

Foster Grandparent Program

January 2024

Meet Rosie Lee Cata

Rosie Lee Cata was born and raised in Ft. Sumner, NM. After high school Rosie attended college at the University of New Mexico. Rosie's older sisters lived in Albuquerque and she lived with them while in school. Rosie completed two years at UNM and then left to find employment and to marry her future husband. They were happily married and raised three daughters.



Rosie's husband worked for the federal government, and she was employed at Sandia Labs in the Receiving and Purchasing department. She enjoyed her work and felt she played an important role in scientific developments for the nation. Rosie was one of the first employees to be trained with computers in the work field.

When her daughters were in school, Rosie went to work for her husband who started his own business. This allowed her the time to participate in their daughter's education and school activities. She worked as the accountant which included payroll and taxes. When her daughters finished high school, she was employed as an accountant by a family friend who owned multiple business in New Mexico and other states as well.

Continued on page 2.

Upcoming Events

January 1st - New Years Holiday (Office Closed)

January 10th - **MLK Day of Service** Rail Runner Food Bank

January 15th - Martin Luther King Jr Holiday (office closed)

January 19th - 11:00 am - 2:00 pm In Service, Barelas Community Center

Inside this Issue

- Meet Rosie Lee Cata **pg. 2**
- Msg. from FGP Team **pg. 3**
- Birthdays **pg. 3**
- School Spotlight **pg. 4**
- Upcoming events **pg. 4**
- Recipe of the Month **pg. 7**
- Coloring Page **pg. 8**
- Word Search **pg. 9**
- January Menu **pg. 10**

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

Estelle Chavez
Office Assistant

FGP Office

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



Continued from page 1:

One of Rosie's daughters is a speech pathologist, employed by Albuquerque Public Schools. Her daughter met a Foster Grandparent volunteer at school and suggested that she apply to the program. Rosie was retired but she likes to keep busy. She applied to FGP and became a member in April 2019.

Grandma Rosie loves the sound of children laughing and playing. "They are a joy to hear," she says. She believes all children are good. Currently Grandma Rosie is serving at Arroyo del Oso Elementary in a Kindergarten classroom. She likes to "give the students a little slack, because just five years ago they weren't even born." Her favorite activity is reading with the kids. She personally enjoys reading and loves to help the children learn to read.

Grandma Rosie knows that she is needed in the classroom by her teachers and the students. The children run to her for help even though the teacher has already instructed them.

Grandma Rosie has made lasting friendships at the school and with other volunteers. She says, "The kids keep me happy and alive with energy!" Thank you, Grandma Rosie, for volunteering your time to the children and your community! Your commitment is a testament to your love, hard work and dedication.



Message from your FGP team



Happy New Year!

We hope you all had a safe and wonderful Holiday Season. It was wonderful to see everyone at our Winter Recognition. For those who were unable to attend, we missed you. If you were unable to attend, please call the office to get your recognition gift!

As we come into a new year we think about new beginning. We are excited to see how this new year will bring change and growth. Theresa has moved position within Senior Affairs, and we will miss her. We wish her well and she will do wonderful things in her new position.

We will be looking to the new training and activities to come for this new year. We will have more opportunities for service projects and new Foster Grandparents to come into our program. We are looking to grow our Advisory Council and need Foster Grandparents to join along with community members.

Wishing you all a wonderful 2024 may it bring new experiences and joy!!

Wishing you well,
Marie and Estelle



Happy Birthday!



Orlando Sanchez
January 7
Griegos Elementary

Rupe Tafoya
January 10
Griegos Elementary



School Spotlight



Dolores Gonzales Elementary School

Opened in 1975, Dolores Gonzales is comprised of 450 students in preschool to 5th grade. The school is named after Dolores Gonzales, a professor at the University of New Mexico, and bilingual education pioneer. It was through her efforts that bilingual education had its beginning in New Mexico. She believed that children should learn both in English and Spanish so that our culture, history, traditions, and most importantly, the Spanish language would be preserved.

Rose Mary Chavez

began serving in March 2013

Cora Lopez

began serving in August 2023



Thank you for serving the
children at
Dolores Gonzales
Elementary!

Upcoming Events

OPTIONAL



January 10, 2023

We will be helping at Roadrunner food bank. We are looking for **12 volunteers** to support for this **MLK Day of Service.**

Please call the office and let us know if you can help for a great cause. **No transportation will be provided for this event.**

Flyer in the mail

In-service

January 19, 2024

Time: 11:00 am to 2:00pm

At: Barelas Community Center

10 Early Signs and Symptoms of Alzheimer's and Dementia
Presented by Craig Coleman,
Alzheimer's Association,
New Mexico Chapter

ALZHEIMER'S ASSOCIATION®

Winter Recognition December 8, 2023



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>

JOIN US

Recipe of the month

EASY ITALIAN WEDDING SOUP

EatingWell.



Forget the marble-size meatballs you find in many versions of this soup. In this easy recipe, they're full-size, full-flavored and plenty filling.

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 1 ½ cups chopped yellow onion
- ¾ cup chopped carrot
- ¾ cup chopped celery
- 2 tablespoons minced garlic
- 6 cups unsalted chicken broth
- 6 ounces orzo, preferably whole-wheat
- 1 ½ tablespoons chopped fresh oregano
- ½ teaspoon kosher salt
- 24 cooked chicken meatballs (12 ounces), such as Easy Chicken Meatballs (see associated recipe)
- 4 cups baby spinach
- ¼ cup grated Parmesan cheese

Directions

Heat 1 tablespoon oil in a large pot or Dutch oven over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes.

Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes.

Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes.

Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

Nutrition Facts

Servings Per Recipe: 6
Serving Size: 1 1/2 cups
Calories: 415

	% Daily Value *
Total Carbohydrate: 36g	13%
Dietary Fiber: 4g	13%
Total Sugars: 5g	
Protein: 26g	52%
Total Fat: 19g	24%
Saturated Fat: 5g	24%
Cholesterol: 101mg	34%
Vitamin A: 5270IU	105%
Vitamin C: 20mg	23%
Folate: 23mcg	6%
Sodium: 728mg	32%
Calcium: 165mg	13%
Iron: 3mg	19%
Magnesium: 68mg	16%
Potassium: 681mg	14%

Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate.

* Daily Values (DVs) are the recommended amounts of nutrients to consume each day. Percent Daily Value (%DV) found on nutrition labels tells you how much a serving of a particular food or recipe contributes to each of those total recommended amounts. Per the Food and Drug Administration (FDA), the daily value is based on a standard 2,000 calorie diet. Depending on your calorie needs or if you have a health condition, you may need more or less of particular nutrients. (For example, it's recommended that people following a heart-healthy diet eat less sodium on a daily basis compared to those following a standard diet.)

(-) Information is not currently available for this nutrient. If you are following a special diet for medical reasons, be sure to consult with your primary care provider or a registered dietitian to better understand your personal nutrition needs.

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Coloring Page





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	Y	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	O	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
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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
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D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	I

























Menu

**ONE
ALBUQUE
ROQUE**

January 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
1 	2 ♦ Beef tip w/bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk 	4 ♦ Omelet w/cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 	5 ♦ Pork chop w/gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk 
8 ♦ Hot dog w/bun ♦ Steak fries w/ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk 	9 ♦ Chicken alfredo w/green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk 	10 ♦ Baked cod w/tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk 	11 ♦ Meatloaf w/tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk 	12 ♦ Pork chop over brown rice w/sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk 
15 	16 ♦ Sloppy joe w/hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk 	17 ♦ Green chile chicken posole w/flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk 	18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/tomatoes ♦ Pineapple ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk 
22 ♦ Ground beef w/onions and mushrooms ♦ Mashed potatoes ♦ Black-eyed peas ♦ Chocolate chip cookie ♦ 1% milk 	23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk 	24 ♦ Baked cod over brown rice w/tarter sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	25 ♦ Ham mac & cheese w/broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk 	26 ♦ Chicken parmesan w/marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk 
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 