

RSVP Voluntimes

August 2023

Message from your RSVP Team

Happy August RSVP Volunteers!

As the hot summer days begin to wind down, the RSVP team is gearing up for a busy but exciting fall.

We kicked off August with celebrating all of you at our annual Volunteer Appreciation Breakfast. It was wonderful to see you and to take a moment to acknowledge all of the hard work you do on a daily basis. The RSVP team and Advisory Council members hold this event near and dear to our hearts because it gives us the opportunity to thank you.

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 for each and every one of you.

We also would like to thank Mayor Keller, Director Sanchez, our fantastic sponsors Blue Cross Blue Shield of New Mexico and Presbyterian Health Plan, emcee Ms. Augusta Meyers, Gov TV, the Senior Affairs staff, and all of our exhibitors for their support of this wonderful event.

In September, our team will be participating in the Senior Day at the State Fair as well as the Conference on Aging. We look forward to participating in these events annually as it gives us the opportunity to spread the word about the amazing work you all are doing in the community.

This year, the New Mexico Aging & Long-Term Services Department is requesting volunteers to help with various areas of the Conference on Aging. This year's conference will be held on September 12th & 13th at the National Hispanic Cultural Center. If you are available and interested in volunteering for the conference, please contact the RSVP office.

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

Cristina & Isaiah

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DSA Administration



Anna Sanchez, Director

Chris Sanchez
Deputy Director

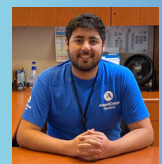
Nikki Peone
Associate Director

Natasha Montoya
Community Volunteer
Engagement Manager

RSVP Staff



Cristina Romero-Baca
RSVP Supervisor



Isaiah Valenzuela
RSVP Office Assistant

RSVP Office

714 Seventh Street SW
Albuquerque, NM 87102
505-767-5225

Important Dates

8/8/23: New Volunteer Orientation
9/4/23: RSVP Office Closed - Labor Day
9/11/23: Senior Day at the State Fair
9/12 - 9/13: New Mexico Conference on Aging

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. To obtain a copy of this policy contact the RSVP office.

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 Barelvas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

Volunteer Hours

As of January 30, 2023, The Retired Senior Volunteer Program (RSVP) will no longer accept Volunteer Time Tracking Sheets or Paper Time Sheets. Volunteers are required to submit all volunteer hours via the RSVP Web Assistant.

It is the policy of the RSVP that every volunteer enters their volunteer hours utilizing the RSVP Web Assistant. We highly recommend submitting hours on a daily basis. Volunteers can access the Web Assistant by going to www.cabq.gov/rsvp. Hours must be entered within 14 days from the day you volunteer. After the 14th day volunteers will not be able to submit hours via the Web Assistant.

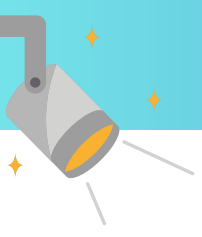
Calling All Volunteers!

The New Mexico Long-Term and Aging Department is looking for volunteers to assist with the Conference on Aging on September 12th & 13th.

Volunteers are needed to assist with the following:

- **Ushers**
- **Door Greeters**
- **Conference Guides**
- **Serving Meals**
- **Bag Stuffing**

Shifts are approximately four hours long. Please contact the RSVP office at (505) 767-5225 if you are interested in helping with this event.



Station Spotlight

New Mexico Ramp Project



Project Managers needed to build ramps for disabled individuals.

Project Managers (PM) are needed to guide teams of volunteers as they build ramps to get people out of the prison that their home can become. The PM would work with only one ramp at a time. As a volunteer they determine how many they want to do and how often. NMRP furnishes all training, tools and materials needed. With more than 10,000 handicapped ramps required in New Mexico the need is great. If you are willing to help, please contact Greg Hallstrom at (505) 400-1776 or ExecutiveDirector@NMRamp.org.

Your neighbor needs you.....



RSVP Spring Survey Winner

The RSVP team would like to thank all who participated in our spring survey. The winner of the \$25.00 Amazon gift card is Barelas Senior Center member, Ms. Dora Martinez. Congratulations Dora!



RSVP Advisory Council Grant

Due to the planning of the RSVP Volunteer Appreciation Breakfast, the issuing of the 2023 RSVP Advisory Council Grant guidelines has been postponed until further notice. As soon as the Advisory Council has finalized the grant guidelines, we will make an announcement in our newsletter as well as on our website. We sincerely apologize for the delay but hope to have something this opportunity rolled out in the near future!

Advisory Council Members

President
Amy Fisher

Treasurer
Marlene Sena

Dorothy Garcia
Andrea Garcia-Lansford
Greg Hallstrom
Sonyia Hartwell
Tony Johnson
Tomas Lujan
Millie Martinez
Marie Morra
Michele Watkins
Judy Spear

August Birthdays

- | | | |
|-------------------------|--------------------------|-------------------------|
| 8/1 - Robert Fass | 8/15 - Marilee Sanders | 8/25 - David Wimsatt |
| 8/2 - Rosemary Davidson | - Michael Chavez | 8/26 - Edward Sullivan |
| 8/4 - Frank Marquez | - Yvonne Mangrum-Spicer | - Lupe Reynoso |
| - Charles Garner | - Woody Simpson | 8/27 - Jean Spalt |
| 8/5 - Mary Garcia | - Michael Hadaway | - Bo Keith |
| 8/6 - Elizabeth Yanes | 8/17 - William Hammetter | - Marilyn Stock |
| - Ann Shields | 8/18 - Arlene Stein | 8/28 - Sunita Moonka |
| 8/7 - Joe Vigil | 8/20 - Raymond Taylor | - Louisa Martinez |
| - Patricia Lake | - Carol Ann Ifversen | - Geri Saunders |
| 8/8 - Kim Ho Tran | 8/21 - Janet Dominguez | 8/29 - Guy Dahms |
| - Henry Shoner | - Gloria Borton | - Viola Hurtado |
| 8/9 - Robert Martinez | 8/22 - Gloria Collins | 8/30 - Michael Gillotti |
| 8/12 - Susan Mulvaney | - Erna Rothe | 8/31 - Yixin Zhang |
| 8/13 - Janet Orona | 8/24 - Bernard Urbassik | |
| - Allen Spalt | - Robert Walling | |

Volunteer Opportunities

Special Projects

Conference on Aging

The Long-Term & Aging Department is looking for volunteers to assist with the Conference on Aging. If you are interested contact the RSVP office.

Presbyterian Health Services

Presbyterian Health Services is looking for volunteers to staff their information desks and gift shop. If you are interested, contact the RSVP office at (505) 767-5225.

Information & Assistance

DSA I&A is looking for volunteers to assist with providing senior resource materials at local outreach events. If you are interested, please contact the RSVP office at (505) 767-5225.

Ombudsman Program

The State of New Mexico's Long-Term and Aging Department is looking for volunteers to serve in the Ombudsman Program. If you are interested, please contact the RSVP office.

RSVP Volunteer Stations

Adelante Development Center
AFME Foundation - AFMX
Alameda Satellite Site
Albuquerque Bio Park Education
Albuquerque Little Theater
Albuquerque Police Department
Albuquerque Reads
Alzheimers Association
Anderson/Abruzzo International
Balloon Museum
Animal Welfare Department
Aviation Department
Barelas Senior Center
Bear Canyon Senior Center
Catholic Charities
Cesar Chavez Comm. Ctr.
Dress for Success
DSA Advisory Council
DSA Case Management

DSA Home Services
DSA Information & Assistance
Ed Romero Terrace Meal Site
Embudo Towers Meal Site
Encino Garden Meal Site
Encino Terrace Meal Site
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
Keshet Dance Comapny/Center
for the Arts
La Amistad Mealsite
Long-Term Care Ombudsman
Los Duranes Senior Satellite
Los Volcanes Fitness Center
Los Volcanes Senior Center
Lovelace Women's Hospital
Manzano Mesa Multigenerational
Center
Manzano Mesa Sports and Fitness
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 Commission for the Blind
North Domingo Baca M.C.
North Domingo Baca Sports and
Fitness
North Valley Senior Center
Open Space Visitor Center
Outpost Performance Space
Palo Duro Senior Center
Palo Duro Sports & Fitness Center

Paradise Hills West Annex
Popejoy Hall
Presbyterian Healthcare Services
Presbyterian Kaseman
Presbyterian Northside
ProMedica Hospice
Read to Me Albuquerque Network
Rio Bravo Satellite Site
Roadrunner Food Bank
Ronald McDonald House Charities
RSVP
Shalom House Mealsite
Son Broadcasting Network
South Valley Multi-Purpose Ctr.
Mealsite
Storehouse
Taylor Ranch Community Center
Tender Love Community Center
Tijeras Senior Center
Department of Senior Affairs
Transit
University Hospital
VA Center for Development and
Civic Eng
Visit Albuquerque
Western Sky Community Care
Westgate Community Center
Whispering Pines Satellite
Wings For LIFE International

**To sign up for RSVP volunteer opportunities call the RSVP office at 505-767-5225.

Volunteer Spotlight

2023 RSVP Award Winners

For this month's Volunteer Spotlight we highlight the 2023 RSVP Volunteer Appreciation Breakfast Award Winners.

Lifetime Achievement - Jean Spalt

Jean has volunteered with RSVP for 18 years! During her tenure, Jean has contributed 3,927 hours of service. Jean serves at the Visit Albuquerque Old Town Visitor Center. According to the station manager Liz Burnam, "Jean has been a dedicated volunteer for Visit Albuquerque for over 17 years. Jean exhibits exceptional leadership skills; Jean has continued to take the lead on brochure organization for the Old Town Visitor Center and the Old Town Directory. Visit Albuquerque is delighted to have Jean Spalt as part of the team, we are truly blessed to have an advocate for our City and for our organization. I have learned so much about what it means to be a leader from her. Jean is truly a GEM!" Thank you, Jean, for your dedication to serving the Albuquerque community!



Rookie of the Year - Frank Marquez

Frank has volunteered with RSVP since August 24, 2022 and has contributed 236 hours of service. Frank serves at the Highland Senior Center Kitchen. According to Center Manager Julianna Brooks, "Frank is an exceptional volunteer. He is always willing to help no matter what the task is. Frank is a friendly, outgoing loving, and caring individual. He is a joy to be around and work with." Thank you, Frank, for your service!



Congratulations!

Station of the Year - Bear Canyon Senior Center



Volunteers at the Bear Canyon Senior Center contributed 4,772 hours of service! Thank you for your passion and dedication to enriching the lives of your fellow BCSC members!

Kudos Corner



A special heartfelt thank you goes out to Ms. Augusta Meyers for agreeing to once again be the emcee for our Volunteer Appreciation Breakfast. Thank you, Augusta, for all that you do for RSVP and the community!



A huge thank you to the RSVP Advisory Council members for their hard work on planning and executing the RSVP Appreciation Breakfast! The RSVP team appreciates all that you do!

**THANK
YOU!**

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
31 <ul style="list-style-type: none"> ◆ Spaghetti w/ marinara sauce ◆ Broccoli w/ red peppers ◆ Seasonal vegetable ◆ Garlic breadstick ◆ Yogurt ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Green chile chicken enchilada ◆ Pinto beans ◆ Calabacitas ◆ Mandarin oranges ◆ 1% milk 	2 <ul style="list-style-type: none"> ◆ Philly Cheesesteak sandwich ◆ Steamed carrots ◆ Warm cinnamon apples ◆ Whole grain hoagie bun ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Meatloaf w/ tomato gravy ◆ Roasted redskin potatoes ◆ Green beans ◆ Fresh seasonal fruit ◆ Whole grain dinner role ◆ 1% milk 	4 <ul style="list-style-type: none"> ◆ Salmon w/ pineapple over brown rice pilaf ◆ Brussel sprouts ◆ Diced beets ◆ Honeydew melon ◆ 1% milk 
7 <ul style="list-style-type: none"> ◆ Sweet and sour pork w/ fajita blend vegetables ◆ Brown rice ◆ Green peas ◆ Vanilla pudding ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Cheeseburger w/ mushrooms ◆ Mushroom sauté ◆ Tater tots ◆ Whole grain bun ◆ Banana ◆ 1% milk 	9 <ul style="list-style-type: none"> ◆ Lime fish tacos ◆ Calabacitas ◆ Steamed carrots ◆ Fresh seasonal fruit ◆ 1% milk 	10 <ul style="list-style-type: none"> ◆ Beef tips w/ brown gravy ◆ Spinach w/ onions ◆ Sweet potatoes ◆ Watermelon or fresh seasonal fruit ◆ 1% milk 	11 <ul style="list-style-type: none"> ◆ Chicken alfredo ◆ Zucchini w/ red peppers ◆ Seasonal vegetable ◆ Fresh peaches or fresh seasonal fruit ◆ 1% milk 
14 <ul style="list-style-type: none"> ◆ Cheese omelet w/ red chile ◆ Stewed tomato ◆ Diced potatoes ◆ Whole grain biscuit ◆ Mandarin oranges ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Spaghetti w/ meatballs ◆ Green beans ◆ Seasonal vegetable ◆ Pineapple ◆ 1% milk 	16 <ul style="list-style-type: none"> ◆ Chicken salad w/ bell pepper, celery, onion ◆ Fresh cucumber slices ◆ Coleslaw ◆ Whole grain bread ◆ Cantaloupe ◆ 1% milk 	17 <ul style="list-style-type: none"> ◆ Pollock over brown rice ◆ Malibu blend (carrots, cauliflower) ◆ Green peas ◆ Fresh seasonal fruit ◆ Tarter sauce ◆ 1% milk 	18 <ul style="list-style-type: none"> ◆ Roasted pork loin w/ brown gravy ◆ Scalloped potatoes ◆ Carrots ◆ Pears ◆ Whole grain dinner role ◆ 1% milk 
21 <ul style="list-style-type: none"> ◆ Salisbury steak w/ brown gravy ◆ Roasted rosemary potatoes ◆ Spinach ◆ Mandarin oranges ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ BBQ pork ◆ Baked beans ◆ Broccoli w/ red peppers ◆ Fresh apricots or fresh seasonal fruit ◆ Whole grain dinner role ◆ 1% milk 	23 <ul style="list-style-type: none"> ◆ Baked seasoned chicken w/ brown rice pilaf ◆ Sweet potato ◆ Green beans ◆ Red grapes ◆ 1% milk 	24 <ul style="list-style-type: none"> ◆ Spinach lasagna ◆ Buttery corn ◆ Summer squash ◆ Garlic breadstick ◆ Yogurt ◆ 1% milk 	25 <ul style="list-style-type: none"> ◆ Baked garlic tilapia w ancient grain blend ◆ Brussel sprouts ◆ Corn w/ bell peppers ◆ Honeydew melon ◆ Chocolate chip cookies ◆ 1% milk 
28 <ul style="list-style-type: none"> ◆ Sliced ham w/ cornbread ◆ Pinto beans ◆ Collard greens ◆ Pineapple ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Beef and vegetable stir fry ◆ Buttered noodles ◆ Green beans w/ mushrooms ◆ Fresh seasonal fruit ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Fish and chips ◆ Stewed tomatoes ◆ Warm sliced apples ◆ Whole grain dinner role ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Chicken w/ ziti pasta ◆ Steamed broccoli ◆ Carrots and zucchini ◆ Fresh strawberries ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Green chile cheeseburger ◆ Tator tots ◆ Sliced tomatoes ◆ Whole grain bun ◆ Watermelon ◆ 1% milk 