

## April 2024

The Senior Companion Program had a very busy month of March! Thank you to everyone that stopped by to complete their *Annual Income Eligibility Reviews*. SCP was also able to match four current volunteers with one new client each. Our program as a whole, will be volunteering 150 hours of service per week. Great job everybody!

April is National Volunteer Month! This month is dedicated to honoring all of the volunteers in our communities and encouraging volunteerism throughout the month. SCP would like to celebrate all of our volunteers with an appreciation breakfast. We will be going to **Hello Deli on Thursday, April 25, 2024**. Please help us spread the word about our program by sharing the flyer attached at the end of the newsletter!

We want to encourage all of our volunteers to stay active and enjoy the warmer days outside. There are a couple events happening around the community in April. The Downtown Growers Market will be returning every Saturday, starting April 13th, at Robinson Park. The South Valley Pride Day Celebration will be on Sunday, April 28th at the Westside Community Center. Go out and try something new!

Lastly, please save the date for our Annual Pinning Ceremony. The event will take place on Friday, May 10, 2024. Official invitations will be sent via mail this month. Have a wonderful month!

- SCP Team



### Program Hours

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

### Senior Companion Program Staff

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

### Contact Information

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

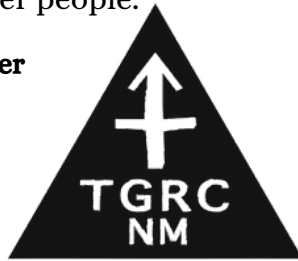
### Special Dates & Announcements

4/04: Timesheets & Mileage Logs Due  
4/19: 50+ Senior Tech Connect Fair  
4/19: Transgender Cultural Fluency  
In-Service Training  
4/18: Timesheets & Mileage Logs Due  
4/25: National Volunteer Month  
Appreciation Breakfast

## Monthly In-Service

Please join us for an **in-service training at the Barelvas Community Center**. Adrien Lawyer from the Transgender Resource Center of New Mexico will be addressing the topic of **Transgender Cultural Fluency**. Many transgender individuals still face enormous challenges in their everyday life. In this training, you will gain a better understanding of what it means to be transgender, clarify common misconceptions about transgender people, become familiar with the challenges transgender communities face, and learn ways to be a strong and engaged advocate for transgender people.

**Barelvas Community Center**  
 801 Barelvas SW  
 Albuquerque NM 87102  
**Friday, April 19, 2024**  
**10:30am - 1:30pm**



**\*Lunch will be provided**

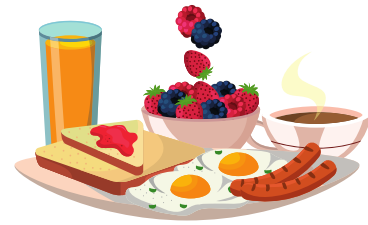
## Site Visits

For the month of April, 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 Program Supervisor and Office Assistant will be reaching out to every volunteer to schedule appointments. Please contact the office if you have any questions or concerns.**

## Appreciation Breakfast

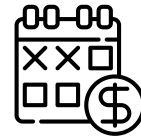


April is National Volunteer Month! Thank you for being a volunteer and serving your community. SCP would like to take our volunteers out for breakfast. We will be meeting at **Hello Deli on Thursday, April 25, 2024 from 9am - 10:30am.**

**Hello Deli**  
 7600 Jefferson St NE,  
 Albuquerque, NM 87109



## Personal Time Off (PTO)



The Senior Companion Program offers volunteers with Personal Time Off (PTO). Volunteers earn PTO for each hour of regular volunteer service, including: client visits, SCP training hours or events, and client match meetings. **PTO is paid leave that can be used for vacations, illnesses, or any other reason specified by the volunteer.**

For more information refer to pages 29 & 30 in the SCP Handbook.



**Please be advised that PTO is on a "Use it or Lose it" basis. Any PTO that is not used by June 30th, 2024 will be lost. Please contact the office to learn more about your PTO balance.**

## April Birthdays!



April 19

Victoria Gentzler



## Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs on time to get processed in a timely manner.

**Thursday, April 4, 2024**

**Thursday, April 18, 2024**

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

Second Week	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:

<input type="checkbox"/>	Regular
<input type="checkbox"/>	Other

		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 Supervisor Signature

Date

## Extra Opportunity

# 50+ SENIOR TECH CONNECT

MANZANO MESA  
MULTIGENERATIONAL CENTER

**APRIL 19, 2024**  
8:30am - 12:30pm

(505)275-8731

A chance for older adults to explore today's technology

Prizes & Fun Refreshments  
Demonstrations  
Hands-on Learning

No need to register. Just come!  
For more information call

Please contact the office at (505) 764-1007 if you plan on attending before the April in-service training. Program benefits qualify for this event!

## April Word Puzzle

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




























- |         |           |             |
|---------|-----------|-------------|
| April   | Bloom     | Arbor Day   |
| Spring  | Puddles   | April Fools |
| Rain    | Flower    | Tax Day     |
| Showers | Umbrella  | Baseball    |
| Birds   | Earth Day |             |



# April 2024

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
1	2	3	4	5
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy</li> <li>◆ Roasted redskin potatoes</li> <li>◆ Malibu blend vegetables</li> <li>◆ Fruit mix</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Brown rice</li> <li>◆ Beets</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey chef salad</li> <li>◆ Orzo pasta w/red peppers</li> <li>◆ Croissant</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Bean &amp; cheese burrito topped w/red chile and cheese</li> <li>◆ Collard greens</li> <li>◆ Calabacitas</li> <li>◆ Apple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Garlic tilapia</li> <li>◆ Pasta w/diced tomatoes</li> <li>◆ Green beans</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 
8	9	10	11	12
<ul style="list-style-type: none"> <li>◆ Sloppy joe</li> <li>◆ Ranch beans</li> <li>◆ Mixed vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Diced pork w/BBQ sauce</li> <li>◆ Butter parsley and red potatoes</li> <li>◆ Steamed carrots</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey fajitas w/tortilla</li> <li>◆ Spanish rice</li> <li>◆ Mexi-corn</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Egg salad sandwich</li> <li>◆ Cucumber, tomato, red onion</li> <li>◆ 3 bean salad</li> <li>◆ Honey dew</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Orzo pasta w/ black olives</li> <li>◆ Green beans</li> <li>◆ Chocolate cake</li> <li>◆ 1% milk</li> </ul> 
15	16	17	18	19
<ul style="list-style-type: none"> <li>◆ Carne adovada</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto beans</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked chicken</li> <li>◆ Mashed potatoes</li> <li>◆ Collard greens</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef patty w/mushroom and Swiss</li> <li>◆ Mixed vegetables</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Denver omelet</li> <li>◆ Stewed tomato</li> <li>◆ Diced potatoes</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spaghetti w/meat sauce</li> <li>◆ Imperial blend vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Green apple</li> <li>◆ 1% milk</li> </ul> 
22	23	24	25	26
<ul style="list-style-type: none"> <li>◆ Frito pie</li> <li>◆ Imperial blend vegetables</li> <li>◆ Corn chips</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Bratwurst with onion and peppers</li> <li>◆ Hoagie roll</li> <li>◆ Baked beans</li> <li>◆ Diced potatoes</li> <li>◆ White cake</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork loin</li> <li>◆ Black eyed peas</li> <li>◆ Brown rice w/red peppers</li> <li>◆ Cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked ziti w/mozzarella cheese</li> <li>◆ Mixed vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Apple sauce</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef tips w/noodles</li> <li>◆ Malibu blend vegetables</li> <li>◆ Peach crumble</li> <li>◆ Dinner roll w/margarine</li> <li>◆ 1% milk</li> </ul> 
29	30	1	2	3
<ul style="list-style-type: none"> <li>◆ Chicken tender w/BBQ sauce</li> <li>◆ Green beans</li> <li>◆ Sweet potatoes</li> <li>◆ Diced peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Fajita blend vegetables</li> <li>◆ Brown rice</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef stir fry</li> <li>◆ Steamed carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Southwest omelet w/red chile</li> <li>◆ Diced potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Diced beets</li> <li>◆ Baked cinnamon apples</li> <li>◆ 1% milk</li> </ul> 

# SENIOR COMPANION PROGRAM

## DO YOU CURRENTLY HELP A FRIEND OR NEIGHBOR?

*As a volunteer with SCP, you may qualify for benefits with our program!*

Non-taxable stipend for income eligible volunteers, meal and mileage reimbursement, recognition, and much more!



Are you 55 years and older?



Do you pick up a friend and take them to a senior center?



Do you help them with transportation to medical appointments?



Do you go on walks or outings together?

**JOIN US  
NOW!**



**Call (505)764-1007 or visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors) for more information.**