

Ways You Can Help Seniors In Our Community

Seniors are one of the populations most impacted by the outbreak of the novel coronavirus (COVID-19) in New Mexico. Many are choosing to avoid stores or other public locations to limit their exposure and many simply struggle to afford necessary items. That's why we are encouraging you to help seniors in our community by donating needed items, money or your own time. Below are some ways you can support the Department of Senior Affairs:

Donations of Items:

Senior Affairs is collecting food and other necessities for distribution to seniors in need such as shelf-stable food, toilet paper and personal hygiene items. Individuals and organizations that wish to support these efforts can drop off items at police substations in Albuquerque or at the Department of Senior Affairs offices. A list of locations, addresses, phone numbers and items can be found at cabq.gov/seniors.

Encouragement:

Notes of encouragement to seniors are always welcome and can be included at these distribution points or emailed to jenifergonzales@cabq.gov. Senior Affairs Home-Delivered Meal program drivers will distribute these notes to seniors when they receive their meal and they will be available at meal locations, in addition to on our Facebook and Instagram pages: [@cabqseniors](https://www.facebook.com/cabqseniors).

Donations of Time or Money:

Organizations in the community that support seniors are also looking for monetary donations and volunteers at this time. For example, Meals on Wheels is looking for volunteer drivers who are under the age of 50 to help meet their increase in demand. The Meals on Wheels service is a home delivered meal program, similar to the Department of Senior Affairs Home-Delivered Meal program.

For a list of partner organizations, visit cabq.gov/seniors.



Timothy M. Keller,
Mayor

Anna M. Sanchez,
Director, Department
of Senior Affairs