



AUGUST



Congratulations to our amazing Fourth of July winners for showing their amazing spirit!

Cindy Jaramillo, George Jaramillo, Joseph Jaramillo



Department of Senior Affairs



Update from Anna

Hello members!

While our Centers remain closed to the public, we have heard your need for more social activities and programs and are working on a series of virtual programming with the goal of keeping you engaged. Look for more details on cabq.gov/seniors or in next month's newsletter! In the meantime, you should check out some of the virtual offerings and City discounts for older adults in our modified Activities Catalog, which will be delivered to you in the Aug. 2 edition of the Albuquerque Journal and will also be available at all of our pick-up meal sites. As always, our team remains committed to delivering essential services to our community. I encourage you to reach out to our Senior Information Line at 505-764-6400 if you'd like to know more.

Anna Sanchez,
Director, Department of Senior Affairs

Connect With Us Online!

Senior Affairs is on Facebook and Instagram! Follow us at @cabqseniors or just search for cabqseniors on Facebook or Instagram to find us. We will be posting informational updates, photos and videos featuring activities and people from our programs and centers.



STAY ACTIVE AT HOME

Our team members in Sports & Fitness have created some videos to help keep you limber and warmed up from your own home. Check out the stretching video and the warm up video by clicking the links or visit our Facebook page at [Facebook.com/CABQSeniors](https://www.facebook.com/CABQSeniors).

Information

Survey for Grandparents Raising Grandkids

The Partnership for Community Action is looking to gather information about the experience of grandparents raising their grandchildren, including what resources are most valuable. To participate in the telephone survey, call (505) 264-4484. All participants will be given a \$35 gift card.

Age-Friendly Albuquerque

The City of Albuquerque is applying for Age-Friendly designation through the World Health Organization (WHO) and AARP. Age-friendly cities are livable and thriving communities that improve the lives of all. Age-Friendly designation recognizes communities for their livability standards and identifies dynamic ways communities can progress through age-friendly initiatives. The City of Albuquerque is committed to grow as an age-friendly city and invites Albuquerque adults of all ages to participate in this exciting community project. Participants can take a short survey, phone interview and/or join an online focus group to share their age-friendly ideas. Visit www.cabq.gov/agefriendly, email agefriendlyabq@cabq.gov or call (505)-333-9769 for more information on Age-Friendly Albuquerque.



Information

You Can Help Fund Senior Services in NM

Did you know that senior services expenditures and other federally funded programs are directly affected by the population of a state? That's why it is vital that every older adult is counted in the 2020 Census. If you haven't already completed the Census please do so—you can respond online, over the phone or using the paperwork mailed to you. Census data is confidential and your individual responses will not affect your tax status or insurance premiums. What Census data does do is determine federal funding to Medicare, Medicaid, and many other federally funded programs that assist families. The data also will determine your political representation for the next 10-years at the local, state, and federal levels. Remember, the Census Bureau will never ask for your Social Security number, bank account number, or money of any kind. Learn more at www.icountnm.gov.



Remember: Wear Your Mask!

Even though you don't need to get out of your car for your pick-up lunch, we would still appreciate if you wore a mask. Our team members come within 6 feet to hand you a meal and we want to make sure we are protecting both you and them!

Information

Vial of Life

When emergency medical workers are called to a home of someone who is alone and unable to communicate with first responders valuable time can be lost trying to gather information about that person's medical conditions, allergies and medications. Senior Affairs, in a joint partnership with Albuquerque Fire and Rescue, are providing free Vial of Life Kits that allow you to complete this information in advance. The process is simple: request a Vial of Life kit from Senior Affairs either through your preferred Center or by calling our Senior Information Line at 505-764-6400. You will receive the Vial of Life form and a Vial of Life sticker. Fill out the form and place it in the clear plastic baggie provided and tape it to your refrigerator. Then, place the sticker at eye-level on your front door. Albuquerque Fire Rescue's first responders are trained know that when they see the sticker on your front door, they can look on your fridge for medical information





The following centers are temporarily serving “To– Go Lunches” for drive trough pick up and take home: “To-Go Lunches” will be distributed from 11:30 am to 1:00 pm outside the centers. Reservations are preferred by calling the center you would like to pick up your meal from.

· Barelvas Senior Center - 714 Seventh ST SW 87107
Ph: 764-6436

· Los Volcanes Senior Center—6500 Los Volcanes NW 87121,
Ph: 767-5999




















· Manzano Mesa Multigenerational Center - 501 Elizabeth SE 87123
Ph: 275-8731

· North Domingo Baca Multigenerational Center - 7521 Carmel Ave NE 87113
Ph: 764-6475

· North Valley Senior Center - 3825 4th ST NW 87107
Ph: 761-4025



August 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Tortilla ♦ Orange ♦ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Tilapia ♦ Rosemary Potatoes ♦ Oriental Blend ♦ Pear ♦ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Turkey Salad w/ Mayo, Red Onions, Bell Peppers ♦ Penne Pasta Salad w/ Olive Oil, Green Onions ♦ Peaches w/ Cottage Cheese ♦ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Baked Mac N Cheese ♦ Corn ♦ Broccoli ♦ Mixed Fruit (cupped) ♦ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Beef Fingers w/ White Gravy ♦ Green Beans w/ Onions & Mushrooms ♦ Au gratin Potatoes ♦ Chocolate Chip Cookie ♦ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ♦ Philly Sandwich w/ Red & Green Peppers/ Hoagie ♦ Baked Beans ♦ North West Blend ♦ Grapes ♦ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Spinach Lasagna ♦ Imperial Blend ♦ Garlic Bread Stick ♦ Banana ♦ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Oven Fried Chicken ♦ Mashed Potatoes w/ Gravy ♦ Corn ♦ Honey Dew ♦ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Salmon w/ Dill Sauce ♦ Roasted Peppers ♦ Lemon Brown Rice ♦ Vanilla Pudding ♦ 1 % Milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Pork Chop w/ Green Chili ♦ Sweet Potato ♦ Mixed Vegetable ♦ Dinner Roll w/ Margarine ♦ Yogurt ♦ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ♦ Spinach Turkey Salad w/ Strawberry, Olive Oil ♦ Orzo Pasta ♦ Wheat Crackers ♦ Mandarin Oranges ♦ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Frito Pie w/ Beef, Beans, Cheese, Onion ♦ Corn Chips ♦ Mexi Corn ♦ Pear ♦ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Denver Omelet, Diced Ham & Fajita Blend ♦ Hash Browns ♦ Steamed Tomatoes ♦ Cantaloupe ♦ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Breaded Catfish w/ Tarter Sauce ♦ Black Eyed Peas ♦ Collard Greens ♦ Apple Sauce ♦ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Baked Ziti w/ Meat Sauce ♦ Imperial Blend ♦ Garlic Bread Stick ♦ Sliced Apricoos ♦ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ♦ Sliced Turkey w/ Gravy ♦ Stuffing ♦ Brussel Sprouts ♦ Dinner Roll w/ Margarine ♦ Chocolate Cake ♦ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Green Chili Cheese Burger ♦ Steak Fries w/ Ketchup ♦ Steamed Spinach ♦ Sugar Cookie ♦ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Chicken Florentine ♦ Ancient Grain ♦ Oriental Blend ♦ Vanilla Pudding ♦ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Broccoli Mac & Cheese ♦ Succotash ♦ Biscuit w/ Margarine ♦ Apple Cobbler ♦ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Swedish Meatballs ♦ Noodles ♦ Peas w/ Mushrooms ♦ Bread w/ Margarine ♦ Sliced Apricoos ♦ 1% Milk 