

# RSVP Voluntimes

August 2023

## Message from Director Sanchez

Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,  
Director Anna Sanchez

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## DSA Administration



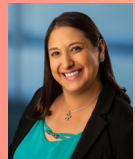
Anna Sanchez, Director

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

## RSVP Office

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

### Important Dates

9/4/23: RSVP Office Closed - Labor Day  
9/7/23: Vile of Life Bag Stuffing  
9/11/23: Senior Day at the State Fair  
9/12/23: New Volunteer Orientation  
9/20/23: Los Volcanes Senior Celebration  
9/25/23: Isaiah's 29th Birthday!!

### 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 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](http://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.

## **\*Conference on Aging Update\***

The Conference on aging has been cancelled to a later date. Once the RSVP staff finds out more information it will be communicated to our volunteers.

The conference was to be held on the 11th and 12th of September.

# Station Spotlight

This month we shine the spotlight on Albuquerque Reads. For more information or to sign up to volunteer at this station, contact the RSVP office at (505) 767-5225

## VOLUNTEERS NEEDED!



**ABQ READS** is a classroom-based tutoring program that helps struggling Kindergarten-1st grade readers boost their literacy achievement to enable lifelong learning.

**DID YOU KNOW?** From Kindergarten to grade three, children **Learn to Read**. From grade four on, children **Read to Learn**. Join Albuquerque Public Schools, the Greater Albuquerque Chamber of Commerce, and volunteers like you to make a lasting difference in a child's life.

### Fast Facts:

- *A one-on-one literacy tutoring program at three elementary schools: Whittier, Atrisco, and Bel-Air*
- *Delivers 90 minutes each week of personalized literacy tutoring for each Kinder-1st grade Title I student in the program (Sept - May)*
- *Supplies every student it serves with 20 books for their at-home library*
- *Access to online reading resources for at-home reading*



**REACH OUT TODAY!**

[WWW.ABQREADS.COM](http://WWW.ABQREADS.COM) • (505) 604-0391 • [LROUSE@GREATERABQ.COM](mailto:LROUSE@GREATERABQ.COM)



## 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 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

## September Birthdays

**9/2 - Frank Fisk**  
**- Carl Valcourt**

**9/3 - Peggy Mayer**  
**9/3 - Karen B Moody**

**9/4 - Mary K Lyon**

**9/5 - Mirna Reyes**

**9/9 - Ambrosio Chavez**  
**- Carrie Ann Drinville**

**9/10 - Mary R. Cook**  
**- Thaddeus Korbin**  
**- Beva Sanchez-Padilla**

**9/11 - Barbara Witemeyer**

**9/12 - Jennie Romero**  
**- Shannon Vaughn**

**9/13 - Julia Beach**  
**- Robert Teel**

**9/14 - Margot Davis**

**9/16 - Izela Martinez**

**9/19 - Ester Martinez**  
**- Asia Negron-Esposito**

**9/21 - Janice Wilson**

**9/22 - Bonny Dumond**

**9/23 - Laura Keys**

**9/24 - Sandra Olszewski**

**9/25 - Richard Buratti**

**9/26 - Cathy Dahms**  
**- Rose Hendrickson**  
**- JoAnn Turrietta**

**9/27 - Tom Wagner**

# Volunteer Opportunities

## Special Projects

### **Bag Stuffing**

Bag stuffers are need for I & A bag stuffing on Wednesday Sep 6th. Please contact the RSVP for more information

### **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.

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
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 <b>Closed</b> 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sauteed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 