

January 2026

Happy New Year!

A new year brings a fresh chapter. One waiting to be written with purpose, hope, and possibility. Each page holds anticipation for what lies ahead. Thanks to our incredible volunteers, 2025 was a meaningful and successful year, and we are excited for the inspiring stories that will unfold in 2026.

As winter settles in and temperatures drop, please don't hesitate to reach out if you or your clients need to cancel visits to stay safe and warm.

We are excited to begin the new year with a service project in honor of Martin Luther King Jr. Day. On January 21, we will partner with RSVP and FGP to support in a food packing and distribution project. The SCP team will be assisting at the Alamosa Community Center.

Be sure to review the additional opportunity details and recertification reminders included in this newsletter. Jenna will also resume site visits beginning in February.

-SCP Staff



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

1/01: New Years Day Holiday, No Clients
1/08: Timesheets & Mileage Logs Due
1/15: Mandatory In-Service
1/19: Martin Luther King Jr. Holiday, No Clients
1/21: Extra Opportunity - Sock Hop
1/21: MLK Jr Service project at Alamosa Community Center.
1/22: Timesheets & Mileage Logs Due

In-Service Training



Please join us for an informative in-service training on Fall Prevention with Cynthia LaCoe-Maniaci and Lt. Athena Valerio-Hirschfeld from Oasis. This interactive session will cover fall statistics, common complications, risk factors, and practical steps to reduce fall risks. Participants will also learn about available resources and simple exercises designed to improve safety and prevent falls. The training will include hands-on group activities to practice prevention techniques. Please wear comfortable clothing and shoes that fit securely.

Thursday, January 15, 2026

10:00 a.m. to 1:00 p.m.

Barelas Community Center

801 Barelas Rd SW,
Albuquerque, NM 87102

***Lunch from Golden
Pride will be served***



MLK Day of Service Project

Please join the AmeriCorps Senior Volunteer Programs in their Martin Luther King Jr. Day of Service Project. We will be needing volunteers to help with a food distribution project at the Alamosa Community Center.



We will be meeting at the Alamosa Community Center (6900 Gonzales Rd SW STE c, 87121) on

Wednesday, January 21, 2026

from 9:30am-12:00pm.

If you would like to participate, please call (505) 764-1007 to sign up. Space is limited.

Lunch will be provided.

Recertification Reminder

We will begin our annual volunteer recertification in February. To complete the process, you will need your 1099 form or tax documents. These should be mailed to you sometime in January, so please be on the lookout for them and store them in a safe place where you can easily access them in February.

FORM SSA-1099 – SOCIAL SECURITY BENEFIT STATEMENT

2025 • PART OF YOUR SOCIAL SECURITY BENEFITS SHOWN IN BOX 5 MAY BE TAXABLE INCOME.
• SEE THE REVERSE FOR MORE INFORMATION.

Box 1. Name Your Name		Box 2. Beneficiary's Social Security Number 000-00-0000
Box 3. Benefits Paid in 2022 \$0000.00	Box 4. Benefits Repaid to SSA in 2022	Box 5. Net Benefits for 2022 (Box 3 minus Box 4) \$0000.00
DESCRIPTION OF AMOUNT IN BOX 3		DESCRIPTION OF AMOUNT IN BOX 4



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, January 8, 2026

Thursday, January 22, 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>

2026

The Senior Companion Program
will be closed on
Thursday, January 1, 2026
in observance of New Year's Day.

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



The Senior Companion Program
will be closed on **Monday, January 19, 2026**
in observance of Martin Luther King Jr. Day.

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

January Birthdays



Frank Gonzales 1/29

Extra Opportunity

LOS VOLCANES SENIOR CENTER

SOCK HOP

FEATURING
JIM'S NITE TRAIN

Wednesday, January 21st, 2026
2 pm- 4pm



FREE!
Refreshments
provided.

ONE
ALBUQUE
RQUE senior affairs

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

Winter Recognition Luncheon 2025 Recap

We ♥ our Volunteers



Thank you



January Word Search

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



Snow
Cold
Mittens

Sled
Scarf
Blanket

Coat
Fireplace
Blizzard



Frosty
Earmuffs
Penguin



























Senior Affairs Lunch Menu



JANUARY 2026

**ONE
ALBUQUE
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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
 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
 5 Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 6 Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 7 Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 8 Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 9 Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 12 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 13 Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 14 Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 15 Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 16 Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
CLOSED 19 	 20 Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 21 Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 22 Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 23 BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 26 Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 27 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 28 Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 29 Green Chile Mac & Cheese 5oz w/ Broccoli 4oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 30 Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz