

RSVP Voluntimes

May 2025

Happy May, RSVP Volunteers!

We hope this message finds you well and inspired.

This year's theme for Older Americans Month is Flip the Script on Aging, which focuses on transforming how society perceives, talks about, and approaches aging.

In a world that too often tells one story about aging — one of slowing down, stepping aside, and fading into the background — you are helping RSVP write a different narrative. You are Flipping the Script on Aging.

Each hour you give, each smile you share, each life you touch through your volunteering reminds our community that aging isn't about decline, it's about power, purpose, and possibility.

Whether you're teaching classes at a senior center, distributing senior resource information to the community, delivering food to homebound seniors, or simply showing up with kindness, your actions speak volumes: age is not a limit; it's an asset.

We want to celebrate you not only for what you do, but for what you represent. You are proof that experience, compassion, and commitment do not fade with time; they grow stronger.

Let's continue this movement together. Let's show the world that aging is not something to endure, but something to embrace with pride, passion, and the power to make a difference.

With heartfelt thanks,

The RSVP staff

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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.

Updates & Reminders

Important Dates

5/1: 1st day of Military
Appreciation Month
5/3: Kentucky Derby
5/4: Run for the Zoo
5/5: Cinco de Mayo
5/11: Mother's Day
5/26: CLOSED - Memorial Day



Dear AmeriCorps Seniors volunteers,

We were recently made aware of conversations at the federal level related to the funding of agency grant, loan, and other financial assistance programs.

At this time, we have not received official word from AmeriCorps on how or if these proposed changes might affect our AmeriCorps Seniors FGP, RSVP, and SCP programs.

As soon as we receive additional details from AmeriCorps we will be sure to share that information with you.

Thank you for your continued service.

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

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Sonya Hartwell

Vice President

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Spotlight

For our May Volunteer of the Month we want to recognize
Bernadette Casaus!



Bernadette is one of the many valuable volunteers at North Valley Senior Center. She has been serving at North Valley Senior Center since 2013 before joining AmeriCorps Seniors RSVP in 2019.

When asked why Bernadette volunteers, she told us that she enjoys getting out of the house and meeting new people. She brings a smile to all of North Valley Senior Center participants and staff.

She is an Albuquerque native, graduating from North Valley High School in 1983. While she isn't volunteering, Bernadette enjoys spending time with her boyfriend, sisters and friends.

Celebrations

May Birthdays

2nd Joni Ritz
Adela Sauer

3rd Harold Ortiz
Birgit Sharrock

4th Alice Haddix
Dora Johnson

6th Suzann Kiesel

8th Shana Heath
Barbara Sanders

10th Jennifer Espen

13th Richard Coffel
Margaret Gill
Linda Lentz

14th Maria Ikenberry
Annabelle Savedra
Christine Stathis

15th Wilma Garcia
Amalia Saiz

16th Mary Brewer
Susan Hiller
Georgette Smith

17th Aurora McDaniel

18th Linda Jones

19th Robin Berman
Bernadine Torres

20th Leticia Lopez
Jabeen Vagh

21st Vitalia Cisneros

22nd Magdalena Belardo-Lerch

24th Rosemary Norwood Wright

25th Dennis Martinez

26th Mella Garcia

28th Marianne Billiot
Deanna Mora

29th Judy Spear

30th Jaime Rios
Bernice Vallez

31st Robert Czaja



ONE
ALBUQUE
RQUE

ENGAGE
with Wellness

NATIONAL SENIOR HEALTH & FITNESS DAY

MAY 28, 2025 • 9 AM - 12 PM

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

7521 CARMEL NE 87113

Exercise Demonstrations!
Health Screenings!
Low-Impact Walking Events!
Mini Health Fair!
Door Prizes!

SPONSORED BY:



FREE EVENT OPEN TO ADULTS 50+



Free Ride!

Santa Fe
National Cemetery



Sign Up at
Front Desk



April 9, 2025 | May 14, 2025 | June 11, 2025

Opportunities

Volunteer Stations

Albuquerque Bio Park Education
Albuquerque Little Theater
Albuquerque Museum
Albuquerque Police Department
Albuquerque Reads
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
Compassus
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
Explora Science Center
Friends of Valle de Oro
Highland Senior Center
Hospice De La Luz
Indian Pueblo Cultural Center
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 Commision 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
Santa Barbara Martineztown M.C.
Storehouse
University Hospital
VA Center for Development and
Civic Engagement
Visit Albuquerque

Special Projects

Palo Duro Senior Center

Calling all bingo enthusiasts!
Palo Duro is in need of 1 or 2
volunteers that would be
available on Tuesdays for bingo
calling and cash handling.

Manzano Mesa Multigenerational Center

Manzano Mesa is looking for a tech
savvy volunteer to help read online
chats and respond to instructors
through Zoom on the 2nd, 3rd, &
4th Thursdays of every month.

Beautification Project

RSVP is looking for 10 - 12 volunteers to help us plant flowers
and paint benches at Highland Senior Center for our upcoming
Beautification Project.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
<ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz 
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 
CLOSED 26	27	28	29	30
<p>★ ★ ★ ★ ★</p> <p>MEMORIAL DAY</p> <p>★ ★ ★ ★ ★</p>	<ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz 