



RSVP Voluntimes

October 2024



HELLO October

Happy spooky season RSVP volunteers!

The hot summer days are winding down, and the cool, crisp mornings are upon us. The RSVP team is gearing up for a busy but fun-filled fall season!

We ended last month by celebrating all of you at our annual Volunteer Appreciation Breakfast. It was great to see and celebrate you on that very special day. The Appreciation Breakfast is the RSVP team and Advisory Council member's favorite event of the year because we get to gather all of you together in one location and collectively thank you for the work you do in the community. We would like to extend our congratulations to all of the award winners! Please See page five of our newsletter for a list of the 2024 RSVP Volunteer Appreciation award winners.

Each year the RSVP Advisory Council works hard to put on this event and the RSVP team is extremely thankful for the countless hours that they put in to ensure that this event is special and memorable. We also would like to thank Mayor Keller, Director Sanchez, our fantastic sponsors Blue Cross Blue Shield of New Mexico, Presbyterian Health Plan, the New Mexico Rail Runner, Humana, emcee Ms. Augusta Meyers, Gov TV, the Senior Affairs staff, and all of our exhibitors for their support of this wonderful event. This event would not be successful without your support.

In case you were unable to join us at the Appreciation Breakfast, Associate Director Nikki Peone announced that RSVP Supervisor Cristina Romero-Baca has been promoted to the Community Volunteer Engagement Manager. Cristina will now be overseeing the three AmeriCorps Seniors volunteer programs as well Senior Affairs all-ages volunteer program. Cristina will continue to work closely with the RSVP team through the transition period. We hope to announce a new RSVP Supervisor by the end of the year.

Until we see each other again, be well and stay safe,
Cristina, Isaiah, Mailiya

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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.

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

10/1: Breast Cancer Awareness
Month

10/9: Primetime Expo

10/14: CLOSED - Indigenous
People's Day

10/28: Conference on Aging
@ Hotel Albuquerque

10/31: Halloween



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.

Thank you

to our RSVP Appreciation
Breakfast Sponsors



BlueCross BlueShield
of New Mexico

A Division of Health Care Service Corporation,
a Mutual Legal Reserve Company,
an Independent Licensee of the
Blue Cross and Blue Shield Association

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Tomas Lujan

Dorothy Garcia

Marie Morra

Nick Manole

Michele Watkins

Julie McCullough

Bob Martinez

Misti Melendez

Greg Hallstrom



COMPASSUS[®]

If you are compassionate, caring, loving and have a calling to help others, becoming a Hospice volunteer might be the perfect opportunity for you!

Compassus provides a continuum of home-based services including home health, infusion therapy, palliative and hospice care. The Compassus brand promise, Care for Who I Am, reflects its unique care delivery model, which focuses on each person as an individual as well as a patient, to improve their quality of life in a meaningful way.

There are 3 areas where volunteers are needed;

- Patient Support
- Bereavement
- Administrative

Compassus is also looking for veteran volunteers that have the unique ability to relate and connect with their veteran patients. Their “Veteran-to-Veteran Program” aims to pair recruited veteran volunteers with hospice patients who have been identified as veterans to help eliminate the stoicism and secrecy that veteran patients often develop from having served in the military.

Whether you are familiar with hospice care and want to utilize your skills in a new environment or are looking for an opportunity to learn new skills please keep Compassus in mind!



46TH ANNUAL NEW MEXICO CONFERENCE ON AGING

OCTOBER 28, 2024 | ALBUQUERQUE

A full day of programming featuring:

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and social dance
- Exhibits and networking
- Accessible venue, ASL interpreters



Registration now open!

Visit **AginginNM.org** for more information and to register



October Birthdays

1st **Bonnie Gurule**
Ann Leigh
Patricio Trujillo

2nd **Stuart Garber**

3rd **Ila McCrea**
Frederick Peek

4th **Vickie Towne**

5th **Therese Nunez**

6th **Richard Frick**
Lynne Schneider

7th **Carolyn Langer**

9th **Deborah Allen**

10th **Rogerleen Wiggins**

12th **Barbara Carroon**
Marie Quintero
Regina Quintero

13th **Margaret Hime**
Moira Manriquez
Toni Peaden

15th **Daniel Moya**

16th **Linda Sue Romero**

17th **Jose Vigil**

18th **Dolores Angel**
Alicia Fletcher
Theresa Winter

19th **Filomena Lucero**

20th **Shirley Griffin**

21st **Diane Gonzales**
Barbara Lee
Emily Manfredi

22nd **Archie Stannish**

23rd **Martha Moya**
Roy Reed

24th **Carl Roth**

25th **Donna Bauer**

27th **Thomas Lujan**

29th **Anthony Esposito**

30th **Charles Brown**
Luis Joglar
Donald Trujillo



Primetime Expo

Wednesday, October 9

8am - 1pm

- **FREE TRANSPORTATION**
- **SPEAKER SESSIONS**
- **FLU SHOTS (while supplies last)**
- **FREE HEALTH SCREENINGS**
- **FREE ENTERTAINMENT & MUCH MORE!**

Embassy Suites
1000 Woodward Pl NE 87102

Congratulations!

Gloria Jane Borton

2024 Lifetime Achievement recipient

Patrick Sena

2024 Volunteer of the Year recipient

Sandra Olszewski

2024 Rookie of the Year recipient

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
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
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

Manzano Mesa
Multigenerational Center is in
need of volunteer drivers to
have on hand for future trips.

If you would like to become a
driver please call the RSVP
office for more information.

RSVP Office

The RSVP office is looking for
2 or 3 volunteers to assist
with reorganizing and
cleaning up our filing system.

If interested, please call the
RSVP office for more
information.

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
30	1	2	3	4
<ul style="list-style-type: none"> ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk 
7	8	9	10	11
<ul style="list-style-type: none"> ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk 
14	15	16	National Pasta Day 17	18
<p>INDIGENOUS PEOPLES' DAY</p> 	<ul style="list-style-type: none"> ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans) ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk 
21	22	23	24	25
<ul style="list-style-type: none"> ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken Pot Pie 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk 
28	29	30	31	1
<ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded Chicken Patty w/ Green Chile & White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Apple Slices w/ Peanut Butter Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk 