



Tyler Dunn, Manager

A Message From Our Center Manager

Hello all!

While the center will remain closed to the public until further notice, BCSC staff have been busy assisting in other DSA projects and/or services that including grab and go meals and sanitation. There is also a new program that our department has been collaborating on with the senior, multigenerational and 50+ sports and fitness centers that we are very excited about and hope it will bring new opportunities to our members and the community. Get ready and be on the lookout for new “virtual programming” that could include presentations, videos, classes and dances. This new virtual programming will help give us the opportunity to interact with as well as educate members and the community during these very different times and more importantly in a safe manner. We look forward to seeing all of our wonderful members and volunteers from a safe 6ft or with protective gear of course, as soon as possible. In the meantime, please stay safe, wear your mask, wash your hands, and do not hesitate to reach out to the department or those close to you for any help or services needed.

**Best Regards,
Tyler Dunn, Center Manager**

Bear Canyon Senior Center

4645 Pitt NE
Albuquerque, NM 87111
Ph:505-767-5959



Important Notice

All DSA Senior Centers and 50+ Sports & Fitness Centers remain closed to the public. Senior Affairs is continuing to use the public health order as a guide for determining when it is best to re-open in an effort to ensure the safety of our members. Information on our phased re-opening will be available online, through 311 and through the Senior Information Line at 505-764-6400, as it becomes available.



Department of Senior Affairs



Note from Anna

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 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

ABOUT THE CORONAVIRUS (COVID-19)

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. The virus originated in China but is currently spreading in the United States and other countries. While most cases of illness are mild, health experts are concerned because this virus has the potential to cause severe illness and pneumonia in some people.

WHAT SHOULD YOU DO

Call the NM Department of Health at (855) 600-3453 right away if you are experiencing these symptoms:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

NON-HEALTH & SOCIAL SERVICES RELATED INFORMATION

For questions regarding the coronavirus that are non-health related and information on family support services, please call (833) 551-0518.



General Information & Assistance

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.

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 is it 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.

MAKE A DONATION ONLINE

One of the ways we are able to keep costs low for members and are able to provide services for free for those in need is because of donations from those who can afford to donate. In the past, those donations have needed to be made in person or through the mail. While those options will still exist, we now have a new online portal available at **WEB ADDRESS**. Any donations we receive will help us provide recreation opportunities, meals, home services, transportation, care coordination, information and more to seniors throughout Bernalillo County.

BLOOD DONATIONS

The need for blood donations remain high amid the Coronavirus fears. UNM physicians want people to know that the need for blood donation for trauma victims and other seriously ill patients remains constant - you can help! Call 1-877-258-4825 or go to vitalant.org to become a donor today.



General Information & Assistance

SENIOR INFORMATION LINE HOUR CHANGES

Department of Senior Affairs Information and Assistance Specialists are here to help! Our Senior Information Line (505-764-6400) is open Monday through Friday from 8:15 a.m. until 4:30 p.m. We are closed Saturday and Sunday, but, thanks to a partnership with 311, if you call 764-6400 between 9 a.m. and 5 p.m. on Saturday, your call will be routed to 311 for 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 ww.cabq.gov/agefriendly, email agefriendlyabq@cabq.gov or call (505)-333-9769 for more information on Age-Friendly Albuquerque.

WELL-CONNECTED

Well Connected is a community service of Covia, a group that offers virtual programs to adults age 60 and over. Social connections are vital for the well-being of older adults and alternative ways of staying connected with others is still viable. Well-Connected offers phone and online group conversations, classes, support groups, lectures and much more. Participants can talk, play a game, learn a language, share a gratitude, get support, but more importantly connect and stay engaged. Services are free. Call Well Connected at 1-877-797-7299.

STAY ACTIVE AT HOME

Our team members in Sports & Fitness have created some videos to help keep you limber and warmed up from your own home. Check out the stretching video and the warm up video by clicking the links or visit our Facebook page at Facebook.com/CABQSeniors

General Information & Assistance

TEENIORS GOES VIRTUAL

Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching. Now in collaboration with the City of Albuquerque, they are offering tutoring via phone and video calls to help you with your electronic devices at no cost! Whether you have questions about your cell phone, computers; or want to learn how to text, video call, share pictures, download Netflix; order groceries online, navigate the internet, or anything else - you can contact Teeniors directly to set up your free session: teeniors@gmail.com | (505) 600-1297.

Learn more at: www.teeniors.com.

A promotional graphic for Teeniors' virtual services. At the top, five circular video call windows show Teeniors staff members. The background is a dark grid pattern. The word "TEENIORS" is written in large, bold, white letters with a yellow outline. Below it, the text "IS OPEN FOR BUSINESS!" is written in white. A yellow banner across the middle contains the phone number "(505) 600-1297" and the website "teeniors.com". A yellow mouse cursor arrow points to the text "Now helping seniors learn tech through phone and video calls 7 days a week!". At the bottom, the Teeniors logo is displayed, featuring a yellow arrow pointing to the word "TEENIORS" and the tagline "tech-savvy teens empowering seniors" below it.




















Monthly Lunch Menu

The following centers are temporarily serving “To-Go Lunches” for drive through pick up and take home: “To-Go Lunches” will be distributed from 11:30 am to 1:00 pm outside the centers.

- Barelvas Senior Center - 714 Seventh ST SW 87107, Ph: 764-6436
- Los Volcanes Senior Center—6500 Los Volcanes NW 87121, Ph: 767-5999
- Manzano Mesa Multigenerational Center - 501 Elizabeth SE 87123, Ph: 275-8731
- North Domingo Baca Multigenerational Center - 7521 Carmel Ave NE 87113, Ph: 764-6475
- North Valley Senior Center - 3825 4th ST NW 87107, Ph: 761-4025

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!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Tortilla ♦ Orange ♦ 1% Milk 	♦ Lemon Pepper Tilapia ♦ Rosemary Potatoes ♦ Oriental Blend ♦ Pear ♦ 1% Milk 	♦ Turkey Salad w/Mayo, Red Onions, Bell Peppers ♦ Penne Pasta Salad w/ Olive Oil, Green Onions ♦ Peaches w/Cottage Cheese ♦ 1% Milk 	♦ Baked Mac N Cheese ♦ Corn ♦ Broccoli ♦ Mixed Fruit (cupped) ♦ 1% Milk 	♦ Beef Fingers w/White Gravy ♦ Green Beans w/ Onions & Mushrooms ♦ Au gratin Potatoes ♦ Chocolate Chip Cookie ♦ 1% Milk 
10	11	12	13	14
♦ Philly Sandwich w/Red & Green Peppers/ Hoagie ♦ Baked Beans ♦ North West Blend ♦ Grapes ♦ 1% Milk 	♦ Spinach Lasagna ♦ Imperial Blend ♦ Garlic Bread Stick ♦ Banana ♦ 1% Milk 	♦ Oven Fried Chicken ♦ Mashed Potatoes w/ Gravy ♦ Corn ♦ Honey Dew ♦ 1% Milk 	♦ Salmon w/Dill Sauce ♦ Roasted Peppers ♦ Lemon Brown Rice ♦ Vanilla Pudding ♦ 1 % Milk 	♦ Pork Chop w/Green Chili ♦ Sweet Potato ♦ Mixed Vegetable ♦ Dinner Roll w/ Margarine ♦ Yogurt ♦ 1% Milk 
17	18	19	20	21
♦ Spinach Turkey Salad w/Strawberry, Olive Oil ♦ Orzo Pasta ♦ Wheat Crackers ♦ Mandarin Oranges ♦ 1% Milk 	♦ Frito Pie w/Beef, Beans, Cheese, Onion ♦ Corn Chips ♦ Mexi Corn ♦ Pear ♦ 1% Milk 	♦ Denver Omelet, Diced Ham & Fajita Blend ♦ Hash Browns ♦ Stewed Tomatoes ♦ Cantaloupe ♦ 1% Milk 	♦ Breaded Catfish w/ Tarter Sauce ♦ Black Eyed Peas ♦ Collard Greens ♦ Apple Sauce ♦ 1% Milk 	♦ Baked Ziti w/Meat Sauce ♦ Imperial Blend ♦ Garlic Bread Stick ♦ Sliced Apricots ♦ 1% Milk 
24	25	26	27	28
♦ Sliced Turkey w/ Gravy ♦ Stuffing ♦ Brussel Sprouts ♦ Dinner Roll w/ Margarine ♦ Chocolate Cake ♦ 1% Milk 	♦ Green Chili Cheese Burger ♦ Steak Fries w/ Ketchup ♦ Steamed Spinach ♦ Sugar Cookie ♦ 1% Milk 	♦ Chicken Florentine ♦ Ancient Grain ♦ Oriental Blend ♦ Vanilla Pudding ♦ 1% Milk 	♦ Broccoli Mac & Cheese ♦ Succotash ♦ Biscuit w/Margarine ♦ Apple Cobbler ♦ 1% Milk 	♦ Swedish Meatballs ♦ Noodles ♦ Peas w/Mushrooms ♦ Bread w/Margarine ♦ Sliced Apricots ♦ 1% Milk 