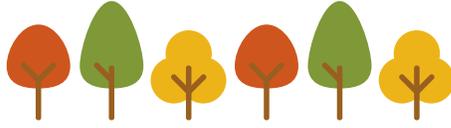


September 2024



Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes a difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at cabq.gov/seniors/about-senior-affairs.

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home-delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director



Program Hours

Monday-Friday: 8am-5pm
Saturday & Sunday: Closed

Senior Companion Program Staff

Viridiana Rodriguez-Flores,
Program Supervisor
Jenna Stanton, Case Management
Coordinator
Vacant, Office Assistant

Contact Information

714 Seventh St SW
Albuquerque, NM, 87102
(505) 764-1007

Special Dates & Announcements

9/02: Labor Day - CLOSED, No clients
**8/26, 9/03, 9/16: CPR & First Aid
In-service Training**
9/05: Timesheets & Mileage Logs Due
9/05, 9/11: 911 National Day of Service
9/09: Senior Day at the Fair
9/19: Timesheets & Mileage Logs Due



Labor Day

The Senior Companion Program will be closed on Monday, September 2, 2024 in observance of Labor Day.



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

In-Service Training

Please join us for an educational in-service training at the Barelmas Senior Center. Leo LaPlante from the CABQ Employee Assistance Program will be doing a **First Aid and CPR Training**.

The training will cover life saving techniques, CPR and first aid demonstrations.

Volunteers have been assigned a specific date for training. If you are unavailable to attend, please call the office right away.

August 26, 2024

8:00am-12:00pm

1. Bernadette B.

September 16, 2024

10:30am-1:30pm

1. Paul P.
2. Nora A.
3. Victoria G.
4. Frank G.
5. Yolanda H.
6. Rosalba S.
7. Edwina T.
8. Karen Y.
9. Esther L.
10. Cristina R.

September 3, 2024

10:30am-1:30pm

1. Pam F.
2. Elizabeth J.
3. Evelyn M.



Barelmas Senior Center
714 Seventh St. SW
Albuquerque NM 87102

***Lunch will be provided**

Extra Opportunity

Senior Day at the NM State Fair

Every year, the NM State Fair honors its local Senior Citizens with a special day. Stop by the fair and check out the plethora of information booths, vendor discounts, and free health screening and flu shots.

Monday, September 9, 2024

9:00am-1:00pm

Regular fair admission required. Please notify the SCP office if you will attend the event to receive program benefits.



Extra Opportunity

9/11 National Day of Service

AmeriCorps Seniors Volunteer Program and DSA Volunteer in Action will be collaborating together to assemble gift baskets, create poster boards, and deliver them to local fire stations around Albuquerque/Bernalillo County for our upcoming 9/11 Day of Service project.

We are looking for five volunteers to help us out during this two day event!

Please call the SCP office to reserve your spot.

Basket/Poster Assembly

Thursday, September 5
10:30am-12:30pm
Barelmas Senior Center

Basket Drop-Off

Wednesday, September 11
9:30am-12:30pm
Barelmas Senior Center



September Birthdays!



September 1
Evelyn Maestas



Timesheets & Mileage Logs

Friendly reminder to submit your timesheets on time to get processed in a timely manner.

Thursday, September 6, 2024

Thursday, September 20, 2024

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

Second Week	Tuesday						
	Wednesday						
	Thursday					SEND IN TIMESHEET	
	Friday						



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.

Volunteer Signature _____ Date _____

Station Supervisor Signature _____ Date _____

Total Mileage

Advisory Council Meeting

Our next advisory council meeting will be on **Wednesday, October 16, 2024 at the Manzano Mesa Multigenerational Center from 10:00am - 12:00pm.**

Please remember to submit your nomination applications to the office by Wednesday, October 2, 2024 if you would like to be apart of the FGP & SCP Advisory Council.



AmeriCorps Seniors Covid Study



AmeriCorps Seniors is conducting a new national study on volunteering. The study will look at the health benefits of volunteering, and how to make volunteering more satisfying. This new research will help us learn if volunteering is an activity that helps older adults maintain their health.

Participants will be selected randomly by JBS International, Inc., who is the independent research firm conducting the study.

Selected participants will be asked to fill out a 30 minute survey and will receive a \$30 gift card as a thank you.

More details on the surveys will be coming soon. Please notify the SCP office if you would **not** like to be considered in this study or if you have any questions/concerns.

Case Management Coordinator



We are excited to announce that Jenna Stanton has moved positions within SCP as the new Case Management Coordinator. Jenna has been a part of the program for over six years. She is excited to step into her new role, support volunteers, and help grow the program. Congratulations Jenna!!!

We appreciate your patience as we make this transition and hire a new office assistant. In the mean time, please continue to reach out to both Jenna and Viridiana with any questions and/or concerns.

New Volunteers

We are happy to introduce two new volunteers to the Senior Companion Program!

- **Evelyn Maestas**
- **Cristina Rojas-Gonzales**



Save the Date!

Every year, our friends from the Retired & Senior Volunteer Program invite us to their annual volunteer appreciation breakfast. **Please remember to R.S.V.P by Thursday, September 12, 2024 at (505) 764-5225.**



SCP is Hiring!

The Senior Companion Program is looking for an Office Assistant to help support our team!

For anyone interested in working with volunteers and helping senior citizens, we would like to encourage you to apply!

This position is designed for someone who enjoys doing clerical work, data entry, and supporting senior volunteers.

Please contact the office for more information, or visit <https://www.governmentjobs.com/careers/cabq>





September 2024

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
<p>2</p> 	<p>3</p> <ul style="list-style-type: none"> ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk  	<p>4</p> <ul style="list-style-type: none"> ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk  	<p>5</p> <ul style="list-style-type: none"> ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk  	<p>6</p> <ul style="list-style-type: none"> ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk 
<p>9</p> <ul style="list-style-type: none"> ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk  	<p>10</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk  	<p>11</p> <ul style="list-style-type: none"> ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk  	<p>12</p> <ul style="list-style-type: none"> ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk  	<p>13</p> <ul style="list-style-type: none"> ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk 
<p>16</p> <ul style="list-style-type: none"> ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk  	<p>17</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk  	<p>18</p> <ul style="list-style-type: none"> ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Succotash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk  	<p>19</p> <ul style="list-style-type: none"> ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk  	<p>20</p> <ul style="list-style-type: none"> ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk 
<p>23</p> <ul style="list-style-type: none"> ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk  	<p>24</p> <ul style="list-style-type: none"> ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk  	<p>25</p> <ul style="list-style-type: none"> ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk  	<p>26</p> <ul style="list-style-type: none"> ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk  	<p>27</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini: Turkey, Spaghetti, & Green Peas ♦ Italian Vegetable Blend ♦ Breadstick ♦ Cherry Cobbler ♦ 1% milk 