

# Barelas Senior Center

714 Seventh St SW  
Albuquerque, N.M 87102  
505-764-6436

**AUGUST 2020**

Hello members!

While our Centers remain closed to the public, we have heard your need for more social activities and programs and are working on a series of virtual programming with the goal of keeping you engaged. Look for more details on [cabq.gov/seniors](http://cabq.gov/seniors) or in next month's newsletter! In the meantime, you should check out some of the virtual offerings and City discounts for older adults in our modified Activities Catalog, which will be delivered to you in the Aug. 2 edition of the Albuquerque Journal and will also be available at all of our pick-up meal sites. As always, our team remains committed to delivering essential services to our community. I encourage you to reach out to our Senior Information Line at 505-764-6400 if you'd like to know more.

Anna Sanchez,  
Director, Department of Senior Affairs

## Survey for Grandparents Raising Grandkids

The Partnership for Community Action is looking to gather information about the experience of grandparents raising their grandchildren, including what resources are most valuable. To participate in the telephone survey, call (505) 264-4484. All participants will be given a \$35 gift card.

## Remember: Wear Your Mask!

Even though you don't need to get out of your car for your pick-up lunch, we would still appreciate if you wore a mask. Our team members come within 6 feet to hand you a meal and we want to make sure we are protecting both you and them!

## DEPARTMENT OF SENIOR AFFAIRS



Director  
Anna M. Sanchez

Division Manager  
Nikki Peone

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## General Information & Assistance

### Age-Friendly Albuquerque

The City of Albuquerque is applying for Age-Friendly designation through the World Health Organization (WHO) and AARP. Age-friendly cities are livable and thriving communities that improve the lives of all. Age-Friendly designation recognizes communities for their livability standards and identifies dynamic ways communities can progress through age-friendly initiatives. The City of Albuquerque is committed to grow as an age-friendly city and invites Albuquerque adults of all ages to participate in this exciting community project. Participants can take a short survey, phone interview and/or join an online focus group to share their age-friendly ideas. Visit [www.cabq.gov/agefriendly](http://www.cabq.gov/agefriendly), email [agefriendlyabq@cabq.gov](mailto:agefriendlyabq@cabq.gov) or call (505)-333-9769 for more information on Age-Friendly Albuquerque.

### You Can Help Fund Senior Services in NM

Did you know that senior services expenditures and other federally funded programs are directly affected by the population of a state? That's why it is vital that every older adult is counted in the 2020 Census. If you haven't already completed the Census please do so—you can respond online, over the phone or using the paperwork mailed to you. Census data is confidential and your individual responses will not affect your tax status or insurance premiums. What Census data does do is determine federal funding to Medicare, Medicaid, and many other federally funded programs that assist families. The data also will determine your political representation for the next 10-years at the local, state, and federal levels. Remember, the Census Bureau will never ask for your Social Security number, bank account number, or money of any kind. Learn more at [www.icountnm.gov](http://www.icountnm.gov).

### Emergency Mortgage Assistance Fund

Homewise, a local nonprofit, has created an Emergency Mortgage Assistance Fund during this COVID 19 public health crisis to help individuals and families in the Barelmas neighborhood that do not qualify for unemployment or government assistance. If you own your home and are self employed, work a non traditional job, or are an immigrant without a Social Security number Homewise may be able to help. The Emergency Mortgage Assistance Fund can help relieve the burden for individuals and can pay up to 1 month of a mortgage payment. Contact a Homewise representative at 505.983. 9473 to learn more.



Saturday, August 22nd & Saturday, August 29th

Silver Horizons Food Warehouse  
3540 Pan American Freeway NE




















(East side of I-25, between Candelaria and Comanche in the Albuquerque Trade Center)

# August 2020

Lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday | Reservations are required.

Please call 275-8731 by 4:00 p.m. the day before to reserve.

Ages 60+ \$2.00 Suggested Donation ▪ Ages 50-59 \$3.25 ▪ Ages 18-49 \$7.67

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Tortilla</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Lemon Pepper Tilapia</li> <li>◆ Rosemary Potatoes</li> <li>◆ Oriental Blend</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Turkey Salad w/Mayo, Red Onions, Bell Peppers</li> <li>◆ Penne Pasta Salad w/Olive Oil, Green Onions</li> <li>◆ Peaches w/Cottage Cheese</li> <li>◆ 1% Milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Baked Mac N Cheese</li> <li>◆ Corn</li> <li>◆ Broccoli</li> <li>◆ Mixed Fruit (cupped)</li> <li>◆ 1% Milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Beef Fingers w/White Gravy</li> <li>◆ Green Beans w/Onions &amp; Mushrooms</li> <li>◆ Au gratin Potatoes</li> <li>◆ Chocolate Chip Cookie</li> <li>◆ 1% Milk</li> </ul> 
<p>10</p> <ul style="list-style-type: none"> <li>◆ Philly Sandwich w/Red &amp; Green Peppers/ Hoagie</li> <li>◆ Baked Beans</li> <li>◆ North West Blend</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Spinach Lasagna</li> <li>◆ Imperial Blend</li> <li>◆ Garlic Bread Stick</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>◆ Oven Fried Chicken</li> <li>◆ Mashed Potatoes w/Gravy</li> <li>◆ Corn</li> <li>◆ Honey Dew</li> <li>◆ 1% Milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Salmon w/Dill Sauce</li> <li>◆ Roasted Peppers</li> <li>◆ Lemon Brown Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Pork Chop w/Green Chili</li> <li>◆ Sweet Potato</li> <li>◆ Mixed Vegetable</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 
<p>17</p> <ul style="list-style-type: none"> <li>◆ Spinach Turkey Salad w/Strawberry, Olive Oil</li> <li>◆ Orzo Pasta</li> <li>◆ Wheat Crackers</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Frito Pie w/Beef, Beans, Cheese, Onion</li> <li>◆ Corn Chips</li> <li>◆ Mexi Corn</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Denver Omelet, Diced Ham &amp; Fajita Blend</li> <li>◆ Hash Browns</li> <li>◆ Stewed Tomatoes</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Breaded Catfish w/Tarter Sauce</li> <li>◆ Black Eyed Peas</li> <li>◆ Collard Greens</li> <li>◆ Apple Sauce</li> <li>◆ 1% Milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti w/Meat Sauce</li> <li>◆ Imperial Blend</li> <li>◆ Garlic Bread Stick</li> <li>◆ Sliced Apricots</li> <li>◆ 1% Milk</li> </ul> 
<p>24</p> <ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Gravy</li> <li>◆ Stuffing</li> <li>◆ Brussel Sprouts</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ Chocolate Cake</li> <li>◆ 1% Milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>◆ Green Chili Cheese Burger</li> <li>◆ Steak Fries w/Ketchup</li> <li>◆ Steamed Spinach</li> <li>◆ Sugar Cookie</li> <li>◆ 1% Milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Chicken Florentine</li> <li>◆ Ancient Grain</li> <li>◆ Oriental Blend</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Broccoli Mac &amp; Cheese</li> <li>◆ Succotash</li> <li>◆ Biscuit w/Margarine</li> <li>◆ Apple Cobbler</li> <li>◆ 1% Milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>◆ Swedish Meatballs</li> <li>◆ Noodles</li> <li>◆ Peas w/Mushrooms</li> <li>◆ Bread w/Margarine</li> <li>◆ Sliced Apricots</li> <li>◆ 1% Milk</li> </ul> 