

July 2025



Happy Summer!

Summer is in full swing, bringing plenty of sunshine and soaring temperatures! We hope all of you enjoy your 4th of July celebrations safely, with proper hydration and safe outdoor practices. This is a great time of year to enjoy indoor activities. Check out the upcoming activities and events at your nearest senior center. As always, please be mindful of how the heat may affect your clients. If any of your clients show signs of distress, please contact the SCP office right away so we can provide you with resources. In the event of an emergency, always call 911 first. Volunteers are not allowed to transport clients to the emergency room or urgent care. Please see the SCP Handbook for more information. Stay safe, and enjoy your summer!

-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

7/03: Extra Opportunity - Root Beer Floats at BSC
7/04: Fourth of July: CLOSED, No Clients
7/10: Timesheets & Mileage Logs Due, Extra Opportunity- Craft Fair at BSC
7/24: Timesheets & Mileage Logs Due
7/31: In-Service Training

In-service Training



Please join us for an informative in-service training at **North Domingo Baca Multigenerational center on Thursday, July 31st, 2025 from 11:00am-1:00pm.** Juliette Eye Institute will be presenting on eyecare for seniors.

**North Domingo Baca
Multi. Center
Classroom 1**

7521 Carmel Ave NE,
Albuquerque, NM 87113



***Lunch from Chick-Fil-A
will be provided***

FGP/SCP Advisory Council Meeting

Our next advisory council meeting will be on
**Wednesday, July 16, 2024 at the
Los Volcanes Senior Center
10:00am - 12:00pm.**

6500 Los Volcanes Rd NW, Albuquerque, NM 87121



Extra Opportunities

**Craft Fair at Barelas
Senior Center
July 10, 2025
8:30am-12:30pm**



**Root Beer Floats
at Barelas Senior Center
July 3, 2025 at 10:00am**

**These are free events! Please notify the SCP office if
you will attend the event to receive program benefits.**



Save the Date



SAVE THE DATE
RSVP
Appreciation Breakfast
SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Formal Invitation & Details To Follow



2025 **SAVE THE DATE**

NEW MEXICO
CONFERENCE ON AGING
ENGAGE AS YOU AGE
SEPTEMBER 23-25, 2025
GLORIETA
CONFERENCE CENTER
AGINGINNM.ORG

Electronic Timesheets



A quick reminder that timesheets & mileage logs can be submitted electronically. We have scheduled open office hours for training and assistance.

- Wednesday, July 9 @ 2pm
Los Volcanes Senior Center
(6500 Los Volcanes Rd NW)
- Wednesday, July 23 @ 10am
Barelas Senior Center
(714 7th St SW)



Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs **before 2:00pm** to get processed in a timely manner.

Thursday July 10, 2025

Thursday, July 24, 2025

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

Second Week	Wednesday						
	Thursday					SEND IN TIMESHEET	
	Friday						

I hereby certify that the above recorded time is true and correct.

Volunteer Signature

Station Representative Signature

*****PLEASE DO NOT WRITE BELOW THIS LINE*****

SCP Supervisor Signature

Comments:

Regular	
Care Companion Program	
Other	
PTO	
Holiday	
TOTAL	

		Home to Client				
		Errands				
		Client to Home				

I hereby certify that the above recorded mileage is true and correct.

Total Mileage

Volunteer Signature

Date

Station Representative Signature

Date

SCP Supervisor Signature

Date



Back To School Supply Drive

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

Items Needed

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils

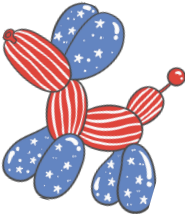
Scan to see our registry on Amazon

Bring Donations to your local senior or multigenerational center before July 31, 2025

For more information call 505.764.1009



July Word Puzzle



- Travel
Parade
Park
Flag
S'mores
Summer

Swimming
Independence
Lemonade
Outdoor
Watermelon
Waterpark

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

- Sunscreen
Flip Flops
Fourth
Freedom
Heat
Hiking

Sunburn
Barbeque
Beach
Cookout
Fireworks
Ice Cream

Senior Affairs Lunch Menu



JULY 2025

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
30	1	2	3	CLOSED 4
Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion Salad 4oz Orange 1ea 1% Milk 8oz 	Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	
7	8	9	10	11
Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz 
14	15	16	17	18
Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 
21	22	23	24	25
Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz 
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken 4oz Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 