

RSVP Voluntimes

March 2023

Message from your RSVP Team

Happy March RSVP Volunteers!

St. Patrick's Day is around the corner and as we visit the senior centers, we can't help but see shamrocks and pots of gold everywhere. For many, the pots of gold and the green shamrocks often symbolize prosperity and luck. The RSVP team is truly lucky to work with you every day and our community is much more prosperous because of the time and dedication you give to it.

With springtime approaching and the weather warming up, more volunteer opportunities will be available. This may vary for each station, so we encourage you to check with your station's Volunteer Coordinator to see what special volunteer events are going to be coming up!

RSVP will be having a special Day of Service to celebrate Cesar Chavez day. The day of service was recognized around Chavez's birth date of March 31. Community groups, schools, and other organizations use the event to reflect on Chavez's life and carry out service projects in his honor.

This year we will be partnering with Siembra Leadership Highschool located in downtown Albuquerque and the newly launched Senior Affairs Volunteers in Action (VIA) program. On this service day, we will be decorating clay pots and potting native plants from New Mexico and the southwestern part of the United States. The plants will be distributed to the community via the Senior Affairs senior, multigenerational, and satellite centers. Through this effort, we aspire to highlight the efforts of Cesar Chavez and his peaceful fight for civil rights for the Hispanic and Latino agricultural labor force of the American Southwest.

Please join us at Barelvas Community Center to give back to the community and help give a plant to a senior!

This will be an indoor event with lunch provided to our volunteers. Please call the RSVP office to register as we have limited spots available. The deadline to register is Friday, March 24th. The event will take place on Thursday, March 30th from 11:00 am - 1:00 pm.

Until we see you again, stay safe and be well.
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

Updates and **REMINDERS!**

Web Assistant Trainings

If you are in need of a refresher training on how to enter your hours into the Web Assistant, please contact the RSVP office. Please remember that you only have fourteen days from when you volunteer to enter your hours into the system.

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

Volunteer Hours

As of January 30, 2023, The Retired Senior Volunteer Program (RSVP) will no longer accept Volunteer Time Tracking Sheets or Paper Time Sheets. Volunteers are required to submit all volunteer hours via the RSVP Web Assistant.

It is the policy of the RSVP that every volunteer enters their volunteer hours utilizing the RSVP Web Assistant. We highly recommend submitting hours on a daily basis. Volunteers can access the Web Assistant by going to www.cabq.gov/rsvp. Hours must be entered within 14 days from the day you volunteer. After the 14th day volunteers will not be able to submit hours via the Web Assistant.

RSVP Office Hours

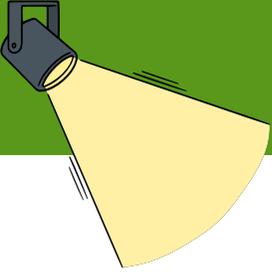
Office hours to meet with the RSVP staff will be every Friday from 9:00 am to 11:00 am and by appointment only.

Insurance/Driver's License Update

RSVP will not be having a dedicated day(s) this year for volunteers to come to the office to submit your updated license and insurance. The staff will review this information on a monthly basis and reach out to you at least a month prior to your expiration date to request updated information. If you have any questions, please contact the RSVP office.



Our partners at the National Hispanic Cultural Center are hosting the Dia de Familia y Comunidad: Firesta de Barelás. Come out and join us for a day of music and activities that honors the Barelás community, one of Albuquerque's oldest neighborhoods. This is a free community event on March 22nd from 11am to 3pm at the NHCC Campus 1701 4th St SW, Albuquerque, NM 87102. For more information regarding the event visit www.nhccnm.org or call (505) 724-4771.



Station Spotlight



Volunteers needed in our Animal Shelters!

Opportunities available at the Eastside Shelter, Westside Shelter, and Lucky Paws

The Albuquerque Animal Welfare Department is always looking for help to make our shelters a better place for our animal residents. Shelter volunteers perform a variety of functions that contribute to the quality of life of our animals. Shelter volunteers can be trained to perform a variety of functions, including:

- Walking dogs
- Cuddling cats
- Providing constructive, enriching interactions with all animals to promote health, happiness, and well being
- Maintaining the environment at the animal shelter
- General animal support, socialization, and enrichment for animals receiving medical care
- Caring for and monitoring animals as they recover from surgery or other medical procedures

We welcome people of all ages and ability levels. Once trained, you can set your own schedule with the Animal Welfare Department. Background checks can take up to 2 weeks to be approved and it can take an additional week or two to be approved as a volunteer. We will send you the schedule of our upcoming trainings once you are approved. Virtual behavior trainings and in person hands on trainings are offered once a month and space is limited. It can take a couple months from application to full handling qualification for both cats and dogs.

For more information regarding this volunteer opportunity, contact the RSVP office at (505) 767-5225.

Around the Senior Centers

DSA Shot Clinics

Barelas Senior Center: 3/9 at 9am
Palo Duro Sports & Fitness Center: 3/16 at 9am
Los Volcanes Senior Center: 3/21 at 9am
Palo Duro Senior Center: 3/22 at 9am
Manzano Mesa Multi Gen: 3/23 at 9am
Bear Canyon Senior Center: 3/24 at 9am
North Valley Senior Center: 3/27 at 9am
North Domingo Baca Multi Gen: 3/28 at 9am
Highland Senior Center: 3/30 at 9am

Adelante Tech Classes

Adelante will be holding tech classes at the following senior centers to answer any cell phone, computer or tech questions that you may have.

North Valley 3/1 from 9am-10am
Palo Duro 3/8 from 9am- 10am
North Domingo Baca 3/9 from 9am- 10am
Barelas 3/15 from 9am- 10am
Bear Canyon 3/22 from 9am- 10am



Teeniors Tech Classes

Teeniors are tech-savvy teens who help out seniors learn technology through one on one personalized coaching and teaching helping with cell phones, computes and tablets

North Domingo Baca Multigen Center: 3/2, 3/9, 3/21, 3/23, 3/30 from 3pm to 5pm
Manzano Mesa Multigen Center: 3/2, 3/9, 3/21, 3/23, 3/30 from 3pm to 5pm
Bear Canyon Senior Center: 3/15 from 3pm to 5pm
Highland Senior Center: 3/16 from 3pm to 5pm
Palo Duro Senior Center: 3/17 from 3pm to 5pm



MARCH BIRTHDAYS

3/2 Cecilia G. Trujillo	3/10 Dorothy Otto	3/20 Nadine Jimenez
3/3 Gerald F. Grennier Jr	Sandra K Sealey	3/21 David Gutierrez
Esther Roybal	3/11 Karen Morton	3/22 Katherine Gampart
3/5 Pat Lauffenburger	Donna Boyle	3/26 Jerilyn Burzin
3/6 Paul Chang	3/13 Michael Yanes	Lucia "Lucy" Lopez
Christine Martin	3/14 Sue Detrow	3/27 Constance Aikins
Anne Withrow	Margaret Garner	3/28 Wallace Payne
3/7 Pauline Brummell	Leroy Pacheco	3/29 Donald Meaders
3/8 Barbara Bonner	3/16 Diana Koster	Geri Lynn Newton
Karen Hanks	3/19 Joe Aranda	3/31 Phil Martinez
3/9 Kazem Ranjbaran	3/20 Paul Allen	

Volunteer Opportunities

Special Projects

Cesar Chavez Day of Service

Please join RSVP and Siembra Leadership highschool in a day of service for Cesar Chavez we will be potting plants for seniors at barelas community center on Thursday, March 30th from 11:00 am - 1:00 pm this will be an indoor event with lunch provided if you would like to register for this event, please call the RSVP office at 505-767-5225.

RSVP Volunteer Stations

Adelante Development Center
AFME Foundation - AFMX
Alameda Satellite Site
Albuquerque Bio Park Education
Albuquerque Little Theater
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
Cesar Chavez Comm.Ctr.
Dress for Success

DSA Advisory Council
Ed Romero Terrace Meal Site
Embudo Towers Meal Site
Encino Garden Meal Site
Encino Terrace Meal Site
Every Ability Plays Project
Highland Senior Center
Hospice De La Luz
Indian Pueblo Cultural Center
DSA Information & Assistance
Joy Junction
Keshet Dance Comapny/Center for the Arts
La Amistad Mealsite
Long-Term Care Ombudsman
Los Duranes Senior Satellite
Los Volcanes Fitness Center
Los Volcanes Senior Center
Lovelace Women's Hospital
Manzano Mesa Multigenerational Center
Manzano Mesa Sports and Fitness
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 Commission for the Blind
North Domingo Baca M.C.
North Domingo Baca Sports and Fitness
North Valley Senior Center
Open Space Visitor Center
Outpost Performance Space
Palo Duro Senior Center
Palo Duro Sports & Fitness Center
Paradise Hills West Annex
Popejoy Hall

Presbyterian Hospital HealthPlex
Presbyterian Kaseman
Presbyterian Northside
ProMedica Hospice
Read to Me Albuquerque Network
Rio Bravo Satellite Site
Roadrunner Food Bank
Ronald McDonald House Charities
Shalom House Mealsite
Son Broadcasting Network
South Valley Multi-Purpose Ctr. Mealsite
Storehouse
Taylor Ranch Community Center
Tender Love Community Center
Tijeras Senior Center
Department of Senior Affairs
Transit
University Hospital
VA Center for Development and Civic Eng
Visit Albuquerque
Western Sky Community Care
Westgate Community Center
Whispering Pines Satellite
Wings For LIFE International

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



CESAR CHAVEZ DAY OF SERVICE

Thursday, March 30, 2023
Barelas Community Center
801 Barelas Rd NW
11:00 am - 1:00 pm



Please join RSVP and VIA for a day of fun, education & creativity as we launch into spring by potting native New Mexican plants that will be distributed to senior community members of Albuquerque.

**This will be an
indoor event
with lunch
provided**

For more information
or to register please
call the RSVP office at
505-767-5225
or email
ivalenzuela@cabq.gov



**ONE
ALBUQUE
RQUE** senior affairs


**AmeriCorps
Seniors**

A message from your RSVP Advisory Council

Can you believe Spring is upon us? As the seasons change, please know the RSVP Advisory Council is grateful for the unchanging commitment of each and every volunteer in RSVP. Be sure to take some time for yourself to enjoy the warmer weather and longer days! ~Amy Fisher, Council President





**AmeriCorps
Seniors**

RSVP Advisory Council Members Needed

**RSVP
(Retired & Senior Volunteer Program)**

RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations.

RSVP Advisory Council

Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms. The council meets once a month at the Highland Senior Center.

**RSVP
Advisory Council Member
Responsibilities**

- 1** Gain clear understanding of RSVP volunteer program and assist in short and long term council and RSVP program planning.
- 2** Participate in annual review of Advisory Council and RSVP work.
- 3** Visit at least one volunteer site annually.
- 4** Become knowledgeable of RSVP project's service impact within the community.
- 5** Create positive relationships with council members and other community stakeholders.

Interested in being a part of this fulfilling and meaningful opportunity?

**Call 505-767-5225
for more information.**




Advisory Council Members

President

Amy Fisher

Treasurer

Marlene Sena

Secretary

Shavanna Aragon

Dorothy Garcia

Andrea Garcia-
Lansford

Greg Hallstrom

Sonya Hartwell

Tony Johnson

Tomas Lujan

Millie Martinez

Marie Morra

Michele Silva-Watkins

Judy Spear

Elayne Villa



**KUDOS
CORNER**



We want to give kudos to the FGP, SCP, and RSVP supervisors for their continued hard work and effort to complete and submit their program's federal grants. We appreciate everything you do for the AmeriCorps Seniors programs! Kudos to Bianca, Triston, and Cristina!

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	28	1	2	3
<ul style="list-style-type: none"> ◆ Salisbury Steak ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Tortilla ◆ Spinach ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Seasoned Baked Chicken ◆ Mashed Potato ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chile Dog w/Cheese ◆ Tatar Tots ◆ Seasoned Roasted Corn ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Garlic Butter Tilapia ◆ Orzo w/ Diced Tomatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 
6	7	8	9	10
<ul style="list-style-type: none"> ◆ Beef Stroganoff/Pasta ◆ Steamed Carrots ◆ Broccoli ◆ Croissant w/Margarine ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Fajitas Beef/Fajita Blend ◆ Flour Tortilla ◆ Calabacitas ◆ Spanish Rice ◆ Seasonal Fruit: Mandarin Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Blackeye Peas ◆ Seasonal Vegetable: Okra/Diced tomatoes ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Rosemary Potatoes ◆ Green Beans ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Blackened Tilapia ◆ Ancient Grains ◆ Green Peas ◆ Whole Wheat Roll w/Margarine ◆ Sliced Peached ◆ 1% Milk 
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Baked Chicken w/Gravy ◆ Mashed Potato ◆ Seasonal Vegetable: Italian Vegetable ◆ Seasonal Fruit: Mixed Fruit ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Bean and Rice Burrito w/Red Chile Sauce ◆ Street Roasted Corn ◆ Fajita Blead Peppers ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop w/Gravy ◆ Lemon Herb Rice ◆ Beets ◆ Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lentil Minestrone Soup ◆ Seasonal Vegetable: Succotash ◆ Bread Stick ◆ Seasonal Fruit: Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Comed Beef ◆ Diced Potatoes ◆ Steamed Cabbage ◆ Cookie ◆ 1% Milk 
20	21	22	23	24
<ul style="list-style-type: none"> ◆ Chicken & Sausage Jambalaya w/Peppers & Onions ◆ Collard Greens ◆ Brown Rice ◆ Sliced Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/Brown Gravy ◆ Rosemary Potatoes ◆ Sliced Carrots ◆ Pineapple ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie/Vegetables/Biscuit ◆ Diced Potatoes ◆ Seasonal Vegetables: Zucchini ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Loin Roast w/Gravy ◆ Sweet Potatoes ◆ Cauliflower/Broccoli ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Rice Pilaf ◆ Seasonal Vegetable: Beets ◆ Seasonal Fruit: Strawberries ◆ 1% Milk 
27	28	29	30	31
<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Garlic Angel Hair Pasta ◆ Green Beans ◆ Dinner Roll w/Margarine ◆ Diced Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella ◆ Steamed Broccoli/Cauliflower/Carrots ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham/Macaroni and Cheese ◆ Roasted Brussel Sprouts ◆ Stewed Tomatoes ◆ Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Seasonal Fruit: Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Buttered Salmon ◆ Brown Rice ◆ Okra/Tomatoes/Onions ◆ Vanilla Pudding ◆ 1% Milk 