

Message from Director Sanchez

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,
Anna Sanchez, Director

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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 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

12/05: International Volunteer Day
12/08: 1st day of Hanukkah
12/12: New Volunteer Orientation
12/24: Christmas Eve
12/25: **CLOSED** for Christmas
12/26: 1st day of Kwanzaa
12/31: New Years Eve
01/01: **CLOSED** for New Years Day



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 Barelbas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

RSVP Advisory Council Grant

The RSVP Advisory Council is excited to announce that the RSVP Advisory Council Grant guidelines have been finalized and would like to thank you all for your patience over the last few months. The 2024 RSVP Advisory Council Grant application will be available starting January 2nd and is due no later than 5:00 pm on February 16th.

This grant enables RSVP volunteers to enhance their community projects to make a greater impact on the Bernalillo County community. Interested applicants can pick up an application at the RSVP office or download it from the RSVP website at www.cabq.gov/rsvp beginning January 1, 2024. For questions regarding this grant, please contact RSVP Supervisor Cristina Romero-Baca at (505) 767-5225.

Advisory Council Members

Mary Anaya
Dorothy Garcia
Andrea Garcia-Lansford
Greg Hallstrom
Sonyia Hartwell

President
Amy Fisher
Treasurer
Marlene Sena

Tomas Lujan
Millie Martinez
Marie Morra
Michele Watkins
Judy Spear

Spotlight

This month we shine the spotlight on ...
Maria Lucero, Celeste Rael, & Mary Valenzuela



These 3 women have found that volunteering at Rio Bravo Senior Center has given them a way to stay active and help out their community in a way they hadn't thought of before being introduced to RSVP. They have made such a difference within their community just by being willing to help and spend time with seniors that may not have any other socialization besides their visits to the center during the week. All of this is thanks to their willingness to reach out to us after learning about our incredible program from their friends and family.

Maria retired and found there wasn't a lot of variety to her daily life while staying at home every day and when her friend told her about the center, she loved the idea of having somewhere to go that offered different activities, like bingo and crafts. Celeste signed up with her mom and saw that the center really brought everyone together which made her look forward to coming each day. Mary heard about the center from her daughter and found that she really enjoyed the welcoming environment that the coordinator, Terri Clark, brought to the center and wished she could have known about these kinds of resources before her husband passed away a year ago.

While they don't see any specific challenges when it comes to volunteering, they wish more people in the community knew about the different resources that each volunteer station offers not only for the volunteers but for the seniors that attend. If you have someone in your life that could benefit from visiting one of our many volunteer stations or becoming a volunteer themselves don't hesitate to lead them our way!

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

Celebrations

December Birthdays

1st	Graciela Ramirez Gomez	14th	Arnel Oczon	24th	Catherine Apodaca
4th	Magdalena Barbour Clorinda T. Fisher Julian E. Lopez Inez A. Richardson	15th	Nancy Thompson	25th	David Castle Panee Diamond
5th	Michael Arruti Richard T. Wittsell	16th	Louisa Gonzales Barbara Vick	29th	Amy Baird Jan Caron Viola E. Garcia Patrick Sena Josephine T. Trujillo
6th	Gary Louis Day	19th	Pattie Salas		
8th	Harriet Berry Thomas E. Ware	20th	Irene M. Aragon Daryl Carmer Delores Munson Nancy J. Wenner		
9th	Kathleen Compton	22nd	Maria Annie Casaus Ron Mansoldo		
12th	Patrick Turrieta James Varney	23rd	Maria Castillo Debra Montoya Carolyn Rigirotzi		

*Happy
Birthday*



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
Catholic Charities
City of Albuquerque Open Space
Dress for Success
DSA Advisory Council
DSA Case Management
DSA Home Services
DSA Information & Assistance
DSA Nutrition
DSA Satellite Meal Sites
DSA Sports & Fitness

DSA Transportation
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

Presbyterian Health Services

Presbyterian Health Services is looking for volunteers to staff their information desks and gift shop.

Information & Assistance

DSA I&A is looking for volunteers to assist with providing senior resource materials at local outreach events.

Vial of Life

DSA Volunteerism is looking for volunteers to help us distribute the Vial of Life kits to seniors at various volunteer stations.

Drivers Needed

The Department of Senior Affairs is in need of more volunteer drivers for senior center activities such as aquatics, field trips, hiking groups, fishing clubs.

MLK DAY

RSVP is looking for 10 volunteers to participate in our annual MLK Day event. This year our group will partner with Roadrunner Foodbank to pack and sort food boxes to distribute throughout the community.

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

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
27 ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 
4 ♦ Salisbury steak w/green chile gravy ♦ Corn ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Yogurt ♦ 1% milk 	5 ♦ Turkey tetrazzini ♦ Brussel sprouts ♦ Peach cobbler ♦ Breadstick ♦ 1% milk 	6 ♦ Baked tilapia w/lemon and tartar sauce ♦ Rice pilaf ♦ Green beans ♦ Vanilla pudding ♦ 1% milk 	7 ♦ Chicken parmesan w/ mozzarella ♦ Carrots ♦ Breadstick ♦ Pineapple ♦ 1% milk 	8 ♦ Diced pork w/gravy ♦ Sweet potatoes ♦ Oriental blend vegetables ♦ Dinner roll w/margarine ♦ Jell-O ♦ 1% milk 
11 ♦ Pork egg rolls ♦ Butter noodle ♦ Brussel sprouts ♦ Fortune cookies ♦ Sweet & Sour sauce ♦ 1% milk 	12 ♦ Cheese omelet w/ pepper, onions, spinach ♦ Stewed tomatoes ♦ Hash browns ♦ Pineapple ♦ 1% milk 	13 ♦ Chicken tamales w/ green chile ♦ Pinto beans ♦ Calabacitas ♦ Chocolate pudding ♦ 1% milk 	14 ♦ Spaghetti w/meat sauce ♦ Green beans ♦ Breadstick ♦ Apple sauce ♦ 1% milk 	15 ♦ Baked salmon w/lemon sauce ♦ White rice ♦ Sliced beets ♦ Dinner roll w/margarine ♦ Orange ♦ 1% milk 
18 ♦ Breaded pollock ♦ Brown rice ♦ Corn w/red peppers ♦ Vanilla pudding ♦ 1% milk 	19 ♦ Turkey and brown rice w/gravy ♦ Green beans ♦ Cauliflower ♦ Orange ♦ 1% milk 	20 ♦ Baked chicken ♦ Mashed potato ♦ Broccoli ♦ Mixed fruit ♦ 1% milk 	21 ♦ Sloppy joe, hamburger bun ♦ Roasted green and red bell peppers ♦ Rosemary potato ♦ Peaches ♦ 1% milk 	22 ♦ Ham w/pineapple glaze ♦ Mashed potato ♦ Mixed vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 
25 CLOSED 	26 ♦ Cheeseburger ♦ Baked beans ♦ Normandy blend vegetables ♦ Chocolate chip cookie ♦ 1% milk 	27 ♦ Green chile chicken tamale ♦ Pinto beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	28 ♦ Macaroni w/ham & broccoli ♦ Spinach ♦ Peach cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	29 ♦ Baked cod fish w/tartar sauce ♦ Rice pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 