



As we ring in the New Year, the RSVP team reflects on the past twelve months and all of the wonderful projects that you are working on throughout the community.

Beginning January 2, 2024, the RSVP Advisory Council is excited to offer the opportunity for RSVP volunteers to apply for a grant to fund their community project. The grant enables RSVP volunteers to enhance their community projects and make a greater impact in Bernalillo County. Applications are available via the RSVP office and the RSVP website at [www.cabq.gov/rsvp](http://www.cabq.gov/rsvp). The deadline to apply is 5:00 pm on Friday, February 16, 2024. Should you have questions regarding the application process please contact the RSVP office and speak with Cristina.

This past month, the RSVP Advisory Council held its annual retreat and holiday luncheon. During this retreat, the council set their 2024 goals ranging from future grant opportunities for RSVP projects to supporting the RSVP team with ensuring program goals are met. The RSVP team is eternally grateful for the hard work, support, dedication, and valuable knowledge that each council member brings to the program. The program is stronger because of them! If any RSVP volunteers are interested in learning more about or joining the RSVP Advisory Council, please contact the RSVP office.

RSVP has grown tremendously over the past twelve months with our program reaching over 400 volunteers dedicating their time to serving the community! The RSVP team works hard to spread the word about the amazing projects that you are working on and growing the program. It is our goal to continue this growth in 2024. If you know of any Seniors 55+ who are interested in joining RSVP, please have them contact the RSVP office at (505) 767-5225.

Our team would like to wish you all a very happy and healthy new year! Thank you for your continued dedication to serving our community. We appreciate every one of you!

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

*Cristina, Isaiah, and Mailiya*

AmeriCorps Seniors RSVP promotes the engagement of older persons as community resources in planning for community improvement and in delivery of volunteer services.

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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

- 1/1: **CLOSED** - New Year's Day
- 1/9: New Volunteer Orientation
- 1/10: Senior Health & Wellness Fair  
@Paradise Hills Community Center
- 1/10: MLK Day of Service
- 1/15: **CLOSED** - MLK Day
- 1/24: Aging Well in NM 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 Barelvas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

## RSVP Advisory Council Grant

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](http://www.cabq.gov/rsvp) beginning January 2, 2024.

For questions regarding this grant, please contact RSVP Supervisor Cristina Romero-Baca 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

Mary Anaya

Millie Martinez

Marie Morra

Dorothy Garcia

Michele Watkins

# Spotlight

This month we shine the spotlight on ...  
volunteers celebrating 1 year with us!



Rafaelita Alderete  
Jeffery G. Allen  
Paul R. Allen  
Michael Arruti  
Julia Beach  
Joseph Beman  
Rodica Bendor  
James Berdine  
Michelle Bianchi  
Donna Boyle  
Charles R. Braze  
Paul Brennan  
Marianna Breton  
Jerilyn Burzin  
Daryl Carmer  
David Castle  
Michale D. Chavez  
Katheleen Compton  
Christine Dahl  
Robert M. Fass  
Charles Garner  
Margaret Garner  
Carl Gervais  
Joann Gonzales  
Gerald F. Grennier Jr.  
Charlotte Gwynn

Debra J. Happ  
Sonyia Hartwell  
Joseph Heine  
Theodore Hensley  
Leslie Herman  
Marna Herrick  
Silviano Jaramillo  
Nadine Jimenez  
Luis A. Jogler  
Shannon Jones  
Coleen Kelly  
Diana Koster  
Patricia Lake  
Martha Landes  
Julian E. Lopez  
Aurelia E. Lucero  
Vivian D. Maheu  
Emily Manfredi  
Yvonne Mangrum-Spicer  
Frank Marquez  
John Martin  
Phil Martinez  
Michelle Massie  
Delores McKinney  
Shirley Mejia  
Anne Merkley

Peter Mitchko  
Karen Morton  
Celina Muniz  
Geri Lynn Newton  
Charlotte O'Connor  
Mark A. Olsen  
Janet Orona  
Dina Otero  
Michael Owen  
Leroy Pacheco  
Wallace Payne  
Rose Lillie Quist  
Joni Ritz  
Olivia Rivera  
Carl E. Roth  
Annabelle Savedra  
Suzanne Shannon  
Henry Shonerd  
Jody Steigler  
Edward James Sullivan  
Jo Anna Tahyi  
Robert R. Teel  
Josephine T. Trujillo  
Jabeen Vagh  
Shannon Vaughn  
Joe D. Vigil

Tom Wagner  
Michele Watkins  
Catherine Weidle  
Bill Weiland  
Michele M. Worm  
Michael Yanes  
Yixin Zhang  
Catherine Apodaca  
Mary Jo Daniel  
Lori Dittmer  
Calvin Harris  
Steven Hilliard  
Dora Johnson  
Mary K. Lyon  
Mary Jean Mulherin  
Cynthia Noleszenski  
Sandra Olszewski  
Harold Ortiz  
Mohammad Kazem  
Ranjbaran  
Amalia Saiz  
Beva Sanchez-Padilla  
Marilee Sandeers



All of us here at RSVP want to congratulate our newest group of incredible volunteers on their 1 year anniversary of joining our program! We can't wait to see the amazing contributions you all will continue to make within our program and the Albuquerque Community in the years to come.

# Celebrations

## January Birthdays

1st **Millie Martinez**

5th **Debra Cox**  
**Louise Milhollin**

6th **Charlene Gabaldon**

**Sam Caldwell**  
7th **Jody Stiegler**  
**Wayne Webster**

8th **Sonyia Hartwell**

9th **Charles Foster**  
**Silviano Jaramillo**

**Michelle Massie**  
12th **Suzanne Shannon**  
**Carol Wolvington**

13th **Pablo Candelaria**  
**Josie Tennant**

15th **Mary Jean Mulherin**

16th **Paul Nunez**

17th **Karen L. Jonak**

18th **William J. Balch**

19th **Donna Abbott**  
**Williams Gornall**

21st **Carl Gervais**  
**Mara Kerkes**

22nd **Catherine Weidle**

23rd **Loretta Candelaria**

24th **Timothy P. Hoffmann**

25th **Ramona S. Simmons**

26th **Catherine Lawrie**

27th **Joe Lopez**

29th **Joseph S. Chavez**

30th **Lori Dittmer**

*Happy  
Birthday*



**You're Invited**  
**Blue Zones Bound**  
Live to 100 in New Mexico

Make YOUR VOICE heard by Policymakers at the Capitol

**AFTERNOON ADVOCACY**  
**Ageing Well in NM Day**

**January 24, 2024**  
**11:30 am - 1:30 pm**  
**New Mexico State Capitol**

Advocate for a brighter future by speaking with your elected officials in support of programs, services, and initiatives that foster a thriving environment for ageing well in New Mexico. **Lunch will be provided.**

Presented by the NM Aging & Long-Term Services Department

**THANK YOU!**

to our 2024 RSVP Pinning  
Ceremony sponsors



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# 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

### MLK DAY OF SERVICE

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.

### 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.

### Senior Health Fair

Paradise Hills Community Center is looking for 5 volunteers to assist with ushering attendees at the Senior Health Fair on January 10, 2024.

### Information & Assistance

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

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 	2 ♦ Beef tip w/bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk 	4 ♦ Omelet w/cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 	5 ♦ Pork chop w/gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk 
8 ♦ Hot dog w/bun ♦ Steak fries w/ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk 	9 ♦ Chicken alfredo w/green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk 	10 ♦ Baked cod w/tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk 	11 ♦ Meatloaf w/tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk 	12 ♦ Pork chop over brown rice w/sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk 
15 	16 ♦ Sloppy joe w/hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk 	17 ♦ Green chile chicken posole w/flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk 	18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/tomatoes ♦ Pineapple ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk 
22 ♦ Ground beef w/onions and mushrooms ♦ Mashed potatoes ♦ Black-eyed peas ♦ Chocolate chip cookie ♦ 1% milk 	23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk 	24 ♦ Baked cod over brown rice w/tarter sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	25 ♦ Ham mac & cheese w/broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk 	26 ♦ Chicken parmesan w/marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk 
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 