



Senior Companion Program Newsletter

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.



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

<u>Special Dates ජ</u> 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**

Lunch from Golden Pride will be served

801 Barelas Rd SW, Albuquerque, NM 87102





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

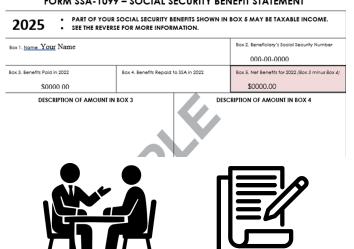
> Wednesday, January 21, 2026 from 9:30am-12:00pm.

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



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.





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.

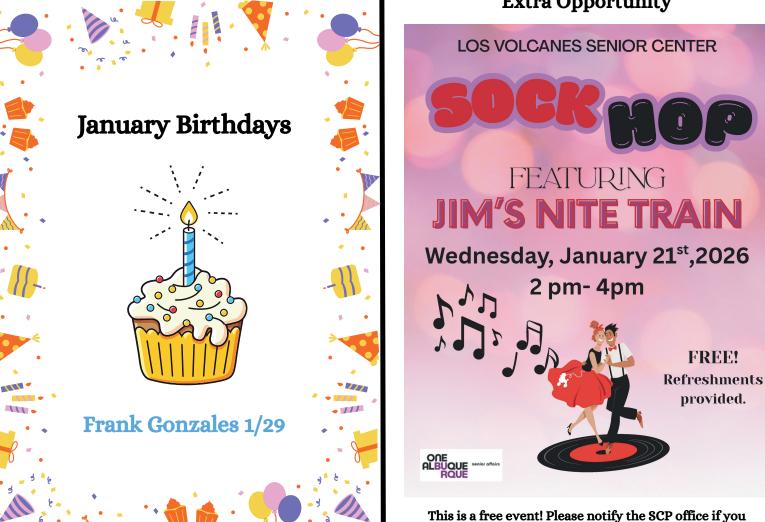


The Senior Companion Program will be closed on Monday, January 19, 2026 in observance of Martin Luther King Jr. Day.

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

Extra Opportunity

will attend the event to receive program benefits.







Winter Recognition Luncheon 2025 Recap Volunteers















January Word Search







Snow Cold Mittens

Sled Scarf Blanket Coat Fireplace Blizzard





Frosty
Earmuffs
Penguin



JANUARY 2026



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that corporates locally sourced fruits, vegetables, beans, or chile into the means.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	29	**	30	¥	31	CLOSED	1	P	2
Beef Enchilada Red Chile Pinto Beans Succotash Diced Pears 1% Milk	4oz 1oz 4oz 4oz 1ea 8oz	Asian Diced Pork Peppers Rice Pilaf Oriental Veggie Blend Fortune Cookie 1% Milk	3 oz 2 oz 4 oz 4 oz 1 ea 8 oz	Chicken Fajitas Fajita Veggie Blend Spinach w/ Mushroom Ranch Beans Tortilla Pudding 1% Milk	30z 40z 8 40z 40z 2ea 40z 80z	Per la		Beef Tips Over Pasta Gravy Peas & Carrots Diced Beets Brownies 1% Milk	30z 20z 40z 40z 40z 80z
¥	5	7	6		7	V	8	*	9
Baked BBQ Chicken Sweet Potato Mash Brussel Sprouts Dinner Roll Margarine Applesauce 1% Milk	3oz 4oz 4oz 1ea 1pc 4oz 8oz	Meatloaf Tomato Sauce Pinto Beans Normandy Blend Yogurt 1% Milk	3oz 1oz 4oz 4oz 4oz 8oz	Turkey Pot Pie Steamed Broccoli Breadstick Baked Pears 1% Milk	40z 40z 1ea 40z 80z	Cheese Omelet Peppers & Red Chile Diced Potatoes Ranch Beans Peach 1% Milk	40z 40z 40z 40z 40z 80z	Gravy Brown Rice Buttery Peas Mandarin Oranges	3oz 1oz 4oz 4oz 4oz 8oz
~	12	¥	13		14	V	<i>15</i>		16
Salisbury Steak Mushrooms & Gravy Mashed Potatoes Green Beans with Diced Tomatoes Cupped Pears 1% Milk	40z 20z 40z 40z 40z 80z	Chicken Alfredo Peas Steamed Carrots Steamed Broccoli Yogurt 1% Milk	40z 10z 40z 40z 40z 80z	Green Chile Cheesebur Normandy Blend Cauliflower w/ Red Peppers Jell-O 1% Milk	lea 4oz 4oz 4oz 8oz	Posole Diced Potatoes Calabacitas Pudding 1% Milk	40z 40z 40z 40z 80z	Stir Fry	40z 40z 40z 40z 40z 80z
CLOSED	19	**	20	¥	21	V	22	*	23
MLK, Jr. D.		Sloppy Joe Brussel Sprouts Diced Potatoes Applesauce 1% Milk	40z 40z 40z 40z 80z	Broccoli/Cauliflower	4oz 4oz 4oz 4oz 8oz	Cupped Pineapple	4oz 1ea	BBQ Pulled Pork wit Baked Beans Broccoli Cornbread Mixed Fruit 1% Milk	th 4oz 4oz 1ea 4oz 8oz
¥	26	***	27	>	28	V	29	¥	30
Rotisserie Chicken Mashed Potatoes Stewed Tomatoes Brownie 1% Milk	40z 40z 40z 1ea 80z	Carne Adovada Red Chile Pinto Beans Spanish Rice Flour Tortilla Applesauce 1% Milk	30z 10z 40z 40z 2ea 40z 80z	Lemon Baked Cod Tarter Sauce Normandy Blend Brown Rice Dinner Roll Margarine Mandarin Oranges 1% Milk	3oz 1ea 4oz 4oz 1ea 1pc 4oz 8oz	Green Chile Mac & Ch w/ Broccoli Sweet Potatoes Diced Beets Banana 1% Milk	50z 40z 40z 40z 40z 80z		40z 40z 40z 40z 80z