

March 2026

As we move into a new season, we look forward to the joyful celebrations of this month, including International Women's Day, St. Patrick's Day, AmeriCorps Week, and the Spring Equinox. This time of year brings renewed energy, longer days, and new opportunities to connect.

We look forward to the upcoming site visits, which help us strengthen relationships with our participants and community partners. These visits allow us to offer support, share updates, and continue ensuring our program meets the needs of those we serve.

We will be celebrating AmeriCorps Week from March 8–14, 2026. We are excited to recognize AmeriCorps Seniors volunteers across Albuquerque and Bernalillo County for their outstanding service and commitment to our community. Keep an eye on the Department of Senior Affairs webpages for special volunteer shout-outs, local radio stations The Peak 100.3 and Big 98.5, and KRQE News.

We also want to extend our heartfelt appreciation to our dedicated Senior Companions who took the time to complete their annual recertification. Your professionalism, compassion, and commitment are the heart of this program. Thank you for the care and consistency you bring to the seniors in our community every day.

We look forward to all that the months ahead will bring!

-SCP Staff



AmeriCorps Week!

March 8 - March 14, 2026



Program Hours

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

Senior Companion Program Staff

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

Contact Information

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

Special Dates & Announcements

2/23-3/13: Client and Station Site Visits
3/05: Mandatory In-Service Training,
Timesheets & Mileage Logs Due
3/08-3/14: AmeriCorps Week
3/19: Timesheets & Mileage Logs Due

Mandatory In-Service Training



Please join us for an informative in-service training on local transportation options available to seniors in our community. Representatives from the City of Albuquerque Department of Senior Affairs and Catholic Charities will provide an overview of the services they offer, including eligibility requirements, how to schedule rides, and additional resources designed to support older adults. This session is a great opportunity to learn how these programs can help our clients stay connected, independent, and engaged.

Thursday, March 5, 2026

10:00am to 1:00pm

Barelas Senior Center

714 7th St. SW,
Albuquerque, NM 87102



***Lunch from
DG's Deli will be
provided**

In-service Policy Reminder



Every volunteer must complete a minimum of 24 hours of in-service training during each fiscal year. Volunteers are not required to visit their client before or after the meeting, but **may visit for additional hours or on an alternate day with prior authorization from SCP staff.**

Volunteers are only permitted three unexcused absences per year from in-service meetings. Volunteers who are unable to attend meetings due to an illness, scheduled appointments, or unforeseen events must notify the SCP staff within 24 hours of the training.

Volunteer who visit their clients instead of attending in-service training will not be reimbursed for the day.

For more information refer to page 13 in your SCP Handbook. Please call the office if you have any questions or concerns.

Site Vists

For the month of March, SCP will be conducting site visits to volunteer stations and in-home sites. During the visit, we would like to see how each volunteer and client is doing, how we can better address client's needs, and make any schedule/program changes if needed. Please advise your clients about the site visits. We will do our best to accommodate every client and volunteer.



The Case Management Coordinator will be reaching out to every volunteer to schedule appointments. Please contact the office if you have any questions or concerns.

Electronic Timesheets & Mileage Logs



APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

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

Thursday, March 5, 2026
Thursday, March 19, 2026

Please remember to include the date in the notes for each errand you record, so we can identify which scheduled day and client it corresponds to. Contact the office if you have any questions.



<https://www.cabq.gov/seniors/senior-volunteer/senior-companion-program>

March Word Search



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

- Rain
- Windy
- Spring
- Irish
- Equinox
- Clover
- March
- Umbrella
- Green
- Leprechaun
- Blossom
- Mardi Gras
- Shamrock
- Flower

February Birthdays

HAPPY BIRTHDAY



Edwina Tabares 3/25

Visits & Client Cancellations



There will be times when a client may cancel services due to illness, visitors, medical appointments, or other circumstances. If a client cancels services, the volunteer will be reimbursed for that day. A second consecutive cancellation by the client will prompt staff to make contact to determine the need for continued SCP services.

For a second consecutive cancellation, the volunteer may use PTO or take leave without pay.



For more information refer to page 16 in your SCP Handbook. Please call the office if you have any questions or concerns.

Senior Affairs Lunch Menu

**ONE
ALBUQUE
RQUE**

MARCH

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																							
2		3		4		5		6																							
Sweet & Sour Pork 3oz	Stir Fry 3oz	Edamame 4oz	Brown Rice 4oz	Applesauce 4oz	1% Milk 8oz	Meatloaf 3oz	Gravy 1oz	Stuffing 4oz	Normandy Blend 4oz	Pudding 1ea	1% Milk 8oz	Green Chile Chicken 4oz	Posole 4oz	Pinto Beans 4oz	Calabacitas 4oz	Orange 1ea	1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz	Rosemary Potatoes 4oz	Spinach 4oz	Jell-O 4oz	1% Milk 8oz	Breaded Pollack 3oz	Tartar Sauce 1pc	Green Beans 4oz	Sliced Carrots 4oz	Brownie 1ea	1% Milk 8oz			
9		10		11		12		13																							
Beef Fajitas 3oz	Fajita Mix 2oz	Pinto Beans/Spinach 4oz	Spanish Rice 4oz	Flour Tortilla 2ea	Diced Peaches 4oz	1% Milk 8oz	Chicken Patty 3oz	White Gravy 1oz	Green Beans & Mushrooms 4oz	Dinner Roll 1ea	Margarine 1pc	Vanilla Pudding 1ea	1% Milk 8oz	Beef Stew 3oz	Mixed Vegetables 2oz	Mashed Potatoes 4oz	Cornbread 1ea	Yogurt 4oz	1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea	Corn & Red Peppers 4oz	Stewed Tomatoes 4oz	Diced Pears 4oz	1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz	Edamame 4oz	Brussel Sprouts 4oz	Jell-O 1ea	1% Milk 8oz		
16		17		18		19		20																							
Rotisserie Chicken 4oz	Mash Potatoes/Gravy 4oz	Sliced Carrots 4oz	Dinner Roll 1ea	Margarine 1pc	Mandarin Oranges 4oz	1% Milk 8oz	Corned Beef & Cabbage 3oz	Rosemary Potatoes 4oz	Dinner Roll 1ea	Margarine 1pc	Green Jell-O 4oz	1% Milk 8oz	BBQ Pulled Pork 4oz	Diced Beets 4oz	Corn & Red Peppers 4oz	Dinner Roll 1ea	Margarine 1pc	Peaches 4oz	1% Milk 8oz	Minestrone Soup 4oz	Steamed Broccoli 4oz	Cornbread 1ea	Watermelon 1ea	1% Milk 8oz	Breaded Pollock 3oz	Tarter Sauce 1ea	Green Beans 4oz	Warm Cucumber 4oz	Salad 4oz	Yogurt 4oz	1% Milk 8oz
23		24		25		26		27																							
Baked Chicken 4oz	Diced Tomato & Cucumber Salad 4oz	Corn 4oz	Dinner Roll 1ea	Margarine 1pc	Orange 4oz	1% Milk 8oz	Meatball Sub 1ea	Cauliflower 4oz	Green Beans w/ Mushrooms 4oz	Vanilla Pudding 4oz	1% Milk 8oz		Pork Chop 3oz	Green Chile Gravy 2oz	Brown Rice 4oz	Normandy Blend 4oz	Applesauce 4oz	1% Milk 8oz		Mac & Cheese w/ Broccoli 3oz	Broccoli 1oz	Brussel Sprouts 4oz	Sliced Peppers 4oz	Watermelon 4oz	1% Milk 8oz	Cajun Tilapia 3oz	Pasta w/ Garlic Butter & Diced Tomatoes 4oz	Green Peas/Carrots 4oz	Banana 1ea	1% Milk 8oz	
30		31		1		2		3																							
Green Chile Chicken Posole 4oz	Green Beans & Mushrooms 4oz	Stewed Tomatoes 4oz	Jell-O 1ea	1% Milk 8oz			Salisbury Steak 4oz	Gravy 2oz	Mashed Potatoes 4oz	Roasted Vegetables 4oz	Dinner Roll 1ea	Margarine 1pc	Yogurt 4oz	1% Milk 8oz	Chicken Tetrazzini 4oz	Diced Beets 4oz	Breadstick 1ea	Pears 4oz	1% Milk 8oz	Cheese Omelet 3oz	Fajita Blend 2oz	Spinach 4oz	Sweet Potato Mash 4oz	Orange 1ea	1% Milk 8oz	Baked Tilapia 3oz	Diced Tomatoes 1oz	Brown Rice 4oz	Steamed Broccoli 4oz	Apple Slices 4oz	1% Milk 8oz