

RSVP Voluntimes

September 2026



The fall is almost here and the RSVP team is gearing up for a busy and exciting time!

Thank you to everyone who came to the AmeriCorps Seniors RSVP Breakfast on August 26. This was a wonderful opportunity to celebrate you and the difference you make to our community throughout the year.

We would like to give a special shout out to this year's award winners:

- **Exceptional Volunteer Station: Palo Duro Senior Center**
- **Substantial Volunteer Station: New Mexico Veterans Memorial**
- **Rookie of the Year: Ruth Castrodad**
- **Volunteer of the Year: Bob Martinez**
- **Lifetime Achievement Award: Terry Bixter**

If you have a City Operator's Permit to drive passenger vans for Senior Center trips, we have some upcoming trainings in October that will be required by the City of Albuquerque's Risk Management Department. Everyone with a COP will receive a separate email with dates and expectations, so please keep an eye out for this.

On September 11, the AmeriCorps Senior team will be on Civic Plaza giving out snacks and drinks and educating people about all of the work that AmeriCorps Seniors does for Albuquerque. Join us to celebrate the 25th anniversary of this day of remembrance.

Our team is here to serve you. If you are looking for new volunteer opportunities or need assistance with your current volunteer opportunity, do not hesitate to call us. Our team is happy to help you in any way we can.

Until we see each other again, be well and stay safe,
The RSVP Team

Inside this Issue

pg. 2 Updates & Reminders
pg. 3 Spotlight
pg. 4 Celebrations
pg. 5 Opportunities
pg. 6 Menu

DSA Administration



Anna Sanchez, Director

Nikki Peone
Deputy Director

VACANT
Associate Director

VACANT
Community Volunteer
Engagement Manager

RSVP Staff

Jessica Coyle
RSVP Supervisor

Isaiah Valenzuela
RSVP Volunteer Coordinator

Maliya 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

09/01: National Hispanic Heritage Month
09/07: **CLOSED** - Labor Day
09/13: National Grandparents Day
09/21: Yom Kippur
09/22: First Day of Autumn
09/23-24: NM Conference on Aging
09/26: National Public Lands Day



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

Amy Fisher

Tomas Lujan

Nick Manole

Marie Morra

Julie McCullough

Michele Watkins

Misti Melendez

Millie Martinez

Stuart Garber

A poster for the New Mexico Conference on Aging. The top half has a purple background with the New Mexico state logo and the text "NEW MEXICO CONFERENCE ON AGING" in white. Below this is a yellow button that says "REGISTER NOW". The bottom half has a white background with a photo of an elderly woman waving. Text on the white background includes "The countdown is on! Join us", "Two days of learning, connection, and celebration for elders, caregivers, and advocates across New Mexico.", "SEPTEMBER 23-24, 2026", "Glorieta Conference Center", "REGISTER TODAY AT AGING.NM.GOV/CONFERENCE-ON-AGING/", and "Free for many program participants. Let's make this the biggest one yet." There are also small photos of people and the New Mexico Aging Services logo.

30 Years!



PRIME TIME 50+ EXPO

Join us as we celebrate 30
incredible years of the 50+ Expo!
Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



AND

LA VIDA LLENA
LIFE PLAN COMMUNITY

THE NEIGHBORHOOD
LIFE PLAN COMMUNITY



For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428

PrimeTimeNM.com

Celebrations

September Birthdays

2nd	Carlton V.	11th	Jessie T. Barbara W.	19th	Esther M. Asia N.
3rd	Karen M.	12th	Anthony R. Jennie R.	21st	Janice W.
4th	Larry C.				Kathleen B.
6th	Linda H.		Julie B.	23rd	Mary C. Lara K.
8th	Lorrie H.	13th	Kenneth F. Gary S.	24th	Sandra O.
9th	Carrie Ann D. Pauline G.	14th	Denise C. Mike F. Bill L.	25th	Debora Q.
	Mary C. Thaddeus K.	16th	Izela M.	26th	Cathy D. JoAnn T.
10th	Beva S. Adam W. Michelle W.	17th	Gale F.	27th	Bobbette G. Jeffrey W.

HAPPY BIRTHDAY



»West Nile Virus



West Nile virus has recently been detected in mosquitoes in your area. These are actions you and your community can take to reduce mosquito breeding habitats and protect yourselves.

Mosquitoes in the genus *Culex* can spread West Nile virus (WNV) to humans. WNV is established in Albuquerque, and cases happen every year

80% of people who become infected with West Nile virus have no symptoms, and others only have mild symptoms

In some cases, people can get very sick from West Nile virus and it can result in death. Elderly and immunocompromised people are most at risk

Symptoms of West Nile virus can include:

- headache
- body aches
- vomiting
- diarrhea
- rash

If you feel sick, go to the doctor

What You and Your Community Can Do to Protect Yourselves Against West Nile Virus:

DON'T GET BIT

Wear long sleeves, pants and insect repellent containing DEET or Picardan when outdoors.

Keep screens intact and doors closed.

DON'T BREED MOSQUITOES

Some mosquitoes will breed in rain barrels, bird baths, saucers of potted plants, buckets, wheelbarrows, etc.

Dump standing water and scrub the container with disinfectant, store upside down to prevent future habitat.

Treat water that can't be dumped with mosquito larvicides (mosquito dunks) or add mosquitofish.



For more information, call 311 or visit our website at www.cabq.gov/mosquitoes



NM HOSPITAL

6
2
0
2
DIABETES
AWARENESS
HEALTH
FAIR



Saturday, September 19 | 10 A.M. - 1 P.M.

Westgate Community Center

10001 De Vargas Rd SW
Albuquerque, NM 87121



SCAN THE QR CODE
FOR THE LATEST
INFORMATION

What to Expect

- How to manage and prevent diabetes
- Food and nutrition resources
- Free glucometer if you have high A1c
- Medicaid/Medicare enrollment (average blood sugar)



Bring your children to play soccer with the Somos Unidos Foundation

Participants get free tickets to a New Mexico United soccer game!

FREE

- Grocery & gas gift cards
 - Local food and produce
 - Mexican appetizers courtesy of La Planta
- While supplies last!



35+ organizations providing resources

BlueCross BlueShield of New Mexico

TOURO COLLEGE OF DENTAL MEDICINE

Health and Wellness

ONE ALBUQUERQUE youth and family services

NM COLLEGE OF PHARMACY

MEXICANA 106.9

LA PLANTA

NEW MEXICO WILSON SENIOR CENTER

KidBright

Q

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
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 Downtown
Lovelace Women's Hospital
Manzano Mesa Multigenerational
Center
Meals on Wheels
Musical Theatre Southwest
Nat. Hispanic Cultural Center
New Mexico Railrunner
New Mexico Veterans Memorial

NM Museum of Nat. Hist. & Science
NM Aging & Long-Term Services
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
Read to Me Albuquerque Network
Roadrunner Food Bank
Ronald McDonald House Charities
RSVP
RSVP Advisory Council
Santa Barbara Martineztown M.C.
Storehouse
The Wheels Museum
VA Center for Development and
Civic Engagement
Visit Albuquerque

Special Projects

Drivers Needed

On October 20th, the annual PrimeTime Expo will be taking place at the Museum of Natural History and Science. Each senior/multigenerational center is in need of a COP certified driver to provide transportation to and from the event from 8am - 1pm.

Lunch will be provided.

9/11 Day of Service

Volunteers needed for September 11th day of service at Civic Plaza where we will be handing out refreshments to the participants of the annual 9/11 Stair Climb and Memorial.

Gateway Center

Volunteers are needed to assist with donation intake, sorting, & distribution at Gateway Center.

Mondays & Wednesdays 2pm-4pm
Call (505)917-5559 to sign up.

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
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	 8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	 9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	 11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
 14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 15 Rotisserie Chicken 3oz Brown Rice 1oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 16 Lemon Pepper Pollock 3oz Buttered Noodles 3oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	 18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
 21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	 22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	 23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	 24 Anti-Inflammatory Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	 25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
 28 Green Chile Chicken 3oz Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	 29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	 30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	 1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	 2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz