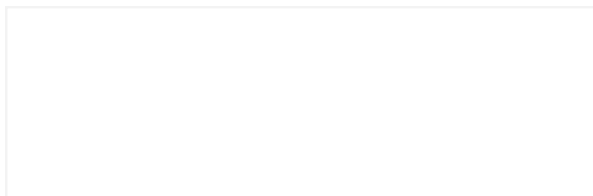


The City of Albuquerque, RSVP  
714 Seventh Street SW  
Albuquerque, NM 87102



**Retired & Senior  
Volunteer Program**  
Phone: 505-767-5225

## RSVP September Newsletter 2021

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Gloria an RSVP Volunteer, learning how to access Web Assistant on her phone.

### **Sign up for RSVP’s Web Assistant Training!!**

This training will teach you how to virtually enter your volunteered hours.

**All trainings will now take place at the RSVP Office  
located in Highland Senior Center.**

**Highland Senior Center- 131 Monroe NE 87108**

**Every Thursday- 11:00am-12:00pm & 12:00pm-1:00pm**

To register for a class, please call the RSVP Office.



### **RSVP Kudos Corner**



**Kudos to Ila, front desk volunteer  
at Bear Canyon!**

**Thank you for your great customer services  
assisting with the Department of Senior  
Affairs, Information and Assistance tables.**



# Volunteer Opportunities

## **ABQ BioPark**

- **Horticulture:**

Assist the ABQ BioPark horticulture staff with routine garden maintenance and special plant projects at the Botanic Garden, Tingley and the Zoo. Please note, training is required.

- **Ambassadors:**

Ambassadors act as a host for visitors of the ABQ BioPark Zoo, Aquarium and the Botanic Garden. Explain what visitors can expect to see, help them plan their visit and answer questions about the facilities. Ambassador roles come with additional training and include Story Time, crafts during Discovery Days, Zoo Monitor animal observations, River of Lights and other activities.

- **Garden Railroad:**

Garden Railroad Volunteers operate and maintain the ABQ BioPark Botanic Garden's G-scale model trains and exhibit while talking to the public about the various trains in operation.

## **ABQ Reads**

- **Tutor:**

Tutor's help Kindergarten and 1st grade APS students with their reading capabilities. Training and a background check is required.

## **AFMX (Albuquerque Film and Music Experience)**

### **September 20-26th**



- **Marketing Materials Distribution Team:**

Responsible for delivery and grassroots distribution of marketing materials such as posters and postcards to specific organizations, retail outlets, community bulletin boards, and sponsors who will promote AFMX events. Walking or reliable transportation is required.

- **Movie Ambassadors:**

Dedicated individuals who have a passion for one or more selected films in the festival to actively promote the film. Required to have individuals who are excellent at promoting and targeting market and community. The goal is to get as many individuals viewing the movies that they are interested in.

Please go to the AFMX Website <https://afmx2021.eventive.org/films> and register as a Volunteer and/or contact Dorothy at 505-417-7577.

## **Catholic Charities**

- **Transporting Seniors:**

Assist in transporting seniors to limited destinations. Please note all drivers must drive their own vehicle.

## **Embudo Towers**

- **Serve Meals:**

Serve Meals as part of the Senior Meal program. Paperwork has to be turned in every 1<sup>st</sup> of the month. Monday– Friday 11:30-12:30pm Please contact Matthew Archuleta for further information. (505) 764-3923.

## **New Station Every Ability Plays**

- **Organize/ Development:**

Responsible for planning, organization, and direction of the organization's operations and programs. Develops and implements consistent inventory and cost accounting policies, procedures, and operational reporting/metrics. Oversees and reports on the organization's results for board of directors. Please contact visit the website below for further information. <http://everyabilityplaysproject.org>

## **Heartland Hospice Care**

- **Office Assistance:**

Visit patients to provide companionship, decrease isolation, provide emotional support, caregiver relief, and end of life support. Please note, background checks and training/orientation are completed before individuals are assigned to a volunteer role. 9-1:00pm.

- **Volunteer Training:**

## **September 11, 18, 25**

Our volunteers are an important part of the care team.

Volunteers have the opportunity to provide patients and their families with companionship, caregiver support, and end of life support. For more information or to RSVP for the training dates below, please contact: Janelle Tellez, Volunteer Coordinator (505)318-8862 or [Janelle.tellez@hcr-manorcare.org](mailto:Janelle.tellez@hcr-manorcare.org)

## **Highland Senior Center**

- **Sign-In Members/ Monitor Lunch Room:**

Sign in Members, Monitor lunch room and assist in serving coffee. Mondays, Wednesdays and Fridays 9-1:00pm.

## **Hospice De La Luz**

- **Visiting Hospice Patients:**

Visit hospice patients. Please note, a Covid-19 vaccine is required as well as training.

## **Joy Junction**

- **Cleaning/ Organizing New Facility:**

Assist in cleaning, organizing and maintain their new facility. Volunteers may also donate clothing and canned items for volunteer time.

## **Long Term Care Ombudsman Program**

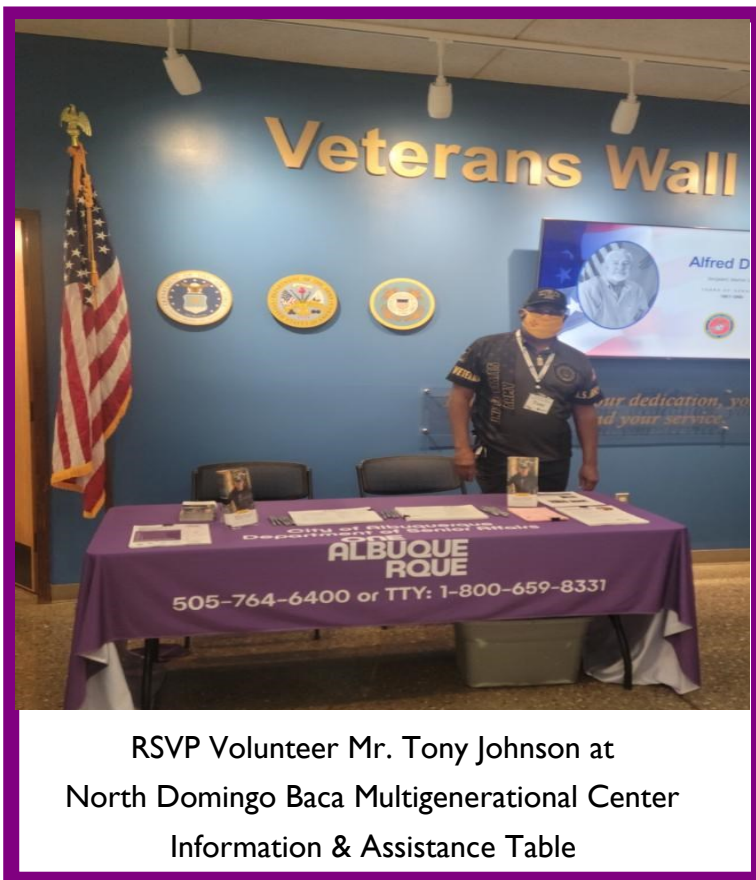
- **Call/ Check-in with residents:**

Making calls to long term care facilities and checking in with residents. Please note, a background check and 4 hours of training via Zoom are required.

## **Manzano Mesa Multigenerational Center**

- **Computer Lab Monitor:**

Monitor the Computer Lab 12-4:00pm and 4-8:00pm.



RSVP Volunteer Mr. Tony Johnson at  
North Domingo Baca Multigenerational Center  
Information & Assistance Table





# Volunteer Opportunities

## Meal Site Locations– Senior Affairs

- **Kitchen Aid:**

Assist in helping sort food and cleaning the Kitchen. 8:00-12:00pm. Training is required.



## Meals on Wheels

- **Delivering Meals:**

Deliver meals Monday– Friday 10-1:30pm. Each Driver is assigned their own route. Please note all drivers must drive their own vehicle.

## Oasis Intergenerational Tutoring Program

- **Tutor/ Read To Students:**

Tutor and read with students for 2 years. Please note, all reading members are currently volunteering online with APS elementary schools after training and fingerprint clearance is processed.

## Open Space Visitor Center

- **Adopt an Open Space:**

In the foothills, individuals or groups can adopt trails and assist with the essential maintenance of these visitor corridors. In the Bosque, groups of 10 or more can adopt restoration areas and help with non-native plant control and trail maintenance.

- **Traditional Garden Volunteer:**

Assist in cultivating and persevering some of the original ways of the land.

- **Trail Watch Trainings:**

Patrol areas of their choice and record observations, report problems and needs, and educate the public on proper resource use.

- **OSVC Front Desk:**

Greet and answer the phones of the visitors who are seeking a great hiking trail. Training is required.

## Presbyterian Hospital

- **Emergency Department:**

To support staff, patients and families by assisting with duties appropriate for a volunteer as directed by the staff.

- **Eye Clinic:**

Serve as a liaison between patients' families and/or friends, and the nursing unit. Relay information to the family regarding the patient, if necessary.

- **Food Services:**

Assist the departmental staff with various tasks throughout the day.

- **Greeters:**

Welcome patients, patient's families, and visitors, to ensure that each individual is provided the appropriate information to reach his/her final hospital destination quickly. Volunteers are humanizers who



# Volunteer Opportunities

## **Presbyterian Hospital**

- **Information Desk:**

To provide information and directions to visitors, patients and hospital personnel, and when possible accompany visitor to their destination. The information desk volunteer is knowledgeable about the entire hospital, ready to give directions, transfer patient calls and greet visitors. \*Kaseman location\*

- **Shuttle Drivers:**

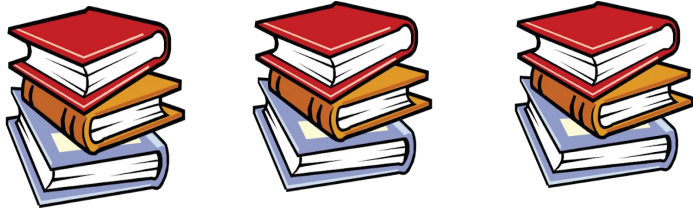
Volunteers will operate facility shuttle to assist patients. Specific requirements for these volunteers will be discussed at the facility.

## **Read to Me**

- **Sorting and Re-Packing Children's Books for Donations:**

Unpack boxes of incoming books. Books are quickly assessed, then sorted into categories. Once sorted, bookmarks or stickers may be placed in the books, which are then repacked into outgoing, labeled boxes. All of this is done in a large, well-air conditioned room known as the Book Room. Wednesdays and Fridays 9:30-12:00pm.

**"Free Books for the People Who Need them the Most"** Help us offer books to in-home and any other category of childcare providers, Free Clinic waiting rooms, smaller food banks, grandparents raising grandchildren, etc. Please contact Dave O for further information at 505-681-6325.



## **Roadrunner Food Bank**

- **Mobile Food Distributions:**

Assist in distributing food boxes at Highland High School Parking Lot.

- **Prepare Food Boxes:**

Assist in sorting, repacking and relabeling food inside Warehouse. Volunteers must be able to stand for a full 2 hour shift and lift at least 25+ pounds.

## **Ronald McDonald House Charities**

- **Sew/ Crochet for Donations:**

Volunteers may sew/crochet or donate old clothing items for volunteer time.

## **University Hospital**

- **Greeter/ Escort:**

The University hospital is in need of a greeter at the door to greet patients and also escort them to their appointments.

**Please contact the RSVP office if you are interested in any of these opportunities**

# VOLUNTEERS NEEDED!

at the  
**Anderson Abruzzo International Balloon Museum**  
during this year's Balloon Fiesta!

Get the **best seat in town** for  
the **biggest and most exciting** event in New Mexico  
when you sign up to support the  
Balloon Museum during the  
**2021 Albuquerque International Balloon Fiesta!**

## **Volunteer Perks:**

- 2021 Balloon Fiesta General Admission Ticket
- 2021 Balloon Fiesta Parking Pass
- Balloon Museum Lanyard
- Balloon Museum T-Shirt

## **Volunteer Positions:**

- Shift Support
- Welcome Greeter
- Elevation Station Assistant

and... A Great View of Albuquerque's **Most Iconic** Event!

To sign up & for more information:  
**oneabqvolunteers.com**

or

Contact  
Education & Volunteer Coordinator  
Allie Burnquist at [aburnquist@cabq.gov](mailto:aburnquist@cabq.gov)

Scan me!







# **New Cottonwood Station!!**



**DRESS FOR SUCCESS**<sup>®</sup>  
ALBUQUERQUE

*Going Places. Going Strong.*

Dress for Success is an international not-for-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. Since starting operations in 1997, Dress for Success has expanded to nearly 160 cities in 29 countries. To date, Dress for Success has helped over 1,000,000 women work towards self-sufficiency.



**DRESS FOR SUCCESS**<sup>®</sup>  
ALBUQUERQUE

## **VOLUNTEERS NEEDED!**

USE YOUR TALENTS AS A:

### **FASHION ORGANIZER**

- Fashion Organizer are responsible for receiving donations, sorting and categorizing clothing
- Must have an understanding of what business attire is and what it is not.
- Organizers should have the ability to lift and/or move up to 50 pounds, climb, balance, kneel, crouch, bend, twist, and stand for at least an hour. This position requires a light amount of physical labor.

### **BOUTIQUE ASSOCIATE**

- Our Boutique Associate is responsible for opening, running, and closing the boutique on scheduled days.
- Money handling or retail experience is not necessary, however it is encouraged.
- An associate must warmly greet and educate customers that come into Dress for Success Albuquerque about donating, volunteering, obtaining services, and more.
- A friendly demeanor is a must in this role.

### **BOUTIQUE ASSISTANT**

- Assist the boutique associate with shop operations like organization, maintenance, & more
- Complete tasks that are designated to you within the shop by the boutique associate, executive director, administration, or volunteer coordinator
- Support the Style Consultants as they work with women who come in for suiting by retrieving clothing, shoes, or accessories as needed

### **CAREER COACH/MENTOR**

- Work with a virtual team to assist women in all aspects of employment which will include: resume and cover letter writing, job searches, interviewing techniques and more.
- Work one-on-one with women who desire a professional support system to guide them through struggles, successes, and everything in between within the work environment.
- Build a professional relationship

### **WORKSHOP FACILITATOR**

- Conduct workshops using material provided from Dress for Success or collaborate on workshop content
- Technological skills are a must as most workshops will be conducted online at this time
- Utilize various technological software including but not limited to youtube, accenture, and powerpoint (training will be provided)

**Looking forward to your help!**

Please Contact Amanda Vigil for further information at (505) 585-4633

DEPARTMENT OF SENIOR  
AFFAIRS

# Senior Health Resource Fair

## 9am- 11am

ONE  
ALBUQUE  
RQUE

[cabq.gov/seniors](http://cabq.gov/seniors)

### Flu and Covid-19 Vaccines Available!

Flu and Covid-19 Vaccines provided by Albertsons Market Pharmacy.

- Sept. 1:** Barelmas Senior Center
- Sept. 2:** North Domingo Baca Multi-Gen Center
- Sept. 7:** Palo Duro Senior Center
- Sept. 8:** Bear Canyon Senior Center
- Sept. 9:** North Valley Senior Center
- Sept. 13:** Palo Duro Senior Center
- Sept. 14:** Highland Senior Center
- Sept. 15:** Los Volcanes Senior Center
- Sept. 21:** Bear Canyon Senior Center
- Sept. 29:** Manzano Multi-Gen Center

**No cost for Covid-19 vaccine. Insurance is required to obtain Flu Vaccine. All insurance is accepted including Medicare, Medicaid, and private insurance.**



Sponsored By:

In Partnership with:



Senior Health  
RESOURCE CENTER™ | Answers for your  
important Medicare  
questions.

