

RSVP Voluntimes

October 2023

Message from RSVP Staff

Hello and happy start to the fall season! We hope that your summer was full of exciting activities. The RSVP team had a great month of September full of new volunteers and helping out our community through various volunteer events! Our first big announcement is that we have a new member joining our RSVP team! Ms. Mailiya Williams will be taking over the Office Assistant position. She has been with city for over two years and brings great organizational skills, a wealth of experience and knowledge of city policies and procedures. Mailiya joins us from Manzano Mesa Multigenerational Center and she is very excited to get to meet you all. Mailiya enjoys her time off on the weekends, traveling and country music. She is an amazing person and we are so lucky to have her on our team!

The Conference on Aging is rescheduled for next month at the National Hispanic Cultural Center. The conference will be held on November 13th through the 15th. If you had signed up to volunteer for the event back in August RSVP will be reaching out to you to see if you still want volunteer. If you want to attend the event but not volunteer you can register at their website:

<https://aging.nm.gov/news-events/conference-on-aging>. The cost of the event is \$10 and includes really great content such as seminars, senior health information and guest speakers. Check in with your Senior Center to see about ride options to and from the event.

We hope to have a great fall with lots of fun and volunteering our community! Have a great month!

- Cristina, Isaiah and Mailiya

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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 Volunteer Coordinator

Mailiya Williams
RSVP Office Assistant

RSVP Office:
714 Seventh St SW
Albuquerque, NM 87102

Phone Number:
505-767-5225

Office Hours:
Monday - Friday
8am to 5pm

Important Dates

- 10/20: Manzano Mesa Multigen Center Fall Festival 4:30pm - 9:30pm
- 10/27: Barelas Senior Center Halloween Party
- 10/28: Boo at the Zoo Halloween event
- 10/30: Meadowlark Senior Center - Senior Connection 9:00am - 1:00pm
- 11/1: Open enrollment for medicare starts
- 11/13-15: 45th Annual Conference on Aging at National Hispanic Cultural Center

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.

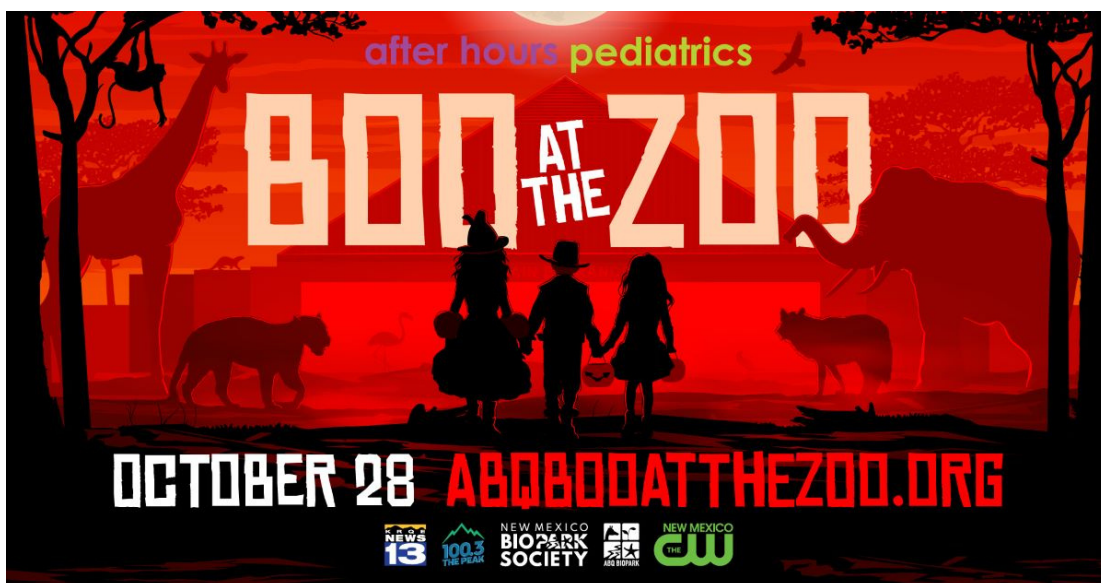
New Volunteer Orientation

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.

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.





NEW MEXICO 45TH ANNUAL
**Conference on
Aging**

ABQ
NOV 13-14
2023

INFO + REGISTRATION: AgingInNM.org

The New Mexico Conference on Aging offers older adults, caregivers, and the specialists who work with them a chance to learn, have fun, and unite. Programs promote independence, dignity, support, and access to community services and resources throughout the state.



**CONFERENCE • Monday
& Tuesday, November 13-14**
National Hispanic Cultural Center
1701 4th Street SW, Albuquerque



DANCE • Monday, November 13
5:30-8:00 p.m.
The Clyde Hotel
330 Tijeras Ave NW, Albuquerque



COMMEMORATIVE POSTER

“Helen of Mesita” by Marla Allison

Originally from Laguna Pueblo, Marla Allison is a visual artist producing artwork inspired by traditions, cultural displacement and the human experience. She is committed to participating in artist residencies that facilitate collaborations with artists worldwide.





FREE ADMISSION

Senior Connection

Meadowlark Senior Center
4300 Meadowlark Lane SE, Rio Rancho

Monday, October 30th

Anytime between 9am and 1pm

WestWind Productions | 505-892-6047

Advisory Council Members

President
Amy Fisher

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

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 this opportunity rolled out in the near future!

October Birthdays

10/1 - Bonnie Gurule
- Ann Leigh Galloway
- Patricio Trujillo
10/2 - Stuart Garber
10/3 - Ila McCrea
10/4 - Vickie Town
10/7 - Carolyn Langer
10/9 - Deborah Allen
10/10 - Rogerleen Wiggins
10/12 - Barbara Carroon
- Marie Quintero
- Regina Quintero

10/13 - Margaret Hime
- Toni Peaden
10/15 - Daniel Moya
10/16 - Linda Sue Romero
10/17 - Jose Vigil
10/18 - Dolores Angle
- Alicia Fletcher
- Theresa Winter
10/19 - Filomena Lucero
10/20 - Shirley Griffin
10/21 - Emily Manfredi
10/22 - Archie Stannish

10/23 - Martha Moya
- Roy Reed
10/24 - Carl Roth
10/25 - Donna Bauer
10/27 - Thomas Lujan
10/29 - Anthony Esposito
10/30 - Charles Brown
- Luis Joglar
- Donald Trujillo

Volunteer Opportunities

Special Projects

Drivers Needed

The Department of Senior Affairs is in need of more volunteer drivers for senior center activities such as aquatics, field trips, hiking groups, fishing clubs. If you would like more information please reach out to 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.

Manzano Mesa Multigenerational Fall Festival

Manzano Mesa is in need of volunteer help for their upcoming Halloween event taking place on October 20th, from 4:30 - 9:00pm. Volunteers will be running games, serving snacks, facilitating arts & crafts, providing face paintings. Please call us to register for this event!

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






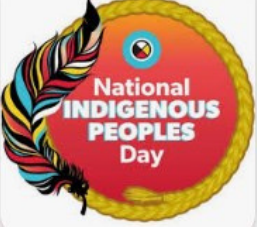














Paradise Hills West Annex
Popejoy Hall
Presbyterian Healthcare Services
Presbyterian Kaseman
Presbyterian Northside
ProMedica Hospice
Read to Me Albuquerque Network
Rio Bravo Satellite Site
Roadrunner Food Bank
Ronald McDonald House Charities
RSVP
Shalom House Mealsite
Son Broadcasting Network
South 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.



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
<p>2</p> <ul style="list-style-type: none"> Chicken fajitas Flour tortilla Ranch beans Hot sliced apples 1% milk 	<p>3</p> <ul style="list-style-type: none"> Beef w/bowtie pasta stroganoff Cauliflower w/red peppers Breadstick Chocolate pudding 1% milk 	<p>4</p> <ul style="list-style-type: none"> Omelet w/fajita blend Stewed tomatoes Tater tots Orange 1% milk 	<p>5</p> <ul style="list-style-type: none"> Minestrone soup w/ navy beans Corn bread Malibu blend Mixed fruit cup 1% milk 	<p>6</p> <ul style="list-style-type: none"> Lemon pepper tilapia Rice pilaf Calabacitas Chocolate chip cookie 1% milk 
<p>9</p> <p>CLOSED</p> 	<p>10</p> <ul style="list-style-type: none"> Sweet & sour pork w/ brown rice Stir fry blend vegetables Pineapple upside down cake 1% milk 	<p>11</p> <ul style="list-style-type: none"> Frito pie (beef, pinto beans, chile, cheese, onions) Fritos Normandy blend Peaches 1% milk 	<p>12</p> <ul style="list-style-type: none"> Fish nugget w/tarter sauce Crinkle cut fries Carrots & peas Vanilla pudding 1% milk 	<p>13</p> <ul style="list-style-type: none"> Chicken and rice soup Cherry cobbler Spinach Crackers 1% milk 
<p>16</p> <ul style="list-style-type: none"> Cottage pie: ground beef, mashed potato, peas & carrots Corn bread Blueberry crisp 1% milk 	<p>17</p> <ul style="list-style-type: none"> Open faced turkey sandwich w/gravy Yams Green beans Orange 1% milk 	<p>18</p> <ul style="list-style-type: none"> Spaghetti marinara w/ squash Breadstick Malibu blend Peaches 1% milk 	<p>19</p> <ul style="list-style-type: none"> Salisbury steak w/gravy Brown rice Peas Jell-O Dinner roll w/ margarine 1% milk 	<p>20</p> <ul style="list-style-type: none"> Green chile stew (chicken & potatoes) Flour tortilla Pinto beans Sliced cinnamon apples 1% milk 
<p>23</p> <ul style="list-style-type: none"> Beef tips w/gravy over egg noodles Brussel sprouts Peach cobbler 1% milk 	<p>24</p> <ul style="list-style-type: none"> Chicken pot pie w/ biscuit Diced beets Ancient grain Yogurt 1% milk 	<p>25</p> <ul style="list-style-type: none"> Baked potato w/ broccoli, cheese, sour cream Corn Baked beans Apple slices 1% milk 	<p>26</p> <ul style="list-style-type: none"> Salmon w/garlic butter Orzo pasta Cauliflower Orange 1% milk 	<p>27</p> <ul style="list-style-type: none"> Ham Mac & Cheese Cornbread Normandy bread Pineapple 1% milk 
<p>30</p> <ul style="list-style-type: none"> Pork Loin w/gravy Rice pilaf Corn Dinner roll w/ margarine Pear 1% milk 	<p>31</p> <ul style="list-style-type: none"> Mummy loaf in swamp water (Meatloaf w/gravy) Mashed potatoes Sliced carrots Jell-O 1% milk 	<p>1</p> <ul style="list-style-type: none"> Breaded chicken patty w/green chile white gravy Sweet potato Green beans Apple slices w/peanut butter cup 1% milk 	<p>2</p> <ul style="list-style-type: none"> Pot roast w/potato, celery, carrots Italian blend Ancient grain Mandarin oranges 1% milk 	<p>3</p> <ul style="list-style-type: none"> Omelet w/mushrooms, spinach Hashbrowns Vegetable blend Yogurt 1% milk 