

December 2024

Hello December!



As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelás Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelás neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,
Anna M. Sanchez, Director



Program Hours

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

Senior Companion

Program Staff

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

Contact Information

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

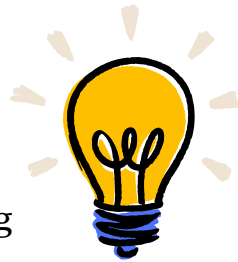
Special Dates & Announcements

12/05: SCP Winter Recognition
12/12: Timesheets & Mileage Logs Due
12/12: Holiday Donation Drive Pick-up
12/25: Christmas Holiday: CLOSED,
No Clients
12/26: Timesheets & Mileage Logs Due
1/01: New Year's Holiday: CLOSED,
No Clients

In-Service Training

There will be
no in-service training
for December.

More details for the
January in-service training
coming soon.



SCP Winter Recognition



El Pinto Restaurant

11:00am-1:00pm

Thursday, December 5, 2024

The Senior Companion Program will be having a Winter Recognition to celebrate our wonderful volunteers. Invitations have been sent out in the mail.

Holiday Donation Drive Pick-up

The Department of Senior Affairs has been collecting new items for their *Annual Senior Holiday Donation Drive* to share with homebound seniors this holiday season!



SCP Volunteers please
pick up a package for your
client(s) on Thursday,
December 12, 2024
from 10:00am-12:00pm.

Timesheets & Mileage Logs

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

Thursday, December 12, 2024

Thursday, December 26, 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:

Regular	
Other	

		Home to Client				
		Errands				
		Client to Home				

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

Volunteer Signature

Date

Station Supervisor Signature

Date

Total Mileage



**The Senior Companion Program
will be closed on Wednesday,
December 25, 2024 in observance
of the Christmas Holiday.**

**HAPPY
HOLIDAYS**

Please remind your clients that there is no
service during the holiday.



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.



**ONE
ALBUQUE
ROQUE**



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

FGP/SCP Advisory Council Meeting

Our next advisory council
meeting will be on
**Wednesday, January 15, 2024 at the
Bear Canyon Senior Center from
10:00am - 12:00pm.**

4645 Pitt St NE,
Albuquerque, NM 87111



December Word Puzzle



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



**Candy Cane
Carols
Christmas
December
Elves
Gingerbread
Presents**

**Jingle
Holly
Lights
Merry
North Pole
Ornaments
Reindeer**

**Santa
Sleigh
Stocking
Tree
Winter
Wreath**

Extra Opportunity: Care Van Event

The Department of Senior Affairs and Blue Cross and Blue Shield of New Mexico are continuing their Care Van Events. The event will host medical screenings and a Medicare 101 presentation.

Wednesday, December 4, 2024

9:00am-12:00pm

Palo Duro Senior Center

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



Blue Cross and Blue Shield of New Mexico
CARE VAN® EVENT 9 a.m. to noon
MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY OCTOBER 23	WEDNESDAY NOVEMBER 13	WEDNESDAY DECEMBER 4
North Domingo Baca Multigenerational Center	Barelas Senior Center	Palo Duro Senior Center

Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!
The Medicare 101 will take place from 10 - 11 a.m. inside the center.
Pre-registration is required for the presentation.

ONE ALBUQUERQUE service offices
Transportation Provided
Visit your center's front desk for more information or to sign up.
BlueCross BlueShield of New Mexico
A Division of Blue Cross and Blue Shield of New Mexico
A member of the United Health Group Companies
www.bcbnmx.com

December Birthdays!

HAPPY

BIRTHDAY

12/08 - Viridiana Rodriguez

12/15 - Cristina Rojas

12/20 - Karen Yager

12/21 - Paul Powell

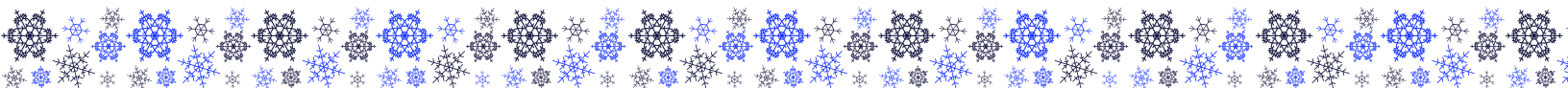
Inclement Weather Policy

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.



Senior Affairs Lunch Menu



DECEMBER 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
2	3	4	5	6
<ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk
9	10	11	12	13
<ul style="list-style-type: none"> ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/Calabacitas ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk
16	17	18	19	20
<ul style="list-style-type: none"> ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk
23	24	25	26	27
<ul style="list-style-type: none"> ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk 	<p>CLOSED</p> <p>Happy Holidays</p>	<ul style="list-style-type: none"> ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk
30	31	1	2	3
<ul style="list-style-type: none"> ♦ Texas Chili ♦ Combread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk