

January 2024



2024

Happy New Year! The Senior Companion Program team wants to wish you all the best for this new year. The beginning of the year is a great time to reflect and create new goals. Look into starting new hobbies or building a new routine. Overall, do something that brings you lots of joy and happiness. We want to thank all of you for the time you have given to your clients and the companionship you have provided this past year. Let's keep motivating and encouraging them to start something new this year too. Hope to see all of you at our New Year's Kickoff Lunch!

-SCP Staff

**The Senior Companion Program
will be closed on Monday,
January 1, 2024 and Monday,
January 15, 2024.**

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

The Senior Companion program focuses on providing assistance and companionship to older adults who have difficulty with daily living tasks. AmeriCorps Seniors volunteers keep seniors independent longer and provide respite to family caregivers, while enhancing their own health and longevity as they serve their community.

Program Hours

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

Senior Companion Program Staff

Viridiana Rodriguez-Flores,
Program Supervisor
Lisa Casman, Case Manager
Jenna Stanton, 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
1/10: MLK Day of Service
1/11: Timesheets due
1/15: MLK Holiday - CLOSED, No Clients
1/19: SCP New Year's Kick-Off Lunch
1/25: Timesheets due

MLK Day of Service Project

The City of Albuquerque Americorps Senior Volunteer Programs will be working together for the MLK Day of Service Project.



We will be volunteering at the Roadrunner Food Bank on Wednesday, **January 10, 2024 from 10am-12pm.**

If you would like to participate, please call Jenna at (505) 764-1007 to sign up.

Space is limited.

Lunch will be provided.

WINTER WORD SEARCH

- ICY
- FLEECE
- SLED
- PINE
- WOODS
- TOWEL
- SKATE
- COCOA
- WOODS
- CAMP
- SPICE
- FIRE
- SMORE
- NOEL

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



January Birthdays!



January 29
 Frank Gonzales



Timesheets

Friendly reminder to submit your timesheets on time to get processed in a timely manner.

Thursday, January 11, 2024

Thursday, January 25, 2024

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

PERIOD	DAY	DATE	TIME IN	TIME OUT	HOURS WORKED	REMARKS (client cancelled, PTO)	MEAL
Second Week	Monday						
	Tuesday						
	Wednesday						
	Thursday					SEND IN TIMESHEET	
	Friday						

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

Volunteer Signature _____

Station Supervisor Signature _____

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

Comments:



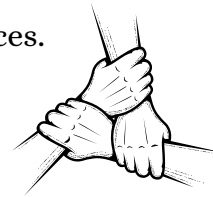
Regular	
Other	
PTO	
Holiday	
TOTAL	

Join our Advisory Council!

The Senior Companion Program, sponsored by the City of Albuquerque Department of Senior Affairs, is looking for current SCP volunteers and community members to join our Advisory Council! Volunteers are encouraged to join and may earn program benefits.

The purpose of the Advisory Council is to:

- Serve in an advisory capacity to the sponsor and assist the program staff in matters affecting planning, support, and formulation of local policy.
- Assist the sponsor and program staff in promoting community support and recruitment for the project.
- Assist in developing local financial and in-kind resources.
- Evaluate the effectiveness of the program.
- Serve as a grievance body for volunteers.
- Lobby for Senior Companions and program policies.



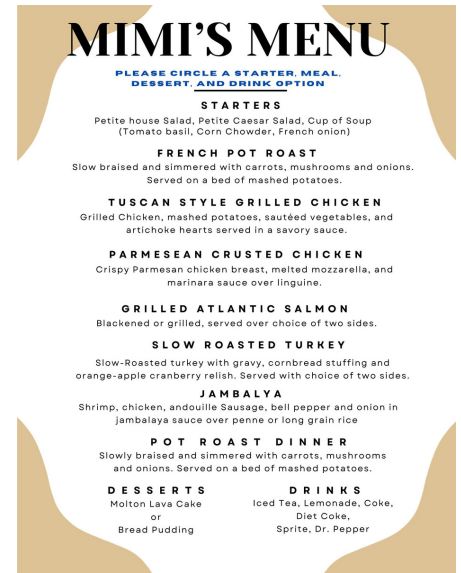
For more information
call (505) 764-1007

New Year's Kickoff Lunch



The Senior Companion Program will be having a New Year's Kickoff Lunch to bring in the new year and celebrate our wonderful volunteers. Invitations and menu options will be sent out in the mail.

Mimi's Cafe
11:30am-1:30pm
Friday, January 19, 2024



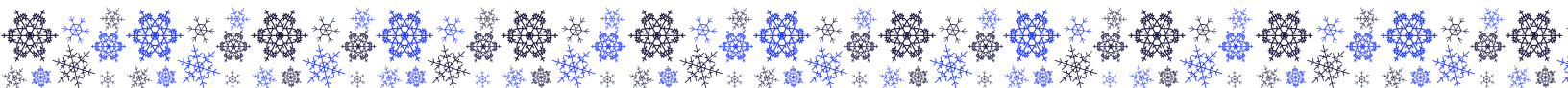
Inclement Weather Policy

Winter is here! Please stay safe and warm.

The Senior Companion Program follows the Albuquerque Public Schools (APS) policy for snow day delays and closures. During these occurrences, please check the television, internet, or radio for official closures or delays. Volunteers serving in the Pueblos are advised to use their judgement and follow the instructions provided by assigned volunteer stations.

For more information refer to page 31 in your SCP Handbook.

Please call the office if you have any questions or concerns.





























January 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
1	2	3	4	5
 <ul style="list-style-type: none"> ◆ Beef tip w/bowtie pasta ◆ Breadstick ◆ Steamed broccoli ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Steamed broccoli ◆ Sliced beets ◆ Apple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/cheese, mushroom, spinach ◆ Diced potatoes ◆ Spinach ◆ Jell-O ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork chop w/gravy ◆ Brown rice ◆ Peas ◆ Mixed fruit ◆ 1% milk 	
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Hot dog w/bun ◆ Steak fries w/ketchup ◆ Green beans ◆ Applesauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken alfredo w/green chile ◆ Steamed carrots ◆ Steamed broccoli ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked cod w/tartar sauce ◆ Peas ◆ Corn bread ◆ Chocolate chip cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/tomato gravy ◆ Diced red potato ◆ Collard greens ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork chop over brown rice w/sweet & sour sauce ◆ Stir fry vegetables ◆ Peach cobbler ◆ 1% milk 
15	16	17	18	19
	<ul style="list-style-type: none"> ◆ Sloppy joe w/hamburger bun ◆ Brussel sprouts ◆ Cinnamon apples ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile chicken posole w/flour tortilla ◆ Corn ◆ Roasted carrots ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Breadstick ◆ Green beans w/tomatoes ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Carrots ◆ Broccoli ◆ Grapes ◆ 1% milk 
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Ground beef w/onions and mushrooms ◆ Mashed potatoes ◆ Black-eyed peas ◆ Chocolate chip cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Carne adovada (pork, red chile) ◆ Pinto beans ◆ Spanish rice ◆ Applesauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked cod over brown rice w/tarter sauce ◆ Cauliflower ◆ Spinach ◆ Mandarin oranges ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Ham mac & cheese w/broccoli ◆ Sweet potatoes ◆ Cherry cobbler ◆ Mixed fruit ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken parmesan w/marinara and cheese ◆ Brown rice ◆ Steamed carrots ◆ Yogurt ◆ 1% milk 
29	30	31	1	2
<ul style="list-style-type: none"> ◆ Texas chili: ground beef, kidney beans ◆ Corn bread ◆ Succotash ◆ Diced pears ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork egg rolls w/sweet & sour sauce ◆ Rice pilaf ◆ Oriental vegetable blend ◆ Fortune cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/bell pepper and onion ◆ Diced potatoes ◆ Stewed tomatoes ◆ Jell-O ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Roasted lemon chicken ◆ Sweet potato ◆ Steamed broccoli ◆ Tapioca pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked Cajun salmon over brown rice ◆ Brussel sprouts ◆ Steamed carrots ◆ Pineapple ◆ 1% milk 