

## October 2025

Welcome fall!

We hope this message finds you well and you're enjoying the start of a beautiful new season. Like us, you're probably looking forward to cooler weather and all the festive traditions that make autumn so special.

October brings some of our favorite things like the pumpkin patch adventures, walks among trees bursting with color, and skies filled with vibrant hot air balloons. It's the perfect time to slow down, breathe in the crisp air, and take in the beauty of the season.

Please check out free events such as the pet parade costume contest at Manzano Mesa Multigenerational Center on October 31, 2025. You are welcome to take clients to events like this to help get in the spirit of the season. Also we encourage you to stop by the annual Prime Time 50+ Expo on October 8, 2025 at Embassy Suites.

Wishing you a cozy, joyful, and colorful fall!

-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  
SCP@cabq.gov  
(505) 764-1007

### Special Dates &

#### Announcements

**10/02:** Timesheets & Mileage Logs Due  
**10/08:** Extra Opportunity: Primetime 50+ Expo  
**10/09:** Mandatory Monthly In-Service  
**10/13:** Indigenous People's Day Holiday  
- CLOSED, No Clients  
**10/16:** Timesheets & Mileage Logs Due  
**10/30:** Timesheets & Mileage Logs Due  
**10/31:** Extra Opportunity: Pet Parade Costume Contest


## In-Service Training



Please join us for an informative in-service training at Barelas Senior Center on **October 09, 2025 from 10:00am-1:00pm.**

Ismael Vallejos from from the City of Albuquerque will be giving a presentation on services and resources available through Albuquerque Community Safety program (ACS). He will discuss situations to call ACS instead of 911 for, and what happens when they are called and how they can be utilized.

**Barelas Senior Center**  
714 7<sup>th</sup> St Sw  
Albuquerque, NM 87102

Lunch from **Chick Fil A** 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.

## October Birthdays

HAPPY BIRTHDAY



**Nora Ames 10/12**

## October Word Search

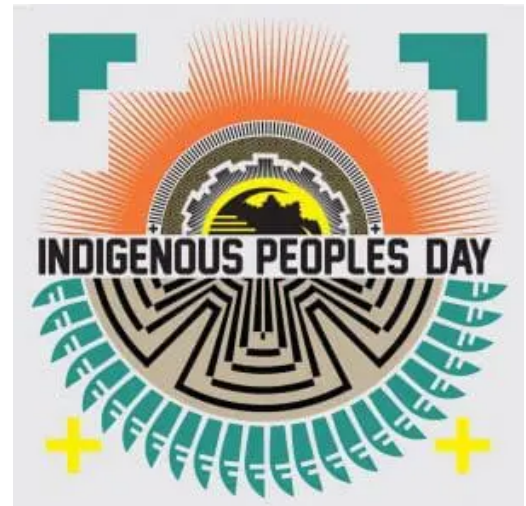


- |           |                |          |                |
|-----------|----------------|----------|----------------|
| Bats      | Creepy         | Orange   | Seeds          |
| Black Cat | Full Moon      | Party    | Trick or Treat |
| Candy     | Haunted House  | Potion   | Scared         |
| Costume   | Jack-o-Lantern | Pumpkins | Night          |

## FGP/SCP Advisory Council Meeting

Our next advisory council meeting will be on **Wednesday, October 15, 2025 at the Barelmas Senior Center 10:00am - 12:00pm.**

714 7<sup>th</sup> St SW, Albuquerque NM 87102



**The Senior Companion Program will be closed on Monday, October 13, 2025 in observance of Indigenous People’s 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, October 2, 2025**  
**Thursday, October 16, 2025**  
**Thursday, October 30, 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.



<https://www.cabq.gov/seniors/senior-volunteer/senior-companion-program>

## 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, 2025 will be lost. Please contact the office to learn more about your PTO balance.**

## Extra Opportunities

**29<sup>th</sup> Annual PRIME TIME MONTHLY MAGAZINE 50+ EXPO**

*Don't miss...*  
**The Largest Health Fair in New Mexico!**

**Wednesday, October 8th 2025!  
8:30AM - 1PM  
At Embassy Suites (Lomas & I-25)**

**- Free Event -**

**Free Health Information and Screenings • Free Flu Shots  
Live Entertainment • Giveaways and Much More!**

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

**Call 505-242-2428 or Visit [PrimeTimeNM.com](http://PrimeTimeNM.com)**

BROUGHT TO YOU BY PRESENTING SPONSOR

**BlueCross BlueShield of New Mexico**

AND

**cigna** **FRENCH** **ONE ALBUQUE ROQUE**



# HALLOWEEN



## PET PERADE COSTUME CONTEST

### 31 OCTOBER 2025

Bring your pet in their favorite costumes!  
*\*Friendly pets only, please*

FREE EVENT • 505-275-8731 • STARTS AT 10:00AM

Manzano Mesa Multigenerational Center  
501 Elizabeth St SE, 87123

ONE ALBUQUE ROQUE senior affairs



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

# 9/11 DAY OF SERVICE



**Thank you to all of our Senior Companion Program Volunteers who came out and teamed up with our sister programs the Foster Grandparent Program, RSVP, and Volunteers In Action for our annual 9/11 Day of Service Project. We assembled and delivered gift baskets and Thank You posters to 23 Fire Department Stations around Albuquerque who gratefully received their baskets with smiles. You helped to bring sunshine to a somber day.**




Senior Affairs Lunch Menu



# OCTOBER



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
 <b>29</b> Chicken Fajitas w/ Salsa 4oz Ranch Beans 2oz Flour Tortilla 4oz Hot Sliced Apples 2ea 1% Milk 8oz	 <b>30</b> Beef Stroganoff w/ Elbow Pasta 3oz Cauliflower w/ Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 <b>1</b> Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 <b>2</b> Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 <b>3</b> BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
<b>6</b> Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	<b>7</b> Teriyaki Pork w/ Brown Rice 3oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	<b>8</b> Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	<b>9</b> Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	<b>10</b> Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
<b>CLOSED 13</b> <b>INDIGENOUS PEOPLES' DAY</b> 	<b>14</b> Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	<b>15</b> Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	<b>16</b> Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	<b>17</b> Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
<b>20</b> Beef Tips w/ Pasta Gravy 4oz Green Beans w/ Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	<b>21</b> Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	<b>22</b> Tilapia w/ Garlic Butter 3oz Brown Rice 1oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	<b>23</b> Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	<b>24</b> Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
<b>27</b> Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	<b>28</b> Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	<b>29</b> Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	<b>30</b> Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	<b>31</b> Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 