

AUGUST 2020 NEWSLETTER

North Valley Senior Center 3825 4th St NW 87107 505-761-4025



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

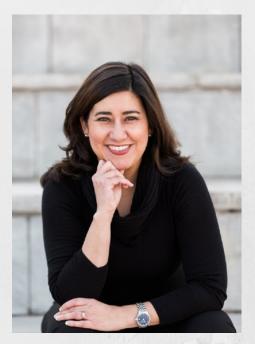
Cindy Jaramillo, George Jaramillo, Joseph Jaramillo





The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

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.

Information

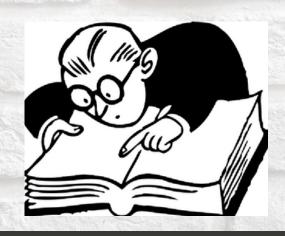
Survey for Grandparents Raising Grandkids

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 is it 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.

· Barelas 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

Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>
3	4	5	6	7
Came Adovada Pinto Beans Spanish Rice Tortilla Orange 196 Milk	Lemon Pepper Tilapia Rosemary Potatoes Oriental Blend Pear 1% Milk	Turkey Salad w/Mayo, Red Onions, Bell Peppers Penne Pasta Salad w/ Olive Oil, Green Onions Peaches w/Cottage Cheese 1% Milk	Baked Mac N Cheese Corn Broccoli Missed Fruit (cupped) 1% Milk	Beef Fungers w/White Gravy Green Beans w/ Onions & Mushrooms Au gratin Potatoes Chocolate Chip Cookie 1% Milk
10	11	12	13	14
Philly Sandwich w/Red & Green Peppers/ Hoagie Baked Beans North West Blend Grapes 196 Milk	Spinach Lasagna Imperial Blend Garlic Bread Stick Banana 1% Milk	Oven Fried Chicken Mashed Potatoes vv/ Gravy Com Honey Dew 1% Milk	Salmon w/Dill Sauce Roasted Peppers Lemon Brown Rice Vanilla Pudding 1 % Milk	Pork Chop w/Green Chili Sweet Potato Mined Vegetable Dinner Roll w/ Margarine Yogurt 1% Milk
17	18	19	20	21
Spinach Turkey Salad w/Strawberry, Olive Oil Orzo Pasta Wheat Crackers Mandarin Oranges 196 Milk	Frito Pie w/Beef, Beans, Cheese, Onion Com Chips Mexi Com Pear 1% Milk	Denver Omelet, Dioed Ham & Fajita Blend Hash Browns Stewed Tomatoes Cantaloupe 1% Milk	Breaded Carfish w/ Tarter Sauce Black Byed Peas Collard Greens Apple Sauce 1% Milk	Baked Ziti w/Meat Sauce Imperial Blend Garlic Bread Stick Sliced Apricots 1% Milk
24	25	26	27	28
Sliced Turkey w/ Gravy Stuffing Brussel Sprouts Dinner Roll w/ Margarine Chocolate Cake 1% Milk	Green Chili Cheese Burger Steak Fries w/ Ketchup Steamed Spinach Sugar Cookie 1% Milk	Chicken Florentine Ancient Grain Oriental Blend Vanilla Pudding 1% Milk	Broccoli Mac & Cheese Succotash Biscuit w/Margarine Apple Cobbler 1% Milk	Swedish Meatballs Noodles Peas w/Mushrooms Bread w/Margarine Sliced Apricots 1% Milk