

## September 2024

# Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.



- Anna M. Sanchez, Director

### 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

### RSVP Staff

**Cristina Romero-Baca**  
RSVP Supervisor

**Isaiah Valenzuela**  
RSVP Volunteer Coordinator

**Maliya Williams**  
RSVP Office Assistant

### RSVP Office

714 7th Street SW  
Albuquerque, NM 87102  
505-767-5225

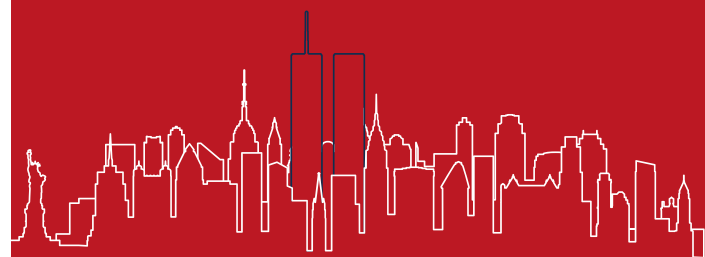
### Office Hours

Monday -Friday 8:00  
a.m.-5:00 p.m.

# Updates & Reminders

## Important Dates

- 9/2: CLOSED - Labor Day
- 9/8: National Grandparents Day
- 9/11: National Day of Service & Remembrance
- 9/15: First day of National Hispanic Heritage Month
- 9/22: First day of Fall
- 9/27: Appreciation Breakfast



## 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

SAVE THE DATE

RETIRED & SENIOR VOLUNTEER PROGRAMS



Appreciation Breakfast



SEPTEMBER 27, 2024

8:00am - 11:00am

Embassy Suites  
1000 Woodward Pl NE

FORMAL INVITATION TO FOLLOW

## Lovelace Westside Hospital



Lovelace Westside Hospital is celebrating 40 years of serving Rio Rancho and Westside residents of Albuquerque with high quality, convenient care.

If you have a background in healthcare or would like to utilize your skills in a new area, Lovelace Westside Hospital would love to invite you to share your talents with their team and clients! They are currently looking to fill their front desk volunteer opportunity at least a 1 hour a month commitment and have various times throughout the week for you to choose from.

Lovelace Westside Hospital is always in need of volunteers for various tasks throughout their facility so if now isn't a convenient time for you please keep them in mind if you would like to venture into a new area of volunteering!

# Celebrations

## September Birthdays

2nd **Frank Fisk**  
**Carl Valcourt**

3rd **Karen Moody**

5th **MaryAnn Sanchez**

9th **Ambrosio Chavez**  
**Carrie Ann Drinville**

10th **Mary Cook**  
**Thaddeus Korbin**  
**Beva Sanchez-Padilla**

11th **Barbara Witemeyer**

12th **Jennie Romero**

13th **Julia Beach**  
**Gary Spangler**  
**Robert Teel**

14th **Denise Coriz**  
**Margot Davis**

16th **Izela Martinez**

19th **Esther Martinez**

21st **Janice Wilson**

23rd **Helen Kerschner**  
**Lara Keys**

24th **Sandra Olszewski**

25th **Richard Buratti**  
**Debora Quintana**

26th **Cathy Dahms**  
**Rose Hendrickson**  
**Melissa Morris**  
**JoAnn Turrietta**

27th **Bobbette Graff**  
**Tom Wagner**



## RSVP Appreciation Breakfast

**Friday, September 27th**  
**8am - 11am**

We cannot wait to celebrate you at the 2024 RSVP Appreciation Breakfast at the Embassy Suites!

Please call the RSVP office at (505)767-5225 to RSVP no later than September 13th.



## Barelas Senior Center Fiestas

**Friday, September 6th**  
**9am - 3pm**



In celebration of National Senior Center Month join us for a jam-packed party with live music, delicious grub, and all-around good times!

Various volunteer opportunities are available.



# 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  
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

### Kitchen Aide

We are in need of interested volunteers that would be able to assist Los Volcanes Senior Center's kitchen staff throughout the week.

Please call the RSVP office for more information about this opportunity.

### RSVP Office

We are looking for volunteers interested in helping us assemble our centerpieces for the upcoming 2024 Volunteer Appreciation Breakfast!

### 9/11 day of service

This September, RSVP will be participating in this years day of service by assembling and delivering gift baskets to local fire stations.

We are looking for interested volunteers to help assemble and deliver baskets with the volunteerism team!

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> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Cod Fish over Brown Rice w/ Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Brussel Sprouts</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk </li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>♦ Beef Tips in Brown Gravy over Bowtie Pasta</li> <li>♦ Steamed Broccoli</li> <li>♦ Roasted Carrots</li> <li>♦ Pineapple</li> <li>♦ 1% milk </li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>♦ Vegetable Posole w/ Corn, Beans, Peppers, &amp; Green Chile</li> <li>♦ Cauliflower</li> <li>♦ Cornbread</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork</li> <li>♦ Ranch Beans</li> <li>♦ Spinach w/ Onions</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Peach Cups</li> <li>♦ 1% milk </li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>♦ Teriyaki Chicken w/ Stir Fry Vegetables &amp; Soy Sauce</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Brown Rice</li> <li>♦ Mandarin Oranges</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk </li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Parsley Potatoes</li> <li>♦ Green Peas</li> <li>♦ Banana</li> <li>♦ Cornbread</li> <li>♦ 1% milk </li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>♦ Pork Carnitas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Flour Tortilla</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera w/ Broccoli &amp; Diced Tomatoes/Parmesan</li> <li>♦ Spinach</li> <li>♦ Garlic Breadstick</li> <li>♦ Blueberries</li> <li>♦ Greek Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>♦ Roast Beef w/ Brown Gravy</li> <li>♦ Sliced Carrots</li> <li>♦ Mashed Potatoes</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk </li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken over Brown Rice</li> <li>♦ Sliced Beets</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Banana</li> <li>♦ 1% milk </li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>♦ Chili Bowl: Beef, Beans &amp; Red Chile</li> <li>♦ Succotash</li> <li>♦ Cornbread</li> <li>♦ Fresh Grapes</li> <li>♦ 1% milk </li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>♦ Southwest Omelet: Egg, Cheese, Red &amp; Green Peppers, Onion w/Green Chile</li> <li>♦ Stewed tomatoes</li> <li>♦ Hash Browns</li> <li>♦ Flower Tortilla</li> <li>♦ Peaches</li> <li>♦ 1% milk </li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>♦ Herb Pork Loin w/Gravy over Ancient Grain Blend</li> <li>♦ Cauliflower</li> <li>♦ Sautéed Zucchini</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken &amp; Rice Pilaf</li> <li>♦ Corn &amp; Red Peppers</li> <li>♦ Broccoli</li> <li>♦ Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ Lemon Butter Sauce</li> <li>♦ Roasted Rosemary Potatoes</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Pear Cups</li> <li>♦ 1% milk </li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour Pork w/ Stir Fry Vegetables</li> <li>♦ Steamed Cabbage</li> <li>♦ Warm Sliced Apples</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ 1% milk </li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>♦ Enchiladas: Cheese, Green Chile, &amp; Corn Tortillas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Sugar Cookie</li> <li>♦ 1% milk </li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini: Turkey, Spaghetti, &amp; Green Peas</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Breadstick</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% milk </li> </ul>