

# hello DECEMBER

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelás Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelás neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,  
Anna M. Sanchez, Director



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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

**Vacant**  
RSVP Supervisor

**Isaiah Valenzuela**  
RSVP Volunteer Coordinator

**Maiyi 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

- 12/2: Cyber Monday
- 12/3: Giving Tuesday
- 12/21: First Day of Winter
- 12/24: Christmas Eve
- 12/25: **CLOSED** - Christmas Day
- 12/26: First Day of Hanukkah
- 12/26: First Day of Kwanzaa
- 12/31: New Year's Eve
- 01/01: **CLOSED** - New Year's Day

**HAPPY HOLIDAYS**

## 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



Blue Cross and Blue Shield of New Mexico  
**CARE VAN® EVENT** 9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

**WEDNESDAY**  
**OCTOBER 23**

North Domingo Baca  
Multigenerational  
Center

**WEDNESDAY**  
**NOVEMBER 13**

Barelas  
Senior Center

**WEDNESDAY**  
**DECEMBER 4**

Palo Duro  
Senior Center

Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!  
*The Medicare 101 will take place from 10 - 11 a.m. inside the center.*  
*Pre-registration is required for the presentation.*

**ONE ALBUQUE** senior affairs  
**RQUE**

Transportation Provided Visit your center's front desk for more information or to sign up.

**BlueCross BlueShield**  
of New Mexico  
A Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company,  
an Equal Opportunity Licensure of Health  
Care Plans and Blue Shield Association

# SENIOR DAY AT THE ROUNDHOUSE

**January 27, 2025 | 9am - 2pm**

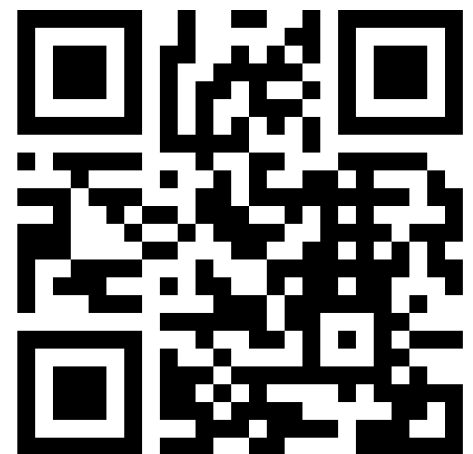
Let's come together to celebrate Senior Day in New Mexico and make a meaningful impact for aging adults. Your voice matters, and your presence can make a difference.

You can be a driving force in transforming the landscape for older adults in our state. Join us for an exciting day of advocacy, empowerment, and connection.

## WHAT TO EXPECT

- FREE Refreshments
- Complimentary Scarf (First 700 Attendees)
- Policy Guide Handbook
- Engage with Elected Officials
- Socialize & Network

Scan the QR code or visit [www.aginginm.org](http://www.aginginm.org) to RSVP



# Celebrations

## December Birthdays

1st	Graciela Ramirez Gomez	14th	Arnel Oczon	24th	Catherine Apodaca
2nd	Letha Allen	15th	Gilberto 'Richard' Martinez Nancy Thompson	25th	Panee Diamond
4th	Magdalena Barbour Clorinda Fisher Julian Lopez Inez Richardson	16th	Louisa Gonzales Barbara Vick	26th	Dennis Maietta
5th	Richard Wittsell	18th	Diana Starustka	29th	Amy Baird Jan Caron Viola Garcia Patrick Sena Josephine Trujillo
6th	Gary Day Janet London	19th	William Haddad Pattie Salas	31st	Alla Kremer
8th	Harriet Berry Thomas Ware	20th	Irene Aragon Nancy Eakins Delores Munson		
9th	Lisa Pohl	21st	Miguel Baca		
11th	Barbara Pohl	22nd	Maria Annie Casaus Ron Mansoldo Pauline Palmer-Green		
12th	Patrick Turrieta James Varney	23rd	Maria Castillo Debra Montoya Carolyn Rigiroszi		
13th	Mary Lucero				



RSVP volunteer and longtime Advisory Council member Millie Martinez was named by US Eagle Credit Union as community volunteer of the month for November.

Millie was honored in January by the Department of Senior Affairs for her 25 years of volunteer service at its annual pinning ceremony. She is active on the RSVP Advisory Council where she was a previous recipient of the Lifetime Achievement Award and at the Bear Canyon Senior Center.

As a part of the recognition by US Eagle, they will make a substantial monetary donation to Friends of Bear Canyon in Millie's name.

Congratulations to Millie Martinez for her of dedication and service to the seniors of Albuquerque.

## Congratulations Millie Martinez!



# 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  
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 Ramp Project  
New Mexico Veterans Memorial  
NM Museum of Nat. Hist. and  
Science

NM Aging & Long-Term Services  
NM Commission 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 Eng  
Visit Albuquerque

## Special Projects

### Home Services

Home Services is in need of a computer savvy volunteer that is available 20 hours a week to assist with various clerical duties.

If you are interested, please call the RSVP office at (505)767-5225 for more information.

### PETS Project

The Department of Senior Affairs and Animal Welfare have teamed up to deliver pet food to homebound seniors in our community.

We are in need of pet friendly volunteers to pick up and transport gallon buckets of pet food twice a month.

### Vial of Life Project

On December 10th, The Department of Senior Affairs will be assembling information kits for local seniors. These one-page forms will keep first responders informed of important health related details when they respond. This year, we will assemble 1,000 kits, each with a sticker, info sheet, and a magnet.

If you are interested, please call the RSVP office at (505)767-5225 for more information.

### Veteran Meal Kit Prep

On December 17th, RSVP will be in need of 10 volunteers to help assemble and package 25-pound box for our in-need veterans' and their families this holiday season.

If you are interested in this opportunity, please contact the RSVP office for more information.

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
<p>2</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Green Chile Gravy</li> <li>◆ Corn</li> <li>◆ Mashed Potatoes</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Turkey Tetrazzini</li> <li>◆ Brussel Sprouts</li> <li>◆ Peach Cobbler</li> <li>◆ Breadstick</li> <li>◆ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Baked Tilapia w/Tarter Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Green Beans</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Spaghetti /Mushrooms</li> <li>◆ Seasonal Vegetable</li> <li>◆ Breadstick</li> <li>◆ Mixed Fruit Cup</li> <li>◆ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Diced Pork w/ Gravy</li> <li>◆ Brown Rice</li> <li>◆ Oriental Blend</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 
<p>9</p> <ul style="list-style-type: none"> <li>◆ Beef Stir-Fry</li> <li>◆ Butter Noodles</li> <li>◆ Fortune Cookies</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Lemon Baked Salmon</li> <li>◆ White Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Dinner Roll/ Margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Pork Tamale/Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Vegetable/ Calabacitas</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>◆ Cheese Omelet / Onions &amp; Peppers</li> <li>◆ Stewed Tomatoes</li> <li>◆ Spinach</li> <li>◆ Apple Sauce</li> <li>◆ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Chicken Posole</li> <li>◆ Succotash</li> <li>◆ Tortilla</li> <li>◆ Diced Pears</li> <li>◆ 1% milk</li> </ul> 
<p>16</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada/ Red Chile</li> <li>◆ Spanish Rice</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Turkey &amp; Brown Rice w/ Gravy</li> <li>◆ Green Beans</li> <li>◆ Cauliflower w/ Red Peppers</li> <li>◆ Apple Sauce</li> <li>◆ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Mashed Potatoes</li> <li>◆ Diced Beets</li> <li>◆ Mixed Fruits</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Macaroni &amp; Broccoli</li> <li>◆ Spinach</li> <li>◆ Cherry Cobbler</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Ground Beef/Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Combread</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 
<p>23</p> <ul style="list-style-type: none"> <li>◆ Baked Cod Fish/ Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Ham/Pineapple Glaze</li> <li>◆ Mashed Sweet Potatoes</li> <li>◆ Mixed Vegetables</li> <li>◆ Holiday Cookie</li> <li>◆ 1% milk</li> </ul> 	<p>25</p> <p style="text-align: center;"><b>CLOSED</b> <b>Happy Holidays</b></p>	<p>26</p> <ul style="list-style-type: none"> <li>◆ Veggie Cheeseburger</li> <li>◆ Diced Beets</li> <li>◆ Normandy Blend</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Green Chile Chicken Tamale</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 
<p>30</p> <ul style="list-style-type: none"> <li>◆ Texas Chili</li> <li>◆ Cornbread/Margarine</li> <li>◆ Succotash</li> <li>◆ Diced Pears</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Asian Diced Pork/ Peppers</li> <li>◆ Rice Pilaf</li> <li>◆ Oriental Blend</li> <li>◆ Fortune Cookie</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <p style="text-align: center;"><b>CLOSED</b> <b>HAPPY NEW YEAR</b></p>	<p>2</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Red Chile &amp; Peppers</li> <li>◆ Sweet Potatoes</li> <li>◆ Blackeye Peas</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Breaded Cod/ Tartar Sauce</li> <li>◆ Crinkle Cut Fries</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Brownies</li> <li>◆ 1% milk</li> </ul> 