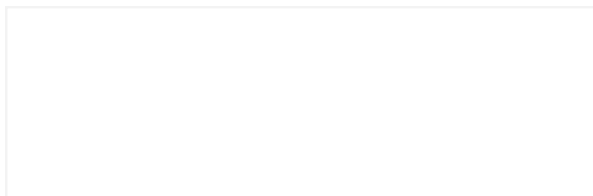


The City of Albuquerque, RSVP
714 Seventh Street SW
Albuquerque, NM 87102



Retired & Senior
Volunteer Program
Phone: 505-767-5225

RSVP August Newsletter 2021

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Congratulations goes out to Thomas, RSVP volunteer who received the RSVP Recruiter of the Month award for the month of July. -Refer your friends to sign up with RSVP, to become the next RSVP Recruiter of the Month!



Volunteer Opportunity– RSVP Volunteers needed to assist at an Information & Assistant table for Health Fair & Flu Shot Clinics. One or two hour shifts *Training will be required* Call RSVP for this opportunity

The Department of Senior Affairs will be hosting several Health Fairs & Flu Shot clinics provided by Presbyterian. All clinics are from 9am-11:00am



Barelas Senior Center- August 31st, September 1st

Bear Canyon Senior Center– August 24th, September 8th

Highland Senior Center– August 23rd, September 14th

Los Volcanes Senior Center– August 25th, September 15th

Manzano Mesa Multigenerational Center– August 26th, September 29th

North Domingo Baca Multigenerational Center– August 27th, September 2nd

North Valley Senior Center– August 30th, September 9th

For More Information

with Health Fair & Flu Clinics

Contact 505-764-6400

RSVP Kudos Corner



Highland Senior Center would like to thank Jeremy, front desk volunteer for your outstanding service!!



Sign up for Web Assistant Training!!

This training will teach you how to virtually enter your volunteered hours. **Training is mandatory**

Los Volcanes Senior Center- Mondays 1:00-2:00pm & 2-3:00pm, 6500 Los Volcanes NW 87121

North Valley Senior Center- Mondays-1:30pm-2:30pm & 2:30pm-3:30pm, 3825 4th Street NW 87107

Manzano Mesa Multi. Center- Tuesdays-9:00am-10:00am & 10:00am-11:00am, 501 Elizabeth SE 87123

Bear Canyon Senior Center- Tuesdays-9:00am-10:00am & 10:00am-11:00am, 4645 Pitt NE 87111

Palo Duro Senior Center- Wednesdays -9:00am-10:00am & 10:00am-11:00am, 5221 Palo Duro NE 87110

Highland Senior Center-Thursdays-11:00am-12:00pm & 12:00pm-1:00pm, 131 Monroe NE 87108

Barelas Senior Center- Fridays-1:30pm-2:30pm & 2:30pm-3:30pm, 714 Seventh St SW 87102

Once training is complete, you will receive a new name badge and lanyard.



Margie, RSVP Volunteer training on Web Assistant.



NEW RSVP Web Assistant Trainer Volunteer Opportunity

This opportunity includes training new volunteers on the RSVP Web Assistant database

Responsibilities include– Supply pick up from the RSVP office, confirm training attendance, lead the training and pass out a new RSVP name badge to the trainee.

Lastly, clean and disinfect the computer lab for the next class.

Total hours of commitment: 4 hours per week- 1 hour for supply pick up/confirm attendance, 1 hour for prep/clean up time and 2 hours for the training. Times and days are listed above for each Senior Center of your choice. **Contact the RSVP office at (505) 767-5225!**

Volunteer Opportunities

ABQ BioPark

- **Horticulture:**

Assist the ABQ BioPark horticulture staff with routine garden maintenance and special plant projects at the Botanic Garden, Tingley and the Zoo. Please note, training is required.

- **Ambassadors:**

Ambassadors act as a host for visitors of the ABQ BioPark Zoo, Aquarium and the Botanic Garden. Explain what visitors can expect to see, help them plan their visit and answer questions about the facilities. Ambassador roles come with additional training and include Story Time, crafts during Discovery Days, Zoo Monitor animal observations, River of Lights and other activities.

ABQ Reads

- **Tutor:**

Tutor's help Kindergarten and 1st grade APS students with their reading capabilities. Training and a background check is required.

Catholic Charities

- **Transporting Seniors:**

Assist in transporting seniors to limited destinations. Please note all drivers must drive their own vehicle.

Heartland Hospice Care

- **Office Assistance:**

Visit patients to provide companionship, decrease isolation, provide emotional support, caregiver relief, and end of life support. Please note, background checks and training/orientation are completed before individuals are assigned to a volunteer role.

Highland Senior Center

- **Sign-In Members/ Monitor Lunch Room:**

Sign in Members, Monitor lunch room and assist in serving coffee. Mondays, Wednesdays and Fridays 9-1:00pm.

Hospice De La Luz

- **Visiting Hospice Patients:**

Visit hospice patients. Please note, a Covid-19 vaccine is required as well as training.

Information and Assistance

- **Information Table:**

Assist setting up an information table at Senior Centers. Please, call RSVP Office for further information.



Volunteer Opportunities

Joy Junction

- **Cleaning/ Organizing New Facility:**

Assist in cleaning, organizing and maintain their new facility. Volunteers may also donate clothing and canned items for volunteer time.

Long Term Care Ombudsman Program

- **Call/ Check-in with residents:**

Making calls to long term care facilities and checking in with residents. Please note, a background check and 4 hours of training via Zoom are required.

Meal Site Locations– Senior Affairs

- **Kitchen Aid:**

Assist in helping sort food and cleaning the Kitchen. 8:00-12:00pm. Training is required.

North Domingo Baca Multigenerational Center

- **Computer Lab Monitor:**

Monitor the Computer Lab 12-4:00pm and 4-8:00pm.



Oasis Intergenerational Tutoring Program

- **Tutor/ Read To Students:**

Tutor and read with students for 2 years. Please note, all reading members are currently volunteering online with APS elementary schools after training and fingerprint clearance is processed.

Open Space Visitor Center

- **Adopt an Open Space:**

In the foothills, individuals or groups can adopt trails and assist with the essential maintenance of these visitor corridors. In the Bosque, groups of 10 or more can adopt restoration areas and help with non-native plant control and trail maintenance.

- **Traditional Garden Volunteer:**

Assist in cultivating and persevering some of the original ways of the land.

- **Trail Watch Trainings:**

Patrol areas of their choice and record observations, report problems and needs, and educate the public on proper resource use.

- **OSVC Front Desk:**

Greet and answer the phones of the visitors who are seeking a great hiking trail. Training is required.

Driver's with their C.O.P's:

Drive Senior Center members to and from trips.

Meals on Wheels

- **Delivering Meals:**

Deliver meals Monday– Friday 10-1:30pm. Each Driver is assigned their own route. Please note all drivers must drive their own vehicle.



Volunteer Opportunities



Presbyterian Hospital

- **Emergency Department:**

To support staff, patients and families by assisting with duties appropriate for a volunteer as directed by the staff.

- **Eye Clinic:**

Serve as a liaison between patients' families and/or friends, and the nursing unit. Relay information to the family regarding the patient, if necessary.

- **Food Services:**

Assist the departmental staff with various tasks throughout the day.

- **Greeters:**

Welcome patients, patient's families, and visitors, to ensure that each individual is provided the appropriate information to reach his/her final hospital destination quickly. Volunteers are humanizers who make a patient's hospital experience more pleasant, and they also serve as public relations representatives bridging the gap between staff and community. *Kaseman location*

- **Information Desk:**

To provide information and directions to visitors, patients and hospital personnel, and when possible accompany visitor to their destination. The information desk volunteer is knowledgeable about the entire hospital, ready to give directions, transfer patient calls and greet visitors. *Kaseman location*

- **Shuttle Drivers:**

Volunteers will operate facility shuttle to assist patients. Specific requirements for these volunteers will be discussed at the facility.

Read to Me

- **Sorting and Re-Packing Children's Books for Donations:**

Unpack boxes of incoming books. Books are quickly assessed, then sorted into categories. Once sorted, bookmarks or stickers may be placed in the books, which are then repacked into outgoing, labeled boxes. All of this is done in a large, well-air conditioned room known as the Book Room. Wednesdays and Fridays 9:30-12:00pm.

Roadrunner Food Bank

- **Mobile Food Distributions:**

Assist in distributing food boxes at Highland High School Parking Lot.

- **Prepare Food Boxes:**

Assist in sorting, repacking and relabeling food inside Warehouse. Volunteers must be able to stand for a full 2 hour shift and lift at least 25+ pounds.

Ronald McDonald House Charities

- **Sew/ Crochet for Donations:**

Volunteers may sew/crochet or donate old clothing items for volunteer time.

University Hospital

- **Greeter/ Escort:**

The University hospital is in need of a greeter at the door to greet patients and also escort them to their appointments. **Please contact the RSVP office if you are interested in any of these opportunities**



MASTERS ROAD NATIONAL CHAMPIONSHIPS

AUGUST 2021 · ALBUQUERQUE, NM

VOLUNTEERS NEEDED

AUGUST 4-8, 2021

ABOUT THE CHAMPIONSHIPS

The City of Albuquerque, Bernalillo County, and the Albuquerque Sports Commission, a division of Visit Albuquerque are thrilled to be hosting the 2021 USA Cycling Masters Road National Championships, August 5-8, 2021. This event will bring 800 athletes, ages 35 and up, from across the U.S. along with families, friends, and spectators in to Albuquerque and surrounding metro areas. The championship races run over four days and include an individual time trial, road races, and criterium.

VOLUNTEERING

We need your help! We are looking for volunteers to help us make this National Championship event a success!

Volunteers are needed in areas such as:

- Set Up
- Parking
- Race Operations
- Hospitality
- Tear Down
- And much more!

Volunteers will receive a t-shirt and lunch.

TO VOLUNTEER:

Visit oneabqvolunteers.com to sign up!
Multiple Shifts are available.

USA CYCLING WEBSITE:

For event info, including schedule and maps, visit: usacycling.org/events/national-championships/2021-masters-road-nationals



**ONE
ALBUQUE
RQUE**

 **diverseIT**

senior affairs
cabq.gov/seniors
505-764-6400



**Senior Tech
Help Line:
505-503-INFO
(505-503-4636)
Mon-Fri, 9 a.m. - 4 p.m.**

The Department of Senior Affairs has teamed up with Adelante DiverseIT to offer a free tech help hotline to seniors! Call the number above to get your questions answered about your device, online safety, websites, and more.

AmeriCorps Senior Programs



CITY OF ALBUQUERQUE FOSTER GRANDPARENT PROGRAM

To be a Foster Grandparent:

Be age 55 or older

Be willing to serve 15 - 20 hours a week

Love children and wish to make a

Positive difference in their lives

Benefits include:

Pre-service Training

Supplemental accident and liability

Coverage while on duty

Meals while on duty

Travel reimbursement

Tax-free, \$3 hourly

Stipend for income-eligible participants

And More For more information call:(505) 764-6421



SENIOR COMPANION PROGRAM

ARE YOU 55 OR OVER AND LOOKING FOR A MEANINGFUL WAY TO SPEND SOME TIME? THE SENIOR COMPANION PROGRAM (SCP) NEEDS YOU!

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time with them providing companionship and friendship. Volunteers may also provide respite service to family members.

All it takes to be a volunteer is: be 55+, willing to serve a minimum of 16 hours per week, pass a fingerprint based background check, and enjoy working with elderly adults in need of assistance.

Benefits include: a stipend and paid time off for those who are income-eligible, mileage and meal reimbursement, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Stay active and engaged while also helping someone in need. Join the Albuquerque Senior Companion Program today! Call the SCP office at (505) 764-1007.



Become A
Volunteer