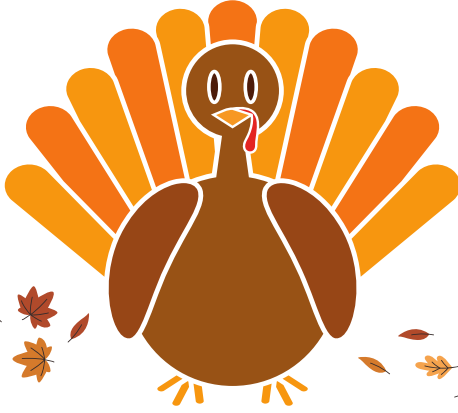


November 2024



Happy November!

As November unfolds, we want to take a moment to express our heartfelt gratitude to you. This month is a time of reflection, and we are incredibly thankful for your support, engagement, and commitment to our community.

With the summer days coming to an end, we get to prepare for the colder weather and shorter days. Please remember that the time changes on Sunday, November 3, 2024. The time will fall back an hour and we get to enjoy an extra hour of sleep!

We also wanted to mention that SCP will no longer have a fax machine. We are slowly transitioning into electronic timesheets/mileage logs. Please feel free to drop off, email, or text a picture to (505) 270-0572 of your paper timesheets and mileage logs.

SCP is also getting ready for our Winter Recognition. We will be celebrating our volunteers on Thursday, December 5, 2024 at El Pinto Restaurant. We will be sending invitations via mail soon!

Thank you for being an essential part of our program. We wish you a November filled with warmth, joy, and gratitude!

-SCP Team

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

11/01: Timesheets & Mileage Logs Due

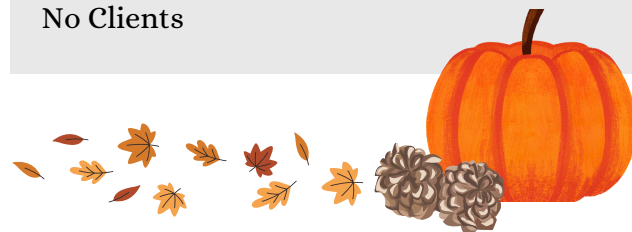
11/11: Veteran's Day: CLOSED,
No Clients

11/12: In-Service Training

11/15: Timesheets & Mileage Logs Due

11/26: Timesheets & Mileage Logs Due

11/28-29: Thanksgiving Holiday: CLOSED,
No Clients



In-Service Training



Please join us for an educational **in-service training at Los Volcanes Senior Center**. Michael Macdonald from NM Hearing Aid & Tinnitus Center will be doing a presentation on hearing and hearing loss, tinnitus, dementia and its relation to hearing loss, and the brain's inability to understand speech. He will also go over ways to keep ears clear of earwax.

Tuesday, November 12, 2024
10:00am - 11:30am

Los Volcanes Senior Center
 6500 Los Volcanes Rd NW,
 Albuquerque, NM 87121
***Lunch will be provided**



NM Hearing Aid & Tinnitus Center
 nmHearingAid.com

Care Companion Program (CCP)

The Senior Companion Program and the NM Aging and Long-Term Services Department are working together to help isolated senior citizens living in long-term care facilities and nursing homes in Bernalillo County. This new pilot program will allow volunteers to visit clients at the partnered facilities and still qualify for program benefits. Volunteers will receive a stipend, meal and mileage reimbursements.



If you are interested in the new Care Companion Program or need more information please contact the SCP Office.

Political Participation

A reminder that these activities are not allowed and will not be paid. Please refer to page 23 in the SCP Handbook. Please call the office if you have any questions or concerns.



Political activities:

“Senior Companion volunteers shall not take part in any political or electoral activities with their clients”. This includes assisting with voter registration, gathering information about candidates, providing transportation to voting site, etc.

Timesheets & Mileage Logs

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

Friday, November 1, 2024
Thursday, November 14, 2024
Tuesday, November 26, 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.

Volunteer Signature _____

Date _____

Station Supervisor Signature _____

Date _____

Total Mileage

November Birthdays!



November 1
Yolanda Hoemann

November 7
Jenna Stanton



SENIOR COMPANION PROGRAM

Winter Recognition

December **5** at 11:00 AM

EL PINTO RESTAURANT
10500 4th St NW,
Albuquerque, NM 87114

Invitations to follow

Extra Opportunities

Blue Cross and Blue Shield of New Mexico
CARE VAN® EVENT 9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY OCTOBER 23 North Domingo Baca Multigenerational Center	WEDNESDAY NOVEMBER 13 Borelas Senior Center	WEDNESDAY DECEMBER 4 Palo Duro Senior Center
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Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!
The Medicare 101 will take place from 10 - 11 a.m. inside the center.
Pre-registration is required for the presentation.

Transportation Provided
Visit your center's front desk for more information or to sign up.

*Ageless Artisan
Craft Fair*

NOVEMBER
SATURDAY **16** 9AM-1PM

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE, 87123
505-275-8731

Just in Time for the Holidays!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

VETERANS DAY

Monday, November 11th 2024

9:00 a.m. to 10:00 a.m.
Veterans Day Parade

10:30 a.m. to 12:30 p.m.

Please join us for an all-new experience honoring our Veterans, with music provided by the Dukes of Albuquerque Concert Band

NEW MEXICO VETERANS MEMORIAL PARK
1100 Louisiana Blvd SE Albuquerque, NM

FOR MORE INFORMATION:
505-768-4496

These events are free!

Please notify the SCP office if you will attend the event and receive program benefits.

The Senior Companion Program will be closed on Monday November 11, 2024 in observance of Veterans Day.



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

The Senior Companion Program will be closed on November 28 & 29, in observance of the Thanksgiving Holiday.



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



Annual Senior Holiday Donation Drive

The Department of Senior Affairs is collecting donations of NEW items to share with seniors in need this holiday season.

Donations will be delivered to older adults enrolled in our Care Coordination program. Help us spread some holiday cheer with your generous donations to homebound seniors!

Bring donations to your local senior or multigenerational center before November 27, 2024

NEW Items needed:

- Protein Drinks
Adult Depends
Scarves, hats, and socks
Cleaning Supplies
Laundry Detergent
Manicure & Grooming sets
Tissue & Toilet Paper

QR Code



Scan to see our registry on Amazon

Foster Grandparent Program/ Senior Companion Program Advisory Council Needs your Leadership & Experience

Forming a new Advisory Council, sponsored by the City of Albuquerque Department of Senior Affairs. Community minded individuals are needed to serve as Council Members for two very important programs that have been assisting children & schools and senior to senior companions in the City of Albuquerque for over 40 years.

The purpose of the FGP/SCP Advisory Council is to serve in an advisory capacity to the Program staff in matters affecting planning and formulation of local policy. Council members assist in promoting community support for the Program. The Council helps evaluate the effectiveness of the Program and may serve as a grievance body. Council Members also help in developing local resources through fundraising to supplement the Volunteer Recognition budget.

FGP: Help kids learn and guide students to higher academic achievement. The Foster Grandparent Program (FGP) connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Stipend and mileage available to those that qualify.

SCP: Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program (SCP) aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 10 hours a week. Stipend and mileage available to those that qualify.

More information:



FGP: 505.764.6421
SCP: 505.764.1007



fgp@cabq.gov
jmstanton@cabq.gov

Senior Affairs Lunch Menu



NOVEMBER 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
<p>28</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
<p>4</p> <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
<p>18</p> <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
<p>25</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	