

October 2024



Happy Fall!

To kick off our season of thankfulness, the Senior Companion Program teamed up with the Foster Grandparent Program, RSVP, and Volunteers In Action for our annual 9/11 Day of Service Project. We delivered gift baskets and Thank You posters to 22 Fire Department Stations around Albuquerque. Thank you to everyone who helped make and deliver the baskets! You helped make a somber day a little bit brighter.

SCP would like to encourage everyone to enjoy the fall season and participate in events happening around town! The annual Prime Time 50+ Expo returns on October 9 at the Embassy Suites. There will also be a Harvest Festival at Raymond G. Sanchez Community Center on October 25th. Please check out the Senior Affairs Senior Center's monthly newsletters for fun and free activities, trips, dances, and more! Stay safe and we'll see everyone at the SCP Balloon Breakfast!

**-SCP Team**



**The Senior Companion Program will be closed on Monday, October 14, 2024 in observance of Indigenous Peoples' 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  
Jenna Stanton, Case Management  
Coordinator  
Vacant, Office Assistant

## Contact Information

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

## Special Dates & Announcements

**10/03:** Timesheets & Mileage Logs Due  
**10/09:** EO: Prime Time 50+ Expo  
**10/10:** Balloon Breakfast & In-service training  
**10/17:** Timesheets & Mileage Logs Due  
**10/28:** 46th Annual Conference on Aging  
**10/31:** Timesheets & Mileage Logs Due



## Balloon Breakfast & In-Service Training



Please join us for our annual SCP Balloon Breakfast at North Domingo Baca Multigenerational Center on **Thursday, October 10, 2024 from 7:30am-10:00am.**

We will have a morning filled with balloon watching, breakfast & Coffee, followed by a creative in-service training.

**North Domingo Baca Multigenerational Center**  
7521 Carmel Ave NE,  
Albuquerque, NM 87113



## October Birthdays!



October 12  
Nora Ames



## Extra Opportunity

### 46th Annual Conference on Aging

Come check out the 46th Annual Conference on Aging! The conference brings together professionals, advocates, and community leaders to share resources to improve the quality of life for seniors. Participants will have the opportunity to engage in informative sessions and workshops that focus on the latest trends, policies, and best practices in aging services, ensuring that attendees are well-equipped to support the aging population effectively.

**Monday, October 28, 2024**

**Hotel Albuquerque at Old Town**

800 Rio Grande Blvd. NW ABQ, NM 87102

11:00am - 3:00pm

**Payed registration required! Please notify the SCP office if you will attend the event to receive program benefits.**



- 8am-9am: Registration and Exhibitor Showcase
- 9am-4:30pm: Conference Workshops, Activities, Entertainment and Lunch
- 5:30pm: Dance

## Extra Opportunity

### Prime Time 50+ Expo

The Prime Time 50+ Expo is a free health fair that brings together both readers and advertisers for a day of fun, education and product demonstration.

With giveaways, guest speakers, live entertainment, free flu shots, free health screenings and more!

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

**Embassy Suites**

1000 Woodward Pl NE, ABQ, NM 87102

**Wednesday, October 9, 2024**

**8:00am-1:00pm**



## FGP/SCP Advisory Council Meeting

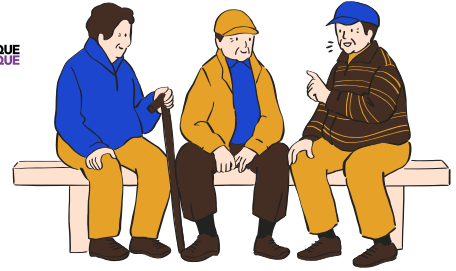
Our next advisory council meeting will be on  
**Wednesday, October 16, 2024 at the  
 Manzano Mesa Multigenerational Center  
 from 10:00am - 12:00pm.**

501 Elizabeth St SE,  
 Albuquerque, NM 87123



## 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.**

## Timesheets & Mileage Logs

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

**Thursday, October 3, 2024**

**Thursday, October 17, 2024**

**Thursday, October 31, 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	
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## October Word Puzzle



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



- Turtleneck
- Chilly
- Cozy
- Snuggle
- Comfy
- Halloween
- Harvest
- Leaf
- Pajamas
- Maple
- Sweater
- Scarf
- Warm
- Costume
- Candy
- Pancakes
- Socks
- Fall
- Pumpkin
- Boots





# OCTOBER 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
30 <ul style="list-style-type: none"> <li>◆ Chicken Fajitas w/ Salsa</li> <li>◆ Flour Tortilla</li> <li>◆ Ranch Beans</li> <li>◆ Hot Sliced Apples</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Beef Stroganoff &amp; Elbow Pasta</li> <li>◆ Cauliflower w/ Red Peppers</li> <li>◆ Bread Stick</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Ham Omelet w/ Fajita Blend</li> <li>◆ Stewed Tomatoes</li> <li>◆ Tater Tots</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>  	3 <ul style="list-style-type: none"> <li>◆ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce</li> <li>◆ Corn</li> <li>◆ Malibu Blend</li> <li>◆ Mixed Fruit Cup</li> <li>◆ 1% milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Lemon Pepper Tilapia</li> <li>◆ Rice Pilaf</li> <li>◆ Calabacitas</li> <li>◆ Chocolate Chip Cookie</li> <li>◆ 1% milk</li> </ul> 
7 <ul style="list-style-type: none"> <li>◆ Cottage Pie: Ground Beef, Mashed Potatoes, Peas &amp; Carrots</li> <li>◆ Corn Bread</li> <li>◆ Blueberry Crisp</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Teriyaki Pork w/ Brown Rice</li> <li>◆ Stir Fry Blend Vegetables</li> <li>◆ Pineapple Upside Down Cake</li> <li>◆ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6 Onions</li> <li>◆ Fritos</li> <li>◆ Normandy Blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Linguini w/ Diced Tomato Sauce</li> <li>◆ Diced Potatoes</li> <li>◆ Steamed Broccoli</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>◆ Chicken &amp; Rice Soup</li> <li>◆ Spinach</li> <li>◆ Crackers</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% milk</li> </ul> 
14 <b>INDIGENOUS PEOPLES' DAY</b> 	15 <ul style="list-style-type: none"> <li>◆ Open Faced Turkey Sandwich w/ Gravy</li> <li>◆ Yams</li> <li>◆ Green Beans</li> <li>◆ Wheat Bread</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Gravy</li> <li>◆ Brown Rice</li> <li>◆ Peas</li> <li>◆ Jell-O</li> <li>◆ Diner Roll w/ Margarine</li> <li>◆ 1% milk</li> </ul> 	National Pasta Day 17 <ul style="list-style-type: none"> <li>◆ Spaghetti Marinara w/ Squash</li> <li>◆ Breadstick</li> <li>◆ Malibu Blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Green Chile Stew (Chicken, Corn, Carrots, Peas &amp; Green Beans)</li> <li>◆ Flour Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Sliced Cinnamon Apples</li> <li>◆ 1% milk</li> </ul> 
21 <ul style="list-style-type: none"> <li>◆ Beef Tips over Pasta w/ Gravy Rotini Noodles</li> <li>◆ Brussel Sprouts</li> <li>◆ Peach Cobbler</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Chicken Pot Pie 5 Way Pie w/ Biscuit</li> <li>◆ Diced Beets</li> <li>◆ Ancient Grain</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Salmon w/ Garlic Butter</li> <li>◆ Rice Pilaf</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ Baked Potato w/ Broccoli, Cheese, Sour Cream, &amp; Veggie Bacon</li> <li>◆ Corn</li> <li>◆ Baked Beans</li> <li>◆ Apple Slices</li> <li>◆ 1% milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ Green Chile Ham Mac &amp; Cheese</li> <li>◆ Cornbread</li> <li>◆ Normandy Blend</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 
28 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Corn</li> <li>◆ Tortilla</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>◆ Sweet Potato</li> <li>◆ Green Beans</li> <li>◆ Apple Slices w/ Peanut Butter Cup</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>◆ Mashed Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hash Browns</li> <li>◆ 5 Way Vegetable Blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>  	1 <ul style="list-style-type: none"> <li>◆ Pot Roast (Potatoes, Celery, Carrots)</li> <li>◆ Italian Blend</li> <li>◆ Ancient Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 