

August 2026



Can you believe it's already August? Time certainly flies! While the summer temperatures are still with us, this month marks the beginning of our transition into a busy and exciting fall season.

We want to remind everyone about the policy updates that were discussed during our July In-Service. Please take a few moments to read this month's newsletter thoroughly so you stay informed about these important changes.

As we look ahead, we're excited for the RSVP Appreciation Breakfast at the end of the month. If you plan to attend, please remember to call the office to confirm your attendance. We are also beginning to plan our upcoming fall events for our wonderful Senior Companion volunteers, and we can't wait to share more details with you soon.

SCP is going to help with the 9/11 Day of Service and will need a couple of volunteers for that, so please consider adding it to your calendar. There will be more details to come.

Please continue to stay safe in the heat, and remember to contact the office if you or your clients need resources to help stay cool during these hot summer days. We appreciate all that you do!

-SCP Team



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

8/10: Timesheets & Mileage Logs Due
8/21: Mandatory In-Service Training
8/24: Timesheets & Mileage Logs Due
8/26: RSVP Appreciation Breakfast

August Mandatory In-Service Training

Join us for an important in-service training given by Michael McGuire to learn about estate planning, making you will and receive information about Advanced Care Directives.



Friday, August 21, 2026
9:00am to 12:00pm
Barelas Senior Center



714 7th St. SW,
Albuquerque, NM 87102

***Lunch from Barelas Senior Center kitchen will be available.**
Please call Felicia to reserve your meal by August 18th.

Meal Reimbursements

Volunteers may receive in-kind meals or meal reimbursement while serving, depending on their volunteer station. Volunteers who serve in stations offering meals will not receive reimbursement if the in-kind meal is declined.

In-home service volunteers may receive a \$2.00 daily “brown bag” reimbursement when serving during designated meal hours (11:30am–1:30pm) for at least three hours of service.

Meal reimbursements are reviewed during timesheet processing and issued monthly after the month ends. Meal reimbursement rate and duration are subject to availability of funds.

Mileage Reimbursement

- Volunteers will be reimbursed for mileage at a rate of 50 cents per mile for volunteer assignments (to and from clients’ homes or volunteer stations), program trainings/meetings, recognition events, and client errands completed during assignments, up to a maximum of 300 miles per month.
- Client trips will continue to be capped at 15 miles per visit.
- All requests for travel reimbursement must be submitted every two weeks and will be processed on the same pay period schedule as stipends.

Please note that changes to these mileage caps are subject to available funding and budgetary constraints. Reimbursements will not be made once allocated funds have been exhausted.

Volunteers will be permitted one excused absence from in-service trainings per fiscal year and may use PTO to cover absence

Electronic Timesheets & Mileage Logs



APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

Timesheets and mileage must be entered biweekly by the Monday following each pay period, before 2:00pm to get processed in a timely manner.

Monday, August 10, 2026
Monday, August 24, 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>



August
Back to School
Corn on the Cob
State Fair
Summer
SunFlowers
Campfire
Sunshine



August Word Search

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



Ice Cream
Grilling
Hot
Beach
Watermelon
Bike Rides
Swimming



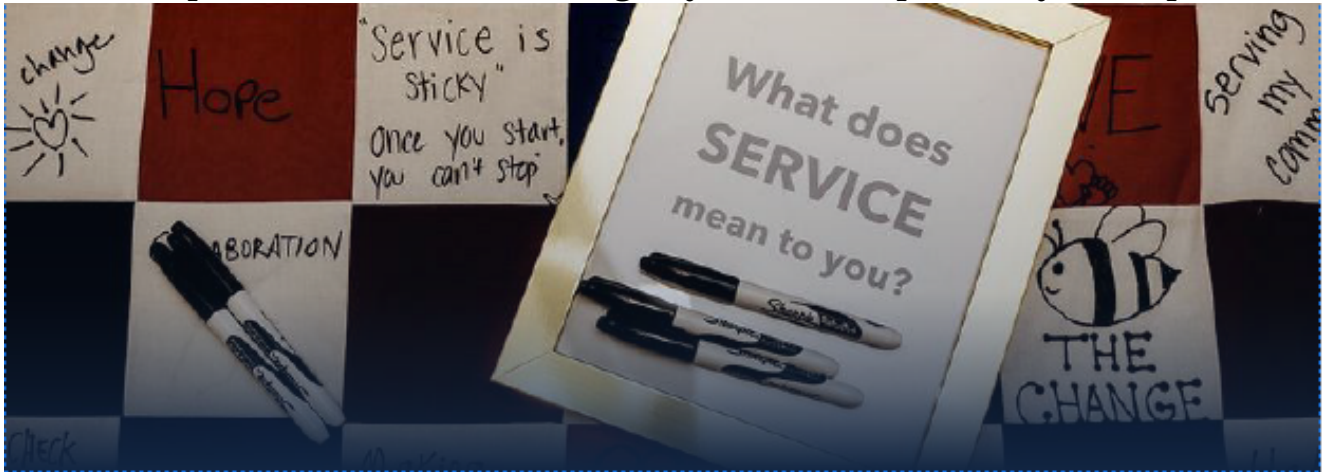
August Birthdays



Bernadette - 8/8

Extra Opportunity

This event is in September, but we wanted to give you a heads up so that you can plan to attend.



2026 AmeriCorps Seniors Nationwide Celebration

Save the Date!

You're invited to join us for a special celebration honoring the spirit of service that strengthens our community. As part of this year's national focus on A Nation of Service, we'll come together to reflect, connect, and celebrate the impact volunteers make every day.

Date

Tuesday, September 15, 2026

Time

We'll join the national broadcast together from 12:00-1:30 p.m. during our local celebration.

Location

Barelas Senior Center

Hosted by

SCP, FGP, RSVP

What's Planned

- Connect with fellow volunteers and staff from our project
- Join volunteers and projects from across the country through the national broadcast
- Enjoy time together as a community



We hope you will join us!

For more information, contact:
[Felicia at 505-764-1007]



**AmeriCorps
Seniors**

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

Senior Affairs Lunch Menu

**ONE
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AUGUST 2026

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
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 4oz Peach 1ea 1% Milk 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 <i>Anti-Inflammatory</i> Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz