

April 2026

Hello Spring!

This is a time for warmer temperatures, fresh growth, new beginnings and celebrations.

The Senior Companion Program recently wrapped up a wonderful AmeriCorps Week, and we look forward to continuing the celebrations! On April 17th there will be a Volunteer appreciation breakfast at Vick's Vittles and then the annual Pinning Recognition on May 1st. Please make sure to let the office staff know if you plan to attend both events.

Please be sure to take care of yourselves as the weather warms up. Stay hydrated, keep cool, and protect yourself while spending time outdoors. If you or your clients need community resources to stay safe, don't hesitate to reach out to the office staff.

As we approach the end of our fiscal year, this is also a friendly reminder that PTO is on a use-it-or-lose-it basis. Please notify SCP staff of any plans to use your PTO before the end of May.

-SCP Staff

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
SCP@cabq.gov
(505) 764-1007

Special Dates & Announcements

4/02: Timesheets & Mileage Logs Due
4/09: Mandatory In-Service Training
4/16: Timesheets & Mileage Logs Due
4/17: Volunteer Appreciation Breakfast
4/30: Timesheets & Mileage Logs Due

Mandatory In-Service Training

Join us for an engaging and informative in-service training, TIPS Training, designed to support and empower our volunteers. Mitch Gray with NM ALTSD will present communication strategies designed to support and strengthen our volunteers' interactions with clients. Jenna will also facilitate a video training, "What Would You Do?", which explores real-life scenarios volunteers may encounter while serving. Together, these presentations will help volunteers enhance their communication skills and build critical thinking abilities to confidently navigate situations that may arise during service.

Thursday, April 9, 2026
10:00am to 1:00pm
Barelas Senior Center
 714 7th St. SW,
 Albuquerque, NM 87102



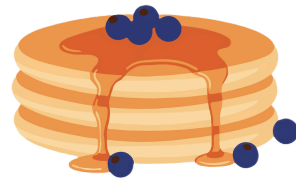
***Lunch from
 Dion's will be provided**

Volunteer 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 Vick's Vittles on **Friday, April 17, 2026 at 9:00am.**

Vick's Vittles
 8810 Central Ave SE
 Albuquerque, NM 87123



April Word Search



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

Bud	April	Blossom	May	Rain
Butterfly	Bee	Garden	Nest	Sprout
Caterpillar	Bird	Grass	Plant	Sunshine
Flower	Bloom	March	Puddle	Umbrella

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, April 2, 2026
Thursday, April 16, 2026
Thursday, April 30, 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>



AmeriCorps Week! Recap

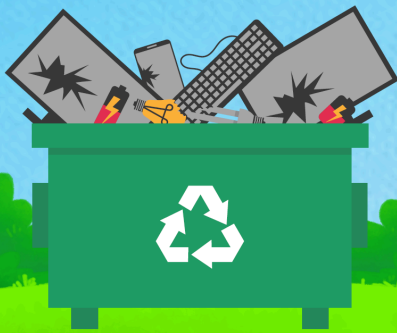
March 8 - March 14, 2026



E-WASTE COLLECTION EVENT

Celebrate Earth Day by safely recycling your old or unwanted electronics. Declutter your home and help reduce electronic waste in our community.

Hosted by the Department of Senior Affairs Volunteers In Action (VIA) Program in partnership with the Solid Waste Department.



Wednesday, April 22, 2026
9:30 am - 1:30 pm

North Domingo Baca Multigenerational Center
7521 Carmel Ave NE
Albuquerque, NM 87113

Items Accepted

Small Office Electronics
Old Computers
Laptops
Printers
Cellphones
DVD/VHS
Thumb Drives
Keyboards/Mice
Hard Drives
Cameras
Scanners
Cables/Cords

Not Accepted

Batteries of Any Kind
Paint
Microwaves
CRT monitors
Used motor Oil
Propane bottles

Make-Up In-Service Training Opportunity



SCP will be offering a Make-Up In-Service Training for volunteers who were unable to attend a previous sessions and **need to complete their 24 hour training requirement.** Volunteers with missing hours will be contacted to attend this training session.



Thursday, May 14, 2026
10:00am to 1:00pm
Barelas Senior Center
714 7th St. SW,
Albuquerque, NM 87102

Senior Affairs Lunch Menu



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
30 Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	31 Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	1 Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	2 Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	3 Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz
6 Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	7 Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	8 Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	9 Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	10 Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
13 Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	14 Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	15 Chicken Fajita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	16 Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	17 Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
20 Carne Adovada w/ Red Chili 3oz Spinach 2oz Spinach 4oz Pinto Beans 4oz Tortilla 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	21 Beef Fajita Meat w/ Gravy 4oz 1oz Mashed Yams 4oz Collard Greens 4oz Dinner Roll 1ea Margarine 1pc Yogurt 1ea 1% Milk 8oz	22 Mushroom Swiss Beef Patty 1ea Normandy Blend 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	23 Spaghetti w/ Marinara Sauce 4oz 2oz Imperial Blend 4oz Garlic Bread Stick 1ea Apple Slices 1ea 1% Milk 8oz	24 Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 8oz
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 3oz 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweet Potato 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	MAY 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz