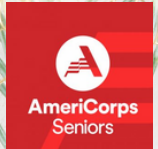


Share Today. Shape Tomorrow. Foster Grandparent Program



December 2023

Message from DSA Director

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,
Anna Sanchez, Director

Happening this Month

- December 8 - FGP Winter Recognition, Mandatory Event**
- December 22 to January 9 - APS and ABA Winter Break**
- December 21 to January 5 - ASE Winter Break**
- December 25 to January 4 - HAW Winter Break**
- December 22 to January 8 - RioGafa Winter Break**
- December 25 - Christmas Day, Office Closed**
- December 31 - New Year's Eve**

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DSA Administration

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Director

Chris Sanchez
Deputy Director

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Associate Director

Natasha Montoya
**Community Volunteer
Engagement Manager**

Foster Grandparent Program Staff

Marie Llamas
FGP Supervisor

L. Theresa Smith
Volunteer Coordinator

Estelle Chavez
Office Assistant

FGP Office

714 Seventh Street SW
Albuquerque, NM 87102
505-764-6412

“Winter is the time of sacred balance and rejuvenation of life in preparation for the coming spring. It represents abundance, teaching and gratitude.” — Noelle Vignola

Message from FGP Staff
Happy Holidays

It is hard to believe the holiday season has arrived. This holiday we would like to say how much we appreciate all the time you put into the classroom this year. Giving to your community and supporting those little minds daily is so impactful. With volunteers like you, we have a chance to make this world a better place. Thank you for all your hard work. It makes all the difference.

Warmest wishes for a happy holiday season! We couldn't do it without you. In gratitude, your FGP team.

Marie, Theresa and Estelle



Happy Birthday

**Theresa Smith
December 14
Volunteer Program Coordinator**



Station Spotlight



ALBUQUERQUE
School of Excellence

Welcome New FGP Station: Albuquerque School of Excellence!

Albuquerque School of Excellence (ASE) is the newest school to partner with FGP. ASE has been designated as a “Spotlight” Charter School by the NMPED Dashboard. It has been in operation since 2010 serving grades 1-12. It has grown from 214 students to 800 students. The mission of the Albuquerque School of Excellence is to provide a safe and collaborative environment which will cultivate the academic and social development for all students regardless of their socio-economic status by emphasizing math, science, and technology for the purpose of students setting and meeting higher education goals. To achieve our mission, every member of the Albuquerque School of Excellence community must respect the rights of all members of the community to learn. This means creating an environment that is physically, emotionally, and intellectually safe, orderly, and conducive to learning.

*New volunteer, Nancy Hendricks now serving at
Albuquerque School of Excellence*

Recipe of the Month

Calabacitas

Serving Size: ½ cup

Total Servings: 10

Ingredients

- 2 Tablespoons oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 4 cups yellow squash and/or zucchini, sliced
- 1 tomato, diced
- ½ cup diced green chile
- 1 cup corn
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup low fat cheddar, shredded



Nutrition Facts	
10 servings per container	
Serving size 1/2 cup (93g)	
Amount per serving	
Calories 70	
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	5%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	0%
Potassium 200mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

1. Heat oil over medium high heat in a large skillet.
2. Sauté onion and garlic in oil until soft.
3. Add squash, tomatoes, green chile, corn, salt, and pepper and cook over medium heat for approximately 20 minutes, until squash is soft.
4. Sprinkle cheese over the top and cover so cheese melts.
5. Serve warm and enjoy!



Image by Marla Hiebert-Caughron



Christine & Rupe at the RSVP Volunteer Breakfast

Want someone to talk to during the holidays or anytime? Call the Friendship Line 1-800-971-0016



FGP Winter Recognition Celebration

Friday, December 8, 2023, 11:00 a.m.

NM Museum of Natural History & Science

Look for invitation in the mail



Thankful Recognition 11/17/23





Winter Word Search




















- SNOWBOARDING
- SLEIGHBELLS
- JACK FROST
- BELOW ZERO
- SNOWMOBILE
- SNOWFLAKE
- FREEZING
- BLIZZARD
- SNOWBALL
- FLURRIES
- MITTENS
- SCRAPER
- FISHING
- SLIDING
- SKATING
- SNOWMAN
- TUBING
- BAKING
- HOCKEY
- SKIING
- ICICLE
- DRIFTS
- GLOVES
- JACKET
- PLOW
- SCARF
- BOOTS
- SALT
- COLD
- SNOW



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

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
27 ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 
4 ♦ Salisbury steak w/green chile gravy ♦ Corn ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Yogurt ♦ 1% milk 	5 ♦ Turkey tetrazzini ♦ Brussel sprouts ♦ Peach cobbler ♦ Breadstick ♦ 1% milk 	6 ♦ Baked tilapia w/lemon and tartar sauce ♦ Rice pilaf ♦ Green beans ♦ Vanilla pudding ♦ 1% milk 	7 ♦ Chicken parmesan w/ mozzarella ♦ Carrots ♦ Breadstick ♦ Pineapple ♦ 1% milk 	8 ♦ Diced pork w/gravy ♦ Sweet potatoes ♦ Oriental blend vegetables ♦ Dinner roll w/margarine ♦ Jell-O ♦ 1% milk 
11 ♦ Pork egg rolls ♦ Butter noodle ♦ Brussel sprouts ♦ Fortune cookies ♦ Sweet & Sour sauce ♦ 1% milk 	12 ♦ Cheese omelet w/ pepper, onions, spinach ♦ Stewed tomatoes ♦ Hash browns ♦ Pineapple ♦ 1% milk 	13 ♦ Chicken tamales w/ green chile ♦ Pinto beans ♦ Calabacitas ♦ Chocolate pudding ♦ 1% milk 	14 ♦ Spaghetti w/meat sauce ♦ Green beans ♦ Breadstick ♦ Apple sauce ♦ 1% milk 	15 ♦ Baked salmon w/lemon sauce ♦ White rice ♦ Sliced beets ♦ Dinner roll w/margarine ♦ Orange ♦ 1% milk 
18 ♦ Breaded pollock ♦ Brown rice ♦ Corn w/red peppers ♦ Vanilla pudding ♦ 1% milk 	19 ♦ Turkey and brown rice w/gravy ♦ Green beans ♦ Cauliflower ♦ Orange ♦ 1% milk 	20 ♦ Baked chicken ♦ Mashed potato ♦ Broccoli ♦ Mixed fruit ♦ 1% milk 	21 ♦ Sloppy joe, hamburger bun ♦ Roasted green and red bell peppers ♦ Rosemary potato ♦ Peaches ♦ 1% milk 	22 ♦ Ham w/pineapple glaze ♦ Mashed potato ♦ Mixed vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 
25 CLOSED 	26 ♦ Cheeseburger ♦ Baked beans ♦ Normandy blend vegetables ♦ Chocolate chip cookie ♦ 1% milk 	27 ♦ Green chile chicken tamale ♦ Pinto beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	28 ♦ Macaroni w/ham & broccoli ♦ Spinach ♦ Peach cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	29 ♦ Baked cod fish w/ tartar sauce ♦ Rice pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 