

HAPPY NEW YEAR

As we welcome a new year full of possibilities, January provides the perfect opportunity to reflect on what matters most and take steps toward meaningful action.

This month, inspired by the legacy of Dr. Martin Luther King Jr., we're reminded that true change begins with service.

We invite you to join us in making a difference. Whether it's lending a hand at our senior centers or contributing your time to our community partners through arts and culture, food/meal services, and outreach your efforts will help strengthen our community and honor the spirit of unity and justice Dr. King championed.

For the end of the calendar year the RSVP wanted to give you an update on the service efforts of our program. You all contributed over 44,000 hours.

Let's start 2024 together, building a brighter future through service.

Thank you for every thing that you do,

RSVP Office

AmeriCorps Seniors RSVP promotes the engagement of older persons as community resources in planning for community improvement and in delivery of volunteer services.

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DSA Administration



Anna Sanchez, Director

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Deputy Director

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Associate Director

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Community Volunteer
Engagement Manager

RSVP Staff

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Isaiah Valenzuela
RSVP Volunteer Coordinator

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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

1/1: CLOSED - New Years' Day

1/2: Last day of Chanukah

1/20: CLOSED - MLK Day

1/20: Inauguration Day

1/29: Lunar New Year



2024 True Heroes

RSVP Advisory Council Member, Greg Hallstrom, has been honored this year with an article in the New Mexico Magazine to shine light on his work as the founder of the New Mexico Ramp Project.

Greg founded the New Mexico Ramp Project in 2019 to provide free ramps for people with mobility issues in more than 15 counties and tribal homelands across New Mexico.

Greg is always looking for volunteers in hopes of being able to expand the operation to all 33 New Mexico counties.

If you or anyone you know would like to offer your time to volunteer with the New Mexico Ramp Project or are in need of a ramp please reach out to the RSVP Office at (505)767-5225.

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

SENIOR DAY AT THE ROUNDHOUSE

January 27, 2025

9am - 2pm

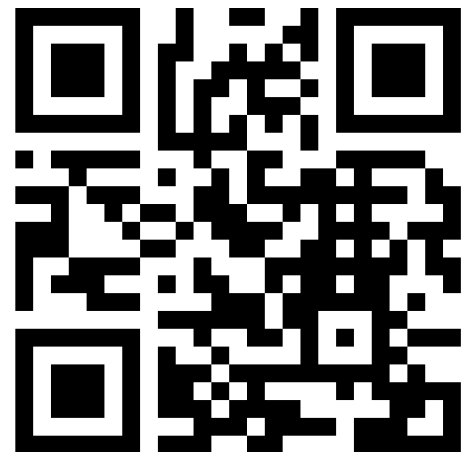
Let's come together to celebrate Senior Day in New Mexico and make a meaningful impact for aging adults. Your voice matters, and your presence can make a difference.

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.aginginnm.org to RSVP



Celebrations

January Birthdays

1st Millie Martinez

3rd Corrine Baca

5th Louise Milhollin

6th Charlene Gabaldon

7th Sam Caldwell
Jody Stiegler
Wayne Webster

8th Sonyia Hartwell

9th Silviano Jaramillo

10th Sylvia Maestas

12th Michelle Massie
Suzanne Shannon
Carol Wolvington

13th Pablo Candelaria
Mercedes Mejia
Josie Tennant

16th Paul Nunez

17th Karen Jonak

19th Donna Abbott
William Gornall

20th Maria Sabatel

21st Carl Gervais
Mara Kerkes

22nd Catherine Weidle

24th Timothy Hoffmann

25th Brian Montoya
Ramona Simmons

26th Catherine Lawrie

27th Joe Lopez

29th Joseph Chavez



Congratulations Bob Martinez & Thomas Lujan!

This summer, two of our RSVP Advisory Council members, Bob Martinez & Thomas Lujan, will be honored in Washington DC by Honor Flight of Northern New Mexico for their service to our country.

Honor Flight of Northern New Mexico is a 501c-3 non-profit organization dedicated to providing Veterans with honor and closure.

Thank you, Bob and Tom, for your service to our country and congratulations on this incredible honor.

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 are in need of pet friendly volunteers with a COP to transport pet food to homebound seniors in our community.






MLK Day of Service

RSVP's Annual MLK Day of Service is fast approaching and we are in need of 4 volunteers to help us pack and distribute food boxes for community members in need.

If you are interested, please call the RSVP office at (505)767-5225 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>30</p> <ul style="list-style-type: none"> ◆ Texas Chili ◆ Cornbread/Margarine ◆ Succotash ◆ Diced Pears ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Asian Diced Pork/Peppers ◆ Rice Pilaf ◆ Oriental Blend ◆ Fortune Cookie ◆ 1% milk 	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <ul style="list-style-type: none"> ◆ Omelet w/ Red Chile & Peppers ◆ Sweet Potatoes ◆ Blackeye Peas ◆ Dinner Roll/Margarine ◆ Pudding ◆ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Crinkle Cut Fries ◆ Peas & Carrots ◆ Brownies ◆ 1% milk 
<p>6</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Green Chile Gravy ◆ Sweet Potato Mash ◆ Cauliflower w/ Pepitas ◆ Diner Roll/Margarine ◆ Orange ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Turkey Tetrizzini ◆ Corn & Edamame ◆ Dinner Roll/Margarine ◆ Jell-O ◆ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Brown Rice ◆ Roasted Fall Veggies ◆ Dinner Roll/Margarine ◆ Mixed Berries ◆ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Omelet w/ Red Chile & Pepitas ◆ Pinto Beans w/ Spinach & Bell Peppers ◆ Dinner Roll/Margarine ◆ Apple Slices ◆ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Diced Pork w/ Gravy ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Dinner Roll/Margarine ◆ Pear Slices ◆ 1% milk 
<p>13</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy Over Bowtie Pasta ◆ Brussel Sprouts ◆ Diner Roll/ Margarine ◆ Yogurt ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Lemon Baked Tilapia w/ Tartar Sauce ◆ Sweet Potato Mash ◆ Green Beans ◆ Diner Roll/ Margarine ◆ Mixed Berries ◆ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Chicken Tamales w/ Red Chile & Pepitas ◆ Steamed Mushroom ◆ Berry Compote ◆ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Cheese Lasagna ◆ Roasted Fall Veggies ◆ Dinner Roll/Margarine ◆ Jell-O ◆ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ◆ Chicken Posole ◆ Steamed Mushroom ◆ Sauteed Spinach ◆ Diner Roll/ Margarine ◆ Orange ◆ 1% milk 
<p>20</p> 	<p>21</p> <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Sweet Potato Mash ◆ Sauteed Spinach ◆ Diner Roll/ Margarine ◆ Jell-O ◆ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Diner Roll/ Margarine ◆ Apple Slices ◆ 1% milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Macaroni & Broccoli ◆ Brussel Sprouts ◆ Diner Roll/ Margarine ◆ Pineapple ◆ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Green Chile Gravy ◆ Mashed Potatoes ◆ Roasted Fall Veggies ◆ Diner Roll/ Margarine ◆ Pear Slices ◆ 1% milk 
<p>27</p> <ul style="list-style-type: none"> ◆ Lemon Baked Tilapia w/ Tartar Suce ◆ Mashed Potatoes ◆ Corn & Edamame ◆ Diner Roll/ Margarine ◆ Apple Slices ◆ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Chicken Tamales w/ Red Chile & Pepitas ◆ Steamed Mushroom ◆ Berry Compote ◆ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Diced Pork w/ Gravy ◆ Sweet Potato Mash ◆ Green Beans ◆ Diner Roll/ Margarine ◆ Jell-O ◆ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Spaghetti w/ Tomato Sauce & Mushrooms ◆ Cauliflower w/ Pepitas ◆ Dinner Roll/Margarine ◆ Orange ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Brown Rice ◆ Roasted Fall Veggies ◆ Diner Roll/Margarine ◆ Mixed Berries ◆ 1% milk 