

December 2025

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelvas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



The Senior Companion program focuses on providing assistance and companionship to older adults who have difficulty with daily living tasks. AmeriCorps Seniors volunteers keep seniors independent longer and provide respite to family caregivers, while enhancing their own health and longevity as they serve their community.

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

12/04: Mandatory Winter Recognition, No Clients
12/11: Timesheets & Mileage Logs Due
12/23: Timesheets & Mileage Logs Due
12/25: Christmas Holiday-CLOSED, No Clients
12/31: Extra Opportunity - New Years
Eve Balloon Drop
1/01: New Years Day Holiday-
CLOSED, No Clients



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, December 11, 2025

Tuesday, December 23, 2025

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>

In-Service Trainings



There is no in-service training for the month of December.

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

*Please note that all volunteers must complete a **minimum of 24 hours of training per year**. For more information refer to pg. 12 & 13 in the SCP Handbook or contact the office for an update on your training hours.

Please share with us any ideas or suggestions you have for future training opportunities.

The Senior Companion Program will be closed on Thursday, December 25, 2025 in observance of the Christmas Holiday and Thursday, January 1, 2026 for New Years Day.

HAPPY HOLIDAYS

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



December Word Search



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

gifts	joy	milk	ribbon
wreath	lights	ornaments	sleigh
candles	winter	reindeer	stockings
cookies	holidays	treats	travel

Political Participation

A reminder that these activities are not allowed and will not be paid. Please refer to page 23 in the SCP Handbook. Please call the office if you have any questions or concerns.



Political activities:

“Senior Companion volunteers shall not take part in any political or electoral activities with their clients”. This includes assisting with voter registration, gathering information about candidates, providing transportation to voting site, etc.

FGP/SCP Advisory Council Meeting

Our next advisory council meeting will be on

**Wednesday, January 21, 2026 at the
Barelas Senior Center -Stover Room
10:00am - 12:00pm.**

714 7th St SW,
Albuquerque, NM 87102



December Birthdays



Paul Powell 12/21

Leticia Holguin 12/31

Viridiana Rodriguez 12/08

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 18, 2025 from 10:00am-12:00pm.

Extra Opportunity



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

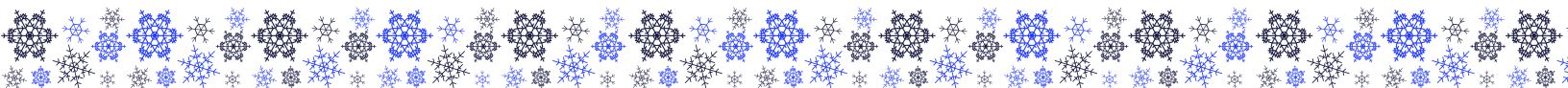
Inclement Weather Policy

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



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 Salisbury Steak 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 2 Chicken Tetrizzini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	 3 Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	 4 Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	 5 Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 8 Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	 9 Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	 10 Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	 11 Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz 	 12 BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
 15 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz	 16 Beef & Diced Potatoes 4oz Bell Peppers/Onions/ 3oz Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	 17 Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	 18 Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	 19 Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz
 22 Green Chile 1ea Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	 23 Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	 24 Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz	CLOSED 25 	 26 Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz