gov/rsvp](http://www.cabq.gov/rsvp). Hours must be entered within 14 days from the day you volunteer. After the 14th day volunteers will not be able to submit hours via the Web Assistant.

### **RSVP Office Hours**

Office hours to meet with the RSVP staff will be every Friday from 9:00 am to 11:00 am and by appointment only.

### **Insurance/Driver's License Update**

RSVP will not be having a dedicated day(s) this year for volunteers to come to the office to submit your updated license and insurance. The staff will review this information on a monthly basis and reach out to you at least a month prior to your expiration date to request updated information. If you have any questions, please contact the RSVP office.



04/11: New volunteer orientation & web training - Barelbas Senior Center

04/16 - 04/22: Volunteer Appreciation Week

04/17 - DSA Advisory Council Meeting at Barelbas Senior Center

04/20: Volunteer t-shirt pick up at Barelbas Senior Center (drive thru event)

04/27: RSVP Advisory Council Meeting

## Volunteer Spotlight



For our April RSVP Volunteer of the month, we shine the spotlight on Ms. Rita Romero. Rita began her volunteer journey five years ago and volunteers at Barelas Senior Center, DSA Information and Assistance outreach, and as a special projects volunteer for RSVP. She is always willing to lend a helping hand and has over 1,600 volunteer hours!

The Barelas Senior Center staff is grateful to have Rita as a volunteer. According to Janelle Apodaca-Valenzuela, Barelas Senior Center Program Coordinator, "Rita saves the day! We have been short-handed lately and Rita has saved us so many times! She helps so much by answering phones, checking in seniors to activities, and helping with our dances. Rita is kind, unbelievably patient, and has great empathy. She is truly a blessing to our center and our seniors!"

We are extremely lucky to have Rita as a RSVP volunteer! Thank you, Rita for all that you do for Senior Affairs. We appreciate you!

## April Birthdays

4/1 - Gayle Mecca  
- Pamela Stern

4/4 - Louise Kimbrough  
- Dina Otero

4/7 - Ellen Guest

4/8 - Aurelia Lucero

4/11 - Julia Martinez

4/12 - Rose LillieQuist

4/13 - Nettie Hunter  
- Jo Anna Tahyi

4/20 - Martha Landes  
- John Martin  
- Mickie Rael

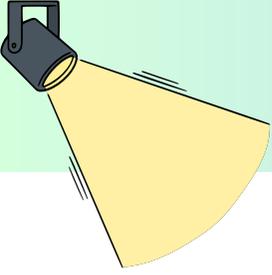
4/24 - Bernadette Casaus  
- George Milligan

4/25 - Michele Watkins

4/26 - Patsy Campbell  
- Joseph Gamble

4/29 - Marti Kessler





# Station Spotlight



## Department of Senior Affairs Nutrition Division

### What is the DSA Nutrition Program?

The senior meal program provides an opportunity to promote good health, encourage socialization and enhance nutritional education. Senior Affairs offers low-cost and donation-based lunch options to older adults 60+ at meal sites throughout Bernalillo County.

All City of Albuquerque Senior and Multigenerational centers offer free/donation-based lunch to adults age 60+ Monday-Friday 11:30am – 1:00pm. Reservations are required one day prior by 12 pm. For adults ages 50-59, lunch is offered at a reduced rate of \$3.25. Highland, Los Volcanes, Palo Duro, & Bear Canyon senior centers also offer low-cost made-to-order menu options in addition to the regular senior lunch program. All sites offer a low-cost breakfast program Monday-Friday, 8AM-9AM.

### Volunteer for DSA Kitchens

Would you like to help out at a DSA kitchen by serving meals to seniors? You can donate your time supporting the DSA nutrition division by working side by side with the DSA kitchen staff.

### Benefits of being a Volunteer

- Meet Seniors around the Albuquerque area.
- Activities and socialization opportunities
- Serve nutritional meals to Seniors

If you are interested in volunteering for the DSA Kitchens, please contact the RSVP office at (505) 767-5225.



# Volunteer Opportunities

## Special Projects

### RSVP Office

The RSVP office is looking for assistance for the upcoming volunteer t-shirt distribution event on Thursday, April 20th. If you are available to help out please contact the RSVP office at (505) 767-5225.

RSVP is also looking for two volunteers to assist in making outreach phone calls to other volunteers. If you are interested, please call (505) 767-5225.

### DSA Kitchens

The DSA Nutrition Division is looking for volunteers to assist in the center kitchens. If you are interested, please contact the RSVP office.

### Information & Assistance

DSA I&A is looking for volunteers to assist with providing senior resource materials at local outreach events. If you are interested, please contact the RSVP office at (505) 767-5225.

## RSVP Volunteer Stations

Adelante Development Center  
AFME Foundation - AFMX  
Alameda Satellite Site  
Albuquerque Bio Park Education  
Albuquerque Little Theater  
Albuquerque Police Department  
Albuquerque Reads  
Alzheimers Association  
Anderson/Abruzzo International  
Balloon Museum  
Animal Welfare Department  
Aviation Department  
Barelas Senior Center  
Bear Canyon Senior Center  
Catholic Charities  
Cesar Chavez Comm. Ctr.  
Dress for Success  
DSA Advisory Council

Ed Romero Terrace Meal Site  
Embudo Towers Meal Site  
Encino Garden Meal Site  
Encino Terrace Meal Site  
Every Ability Plays Project  
Highland Senior Center  
Hospice De La Luz  
Indian Pueblo Cultural Center  
DSA Information & Assistance  
Joy Junction  
Keshet Dance Comapny/Center  
for the Arts  
La Amistad Mealsite  
Long-Term Care Ombudsman  
Los Duranes Senior Satellite  
Los Volcanes Fitness Center  
Los Volcanes Senior Center  
Lovelace Women's Hospital  
Manzano Mesa Multigenerational  
Center  
Manzano Mesa Sports and Fitness  
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 Commission for the Blind  
North Domingo Baca M.C.  
North Domingo Baca Sports and  
Fitness  
North Valley Senior Center  
Open Space Visitor Center  
Outpost Performance Space  
Palo Duro Senior Center  
Palo Duro Sports & Fitness Center  
Paradise Hills West Annex  
Popejoy Hall  
Presbyterian Hospital HealthPlex

Presbyterian Kaseman  
Presbyterian Northside  
ProMedica Hospice  
Read to Me Albuquerque Network  
Rio Bravo Satellite Site  
Roadrunner Food Bank  
Ronald McDonald House Charities  
Shalom House Mealsite  
Son Broadcasting Network  
South Valley Multi-Purpose Ctr.  
Mealsite  
Storehouse  
Taylor Ranch Community Center  
Tender Love Community Center  
Tijeras Senior Center  
Department of Senior Affairs  
Transit  
University Hospital  
VA Center for Development and  
Civic Eng  
Visit Albuquerque  
Western Sky Community Care  
Westgate Community Center  
Whispering Pines Satellite  
Wings For LIFE International

\*\*To sign up for RSVP volunteer opportunities call the RSVP office at 505-767-5225.



# Around the Senior Centers

## SAVE THE DATE!

**50+** SENIOR  
**TECH**  
**CONNECT**

A chance for older adults to explore today's technology

## APRIL 14, 2023

🕒 8:30 A.M. to 12:30 p.m.

📍 Palo Duro Senior Center

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

INTERESTED IN  
BECOMING A  
SPONSOR?

CALL  
(505) 768-3862  
FOR MORE  
INFORMATION

**ONE**  
**ALBUQUE**  
**RQUE** senior affairs

diverseIT.

**TEENIORS**  
tech-savvy teens empowering seniors

## Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit [oneabqvolunteers.com](http://oneabqvolunteers.com), select "Serve with Seniors", and click "Respond" to sign-up now!

## A Message from your RSVP Advisory Council

Volunteerism in America is older than the country itself. The Revolutionary War prompted American patriots to pitch in and provide housing, food, and ammunition for the ragtag Continental Army. Today even the smallest towns have volunteer youth leagues, fire departments and PTA's staffed entirely by volunteers.

RSVP began as an outgrowth by private groups and government agencies to create opportunities for engagement, activity, and growth for older Americans. One of the earliest programs, the Community Service Society of New York, began in 1965 on Staten Island. The project involved a small group of volunteers who were dedicated to serving their communities in a variety of ways. It was due to the success of their efforts that led to an amendment to the Older Americans Act, creating RSVP as a nationwide program in 1969.

During this April, National Volunteer Month, the RSVP Advisory Council and staff salute and thank all our RSVP volunteers who strive to make Albuquerque the best it can be. ~Sonyia Hartwell, RSVP Advisory Council Member



## Cesar Chavez Day of Service

A special thank you to all who joined us at our Cesar Chavez Day of Service. Below are a few photos from the event.



## Advisory Council Members

### President

Amy Fisher

### Treasurer

Marlene Sena

Dorothy Garcia

Andrea Garcia-Lansford

Greg Hallstrom

Sonyia Hartwell

Tony Johnson

Tomas Lujan

Millie Martinez

Marie Morra

Michele Silva-Watkins

Judy Spear

Elayne Villa

## KUDOS CORNER

We want to give kudos to RSVP Advisory Council member Sonyia Hartwell. Thank you, Sonyia for your assistance with providing valuable feedback on the RSVP grant. We truly appreciate your willingness to jump in and help out!

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ mushroom gravy</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Teriyaki Pork/Fajita Blend</li> <li>◆ Brown Rice</li> <li>◆ Stir Fry Vegetable</li> <li>◆ Dinner Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey Chef Salad</li> <li>◆ Macaroni Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Frito Pie: Beef</li> <li>◆ Steamed Broccoli</li> <li>◆ Corn Chips</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Garlic Tilapia </li> <li>◆ Pasta w/Diced Tomatoes</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>◆ Creamy Garlic Baked Chicken </li> <li>◆ Seasoned Orzo Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg Salad Sandwich </li> <li>◆ Mediterranean Mixed Bean Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Fajita</li> <li>◆ Spanish Brown Rice</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Chop w/ Au Jus</li> <li>◆ Sweet Potatoes</li> <li>◆ Steamed Beets</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sloppy Joe: Beef</li> <li>◆ Tater Tots</li> <li>◆ Steamed Green Beans</li> <li>◆ Chocolate Cake</li> <li>◆ 1% Milk </li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>◆ Carne Adovada: Pork/Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Sugar Cookies</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg/Cheese Omelet w/peppers/onions </li> <li>◆ Stewed Tomato</li> <li>◆ Hash Browns</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Patty w/Swiss Cheese</li> <li>◆ Tater Tots</li> <li>◆ Lettuce/Tomatoes/Onions</li> <li>◆ Hamburger Bun/ Mustard/Ketchup</li> <li>◆ Baked Apples </li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/Meat Sause</li> <li>◆ Spinach</li> <li>◆ California Blend</li> <li>◆ Seasonal Fruit:</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roast Beef w/Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>◆ Bean &amp; Cheese Burrito topped w/Red Chile</li> <li>◆ Spanish Rice</li> <li>◆ Calabacitas</li> <li>◆ Pineapple</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Tips w/Bowtie Pasta</li> <li>◆ Steamed Carrots</li> <li>◆ Steamed Broccoli</li> <li>◆ Wheat Dinner Roll/Margarine</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Southern Baked Chicken</li> <li>◆ Turnip Greens/Black-Eye Peas</li> <li>◆ Brown Rice w/Red Peppers</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Cheese Ziti</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Gravy</li> <li>◆ Scalloped Potatoes</li> <li>◆ Green Peas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>