

May 2026

Congratulations!



Congratulations, Esther!

We are thrilled to announce that our very own Esther Lopez de Moreno has been awarded the 2026 National Service Participant of the Year Award by the Mayor's Office!

As a dedicated Senior Companion, Esther visits a homebound client weekly to help reduce isolation by providing companionship, transportation to grocery stores, medical appointments, and meaningful conversation, and she also visits clients at Little Roses Home Care of the SW twice a week to ensure they receive consistent social engagement.

Through her advocacy and care, Esther helped her homebound client obtain a front entrance ramp through Senior Affairs, significantly improving her safety and independence. Her compassion and initiative have made a lasting impact, and we are grateful for her outstanding commitment to serving others.

Esther, we are so proud of you. Thank you for all that you do!

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

5/1: FGP/SCP Pinning Recognition
5/14: Timesheets & Mileage Logs Due
5/14: Mandatory In-Service Training
5/25: Memorial Day Holiday, No Clients
5/28: Timesheets & Mileage Logs Due

Make-Up In-Service Training



SCP will be offering a Make-Up In-Service Training for volunteers who were unable to attend previous sessions and **need to complete their 24 hour training requirement**. Volunteers with missing hours will be contacted to attend this training session.



Thursday, May 14, 2026
10:00am to 1:00pm
Barelas Senior Center
714 7th St. SW,
Albuquerque, NM 87102



The Senior Companion Program
will be closed on
Monday, May 25, 2026
in observance of Memorial Day.

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

Annual Surveys



Volunteer and client participant surveys will be mailed out 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 5, 2026.**

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, May 14, 2026

Thursday, May 28, 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>



May Word Search



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

May
 Spring
 Mother
 Memorial



Flag
 Garden
 Warm
 Sunshine

Happy Mother's Day

This month, in celebration of Mother's Day, we honor the love and compassion of mothers, caregivers, and all who uplift our community.



We are also excited to share that our Program Supervisor will welcome her first child and begin maternity leave in July 2026. Please join us in wishing her all the best in this joyful new chapter!



May Birthdays

HAPPY BIRTHDAY



Rosalba Salazar 5/10

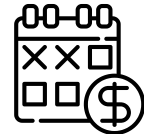
Howard Hirsch 5/16

Mary Regal 5/20

Felicia Archuleta 5/27

LAST CHANCE

Personal Time Off (PTO)



The Senior Companion Program offers volunteers with Personal Time Off (PTO). Volunteers earn PTO for each hour of regular volunteer service, including: client visits, SCP training hours or events, and client match meetings. **PTO is paid leave that can be used for vacations, illnesses, or any other reason specified by the volunteer.**

For more information refer to pages 29 & 30 in the SCP Handbook.



Please be advised that PTO is on a "Use it or Lose it" basis. Any PTO that is not used by June 30th, 2026 will be lost. Please contact the office to learn more about your PTO balance.

Senior Affairs Lunch Menu



MAY 2026



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
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 3oz 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweet Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
4 Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	5 Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	6 Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	7 Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	8 Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
11 Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	12 Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	13 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	14 Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	15 Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
18 Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	19 BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	20 Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	21 Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	22 Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
CLOSED 25 	26 Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	27 Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	28 Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	29 Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz