

## March 2024

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit [cabq.gov/seniors/](http://cabq.gov/seniors/).

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov).

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelás Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,  
Anna M. Sanchez, Director



### 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

**3/07: Timesheets & Mileage Logs Due**  
**3/11-3/15: AmeriCorps Week**  
**3/18-3/22: Annual Income Eligibility  
Reviews**  
**3/21: Timesheets & Mileage Logs Due**  
**3/26: Main Public Library Information  
Tour In-Service**

## Monthly In-Service

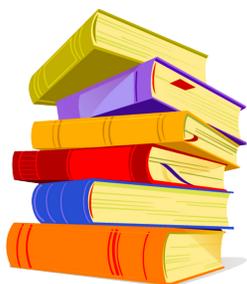
Please join us for a fun and educational **in-service trip at the Main Public Library Downtown!** We will be learning about the different services the library has available to the public and walk around the exhibit: **New Mexico Women in History Banners.** In honor of Women’s History Month, the exhibit addresses the lives of nine exceptional New Mexico women who helped to shape New Mexico’s progress.

**Barelas Senior Center**

**Check in - 10:00 am**

**Depart - 10:10 am**

**Return - Approx. 1:30 pm**



**\*We will have lunch at the Cocina Azul Restaurant.**

## Annual Income Eligibility Review

AmeriCorps Seniors require all SCP volunteers to do an *Annual Income Eligibility Review*. Income eligibility reviews are done every year to ensure that volunteers can continue to receive program benefits, such as stipends. Stipend volunteers cannot exceed the program’s income eligibility guidelines set by the state of New Mexico.

**SCP will be doing Annual Income Eligibility Reviews at Barelas Senior Center from March 18 through March 22, 2024.**



**AmeriCorps Seniors**

**Please call Jenna to set up a meeting at (505) 764-1007. Bring 1099 tax form and/or other forms that identify any type of income.**



## AmeriCorps Week!



**Celebrating 30 years of AmeriCorps!**

### AmeriCorps Week 3/11-3/15

The City of Albuquerque AmeriCorps Seniors Volunteer Programs will be celebrating all the individuals that have chosen to serve their community and encourage others to become volunteers. Please follow the Department of Senior Affairs social media accounts. Daily posts will be made to recognize our volunteers and programs.

### Outreach Table

The Senior Companion Program will be hosting an outreach table at the Palo Duro Senior Center on **Friday, March 15, 2024, from 10:30am-11:30am.** Feel free to stop by and grab a donut! Bring a friend! 😊 🍀

# Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs on time to get processed in a timely manner.

**Thursday, March 7, 2024**  
**Thursday, March 21, 2024**

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

	Monday						
Second Week	Wednesday						
	Thursday					SEND IN TIMESHEET	
	Friday						

**EXAMPLE**

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

		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 Supervisor Signature \_\_\_\_\_ Date \_\_\_\_\_

# Spring Word Search



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

SEASON  
 SUNSHINE  
 GREEN  
 PICNIC  
 WARM  
 TULIP

BUNNY  
 BLOSSOM  
 RAINBOW  
 SEEDS  
 GARDEN  
 APRIL

KITES  
 BUTTERFLY  
 EGGS  
 EASTER  
 BIRDS  
 SPRING



# March Birthdays!



March 25  
 Edwina Tabares

# Senior to Seniors - VIA Project

65+ Senior to Seniors



COTTONWOOD CLASSICAL  
 PREPARATORY SCHOOL

JOIN US MARCH 7TH, 2024  
 2:00 - 3:00 PM

AT PALO DURO SENIOR CENTER  
 5221 PALO DURO NE, ABQ, NM 87110

High school seniors from CCPS need YOUR help for their history class!

We respectfully invite you to come share your perspective in a group discussion if you remember the **Cold War (1945-1991)** and have stories to tell about its impact on everyone's lives.

The conversations will be guided by your interests and experiences. Possible topics of discussion include fear of nuclear bombs, anti-war songs, the Cuban Missile Crisis, Vietnam War, Moon Landing, and Berlin Wall.

CONTACT US TO RSVP  
 OR ASK QUESTIONS  
 (505) 764-1009



# March 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
26	27	28	29	1
<ul style="list-style-type: none"> <li>◆ Carne adovada, red chile</li> <li>◆ Flour tortilla</li> <li>◆ Collard greens</li> <li>◆ Spanish rice</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken soft tacos</li> <li>◆ Spanish rice</li> <li>◆ Corn w/red peppers</li> <li>◆ Cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Baked beans</li> <li>◆ Steamed carrots</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Swedish meatballs w/ gravy</li> <li>◆ Steamed green beans</li> <li>◆ Blueberry cobbler</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon w/garlic sauce</li> <li>◆ Angel hair pasta w/ diced tomatoes</li> <li>◆ Spinach</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 
4	5	6	7	8
<ul style="list-style-type: none"> <li>◆ Diced pork over rice</li> <li>◆ Yams</li> <li>◆ Imperial blend vegetables</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey w/gravy</li> <li>◆ Stuffing</li> <li>◆ Peas and carrots</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef steak w/grilled onions</li> <li>◆ Roasted red potatoes</li> <li>◆ Brussel sprouts</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Steak fries w/ketchup</li> <li>◆ Peas</li> <li>◆ Brownie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green chile posole</li> <li>◆ Black beans</li> <li>◆ Calabacitas</li> <li>◆ Pears cupped</li> <li>◆ 1% milk</li> </ul> 
11	12	13	14	15
<ul style="list-style-type: none"> <li>◆ Beef fajitas</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Flour tortilla</li> <li>◆ Mixed fruit cup</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken alfredo w/penne pasta</li> <li>◆ Green beans w/mushrooms</li> <li>◆ Garlic bread stick</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked ham w/pineapple sauce</li> <li>◆ Rice pilaf</li> <li>◆ Baby carrots</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red chile omelet</li> <li>◆ Rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Pineapples cupped</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Minestrone soup w/navy beans</li> <li>◆ Cornbread</li> <li>◆ Malibu vegetable blend</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 
18	19	20	21	22
<ul style="list-style-type: none"> <li>◆ Corned beef</li> <li>◆ Cornbread</li> <li>◆ Rosemary potatoes</li> <li>◆ Cabbage</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Mashed potato w/gravy</li> <li>◆ Steamed carrots</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ BBQ pulled pork</li> <li>◆ Tater tots w/ketchup</li> <li>◆ Corn w/red peppers</li> <li>◆ Mandarin oranges cupped</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red chile cheese enchiladas</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Flour tortilla</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked ziti</li> <li>◆ Mixed vegetables</li> <li>◆ Garlic bread stick</li> <li>◆ Red apple</li> <li>◆ 1% milk</li> </ul> 
25	26	27	28	29
<ul style="list-style-type: none"> <li>◆ BBQ chicken thigh</li> <li>◆ Baked beans</li> <li>◆ Mashed potatoes</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red chile pork posole</li> <li>◆ Corn w/red peppers</li> <li>◆ Blueberry cobbler</li> <li>◆ Flour tortilla</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Au gratin potatoes</li> <li>◆ Imperial blend vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Loaded baked potato w/green chile cheese</li> <li>◆ Oriental blend vegetables</li> <li>◆ Apple crisp</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun tilapia over rice</li> <li>◆ Pasta w/garlic butter</li> <li>◆ Italian vegetable blend</li> <li>◆ Granny Smith apple</li> <li>◆ 1% milk</li> </ul> 