

February 2025




Dear AmeriCorps Seniors volunteers,

We were recently made aware of conversations at the federal level related to the funding of agency grant, loan, and other financial assistance programs. At this time, we have not received official word from AmeriCorps on how or if these proposed changes might affect our AmeriCorps Seniors FGP, RSVP, and SCP programs. As soon as we receive additional details from AmeriCorps we will be sure to share that information with you.

Thank you for your continued service.

Cristina Romero-Baca
Community Volunteer Engagement Manager



**The Senior Companion
Program will be closed on
Monday, February 17, 2025
for President's Day.**

Please remind your clients that there
is no service during the holiday.

Program Hours

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

Senior Companion Program Staff

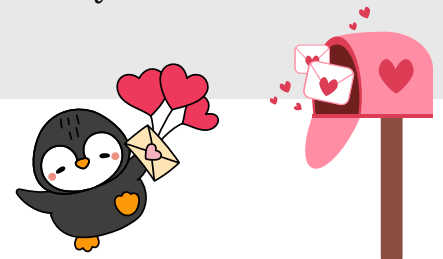
Viridiana Rodriguez-Flores,
Program Supervisor
Jenna Stanton, Case Management
Coordinator
Vacant, Office Assistant

Contact Information

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

Special Dates & Announcements

- 2/06:** Timesheets & Mileage Logs Due
- 2/13:** In-service Training
- 2/17:** President's Day: CLOSED, No Clients
- 2/18:** Extra Opportunity at Barelas Senior Center
- 2/20:** Timesheets & Mileage Logs Due, Extra Opportunity at Barelas Senior Center



In-Service Training

Please join us for a fun and educational in-service trip to the **Blue Cross and Blue Shield of New Mexico Blue Door Neighborhood Center** located in the historic South Valley! We will be participating in a low impact Tai Chi class designed to help with arthritis and fall prevention. We will also be learning about the services the center offers to the community at no cost.



Thursday, February 13, 2025
Barelas Senior Center
Check in - 11:00 am
Depart - 11:15 am
Return - Approx. 3:00 pm

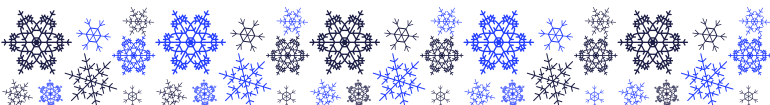


***We will have lunch at Abuelita's New Mexican Restaurant.**

Inclement Weather Policy

Winter is here! Please stay safe and warm. The Senior Companion Program follows the Albuquerque Public Schools (APS) policy for snow day delays and closures. During these occurrences, please check the television, internet, or radio for official closures or delays. Volunteers serving in the Pueblos are advised to use their judgement and follow the instructions provided by assigned volunteer stations.

Please call the office if you have any questions or concerns.



February Birthdays!

HAPPY BIRTHDAY

February 27
Pam Foss



Timesheets & Mileage Logs

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

Thursday, February 7, 2025
Thursday, February 20, 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	
TOTAL	

	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 _____



Extra Opportunities at Barelmas Senior Center

Heart Health Month

February is American Heart Month! A healthy diet and movement are so important to a strong heart! Come get your heart pumping with a special Senior Aerobics Class with Carrie Anne. Enjoy a healthy snack provided by Oak Street Health.



Tuesday, February 18th

9:30 am - 10:30 am



Shop to the Beat

Join us for our Flea Market and a Special musical performance by, Kobiana. Kobiana will be playing African drums and an Akonting (African banjo). He will also be talking about life and stories of Senegal.



**Thursday, February 20th
at 10:00am**



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

AmeriCorps Survey

The AmeriCorps Office of Research and Evaluation and AmeriCorps Seniors is conducting a national study on virtual volunteering. The University of Maine is surveying AmeriCorps Seniors volunteers (Retired and Senior Volunteer Program, Foster Grandparents Program, Senior Companions Program, and Senior Demonstration Program) about their experiences with technology and volunteering. This includes all volunteers, regardless of whether you consider yourself to use technology in your volunteer assignment(s).

The aim of this survey is to better understand the perspective of volunteers on these topics.

Your decision to participate in this survey will not impact your volunteering experience. Participation in the survey is entirely optional.

- The survey is anonymous.
- Participants must be at least 18 years old.
- It will take about 15-20 minutes.
- At the end of the survey, there will be a link to a form to enter a raffle to win one of ten \$100 Visa gift cards as a "thank you" for your time.

The survey will be sent via email early February and will close in April 2025. Please contact the SCP if you have any questions or concerns.



February Word Puzzle

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



Be Mine	Heart
Candy	Kiss
Chocolate	Love
Cupid	Pink
February	Red
Flowers	Valentine



FEBRUARY 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
<p>3</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Mixed Berries ♦ Dinner Roll with Margarine ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Yogurt ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Memphis Dry-Rubbed Chicken ♦ Cauliflower ♦ Dinner Roll with Margarine ♦ Mandarin Orange ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Dinner Roll/ Margarine ♦ Warm Cinnamon Apple Chunks ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Pork Chop ♦ Mashed Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Jell-O ♦ 1% milk 
<p>10</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Mushroom & Green Beans ♦ Diner Roll with Margarine ♦ Berry Compote ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Turkey w/ Gravy ♦ Steamed Broccoli ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Cauliflower ♦ Dinner Roll with Margarine ♦ Jell-O ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Red Chile Cheese Enchilada ♦ Brown Rice ♦ Roasted Fall Vegetables/ Calabacitas ♦ Pears ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Baked Cod with Tarter Sauce ♦ Brussel Sprouts ♦ Roasted Fall Vegetables ♦ Valentine Cookie ♦ 1% milk 
<p>CLOSED 17</p> 	<p>18</p> <ul style="list-style-type: none"> ♦ Baked Ham with Pineapple Sauce ♦ Sweet Potatoes ♦ 5 Way Vegetables ♦ Vanilla Pudding ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Sliced Apple ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Baked Ziti ♦ Brussel Sprout ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Tilapia with Tarter Sauce ♦ Rosemary Potatoes ♦ Steamed Broccoli ♦ Pears ♦ 1% milk 
<p>24</p> <ul style="list-style-type: none"> ♦ Red Chile Beans ♦ Crispy Roasted Cauliflower with Pumpkin Seeds ♦ Dinner Roll with Margarine ♦ Brownie ♦ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Brown Rice ♦ Corn & Edamame ♦ Orange ♦ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Diced Pork with Gravy ♦ Steamed Green Beans ♦ Berry Compote ♦ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Veggie Green Chili Cheeseburger ♦ Sweet Potato Mash ♦ Roasted Fall Vegetables ♦ Apple Slices ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Spinach ♦ Jell-O ♦ 1% milk 

CONNECT. SERVE. IMPACT



THE CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS
PRESENTS

AMERICORPS SENIORS VOLUNTEERISM FAIR & PIE DAY

MARCH 14, 2025

MANZANO MESA
MULTIGENERATIONAL CENTER
501 ELIZABETH ST SE
ALBUQUERQUE, NM 87123

10:00AM-1:00PM

Join us for an exciting and informative event where you can learn about volunteer opportunities with AmeriCorps Seniors and other local organizations. Whether you're ready to commit or just curious, we welcome everyone interested in serving our community.

