

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



**Anna Sanchez, Director**

**Marina Salazar**  
Deputy Director

**Nikki Peone**  
Associate Director

**Cristina Romero-Baca**  
Community Volunteer  
Engagement Manager

### RSVP Staff

**Vacant**  
RSVP Supervisor

**Isaiah Valenzuela**  
RSVP Volunteer Coordinator

**Mailiya Williams**  
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: 1<sup>st</sup> 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 Barelvas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

## Advisory Council Members

### President

Sonya Hartwell

### Vice President

Dorothy Garcia

### Secretary

Andrea Garcia-Lansford

### Treasurer

Bob Martinez

Judy Spear

Millie Martinez

Tomas Lujan

Amy Fisher

Marie Morra

Nick Manole

Michele Watkins

Julie McCullough

Marlene Sena

Misti Melendez

Greg Hallstrom

# 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 Kisiel

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



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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 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  
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.

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