

February 2024

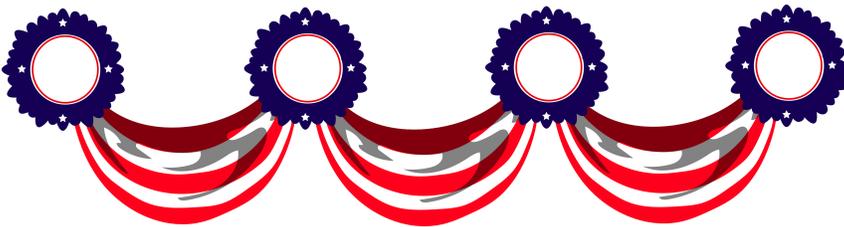
Coming soon!



The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at **Santa Barbara-Martineztown Park at 1825 Edith Blvd NE**, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the **Grand Opening happening in Spring 2024!**

The Senior Companion Program will be closed on Monday, February 19, 2024, for President's Day.

Please remind your clients that there is no service on this day.



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
Vacant, Case Manager
Jenna Stanton, Office Assistant

Contact Information

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

Special Dates & Announcements

2/02: Dementia Presentation, optional
2/08: Timesheet due
2/09: In-service UNM Cooking Demo
2/16: Dementia Presentation, optional
2/19: President's Day - CLOSED, No clients
2/22: Timesheet due
2/23: Dementia Presentation, optional

Monthly In-Service

Please join us for a fun and educational in-service at the **Barelas Senior Center. The University of New Mexico will be doing a cooking demonstration using recipes for 1-2 people.** Participants will also receive a 2024 calendar with additional recipes, nutrition information, and physical activity tips that can be share with your clients.

***Breakfast will be provided.**

Barelas Senior Center

Friday, February 9, 2024

9:30am – 11:30am



Extra Opportunities

The Alzheimer’s Association will be having a series of presentations for “Caring for Someone with Dementia” at Barelas Senior Center throughout the month of February.

Caring in the Early Stage

Friday, February 2, 2024

9:00am-11:30am



Caring in the Middle Stage

Friday, February 16, 2024

9:00am-11:30am



Caring in the Late Stage

Friday, February 23, 2024

9:00am-11:30am



This series is an in-depth description of this progressive disease. Information is provided about common symptoms and behaviors and shares strategies for caregivers to manage these sometimes difficult situations

Timesheets

Friendly reminder to submit your timesheets on time to get processed in a timely manner.

Thursday, February 8, 2024

Thursday, February 22, 2024

It is very important that your timesheet is signed by you and the station supervisor (if applicable).



If interested, please call (505) 764-1007 to register.

PERIOD	DAY	DATE	TIME IN	TIME OUT	HOURS WORKED	REMARKS (client cancelled, PTO)	MEAL
Second Week	Monday						
	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	
PTO	
Holiday	
TOTAL	

Valentine's Word Search



D I P U C P Q E J F Z P E A E X U wings
 K B S F V M E J Z K V N N R E W F flowers
 I C M V E M E X H A I R X R S O L chocolate
 F L O W E R S N T T U E V O O G Z card
 W Y S I N M G M N M T F E W W F X gift
 R M G D B G L E E A Z B G K R O I bow
 C A R D O G L I E F F N M G B V B fourteenth
 X L L J U A P K T E V B A D D T N february
 H O M M V O K A R T M T A T K I F arrow
 V V R M I Q J J U A M C R Y F C R love
 D E P E Z L Y E O L J Y X A E J E red
 Q X X M C Z V M F O G N V N E J D heart
 L W O C H E D F N C R J P S G H G valentine
 J N W J R L J K D O G S I G X S Y cupid
 D S T X W I N G S H K N H U I J F
 F E B R U A R Y A C L P Y E D F K
 K P G P P W I F R T P B T Y H Y T

February Birthdays!

HAPPY

BIRTHDAY

2/07 - Jeanette Antunez

2/27 - Eleanor Apodaca

2/27 - Pam Foss

Farewell Lisa

Unfortunately, Lisa is no longer with the Senior Companion Program.

We wish her the best of luck!

The SCP team hopes to onboard a new Case Management Coordinator soon. We appreciate everyone's patience during this transition. In the meantime, please feel free to reach out to the program supervisor or office assistant for any questions or concerns.



SCP New Year's Kickoff Lunch

★ ★ ★
2024
★ ★ ★

The Senior Companion Program hosted their New Year's Kickoff Lunch at Mimi's Café on Friday, January 19, 2024. Thank you to all the volunteers, advisory council members, DSA Volunteers in Action and RSVP teams who attend the event. All of our volunteers accomplished so much in 2023. We hope to continue growing in this new year 2024!





February 2024

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Sliced apples ♦ 1% milk 	6 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/margarine ♦ 1% milk 	9 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 ♦ Turkey w/gravy ♦ Mashed potatoes w/gravy ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	14 ♦ Ham and potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 ♦ Baked cod w/tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 ♦ Baked ham w/pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	23 ♦ Steak fingers w/white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 