

Foster Grandparent Program

August 2023

Share Today. Shape Tomorrow.

Message from your FGP Team

Welcome to a new school year 2023-2024. We are looking forward to a wonderful school year. We have a few updates and announcements.

We have two new Foster Grandparents coming on board this month. Please help us in welcoming them to our program.

The Foster Grandparent Program Federal grant requires that all volunteers complete 24 hours of training per year. This training requirement is in the handbook, Volunteers sign a Statement of Understanding document during Pre-Service Orientation. Please keep in mind, In-Service Trainings are mandatory. In order to be excused, you must contact the FGP office to excuse your absence. Volunteers are permitted three unexcused absences annually.

Thank you all for all that you do to support the children in the classroom. We are excited about this coming year.

- Marie, Theresa, and Estelle

Upcoming Events

August 3rd - 1st day of school APS

August 4th- Volunteer Appreciation Breakfast

August 11th - In-Service Training

September 8th - 9/11 Day of Service

September 11th - NM State Fair Seniors' Day

September 12th & 13th - NM Conference

on Aging

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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

L. Theresa Smith
Volunteer Coordinator

Estelle Chavez
Office Assistant

FGP Office

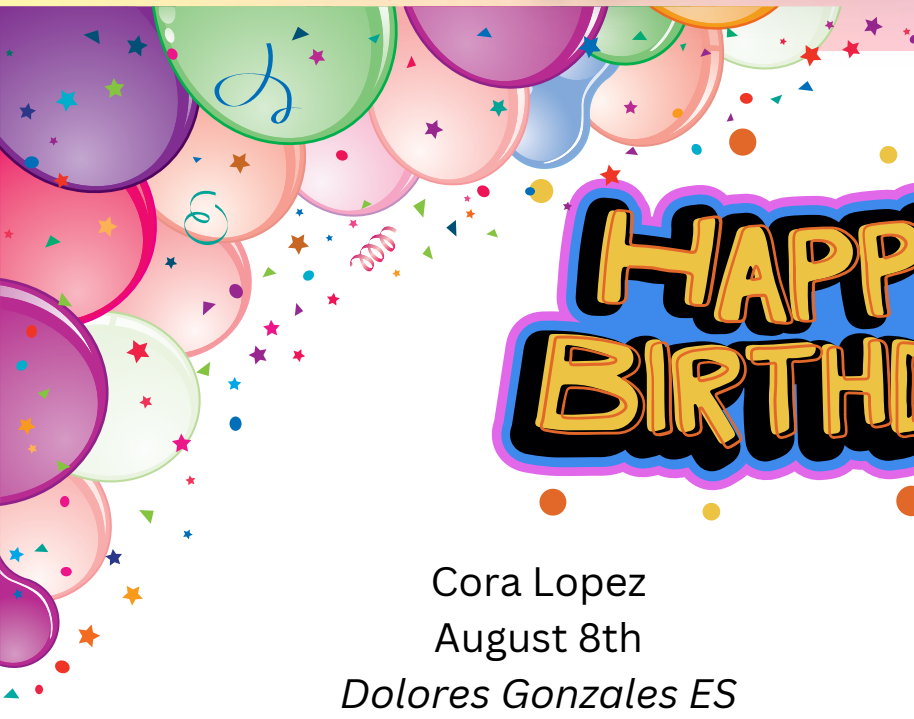
714 Seventh Street Sw
Albuquerque, NM 87102
505-764-6412

Office Visiting Hours

9am-12pm & 2pm-4pm

AmeriCorps Seniors Foster Grandparent Program helps kids learn through a variety of ways.

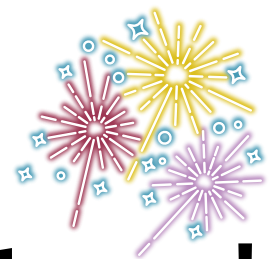
Announcements



HAPPY BIRTHDAY!

Cora Lopez
August 8th
Dolores Gonzales ES

Carl Roybal
August 21st
Alb. Bilingual Academy



Our Newest FGP Volunteers!

Leticia Holguin, will serve at *Alamosa ES*
and

Cora Lopez, will serve at *Dolores Gonzales ES*

Positive Affirmations to Empower Your Student

Teach your student some of these feel-good statements to improve their emotional and mental well-being.



I am confident

I am a leader

I am empowered

I am destined for greatness

I am beautiful inside and out

I am joyful

I choose to think positively

I am kind

I am whole

I am peaceful

I attract loving and peaceful people into my life

I am smart

I am intelligent

My positive thoughts create positive feelings

I am calm and relaxed

My voice matters

My challenges help me grow

I am becoming the best version of myself

I am a beacon of light and my light shines brightly



A child's mental health is just as important as their physical health. If you want to support a happy child, consider teaching them some positive affirmations. These are generally short phrases or statements, positive in nature, that people repeat to themselves, explains Marilou G. Tablang-Jimenez, M.D., DFAPA, chair of the Addiction and Mental Health Center at MedStar Montgomery Medical Center.

Like adults, children can use positive affirmations in all sorts of ways.

"Children may want to say their affirmations silently to themselves, visualize them, say them out loud in front of a mirror, or maybe even write them down," Dr. Tablang-Jimenez says. "Regular repetition can encourage your brain to take them as facts, believing you can do something and creating a positive mindset that can help you to accomplish your goals."

Positive affirmations are especially important for children because they enhance their ability to cope and live fully. "When children use positive phrases about themselves, it helps shape and strengthen their own inner voice that will be with them a lifetime," says Kelly Oriard, co-founder of Slumberkins and licensed family therapist. "Saying an affirmation like 'I am brave, I am kind' and repeating it can soon become a child's reality."

Published on Parents website

By Jenna Wirth Updated on April 9, 2023

RECIPE OF THE MONTH



Avocado Salad

Ingredients

2 avocados - peeled, pitted and diced

1 sweet onion, chopped

1 green bell pepper, chopped

1 large ripe tomato, chopped

¼ cup chopped fresh cilantro

½ lime, juiced

salt and pepper to taste

Directions

Step 1

Combine avocados, onion, bell pepper, tomato, cilantro, and lime juice in a large bowl. Gently toss until evenly coated. Season with salt and pepper.



Nutrition Facts

Servings Per Recipe: 6

Calories: 126

	% Daily Value *
Total Fat: 10g	13%
Saturated Fat: 2g	8%
Sodium: 9mg	0%
Total Carbohydrate: 10g	4%
Dietary Fiber: 6g	20%
Total Sugars: 3g	
Protein: 2g	
Vitamin C: 30mg	150%
Calcium: 20mg	2%
Iron: 1mg	3%
Potassium: 474mg	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.

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Upcoming Events

OPTIONAL



Seniors' Celebration Day & Healthy Living Day Monday, September 11, 2023

The New Mexico State Fair honors our local Senior Citizens on Monday every year at the fair. There are plenty of great information booths and discounts at a multitude of vendors. New Mexico's Department of Health, Aging and Long-Term Services Department and the New Mexico Senior Olympics, work together to promote healthy living and offer free health screenings and flu shots.

AmeriCorps Seniors will have an info booth. Visit the booth and sign-in to receive stipend and mileage for attending (stipends will be reimbursed per service-schedule). For questions, please call the office. Entry fee and expenses are volunteer's responsibility.

SAVE THE DATE!

**45th Annual
Conference on Aging**

September 11, 2023 - State Fair Senior Day
September 12-13, 2023 - Conference

3 Ways to Participate in the Conference

- Online virtual conference
- Watch Parties at senior centers throughout NM
- In Person Conference
 - National Hispanic Cultural Center
1701 4th Street SW
Albuquerque, NM 87102



NEW!

PHOTO CONTEST



NM Aging & Long Term Services
45th Annual Conference on Aging
September 12th & 13th 2023
Submit by 8/25/2023
! no limit on entries!

Hometown Pride Photos
If you love your community. This photo contest is for you. Highlight your community's product they are known for, historical landmark, or a picture that captures your community's values about life.

Generations Photos
Capture your own take on a multi-generational photograph. Let your creativity flow. Maybe a picture of grandma handing down a recipe with instruction or a father teaching his son a valuable skill.

Then & Now
Search the internet for old pictures of your town such as roads, buildings, or other structures that still exist today. Then take a picture of the same road, building, or other structure of what it looks like today. Submit one photo for the "Then" and one photo for the "Now".

Cutest Pet Photo
Who has the cutest pet? This is your time for your pet to shine and possibly win the first place title for the cutest pet. Please submit a picture of your pet at that picture perfect moment that the world must see!

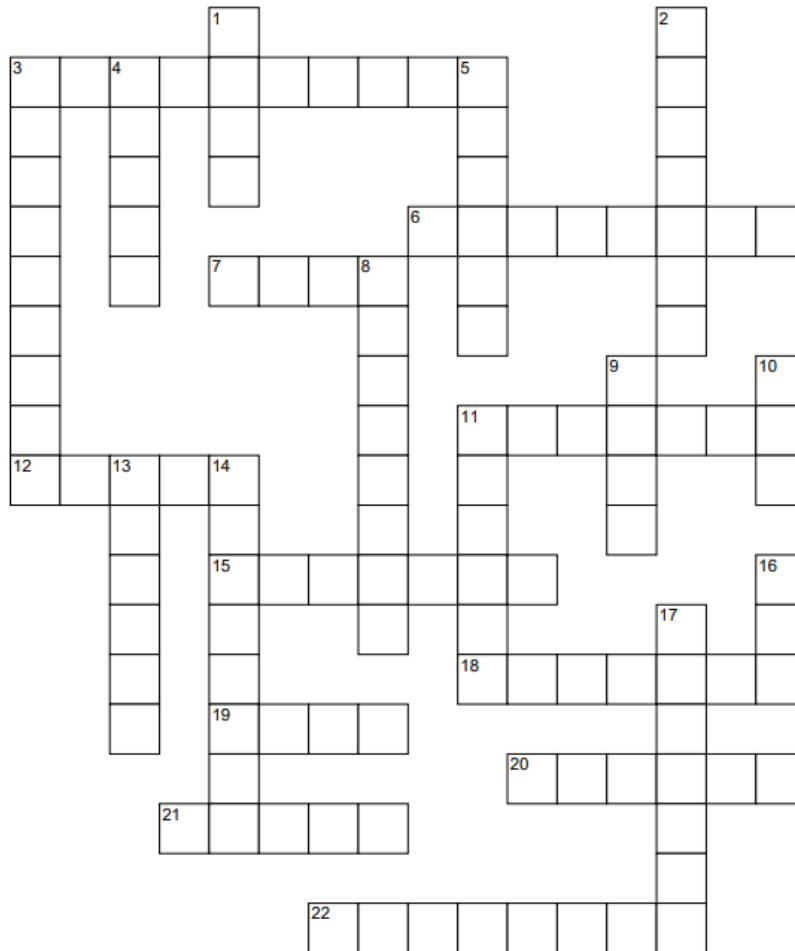
Submit photos by email to: ALTSD.CoA@altsd.nm.gov

Coloring Page



Crossword Puzzle

SCHOOL DAYS



SCHOOL DAYS

ACROSS

- 3 Machine used in computing numbers
- 6 Book written on a particular subject used for study
- 7 Short for mathematics
- 11 Careful method of studying and learning about things in nature
- 12 Work of art that can be played or sung
- 15 Place where books and other materials may be borrowed
- 18 Person enrolled in an educational institution
- 19 Piece of furniture used to write on
- 20 Implement for writing
- 21 Form letters on a surface
- 22 Electronic device that stores and processes information

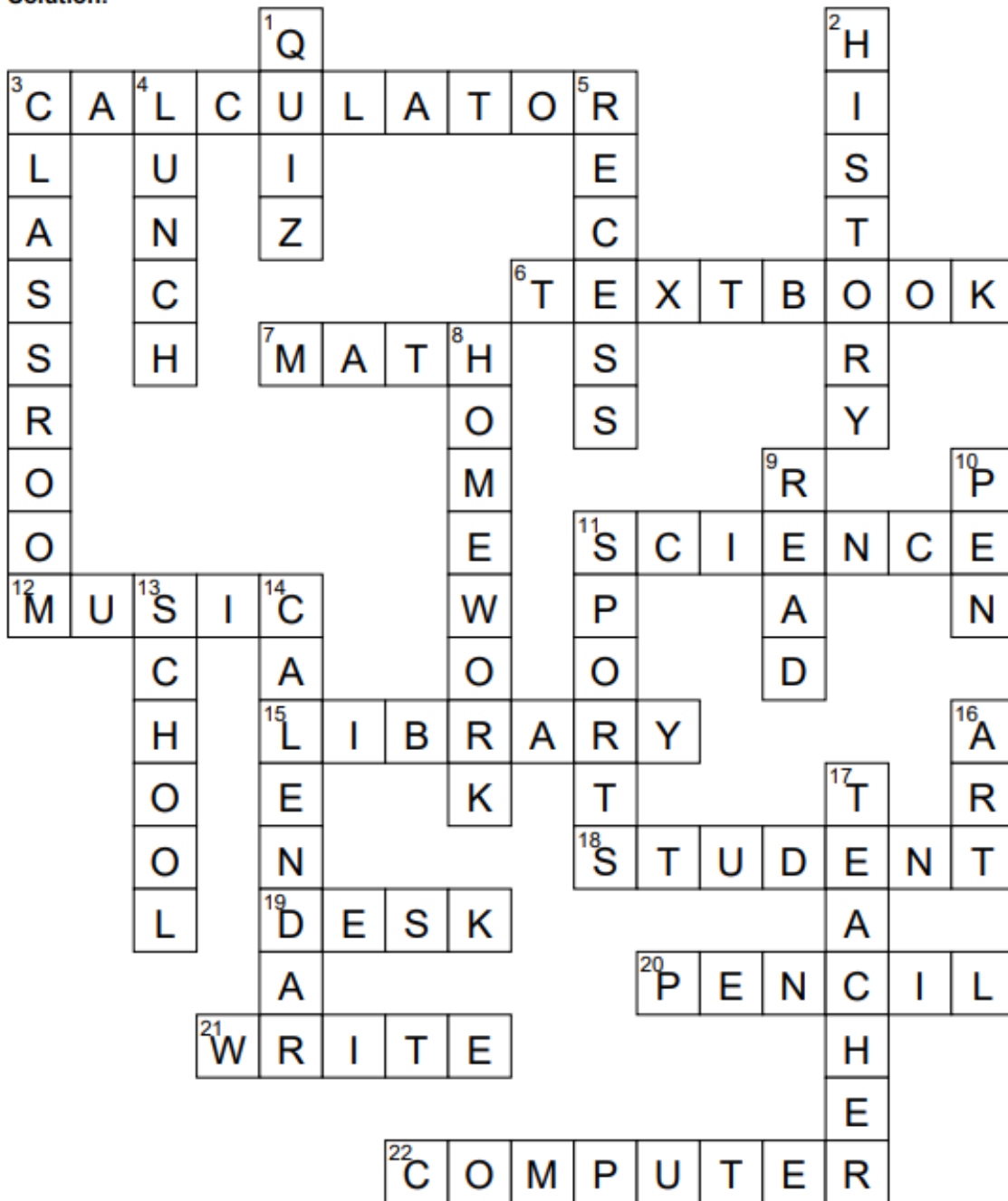
DOWN

- 1 Questions used to test knowledge
- 2 Study of past events
- 3 Schoolroom where classes are held
- 4 Meal eaten in the middle of the day
- 5 Short break
- 8 School work that is done at home
- 9 See and find meaning in written words and symbols
- 10 Implement for writing or drawing with ink
- 11 Athletic event or game
- 13 Institution where instruction is given
- 14 Chart of days, weeks, and months
- 16 Things of beauty made by humans
- 17 Educator

Crossword Puzzle Key




SCHOOL DAYS

Solution:



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
31 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Seasonal vegetable ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	1 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin oranges ♦ 1% milk 	2 ♦ Philly Cheesesteak sandwich ♦ Steamed carrots ♦ Warm cinnamon apples ♦ Whole grain hoagie bun ♦ 1% milk 	3 ♦ Meatloaf w/tomato gravy ♦ Roasted redskin potatoes ♦ Green beans ♦ Fresh seasonal fruit ♦ Whole grain dinner roll ♦ 1% milk 	4 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
7 ♦ Sweet and sour pork w/ fajita blend vegetables ♦ Brown rice ♦ Green peas ♦ Vanilla pudding ♦ 1% milk 	8 ♦ Cheeseburger w/ mushrooms ♦ Mushroom sauté ♦ Tater tots ♦ Whole grain bun ♦ Banana ♦ 1% milk 	9 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Fresh seasonal fruit ♦ 1% milk 	10 ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Fresh seasonal fruit ♦ 1% milk 	11 ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Seasonal vegetable ♦ Fresh seasonal fruit ♦ 1% milk 
14 ♦ Cheese omelet w/ red chile ♦ Stewed tomato ♦ Diced potatoes ♦ Whole grain biscuit ♦ Mandarin oranges ♦ 1% milk 	15 ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Seasonal vegetable ♦ Pineapple ♦ 1% milk 	16 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	17 ♦ Pollock over brown rice ♦ Malibu blend (carrots, cauliflower) ♦ Green peas ♦ Fresh seasonal fruit ♦ Tarter sauce ♦ 1% milk 	18 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Pears ♦ Whole grain dinner roll ♦ 1% milk 
21 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	22 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	23 ♦ Baked seasoned chicken w/ brown rice pilaf ♦ Sweet potato ♦ Green beans ♦ Red grapes ♦ 1% milk 	24 ♦ Spinach lasagna ♦ Buttery corn ♦ Summer squash ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	25 ♦ Baked garlic tilapia w/ ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Honeydew melon ♦ Chocolate chip cookies ♦ 1% milk 
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 