

August 2025



Happy August!

Can you believe how quickly this year is flying by? Fall is just around the corner! As we step into the new fiscal year, we're excited about all the great things ahead. Working alongside our volunteers and their clients continues to bring us lots of joy. It's truly inspiring to see the positive impact each of you continues to make throughout the year.

Always check out the free events happening at the Senior Centers to see if it is something your clients would like to participate in. Los Volcanes Senior Center will be having a free dance for National Senior Citizens day, on August 21 from 1:30pm-4:00pm.

Please remember Personal Time Off (PTO) accrual resets every July. Volunteers receive a birthday day off to use. As summer adventures wrap up, please remember to submit any PTO requests in advance so the office staff can assist you accordingly.

-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

8/06: Timesheet Open Office Hours
8/07: Timesheets & Mileage Logs Due
8/13: In-service training
8/20: Timesheet Open Office Hours
8/21: Timesheets & Mileage Logs Due, Extra
Opportunity- National Senior Citizens Day
Dance - Los Volcanes Senior Center

In-Service Training



Please join us for an informative in-service training at **Palo Duro Senior Center on August 13, 2025 from 9:00am-12:00pm.**

Lyndsey Lee from UNM Dental Health Department will be giving a presentation on dental care. She will discuss practical daily routines for maintaining good oral health, highlight common dental issues affecting older adults, and share valuable resources and tips to support long-term oral hygiene.

Palo Duro Senior Center

5221 Palo Duro Ave
Albuquerque, NM 87110



Lunch will be provided

Extra Opportunity

LOS VOLCANES SENIOR CENTER
In celebration of **National Senior Citizen's Day**, we will be having a **FREE** dance for all members on **Thursday, August 21, 2025. 1:30 PM- 4:00 PM**
Performance By: **Enchanted Four**

SPONSORED BY:
Oak St. Health

This is a free event! Please notify the SCP office if you will attend the event to receive program benefits.

Electronic Timesheets & Mileage Logs



APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

OPEN OFFICE HOURS FOR TRAINING AND ASSISTANCE

- Wednesday, August 6th @ 10am
Barelas Senior Center
(714 7th St SW)
- Wednesday, August 20th @ 10am
Barelas Senior Center
(714 7th St SW)



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

Thursday, August 07, 2025

Thursday, August 21, 2025

We will be transitioning away from paper timesheets and mileage logs within the next month. Please contact the office if you have any question.

Key for entering service hours:

Shift – Regular client visit

Client Cancellation – Client canceled visit

Event – Volunteer recognition event

Holiday – Service canceled for holiday

In-Service – Program training

Office Meeting – Independent meeting w/ staff

Service Project – Community service activity

Personal Time Off – Pre-approved personal leave



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

August Birthdays



Bernadette 8/8

Nana Liz 8/27

Care Companion Program (CCP)

The Senior Companion Program and the NM Aging and Long-Term Services Department are working together to help isolated senior citizens living in long-term care facilities and nursing homes in Bernalillo County. This new pilot program will allow volunteers to visit clients at the partnered facilities and still qualify for program benefits. Volunteers will receive a stipend, meal and mileage reimbursements.



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If you are interested in the new Care Companion Program or need more information please contact the SCP Office.

Back To School Supply Drive

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

Items Needed

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils



Scan to see
our registry
on Amazon



Bring Donations to your local senior or multigenerational center before July 31, 2025

For more information call 505.764.1009

Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

☎ 505-768-3630

🌐 cabq.gov/seniors/events



Scan this code with
your phone to register!



ENGAGE
with Senior Affairs



2025

SAVE THE DATE



NEW MEXICO

CONFERENCE ON AGING

ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025

GLORIETA
CONFERENCE CENTER

AGINGINNM.ORG

SAVE THE DATE

RSVP

Appreciation Breakfast

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

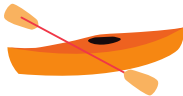
Formal Invitation & Details To Follow

August Crossword Puzzle



Adventure
Amusement Park
August
Back to School
Backyard
Bicycle
Campfire
Camping
Corn on the cob
Farmer's Market
Firefly
Flowers
Fruit

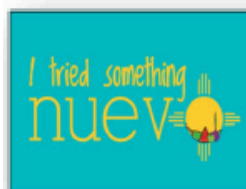
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H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M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



Fun
Grilling
Hot
Humid
Lake
Playground
Popsicle
Relaxation
Road Trip
Sailboat
State Fair
Summer
Sunflower
Sunny

























Senior Affairs Lunch Menu



AUGUST 2025

**ONE
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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
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	29 Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	30 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4 Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	5 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	6 Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	7 Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	8 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	12 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	13 Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	14 Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	15 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	19 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	20 Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	21 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	22 Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25 Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	26 Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	27 Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	28 Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	29 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 