

# Foster Grandparent Program

## Share Today. Shape Tomorrow.

February 2024

### Meet Josephine Urias

FGP would like to recognize Josephine Urias who was born in Central America in Guatemala City. Following an accident in which Josephine’s parents were killed, Josephine and her grandparents moved to the United States, Tampa, Florida to pursue new career opportunities. Josephine later moved to New York City where she worked in hospitals and nursing homes. She was able to attend nursing school in the evening and become a full-time nurse. Josephine expresses that she worked in Uptown, New York and that “it is a beautiful and expensive place to live.” She had the opportunity to work at the Jewish Memorial Hospital where she worked with “aids” patients. She also worked at the Metropolitan Hospital in Uptown, New York. Unfortunately, Josephine is now widowed. Josephine had met and married her husband in Manhattan, New York. They had one daughter. Josephine is very close to her daughter and indicates she has a 35-year-old grandson who is an engineer at Sandia National Laboratories in Socorro, New Mexico.

Josephine found out about the FGP Program at Highland Senior Center and is now serving as a volunteer at Emerson Elementary School in her 8th year. Josephine is grateful for the FGP Program. She feels that she is giving back to the community by assisting the children and teachers collectively. She is very appreciative that the staff at Emerson Elementary accept her willingness to serve at the school.

In her spare time, Josephine enjoys taking walks and going to lunch with neighbors. She also attends services at the Jewish Synagogue every Saturday where she enjoys reciting the (Shema). A prayer in traditional Hebrew during the service.



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### DSA Administration



Anna Sanchez, **Director**

Chris Sanchez  
**Deputy Director**

Nikki Peone  
**Associate Director**

Natasha Montoya  
**Community Volunteer  
Engagement Manager**

### Foster Grandparent Staff

Marie Llamas  
**FGP Supervisor**

VACANT  
**Volunteer Coordinator**

Estelle Chavez  
**Office Assistant**

### FGP Office

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

### Upcoming Events

- Monday February 19th - Presidents Day (Offices closed)
- Wednesday February 21st - In-Service Training, Barelas Community Center

# Upcoming Event



**In-Service Training**

**Wednesday, February 21, 2024**

**Time: 11:00 am - 2:00 pm**

**At: Barelas Community Center**

**We will have a presentation on fire safety.**

**Presented by: Albuquerque Fire Department**

*Happy  
Birthday!!!*

**Jon Sundell**

**February 15**



# School Spotlight

## Emerson Elementary School

Emerson Elementary was built in the 1950's. The school opened its doors for the first time in 1952. Since that time, it has undergone many changes. Six classrooms were added in 1964 to the southeast side. The gym was added in 2001. The east & west hall were joined in 2005, along with five new classrooms being added to the southwest side of the building. Our new Kinder wing was opened in 2011, along with a beautiful fine arts room, complete with a kiln.

Emerson has a strong history in its community. We have an open-door policy. Please remember, for the safety of our students, check in at the front office before proceeding to any classrooms.

**Josephine Urias  
began serving in  
2016**



**Thank you for serving the children at  
Emerson Elementary!**



AmeriCorps

# JOIN OUR



## FOSTER GRANPARENT PROGRAM

# ADVISORY COUNCIL



## About Us

The Foster Grandparent Program (FGP), sponsored by the City of Albuquerque, Department of Senior Affairs, is forming a new FGP Advisory Council. Community minded individuals are needed to serve as Council Members for a very important Program that has been assisting children and schools in the City of Albuquerque for over 40 years. The main goals of the FGP are to enable persons 55 years old and older to remain active through community service by working one-on-one with children in a tutoring capacity to help with their math and literacy needs, social development, and assist the younger children with school readiness.

## What council does:

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



Contact Us:



(505)764-6412



<https://www.cabq.gov/seniors/senior-volunteer/foster-grandparent-program>



# Recipe of the month

## Crock-Pot Chicken Chili

Made a chicken chili recipe, and it was bland. So I took the ingredients and added my own flair. My family loves it when it gets cold out, because they know this will be on the menu. It's very flavorful. Serve with tortilla chips and sliced avocado for something different. Serve with sour cream and cheese.

Recipe by Starr

Tested by Allrecipes Test Kitchen

Prep Time: 10 mins

Cook Time: 6 hrs

Total Time: 6 hrs 10 mins

Ingredients

1 (16 ounce) jar green salsa (salsa verde)

1 (16 ounce) can diced tomatoes with green chile peppers

2 (15 ounce) cans white beans, drained

1 (14.5 ounce) can chicken broth

1 (14 ounce) can corn, drained

1 onion, chopped

½ teaspoon dried oregano

¼ teaspoon ground cumin

salt and ground black pepper to taste

3 skinless, boneless chicken breasts



allrecipes!

### Directions

Mix green salsa, diced tomatoes with green chile peppers, white beans, chicken broth, corn, onion, oregano, cumin, salt, and black pepper together in a slow cooker. Lay chicken breasts atop the mixture.

Cook on Low until the chicken shreds easily with 2 forks, 6 to 8 hours.

Remove chicken to a cutting board and shred completely; return to chili in slow cooker and stir.

### Nutrition Facts

calories

386

total fat 3g saturated fat 1g cholesterol 37mg sodium 1338mg total carbohydrate 63g dietary fiber 11g total sugars 7g protein 29g vitamin c 8mg calcium 160mg iron 6mg potassium 1095mg

# Coloring Pages



























# Senior Affairs Lunch Menu

**ONE  
ALBUQUE  
RQUE**

## February 2024

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
29	30	31	1	2
<ul style="list-style-type: none"> <li>◆ Texas chili: ground beef, kidney beans</li> <li>◆ Corn bread</li> <li>◆ Succotash</li> <li>◆ Diced pears</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork egg rolls w/sweet &amp; sour sauce</li> <li>◆ Rice pilaf</li> <li>◆ Oriental vegetable blend</li> <li>◆ Fortune cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Omelet w/bell pepper and onion</li> <li>◆ Diced potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Roasted lemon chicken</li> <li>◆ Sweet potato</li> <li>◆ Steamed broccoli</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked Cajun salmon over brown rice</li> <li>◆ Brussel sprouts</li> <li>◆ Steamed carrots</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 
5	6	7	8	9
<ul style="list-style-type: none"> <li>◆ Pasta primavera</li> <li>◆ Steamed broccoli</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Sliced apples</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Tilapia over brown rice w/lemon sauce</li> <li>◆ Cauliflower</li> <li>◆ Green beans</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Memphis dry-rubbed chicken</li> <li>◆ Peas &amp; carrots</li> <li>◆ Cornbread</li> <li>◆ Mandarin orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef tips w/bowtie pasta</li> <li>◆ Normandy blend vegetables</li> <li>◆ Cherry cobbler</li> <li>◆ Dinner roll w/margarine</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork chop w/brown gravy</li> <li>◆ Mashed potatoes</li> <li>◆ Roasted Brussel sprouts</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 
12	13	14	15	16
<ul style="list-style-type: none"> <li>◆ Chicken fajitas</li> <li>◆ Mac-n-cheese</li> <li>◆ Collard greens</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey w/gravy</li> <li>◆ Mashed potatoes w/gravy</li> <li>◆ Steamed broccoli</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Ham and potato soup</li> <li>◆ Steamed carrots</li> <li>◆ Brussel sprouts</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red chile beef enchilada</li> <li>◆ Corn</li> <li>◆ Pinto beans</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked cod w/tartar sauce</li> <li>◆ Buttered noodles</li> <li>◆ Succotash</li> <li>◆ Mixed fruit</li> <li>◆ 1% milk</li> </ul> 
19	20	21	22	23
	<ul style="list-style-type: none"> <li>◆ Baked ham w/pineapple sauce</li> <li>◆ Sweet potatoes</li> <li>◆ Italian blend</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Teriyaki chicken</li> <li>◆ White rice</li> <li>◆ Green beans</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked ziti</li> <li>◆ Zucchini</li> <li>◆ Garlic bread stick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Steak fingers w/white gravy</li> <li>◆ Cauliflower</li> <li>◆ Sweet potato</li> <li>◆ Brownie</li> <li>◆ 1% milk</li> </ul> 
26	27	28	29	1
<ul style="list-style-type: none"> <li>◆ Carne adovada, red chile</li> <li>◆ Flour tortilla</li> <li>◆ Collard greens</li> <li>◆ Spanish rice</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken soft tacos</li> <li>◆ Spanish rice</li> <li>◆ Corn w/red peppers</li> <li>◆ Cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Baked beans</li> <li>◆ Steamed carrots</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Swedish meatballs w/gravy</li> <li>◆ Steamed green beans</li> <li>◆ Blueberry cobbler</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon w/garlic sauce</li> <li>◆ Angel hair pasta w/diced tomatoes</li> <li>◆ Spinach</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 