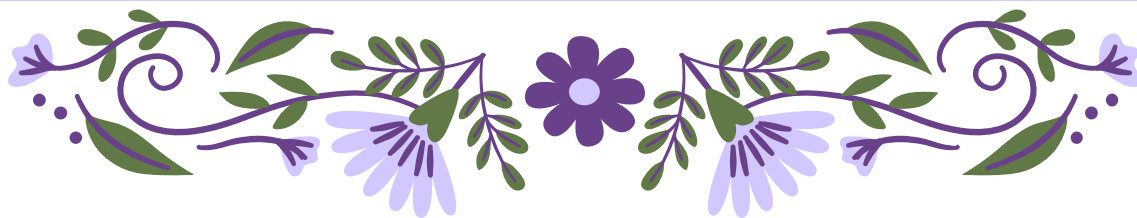


May 2024



As we kick off Older Americans Month (OAM) we are reminded about the importance and power of serving the community. This year's theme for OAM is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on health and well-being.

Daily you connect with your peers, organization representatives, and community members building meaningful relationships that have a lasting impact. For the volunteers who serve within the senior community, you support Older Americans in independent living and aging in place by combatting isolation, loneliness, and other issues. For volunteers serving outside of the senior community, you play a vital role in creating those connections between the organization you serve and the community. The RSVP team often hears from our partners how you are vital to their operations. Because of you, organizations can provide crucial services to the community. You are truly the heartbeat of this community!

Throughout May, the Department of Senior Affairs and many senior service organizations will be hosting events. Please visit our events section of this newsletter, check with your senior center staff, or visit the Senior Affairs Facebook page for a list of events happening during OAM.

As we close this month's letter, our team would like to take a moment to wish all volunteers who are mothers a very Happy Mother's Day.

As always, thank you for all you do and we wish you a wonderful Older Americans Month!

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



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Community Volunteer
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RSVP Staff

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RSVP Supervisor

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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

- 5/1: First day of Older Americans Month
- 5/1: First day of Asian American & Pacific Islander Heritage Month
- 5/1: First day of Jewish American Heritage Month
- 5/3: **Barelas Community Cleanup**
- 5/4: Kentucky Derby
- 5/5: Cinco de Mayo
- 5/12: Mother's Day
- 5/27: Memorial Day
- 5/29: **Senior Health & Fitness Day at North Domingo Baca**

RSVP Advisory Council

The RSVP Advisory Council would like to introduce the 3 newest council members!

- Julie McCullough
- Nick Manole
- Bob Martinez

The council now has 14 members and is excited to hear the ideas that these 3 will bring to the council and to future RSVP volunteer events!



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 Barelas 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

Treasurer

Marlene Sena

Judy Spear

Julie McCullough

Tomas Lujan

Greg Hallstrom

Marie Morra

Millie Martinez

Michele Watkins

Dorothy Garcia

Bob Martinez

Nick Manole



**OLDER
AMERICANS
MONTH**

Celebrate with Palo Duro Senior Center

Wednesday, May 15

9:00 - 11:30 am

*Car Show, Craft & Flea Market,
Vendors, Door Prizes, Root beer Floats*

Celebrations

May Birthdays

1st Marlene Hernandez

2nd Joni Ritz
Adela Sauer

3rd George Aikins
Harold Oritz
Birgit Sharrock

4th Alice Haddix
Dora Johnson

5th William "Bill" Weiland

6th Suzann Kiesel

7th Charles Braze

8th Shana Heath

Richard Coffel

13th Margaret Gill
Linda K. Lentz

14th Maria Carmen Ikenberry
Annabelle Savedra

15th Amalia Saiz

16th James Boswell
Mary Brewer
Georgette Smith

19th Robin Berman
Judi L. Lafleur

20th Leticia Lopez
Jabeen Vagh

21st Vitalia Emily Cisneros

24th Christine Dahl
Rosemary Norwood Wright

25th Dennis Martinez

26th Mella Garcia

28th Marianne Billiot
Deanna B. Mora

30th Bernice Vallez

31st Robert L. Czaja

**HAPPY
BIRTHDAY**

Power of Connection

at

Raymond G. Sanchez Community Center

May 21, 2024

8:00am - 2:30pm

In celebration of Older Americans Month, Bernalillo County's Office of Senior and Social Services is showcasing various senior services and programs throughout the community!

RSVP is looking for interested volunteers to help direct and serve seniors, setup decorations, monitor rooms, etc.

National Senior Health & Fitness Day

at

North Domingo Baca Multigenerational Center

May 29, 2024

8:30am - 1:30pm



Help seniors find their healthy sides and get into positive and healthy habits.

During this event volunteers will assist staff with check in, water and snack handout, door greeting and directing participants around the center, assisting in outreach tables, and helping with the clean up of the event.

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

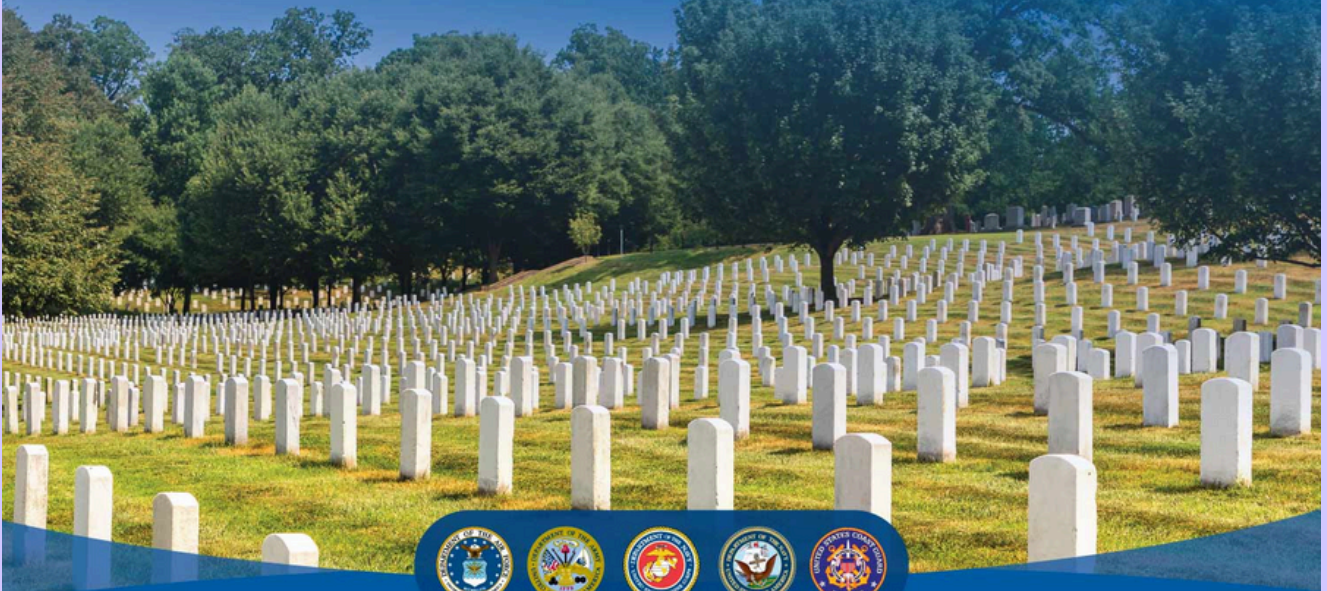
Deadline – April 1, 2024

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



Opportunities

Volunteer Stations

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

Manzano Mesa Drivers Needed

Manzano Mesa
Multigenerational Center
is in need of volunteer
drivers for upcoming
senior trips.

NM Ramp Project

Interested in helping
build ramps for seniors in
our community?

Contact Greg Hallstrom
at **(505)585-3832** or
info@nmramp.org

ABQ Museum Docents Needed

The Albuquerque
Museum is looking for
outgoing volunteers
looking to help give
tours to museum visitors.

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Chicken tender w/ BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk	2 ♦ Southwest omelet w/ red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk
6 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk	7 ♦ Red chile beef enchilada ♦ Spanish rice ♦ Pinto beans ♦ Jell-O ♦ 1% milk	8 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk	9 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk	10 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk
13 ♦ Ground beef w/diced tomato & cheese ♦ Calabacitas ♦ Pinto beans ♦ Yogurt ♦ 1% milk	14 ♦ Cajun tilapia ♦ Brussel sprouts ♦ Cornbread ♦ Strawberries ♦ 1% milk	15 ♦ Sweet and sour pork w/pineapple ♦ Brown rice ♦ Steamed carrots ♦ Honeydew ♦ 1% milk	16 ♦ Elbow cheese macaroni w/broccoli ♦ Brussel sprouts ♦ Whole wheat breadstick ♦ Cottage cheese w/peaches ♦ 1% milk	17 ♦ Chicken breaded patty w/white gravy ♦ Mashed potatoes ♦ Beets ♦ Orange ♦ 1% milk
20 ♦ Red chile beans w/ beef, cheese, onions ♦ Corn bread ♦ Peach cobbler ♦ 1% milk	21 ♦ Baked cod w/tartar sauce ♦ Brown rice ♦ Steamed carrots ♦ Pear ♦ 1% milk	22 ♦ Baked chicken thigh ♦ Collard greens ♦ Succotash ♦ Pineapple chunks ♦ 1% milk	23 ♦ Mushroom swiss veggie burger ♦ Steamed broccoli ♦ Sweet potatoes ♦ Oatmeal cookie ♦ 1% milk	24 ♦ BBQ pulled pork ♦ Sweet potato ♦ Peas and carrots ♦ Watermelon ♦ 1% milk
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk