

April 2024

Hello April!

The days are longer, the weather is warming up and the RSVP staff is excited because it's our favorite month of the year! April is Volunteer Appreciation Month and we want to take a moment during this special month to emphasize how much we truly appreciate every one of you.

We are taking the opportunity this month to recognize, celebrate, and honor you. The service you provide to our community is valued and appreciated by so many and now it's our turn to give back a little something to you. Throughout the month, RSVP is hosting Volunteer Appreciation Ice Cream Socials at various volunteer stations throughout the city. You should have received an invitation via mail from our staff last month. If you did not receive an invite, please contact our office. We hope you can join us for the event so that we can personally express our gratitude to each and every one of you.

RSVP will be participating in two service day projects coming up in the next few weeks. On April 21st, the RSVP team will be participating in the inaugural Earth Day celebration at Balloon Fiesta Park. We are looking for volunteers to assist with our Seedlings for Seniors booth where we will be assembling plant kits that will be distributed to senior citizens throughout the city. The second project that RSVP will be hosting is our Barelás beautification project on May 3rd. RSVP is partnering with the Governor's office, the New Mexico Aging and Long-Term Service Department, the Department of Senior Affairs Volunteers in Action program to beautify the grounds near the Barelás Community and Senior Center. If you are interested in volunteering at either or both of these events, please contact our office to sign up.

Our staff would like to send a heartfelt thank you to each of you for the service you provide daily. You are the heart and soul of this community and we can't thank you enough.

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

Inside this Issue

pg. 2 Updates & Reminders
pg. 3 Spotlight
pg. 4 Celebrations
pg. 6 Opportunities
pg. 7 Menu

DSA Administration



Anna Sanchez, Director

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Deputy Director

Nikki Peone
Associate Director

Natasha Montoya
Community Volunteer
Engagement Manager

RSVP Staff

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RSVP Supervisor

Isaiah Valenzuela
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RSVP Office

714 7th Street SW
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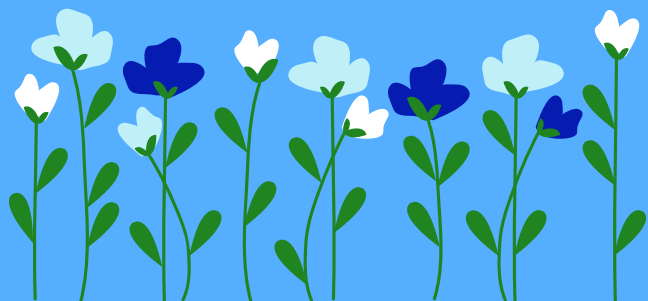
Office Hours

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

Updates & Reminders

Important Dates

4/1: April Fool's Day
4/9: Eid-Al-Fitr
4/9: End of Ramadan
4/19: Tech Fair @ Manzano Mesa
4/21: Seedlings for Seniors @
Balloon Fiesta Park
4/22: Earth Day
4/26: Arbor Day
4/30: End of Passover



2024 RSVP Advisory Council Grant

The RSVP Advisory Council is proud to announce and congratulate all of the winners of the 2024 Advisory Council Grant!

- El Camino Real Main Garden
- Art Club @ Paradise Hills
- Read to Me! Literacy Network
- Lovelace Women's Hospital Volunteers
- Beginner's Art Class @ Barelas
- Greenhouse Garden @ Barelas
- Woodcarvers @ Los Volcanes
- Wood Carvers @ Bear Canyon
- North Valley Senior Center Stained Glass Class

We can't wait to see what this opportunity helps these programs achieve in the coming months!

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

Amy Fisher

Vice President

Sonya Hartwell

Secretary

Andrea Garcia-Lansford

Judy Spear

Marlene Sena

Tomas Lujan

Greg Hallstrom

Marie Morra

Millie Martinez

Michele Watkins

Dorothy Garcia

Bob Martinez

Nick Manole

Julie McCullough

Sunday, April 21st

10am - 4pm

Seedlings for Seniors

Balloon Fiesta Park



In honor of Earth Day, help assemble and decorate our seedling kits to give to senior citizens in the community!



Celebrations

March Birthdays

| | | | | | |
|------|--------------------------------|------|--|------|-----------------------------------|
| 1st | Janet Mecca Pamela Stern | 13th | Nettie Hunter Jo Anna Tahyi | 25th | Laverne Lucero Michele Watkins |
| 2nd | Elizabeth Montoya | 14th | Paul Oostenbrug | 26th | Patsy Campbell Joseph Gamble |
| 4th | Louise Kimbrough Dina Otero | 15th | Victoria Uvina | 29th | Marti Kessler |
| 6th | Alfonso Sais | 19th | Bertha Sarracino | | |
| 7th | Ellen Guest Roland Kee Jr. | | Corrinne Crawford Martha Landes John Martin Mickie Rael | | |
| 8th | Aurelia Lucero | 20th | | | |
| 11th | Julia Martinez | | Bernadette Casaus George Milligan | | |
| 12th | Rose Lillie Quist | 24th | | | |

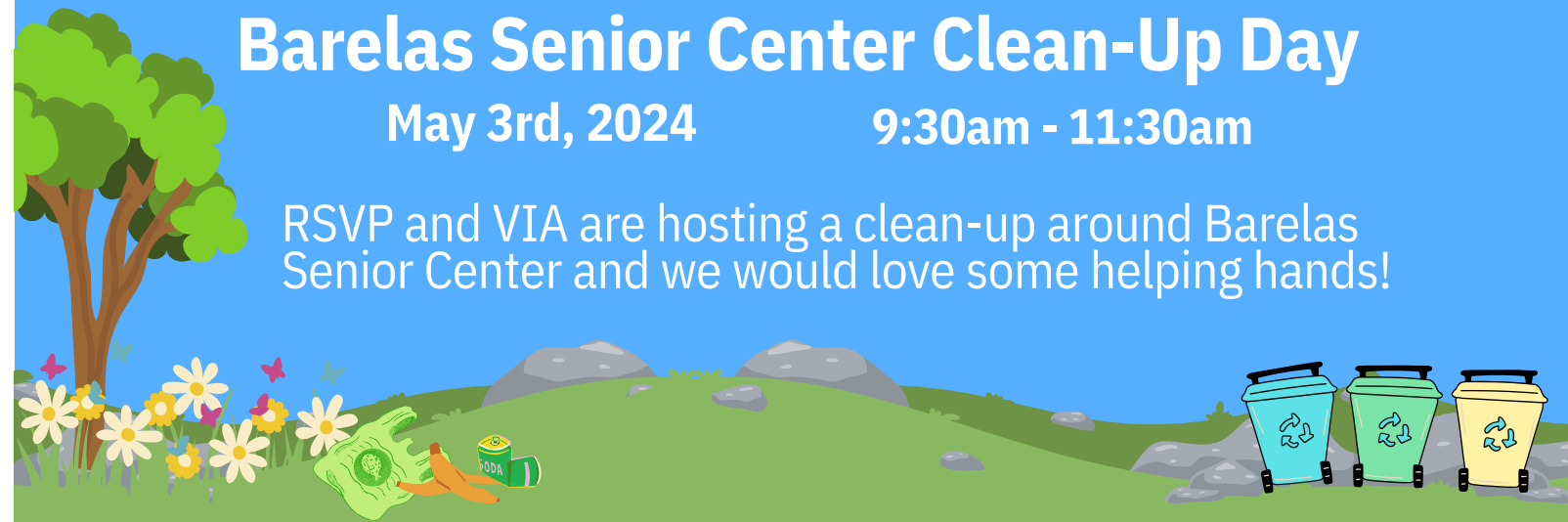


Barelas Senior Center Clean-Up Day

May 3rd, 2024

9:30am - 11:30am

RSVP and VIA are hosting a clean-up around Barelas Senior Center and we would love some helping hands!



Power of Connection

at

Raymond G. Sanchez Community Center

May 21, 2024

8:00am - 2:30pm

In celebration of Older Americans Month, the City of Albuquerque is celebrating seniors while showcasing various services and programs throughout the Albuquerque community!

RSVP is looking for interested volunteers to help direct and serve seniors, setup decorations, monitor rooms, etc.

Need a Ride to Visit Your Loved One?

2024 *Santa Fe National Cemetery Visitation Opportunity*

Three Trips Available On The Following Dates

Wednesday April 10, 2024

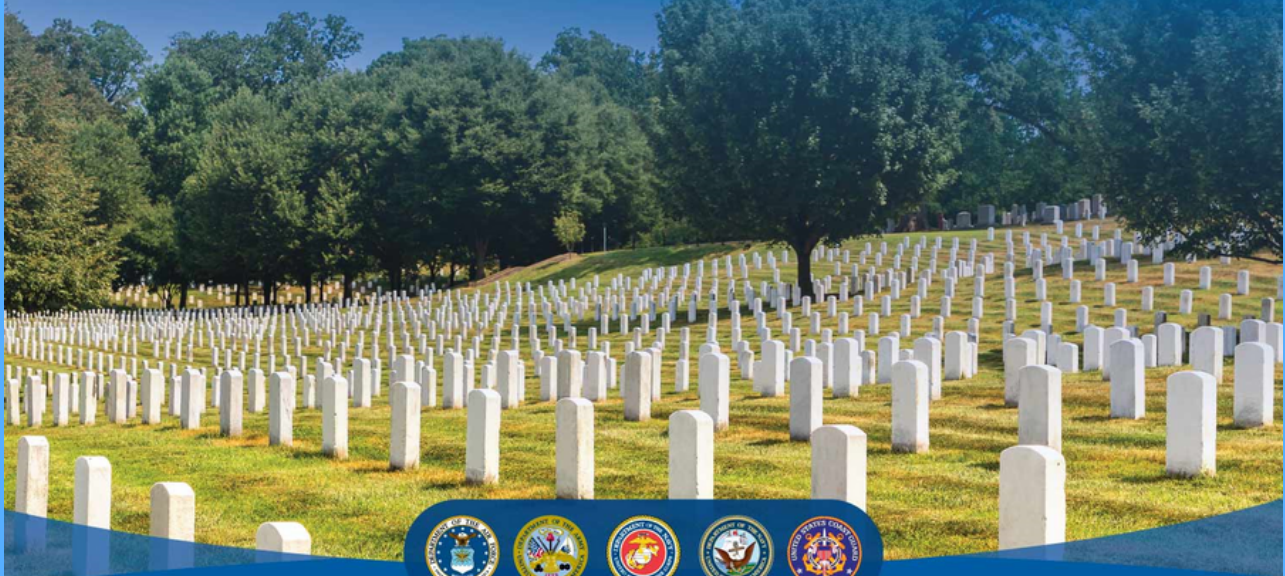
Deadline – April 1, 2024

Wednesday May 15, 2024

Deadline – May 6, 2024

Wednesday June 12, 2024

Deadline – June 3, 2024



Please sign up at the front desk

Participation is **limited to the first 5 that sign up.**
Seniors must be registered members of their senior center



The New Mexico Rail Runner Express along with local organizations is providing a limited number of seniors from each of our senior centers a round-trip to the cemetery.

Your ride begins in Albuquerque and takes you there and back.

 riometro.org



ONE ALBUQUE senior offices

Daniels Family
Funerals & Cremation
Handling Begins Here

Opportunities

Volunteer Stations

Adelante Development Center
Albuquerque Bio Park Education
Albuquerque Little Theater
Albuquerque Museum
Albuquerque Police Department
Albuquerque Reads
Alzheimers Association
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
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
Every Ability Plays Project
Explora Science Center
Friends of Valle de Oro
Highland Senior Center
Hospice De La Luz
Indian Pueblo Cultural Center
Joy Junction
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
Storehouse
Tender Love Community Center
University Hospital
VA Center for Development and
Civic Eng
Visit Albuquerque
Western Sky Community Care
Wings For LIFE International

Special Projects

Manzano Mesa Drivers Needed

Manzano Mesa
Multigenerational Center
is in need of volunteer
drivers for upcoming
senior trips.

NM Ramp Project

Interested in helping
build ramps for seniors in
our community?


























Contact Greg Hallstrom
at **(505)585-3832** or
info@nmramp.org

ABQ Museum Docents Needed

The Albuquerque
Museum is looking for
outgoing volunteers
looking to help give
tours to museum visitors.

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.



| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|---|---|---|
| 1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk  | 2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll w/margarine ♦ Banana  ♦ 1% milk | 3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk  | 4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple  ♦ 1% milk | 5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk  |
| 8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk  | 9 ♦ Diced pork w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches  ♦ 1% milk | 10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Chocolate pudding ♦ 1% milk  | 11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew  ♦ 1% milk | 12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/ black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk  |
| 15 ♦ Carne adovada ♦ Tortilla ♦ Spinach ♦ Pinto beans ♦ Tapioca pudding ♦ 1% milk  | 16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana  ♦ 1% milk | 17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Cauliflower ♦ Orange ♦ 1% milk  | 18 ♦ Denver omelet ♦ Stewed tomato ♦ Diced potatoes ♦ Pear ♦ 1% milk  | 19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple  ♦ 1% milk |
| 22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk  | 23 ♦ Bratwurst with onion and peppers ♦ Hoagie roll ♦ Baked beans ♦ Diced potatoes ♦ White cake  ♦ 1% milk | 24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk  | 25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk  | 26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine  ♦ 1% milk |
| 29 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk  | 30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk  | 1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk  | 2 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk  | 3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk  |