



AmeriCorps
Seniors

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Senior Companion Program Newsletter

February 2026

Hello February!

We wanted to let our volunteers know how much we love and appreciate them, and their hearts to serve homebound seniors in our community.

We hope your year has started off well. This month is always full of opportunities to celebrate the family and friends you cherish. If you're feeling festive, many senior centers around the city are hosting Valentine's Day themed events and dances. These often have a small fee, so be sure to keep an eye out at your favorite center.

Please keep in mind that we will be conducting recertifications and site visits this month. Jenna and Felicia will be reaching out to schedule these. We truly appreciate your cooperation and flexibility as we work together to complete these tasks.

-SCP Staff



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
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SCP@cabq.gov
(505) 764-1007

Special Dates & Announcements

2/04: Mandatory In-Service
2/05: Timesheets & Mileage Logs Due
2/09-2/13: Volunteer Recertification Week
2/16: President's Day Holiday, No Clients
2/19: Timesheets & Mileage Logs Due
2/20: Extra Opportunity- Estate Planning

Mandatory In-Service Training



Please join us for an informative in-service training on Scams and Fraud with Christian Halstead, President of NM AARP. This session will cover a wide range of scams that commonly target older adults, including romance scams, financial fraud, and other deceptive tactics. Participants will learn how to recognize warning signs and protect themselves and others from becoming victims.

Wednesday, February 4, 2026

10:00am to 1:00pm

Barelas Senior Center

714 7th St. SW,
Albuquerque, NM 87102

***Breakfast will
be served***



Join us at the Roundhouse

Join us on February 13th for Senior Day at the Legislature where you can participate in our free resource fair, learn more about New Mexico Aging Services' initiatives, budget requests, and advocate for funding that makes positive impacts in the lives of New Mexicans every day.



RSVP TO ATTEND SENIOR DAY:

www.surveymonkey.com/r/SeniorDayFeb132026

EVENT DETAILS

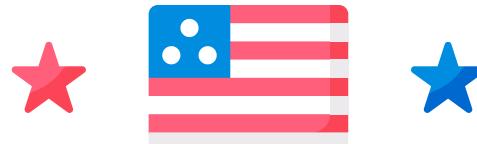
8:30 AM Check-In and Light Refreshments
8:30 AM Resource Fair
9:00 AM Legislative Tours Around the Roundhouse
11:00 AM Speakers
12:00 PM Closing

Complimentary T-shirt sponsored by LANL Foundation and tote bag sponsored by AARP New Mexico for the first 300 attendees. Breakfast burritos sponsored by Non Metro New Mexico Area Agency on Aging.

Join a Legislative Tour and connect with your legislator.



FOR GROUP REGISTRATION OR MORE INFORMATION PLEASE VISIT:
WWW.AGING.NM.GOV/SENIORDAY

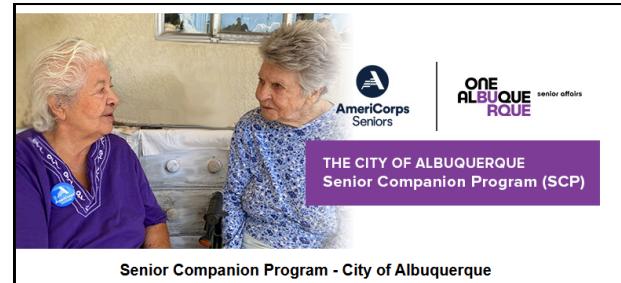


PRESIDENT'S — DAY —

The Senior Companion Program will be closed on **Monday, February 16, 2026** in observance of President's Day.

Please remind your clients that there is no service during these days.

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, February 5, 2026

Thursday, February 19, 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>

February Word Search

Cold	O F G R A U U M V C U P I D U
Cupid	G R Z U C E W D L A P I R G O
Candy	P I N K L X U G A T F Z F E W
Card	C E F P S Q B D C A N D Y K V
Flower	D N Z S Z F L O W E R S Z O C
Friends	R D Y H F E I X S C A R F B A
Groundhog	W S K A Z T J B P N N F Q M R
Heart	I B B D E W L H C U K M S Y D
Pink	N C J O V K E R K H E A R T M
Red	T O P W B B W P L F E H I P L
Scarf	E L O V U W V A L E N T I N E
Shadow	R D K P O S A R Y R E D U X J
Valentine	Z O Y G R O U N D H O G I P Q
Winter	E E G J R Q Y M D R G T X V T
	U Y Q P G E K M I K A R T V A



February Birthdays



Priscilla Johnson 2/3

Pam Foss 2/27

Extra Opportunity at Santa Barbara Martineztown Multigenerational Center

Join the
Senior Citizens' Law Office
for a presentation on
Estate Planning

February 20th, 2026, at 9:30 AM



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the front desk.

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

The Department of
Senior Affairs seeks your

Love Story

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of 250 words detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way. Alongside your written story, we ask that you provide a photograph that captures the essence of your relationship.

We will profile submissions throughout 2026 in recognition and celebration!

Drop entries off at any
Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.

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senior affairs

Senior Affairs Lunch Menu

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FEBRUARY

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.

I tried something
nuevó

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Tips over Bowtie Pasta Gravy Zucchini & Squash Dinner Roll Margarine Pears 1% Milk	3 Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Yogurt 1% Milk	4 Sliced Ham Pineapple Sauce Cauliflower Spinach Cornbread Banana 1% Milk	5 Pasta Primavera Steamed Broccoli Dinner Roll Margarine Mandarin Oranges 1% Milk	6 Pork Chop Mashed Potatoes Brussel Sprouts Jell-O 1% Milk
				
9 Chicken Tamales Green Chile Black Beans Normandy Blend Dinner Roll Margarine Applesauce 1% Milk	10 Mac & Cheese w/ Ham Steamed Broccoli Spinach Yogurt 1% Milk	11 Lemon Baked Cod Tartar Sauce Brown Rice Brussel Sprouts Jell-O 1% Milk	12 Red Chile Cheese Enchilada Spanish Rice Calabacitas Pears 1% Milk	13 BBQ Baked Chicken Thigh Stewed Tomatoes Ranch Beans Normandy Blend Dinner Roll Valentine Cookie 1% Milk
				
CLOSED 	16 Carne Adovada Calabacitas Pinto Beans Flour Tortilla Apple slices 1% Milk	17 Baked Cod Salsa Brown Rice Spinach & Onions Jell-O 1% Milk	18 Baked Ziti Brussel Sprouts Breadstick Banana 1% Milk	19 Breaded Pollock Tartar Sauce Carrots Green Beans w/ Mushrooms Mandarin Oranges 1% Milk
				
23 Salisbury Steak Mushrooms & Gravy Mashed Potatoes Carrots Brownie 1% Milk	24 Green Chile Chicken Posole Steamed Cauliflower Red Peppers Applesauce Saltine Crackers 1% Milk	25 Meatloaf w/ Tomato Sauce Garlic Potatoes Succotash Dinner Roll Margarine Banana 1% Milk	26 Veggie Green Chile Cheesburger Sweet Potato Mash Baked Beans Yogurt 1% Milk	20 Black Bean Chile Green Beans Brussel Sprouts Jell-O 1% Milk
				