



# Senior Companion Program Newsletter

# November 2025



Happy November!

We want to take a moment to share our sincere appreciation for you. Your involvement, time, and commitment continue to make a meaningful difference in our community.

Now that summer is behind us, it's time to prepare for colder weather and earlier sunsets. Please remember that the time changes on Sunday, November 2, 2025. The clocks will fall back one hour, giving us an extra hour of sleep!

This month, we also honor the brave men and women who have served our country. Veterans Day is a reminder of their courage, sacrifice, and dedication in protecting our freedom. We are deeply grateful for their service. Many of our Senior Centers are honoring veterans with celebrations on November 10<sup>th</sup>, please refer to the list in extra opportunities if you would like to attend.

SCP is excited for our upcoming Winter Recognition! We will be celebrating our volunteers on Thursday, December 4, 2025, at Pappadeaux Seafood Kitchen. Invitations will be mailed early this month.

Thank you again for everything you do to serve your community. We wish you a November filled with warmth, joy, and gratitude!

-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

**11/10:** Extra Opportunity: Veterans celebrations

11/11: Veterans Day Holiday- CLOSED, No

11/13: Timesheets & Mileage Logs Due 11/19: Mandatory Monthly In-Service 11/25: Timesheets & Mileage Logs Due 11/27-11/28: Thanksgiving Holidays -

CLOSED, No Clients

## **In-Service Training**





Please join us for an informative in-service training at Barelas Senior Center on November 19, 2025 from 9:00am-12:00pm.

Julie Rogers, from the Alzheimer's Association, will be educating us on Alzheimer's and Dementia, so Volunteers can better understand and relate to clients who are diagnosed with it.

Our second speaker is Agnes Vallejos, from from the City of Albuquerque, who will be giving a presentation on Age Friendly services and resources available through the Department of Senior Affairs.

#### **Barelas Senior Center**

714 7<sup>th</sup> St Sw Albuquerque, NM 87102 Lunch from
DG's Deli will be provided

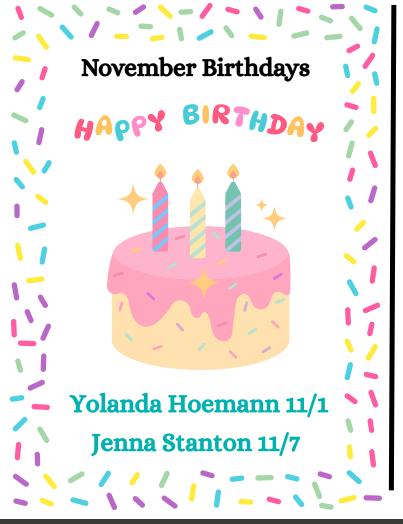
# **Political Participation**

A reminder that these activities are not allowed and will not be paid. Please refer to page 23 in the SCP Handbook. Please call the office if you have any questions or concerns.



#### Political activities:

"Senior Companion volunteers shall not take part in any political or electoral activities with their clients". This includes assisting with voter registration, gathering information about candidates, providing transportation to voting site, etc.





The Senior Companion Program will be closed on Tuesday, November 11, 2025 in observance of Veterans Day.

Please remind your clients that there is no service during the holiday.





## Electronic Timesheets & Mileage Logs



#### APPLY TO BE A VOLUNTEER # ENTER HOURS SERVED #

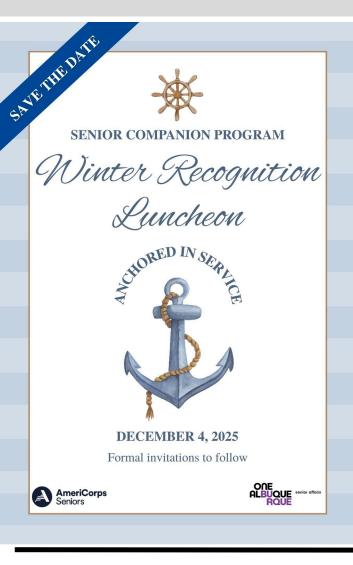
Friendly reminder to submit timesheets and mileage online **before 2:00pm** to get processed in a timely manner.

> Thursday, November 13, 2025 Tuesday, November 25, 2025

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.













#### Foster Grandparent Program/ Senior Companion Program Advisory Council Needs your Leadership & Experience

Forming a new Advisory Council, sponsored by the City of Albuquerque Department of Senior Affairs. Community minded individuals are needed to serve as Council Members for two very important programs that have been assisting children & schools and senior to senior companions in the City of Albuquerque for over 40 years.

The purpose of the FGP/SCP Advisory Council is to serve in an advisory capacity to the Program staff in matters affecting planning and formulation of local policy. Council members assist in promoting community support for the Program. The Council helps evaluate the effectiveness of the Program and may serve as a grievance body. Council Members also help in developing local resources through fundraising to supplement the Volunteer Recognition budget.

FGP: Help kids learn and guide students to higher academic achievement. The Foster Grandparent Program (FGP) connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Stipend and mileage available to those that qualify.

SCP: Help a senior live independently.
Serve as a friend and provide assistance
to seniors who have difficulty with daily
living tasks or who are lonely. The
Senior Companion Program (SCP) aims
to keep seniors living in their own
homes and to provide respite to family
caregivers through home visits.
Volunteers serve an average of 10 hours
a week. Stipend and mileage available
to those that qualify.

More information:



FGP: 505.764.6421 SCP: 505.764.1007



fgp@cabq.gov jmstanton@cabq.gov

#### **Veterans Day Celebrations**

Date: Monday, November 10, 2025 Choose a location closest to you:

- · Barelas Senior Center (714 7th St NW, 87102), 9:00 – 11:00 AM
- · Manzano Mesa Multigenerational Center (501 Elizabeth SE, 87123), 9:30 – 11:15 AM
- · Los Volcanes Senior Center (6500 Los Volcanes Rd NW, 87121), 10:00 – 11:00 AM
  - · North Valley Senior Center (3825 4th St NW, 87107), 10:00 - 11:30 AM
  - · Santa Barbara Martineztown (1825 Edith Blvd NE, 87102), 10:00 – 11:00 AM
- · North Domingo Baca Multigenerational Center (7521 Carmel Ave NE, 87113), 10:30 – 11:30 AM

### **Extra Opportunities**

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







# Rovember



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	
	3		4	¥	5	V	6		7
Pork Loin Gravy Veggie Rice Pilaf Spinach Dinner Roll Margarine Diced Pears 1% Milk	3oz 2oz 4oz 4oz 1ea 1pc 4oz 8oz	Green Chile Cheeseburger Italian Blend Diced Potatoes Ketchup Orange 1% Milk	1ea 4oz 4oz 1pc 1ea 8oz	Chicken Fajitas Stewed Tomatoes Pinto Beans Flour Tortilla Yogurt 1% Milk	40z 40z 40z 2ea 40z 80z	Mac & Cheese Steamed Broccoli Edamame Mixed Berries	40z 40z 40z 40z 80z	Steak Fingers White Gravy Carrots Black Eyed Peas Pudding 1% Milk	40z 20z 40z 40z 40z 80z
<del>- 77</del> 7	10	CLOSED	11	***	12	V	13	¥	14
Ham Pineapple Glaze Cauliflower Sweet Potatoes Dinner Roll Margarine Jell-O 1% Milk	3oz 2oz 4oz 4oz 1ea 1pc 4oz 8oz	VETERANS HONORIN  ALL WHO SERVED	G	Meatball Sub Sandwich Diced Potatoes Normandy Blend Yogurt 1% Milk	40z	Stewed Tomatoes Mandarin Oranges	40z 40z 40z	Green Chile Chio Enchiladas Pinto Beans Spanish Rice Vanilla Pudding 1% Milk	50z 40z 40z 40z 40z 80z
	17		18	¥	19	V	20	<b>*</b>	21
Teriyaki Pork Brown Rice Stir Fry Veggies Corn & Edamame Fortune Cookie 1% Milk	4oz 1ea	Beef Peppers/Onions Ranch Beans Imperial Blend Banana 1% Milk	3oz 2oz 4oz 4oz 1ea 8oz	Baked Chicken The Roasted Carrots Sliced Beets Vanilla Pudding 1% Milk	3oz 4oz 4oz 4oz	Normandy Blend	4oz 1oz 4oz 1ea 4oz 8oz	Breaded Cod Fish Tarter Sauce Red Potatoes Peas Orange 1% Milk	h 4oz 1oz 4oz 4oz 1ea 8oz
Rotisserie Chicken Rosemary Potatoes Corn/Red Peppers Mixed Berries 1% Milk	40z 40z 40z		25 3oz 1oz 4oz 4oz 2ea 4oz 8oz	Roasted Turkey Gravy Stuffing w/ Gravy Green Bean Casserole Dinner Roll Margarine Pumpkin Pie 1% Milk	26 30z 10z 40z 40z 1ea 1pc 1ea 80z	CLOSED	P P	CLOSED	28