



# Hello NOVEMBER

We hope that you all had a great month of October. As the days grow shorter and the season of giving draws closer, November presents a wonderful opportunity to reflect on how we can make a meaningful difference in our communities. This month, we're encouraging everyone to join hands and give back through volunteering.

Volunteering in November is a special way to express gratitude for all we have by helping others who may be in need. Whether it's lending a hand at a local food bank, spending time with seniors, helping out at a shelter, or joining a cleanup effort, there are countless ways to make a positive impact.

We have a few new events that we are going to need help with: First our holiday donation drive begins on November 1st, and we will be needing personal hygiene items, gloves, socks, grooming items, protein drinks adult depends, laundry detergent, scarfs, tissues and toilet paper. You can drop off your donation at any of the senior or multigenerational centers. We will also be needing volunteers help sorting and bagging all of the donations on December 5th and 6th. If you are interested in helping, please contact our office.

Second big project we will also be needing help with our new PETS project. In collaboration with the Animal Welfare Department and VIA we are helping distribute dog and cat food to our homebound seniors. We are in need of two volunteers once per month that have their COP to assist in the pick-up and drop off of the food. If you are interested in helping, please give our office a call.

Together, we can create a ripple effect of kindness that extends far beyond our immediate circles and into our community. RSVP is excited to see the difference we can make together this November and Holiday Season Please reach out if you need suggestions on where to start or would like to connect with an organization in need of volunteers.

Thank you for your kindness and generosity. Let's make this a season of giving back!

-Isaiah

### Inside this Issue

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

### 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

**Mailiya 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

- 11/1: First Day of Native American Heritage Month
- 11/3: Daylight Saving Time ends
- 11/5: Election Day
- 11/11: Veterans Day
- 11/16: Ageless Artisan Fair
- 11/27: Holiday Donations Due
- 11/28-29: CLOSED - Thanksgiving



## 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

Amy Fisher

### Vice President

Sonyia Hartwell

### Secretary

Andrea Garcia-Lansford

### Treasurer

Marlene Sena

Judy Spear

Millie Martinez

Tomas Lujan

Dorothy Garcia

Marie Morra

Nick Manole

Michele Watkins

Julie McCullough

Bob Martinez

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.*



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



# DSA Sports & Fitness

As the colder months approach, DSA Sports & Fitness have some exciting & sporty events for our community to look forward to!

DSA Sports & Fitness is looking for volunteers interested in lending a helping hand for the following upcoming events that we know many of you have previously attended either as a volunteer or a participant!

If you think any of the following opportunities would be a good fit for you please reach out to the RSVP office at (505)767-5225 for more information!

- **Orientation for coaches at various Senior & Multigenerational Centers**
- **Ski Trip Drivers**
  - January 9th, 2025 & March 13th, 2025 from Palo Duro Sports & Fitness Center
- **National Senior Health & Fitness Day**
  - May 28th, 2025 at North Domingo Baca Multigenerational Center
- **NM Senior Olympics 2025**
  - **Swimming**
    - February 22nd at West Mesa Aquatics
  - **Shuffleboard Tournament**
    - February 25th, 2025 at Manzano Mesa Multigenerational Center
  - **Pickleball Tournament**
    - June 13th - 15th, 2025 at Manzano Mesa Multigenerational Center
  - **Track & Field**
    - Date TBD

# Celebrations

## November Birthdays

1st Michael Garcia  
Rita Romero

15th John Franklin  
Anne Merkley

25th Steven Armer

4th Charles Chavez

16th Sara Jensen

28th Bill Davidson  
Sheliah Tramel

Barbara Egelman  
Victor Gonzales

17th Paul Brennan

29th Patricia Appel

5th Angela Lovato  
Paulette Lovon  
Margie Martinez  
Deanne Moddy-Mettling

19th Roberta Moore

30th John Boedeker

6th Kim Williams

21st Ginny Azevedo  
Diane Boehler  
Marilyn Lafer  
Yingjian Zhang

7th Danny Lay Jr.

22nd David Lenzer

9th Colleen Von Kittel

11th Rickie Gonzales

24th Julissa Gomez  
Jennie Jiron  
Nasrin Movaghar

14th David Lund



*Ageless Artisan  
Craft Fair*

NOVEMBER  
SATURDAY 16 9AM-1PM

Manzano Mesa Multigenerational Center  
501 Elizabeth St. SE, 87123  
505-275-8731

Just in Time for the Holidays!  
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

ONE ALBUQUE RQUE

ONE ALBUQUE RQUE senior affairs

independence at home  
A SCAN COMMUNITY SERVICE

Annual Senior  
Holiday Donation Drive

The Department of Senior Affairs is collecting donations of NEW items to share with seniors in need this holiday season.

Donations will be delivered to older adults enrolled in our Care Coordination program.  
Help us spread some holiday cheer with your generous donations to homebound seniors!

Bring donations to your local senior or multigenerational center before November 27, 2024

NEW Items needed:

- Protein Drinks
- Adult Depends
- Scarves, hats, and socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming sets
- Tissue & Toilet Paper

QR Code

Scan to see our registry on Amazon

For more information, drop-off locations hours and directions, please call (505) 764-6400



# Opportunities

## Volunteer Stations

Albuquerque Bio Park Education  
Albuquerque Little Theater  
Albuquerque Museum  
Albuquerque Police Department  
Albuquerque Reads  
Alzheimers Association  
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  
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  
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  
Storehouse  
Tender Love Community Center  
University Hospital  
VA Center for Development and  
Civic Eng  
Visit Albuquerque  
Western Sky Community Care  
Wings For LIFE International

## 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.



# NOVEMBER 2024



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>28</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Corn</li> <li>◆ Tortilla</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>◆ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>◆ Sweet Potato</li> <li>◆ Green Beans</li> <li>◆ Apple Slices w/ Peanut Butter Cup</li> <li>◆ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hash Browns</li> <li>◆ 5 Way Vegetable Blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>◆ Pot Roast (Potatoes, Celery, Carrots)</li> <li>◆ Italian Blend</li> <li>◆ Ancient Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 
<p>4</p> <ul style="list-style-type: none"> <li>◆ Pork Loin w/ Gravy</li> <li>◆ Rice Pilaf</li> <li>◆ Corn</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Diced Pears</li> <li>◆ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Italian Blend Vegetables</li> <li>◆ Tater Tots w/ Ketchup</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Chicken Fajita w/ Fajita Blend</li> <li>◆ Diced Potatoes</li> <li>◆ Pinto Beans</li> <li>◆ Red Apple</li> <li>◆ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Broccoli Mac &amp; Cheese</li> <li>◆ Normandy Blend</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>◆ Steak Fingers w/ White Gravy</li> <li>◆ Red Potatoes</li> <li>◆ Succotash</li> <li>◆ Sugar Cookie</li> <li>◆ 1% milk</li> </ul> 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> <li>◆ Ham w/ Pineapple Glaze</li> <li>◆ Biscuit w/ Margarine</li> <li>◆ Sweet Potatoes</li> <li>◆ Mixed Fruit</li> <li>◆ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Meatball Sub Sandwich w/ Mozzarella</li> <li>◆ Diced Potatoes w/ Ketchup</li> <li>◆ Normandy Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hashbrowns</li> <li>◆ Stewed Tomatoes</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>◆ Green Chile Chicken Enchiladas</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 
<p>18</p> <ul style="list-style-type: none"> <li>◆ Cajun Salmon</li> <li>◆ Fettuccine Alfredo</li> <li>◆ Steamed Carrots</li> <li>◆ Granny Smith Apple</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Beef w/ Peppers &amp; Onions</li> <li>◆ Black Beans</li> <li>◆ Imperial Blend</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Elbow Macaroni</li> <li>◆ Roasted Carrots</li> <li>◆ Sliced Beets</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera w/ Alfredo Sauce</li> <li>◆ Northwest Blend</li> <li>◆ Breadstick</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>◆ Breaded Cod Fish w/ Tarter Sauce</li> <li>◆ Steamed Red Potatoes</li> <li>◆ Peas</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
<p>25</p> <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Rosemary Potatoes</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada w/ Red Chile</li> <li>◆ Flour Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Herb Roasted Turkey w/ Gravy</li> <li>◆ Stuffing w/ Gravy</li> <li>◆ Green Bean Casserole</li> <li>◆ Dinner Roll</li> <li>◆ Pumpkin Cake</li> <li>◆ 1% milk</li> </ul> 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	