

February

2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from the Manager

Can you believe it? January has come and gone, along with our resolutions! But never fear, because a new year brings fresh adventures, challenges, and chances to shine. Even though Julianna left us just a month ago, her legacy lives on in Highland. That welcoming feeling when you step through our doors, the friendly wave or "good morning" you receive from us. That's the culture she embodied, and that's the same culture she'll create at North Valley Senior

Center. If you're ever in that neck of the woods, drop by and say "hi"!

Remember, it's tax season and we're in full swing. Make sure to book your appointment in person or over the phone. And let's not forget, Highland Senior

Center is for all of us. So, let's be mindful and respectful of each other's personal space, backgrounds, and how we share this space with one another. Whether we're in the social hall, library, lobby, or anywhere else, let's be patient and understanding with everyone. We're all in this together, and let's keep the amazing culture we've created here at Highland alive!

Coming soon! The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

Chris Rogers, Acting Manager



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Vacant
Center Manager

Chris Rogers
Acting Manager

Gloria Ortiz
Office Assistant

Vacant
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs

ONE
ALBUQUE
RQUE

ncoa
National Council on Aging

General Information

3rd Tuesday of
every other Month
Presentations
No Appointment Necessary!

Tuesday, February 20th, 2024
**Medicaid/Estate planning
presentation**

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) will be and Medicaid coverage for nursing homes on the 3rd Tuesday of every other month. *This is a group presentation and not a one-on-one clinic.* Seniors should sign up for this presentation at the Highland front desk.

1:00pm-General lecture on wills, probate, powers of attorney.

2:00pm-Medicaid coverage on nursing homes, home & community based services



Please read the instructions and information carefully for the Senior Law office!

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic on the 1st Wednesday of each month **You must Contact the Senior Law Office 265-2300 to Schedule your (Power of Attorney Clinic) Appointment for the Wednesday Clinics.**

1st Wednesday of
Each Month
By Appointment Only

**Wednesday,
(General Legal Clinic)**

SCLO will hold a General Legal Clinic on Wednesday, February 7th, 2024, starting at 9 am (by appointment only). An attorney will meet privately with a senior and provide advice on legal issues. General Legal Clinics will be scheduled with Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will continue to be scheduled with SCLO at 505-265-2300.

Did you know that you can view all of our current activities on our City of Albuquerque website?

For all information on services, monthly menu and individual centers please log on to:

www.cabq.gov/seniors

We are also on Social Media look for us there!



SENIOR CITIZENS LAW OFFICE

Seniors please note:

Reminder appointments for

- **All general legal clinics will be scheduled by Highland Senior Center front desk, not with SCLO.**
- **Powers of Attorney clinics will continue to be scheduled with SCLO at 505-265-2300.**
- **Medicaid/Estate planning Presentation will only be in February, April, and June at Highland Senior Center**

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
10:00am-11:30am Gathering of Artists
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:15pm Bingo

Tuesday

8:15am-9:15am Flex & Tone
9:30am-12:00pm Watercolor
10:30am-11:30am Energy Yoga
10:00am-11:00am Beginning Ball Room
12:30pm-4:30pm AARP Smart Driver Class
(every 1st)
1:00pm-3:00pm Conversation Spanish
1:00pm-3:00pm Senior Citizen's Law
Office (every 3rd Tues. of every other month
see page 2 for more details)
2:00pm-3:30pm Intermediate Line Dancing

Wednesday

8:30am-12:30pm GEHM Clinic (every 1st)
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:00am-12:00pm Senior Law Office Appts.
(every 1st) (See Page 2 for more details)
10:00am-12:00pm Highland Harmonizers
10:15am-11:15am Gentle Exercise
1:00pm-3:30pm Mexican Train Dominoes
1:00pm-3:30pm Beg. Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
2:00pm-3:30pm Beginning Line Dancing
5:30pm-6:30pm ORCA Loss Group
4:30pm-6:30pm Beginning Ukulele

Thursday

8:15am-9:15am Flex & Tone
10:30am-11:30am Tai Chi
2:00pm-4:00pm Senior LGBT Meeting
(every 2nd)
2:30pm-4:30pm ORCA Game Time (1st & 3rd)

Friday

8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:30am-11:00am Rosemalers
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:00pm Afternoon Matinee

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
10:30am-12:00pm Improver Line Dancing
1:30pm-3:30pm Music Jam Session (every 2nd)

Please see our bulletin board for details about on-going classes

Our Mission

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.

What's Happening at Highland

AFTERNOON MATINEE



<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
2/2	The Holiday	PG-13
2/16	Wonder	PG

Highland Senior Center will only be showing movies on the 1st & 3rd Friday of the month.

*****We include Movie rating so that you can decide if you want to watch! Movie participants will get 1 free bag of popcorn additional bags are only 25 cents.**

Yo-ho-ho, fellow adventurers! We can sense the thrill of your upcoming escapades! But before you start daydreaming and packing, let's have a quick rundown.

To make sure these fantastic outings get the green light, we need a minimum headcount on board. To avoid any letdowns, let's put on our thinking caps and sign up at least two weeks early. Let's make these wild escapades a reality!



Kudos

Give a round of applause to Anna Wood, the star of the month! She fearlessly stepped up to model our North Pole gear, spreading holiday cheer all around Highland. Her playful energy and positive vibes even snagged us a top award for Best Holiday Decorated Door amongst all the centers in the area! Here at the Highland Senior Center, we work hard and play harder, always on the lookout for the next group or individual to give a shoutout to. Stay tuned for next month's superstar!



Highland Senior Center program assistant, Anna Wood

Coordinator Corner

Happy American Heart Month, folks! It's time to slip on our superhero capes and flex those heart muscles! The best part? It doesn't take much to keep our heart happy - a little jig around the house or a crunchy apple can work wonders. Check out page 7 for some heart help tips! Let's show our hearts some love this month, and hey, speaking of love - Happy Valentine's Day! So, let's not only take care of our heart but also our sweethearts this month, folks! We've been busy bees for AARP - almost filling up our free tax appointment slots and even taking a trip to Santa Fe for Senior Day to have our voices heard by policymakers. Plus, we had a mouthwatering meal at Central Grill for our "Out to Lunch" adventure! Don't forget to keep an eye out for our flyers, bulletin boards, monitors, and newsletter for all the latest scoop. And to end on a chuckle, let's remember - we may be getting older, but we can still maintain our youthful spirit!

Chris Rogers, Program Coordinator



Highland Senior
Center is
CLOSED
Monday
February 19, 2024
in honor of
President's Day
Holiday

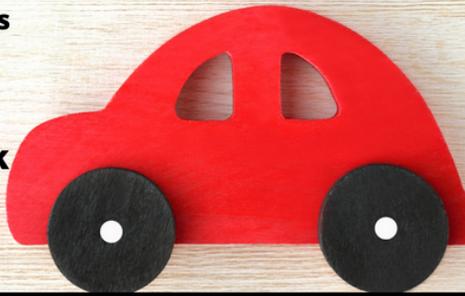
Classes

AARP Smart Driver Course

1st Tuesday every Month
12:30pm- 4:30pm



Cost: \$20 for AARP members
\$25 Non-members
Sign up Required at the front desk



AARP



Older Adults' Medical & Wellbeing Checks

UNM GEHM CLINIC

CLINICS WILL BE THE LOBBY ON WEDNESDAY
FROM 8:30AM TO 12:30PM
TIMES AND DATES ARE SUBJECT TO CHANGE

- January 3rd
- February 7th
- March 6th
- April 3rd
- May 8th
- June 5th
- July 3rd
- August 7th
- September 4th
- October 2nd
- November 6th
- December 6th

Veterans' Health Administration Veterans Program 2024

Veteran Outreach Health Promotion Fair



Where: Highland Senior Center Veterans Outreach – 131 Monroe Street NE, Albuquerque, NM 87108

When: Tuesday's
January 9th
March 12th
May 7th
July 9th
September 12th
November 14th

Time: 9:00 am to 1:00 pm.

We invite all Highland Senior Center Area Veterans, their families, and caregivers to learn more about the

VA Health Care, other VA Resources:

Suicide Prevention, [MyHealtheVet](#)

Health Promotion & Disease Prevention

Women's Veterans Health, Minority Veterans Programs,

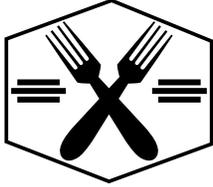
And many others.



Conversational Spanish Every Tuesday 1:00pm-3:00pm

****Conversational Spanish is a group for those who already speak Spanish, please see leader for more info. This group is not a beginners class.**

Information



LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm. Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

Reminder:
Meals are to be consumed at the center in the Social Hall.
Meals are not permitted to take out.

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the #OurHearts movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.



Day 5

Squat it out. Do 1 minute of squats.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit Smokefree.gov to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.



Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



Department Participant Code of Conduct

In order that all participants experience a pleasant visit and experience at the centers, participants are expected to respect the rights of others and to adhere to the following Code of Conduct. Failure to observe rules of conduct may result in disciplinary action, including suspension from the program.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

UPDATES AND BIG NEWS

TAX SEASON INFORMATION

Tis the season to file those taxes, and we're already sprinting into action! Our beloved AARP volunteers are back again this year, ready to roll up their sleeves and help us tackle those tricky forms. So let's take a moment to show some love and appreciation for these amazing folks!

To book your appointment, just give our front desk a buzz. But hey, we're all human, and this is a wild time of year, so let's all give a little patience and understanding as we navigate this busy season. Appointments are available from February to April, so mark your calendars and let's get that tax monkey off our backs!



Big News for Highland

WE ARE THRILLED TO ANNOUNCE THAT THE HIGHLAND SENIOR CENTER HAS BEEN SELECTED AS THE LOCATION FOR A NEW SMALL DOG PARK. THIS PARK WILL BE SITUATED ON THE WEST SIDE OF OUR BUILDING, PROVIDING A CONVENIENT AMENITY FOR OUR SENIOR COMMUNITY AND THE SURROUNDING NEIGHBORHOOD.

AS MANY OF OUR SENIORS ARE PROUD PET OWNERS, WE BELIEVE THAT THIS PARK WILL BE A WONDERFUL ADDITION TO OUR CENTER. THE DEPARTMENT OF SENIOR AFFAIRS ADMINISTRATION WILL KEEP EVERYONE INFORMED ON ALL THE DETAILS AS THEY DEVELOP.

ADDITIONALLY, WE WILL BE HOSTING A TOWN HALL MEETING IN THE NEAR FUTURE TO DISCUSS THIS PROJECT IN MORE DETAIL. FLYERS WILL BE POSTED TO PROVIDE INFORMATION ON THE DATE AND TIME, SO THOSE WHO ARE INTERESTED CAN ATTEND.



AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.

FOSTER GRANDPARENT PROGRAM

Help kids learn, and guide students to higher academic achievement. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-6412.**



AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque's Department of Senior Affairs is proud to sponsor these programs for over 40 years!

For more information visit cabq.gov/seniors/volunteer-opportunities

SENIOR COMPANION PROGRAM

Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-1007.**

RSVP

(RETIRED & SENIOR VOLUNTEER PROGRAM)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.

For more information, **Call (505) 767-5225.**



Daily Breakfast & A-la-Carte-Menu

Breakfast

Monday-Friday

8:00 a.m. – 9:00 a.m.

- Full Breakfast \$1.50**
2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla
- Mini Breakfast 75¢**
1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla
- Breakfast Burrito \$1.50**
egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile
- English Muffin Sandwich \$1.00**
1 egg, Bacon or Sausage, Cheese

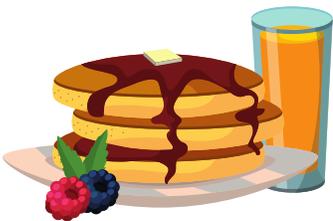
Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

Al-la-Carte

- 1 Egg 25¢ (each)
- Bacon or Sausage (2 per order) 50¢
- 1 Pancake 25¢ (each)
- 1 French Toast 25¢ (each slice)
- Hash Browns 30¢
- Side of Red or Green Chile 25¢
- Hot Cereal (Oatmeal w/Milk) 70¢
- Waffle (Plain) \$1.00 (Fridays only)

See our Full A-la-Carte Menu at our
Front Desk!



****Friendly Reminder,**
Meals are to be consumed in the Social
Hall and are not permitted to take out.
Thank You for your cooperation!

Lunch

Monday-Friday

11:30 a.m. - 1:00 p.m.

- Grilled Cheese \$1.25**
- Soup of the Day 50¢**
- Sandwich \$1.50**
- Slice of Pie 50¢**
- Salad \$1.00**
- Sandwich choices change weekly please see front desk for menu.



Beverages

- Milk or Juice 25¢
- Hot Chocolate 30¢
- Hot Tea 30¢



Menu is Subject to Change

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

**ONE
ALBUQUE
ROQUE**

February 2024

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/ sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/ bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/ margarine ♦ Sliced apples ♦ 1% milk 	6 ♦ Tilapia over brown rice w/ lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 ♦ Beef tips w/ bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	9 ♦ Pork chop w/ brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 ♦ Turkey w/ gravy ♦ Mashed potatoes w/ gravy ♦ Steamed broccoli ♦ Dinner roll w/ margarine ♦ Peaches ♦ 1% milk 	14 ♦ Ham and potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 ♦ Baked cod w/ tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 ♦ Baked ham w/ pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	23 ♦ Steak fingers w/ white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/ red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/ garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 