

January 2025



The Senior Companion Program team wants to wish you all the best for this new year! We are excited about the opportunities that await us in 2025. May this year be filled with moments of joy, health, and peace. Whether it's starting new hobbies, spending quality time with loved ones, or simply taking time to enjoy the beauty around you, we wish you a year of happiness and fulfillment. Thank you for your continued inspiration and for being an essential part of our community. We are grateful for the wisdom you share and the positive impact you make in the lives of others. Here's to a bright, new year filled with hope and opportunities! Happy New Year!

-SCP Team

**The Senior Companion Program  
will be closed on Wednesday,  
January 1, 2025 and Monday,  
January 20, 2025.**

Please remind your clients that there is  
no service during these days.

### Program Hours

Monday-Friday: 8am-5pm  
Saturday & Sunday: Closed

### Senior Companion Program Staff

Viridiana Rodriguez-Flores,  
Program Supervisor  
Jenna Stanton, Case Management  
Coordinator  
Vacant, Office Assistant

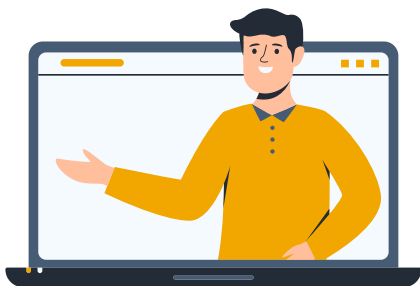
### Contact Information

714 Seventh St SW  
Albuquerque, NM, 87102  
(505) 764-1007

### Special Dates & Announcements

**1/01:** New Year's Holiday: CLOSED,  
No Clients  
**1/09:** Timesheets & Mileage Logs Due  
**1/16:** MLK Day of Service  
**1/20:** Martin Luther King Jr. Day: CLOSED,  
No Clients  
**1/23:** In-service Training, Timesheets &  
Mileage Logs Due

## In-Service Training



The Senior Companion Program will be having an in-service training on **Thursday, January 23, 2025 at Barelás Senior Center from 11:00am-2:00pm.**

We will be going over the following items:

- Update Auto Insurance Information
- Update Emergency Contact Information
- Timesheet and Mileage log overview
  - New forms
  - New electronic submission
- Program Brainstorm Session

### Barelás Senior Center

714 7th St SW

Albuquerque, NM 87121

**\*Lunch will be provided**



**AmeriCorps**  
Seniors

## January Birthdays!

# HAPPY BIRTHDAY

January 29  
Frank Gonzales



## FGP/SCP Advisory Council Meeting

Our next advisory council meeting will be on **Wednesday, January 15, 2025 at the Bear Canyon Senior Center from 10:00am - 12:00pm.**

4645 Pitt St NE,  
Albuquerque, NM 87111



## MLK Day of Service Project

Join the AmeriCorps Senior Volunteer Programs for a fun and productive day of packing and distributing food boxes to members in our community.



We will be meeting at the Alamosa Community Center (6900 Gonzales Rd SW STE c, 87121) on **Thursday, January 16, 2025 from 10am-12pm.**

If you would like to participate, please call (505) 764-1007 to sign up. Space is limited. Lunch will be provided.



The Senior Companion Program will be closed on Monday, January 20, 2025 in observance of the Martin Luther King Jr. Day holiday.

Please remind your clients that there is no service during the holiday.

Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs before 2:00pm to get processed in a timely manner.

Thursday, January 9, 2025  
Thursday, January 23, 2025

It is very important that your timesheet is signed by you and the station supervisor (if applicable).

Second Week	Wednesday						
	Thursday					SEND IN TIMESHEET	
	Friday						

I hereby certify that the above recorded time is true and correct.

Volunteer Signature

Station Representative Signature

\*\*\*\*\*PLEASE DO NOT WRITE BELOW THIS LINE\*\*\*\*\*

SCP Supervisor Signature

Comments:

Regular	
Care Companion Program	
Other	
PTO	
Holiday	
TOTAL	

		Home to Client				
		Errands				
		Client to Home				

I hereby certify that the above recorded mileage is true and correct.

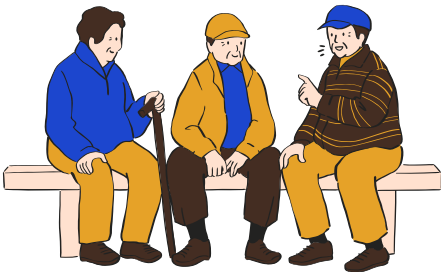
Total Mileage

Volunteer Signature Date Station Representative Signature Date

SCP Supervisor Signature Date

Care Companion Program (CCP)

The Senior Companion Program and the NM Aging and Long-Term Services Department are working together to help isolated senior citizens living in long-term care facilities and nursing homes in Bernalillo County. This new pilot program will allow volunteers to visit clients at the partnered facilities and still qualify for program benefits. Volunteers will receive a stipend, meal and mileage reimbursements.



If you are interested in the new Care Companion Program or need more information please contact the SCP Office.

January Word Puzzle ❄️❄️

S	C	S	O	L	D	F	P	G	L	O	V	E	S	R
K	N	G	N	E	Z	L	E	V	O	H	S	O	R	E
I	L	O	E	E	O	V	N	E	S	I	E	C	I	S
I	D	O	W	O	T	L	G	I	S	E	K	L	C	O
N	L	M	Y	B	I	T	U	T	F	R	A	C	S	L
G	O	W	E	N	A	S	I	N	R	E	L	T	E	U
Y	C	E	A	R	P	L	N	M	O	E	F	N	L	T
L	O	S	R	E	R	N	L	I	Z	U	W	G	C	I
U	R	U	N	N	Y	N	O	S	E	T	O	N	I	O
I	G	L	O	O	E	S	N	Y	N	U	N	R	C	N
S	A	C	R	G	N	I	D	D	E	L	S	F	I	S

- ❄️

Cold

Frozen

Gloves

Shovel

Skiing

Sledding

Snowballs

Snowflakes
- ❄️

Scarf

Icicles

Igloo

Mittens

New Year

Penguin

Resolution

Runny Nose





# Senior Affairs Lunch Menu



# JANUARY 2025

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>30</p> <ul style="list-style-type: none"> <li>♦ Texas Chili</li> <li>♦ Cornbread/Margarine</li> <li>♦ Succotash</li> <li>♦ Diced Pears</li> <li>♦ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Asian Diced Pork/Peppers</li> <li>♦ Rice Pilaf</li> <li>♦ Oriental Blend</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk</li> </ul> 	<p>1</p> <p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>2</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ Red Chile &amp; Peppers</li> <li>♦ Sweet Potatoes</li> <li>♦ Blackeye Peas</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Breaded Cod/Tartar Sauce</li> <li>♦ Crinkle Cut Fries</li> <li>♦ Peas &amp; Carrots</li> <li>♦ Brownies</li> <li>♦ 1% milk</li> </ul> 
<p>6</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Green Chile Gravy</li> <li>♦ Sweet Potato Mash</li> <li>♦ Cauliflower w/ Pepitas</li> <li>♦ Diner Roll/Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrizzini</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ Red Chile &amp; Pepitas</li> <li>♦ Pinto Beans w/ Spinach &amp; Bell Peppers</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Diced Pork w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Pear Slices</li> <li>♦ 1% milk</li> </ul> 
<p>13</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Lemon Baked Tilapia w/ Tartar Sauce</li> <li>♦ Sweet Potato Mash</li> <li>♦ Green Beans</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>♦ Steamed Mushroom</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Cheese Lasagna</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Mushroom</li> <li>♦ Sauteed Spinach</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 
<p>20</p> <p><b>MLK DAY</b></p> <p><b>I Have a Dream</b></p> <p><b>CLOSED</b></p>	<p>21</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Sweet Potato Mash</li> <li>♦ Sauteed Spinach</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli</li> <li>♦ Brussel Sprouts</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Green Chile Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Pear Slices</li> <li>♦ 1% milk</li> </ul> 
<p>27</p> <ul style="list-style-type: none"> <li>♦ Lemon Baked Tilapia w/ Tartar Suce</li> <li>♦ Mashed Potatoes</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamales w/ Red Chile &amp; Pepitas</li> <li>♦ Steamed Mushroom</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Diced Pork w/ Gravy</li> <li>♦ Sweet Potato Mash</li> <li>♦ Green Beans</li> <li>♦ Diner Roll/ Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Spaghetti w/ Tomato Sauce &amp; Mushrooms</li> <li>♦ Cauliflower w/ Pepitas</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Veggies</li> <li>♦ Diner Roll/Margarine</li> <li>♦ Mixed Berries</li> <li>♦ 1% milk</li> </ul> 