

August 2024



Summer is slowly coming to an end and the RSVP team is gearing up for a busy but exciting fall.

Next month on Friday, September 27th, we will be gathering to celebrate all of you at our annual Volunteer Appreciation Breakfast. You should have received a Save the Date in the mail last month. If you did not, please contact the RSVP office to speak with Isaiah or Mailiya. Later this month we will be mailing out the formal invitations. We do need to know if you are planning on joining us so please be sure to call the office to reserve your seat and your meal. A gentle reminder that due to the enrollment of several new volunteers, we will not be allowing volunteers to bring a guest with them to the event.

The awards committee is looking for exceptional volunteers to honor at the Volunteer Appreciation Breakfast. If you know of a deserving volunteer who should be recognized, please contact the RSVP office to request a nomination form. Nominations are due by August 30th, 2024.

Also this month, Mayor Keller will be hosting his annual State of the City event. RSVP, along with the other three volunteer programs, will be in attendance promoting volunteer opportunities as well as our programs. If you attend the event, please swing by our table to say hello!

In addition to the appreciation breakfast and the State of the City, there are a lot of great community events coming up in the next few months. Mailiya does a great job including these events in our newsletter. Please keep an eye out for fun events as well as opportunities to volunteer at these special events.

Our team is here to serve you. If you are looking for new volunteer opportunities or need assistance with your current volunteer opportunity, please do not hesitate to contact us. Our team is happy to help you in any way we can.

Until we see each other again, be well and stay safe,

Cristina

Inside this Issue

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

DSA Administration



Anna Sanchez, Director

Marina Salazar
Deputy Director

Nikki Peone
Associate Director

RSVP Staff

Cristina Romero-Baca
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

8/17: State of the City
8/24: Kobe Bryant Day
8/26: Women's Equality Day
8/30: Volunteer Nominations Due

hello
AUGUST

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.

SAVE THE DATE

RETIRED & SENIOR VOLUNTEER PROGRAM'S



Appreciation Breakfast



SEPTEMBER 27, 2024

9:00am - 11:00am

Embassy Suites
1000 Woodward PI NE

FORMAL INVITATION TO FOLLOW

Advisory Council Members

President

Amy Fisher

Vice President

Sonyia Hartwell

Secretary

Andrea Garcia-Lansford

Treasurer

Marlene Sena

Judy Spear

Greg Hallstrom

Tomas Lujan

Millie Martinez

Marie Morra

Dorothy Garcia

Michele Watkins

Nick Manole

Bob Martinez

Julie McCullough

Indian Pueblo Cultural Center



The Indian Pueblo Cultural Center (IPCC) serves as a gathering place where Pueblo Culture is celebrated through creative and cultural experiences, while providing economic opportunities to Pueblo and local communities.

IPCC is always in need of volunteers for their day-to-day operations and the various special events they offer throughout the year (they even have volunteer opportunities available during the weekends if you find your weekdays full). IPCC volunteers also get the opportunity to venture out into the community for group trips and get regular training events, so you know what to expect while volunteering and what IPCC expects from you.

IPCC's Volunteer & Membership Coordinator, Rosabelle Arellano, is very involved with the IPCC volunteers and can't wait to welcome you to their team!

Please give us a call at (505)767-5225 if you would like additional information or want to get started volunteering at the Indian Pueblo Cultural Center!

Celebrations

August Birthdays

1st	Robert Fass	13th	Janet Orona Allen Spalt	22nd	Erna Rothe	30th	Michael Gillotti
2nd	Rosemary Davidson	14th	Gail Garza	23rd	Mary Rose Nichols	31st	Yixin Zhang
3rd	Marianne Evans			24th	Bernard Urbassik Robert Walling		
4th	Charles Garner Frank Marquez	15th	Michael Chavez Michael Hadaway Yvonne Mangrum-Spicer Woody Simpson	25th	David Wimsatt		
5th	Mary Garcia			26th	Lupe Reynoso Edward James Sullivan		
6th	Ann Shields Elizabeth Yanes	17th	William Hammetter Celeste Rael	27th	Bo Keith Jean Spalt Marilyn Stock		
7th	Patricia Lake Joe Vigil	18th	Arlen Stein Mary Valenzuela	28th	Louisa Martinez Sunita Moonka Geri Saunders		
8th	Henry Shonerd Kim Ho Tran	19th	Diane Miller	29th	Charles Cisna Guy Dahms Jeanette Duran Viola Hurtado		
9th	Robert Martinez	20th	Carol Ann Ifversen Raymond Taylor				
12th	Susan Mulvaney	21st	Gloria Jane Borton Janet Dominguez				



Palo Duro Senior Center Turns 50!

Wednesday, August 14th
4pm - 7pm

Join Palo Duro Senior Center for their
Golden Jubilee Celebration!



Barelas Senior Center Fiestas

Friday, September 6th
9am - 3pm



In celebration of National Senior
Center Month join us for a jam-packed
party with live music, delicious grub,
and all-around good times!

Various volunteer opportunities
are available.

Opportunities

Volunteer Stations

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

Kitchen Aide

We are in need of interested volunteers that would be able to assist Los Volcanes Senior Center's kitchen staff throughout the week.

Please call the RSVP office for more information about this opportunity.

RSVP Office

We are looking for volunteers interested in helping us assemble our centerpieces for the upcoming 2024 Volunteer Appreciation Breakfast!

9/11 day of service

This September, RSVP will be supporting local firefighters during the 9/11 Firefighter Memorial Stair climb.

We are looking for interested volunteers to hand out water and snacks to the participating firefighters.

August 2024

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
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/ tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/ red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/ stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/ bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/ red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/ margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/ margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Whole grain dinner roll w/ margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/ brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/ soy sauce ♦ Buttered linguini noodles ♦ Green beans w/ mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/ margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 