

# RSVP Voluntimes

## September 2025



## GOODBYE SUMMER



As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at [cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council](http://cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council). If interested in our Council or any other way to get involved with the City, visit [cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application](http://cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application).

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelitas Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



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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

**Desiree Azzara**  
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

9/01: CLOSED - Labor Day  
9/07: National Grandparents Day  
9/11: Remembrance Day  
9/15: First Day of National  
Hispanic Heritage Month  
9/22: First Day of Autumn  
9/23: Rosh Hashana



## 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



YOU HAVE THE POWER TO PREVENT A FALL

## FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including balance tests, foot health, medication review, home safety and more. Paramedics from the ABQ Fire Dept. HEART program will teach how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

### When

Friday, September 19, 2025  
8:30 am to 12:00 pm

### Where

North Domingo Baca  
Multigenerational Center  
7521 Carmel NE 87113



Brought to you by the City of Albuquerque Department of Senior Affairs Sports & Fitness Program, New Mexico Adult Falls Prevention Coalition, OASIS Albuquerque, New Mexico Department of Health, and Albuquerque Area Southwest Tribal Epidemiology Center. For more information about Falls Prevention, go to [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).



## VOLUNTEER CLOSE TO HOME!

LEARN NEW  
SKILLS

MAKE NEW  
FRIENDS

CHANGE  
SOMEONE'S LIFE

BECOME A PART OF  
THE COMMUNITY

**Do you know someone 50 or older? Lovelace is looking for helping hands.**

There are many different types of volunteer opportunities available at our hospitals. Our volunteer staff will work with you to select a volunteer position that best fits your interests, skills and schedule.

**Please contact the Volunteer Coordinator at the facility where you wish to volunteer:**

**Lovelace Medical Center**  
**Heart Hospital of NM @ Lovelace Medical Center**  
**Lovelace UNM Rehabilitation Hospital**

**Ryan Wooley**

Email: [ryan.wooley@lovelace.com](mailto:ryan.wooley@lovelace.com)

Phone: 505.727.2702



**free** volunteer  
lunches provided!

34472

**Lovelace**  
Health System



# Celebrations

## September Birthdays

2nd	Frank Fisk Carl Valcourt	13th	Julia Beach Kenneth Flack Gary Spangler Robert Teel	24th	Sandra Olszewski
3rd	Karen Moody	14th	Denise Coriz Bill Leslie	25th	Richard Buratti Debora Quintana
5th	MaryAnn Sanchez	16th	Izela Martinez	26th	Cathy Dahms Rose Hendrickson JoAnn Turrietta
9th	Carrie Ann Drinville	17th	Gale Flack	27th	Bobbette Graff Jeffrey Willet
10th	Mary Cook Thaddeus Korbin Beva Sanchez-Padilla	19th	Esther Martinez		
11th	Jessie Torrez Barbara Witemeyer	21st	Janice Wilson		
12th	Anthony Romero Jennie Romero	23rd	Kathleen Brolley Mary Cox Helen Kerschner Lara Keys		



2025

SAVE THE DATE



### NEW MEXICO CONFERENCE ON AGING

ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025

GLORIETA  
CONFERENCE CENTER

AGINGINN.M.ORG

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



### Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,  
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER 2025 | 9 am - 3 pm

714 Seventh St SW 87102



ONE  
ALBUQUE  
RQUE



United  
Healthcare

ENGAGE  
with Senior Affairs

# 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 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





















### **50+ Primetime Expo**

North Domingo Baca  
Multigenerational Center is in  
need of volunteers with a  
current COP that is  
interested in helping with  
transportation for the event.

### **Los Volcanes Sports & Fitness**

In need of a volunteer to  
help fulfill custodial duties  
around the sports &  
fitness center.

**Monday - Friday  
10am - 2pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> 1 	2 <b>Rotisserie Chicken</b> 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	3 <b>BBQ Pulled Pork</b> 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	4 <b>Green Chile Vegetable Posole</b> 4oz Carrots 4oz Combread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	5 <b>Beef Tips w/ Gravy</b> 3oz Bowtie Pasta 1oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8 <b>Teriyaki Chicken</b> 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	9 <b>Roasted Pork Loin</b> 4oz w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	10 <b>Roast Beef</b> 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	11 <b>Pasta Primavera</b> 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	12 <b>Pork Carnitas</b> 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15 <b>Meatloaf</b> 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	16 <b>Rotisserie Chicken</b> 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	17 <b>Chili Bowl</b> 4oz Succotash 4oz Combread 1ea Mixed Berries 4oz 1% Milk 8oz 	18 <b>Green Chile Southwest Omelet</b> 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	19 <b>Herb Pork Loin</b> 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22 <b>Baked Chicken</b> 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Combread 1ea Yogurt 4oz 1% Milk 8oz 	23 <b>Salisbury Steak</b> 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	24 <b>Sweet &amp; Sour Pork</b> 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	25 <b>Green Chile Cheese Enchiladas</b> 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	26 <b>Turkey Tetrazzini</b> 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



*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.*