



Dear Members,

**6500 Los Volcanes Rd NW
87121
505-767-5999**

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. In addition to our meal service, care coordination, transportation, and home services, we are excited to launch some new virtual programming! Now, you can join us on 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 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 wellbeing. Stay safe.

Sincerely,
Anna Sanchez, Director



All Centers Closed

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://www.youtube.com/cabqgovseniors) to learn how)**
 - Visit [cabq.gov/seniors](https://www.cabq.gov/seniors)
- Tune into GOV-TV monthly for dancing & 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



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.



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). Presentation will be conducted via Zoom and streamed live on Facebook and will later be posted online at cabq.gov/seniors. A more detailed flyer will also be distributed at pick up meal locations and will be available at cabq.gov/seniors.



New Mexico Falls Prevention

nmstopfalls.org

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. 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.



DSA's Electronic Newsletter

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

Grab & Go lunches & sites

GRAB-N-GO



LUNCHES

- Barelas Senior Center
714 7th St SW 87102
Phone: 764-6436

- Los Volcanes Senior Center
6500 Los Volcanes Rd NW 87121
Phone: 767-5999














- North Valley Senior Center
3825 4th St NW 87107
Phone: 761-4025

- Manzano Mesa
Multigenerational Center
501 Elizabeth SE 87123
Phone: 275-8731

- North Domingo Baca
Multigenerational Center
7512 Carmel Ave NE 87113
Phone: 764-6475

**These sites are doing grab & go lunches from
11:30 am - 1:00 pm. Reservations are
preferred by calling the center you would like
to receive lunch from.**

September Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 <ul style="list-style-type: none"> ◆ Pork Chop w/Green Chile ◆ Sweet Potato ◆ Mixed Vegetable ◆ Dinner Roll w/ Margarine ◆ Yogurt ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Chicken & Sausage Jambalaya w/Peppers & Onions ◆ Peas & Carrots ◆ Rice ◆ Apple ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Blackened Tilapia ◆ Rosemary Potatoes ◆ Malibu Blend ◆ Whole Wheat Roll w/ Margarine ◆ Sliced Peaches ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Baked Ziti w/ Vegetables ◆ Oriental Blend ◆ Garlic Bread ◆ Cottage Cheese & Peas ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Sliced Turkey w/Brown Gravy ◆ Mashed Potatoes w/ Brown Gravy ◆ Baby Carrots ◆ Watermelon ◆ 1% Milk 
7 <p style="text-align: center;">Closed for Labor Day</p>	8 <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Brown Gravy ◆ Au Gratin Potatoes ◆ Steamed Broccoli ◆ Pineapple ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spinach ◆ Tortilla ◆ Apple Sauce ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Roasted Turkey w/ Green Chile Sauce ◆ Green Beans ◆ White Rice ◆ Dinner Roll w/ Margarine ◆ Vanilla Pudding ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Diced Chicken w/ Olives & Diced Tomatoes ◆ Corn ◆ Yams ◆ Orange ◆ 1% Milk 
14 <ul style="list-style-type: none"> ◆ Philly Cheesesteak, Swiss Cheese w/Hoagie ◆ Baked Beans ◆ Broccoli ◆ Mixed Fruit ◆ 1% Milk 	15 <ul style="list-style-type: none"> ◆ Omelet, Mushrooms & Spinach ◆ Hash Browns ◆ Stewed Tomatoes w/ Onions ◆ Whole Wheat Bread w/Margarine ◆ Banana ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Shredded Chicken Tacos w/Fajita Blend, White Flour Tortillas ◆ Spanish Rice ◆ Cauliflower w/Red Peppers ◆ Chocolate Chip Cookie ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Beef Tips and Brown Gravy ◆ Bow Tie Pasta ◆ Peas & Carrots ◆ Dinner Roll w/ Margarine ◆ Apple ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Green Chile Pork Stew ◆ Rosemary Potatoes ◆ Calabacitas ◆ Tortilla ◆ Pear ◆ 1% Milk 
21 <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushroom ◆ Rice Pilaf ◆ Crinkle Cut Carrots ◆ Yogurt ◆ 1% Milk 	22 <ul style="list-style-type: none"> ◆ Chile Cheese Dog w/Bun ◆ Tater Tots w/ Ketchup ◆ Cauliflower ◆ Banana ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Turkey Pot Pie w/Pie Crust ◆ Diced Beets ◆ Orzo Pasta ◆ Orange ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Teriyaki Beef w/ Broccoli & Onions ◆ White Rice ◆ Oriental Blend ◆ Pineapple Chunks ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Tuna Casserole w/ Pasta & Vegetables ◆ Spaghetti Alfredo w/ Tomatoes ◆ Green Beans ◆ Pear ◆ 1% Milk 