

## June 2024

Welcome Summer!  
This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at [cabq.gov/seniors](http://cabq.gov/seniors).

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,  
Anna M. Sanchez, Director



**The Senior Companion Program will be closed on Wednesday, June 19, 2024 in observance of the Juneteenth Holiday.**

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

6/11: Extra Opportunity: Santa Barbara Martineztown Multi. Grand Opening  
6/13: Timesheets & Mileage Logs Due  
6/16: Father's Day  
6/19: Juneteenth Holiday - CLOSED, No Clients  
6/21: Smart Driver In-Service Training  
6/27: Timesheets & Mileage Logs Due



## Monthly In-Service

Please join us for an educational **in-service training at Palo Duro Senior Center**. Charles Langston from AARP will be covering a **Smart Driver Course**.

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. The following topics will be covered:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more!

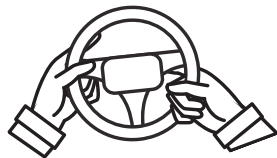
### Palo Duro Senior Center

5221 Palo Duro Ave NE,  
Albuquerque, NM 87110

Friday, June 21, 2024

12:00pm - 4:00pm

Lunch will be provided



**\*Please confirm attendance by Friday, June 7th, 2024.**

## Surveys



Volunteer and client participant surveys will be mailed during the month of May. We ask that you complete your survey and return it to the office.

Please assist your client(s) with returning their survey(s). **There will be pre-addressed and stamped envelopes enclosed. Return all surveys no later than June 7, 2024.**

## Payment Process



Stipends, meal, and mileage invoices are prepared by SCP staff and sent to the City of Albuquerque Finance Office for processing. It is important for volunteers to submit timesheets and mileage logs on time to get processed accordingly. Checks are issued directly to volunteers, either by mail or via direct deposit.



Please note that Stipend checks should not be considered the same as a consistent paycheck. The amount paid and the date of payment may change for various reasons. For more information refer to pg. 26-29 in the SCP Handbook.



**Please contact the office if you have any questions or concerns about your stipend, meal or mileage reimbursements. We appreciate your patience as we do our best to resolve any issues.**

## Advisory Council Meeting

Please join us for our next advisory council meeting on

**Wednesday, July 17, 2024 from**

**10:00 am - 12:00 pm.**

We will meet at Barelmas Senior Center.

We are looking for SCP volunteers to join and contribute their time and ideas to the advisory council.



# HAPPY FATHER'S DAY

Happy Father's Day to all the incredible fathers out there! Your dedication, love, and guidance are truly appreciated. Enjoy your special day surrounded by your loved ones!

## Extra Opportunity

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

### TUESDAY

JUNE 11, 2024  
9:30 AM - 1:30 PM

1825 Edith Blvd NE,  
Albuquerque, NM 87102



#### ABOUT THE CENTER:

**Hours:**  
Monday through Friday  
8 a.m. to 5 p.m.

**Available Services:**  
Youth Programs, Senior Meals,  
Community Events, Fitness  
Activities, Senior Transportation

☎ 505-764-6400  
🌐 cabq.gov/seniors



### GRAND OPENING!

**SANTA BARBARA  
MARTINEZTOWN  
MULTIGENERATIONAL CENTER**



#### GRAND OPENING FESTIVITIES TO INCLUDE:

- Ribbon Cutting
- Live Entertainment
- Refreshments
- Building Tours
- Class Demos
- And Much More!

**FREE EVENT!**

## Timesheets & Mileage Logs

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

**Thursday, June 13, 2024**

**Thursday, June 27, 2024**

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

**EXAMPLE**

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

	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

## June Word Puzzle



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

SUMMER  
SUNBURN  
SUNGLASSES  
SUNSCREEN  
VACATION

FUN  
GOODBYES  
HUMMINGBIRD  
JUMPROPE  
STRAWBERRIES

BIKING  
BUGS  
CELEBRATE  
FATHERS DAY  
FIREFLIES




























# June 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
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 
3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk 	4 ♦ Greek pasta salad w/ham ♦ Cucumber & red onion salad w/ranch dressing ♦ Wheat crackers ♦ Mandarin oranges ♦ 1% milk 	5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk 	6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat bun ♦ Diced peaches ♦ 1% milk 	7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk 
10 ♦ Baked ham w/pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk 
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk 