

March 2024

Hello Spring

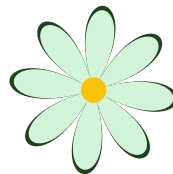
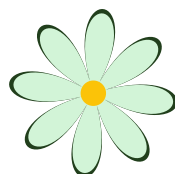
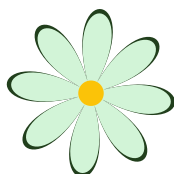
As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelás Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director



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DSA Administration



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RSVP Office

714 7th Street SW
Albuquerque, NM 87102
505-767-5225

Office Hours

Monday -Friday 8:00
a.m.-5:00 p.m.

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

Updates & Reminders

Important Dates

- 3/1: First day of Women's History Month
- 3/10: AmeriCorps Week Begins
- 3/10: Daylight Savings Time Begins
- 3/11: Ramadan Begins
- 3/12: New Volunteer Orientation
- 3/17: St. Patrick's Day
- 3/19: First Day of Spring
- 3/25: Holi
- 3/31: Easter



2024 RSVP Advisory Council Grant

The RSVP Advisory Council would like to thank all of the 2024 Winter Grant applicants.

The Advisory Council Grants Committee is currently reviewing all applications and are working towards announcing the list of awards by April 2024.

If you missed the opportunity to apply for this year's grant, the Advisory Council will have information regarding the 2025 grant by the end of this year.

For any questions regarding next year's grant, look in future RSVP newsletters.

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 Barelvas Senior Center – RSVP office. To register contact the RSVP office 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

65+ Senior to Seniors



COTTONWOOD CLASSICAL
PREPARATORY SCHOOL

JOIN US MARCH 7TH, 2024

2:00 - 3:00 PM

**AT PALO DURO SENIOR CENTER
5221 PALO DURO NE, ABQ, NM 87110**

High school seniors from CCPS need YOUR help for their history class!

We respectfully invite you to come share your perspective in a group discussion if you remember the **Cold War (1945-1991)** and have stories to tell about its impact on everyone's lives.

The conversations will be guided by your interests and experiences. Possible topics of discussion include fear of nuclear bombs, anti-war songs, the Cuban Missile Crisis, Vietnam War, Moon Landing, and Berlin Wall.

**CONTACT US TO RSVP
OR ASK QUESTIONS
(505) 764-1009**

Celebrations

March Birthdays

2nd **Cecilia Trujillo**
Gerald Grennier Jr.

3rd **Dorothy Martinez**
Esther Roybal

5th **Pat Lauffenburger**
Cheryl Silverman

6th **Christine Martin**
Anne Withrow

7th **Pauline Brummell**

8th **Barbara Bonner**

9th **Kazem Ranjbaran**

10th **Dorothy Otto**
Sandra Sealey

11th **Donna Boyle**
Lisa Bryant
Karen Morton

13th **Patricia Levinson**
Michael Yanes

Sue Detrow
14th **Margaret Garner**
Leroy Pacheco

16th **Diana Koster**

20th **Paul Allen**
Nadine Jimenez

22nd **James Duffy**
Katherine Gampert

25th **Angelica Apodaca**
Frank Concini

26th **Jerilyn Burzin**
Lucy Lopez

27th **Connie Aikins**

28th **Wallace Payne**

29th **Donald Meaders**
Geri Lynn Newton

30th **Lora McKown**

31st **Phil Martinez**



AmeriCorps
Seniors

You're Invited



AmeriCorps Week is fast approaching!

To celebrate, the RSVP team and Advisory Council Members will be visiting all of the senior and multigenerational centers from March 11th - March 22nd to hand out the RSVP Annual Survey. We hope to see all of you out there and can't wait to hear feedback from you on how we can enhance our program and support the Albuquerque community even more in the years to come!

Need a Ride to Visit Your Loved One?

2024 *Santa Fe National Cemetery Visitation Opportunity*

Three Trips Available On The Following Dates

Wednesday April 10, 2024

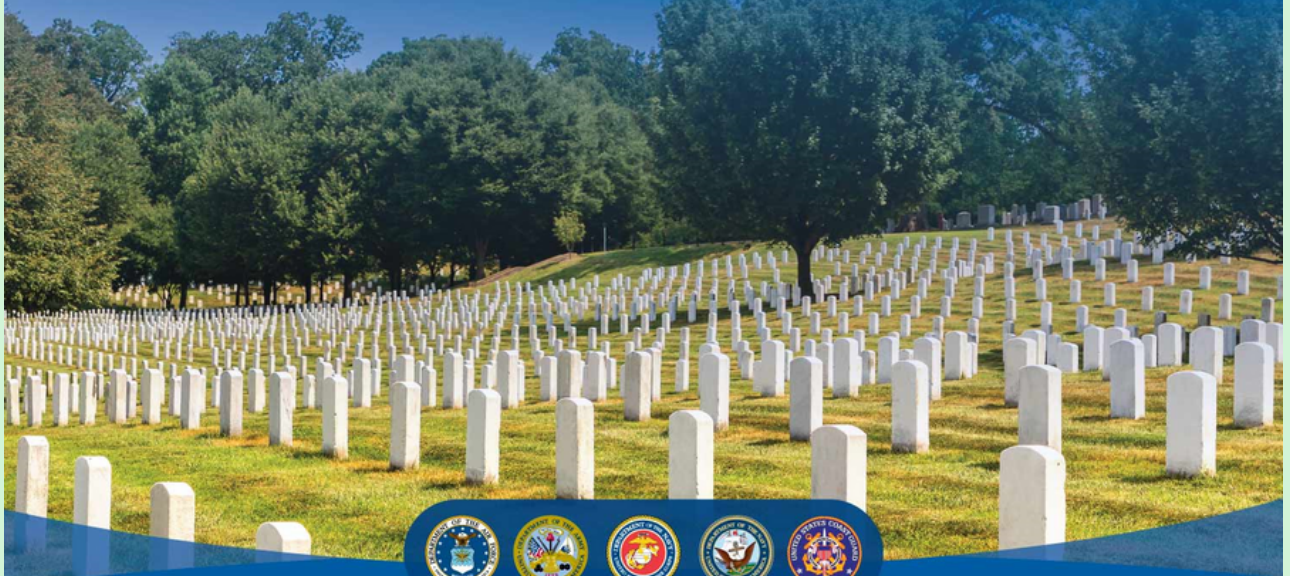
Deadline – April 1, 2024

Wednesday May 15, 2024

Deadline – May 6, 2024

Wednesday June 12, 2024

Deadline – June 3, 2024



Please sign up at the front desk

Participation is **limited to the first 5 that sign up.**
Seniors must be registered members of their senior center



The New Mexico Rail Runner Express along with local organizations is providing a limited number of seniors from each of our senior centers a round-trip to the cemetery.

Your ride begins in Albuquerque and takes you there and back.

 riometro.org



ONE ALBUQUE senior offices

Daniels Family
Funerals & Cremation
Handling Begins Here

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
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

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.

Information & Assistance


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

NM Ramp Project

The New Mexico Ramp Project is a 501(c)3 nonprofit community-based organization looking for volunteers to 'Build independence for those in Need'.

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
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4 ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	5 ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	6 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	7 ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	8 ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11 ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	12 ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	13 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	14 ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	15 ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18 ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk 	19 ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	20 ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	21 ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	22 ♦ Baked ziti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25 ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	26 ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	27 ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	28 ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	29 ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 1% milk 