

# Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting [cabq.gov/seniors](http://cabq.gov/seniors) webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



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## March 2022

### Hours of Operation

Monday - Friday  
8:00am - 5:00pm

Wednesday  
8:00am - 7:00pm

Saturday  
10:00am - 4:00pm

**ncoa**  
National Council on Aging

### Highland Staff

Julianna Brooks  
Center Manager

Chris Rogers  
Program Coordinator

Gloria Ortiz  
Office Assistant

Stacie Davis  
Program Assistant

Anna Wood  
Program Assistant

Mike Berry  
General Service

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

# General Information



**3rd Tuesday of  
every other Month  
No Appointment  
Necessary!**

## Tuesday, April 19th, 2022

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) and Medicaid coverage for nursing homes on the 3rd Tuesday of every other month starting April 19th, 2022. This is a group presentation and not a one-on-one clinic. Seniors will sign up for this presentation with Highland's front desk.

**1st Wednesday of  
Each Month  
By Appointment Only**

## Wednesday, March 2nd, 2022

SCLO will hold a free power of attorney clinic on Wednesday, March 9th, starting at 9 am. Seniors who want to complete a health care power of attorney form, a financial power of attorney form, and a cremation authorization form need to call SCLO at 505-265-2300 and sign up with the SCLO receptionist for this clinic.

## Wednesday, March 2nd, 2022

SCLO will hold a free general legal clinic on Wednesday, March 9th, starting at 9 am (by appointment with SCLO only). An attorney will meet privately with a senior and provide advice on legal issues. Seniors need to call SCLO at 505-265-2300 to sign up with the SCLO receptionist for this clinic because there are only 6 appointment slots available for 20 minute intervals. The SCLO receptionist will make sure that SCLO handles the legal issue the senior has.



SCLO conducts 2 different clinics alternating on the  
1st Wednesday of each month  
from 9 to 11 am

You must Contact the Senior Law Office  
265-2300 to Schedule your Appointment for the Wednesday Clinics.



Starting in April we will launch the new Kudos Box!

After all that we have been through the last couple of years we would like to spread some positivity and good vibes. Did a Highland staff person, Highland member, or volunteer/instructor do something that really made a difference in your day or life? Write it down and submit it to our Kudos box (located next to the Social Hall Doors) and Management will publish in our next newsletter.

Only signed Kudos forms will be published!

**50+ SENIOR  
TECH  
CONNECT**  
**APRIL 1, 2022 8:30am - 12:30pm**  
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

A chance for older adults to explore today's technology

Prizes & Fun  
Refreshments  
Demonstrations  
Hands-on Learning

For more information call  
**(505)764-6475**

ONE ALBUQUERQUE senior affairs | diverseIT | AT&T | internet essentials FROM COMCAST

# Highland On-Going Activities

## Monday

8:00am - 1:00 pm Arts Mart/Flea Market **(Pending)**  
 8:15am - 10:00am AM Adapted Aquatics  
 9:00am - 10:00am Exercise to Music w/Jane  
 10:00am - 11:30am Gathering of Artists  
 10:15am - 11:15am Gentle Exercise w/Jane  
 12:30pm - 2:00pm PM Adapted Aquatics  
 2:00pm - 4:15pm Bingo  
 1:00pm - 2:00pm Yoga w/Mindy

## Tuesday

8:15am - 9:15am Flex & Tone w/Jane  
 9:00am - 10:30am Blood Pressure Check  
 9:30am - 12 noon Watercolor  
 10:00am - 11:30am Portrait Drawing  
 10:00am - 11:00am Beginning Ball Room w/Beth  
 12:00pm - 4:00pm Pinochle  
 1:00pm - 3:00pm Senior Citizen's Law Office  
**(every 3rd Tues. of every other month)**

## Wednesday

8:30am - 12:30pm GEHM Clinic **(every 1st)**  
 8:15am - 10:00am AM Adapted Aquatics  
 9:00am - 10:00am Exercise to Music w/Jane  
 9:00am - 12:00pm Senior Citizen's Law Office Appointments  
**(every 1st)**  
 10:00am - 12:00pm Highland Harmonizers  
 10:00am - 12:00pm Sage Men's Coffee (every other week)  
 10:15am - 11:15am Gentle Exercise w/Jane  
 12:30pm - 3:30 pm Mexican Train Dominoes  
 12:00pm - 12:30pm Birthday Celebration **(every 1st)**  
 4:30pm - 6:30pm Beginning Ukulele  
 5:45pm - 6:45pm Bereavement Group

## Thursday

8:15 am - 9:15 am Flex & Tone w/Jane  
 11:00am - 12:00pm Friendship Coffee  
 10:30am - 11:30am Tai Chi w/Dave  
 2:00 pm - 4:00 pm Senior LGBT Meeting **(every 2nd)**  
 3:00pm - 4:30 pm Teeniors **(1st Thurs. of month only)**

## Friday

8:15 am - 10:00 am AM Adapted Aquatics  
 9:00 am - 10:00 am Exercise to Music w/Jane  
 9:30 am - 11:00 am Rosemalers  
 10:15 am - 11:15 am Gentle Exercise w/Jane  
 10:30 am - 12:00 pm Hi-Toners **(Returning TBD)**  
 12:30 pm - 2:00 pm Adapted Aquatics  
 2:00 pm - 4:00 pm Afternoon Matinee Movie

## Saturday

10:00am - 12:00pm Rosemalers **(every 2nd)**  
 10:00am - 12:00pm Corvairs of NM **(every 1st)**  
 12:00 pm - 3:00 pm Monthly Afternoon Dance **(every 4th)**  
 12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change  
**(every 3rd)**  
 1:00pm - 3:00pm Post-Polio Support **(every 1st)**

## Participant Code of Conduct

(Section 2.9: B-C; Revised March 2020)

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.



# What's Happening at Highland

## Friendship Coffee



Join us for coffee & treats from one of our Sponsors every Thursday from 9am - 10am  
(Friendship Coffee is subject to change!)



Teeniors tech-savvy teens and young adults that can help you with anything from your phones to your tablets or laptops. Teeniors help empower seniors. 1st Thursday of the month 3:00pm-4:30pm

Sign up at front desk space is limited



## Afternoon Matinee

Friday's starting at 2:00pm

- |        |                               |       |
|--------|-------------------------------|-------|
| 03/04: | Dune (movie starts at 1:45pm) | PG-13 |
| 03/11: | Ghostbusters Afterlife        | PG-13 |
| 03/18: | Blue Bayou                    | R     |
| 03/25: | Moonstruck                    | R     |



\*\* We include Movie rating so that you can decide if you want to watch!  
Movie Participants will get 1 free bag of popcorn additional bags are only 25 cents.

**Every Monday  
2:00 pm - 4:00pm**

Please note that the time has changed and Bingo players will have to wait until 1:30 to enter the Social Hall while we get it set up and cleaned. No early birds please! Saving tables will not be permitted!

**ST. PATRICK'S DAY  
LUNCHEON AT HIGHLAND  
THURSDAY, MARCH 17TH  
11:30AM - 1:00PM**

RESERVATIONS REQUIRED BY MARCH 9TH

JOIN US AT HIGHLAND SENIOR CENTER FOR A TRADITIONAL CORNED BEEF AND CABBAGE MEAL  
\$3.25 RESERVATIONS REQUIRED AT THE FRONT DESK.  
ALA CARTE MENU WILL NOT BE AVAILABLE

Join Anna Sanchez,  
Department of Senior Affairs  
Director  
for  
Coffee with Constituents  
ON  
Tuesday, March 8th at 9:30am  
Location: Lobby Area



# What Going on at Highland

## Trips/Outings

Please see our Trip board for trips.



**El Santuario de Chimayo, the tiny shrine that is built on the site of what many believe to be a place of miracles.**

**Check in: 8:00am**

**Depart: 8:15am**

**Return: 4:45 pm**

*Lunch at your own expense!*



**WEDNESDAY MARCH 30TH, 2022**

You are cordially invited



**Please join us for The Power of Positivity - When Life Gives you Lemons!**

This is a community educational event. Everyone is welcome!

HIGHLAND SENIOR CENTER  
131 Monroe St Alb NM 87108  
Wednesday, March 9, 2022 9:00 am - 11:00 am

Call a licensed Humana sales agent to RSVP



MARLENE SENA  
505-435-8305 (TTY: 711)  
Monday - Friday, 8 a.m. - 5 p.m.  
ESEN@HUMANA.COM  
humana.com/esena

**Humana.**

For accommodations of persons with special needs at meetings call 1-877-320-1235 (TTY: 711), 8 a.m. - 8 p.m., seven days a week.

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# Attention

## FOCUS GROUP NEEDED

### CONCERNING HEALTHY LIVING

Hello Community Members! UNM is hosting focus groups in English and Spanish seeking shared experiences involving living a healthy lifestyle as an older adult. Help us gain perspective on healthy living and some of its challenges on March 7, 2022 from 10-11:30am at North Valley Center and March 14, 2022 from 9-10:30am at Highland Center.

To participate, email [jajohnston@salud.unm.edu](mailto:jajohnston@salud.unm.edu) or call 505-266-6032 to sign up. Participants may receive an "at home" survey at a later date.



## Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details

# AmeriCorps Senior Programs



**AGE 55+ VOLUNTEERS  
NEEDED!**

**JOIN AMERICORPS  
SENIORS TODAY AND  
ENRICH YOUR LIFE  
WHILE HELPING  
OTHERS.**

**AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque's Department of Senior Affairs is proud to sponsor these programs for over 40 years! For more information visit [cabq.gov/seniors/volunteer-opportunities](http://cabq.gov/seniors/volunteer-opportunities)**

## **FOSTER GRANDPARENT PROGRAM**

Help kids learn. Guide students to higher academic achievement. Care for infants and toddlers. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. For more information, **Call (505) 764-6412.**

## **SENIOR COMPANION PROGRAM**

Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. For more information, **Call (505) 764-1007.**



## **RSVP (RETIRED & SENIOR VOLUNTEER PROGRAM)**

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute. For more information, **Call (505) 767-5225.**

# Daily Breakfast & A-la-Carte-Menu

## Breakfast

Monday-Friday  
8:00 a.m. — 9:00 a.m.

- Full Breakfast \$1.50  
2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla
- Mini Breakfast 75¢  
1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla
- Breakfast Burrito \$1.50  
egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile
- English Muffin Sandwich \$1.00  
1 egg, Bacon or Sausage, Cheese

### Specials

- Huevos Rancheros \$1.50 (Tuesday & Friday Only)  
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)

### A-l-a-Carte

- 1 Egg 25¢ (each)
- 1 Pancake 25¢ (each)
- 1 French Toast 25¢ (each slice)
- Hash Browns 30¢
- Side of Red or Green Chile 25¢
- Hot Cereal (Oatmeal w/Milk) 70¢
- Fruit & Yogurt Parfait \$1.50
- Waffle (Plain) \$1.00
- Waffle w/Berries & Cream \$1.50

See our Full A-la-Carte Menu at our  
Front Desk!



**\*\*Friendly Reminder,**  
**Meals are to be consumed in the Social**  
**Hall and are not permitted to take out.**  
**Thank You for your cooperation!**

## Lunch

Monday-Friday  
11:30 a.m. - 1:00 p.m.

- Grilled Cheese \$1.25
- 1/2 Sandwich 75¢  
(Salad type sandwich only)
- Soup of the Day 50¢
- Sandwich of the Day \$1.50
- Slice of Pie 50¢
- Salads Large \$2.00  
Small \$1.00

Sandwich choices change weekly please see front desk for menu.













## Beverages

- Milk or Juice 25¢
- Coffee 30¢
- Hot Chocolate 30¢
- Hot Tea 30¢

**Menu is Subject to Change**

# HOT LUNCH MENU MARCH

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY ALL HOT MEALS  
COME WITH 1% MILK

<p>28</p> <ul style="list-style-type: none"> <li>♦ Green Chile Chicken Posole</li> <li>♦ Flour Tortilla</li> <li>♦ Calabacitas</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Turkey w/Gravy</li> <li>♦ Cornbread Stuffing</li> <li>♦ Vegetables</li> <li>♦ Chocolate Chip Cookie</li> <li>♦ 1% Milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Red Chile Omelet</li> <li>♦ Steamed Potatoes</li> <li>♦ Collard Greens</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Diced Pork</li> <li>♦ Sweet Potatoes</li> <li>♦ Vegetables</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Baked Cod w/Tartar Sauce</li> <li>♦ Steak Fries w/Ketchup</li> <li>♦ Brownie</li> <li>♦ 1% Milk</li> </ul> 
<p>7</p> <ul style="list-style-type: none"> <li>♦ Beef Fajitas</li> <li>♦ Flour Tortilla</li> <li>♦ Spanish Rice</li> <li>♦ Pinto Beans</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Chicken Alfredo w/ Green Chile</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Garlic Bread Stick</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Baked Ham w/ Pineapple Glaze</li> <li>♦ Brown Rice</li> <li>♦ Steamed Carrots</li> <li>♦ Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Beef Steak w/Grilled Onions</li> <li>♦ Roasted Potatoes</li> <li>♦ Crispy Roasted Brussel Sprouts</li> <li>♦ Cookie</li> <li>♦ 1% Milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti w/Mozzarella</li> <li>♦ Vegetables</li> <li>♦ Garlic Bread Stick</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 
<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Mashed Potatoes w/ Gravy</li> <li>♦ Vegetables</li> <li>♦ Fruit</li> <li>♦ Dinner roll w/Margarine</li> <li>♦ 1% Milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Minestrone w/Navy Beans</li> <li>♦ Cornbread</li> <li>♦ Vegetables</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork</li> <li>♦ Tater Tots w/Ketchup</li> <li>♦ Sliced Beets</li> <li>♦ Vegetables</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Corned Beef</li> <li>♦ Steamed Potatoes</li> <li>♦ Steamed Cabbage</li> <li>♦ Jell-O</li> <li>♦ 1% Milk</li> </ul>   	<p>18</p> <ul style="list-style-type: none"> <li>♦ Loaded Baked Potato</li> <li>♦ Vegetables</li> <li>♦ Apple Crumble</li> <li>♦ 1% Milk</li> </ul> 
<p>21</p> <ul style="list-style-type: none"> <li>♦ BBQ Chicken Thigh</li> <li>♦ Baked Beans</li> <li>♦ Corn Bread</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Meatballs w/Marinara &amp; Cheese</li> <li>♦ Tater Tots w/Ketchup</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Hoagie Bun</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Turkey Pot Pie</li> <li>♦ Steamed Potatoes</li> <li>♦ Vegetables</li> <li>♦ Apple Sauce</li> <li>♦ 1% Milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Red Chile Beef Enchiladas</li> <li>♦ Spanish Rice</li> <li>♦ Calabacitas</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Cajun Tilapia</li> <li>♦ Butter Noodles</li> <li>♦ Vegetables</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 
<p>28</p> <ul style="list-style-type: none"> <li>♦ Salisbury w/Gravy &amp; Mushrooms</li> <li>♦ Steamed Potatoes</li> <li>♦ Vegetables</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Chicken Tenders w/ BBQ Sauce</li> <li>♦ Brown Rice</li> <li>♦ Corn w/Peppers</li> <li>♦ Dinner Roll w/ Margarine</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Garlic Tilapia</li> <li>♦ Angel Hair Pasta w/ Diced Tomatoes</li> <li>♦ Steamed Green Beans</li> <li>♦ Jell-O</li> <li>♦ 1% Milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Frito Pie</li> <li>♦ Vegetables</li> <li>♦ Fruit</li> <li>♦ 1% Milk</li> </ul> 	<p>"Senior Affairs Nutrition Program is proud to be part of the <b>New Mexico Grown</b> state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."</p>

Menu is Subject to Change



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Thank You for your cooperation!