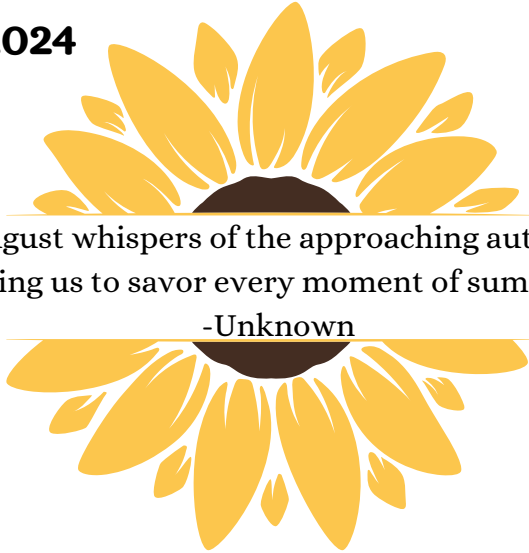


August 2024



“August whispers of the approaching autumn,
urging us to savor every moment of summer”

-Unknown

Happy August! It is important to slow down and appreciate those small special moments in life. Before Fall comes flying by, please take some time for yourselves. There are so many activities happening around town like spending a day at the pool, going to the DSA Senior Centers' flea markets and dances, and visiting family and friends. Summer is for slowing down and catching your breath, especially before the busy seasons ahead.

The SCP team knows how important it is to connect with the people in your life and take time to recharge. Summer is the perfect time to do that! If you need some time to savor your summer, please be sure to let the office know. Please ENJOY the rest of Summer.



Program Hours

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

Senior Companion Program Staff

Viridiana Rodriguez-Flores,
Program Supervisor
Vacant, Case Manager
Jenna Stanton, Office Assistant

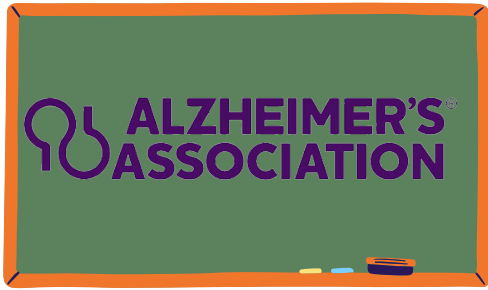
Contact Information

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

Special Dates & Announcements

8/08: Timesheets & Mileage Logs Due
8/22: Timesheets & Mileage Logs Due
8/28: In-service Training Alzheimer's
Association Presentation and Q&A

In-Service Training



Please join us for an educational **in-service training at the Barelvas Senior Center**. Lorey Esquibel will be doing a **“Alzheimer’s Association Awareness Presentation.”** The presentation will cover information on programs, services and resources for those living with the disease and their families. They will also provide information on 10 early signs and symptoms, followed by a Q&A session. Please bring any questions and/or client scenarios.



Barelvas Senior Center
 801 Barelvas SW
 Albuquerque NM 87102
Wednesday, August 28, 2024
9:30am - 11:30am

***Breakfast will be provided**

New Volunteers

We are happy to introduce four new volunteers to the Senior Companion Program!

Lee Smolovitch
Ethan Miller
Bernadette Blan
Esther Lopez de Moreno



August Word Puzzle

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
R	O	R	O	D	E	F	M	M	S	Y	U	J	M	G	N	A	L	I
U	C	H	O	G	L	M	Y	L	F	E	R	I	F	R	Y	Y	E	P
T	J	L	L	O	U	Y	R	P	T	A	O	B	L	I	A	S	R	T
N	P	T	W	S	O	W	F	I	H	J	V	H	P	H	Z	F	F	I
E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
D	S	G	N	I	L	L	I	R	G	E	R	I	F	P	M	A	C	J
A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S



- August Backyard Bicycle Campfire Camping
- Corn on the cob Farmers Market Firefly Flowers
- Fruit Fun Grilling Hot Humid
- Lake Popsicle Relaxation Road trip
- Sailboat Summer Sunflower Sunny

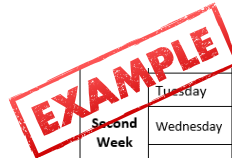
Timesheets & Mileage Logs

Friendly reminder to submit your timesheets on time to get processed in a timely manner.

Thursday, August 8, 2024

Thursday, August 22, 2024

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



	Tuesday					
Second Week	Wednesday					
	Thursday				SEND IN TIMESHEET	
	Friday					

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

Volunteer Signature

Station Supervisor Signature

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

Comments:

Regular	
Other	

	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 Supervisor Signature

Date



DSA is Hiring!

The Department of Senior Affairs is looking for a Volunteer Coordinator for our sister program, Volunteers in Action (VIA) . VIA is an all ages program for those who are interested in volunteer opportunities within the Department of Senior affairs.

For anyone interested in working with volunteers and helping seniors, we would like to encourage you to apply!

This position is designed for someone who wants to make a difference and help facilitate all ages volunteering within the senior community, please contact the office for more information, or visit

<https://www.governmentjobs.com/careers/cabq>

Extra Opportunity

SENIOR CITIZENS DAY

SOCK HOP

Barelas Senior Center

Wednesday, August 21st
1:30 pm - 3:30 pm
FREE ADMISSION!

Sponsored by: **PRIME TIME PUBLISHING**

Music by **DJ Gabe**
Music, refreshments, & fun!

ONE ALBUQUE RQUE senior affairs



The event is free! Please notify the SCP office if you will attend the event and receive program benefits.





























August 2024

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
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 