



*Tyler Dunn, Member*

### **A Message From Our Center Manager**

**Hello all**

With the center still closed to the public, we are still following the state's public health order and relevant guidelines (the most up-to-date information can be viewed online at [cabq.gov/COVID](http://cabq.gov/COVID)). As mentioned previously, there has been collaboration between the senior, multigenerational and 50+ sports and fitness centers to bring new opportunities to our members and community and we have great news! Thanks to the staff, instructors and volunteers we have already begun virtual classes and activities. Please stay tuned for further details about how to view and access such material (a few are listed in this month's newsletter under Calendar and Special Events). In other exciting news, we would like to give a warm welcome to our newest team member Rachel Droste Gwinn as Bear Canyon's Program Coordinator. We are very excited to introduce her and have her as part of our wonderful team. She comes with a great deal of experience, a positive attitude and is going to help tremendously in all aspects of not only our facility, programs, members, but our entire department. We hope for you all to meet her in person sometime soon, when safe to do so, but to learn a little more about her, please read further into the newsletter. We hope to see and interact with everyone soon. In the meantime, please stay safe, wear your mask, wash your hands and practice social distancing.

**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

Dear Members,

The ongoing pandemic and health concerns for our community continues to warrant a higher level of support from our Department of Senior Affairs to older adults throughout Bernalillo County. Facebook for how-to's and fitness routines, participate in webinar-style presentations, and enjoy senior dances right in your living room monthly on GOV-TV. In addition, through a partnership with Teeniors, you can get help on any device you'd like to learn how to use better. Just keep an eye out in our newsletters, at our meal sites or on [cabq.gov/seniors](http://cabq.gov/seniors) for more information on how to participate. We welcome your feedback and ideas on how else we can make this time more manageable and help your overall well being. Stay safe.

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. While most cases of illness are mild, health experts are concerned because this virus is fast spreading and has the potential to cause severe illness and death 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.

## Announcements



Bear Canyon Senior Center is excited to introduce Rachel Droste Gwinn, as our new Program Coordinator.

Welcome Rachel!

Here is a little about her:

I've recently moved to Albuquerque with my husband and almost-two-year-old son from Kentucky. Though Kentucky is my home state, my husband and I attended UNM several years ago, so we're not completely new to the Land of Enchantment (and we're excited to be back)! For the last five years I worked as a non-profit program coordinator, and before that I taught university-level Spanish classes. Though it is a strange time to start a new job, I've really enjoyed getting to know the Bear Canyon staff and can't wait to get to know the volunteers and members!



As we work on ways to engage with our Bear Canyon Senior Center Members while the center is closed, we have started to send out a weekly email with virtual class announcements and Bear Canyon updates. We want to make sure we are doing our best to provide classes and services that are the most useful for you. If you want to receive our weekly email, or if you have any suggestions on virtual classes or presentations that could be useful or just plain fun, please contact Rachel at [rdrostegwinn@cabq.gov](mailto:rdrostegwinn@cabq.gov).



## General Information & Assistance

### VIRTUAL PROGRAMMING

From zoom presentations, to Facebook Live fitness videos, to senior dances on GOV-TV—now you can enjoy some of our more popular programs from home! Here is how you can participate:

- Like us on [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors)
- Subscribe to YouTube (visit [cabq.gov/seniors](https://cabq.gov/seniors) to learn how)
- Visit [cabq.gov/seniors](https://cabq.gov/seniors)
- Tune into GOV-TV monthly for dancing and live music

### FIND YOUR FUREVER COMPANION

The Animal Welfare Department has designated every Wednesday at the Eastside Shelter The Golden Mutts—Thanks for Being a Friend day. Older adults who would like a more socially distanced adoption experience can make an appointment on Wednesdays at the Eastside Animal Shelter. All adoption fees are also currently waived. Make the appointment online at [cabq.gov/pets](https://cabq.gov/pets).

### JOIN THE DSA ADVISORY COUNCIL

The Senior Affairs Advisory Council represents the aging population by promoting awareness and education of older adult issues, advocating on behalf of seniors, and supporting program development. The Advisory Council is now accepting applications for the City of Albuquerque and Village of Los Ranchos resident representatives. You can learn more and apply at [www.cabq.gov/clerk/boards-commissions#senior-affairs-advisory-council](https://www.cabq.gov/clerk/boards-commissions#senior-affairs-advisory-council).

### SEPTEMBER IS FALLS PREVENTION MONTH

Learn how to protect yourself from the damage caused by falls throughout the month of September. Senior Affairs, in partnership with the New Mexico Adult Falls Prevention Coalition, will be hosting a series of webinars every Friday morning from 9:30-10:30 a.m., in addition to offering information on [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors). Presentations will be conducted via Zoom and streamed live on Facebook and will later be posted online at [cabq.gov/seniors](https://cabq.gov/seniors). A more detailed flyer will also be distributed at pick up meal locations and will be available at [cabq.gov/seniors](https://cabq.gov/seniors).



## General Information & Assistance

### HELP SHAPE ALBUQUERQUE'S FIGHT AGAINST CLIMATE CHANGE

The City of Albuquerque is asking residents to help shape its plan of action on one of the most important issues facing our community: climate change.

Residents can take the survey online here: [www.surveymonkey.com/r/ABQCAPSURVEY](http://www.surveymonkey.com/r/ABQCAPSURVEY). Survey responses will be shared with the public and will directly inform the priorities and content of the Climate Action Plan on issues such as clean transportation, sustainable buildings, renewable energy, and recycling.

### HEALTHY EATING AS WE AGE

As we age, healthy Eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults including:

- Helping you to obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- Helping you lose weight or maintain a healthy weight
- Reducing the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meeting individual calorie and nutrition needs.
- Helping maintain energy levels.

### 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](mailto:teeniors@gmail.com) | (505) 600-1297.

Learn more at: [www.teeniors.com](http://www.teeniors.com).

### DSA'S ELECTRONIC NEWSLETTER

If you'd like to receive Senior Affairs news monthly via email, just email [kcooper@cabq.gov](mailto:kcooper@cabq.gov) with the subject line **SUBSCRIBE**.

## Calendar & Special Events



September 2, 6-7pm:  
"Your Health in the Garden," Online Gardening Series presented by NMSU, Presbyterian and APS. Presented through Zoom. Register here: <https://nmsu.zoom.us/meeting/register/tJwqf-Gorz0rHtlfxHzBKHq931zPFZHRk40Q>

September 10, 9-10am:  
Humana webinar "The Power of Positivity: When Life Gives you Lemons." Registration details to come, email [rdrostegwinn@cabq.gov](mailto:rdrostegwinn@cabq.gov) or call (505)767-5950 for more information.



### Santa Fe Opera



Virtual (any time):

The World Premier of Huand Ruo & David Henry's "M.Butterfly" at the Santa Fe Opera was cancelled last month due to Covid-19, but you can still enjoy the songs by tuning in at the Songs From the Santa Fe Opera on their website:

<https://www.santafeopera.org/m-butterfly>

## Calendar & Special Events

### Virtual Gardening Classes

New Mexico State Cooperative Extension Service will be holding a free "Ready, Set, Grow..." Gardening series every 1st and 3rd Wednesday at 3 p.m., September 2020 through March 2021 via Zoom. Find more information about the program and register for classes here:  
<https://desertblooms.nmsu.edu/ready-set-grow.html>



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### Virtual Line Dancing Classes

Patty Fox and Doug Madison teach their Line Dancing classes four days a week via Zoom

#### Patty's Classes:

- Starter Class: Wednesdays 12-1 p.m.
- Improver Class: Wednesdays 3-4 p.m.
- Beginner Class: Thursdays 3-4:30 p.m.

Email Patty at: [pfox51@msn.com](mailto:pfox51@msn.com) to receive the Zoom link / for more information.

#### Doug's Classes:

- Improver Class 1: Mondays 1:30-3 p.m.  
(Link: <https://bit.ly/31rENpw>. Zoom Meeting ID: 842 7797 3909, Passcode: 444444)
- Improver Class 2: Tuesdays 1:30-3 p.m.  
(Link: <https://bit.ly/3jbL0ft>. Zoom Meeting ID: 879 1087 6183, Passcode: 555555)
- Intermediate Class: Thursdays 1:30-3 p.m.  
(Link: <https://bit.ly/3gn4uMo>. Zoom Meeting ID: 846 2722 1062, Passcode: 777777)

Email Doug at: [dougandwillie@gmail.com](mailto:dougandwillie@gmail.com) for more information.



















For help with Zoom: <https://support.zoom.us/hc/en-us>



## September 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.

- Barelmas 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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 ♦ Pork Chop w/Green Chile ♦ Sweet Potato ♦ Mixed Vegetable ♦ Dinner Roll w/ Margarine ♦ Yogurt ♦ 1% Milk 	1 ♦ Chicken & Sausage Jambalaya w/Peppers & Onions ♦ Peas & Carrots ♦ Rice ♦ Apple ♦ 1% Milk 	2 ♦ Blackened Tilapia ♦ Rosemary Potatoes ♦ Malibu Blend ♦ Whole Wheat Roll w/ Margarine ♦ Sliced Peaches ♦ 1% Milk 	3 ♦ Baked Ziti w/ Vegetables ♦ Oriental Blend ♦ Garlic Bread ♦ Cottage Cheese & Pears ♦ 1% Milk 	4 ♦ Sliced Turkey w/Brown Gravy ♦ Mashed Potatoes w/ Brown Gravy ♦ Baby Carrots ♦ Watermelon ♦ 1% Milk 
7 Closed for Labor Day	8 ♦ Salisbury Steak w/ Brown Gravy ♦ Au Gratin Potatoes ♦ Steamed Broccoli ♦ Pineapple ♦ 1% Milk 	9 ♦ Carne Adovada ♦ Pinto Beans ♦ Spinach ♦ Tortilla ♦ Apple Sauce ♦ 1% Milk 	10 ♦ Roasted Turkey w/ Green Chile Sauce ♦ Green Beans ♦ White Rice ♦ Dinner Roll w/ Margarine ♦ Vanilla Pudding ♦ 1% Milk 	11 ♦ Diced Chicken w/ Olives & Diced Tomatoes ♦ Corn ♦ Yams ♦ Orange ♦ 1% Milk 
14 ♦ Philly Cheesesteak, Swiss Cheese w/Hoagie ♦ Baked Beans ♦ Broccoli ♦ Mixed Fruit ♦ 1% Milk 	15 ♦ Omelet, Mushrooms & Spinach ♦ Hash Browns ♦ Stewed Tomatoes w/ Onions ♦ Whole Wheat Bread w/Margarine ♦ Banana ♦ 1% Milk 	16 ♦ Shredded Chicken Tacos w/Fajita Blend, White Flour Tortillas ♦ Spanish Rice ♦ Cauliflower w/Red Peppers ♦ Chocolate Chip Cookie ♦ 1% Milk 	17 ♦ Beef Tips and Brown Gravy ♦ Bow Tie Pasta ♦ Peas & Carrots ♦ Dinner Roll w/ Margarine ♦ Apple ♦ 1% Milk 	18 ♦ Green Chile Pork Stew ♦ Rosemary Potatoes ♦ Calabacitas ♦ Tortilla ♦ Pear ♦ 1% Milk 
21 ♦ Salisbury Steak w/ Mushroom ♦ Rice Pilaf ♦ Crinkle Cut Carrots ♦ Yogurt ♦ 1% Milk 	22 ♦ Chile Cheese Dog w/Bun ♦ Tater Tots w/ Ketchup ♦ Cauliflower ♦ Banana ♦ 1% Milk 	23 ♦ Turkey Pot Pie w/Pie Crust ♦ Diced Beets ♦ Orzo Pasta ♦ Orange ♦ 1% Milk 	24 ♦ Teriyaki Beef w/ Broccoli & Onions ♦ White Rice ♦ Oriental Blend ♦ Pineapple Chunks ♦ 1% Milk 	25 ♦ Tuna Casserole w/ Pasta & Vegetables ♦ Green Beans ♦ Pear ♦ 1% Milk 