

RSVP Voluntimes

October 2025

Who You Gonna Call? Volunteers Like YOU!

🍁 We hope the crisp air, changing leaves, and spooky season are treating you well as we dive into fall. Whether you're out trick-or-treating or just enjoying a warm cup of cider, this month is full of treats — and opportunities!

Speaking of spooky... if you happen to see any ghosts, who do you call? You call your fellow amazing volunteers! 👻 (And don't forget to RSVP to upcoming events!)

We've got a full calendar of volunteer opportunities this month and we still need YOUR help to make it all happen. Check out the list below and see where you can jump in — whether it's helping out at an event, supporting a local center, or lending a hand in the community, every hour makes a difference.

🎉 September Recap: Volunteer Appreciation Breakfast

Last month, we took some time to celebrate the heart of our program — YOU! Thank you to everyone who joined us at the Volunteer Appreciation Breakfast. It was a blast catching up and recognizing some outstanding individuals and teams.

Couldn't make it? Don't worry — here's a quick recap of our 2025 award winners:

🏆 Volunteer Awards

- Ken Flack – Rookie of the Year
- Karen Morton – Volunteer of the Year
- Connie Devers – Lifetime Achievement

📍 Volunteer Stations of the Year

- Barelas Senior Center
- Bear Canyon Senior Center
- Aviation Department
- Valle de Oro Nature Reserve

Congratulations to all of our winners and thank you to every volunteer who continues to show up, give back, and make our community stronger.

As always, we are grateful for your time, energy, and compassion. Let's make this October full of impact (and maybe a little candy too 🍬).

With gratitude,
The RSVP Office

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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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

10/01: First Day of Breast Cancer Awareness Month

10/01: Yom Kippur

10/08: Prime Time 50+ Expo

10/13: CLOSED - Indigenous People's Day

10/20: Diwali

10/31: Halloween



HAPPY HALLOWEEN

THANK YOU!

Please join us in sending a huge thank you to the RSVP Advisory Council for all they do for RSVP & to help make the Appreciation Breakfast a success!

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

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

29th Annual

PRIME TIME
MONTHLY MAGAZINE

50+
EXPO

- Free Event -

Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!

This is a fun and informative event connecting mature adults
with health and wellness providers, lifestyle option providers,
free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone
caregiving for elderly family members and friends.

Call 505-242-2428 or Visit PrimeTimeNM.com

Don't miss...

The Largest Health Fair in New Mexico!

Wednesday,
October 8th 2025!

8:30AM - 1PM

At Embassy Suites (Lomas & I-25)



BROUGHT TO YOU BY PRESENTING SPONSOR



AND



Wednesday, October 8, 2025

8:30am - 1:00pm

Embassy Suites - 1000 Woodward Pl NE, 87102

Join the community
at this **FREE** annual
event!

- FREE transportation
- Speaker sessions
- Flu shots (while supplies last)
- Free health screenings
- FREE entertainment
- & much more!

This year, RSVP is looking for 3 interested volunteers to join us for a fun day of outreach and connecting with the community throughout this very informative event!

Celebrations

October Birthdays

1st	Leigh Ann Galloway Bonnie Gurule	10th	Claude Valles Rogerleen Wiggins	19th	Filomena Lucero	29th	Anthony Esposito
2nd	Stuart Garber	12th	Barbara Carroon Marie Quintero Regina Quintero	20th	Shirley Griffin Ernestine Roybal	30th	Charles Brown Luis Joglar Donald Trujillo Brent Williams
3rd	Ila McCrea Frederick Peek	13th	Margaret Hime Toni Peaden	21st	Diane Gonzales Barbara Lee Emily Manfredi		
4th	Vickie Towne	15th	Daniel Moya	22nd	Archie Stannish		
5th	Therese Nunez	16th	Linda Sue Romero	23rd	Martha Moya Roy Reed		
6th	Carmen De Leon Richard Frick Lynne Schneider	17th	Jose Vigil	24th	Carl Roth		
7th	Carolyn Langer	18th	Dolores Angel Alicia Fletcher James Gardner Theresa Winter	25th	Donna Bauer Elizabeth Jimenez		
9th	Deborah Allen			27th	Thomas Lujan		



Please join us in sending a huge thank you to this year's
RSVP Appreciation Breakfast Sponsors!



BlueCross BlueShield
of New Mexico

PRESBYTERIAN
Medicare Advantage Plans



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
ARC Thrift Store
Aviation Department
Barelas Senior Center
Bear Canyon Senior Center
BernCo Senior & Social Services
Department
Catholic Charities
City of Albuquerque Greenhouse
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 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



Operation Great Pumpkin

We are in need of 2 volunteers to support Cesar Chavez Community Center put on a family-friendly event this Halloween season!

October 29, 2025
5pm - 8pm

DSA Senior Centers

Barelas and North Valley Senior Center's are in need of some kitchen support for various tasks throughout the week.

Weekly



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 Fajitas w/ Salsa 4oz Ranch Beans 2oz Flour Tortilla 4oz Hot Sliced Apples 2ea 1% Milk 8oz	 30 Beef Stroganoff w/ Elbow Pasta 3oz Cauliflower w/ Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ Brown Rice 3oz Stir Fry Veggies 2oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ Garlic Butter 3oz Brown Rice 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 