

May 2024



Happy May! The Senior Companion Program celebrated National Volunteer Month with a delicious breakfast at Hello Deli. Thanks again for being amazing volunteers and giving back to our community. We are excited for our Annual Pinning Ceremony on May 10, 2024. We hope to see all of you there! Lastly, we want to wish a Happy Mother's Day to all the incredible moms out there, whether by birth or by heart, thank you for your unwavering love, sacrifices, and boundless care.

Have a wonderful month!

The Senior Companion Program will be closed on Monday, May 27, 2024 in observance of Memorial 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

5/02: Timesheets & Mileage Logs Due
5/09: Extra Opportunity: Tarde de Oro
5/10: FGP/SCP Pinning Ceremony
5/12: Mother's Day
5/16: Timesheets & Mileage Logs Due
5/27: Memorial Day - CLOSED, No Clients
5/30: Timesheets & Mileage Logs Due



Monthly In-Service

There will be **no in-service training** for May.

More details for the June in-service training coming soon.



Site Visits

SCP will continue to conduct site visits to volunteer stations and in-home sites throughout the month of May. 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 Program Supervisor and Office Assistant will be reaching out to every volunteer to schedule appointments. Please contact the office if you have any questions or concerns.

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.**

Extra Opportunity

Tarde de Oro is back! Senior Companions are encouraged to visit this amazing and colorful production at the Kimo Theatre. The production showcases New Mexico's rich and ever evolving history covering five eras. **The event is free! Please notify the SCP office if you will attend the event and receive program benefits.**



Kimo Theatre
423 Central Ave NW
Albuquerque, NM 87102

Thursday, May 9, 2024
1:30pm - 3:30pm
Doors open at 12:45pm

Extra Opportunity

OLDER AMERICANS MONTH

Celebrate with Palo Duro Senior Center
Wednesday, May 15
9:00 - 11:30 am
Car Show, Craft & Flea Market,
Vendors, Door Prizes, Root Beer Floats

ONE ALBUQUE senior affairs
POWERED BY CONNECTION: MAY 2024

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

May Birthdays!



May 10
Rosalba Salazar



May Word Puzzle

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

- Butterfly
- Caterpillar
- Frogs
- Bumblebee
- Mothers Day
- Soil
- Gardening
- Sunshine
- Memorial Day
- Cinco de Mayo
- Parade
- Planting
- Blossoms
- May Day
- Ladybug



Timesheets & Mileage Logs

Friendly reminder to submit timesheets and mileage logs on time to get processed in a timely manner.

- Thursday, May 2, 2024
- Thursday, May 16, 2024
- Thursday, May 30, 2024

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

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: 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 _____

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





May 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
29 <ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Green beans ◆ Sweet potatoes ◆ Diced peaches ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Fajita blend vegetables ◆ Brown rice ◆ Vanilla pudding ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Beef stir fry ◆ Steamed carrots ◆ Orzo ◆ Banana ◆ 1% milk 	2 <ul style="list-style-type: none"> ◆ Southwest omelet w/ red chile ◆ Diced potatoes ◆ Stewed tomatoes ◆ Cantaloupe ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Diced beets ◆ Baked cinnamon apples ◆ 1% milk 
6 <ul style="list-style-type: none"> ◆ Beef tips w/bowtie pasta ◆ Normandy blend vegetables ◆ Cherry cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Red chile beef enchilada ◆ Spanish rice ◆ Pinto beans ◆ Jell-O ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Teriyaki chicken ◆ White rice ◆ Green beans ◆ Apple slices ◆ 1% milk 	9 <ul style="list-style-type: none"> ◆ Tilapia over brown rice w/lemon sauce ◆ Cauliflower ◆ Green beans ◆ Banana ◆ 1% milk 	10 <ul style="list-style-type: none"> ◆ Pork chop w/brown gravy ◆ Mashed potatoes ◆ Roasted Brussel sprouts ◆ Vanilla pudding ◆ 1% milk 
13 <ul style="list-style-type: none"> ◆ Ground beef w/diced tomato & cheese ◆ Calabacitas ◆ Pinto beans ◆ Yogurt ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Cajun tilapia ◆ Brussel sprouts ◆ Cornbread ◆ Strawberries ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Sweet and sour pork w/pineapple ◆ Brown rice ◆ Steamed carrots ◆ Honeydew ◆ 1% milk 	16 <ul style="list-style-type: none"> ◆ Elbow cheese macaroni w/broccoli ◆ Brussel sprouts ◆ Whole wheat breadstick ◆ Cottage cheese w/peaches ◆ 1% milk 	17 <ul style="list-style-type: none"> ◆ Chicken breaded patty w/white gravy ◆ Mashed potatoes ◆ Beets ◆ Orange ◆ 1% milk 
20 <ul style="list-style-type: none"> ◆ Red chile beans w/ beef, cheese, onions ◆ Corn bread ◆ Peach cobbler ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Baked cod w/tartar sauce ◆ Brown rice ◆ Steamed carrots ◆ Pear ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Baked chicken thigh ◆ Collard greens ◆ Succotash ◆ Pineapple chunks ◆ 1% milk 	23 <ul style="list-style-type: none"> ◆ Mushroom swiss veggie burger ◆ Steamed broccoli ◆ Sweet potatoes ◆ Oatmeal cookie ◆ 1% milk 	24 <ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Sweet potato ◆ Peas and carrots ◆ Watermelon ◆ 1% milk 
27 	28 <ul style="list-style-type: none"> ◆ Sliced turkey w/gravy ◆ Stuffing ◆ Beets ◆ Yogurt ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Carne adovada ◆ Corn w/peppers ◆ Broccoli, cauliflower, carrots ◆ Honeydew ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Whole wheat rotini pasta w/sauce & parmesan cheese ◆ Spinach w/onions ◆ Corn ◆ Peanut butter cookie ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Steamed potato ◆ Green beans ◆ Cantaloupe ◆ 1% milk 