

May 2025

Happy Spring!

After a surprise spring snow over Easter weekend, we're all more than ready to welcome the warmer days ahead. Spring brings a renewed sense of energy and hope, with summer just around the corner. Birds are singing, butterflies are fluttering, flowers are blooming—and when the Albuquerque winds calm down, it's the perfect time to enjoy the outdoors with family and friends.

May is a month full of celebrations—graduations, weddings, Mother's Day, Memorial Day, or simply a sunny day at the ballpark. At SCP, we're especially excited to celebrate our incredible Volunteers at the FGP/SCP Pinning Ceremony on May 9th at the Indian Pueblo Cultural Center.

We're also proud to recognize Older Americans Month, honoring the contributions, resilience, and strength of older adults in our community.

As we approach the end of the fiscal year, please remember to use any remaining PTO by the end of May, as it will reset with the new fiscal year. Be sure to notify the SCP office of your planned time off, and don't forget to inform your clients as well.

Wishing you a joyful and safe spring season!
-SCP Team



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
(505) 764-1007

Special Dates &

Announcements

5/01: Timesheets & Mileage Logs Due

5/08: Extra Opportunity- Tarde De Oro

5/09: FGP/SCP Pinning Ceremony at Indian Pueblo Cultural Center

5/14: Extra Opportunity- Older American's Month Celebration

5/15: Timesheets & Mileage Logs Due

5/26: Memorial Day: CLOSED, No Clients

5/29: Timesheets & Mileage Logs Due

EXPERIENCE AGING LIKE NEVER BEFORE!



Step into the shoes of an older adult through our interactive training, **Trading Ages**. Gain insight, empathy, and a new perspective on aging.

**TUESDAY
JUNE 17, 2025
1:30PM - 3:00PM PST**

Free, virtual class!
**REGISTER
HERE:**
bit.ly/40GAewO



📞 1-866-421-1964

🌐 www.independenceathome.org

✉️ communityoutreach@scanhealthplan.com



trading ages™
a unique perspective on aging

In-service Training

There will be no in-service training for May.



Our June in-service will be done by Ryan Sanders from Daniel's Funeral Home and Cremations on the basics of pre-planning funerals. More details coming soon.



May Word Puzzle



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

Picnic **Flower** **Park** **Picnic**
Mother **Fiesta** **Mayo** **Mother**
Sunshine **Spring** **Bloom** **Sunshine**



Extra Opportunities



May is OLDER AMERICANS MONTH

Celebrate with Palo Duro Senior Center
Wednesday, May 14
9:00 am - 12:00 noon
Car Show, Craft & Flea Market,
Vendors, Door Prizes,
Root Beer Floats (while they last),
Good Will Mobil Unit - Cell Phone Help

Root Beer Floats sponsored by:
THE MONTEBELLO ON ACADEMY
A FIVE STAR SENIOR LIVING COMMUNITY

OLDER AMERICANS MONTH
FLIP THE SCRIPT ON AGING: MAY 2025



TARDE DE ORO

MAY 8, 2025 • 1:30 PM • DOORS AT 12:45 PM • KIMO THEATRE
423 CENTRAL AVE. NW 87102

FREE EVENT

EXPERIENCE NEW MEXICO'S UNIQUE, VERSATILE & COLORFUL HISTORY THROUGH PICTURES, MUSIC, DANCE, SONG & SCRIPT.

TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST-SHOW INTERACTION WITH OUR TALENTED PERFORMERS AS WELL AS AN EXCITING STUDENT PRODUCED MULTI-MEDIA EXHIBITION BY THE NEW MEXICO ACADEMY FOR THE MEDIA ARTS.

Paid Parking is available behind the theater on Copper.
Buses & Vans Must Contact Chris Meloy/Kimo,
505-228-9857 For Parking and Passenger
Drop Off/Pick Up Directions

Show Information
Frances Lujan
505-836-7579
flujan3@msn.com

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



ROSALBA 5/10

MARY 5/20

FELICIA 5/27



Timesheets & Mileage Logs

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

Thursday May 1, 2025

Thursday, May 15, 2025

Thursday, May 29, 2025

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

Surveys



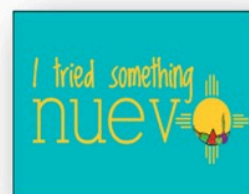
Volunteer and client participant surveys will be mailed during the month of May. We ask that you complete your survey and return it to the office. Please assist your client(s) with returning their survey(s). **There will be pre-addressed and stamped envelopes enclosed. Return all surveys no later than June 6, 2025.**

Senior Affairs Lunch Menu



MAY 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
28	29	30	1	2
<ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz
CLOSED 26	27	28	29	30
	<ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz