

# Barelas Senior Center

714 Seventh St SW  
Albuquerque, N.M 87102  
505-764-6436

September 2020

Dear Members,

The ongoing pandemic and health concerns for our community continues to warrant a higher level of support from our Department of Senior Affairs to older adults throughout Bernalillo County. In addition to our meal service, care coordination, transportation, and home services, we are excited to launch some new virtual programming! Now, you can join us on Facebook for how-to's and fitness routines, participate in webinar-style presentations, and enjoy senior dances right in your living room monthly on GOV-TV. In addition, through a partnership with Teeniors, you can get help on any device you'd like to learn how to use better. Just keep an eye out in our newsletters, at our meal sites or on [cabq.gov/seniors](http://cabq.gov/seniors) for more information on how to participate. We welcome your feedback and ideas on how else we can make this time more manageable and help your overall wellbeing. Stay safe.

Sincerely,  
Anna Sanchez, Director

## Virtual Programming

From zoom presentations, to Facebook Live fitness videos, to senior dances on GOV-TV—now you can enjoy some of our more popular programs from home! Here is how you can participate:

- Like us on [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors)
- Subscribe to YouTube (visit [cabq.gov/seniors](http://cabq.gov/seniors) to learn how)
- Visit [cabq.gov/seniors](http://cabq.gov/seniors)
- Tune into GOV-TV monthly for dancing and live music

## DEPARTMENT OF SENIOR AFFAIRS



Director  
Anna M. Sanchez

Division Manager  
Nikki Peone

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

## General Information & Assistance



### Find Your Furever Companion

The Animal Welfare Department has designated every Wednesday at the Eastside Shelter The Golden Mutts—Thanks for Being a Friend day. Older adults who would like a more socially distanced adoption experience can make an appointment on Wednesdays at the Eastside Animal Shelter. All adoption fees are also currently waived. Make the appointment online

### Join the DSA Advisory Council

The Senior Affairs Advisory Council represents the aging population by promoting awareness and education of older adult issues, advocating on behalf of seniors, and supporting program development. The Advisory Council is now accepting applications for the City of Albuquerque and Village of Los Ranchos resident representatives. You can learn more and apply at [www.cabq.gov/clerk/boards-commissions#senior-affairs-advisory-council](http://www.cabq.gov/clerk/boards-commissions#senior-affairs-advisory-council).

### September is Falls Prevention Month

Learn how to protect yourself from the damage caused by falls throughout the month of September. Senior Affairs, in partnership with the New Mexico Adult Falls Prevention Coalition, will be hosting a series of webinars every Friday morning from 9:30-10:30 a.m., in addition to offering information on [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors). Presentations will be conducted via Zoom and streamed live on Facebook and will later be posted online at [cabq.gov/seniors](http://cabq.gov/seniors). A more detailed flyer will also be distributed at pick up meal locations and will be available at [cabq.gov](http://cabq.gov).

### Healthy Eating As We Age

As we age, healthy Eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults including: Helping you to obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietaryfiber.

- Helping you lose weight or maintain a healthy weight
- Reducing the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meeting individual calorie and nutrition needs.
- Helping maintain energy levels.

## General Information & Assistance

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Bernalillo County Clerk will be at the center providing applications for absentee ballots.

Manzano Mesa Multigenerational Center: September 10

North Domingo Baca Multigenerational Center: September 17

North Valley Senior Center: September 24

Barelas Senior Center: October 1

Los Volcanes Senior Center: October 8

Bernalillo County Clerk 505-468-1291

[www.nmvote.org](http://www.nmvote.org)

### Help Shape Albuquerque's Fight Against Climate Change

The City of Albuquerque is asking residents to help shape its plan of action on one of the most important issues facing our community: climate change. Residents can take the survey online here: [www.surveymonkey.com/r/ABQCAPSURVEY](http://www.surveymonkey.com/r/ABQCAPSURVEY). Survey responses will be shared with the public and will directly inform the priorities and content of the Climate Action Plan on issues such as clean transportation, sustainable buildings, renewable energy, and recycling.

### UNM HEALTH SCIENCES

#### THE GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM) CLINIC

The College of Nursing at the University of New Mexico wants to invite you to free assessments by phone. Phone in service is available during the following times:

Monday - Wednesday

9:00 a.m. until 1:00 p.m.

Please call 505-288-0040 or 505-288-0216 with any concerns you are having.



# September 2020

Lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday | Doors will close earlier if supply runs out

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!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: right;">31</p> <ul style="list-style-type: none"> <li>◆ Pork Chop w/Green Chile</li> <li>◆ Sweet Potato</li> <li>◆ Mixed Vegetable</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">1</p> <ul style="list-style-type: none"> <li>◆ Chicken &amp; Sausage Jambalaya w/Peppers &amp; Onions</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Rice</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">2</p> <ul style="list-style-type: none"> <li>◆ Blackened Tilapia</li> <li>◆ Rosemary Potatoes</li> <li>◆ Malibu Blend</li> <li>◆ Whole Wheat Roll w/ Margarine</li> <li>◆ Sliced Peaches</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">3</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti w/ Vegetables</li> <li>◆ Oriental Blend</li> <li>◆ Garlic Bread</li> <li>◆ Cottage Cheese &amp; Pears</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">4</p> <ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Brown Gravy</li> <li>◆ Mashed Potatoes w/ Brown Gravy</li> <li>◆ Baby Carrots</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 
<p style="text-align: right;">7</p> <p style="text-align: center;">Closed for Labor Day</p>	<p style="text-align: right;">8</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Brown Gravy</li> <li>◆ Au Gratin Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">9</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Pinto Beans</li> <li>◆ Spinach</li> <li>◆ Tortilla</li> <li>◆ Apple Sauce</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">10</p> <ul style="list-style-type: none"> <li>◆ Roasted Turkey w/ Green Chile Sauce</li> <li>◆ Green Beans</li> <li>◆ White Rice</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">11</p> <ul style="list-style-type: none"> <li>◆ Diced Chicken w/ Olives &amp; Diced Tomatoes</li> <li>◆ Corn</li> <li>◆ Yams</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 
<p style="text-align: right;">14</p> <ul style="list-style-type: none"> <li>◆ Philly Cheesesteak, Swiss Cheese w/Hoagie</li> <li>◆ Baked Beans</li> <li>◆ Broccoli</li> <li>◆ Mixed Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">15</p> <ul style="list-style-type: none"> <li>◆ Omelet, Mushrooms &amp; Spinach</li> <li>◆ Hash Browns</li> <li>◆ Stewed Tomatoes w/ Onions</li> <li>◆ Whole Wheat Bread w/Margarine</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">16</p> <ul style="list-style-type: none"> <li>◆ Shredded Chicken Tacos w/Fajita Blend, White Flour Tortillas</li> <li>◆ Spanish Rice</li> <li>◆ Cauliflower w/Red Peppers</li> <li>◆ Chocolate Chip Cookie</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">17</p> <ul style="list-style-type: none"> <li>◆ Beef Tips and Brown Gravy</li> <li>◆ Bow Tie Pasta</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">18</p> <ul style="list-style-type: none"> <li>◆ Green Chile Pork Stew</li> <li>◆ Rosemary Potatoes</li> <li>◆ Calabacitas</li> <li>◆ Tortilla</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 
<p style="text-align: right;">21</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Mushroom</li> <li>◆ Rice Pilaf</li> <li>◆ Crinkle Cut Carrots</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">22</p> <ul style="list-style-type: none"> <li>◆ Chile Cheese Dog w/Bun</li> <li>◆ Tater Tots w/ Ketchup</li> <li>◆ Cauliflower</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">23</p> <ul style="list-style-type: none"> <li>◆ Turkey Pot Pie w/Pie Crust</li> <li>◆ Diced Beets</li> <li>◆ Orzo Pasta</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">24</p> <ul style="list-style-type: none"> <li>◆ Teriyaki Beef w/ Broccoli &amp; Onions</li> <li>◆ White Rice</li> <li>◆ Oriental Blend</li> <li>◆ Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul> 	<p style="text-align: right;">25</p> <ul style="list-style-type: none"> <li>◆ Tuna Casserole w/ Pasta &amp; Vegetables</li> <li>◆ Spaghetti Alfredo w/ Tomatoes</li> <li>◆ Green Beans</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 