

RSVP Voluntimes

May 2023

Message from your RSVP Team

Happy May RSVP Volunteers!

The weather is warming up and as everything begins to bloom all around us we feel a renewed spirit in the air. With this renewed spirit, our team is continuing to work to make improvements to the program.

Our team is working on implementing a new and improved new volunteer orientation. Meanwhile, RSVP will continue to hold orientations on the second Tuesday of every month. Our next volunteer orientation is on Tuesday, May 9th at 10:00 am at Barelas Senior Center.

If you are having trouble logging into your online profile, we welcome you to join us at our new volunteer orientations as we will be answering questions and providing assistance on how to enter your hours via the web assistant. If you are interested in attending the orientation, please contact our office to register.

Throughout the month of May, you will see our RSVP Advisory Council members in the senior and multigenerational centers conducting surveys regarding specific areas of service that our volunteers provide. If you have a chance, please stop by the survey table to complete one of our surveys. The information that is collected will provide us with valuable feedback on how RSVP is performing in the program's focus areas. This survey is anonymous, and the outcomes are reported to AmeriCorps Seniors via our end-of-the-year grant report.

The last thing we want to announce is the date of the 2023 Annual RSVP Volunteer Appreciation Breakfast! It will be held on Friday, August 4th, 2023. An official save the date will be mailed out soon with a formal invitation to follow.

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

Cristina & Isaiah

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DSA Administration



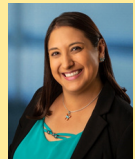
Anna Sanchez, Director

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

Important Dates

05/9: New volunteer orientation & web training - Barelas Senior Center
05/15 - DSA Advisory Council Meeting at Los Duranes Community Center
05/19: RSVP Advisory Council Meeting
05/29: RSVP Office closed due to Memorial Holiday

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.

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

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.



Volunteer Spotlight



For our May RSVP Volunteer of the month, we shine the spotlight on Mr. Thomas Ware. Thomas has been an RSVP volunteer for almost sixteen years and has an accumulated 8,743.50 hours of service. Thomas volunteers his time at the Barelas Senior Center. Last November at the RSVP Volunteer Appreciation Breakfast, Thomas was awarded the RSVP Lifetime Achievement Award. Prior to serving in RSVP, Mr. Ware served our Country in the United States Army.

According to Julio Santisteban, Barelas Senior Center Manager, Thomas is always willing to help out. While the center's cook was on vacation, Thomas came at 6:00 am to walk the kitchen aid from her car to the center so that she would get into the building safely. It's because of his chivalrous act and continued service to the Barelas community that we recognize Mr. Ware.

Thank you for your service to our Country and for all you do for the Barelas Senior Center and RSVP!

May Birthdays

5/2 - Joni Ritz

5/3 - George Aikins
Harold Ortiz

5/4 - Dora Johnson

5/5 - Bill Weiland

5/6 - Rodica Bendor
Suzann Kisiel

5/7 - Charles Braze

5/13 - Margaret Gill
Linda Lentz

5/14 - Maria Ikenberry
Annabelle Savedra

5/15 - Mark Olsen
Amalia Saiz

5/16 - James Boswell
Georgette Smith

5/18 - Gloria Ortiz

5/19 - Judi Lafleur

5/20 - Jabeen Vagh

5/24 - Christine Dahl

5/24 - Rosemary Wright

5/26 - Mella Garcia

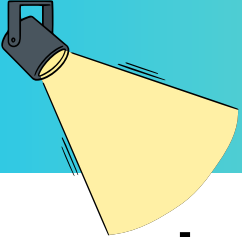
5/28 - Marianne Billiot
Deanna Mora

5/29 - Marilyn Bowman

5/30 - Bernice Vallez

5/31 - Robert Czaja





Station Spotlight

Long-Term Care Ombudsman Program



What is an Ombudsman?

The Ombudsman Program is a division of New Mexico's Aging and Long-Term Services Department. Ombudsman is a Swedish word meaning "carrier of the message." Ombudsmen are people from all backgrounds and experiences who are motivated to improve quality of life for residents currently living in facilities and raise the standards for care for many in New Mexico.

What is the role of an Ombudsman Volunteers?

The New Mexico Long-Term Care Ombudsman Program (LTCOP) advocate alongside and on behalf of residents for the recognition, respect, and enforcement of the civil and human rights of the residents of nursing homes and assisted living facilities, often providing a voice for individuals living in long term care (LTC) facilities who might otherwise go unheard. Ombudsmen volunteers ensure the voices of all residents are heard by providing friendly visits to develop trust and rapport with residents, promote the rights of residents and collaborate with others in resolving issues to the satisfaction of the residents. Ombudsmen volunteers set the tone for resolving differences and give a voice to the residents with concerns.

Why become an Ombudsman Volunteer?

By volunteering you can improve the standard of long-term care and protect the quality of life for people in New Mexico. As many as 50% of residents in long-term care facilities do not have regular visitors. You can provide much needed connection and support thousands of New Mexicans living in long-term care facilities.

Skills and qualifications needed:

- Good communication and listening skills.
- Ability to advocate in a professional and diplomatic manner.
- Compassionate.
- Positive attitude.
- Respect for confidentiality.
- Reliability and perseverance in problem resolution.
- Sensitivity to elders and individuals with disabilities.
- Willingness to provide written documentation.

Time Commitment:

- Choose your schedule, spending a minimum of three hours a week getting to know residents.
- Regularly scheduled ongoing in-service training.
- A one-year commitment is requested.

***Volunteers must pass a background check, be at least 18 years of age or older, and be up to date on their COVID-19 vaccination.**

Volunteer today and be a friendly face, a listening ear, and a voice for vulnerable adults who might otherwise go unheard. If you are interested in volunteering, please contact The Ombudsman Program at 1-866-451-2901

Volunteer Opportunities

Special Projects

RSVP Office

RSVP is looking for two volunteers to assist in making outreach phone calls to other volunteers. If you are interested, please call (505) 767-5225.

DSA Kitchens

The DSA Nutrition Division is looking for volunteers to assist in the center kitchens. If you are interested, please contact the RSVP office.

Information & Assistance

DSA I&A is looking for volunteers to assist with providing senior resource materials at local outreach events. If you are interested, please contact the RSVP office at (505) 767-5225.

Ombudsman Program

The State of New Mexico's Long-Term and Aging Department is looking for volunteers to serve in the Ombudsman Program. If you are interested, please contact the RSVP office.

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.



Around the Senior Centers



ONE
ALBUQUE
RQUE

CITY OF ALBUQUERQUE DEPT. OF SENIOR
AFFAIRS & DEPT. OF ARTS AND CULTURE
WITH DE ORO PRODUCTIONS PRESENTS:

Tarde de Oro

MAY 11, 2023
1:30 PM DOORS AT 12:30 PM

KIMO THEATRE
423 CENTRAL AVE. NW 87102

FEATURING Shelley Morningsong
& Fabian Fontenelle

Antonio Reyna • Ray Lucero • Ray Avila
Sal Garcia • Eva Torrez • Ray Lucero
Ray Avila • Los Tapatios de Frances Lujan
Los Bailadores de Oro • Tom Frouge, MC

Tarde de Oro is the title of an excitingly colorful and uniquely entertaining musical production that showcases New Mexico's rich and ever evolving history.

Buses and Vans Must Contact Chris Meloy/Kimo,
505-228-9857, For Parking and Passenger
Drop Off/Pick Up Directions.

General Seating
Paid Parking
Behind The Theatre

Show Information:
Frances Lujan
505-836-7579
flujan3@msn.com



NEWS

UPDATE 

In other news we do want to inform you all of the departures of two of our AmeriCorps Seniors team members from our sister programs, Foster Grand Parents Supervisor Bianca Olona-Elwell and Senior Companion Supervisor Triston Lovato-Armstrong. We will miss them both dearly but know that they will excel in all future aspects of their lives. The RSVP team would like to say thank you for your service!



FREE TECH COACHING!



Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching. Whether you have questions about your phone, computer, or anything online, our goal is to empower you - to connect with your loved ones, engage with your community, and the world - through technology, while providing paid, meaningful jobs for youth in NM!

JOIN US IN MAY 2023!

Group Coaching:

Bear Canyon Senior Center
Fri. May 5th | 3:00-5:00pm
(505) 767-5959

Open Tech Hours

Los Volcanes Senior Center:

- *Thurs. May 4th - 3:00-5:00pm*
- *Thurs. May 18th - 3:00-5:00pm*

Palo Duro Senior Center:

- *Tues 5/9 - 3:00-5:00pm*
- *Thurs. 5/25 - 3:00-5:00pm*

RSVP Required

Please contact your local senior center to RSVP.

*Founded in Albuquerque in 2015, Teeniors® is an award-winning organization that has been featured in NPR, The New York Times, Costco Magazine, Millennial Magazine, Albuquerque Journal, KRQE News 13, KOAT 7 and KOB 4 among other media. We look forward to seeing you! Learn more at www.teeniors.com or connect with us on social media!

Advisory Council Members

President
Amy Fisher

Treasurer
Marlene Sena

Dorothy Garcia

Andrea Garcia-Lansford

Greg Hallstrom

Sonya Hartwell

Tony Johnson

Tomas Lujan

Millie Martinez

Marie Morra

Michele Watkins

Judy Spear

















Elayne Villa

KUDOS CORNER

Thank you to Katie, Marie, and Michele for assisting the RSVP with the Volunteer Appreciation drive-thru event. We appreciate your help!

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	3	4	5
<ul style="list-style-type: none"> ◆ Bake Ziti w/ Spinach ◆ Green Beans ◆ Garlic Breadstick ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon w/Garlic Butter Sauce ◆ Steamed Carrots ◆ Seasoned Orzo ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef/Broccoli/Pepper/Onions ◆ Stir Fry Vegetable ◆ Brown Rice ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Salad ◆ Baked Potato Chips ◆ Coleslaw ◆ Sliced Wheat Bread ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada: Diced Pork/Red Chile ◆ Roasted Street Corn ◆ Pinto Beans ◆ Flour Tortilla ◆ Tapioca Pudding ◆ 1% Milk 
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Baked Lemon Pepper Chicken ◆ Brown Rice ◆ Seasoned Beets ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Diced Beef/Green Chile ◆ Calabacitas ◆ Pinto Beans ◆ Flout Tortilla ◆ Pear ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Noodles ◆ Oriental Blend ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Tilapia w/Cajun Buttered Sauce ◆ Seasonal Potatoes ◆ Roasted Brussels Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/Gravy ◆ Cranberry Cornbread Stuffing ◆ Seasonal Vegetable ◆ Pumpkin Pudding ◆ 1% Milk 
15	16	17	18	19
<ul style="list-style-type: none"> ◆ Baked Cod w/Tarter Sauce ◆ Ancient Grains ◆ Steamed Green Peas ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Alfredo w/Pasta ◆ Normandy Blend ◆ Whole Grain Dinner Roll w/Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Mashed Potatoes ◆ Seasonal Vegetables ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Eggs Salad Sandwich ◆ Carrot Raisin Salad ◆ Watermelon ◆ Sliced Wheat Bread ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Macaroni and Cheese ◆ Spinach w/Diced Tomatoes & Onions ◆ Grapes ◆ 1% Milk 
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Swedish Meatballs w/Gravy ◆ Brown Rice ◆ Garlic Brussel Sprout ◆ Blueberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Garlic Tilapia ◆ Mashed Sweet Potatoes ◆ Seasoned Vegetables ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Bean/Cheese Burrito ◆ Diced Potatoes w/Onions ◆ Spinach ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Tetrazzini ◆ Green Peas ◆ Garlic Breadstick ◆ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef/Sliced Cheese/Hoagie ◆ Lettuce/Tomatoes ◆ Potato Salad ◆ Watermelon ◆ 1% Milk 
29	30	31	1	2
◆ CLOSED	<ul style="list-style-type: none"> ◆ Baked Potato Broccoli/Cheese/Sour Cream ◆ Fajita Blend Vegetables ◆ Garlic Mushrooms ◆ Granola Bar ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Soft Tacos-Beef/Cheese ◆ Pinto Beans/Green Chile/Onion ◆ Warm Sliced Apples ◆ Lettuce/Tomatoes ◆ Flour Tortilla/Salas ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet ◆ Hash Browns ◆ Spinach ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Greek Pasta Salad: Diced Ham ◆ Creamy Cucumber/Red Onion Salad ◆ Wheat Crackers ◆ Strawberries ◆ 1% Milk 