

## 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

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### 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

Sonya 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		Bo Keith Jean Spalt Marilyn Stock		
7th	Patricia Lake Joe Vigil	18th	Arlen Stein Mary Valenzuela	27th			
8th	Henry Shonerd Kim Ho Tran	19th	Diane Miller		Louisa Martinez Sunita Moonka Geri Saunders		
9th	Robert Martinez	20th	Carol Ann Ifversen Raymond Taylor	28th			
12th	Susan Mulvaney	21st	Gloria Jane Borton Janet Dominguez	29th	Charles Cissna Guy Dahms Jeanette Duran Viola Hurtado		



## 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.



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	30	31	1	2
<ul style="list-style-type: none"> <li>♦ Philly cheesesteak</li> <li>♦ Steamed carrots</li> <li>♦ Whole grain hoagie</li> <li>♦ Warm cinnamon apples</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Green chile chicken enchilada</li> <li>♦ Pinto beans</li> <li>♦ Calabacitas</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Meatloaf w/ tomato gravy</li> <li>♦ Garlic roasted potatoes</li> <li>♦ Succotash</li> <li>♦ Whole grain dinner roll</li> <li>♦ Fresh seasonal fruit</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti w/ marinara sauce</li> <li>♦ Broccoli w/ red peppers</li> <li>♦ Roasted vegetables</li> <li>♦ Garlic breadstick</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salmon w/ pineapple over brown rice pilaf</li> <li>♦ Brussel sprouts</li> <li>♦ Diced beets</li> <li>♦ Honeydew melon</li> <li>♦ 1% milk</li> </ul> 
5	6	7	8	9
<ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour pork w/ stir fry vegetables and pineapple</li> <li>♦ Brown rice</li> <li>♦ Green peas</li> <li>♦ Tapioca pudding</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef tips w/ brown gravy</li> <li>♦ Spinach w/ onions</li> <li>♦ Sweet potatoes</li> <li>♦ Watermelon</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lime fish tacos</li> <li>♦ Calabacitas</li> <li>♦ Steamed carrots</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Mushroom Swiss veggie burger</li> <li>♦ Mixed vegetables</li> <li>♦ Tater tots w/ ketchup</li> <li>♦ Yogurt</li> <li>♦ Whole grain bun</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken alfredo</li> <li>♦ Zucchini w/ red peppers</li> <li>♦ Steamed broccoli</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 
12	13	14	15	16
<ul style="list-style-type: none"> <li>♦ Pollock over brown rice</li> <li>♦ Malibu blend vegetables</li> <li>♦ Green peas</li> <li>♦ Apple slices</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti w/ meatballs</li> <li>♦ Green beans</li> <li>♦ Zucchini</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken salad w/ bell pepper, celery, onion</li> <li>♦ Fresh cucumber slices</li> <li>♦ Coleslaw</li> <li>♦ Whole grain bread</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese omelet w/ red chile</li> <li>♦ Stewed tomatoes</li> <li>♦ Diced potatoes</li> <li>♦ Biscuit w/ margarine</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Roasted pork loin w/ brown gravy</li> <li>♦ Scalloped potatoes</li> <li>♦ Carrots</li> <li>♦ Whole grain dinner roll w/ margarine</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 
19	20	21	22	23
<ul style="list-style-type: none"> <li>♦ Salisbury steak w/ brown gravy</li> <li>♦ Roasted rosemary potatoes</li> <li>♦ Spinach</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ BBQ pork</li> <li>♦ Baked beans</li> <li>♦ Broccoli w/ red peppers</li> <li>♦ Whole grain dinner roll w/ margarine</li> <li>♦ Canned apricots</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Shredded seasoned chicken w/ brown rice</li> <li>♦ Sweet potatoes</li> <li>♦ Green beans</li> <li>♦ Red grapes</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Vegetable lasagna</li> <li>♦ Steamed carrots, broccoli, cauliflower</li> <li>♦ Garlic breadstick</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked garlic tilapia w/ ancient grain blend</li> <li>♦ Brussel sprouts</li> <li>♦ Corn w/ bell peppers</li> <li>♦ Chocolate chip cookie</li> <li>♦ 1% milk</li> </ul> 
26	27	28	29	30
<ul style="list-style-type: none"> <li>♦ Sliced ham</li> <li>♦ Pinto beans</li> <li>♦ Collard greens</li> <li>♦ Cornbread</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken &amp; veggie stir fry w/ soy sauce</li> <li>♦ Buttered linguini noodles</li> <li>♦ Green beans w/ mushrooms and French onions</li> <li>♦ Fresh pineapple</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Fish &amp; potatoes</li> <li>♦ Stewed tomatoes</li> <li>♦ Whole grain dinner roll w/ margarine</li> <li>♦ Warm sliced apples</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Eggplant parmesan w/ ziti pasta</li> <li>♦ Steamed broccoli</li> <li>♦ Carrots &amp; zucchini</li> <li>♦ Fresh strawberries</li> <li>♦ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Green chile cheese burger</li> <li>♦ Tater tots w/ ketchup</li> <li>♦ Stewed tomatoes</li> <li>♦ Whole grain bun</li> <li>♦ Watermelon</li> <li>♦ 1% milk</li> </ul> 