

April 2025

# Congratulations!



★ Congratulations, Edwina! ★

We are thrilled to announce that our very own Edwina Tabares has been awarded the 2025 National Service Volunteer of the Year Award by the Mayor's Office! 🎉

As a dedicated Senior Companion, Edwina has been volunteering 40 hours a week for over a year, providing unwavering support to four clients each week. From doctor's appointments and grocery shopping to helping with paperwork and connecting seniors to resources, Edwina's kindness and dedication shine through in everything she does.

Even before officially joining the Senior Companion Program, Edwina was making a difference—taking her neighbor to Los Volcanes Senior Center for meals and activities. Inspired by the program, she stepped up to help even more seniors in need. Beyond her direct service, Edwina is also a mentor and leader, training new volunteers and ensuring they feel confident in their roles. Edwina, we are so proud of you—thank you for all that you do! ❤️

### Program Hours

Monday-Friday: 8am-5pm  
Saturday & Sunday: Closed

### Senior Companion Program Staff

Viridiana Rodriguez-Flores,  
Program Supervisor  
Jenna Stanton, Case Management  
Coordinator  
Felicia Archuleta, Office Assistant

### Contact Information

714 Seventh St SW  
Albuquerque, NM, 87102  
(505) 764-1007

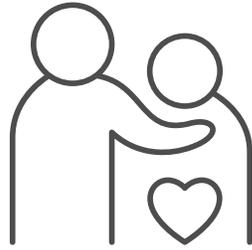
### Special Dates & Announcements

**4/03:** Timesheets & Mileage Logs Due  
**4/11:** Extra Opportunity - Senior Tech Connect  
**4/15:** Grief In-Service Training  
**4/17:** Timesheets & Mileage Logs Due  
**4/24:** National Volunteer Month Breakfast  
**4/25:** Extra Opportunity - Senior Prom  
**5/01:** Timesheets & Mileage Logs Due

## In-Service Training

Please join us for an **in-service training at the Barelas Community Center** on Tuesday, April 15, 2025 from 10am-1pm. Laurel Christensen from the Mariposa Pediatric Hospice will be speaking on the different ways grief presents itself across our lifespan. In her presentation **“Grief through the Ages,”** she will focus on middle age through seniors years.

**Barelas Community Center**  
801 Barelas SW  
Albuquerque NM 87102  
**Tuesday, April 15, 2025**  
**10:00am - 1:00pm**



**\*Lunch will be provided**

## April Word Puzzle



- |          |          |           |
|----------|----------|-----------|
| Passover | Flowers  | April     |
| Puddle   | Green    | Baseball  |
| Rainbow  | Grow     | Bloom     |
| Raincoat | Nest     | Bunny     |
| Seeds    | Egg      | Butterfly |
| Spring   | Umbrella | Easter    |



## Welcome to the team!



### Meet our new office assistant, Felicia Archuleta.

Hello! My name is Felicia. A little about myself; I've been married for 16 amazing years and have three wonderful children, one of whom serves in the Air Force. Family is at the heart of everything I do, and I cherish spending time with my loved ones. I also have a passion for photography, as I love capturing life's special moments and turning them into lasting memories. I'm always looking for ways to grow, learn, and create meaningful connections. I'm excited to be a part of this community and look forward to sharing and learning together!

**Felicia will be the first point of contact in our office.**  
**Please find her contact information below.**



(505) 764-1007  
[feliciaarchuleta@cabq.gov](mailto:feliciaarchuleta@cabq.gov)

## National Volunteer Month Breakfast



April is National Volunteer Month! Thank you for being a volunteer and serving your community. SCP would like to take our volunteers out for breakfast.

We will be meeting at  
**Owl Cafe on Thursday, April 24, 2025**  
**from 9:00am - 10:30am.**

**Owl Cafe**  
800 Eubank Blvd NE,  
Albuquerque, NM 87123



## Extra Opportunities

**50+ SENIOR TECH CONNECT**  
**SAVE THE DATE!**  
**APRIL 11, 2025**

NORTH DOMINGO BACA  
 MULTIGENERATIONAL CENTER

ONE ALBUQUE RQUE senior affairs  
 diverseIT.

TAYLOR RANCH WITH THE DEPARTMENT OF SENIOR AFFAIRS PRESENTS

**VIVA LAS VEGAS**

**SENIOR PROM**

**April 25, 2025**  
 9:30 A.M. TO 1:30 P.M.

Taylor Ranch Community Center  
 4900 Kachina St NW 87120

Limited Spaces Please RSVP to your Coordinator or call by April 16 Any questions please call 505-764-6474

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ONE ALBUQUE RQUE

**These are free events! Please notify the SCP office if you will attend the event to receive program benefits.**

## Happening next month!

AmeriCorps Seniors ONE ALBUQUE RQUE senior affairs

**Save the Date!**  
**Foster Grandparent Program & Senior Companion Program**  
**2025 Annual Pinning Recognition**  
**Friday, May 9, 2025**

It is that time of year to recognize volunteers for their time in service. Gather to have a little fun and a great meal together!

**Invites to Follow**

## Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs **before 2:00pm** to get processed in a timely manner.

**Thursday, April 3, 2025**

**Thursday, April 17, 2025**

It is very important that your timesheet is signed by you and the station supervisor (if applicable).

Second Week	Wednesday							
	Thursday							SEND IN TIMESHEET
	Friday							

I hereby certify that the above recorded time is true and correct.



Volunteer Signature \_\_\_\_\_

Station Representative Signature \_\_\_\_\_

\*\*\*\*\*PLEASE DO NOT WRITE BELOW THIS LINE\*\*\*\*\*

SCP Supervisor Signature \_\_\_\_\_

Comments:

Regular	
Care Companion Program	
Other	
PTO	
Holiday	
<b>TOTAL</b>	

	Home to Client				
	Errands				
	Client to Home				

I hereby certify that the above recorded mileage is true and correct.

Total Mileage	
---------------	--

Volunteer Signature \_\_\_\_\_

Date \_\_\_\_\_

Station Representative Signature \_\_\_\_\_

Date \_\_\_\_\_

SCP Supervisor Signature \_\_\_\_\_

Date \_\_\_\_\_

Senior Affairs Lunch Menu



# APRIL 2025

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	1 ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	2 ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	3 ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	4 ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
7 ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	8 ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	9 ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	10 ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	11 ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
14 ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	15 ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	16 ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	17 ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	18 ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
21 ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	22 ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	23 ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	24 ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	25 ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
28 ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	29 ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	30 ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	1 ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	2 ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 