

**September 2020**

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. 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](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 wellbeing. Stay safe.

Sincerely,  
Anna Sanchez, Director



**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.

501 Elizabeth SE 87123  
505-275-8731

**Center Hours**  
CENTER CLOSED

**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://Facebook.com/cabqseniors). Presentations will be conducted via Zoom and streamed live on Facebook and will later be posted online at [cabq.gov/seniors](http://cabq.gov/seniors). A more detailed flyer will also be distributed at pick up meal locations and will be available at [cabq.gov/seniors](http://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.



### 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:

<https://www.signupgenius.com/go/904084BA9AA2AABF49-east3>  
or visit [cabq.gov/seniors](http://cabq.gov/seniors) to find the link.



### 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](http://cabq.gov/seniors) to learn how)
- Visit [cabq.gov/seniors](http://cabq.gov/seniors)
- Tune into GOV-TV monthly for dancing and live music



## General Information & Assistance

### 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](http://www.cabq.gov/clerk/boards-commissions#senior-affairs-advisory-council).

### Mayor's Youth Advisory Council Grocery Challenge

(Aug 24th-Sep 25th)

The Food Farmacy at Kaseman and Las Estancias serves patients experiencing food-insecurity who may not have access to nutritious food. Through a physical referral, patients can select fresh and nutritious food from a trusted source, receive nutrition education, recipes, and connects to community resources.

### Donate!

Drop off donations at the following locations:

- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Taylor Ranch Community Center
- West Mesa Community Center

### Items Needed

Whole grain pastas

Peanut butter (low sugar, creamy preferred)

Canned Tuna or Chicken (sodium content below 420mg)

Canned Vegetables (no salt added/or low sodium)

The coronavirus pandemic has left millions of families without stable employment. More than 54 million people, including 18 million children, may experience food insecurity in 2020.

### 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.



**Monthly Lunch Menu**

Grab & go lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31. Pork chop w/Green chile Sweet potato Mixed veggies Dinner roll	1. Chicken & sausage jambalaya w/ peppers & onions Peas & carrots	2. Blackened tilapia Rosemary potatoes Malibu Blend Whole wheat roll w/Margarine	3. Baked ziti w/Veggies Oriental blend Garlic bread Cottage cheese &	4. Sliced turkey w/Brown gravy Mashed potatoes Baby carrots Watermelon
7. Closed for Labor Day  (Frozen meals will be given on the Friday the 4th)	8. Salisbury steak w/ Brown gravy Au gratin potatoes Steamed broccoli Pineapple	9. Carne adovada Pinto beans Spinach Tortilla Apple sauce	10. Roasted turkey w/Green chile sauce Green beans White rice	11. Diced chicken w/Olives & diced tomatoes Corn Yams
14. Philly cheesesteak w/Hoagie Baked beans Broccoli	15. Omelet, mushrooms & spinach Hash browns Stewed tomatoes	16. Shredded chicken tacos w/Fajita blend, White flour tortillas Spanish rice	17. Beef tips & brown gravy Bow tie pasta Peas & carrots Dinner roll	18. Green chile pork stew Rosemary potatoes Calabacitas Tortilla
21. Salisbury steak w/Mushroom Rice pilaf Carrots	22. Chile cheese dog w/Bun Tater tots w/Ketchup Cauliflower	23. Turkey pot pie w/Pie crust Diced beets Orzo pasta Orange	24. Teriyaki beef w/Broccoli & onions White rice Oriental blend	25. Tuna casserole w/Pasta & veggies Spaghetti Alfredo w/Tomatoes Green beans

**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!

