

September 2025

Hello! As summer begins to exit, and temperatures begin to cool off soon, we hope everyone is doing well and staying safe. We are looking forward to our Fall activities and have begun to plan our Winter Recognition to celebrate our wonderful volunteers.

The classes for Aging Alone Together have started, and can be accessed online via Zoom at cabq.gov/seniors/events or you can call 505-768-3630 for more information. The sessions offer helpful information homebound individuals may find useful.

For those of you who signed up, the annual 9/11 Service Project is approaching, and we will be assembling snack baskets on September 8th, and then delivering them to 22 Albuquerque fire stations on September 11th. The goal of this project is to honor the victims and heroes of a dark day, by turning it into a brighter day with acts of service in the community.

Please don't forget about the RSVP Appreciation Breakfast that is on September 24, 2025. You will be receiving an invitation in the mail. Please call (505)767-5225 to reserve your spot by Wednesday, September 10th, 2025.

Thank you for all that you do!

-SCP Staff



**The Senior Companion Program will be
closed on Monday, September 1, 2025
in observance of Labor Day.**



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

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

9/01: Labor Day Holiday - **No Clients**
9/04: Timesheets & Mileage Logs Due
9/05: Extra Opportunity - Barelbas Senior
Center Fiestas
9/08: Extra Opportunity - NM State Fair
9/11: Extra Opportunity - AFD 9/11 Memorial
event, WaFd Bank
9/16: Mandatory Monthly In-Service
9/18: Timesheets & Mileage Logs Due



A Message from the Director

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers. If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application.

Looking ahead to the (hopefully) cooler months, we have some of our signature events.

The highly anticipated Barelás Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



In-service Training



New Mexico Commission for the Blind

Please join us on Tuesday, September 16, 2025, from 9:00 a.m. to 12:00 p.m. at the Santa Barbara Martineztown Multigenerational Center for an informative in-service training with Danielle Valdez from the Commission for the Blind. Come learn about the services and resources available for individuals who are visually impaired, and gain valuable tools to better support your clients.

**Santa Barbara Martineztown
Multigenerational Center**
1825 Edith NE, ABQ, NM 87113



Dion's

*Pizza and Salad Lunch
from Dion's will be
provided*

In-service Training Reminder



Every volunteer must complete a minimum of 24 hours of in-service training during each fiscal year. Volunteers are not required to visit their client before or after the meeting, but **may visit for additional hours or on an alternate day with prior authorization from SCP staff.**

Volunteers are only permitted three unexcused absences per year from in-service meetings. Volunteers who are unable to attend meetings due to an illness, scheduled appointments, or unforeseen events must notify the SCP staff within 24 hours of the training.

Volunteer who serves at his/her volunteer assignment instead of attending in-service training **will not be reimbursed** for the day.

For more information refer to page 13 in your SCP Handbook. Please call the office if you have any questions or concerns.

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, September 04, 2025

Thursday, September 18, 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 question.



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

Extra Opportunity

Senior's Celebration & Healthy living 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 8, 2025

9:00am-1:00pm

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



Extra Opportunities

**Albuquerque Fire Rescue
9-11 Memorial Event**

Memorial Stair Climb
Location: WaFd Bank 201 3rd St.
8:46 A.M.
**Stair Climb participants must be sworn firefighters*

Ceremony
Location: Albuquerque Civic Plaza
11:00 A.M.
Guest Speakers:
Governor Michelle Lujan Grisham
Mayor Tim Keller
Local 244 President Tittmann
AFR Chief Emily Jaramillo

We Will Never Forget



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



**Barelas Senior Center
Fiesta**



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER 2025 | 9 am - 3 pm
714 Seventh St SW 87102



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

September Birthdays

Mary Lyon 9/4



September Word Search

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



Acorn
Apples
Backpack
Books
Corn
Fall
Friends





















Football
leaves
School
Pears
Pencil
Trees
Yellow



Senior Affairs Lunch Menu

**ONE
ALBUQUE
ROQUE**

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2	3	4	5
	Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	Green Chile Vegetable Posole 4oz Carrots 4oz Combread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	Beef Tips w/ Gravy 3oz Bowtie Pasta 1oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8	9	10	11	12
Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15	16	17	18	19
Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	Chili Bowl 4oz Succotash 4oz Combread 1ea Mixed Berries 4oz 1% Milk 8oz 	Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	Herb Pork Loin 3oz Gravy 1oz Sauteed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22	23	24	25	26
Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Combread 1ea Yogurt 4oz 1% Milk 8oz 	Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.