

Foster Grandparent Program

Share Today. Shape Tomorrow.



Message from the Director

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelás Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director

March 2024

Inside this Issue

- Volunteer Spotlight **pg. 2**
- Announcements **pg. 3**
- Upcoming Events **pg. 4**
- School Spotlight **pg. 5**
- Volunteerism Insert **pg. 6**
- Recipe of the month **pg. 7**
- Word Search **pg. 8**
- Coloring Page **pg. 8**
- Menu **pg. 9**

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Volunteer Spotlight

FGP would like to recognize Grandma Sandra Hernandez who was born and raised in Albuquerque, New Mexico. She grew up in the Southwest part of Albuquerque. She graduated from Albuquerque High School. After graduating from high school, Sandra attended De Wolf's Beauty College where she completed hair studies and received a license after one year of specialized instruction. Upon graduation, Sandra worked at several beauty shops. She recalls Isabel's Beauty Shop and Fran's Beauty Shop. She cut hair, styled hair, did perms, hair color and hair tints. Sandra says back then she used large rollers to style hair and laughs about this particular memory. Sandra loved her job but after 12 years she learned her passion was not doing hair. The hair solutions quickly began hurting her hands. During this time, she met her husband Ted in 1979, at a local bar, Bill's on Isleta Boulevard. He was the love of Sandra's life, marrying 6 months later. With her husband, Ted, she has one daughter. She has 2 granddaughters; ages 21 and 14. Sandra enjoys spending time with her daughter and granddaughters. Sandra assists her daughter by picking her younger granddaughter up every day from school. While Sandra was married and raising her family, Sandra's daughter attended school at a nearby YDI, Inc. (Youth Development, Inc), Head Start. Sandra became interested in becoming a teacher's assistant at the same school for the age groups 3-4 years of age. She applied and was hired and worked there for 16 years. Sandra learned how to talk to and communicate effectively with the children for the age group. The training she received helped her as a mother and a grandma because children are visual learners and learn by example.



Sandra stated at some point her husband, Ted became ill and disabled. She retired from her job as a teaching assistant at YDI to stay home and be his caretaker. Unfortunately, her husband's illness took him, and he passed April 2018. After 39 years of marriage Sandra of course knew she had to move on and indicated a family member from the Department of Senior Affairs contacted her to tell her about the Foster Grandparent Program. Sandra inquired, enrolled, and became a FGP volunteer during the Fall of 2018. She will now be receiving her 5-year pin before the end of the fiscal year. Sandra loves the FGP program. She indicates FGP is always there to help her. She loves the staff at Rio Grande Academy of Fine Arts where she currently serves as a FGP volunteer. She enjoys the kids and enjoys assisting the students with math. Sandra says she's a reserved person and keeps to herself. She loves to read, likes to do puzzles, jigsaw puzzles, and play bingo in her spare time. She also loves hummingbirds. Thank you, Grandma Sandra, for your service and commitment to the Foster Grandparent Program.

Announcements

Spring Break

Important Dates

3/11 - 3/15 - AmeriCorps Week

3/17 - St Patrick's Day

3/19 - First Day of Spring

3/22 - **In-Service Training**

3/22 - **APS** No School

3/27 - 4/5 - Spring Break No School - **Albuquerque Bilingual Academy**

3/25 - 4/5 - Spring Break No School - **APS**

3/25 - 4/1 - Spring Break No School - **Albuquerque School of Excellence**

3/21 - 4/1 - Spring Break No School - **Horizon Academy West**

3/29 - 4/5 - Spring Break No School - **YDI**

3/27 - 4/5 - Spring Break No School - **Rio Grande Academy of Fine Arts**



2024 AARP Tax Assistance

**Senior Affairs and AARP
Foundation Tax-Aide
Tax Prep Appointments Still
Available!**

Barelas Senior Center

Address: 714 7th St. SW, 87102

Dates: 2/1/2024 through 4/15/2024

Hours: Monday: 9 a.m. to 3 p.m.;

Wednesday: 9 a.m. to 3 p.m.

Appointment Information: For
appointment, call Barelas Senior Center
front desk at 505-764-6436

**Here is the information
for last month's training.**



Tila Martinez
3/5

Christine Gonzales
3/9

Josephine Urias
3/18

Juana Rodriguez
3/27



Upcoming Events

Annual Income Eligibility Review

AmeriCorps Seniors require all FGP volunteers to complete an Annual Income Eligibility Review. Income eligibility levels for participation are completed every year to ensure that volunteers can continue to receive program benefits, such as stipends.

Stipend volunteers cannot exceed program's income eligibility guidelines set by the government.

FGP will be scheduling Annual Income Eligibility Reviews at Barelas Senior Center from March 25 through April 5, 2024.

Bring 1099 tax form and/or other forms that identify any type of income. You will receive your scheduled appointment in the mail.



HAPPY EASTER

March 31, 2024



SCHOOL OF MEDICINE
PREVENTION RESEARCH CENTER

In Service Training
Friday, March 22, 2024

Time: 10:30 am - 1:30 pm

Lunch Provided

At: Barelas Community Center
(next door to Senior Center)

Guest Speaker: Jennifer Johnston, MSL
We will have a cooking demonstration and will make smoothies.

AmeriCorps Week
March 10-16

Celebrate 30 Years of AmeriCorps



#AmeriCorpsWeek

30



**On March 10th
don't forget to
spring forward.**

Outreach Table

FGP will be holding an outreach table at Manzano Mesa Multigenerational Center on Tuesday, March 12 from 10:00 am - 12:00 pm. If you would like to help with this event, please call the FGP staff.

Volunteer Badge Policy

It is standard operating procedure of the Department of Senior Affairs that all volunteers shall wear a DSA approved identification badge while on City of Albuquerque Property.

ID badges must be worn on the outer most layer of clothing above the waist at all times while volunteering.

The FGP badge that was provided to you is acceptable.



AmeriCorps Week 3/11-3/15

We are excited to announce the launch of AmeriCorps Week - Throughout the week of 3/11-3/15, we will be shining a spotlight on the incredible individuals who have chosen to make a difference in the lives of others by serving their community through AmeriCorps Seniors Volunteer Programs. Their commitment and passion have truly made a lasting impact on the well-being of our community. We invite you to be a part of this celebration by following the Department of Senior Affairs social media accounts. Daily posts will be crafted to recognize and highlight the outstanding efforts of our volunteers and the impactful programs they contribute to. Your support means the world to us, and we believe that by coming together, we can inspire even more individuals to join the ranks of dedicated volunteers. Help us spread the word, share the stories, and celebrate the spirit of volunteerism.



School Spotlight Eugene Field Elementary School

Sylvia Lucero
began Serving in
2019

Frances Sanchez
began serving at
Eugene Field
Sept 2022

Eugene Field Elementary school was established in 1927. It is a community school and has 153 students in rolled. The school has a school garden. Their motto is “Challenging Our Students to be Learners and Leaders”



65+ Senior to Seniors

pg. 7



COTTONWOOD CLASSICAL
PREPARATORY SCHOOL

JOIN US MARCH 7TH, 2024

2:00 - 3:00 PM

**AT PALO DURO SENIOR CENTER
5221 PALO DURO NE, ABQ, NM 87110**

High school seniors from CCPS need YOUR help for their history class!

We respectfully invite you to come share your perspective in a group discussion if you remember the **Cold War (1945-1991)** and have stories to tell about its impact on everyone's lives.

The conversations will be guided by your interests and experiences. Possible topics of discussion include fear of nuclear bombs, anti-war songs, the Cuban Missile Crisis, Vietnam War, Moon Landing, and Berlin Wall.

**CONTACT US TO RSVP
OR ASK QUESTIONS
(505) 764-1009**

Recipe of the month

Slow-Cooker Corned Beef and Cabbage

Cook this corned beef in a slow cooker all day, and you're guaranteed success — no more dry corned beef! Serve with soda bread for a warm and satisfying meal.

Submitted by LUSYRSGIRL

Tested by Allrecipes Test Kitchen

Prep Time: 15 mins

Cook Time: 8 hrs

Total Time: 8 hrs 15 mins

Servings: 8

Ingredients:

10 baby red potatoes, quartered

4 large carrots, peeled and cut into matchstick pieces

1 onion, peeled and cut into bite-sized pieces

4 cups water

1 (4 pound) corned beef brisket with spice packet

6 ounces beer

½ head cabbage, coarsely chopped



allrecipes

Directions

Place potatoes, carrots, and onion into the bottom of a slow cooker; add water and place brisket on top of vegetables. Pour beer over brisket; sprinkle over spices from the packet and cover.

Cook on High for 7 hours; stir in the cabbage and cook for 1 more hour.

Nutrition Facts

calories

473

total fat 20g saturated fat 7g cholesterol 100mg sodium 1281mg total carbohydrate 50g dietary fiber 7g total sugars 7g protein 24g vitamin c 55mg calcium 68mg iron 3mg potassium 1126mg





St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

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

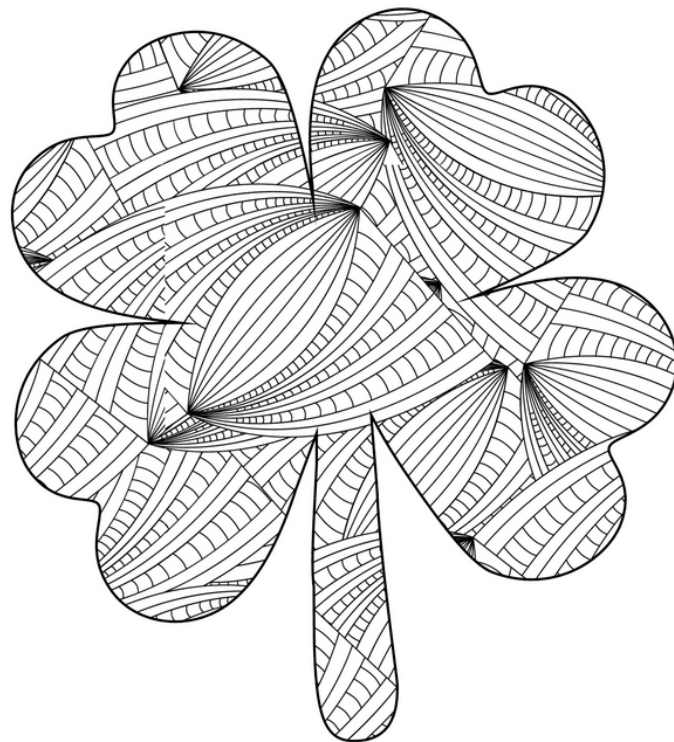
CLOVER
 IRISH
 LUCK
 PATRICK

FAIRY
 JIG
 MARCH
 SEVENTEENTH

GREEN
 LEPRECHAUN
 MUSIC
 SHAMROCK


























thriftymommastips.com



LUCKY

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4 ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	5 ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	6 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	7 ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	8 ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11 ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	12 ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	13 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	14 ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	15 ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18 ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk 	19 ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	20 ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	21 ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	22 ♦ Baked ziti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25 ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	26 ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	27 ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	28 ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	29 ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 1% milk 