

December 2023

Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,
Anna Sanchez, Director



HAPPY
HOLIDAYS

-SCP Team



Program Hours

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

Senior Companion Program Staff

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

Contact Information

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

Special Dates & Announcements

**12/04: In-Service Adult Protective Services
Presentation**
12/04: Holiday Donation Drive Pick Up
12/14: Submit Timesheets
12/28: Submit Timesheets
12/25: Holiday - CLOSED, No Clients
1/01: Holiday - CLOSED, No Clients

The Senior Companion program focuses on providing assistance and companionship to older adults who have difficulty with daily living tasks. AmeriCorps Seniors volunteers keep seniors independent longer and provide respite to family caregivers, while enhancing their own health and longevity as they serve their community.

Monthly In-Service

Please join us for our mandatory monthly in-service at Barelás Senior Center. Frank Morales from the NM Aging and Long-Term Services Department will be here to address any questions you may have about **Adult Protective Services** and how to address a situation that requires their services. Lunch will be provided.



Monday, December 4, 2023

9:00am – 12:00am

Lead/Coal Room

Political and Religious Participation

A reminder that these activities are not allowed and will not be paid. Please refer to page 23 in the SCP Handbook. Please call the office if you have any questions or concerns.



Political activities:

“Senior Companion volunteers shall not take part in any political or electoral activities with their clients”. This includes assisting with voter registration, gathering information about candidates, providing transportation to voting site, etc.

Religious activities:

“Senior Companion volunteers shall not give religious instruction, discuss personal religious beliefs, preach, sing religious songs or pray out loud, participate in religious education classes, take the client to a religious house of worship...”

Holiday Donation Drive Pick-up

The Department of Senior Affairs has been collecting new items for their *Annual Senior Holiday Donation Drive* to share with homebound seniors this holiday season!

SCP Volunteers please pick up a package for your client(s) after the APS in-service.

Monday, December 4, 2023

12:00pm-1:00pm



Timesheets

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

Thursday, Dec 14, 2023

Thursday, Dec 28, 2023

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

PERIOD	DAY	DATE	TIME IN	TIME OUT	HOURS WORKED	REMARKS (client cancelled, PTO)	MEAL
Second Week	Monday						
	Tuesday						
	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	
PTO	
Holiday	
TOTAL	

December Birthdays!

HAPPY

BIRTHDAY

12/08 - Viridiana Rodriguez

12/20 - Karen Yager

12/21 - Paul Powell

SCP Winter Recognition



A Day of Recognition Railrunner Trip to Santa Fe

A big thank you to all of our wonderful Senior Companion Volunteers who donate their time to help the community around them. We were able to recognize all their beautiful efforts with a lunch trip to Santa Fe. Our volunteers enjoyed lunch at Saveur Bistro, received grocery gift cards to Smith's, and strolled through the Santa Fe Plaza.

Additional Opportunities

SCP will be having additional training and volunteer opportunities every month. These opportunities will be paid, and mileage reimbursement will be available. The monthly newsletter will contain all the information about upcoming events. Please remember to indicate attendance in timesheet and mileage log.




Senior Affairs Lunch Menu



December 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
<ul style="list-style-type: none"> ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 
4	5	6	7	8
<ul style="list-style-type: none"> ♦ Salisbury steak w/green chile gravy ♦ Corn ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey tetrazzini ♦ Brussel sprouts ♦ Peach cobbler ♦ Breadstick ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked tilapia w/lemon and tartar sauce ♦ Rice pilaf ♦ Green beans ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken parmesan w/ mozzarella ♦ Carrots ♦ Breadstick ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Diced pork w/gravy ♦ Sweet potatoes ♦ Oriental blend vegetables ♦ Dinner roll w/margarine ♦ Jell-O ♦ 1% milk 
11	12	13	14	15
<ul style="list-style-type: none"> ♦ Pork egg rolls ♦ Butter noodle ♦ Brussel sprouts ♦ Fortune cookies ♦ Sweet & Sour sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese omelet w/pepper, onions, spinach ♦ Stewed tomatoes ♦ Hash browns ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken tamales w/green chile ♦ Pinto beans ♦ Calabacitas ♦ Chocolate pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/meat sauce ♦ Green beans ♦ Breadstick ♦ Apple sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked salmon w/lemon sauce ♦ White rice ♦ Sliced beets ♦ Dinner roll w/margarine ♦ Orange ♦ 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> ♦ Breaded pollock ♦ Brown rice ♦ Corn w/red peppers ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey and brown rice w/gravy ♦ Green beans ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked chicken ♦ Mashed potato ♦ Broccoli ♦ Mixed fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Sloppy joe, hamburger bun ♦ Roasted green and red bell peppers ♦ Rosemary potato ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham w/pineapple glaze ♦ Mashed potato ♦ Mixed vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 
25	26	27	28	29
<p>CLOSED</p> <p><i>Happy Holidays</i></p>	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ Baked beans ♦ Normandy blend vegetables ♦ Chocolate chip cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile chicken tamale ♦ Pinto beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Macaroni w/ham & broccoli ♦ Spinach ♦ Peach cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked cod fish w/tartar sauce ♦ Rice pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 