

March 2025



Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director



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

3/03-3/31: Site Visits
3/06: Timesheets & Mileage Logs Due
3/09-3/15: AmeriCorps Week
3/14: Extra Opportunity - Volunteer Fair & Pie Day
3/20: Timesheets & Mileage Logs Due
3/24-3/26: Annual Income Eligibility Review

Annual Income Eligibility Review

AmeriCorps Seniors require all SCP volunteers to do an *Annual Income Eligibility Review*. Income eligibility reviews are done every year to ensure that volunteers can continue to receive program benefits, such as stipends. Stipend volunteers cannot exceed the program's income eligibility guidelines set by the state of New Mexico.

Please call the office to set up a meeting at (505) 764-1007. Bring 1099 tax form and/or other forms that identify any type of income.

SCP will be doing Annual Income Eligibility Reviews at Barelas Senior Center from March 24 through March 26, 2025.



Site Vists

For the month of March, SCP will be conducting site visits to volunteer stations and in-home sites. During the visit, we would like to see how each volunteer and client is doing, how we can better address client's needs, and make any schedule/program changes if needed. Please advise your clients about the site visits. We will do our best to accommodate every client and volunteer.



The Case Management Coordinator will be reaching out to every volunteer to schedule appointments. Please contact the office if you have any questions or concerns.

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



March Word Puzzle



- | | | |
|---------------|-----------------|--------------|
| Pi Day | College | Rain |
| Easter | Shamrock | Lamb |
| Luck | Tulips | Kite |
| Equinox | Windy | Cherry |
| Mardi Gras | Green | Blossoms |
| Basketball | Daffodils | Tournament |
| March Madness | Daylight Saving | Spring Break |

Extra Opportunity

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.

This is a free event! Please notify the SCP office if you will attend the event to receive program benefits.

**50+ SENIOR
TECH
CONNECT**

**SAVE THE DATE!
APRIL 11, 2025**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

ONE ALBUQUERQUE senior affairs
diverseIT

February Birthdays!

HAPPY BIRTHDAY

March 25
Edwina Tabares



Timesheets & Mileage Logs

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

Thursday, March 6, 2025

Thursday, March 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	
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Volunteer Signature _____

Date _____

Station Representative Signature _____

Date _____

SCP Supervisor Signature _____

Date _____











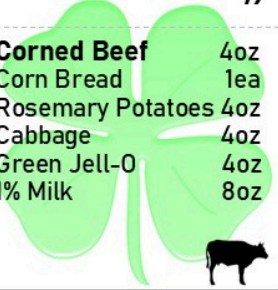









Senior Affairs Lunch Menu



MARCH 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
3	4	5	6	7
Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz 	Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz 
10	11	12	13	14
Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz 	Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz 	Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz 
17	18	19	20	21
 Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz 	Baked Chicken 3oz Sweet Potato Mash 4oz Sautéed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz 	Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 
24	25	26	27	28
Chicken Posole 4oz Mushrooms 4oz Sautéed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz 	Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz 	Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz 