

Foster Grandparent Program

September 2023

Meet Timotea Olave

Timotea Olave was born in Bernal, NM, located near Las Vegas, NM. When Timotea was ten years old, her mother sadly passed away. She moved to Tecolote, NM which is in the same area. Shortly afterwards her dad passed away. She moved to Albuquerque to live with her aunt and uncle. They raised Timotea as their own and she lived with them until she was married.

Timotea has three daughters and one son who reside in Albuquerque. She now has many grandchildren and great-grandchildren. During her professional career, Timotea worked in a nursing home and an alcoholic treatment center. While working at the treatment center she had the opportunity to attend the University of New Mexico. They paid for her education which Timotea feels very fortunate to have received a higher education. After college she worked at First Choice Medical Center for 20 years. She especially enjoyed helping the doctors and patients.

After retirement, Timotea's friend, Clara, introduced her to the Foster Grandparent Program. "You'll love it!",



Clara said. Timotea's husband was still working and her children were older so she joined FGP in 2010 and began serving at East San Jose Elementary school. The school is well known to Abuelita Timotea as she attended East San Jose E.S. when she was a little girl.

Abuelita Timotea says that volunteering is a big part of her life. She has made new friends and created lasting relationships while in the program. She loves working with the children. Abuelita says she adores the children and they adore her too. She hopes to dedicate at least 15 years to FGP.

Thank you, Abuelita Timotea for serving the children at East San Jose Elementary for thirteen years! You truly are a gem in the community!

Upcoming Events

- September 4th - Labor Day, Schools & Office Closed
- September 7th - 9/11 Day of Service
- September 11th - NM State Fair Seniors' Day
- Postponed - NM Conference on Aging

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Office Visiting Hours

9am-12pm & 2pm-4pm

Message from the Director

Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,

Director Anna Sanchez



Message from your FGP team

Hello,

This school year has started out to be busy one. We have a lot planned for the month of September. We will be holding a mandatory day of service for 9/11 on September 7th at Barelas Community Center. We will be teaming up with Vial of Life to put together bags for seniors. Remember these hours count towards training hours that is required by the grant.

September 11th is Senior Day at the State Fair, we hope you can all join us. Please come and sign in at our table. Remember to get receipts if you eat at the fair and turn them into Estelle.

Thank you for all you do. The students, teachers and principals are glad you are back in the classroom. We look forward to a wonderful month.

Wishing you well,

- Marie, Theresa, and Estelle

Happy Birthday!

Patricia Lakes
September 5th
YDI South Valley

Rosie Lee Cata
September 9th
Arroyo del Oso Elementary

Erlinda Sampang
September 20th
Painted Sky Elementary



School Spotlight

Kit Carson Elementary School was established in 1970. Their mission: Closing the achievement gap by ensuring that all students will be exposed to rigorous academic instruction in order to prepare students for college and career readiness within our diverse community.

Betty Jean Trujillo

began serving in February 2012

Ramon Trujillo

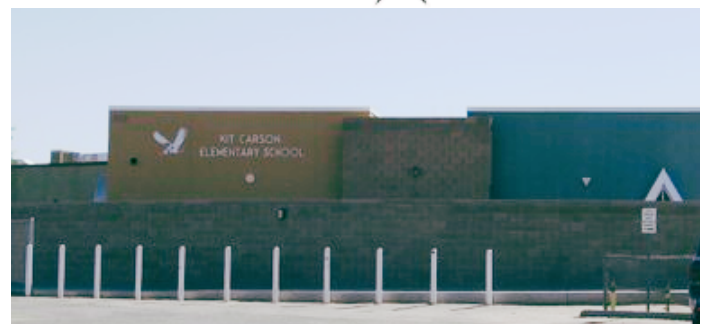
began serving in November 2013

Rosie Cole

began serving in February 2017

Anita Trujillo

began serving in February 2018



Thank you for serving the
children at
Kit Carson Elementary!

Recipe of the month

APPLE & CHICKEN SALAD



A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt.
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

Directions

- Cut apples in quarters; remove core and chop.
- In a medium size bowl, mix all ingredients, except lettuce.
- To serve, arrange lettuce on serving plates top with apple and chicken salad.

Notes

Weekly Menu Planning Tip: When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in this salad.

Serve with 8-ounce non-fat milk and 1 slice rustic whole grain bread.

Source: Produce for Better Health Foundation

Nutrition Information

[Show Full Display](#)

Nutrients	Amount
Total Calories	290
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	65 mg
Sodium	330 mg
Carbohydrates	34 g
Dietary Fiber	4 g
Total Sugars	12 g
Added Sugars included	0 g
Protein	25 g
Vitamin D	0 mcg
Calcium	56 mg
Iron	2 mg
Potassium	553 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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. 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 is free, and expenses are volunteer's responsibility. Please call the office to reserve your spot at the fair.

9/11 Day of Service

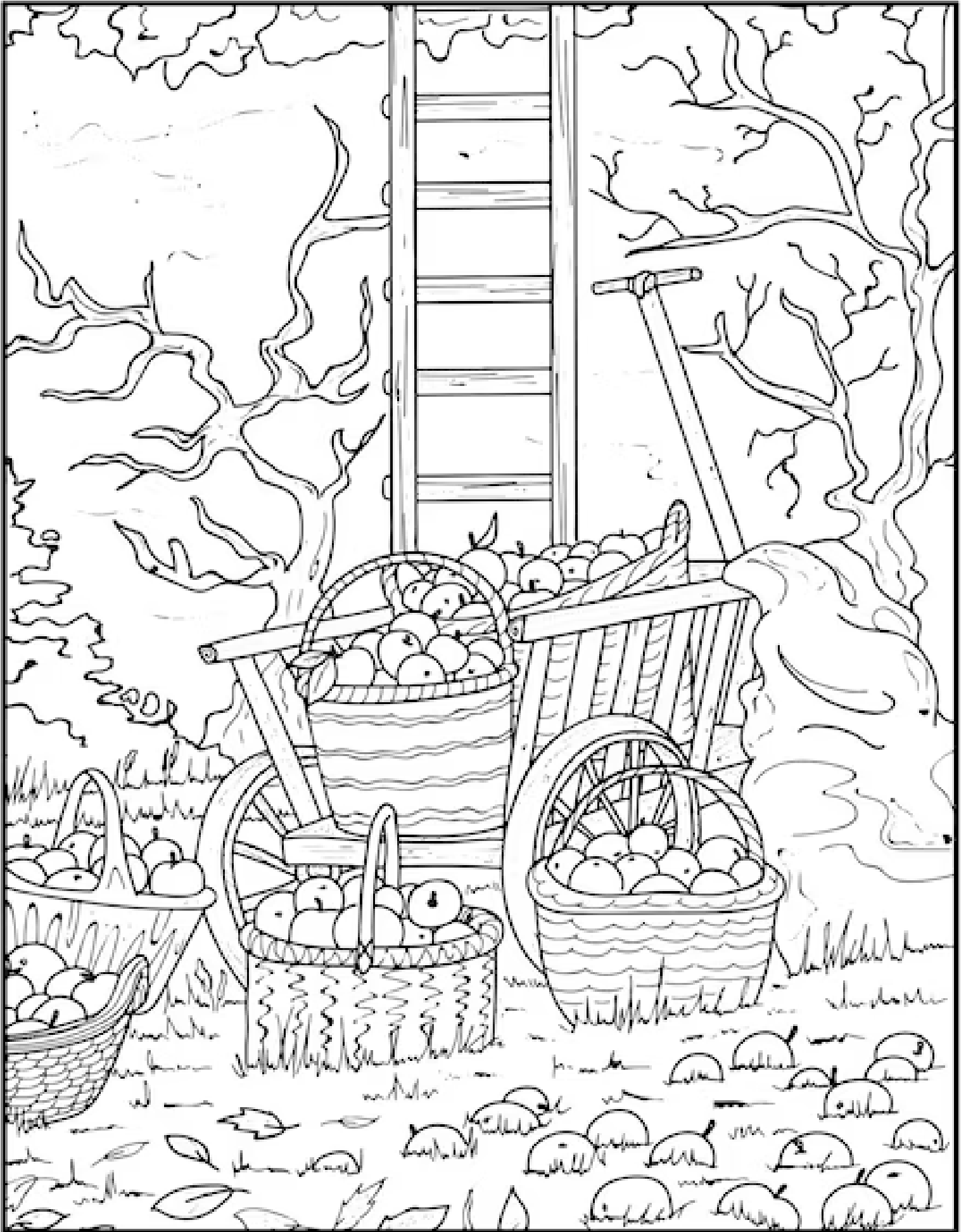
This year we will be supporting the Vial of Life for our 9/11 Day of Service. This is a mandatory event for all. We will meet at **Barelas Community Center** from **9:30 am - 12:30 pm** on **September 7th**. Lunch will be provided.



I WILL SERVE.

#IWILLFOR911DAY







AUTUMN



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

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



Menu

**ONE
ALBUQUE
ROQUE**

September 2023

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
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 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sauteed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 