

# RSVP Voluntimes

December 2022

## Message from your RSVP Team

The end of 2022 is near, and we couldn't be happier to celebrate the upcoming holidays!

This year has been an eventful one full of transitions and changes for both the program staff and RSVP Volunteers. This month brings yet another change as the RSVP office will be relocating to Barelas Senior Center. Our last day at Highland Senior Center will be on Friday, December 16th. Our telephone number will remain the same.

Though our team will be in a new location, this will not impact the support we provide to you, our valued volunteers. We strive to provide you with the best service as possible and will continue to do so in our new location.

2022 continued to present challenges such as the continuation of COVID, rising costs of everyday items, staffing shortages, and so much more. Through all of these challenges you, our wonderful RSVP volunteers, continue to persevere and it showed when organizations and people in need called upon you to volunteer and help the community out.

This holiday season is definitely a special one because it is the first holiday season our new staff gets to spend with all of you. We have gotten a chance to meet a lot of you in person and see everyone's smiling faces as things are on their way to returning back to normal. This time of year is about spending time with your loved ones giving back to this amazing community and putting others who are in need first. This will always be big part of what we all do, and we excited to carry that into the new year.

We will always be willing to help out, support, and provide resources to all of our volunteers!

Happy Holidays, to all of you and your families.

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

## Office Visiting Hours

F: 9a- 11 am & 2p - 4p

# Important Update



The RSVP offices are relocating to Barelás Senior Center on December 19, 2022. Our new physical address is 714 7th Street SW, Albuquerque, NM 87102. Our telephone number will remain the same.

Office hours to meet with the RSVP staff will be every Friday from 9:00 am to 11:00 am and 2:00 pm to 4:00 pm.

Please contact us at (505) 767-5225 with any questions you may have.



DEPARTMENT OF SENIOR AFFAIRS  
ANNUAL

## *Festive Holiday* Luncheon

Sunday, December 25, 2022  
11 AM - 1 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch at

**Los Volcanes Senior Center**  
6500 Los Volcanes NW 87121

**\$4**  
Per Person

Call for Reservation & Pre-Payment Details:  
505-767-5999

[cabq.gov/seniors](http://cabq.gov/seniors)

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# Station Spotlight



## **What is Visit Albuquerque**

Visit Albuquerque is responsible for promoting Albuquerque as a competitive and world-class leisure, meeting, convention and sports destination, and enhancing its public image as a dynamic place to live and work. Through the impact of travel, Visit Albuquerque strengthens the city's economic position and provides opportunity for people in the community.

## **Volunteer for Visit Albuquerque**

Would you like to help tourists learn more about Albuquerque? Visit Albuquerque has two information centers, at the Sunport and Old Town, that are fully staffed by volunteers. The shifts are 4 hours per week. You can also volunteer on a substitute basis and/or for special events.

## **Benefits of being a Visit Albuquerque volunteer**

- Interact with tourists from all over the world
- Meet new people
- Attend meetings at different partner locations
- One overnight trip or day per year
- Two Volunteer Appreciation Luncheons per year
- Opportunity to volunteer at the Visit Albuquerque mobile visitor center at the Albuquerque International Balloon Fiesta

If you are interested in volunteering for Visit Albuquerque, please call Liz at 505-842-9918 ext. 3304 or e-mail [Burnam@VisitABQ.org](mailto:Burnam@VisitABQ.org).

### **Kudos Corner**

We want to give a special shout out to Tom Lujan and Patrick Sena for their assistance in transporting guests to/from the Veterans Day Celebration. We appreciate your help!



## **Upcoming Office Closures**

**December 8, 2022 -**

All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ Sports and Fitness Centers will be CLOSED for a mandatory department-wide staff training.

**December 26, 2022 -**

Closed in observance of the Christmas Holiday.

**January 2, 2022 -**

Closed in observance of the New Year Holiday.

### **RSVP Web Assistant**

The web assistant may experience a few hours of down time due to a system update on Wednesday, December 28th. If you experience any issues please contact our office.

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



## Volunteer Spotlight - December



For our December RSVP Volunteer of the month, we have decided to select Bernadette Casaus. Bernadette has been serving as a volunteer for nearly 10 years!

Bernadette first got involved with volunteering because of her sister Theresa. She is currently Volunteering as a front desk assistant at North Valley Senior Center. Bernadette was born on April 24th and she has lived in Albuquerque her whole life. She loves volunteering at North Valley Senior Center because it gives her motivation to get out and be productive with her days and a chance to help out seniors in her community.

On the days when she has free time and isn't Volunteering Bernadette loves to go out and enjoy the local New Mexican cuisine, she also likes art, watching movies and listening to music. Bernadette is an essential part of the RSVP and we are proud to call her one of our Volunteers. If you ever see Bernadette at North Valley be sure to tell her hello!

Thank you for everything you do!



## DECEMBER BIRTHDAYS

**12/1** Graciela Gomez

**12/4** Magdalena Barbour

Clorinda Fisher

Julian Lopez

Inez Richardson

**12/5** Michael Arruti

Harriet Berry

Richard Wittsell

**12/6** Gary Louis Day

**12/8** Thomas Ware

**12/9** Kathleen Compton

**12/12** Patrick Turrieta

**12/15** Nancy Thompson

**12/16** Barbara Vick

**12/19** Pattie Salas

**12/20** Irene Aragon

Daryl Carmer

Delores Munson

Nancy J. Wenner

**12/22** Annie Casaus

Ron Mansaldo

**12/23** Ernesto Montoya

Carolyn Rigirosso

**12/25** David Castle

**12/26** George Mitchko

**12/29** Jan Caron

Viola E. Garcia

Josephine Trujillo



# Volunteer Opportunities

## Special Projects

### **RSVP Office**

The RSVP team is in need of assistance with packing up the office for the move to Barelás. If you are able to assist, please contact Isaiah at (505) 767-5225.

### **Youth Job Fair**

DSA is looking for three drivers to transport youth from three of our senior centers to the Berna Facio Professional Development Center on February 4, 2022. Please contact Cristina or Isaiah for details.

## Volunteer Opportunities

### **Catholic Charities**

Assist in transporting seniors to limited destinations. Please note, all drivers must drive their own vehicle.

### **Every Ability Plays**

Every Ability Plays is looking for volunteers to assist with promotion, soliciting donors, fundraising and grant writing.

### **Presbyterian Hospital**

Presbyterian Hospital is looking for volunteers to perform various tasks. If you are interested in volunteering for Presbyterian contact the RSVP office at 505-767-5225.



### **ProMedica Hospice**

Promedica Hospice is looking for volunteers to work with Hospice Patients in their homes.

### **Maxwell Anthropology Museum - UNM**

Help with labeling, inventory, and tours of the anthropology museum located on campus at UNM.

### **Meals on Wheels**

Meals on Wheels is looking for meal delivery drivers Monday-Friday 10:00 am to 1:30 pm. Each Driver is assigned their own route. Please note all drivers must use their own vehicle.

### **National Hispanic Cultural Center**

NHCC is looking for a wide variety of volunteers from educational assistants, library attendants, ushers and docents

### **NM Commission for the Blind**

NMCB is in need of volunteers to read the newspaper via the Newslines to subscribers who are blind or have disabilities that prevent them from reading regular print.

### **NM Museum of National History**

Is in need of volunteers to answer guest questions and provide tours of the museum.

### **NM Ramp Project**

Help build ramps for mobility restricted seniors across the metro area. Office opportunities also available.

### **NM Veterans Memorial**

Staff the visitor information desk. Greet and provide tours to guests visiting the memorial.

### **NM Kids Matter**

with NM kids matter you will be directly helping advocate for children that are being abused and neglected in foster-care and troubled home lives. This requires a minimum time commitment of 20 hours. If you would like more information on this fantastic and meaningful opportunity, please reach out to the RSVP office.

### **Roadrunner Food Bank**

Mobile Food Distributions: Assist in distributing food boxes.  
Prepare Food Boxes: Assist in sorting, repacking and relabeling food inside warehouse. Volunteers must be able to stand for a full 2-hour shift and lift at least 25+ pounds.

### **Ronald McDonald House Charities**

Sew/Crochet for Donations: Volunteers may sew/crochet or donate old clothing items for volunteer time.

### **Senior Affairs: Senior & Multigenerational Centers**

The department of Senior Affairs is in need of volunteers to assist with various duties at all of the Senior and Multigenerational Centers. Barelás, Bear Canyon, Highland, Los Volcanes, Manzano Mesa, North Domingo Baca, North Valley and Palo Duro.

### **Senior Affairs Satellite Meal Sites**

Volunteers are wanted to assist with activities and meal service at various of the Senior Affairs satellite meal sites. For more information contact Cristina at 505-767-5228.

\*\*To find out about all RSVP volunteer opportunities call the RSVP office at 505-767-5225 or visit [cabq.gov/rsvp](http://cabq.gov/rsvp).

# 20th Annual 2022 RSVP Appreciation Breakfast



Thank you to all who were able  
to join us for the 20th RSVP  
Appreciation Breakfast!

We appreciate you!



# RSVP Advisory Council

In late September the RSVP Advisory Council added five new members.

We would like to welcome Andrea Garcia-Lansford, Greg Hallstrom, Sonyia Hartwell, Tomas Lujan and Michele Silva-Watkins to the RSVP Advisory Council!

The RSVP team is very excited to work with our new and existing Advisory Council members on planning future appreciation events, volunteer and station recruitment events and planning the future of RSVP. We value and appreciate the time and effort that the Advisory Council gives to improve RSVP.

The Advisory Council is looking for additional members. If you are interested, please contact the RSVP office at (505) 767-5225.



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#### NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

Senior Affairs

[cabq.gov/seniors](http://cabq.gov/seniors)

505-764-6400

'Tis The Season For Giving

## Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults.

Help spread some holiday cheer with your generous donations.

#### Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Cenral Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

[cabq.gov/seniors](http://cabq.gov/seniors)

### Advisory Council Members

#### President

Amy Fisher

#### Vice President

Karen Hanks

#### Treasurer

Marlene Sena

#### Secretary

Shavanna Aragon

Dorothy Garcia

Andrea Garcia-Lansford

Greg Hallstrom

Sonyia Hartwell

Tony Johnson

Tomas Lujan

Millie Martinez

Marie Morra

Michele Silva-Watkins



















Judy Spear

Elayne Villa



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



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>5</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak/Mashed Potatoes w/Gravy</li> <li>♦ Sliced Carrots</li> <li>♦ Diced Beets</li> <li>♦ Apricots</li> <li>♦ 1% Milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Macaroni &amp; Cheese w/ Steamed Broccoli</li> <li>♦ Seasonal Vegetable</li> <li>♦ Stewed Tomatoes</li> <li>♦ Greek Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Green Chile Chicken Tamales</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Fresh Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>8</p> <p><b>CLOSED</b></p>	<p>9</p> <ul style="list-style-type: none"> <li>♦ Sesame Beef w/Pepper &amp; Onions</li> <li>♦ Chow Mein Noodles</li> <li>♦ Stir Fry Vegetables</li> <li>♦ Fortune Cookie</li> <li>♦ 1% Milk</li> </ul> 
<p>12</p> <ul style="list-style-type: none"> <li>♦ Seasoned Baked Salmon/Rice Pilaf</li> <li>♦ Succotash</li> <li>♦ Seasonal Vegetable</li> <li>♦ Fresh Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Cajun Chicken &amp; Sausage Jambalaya w/ Peppers &amp; Onion</li> <li>♦ Brown Rice</li> <li>♦ Okra w/Diced Tomatoes</li> <li>♦ Orange</li> <li>♦ 1% Milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy/ Bowtie Pasta</li> <li>♦ Garlic Brussel Sprouts</li> <li>♦ Peach Crisp</li> <li>♦ Croissant/Margarine</li> <li>♦ 1% Milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes</li> <li>♦ Seasonal Vegetable</li> <li>♦ Warmed Sliced Apples</li> <li>♦ Dinner Roll w/Margarine</li> <li>♦ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti</li> <li>♦ Steamed Broccoli</li> <li>♦ Garlic Breadstick</li> <li>♦ Pear</li> <li>♦ 1% Milk</li> </ul> 
<p>19</p> <ul style="list-style-type: none"> <li>♦ Breaded Cod/Tartar Sauce</li> <li>♦ Crinkle Cut Fries</li> <li>♦ Steamed Spinach</li> <li>♦ Mixed Fruit</li> <li>♦ Whole Grain Dinner Roll w/Margarine</li> <li>♦ 1% Milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Chicken Pot Pie</li> <li>♦ Ancient Rice</li> <li>♦ Steamed Broccoli</li> <li>♦ Peaches</li> <li>♦ 1% Milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Green Beans</li> <li>♦ Garlic Breadstick</li> <li>♦ Greek Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Red Chile Pork Tamales</li> <li>♦ Calabacitas</li> <li>♦ Pinto Beans</li> <li>♦ Pineapple</li> <li>♦ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Roast Beef w/Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Peas w/Carrots</li> <li>♦ Strawberries w/ Pound Cake</li> <li>♦ Dinner Roll w/ Margarine</li> <li>♦ 1% Milk</li> </ul> 
<p>26</p> <p><b>Closed for Christmas</b></p> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Cheese Omelet w/ Roasted Potatoes</li> <li>♦ Stewed Tomatoes</li> <li>♦ Whole Grain Biscuit</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% Milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Breaded Cod over Brown Rice</li> <li>♦ Green Beans</li> <li>♦ Cauliflower w/ Red Peppers</li> <li>♦ Fresh Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Green Chile Chicken Posole</li> <li>♦ Calabacitas</li> <li>♦ Steamed Cabbage</li> <li>♦ Flour Tortilla</li> <li>♦ Rice Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes</li> <li>♦ Collard Greens and Black eyed Peas</li> <li>♦ Cornbread</li> <li>♦ Grapes and a Fortune Cookie</li> <li>♦ 1% Milk</li> </ul> 