

July 2024

Happy  
INDEPENDENCE  
Day!

“Freedom is the open window through which pours the sunlight of the human spirit and human dignity.”

- Herbert Hoover

July is the month to celebrate our independence and freedom as a nation. On a similar note, we are thankful for our Senior Companions who help their clients maintain their independence in their own homes and bring joy to their lives. We hope everyone has a safe and enjoyable month of July. Remember to stay cool in these hot summer months!

-SCP Team

The Senior Companion Program will be closed on Thursday, July 4, 2024 in observance of Independence 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  
Vacant, Case Manager  
Jenna Stanton, Office Assistant

### Contact Information

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

### Special Dates & Announcements

7/04: Independence Day Holiday: CLOSED, No Clients

7/11: Timesheets & Mileage Logs Due

7/17: FGP & SCP Advisory Council Meeting

7/25: Timesheets & Mileage Logs Due



## In-Service Trainings



**There is no in-service training for the month of July.**

More details on the August in-service training coming soon.

\*Please note that all volunteers must complete a **minimum of 24 hours of training per year.** For more information refer to pg. 12 & 13 in the SCP Handbook or contact the office for an update on your training hours.

Please share with us any ideas or suggestions you have for future training opportunities.

## Timesheets & Mileage Logs

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

**Thursday, July 11, 2024**

**Thursday, July 25, 2024**

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

**EXAMPLE**

Second Week	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:

<input type="checkbox"/>	Regular
<input type="checkbox"/>	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

## Advisory Council Meeting

Please join us for the Foster Grandparent and Senior Companion Program advisory council meeting on **Wednesday, July 17, 2024 from 10:00 am - 12:00 pm at Barelas Senior Center.**

Everyone is welcome to join us to learn more! We are looking for SCP volunteers to join and contribute their time and ideas to the advisory council.

**Brunch will be provided.**

**Please RSVP at (505) 764-1007 by Friday, July 9th, 2024.**



## July Word Puzzle

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



**AMERICA  
 BLUE  
 CELEBRATE  
 FIREWORKS  
 FLAG  
 FOURTH**

**FREEDOM  
 HOLIDAY  
 INDEPENDANCE  
 JULY  
 PARADE  
 PICNIC**

**RED  
 STARS  
 STRIPES  
 SUMMER  
 UNITED  
 WHITE**



# Foster Grandparent & Senior Companion Pinning Ceremony 2024



Here's a small recap of the Foster Grandparent & Senior Companion Pinning Ceremony. Thank you to all of our volunteers for serving and dedicating so many years to SCP and the community! A special thank you to the SCP Advisory Council for helping us with the ceremony and providing gifts to the students of the Albuquerque Bilingual Academy for their wonderful performance.

























We hope all of you had an amazing time!



# July 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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana  ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	4 	5 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk 
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk 	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk 	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk 	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk 	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk 
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	16 ♦ Sweet & Sour chicken w/ stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk 	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk 	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk 
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk 	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk 	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk 	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk 	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk 
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 