

Foster Grandparent Program

October 2023

Meet Lorrie Gallegos

Born in La Joya, NM, Lorrie Gallegos was raised by her grandmother. Friends encouraged Lori and her grandmother to move to Belen, where Lori attended high-school.

When Lorrie's fiancé was out of the military, they married and moved to Albuquerque to ease their work commute. Her husband worked at the VA hospital and Lorrie worked at the Safeway grocery store on Gibson Blvd. Lorrie attended TVI (CNM) to further her education. Lorrie began working at the University of New Mexico's (UNM) Book store as a cashier.

The University began a Work Study program. As a result, Lorrie lost her job to UNM students. So after 15 years of employment at UNM Lorrie was ready for a career change. She began working at the Los Lunas Hospital and Training School. There she worked with adults with developmental disabilities. She enjoyed the work and was employed there for 15 years. *(continued on page 2)*



Happening this Month

October 9th - Indigenous People's Day, Schools, Senior Centers, & FGP Office Closed

October 11 - Prime Time 50+ Expo, Optional Event, Stipend and mileage paid.

Fall Break - APS 10/13, ABA 10/13, RioGAFA 10/9-10/10

APS Station Closures, 10/12 Professional Dev Day, 10/19-10/20 Parent/Teacher Conferences.

October 21, Walk to End Alzheimer's, Optional Event, Mariposa Basin Park

Check In: 9:00 AM, Opening Ceremony: 9:30 AM, Walk: 10:00 AM

October 26 - In-Service, Barelvas Community Center, 11 am - 2 pm

October 27 - Halloween Party, Raymond G. Sanchez C.C. 9:30 am - 1:30 pm

Optional event, reservation required. Call FGP office by October 13th

October 31 - Halloween



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DSA Administration

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Deputy Director

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Associate Director

Natasha Montoya
**Community Volunteer
Engagement Manager**

Foster Grandparent Program Staff

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L. Theresa Smith
Volunteer Coordinator

Estelle Chavez
Office Assistant

FGP Office

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

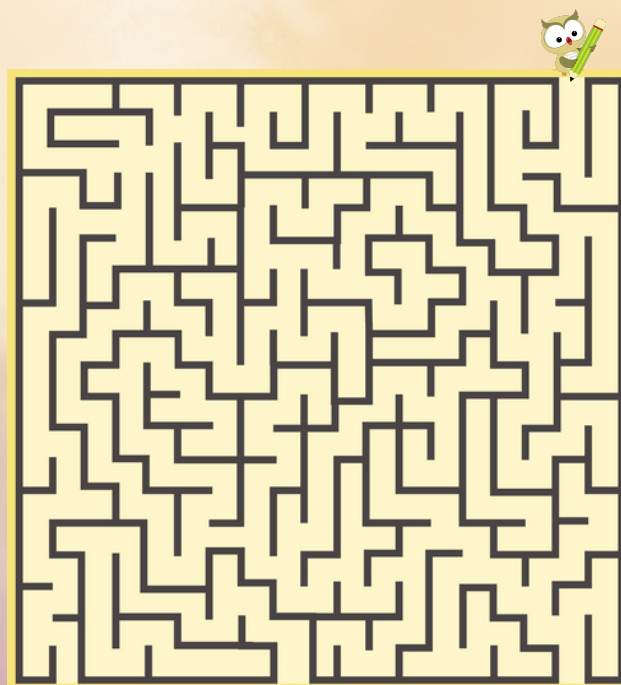
Meet Lorrie Gallegos, continued.

Moving forward with her career Lorrie gained employment through Adelante Development Center Inc. Lorrie cared for a young woman with disabilities in her home and she indicates, “they became like a family.” This young woman was loved like a daughter by Lorrie and her husband. Five years later the young woman moved away with a family member. They were sad to see her go and now felt they had an “empty nest”. Needing something to occupy her time, Lorrie learned of the Foster Grandparent Program and joined in July, 2014.

Serving at YDI Pedro Baca, Grandma Lorrie volunteers with three and four-year-old children. She is always willing to help others and especially loves the children. The children run to her and give her hugs when she enters the classroom. When the children cry they turn to Grandma Lorrie for comfort.

Grandma Lorrie loves to keep busy. Becoming a Foster Grandparent volunteer was a great decision for her as Grandma Lorrie is now a widow. She loves going to “work” because “there is not much to do at home,” she says. She runs errands with her daughter and goes on outings with her friends. Some of her best friends are also volunteers in the program.

Grandma Lorrie is always willing to lend a hand. She likes to help with special projects in the program. During the pandemic, she volunteered for the extra activities and still does when opportunities arise. She says she is willing to help anyone if she can. Her heart of giving is evident to all who know her. The children in her classroom especially appreciate her time that she gives them. Thank you, Grandma Lorrie, for serving the children and people in your community as a Foster Grandparent Program volunteer!



Message from your FGP team

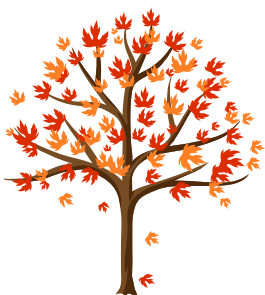


Happy October! The seasons are changing, the weather is cooling down and the balloons are up in the air. We have many different events happening this month and looking forward to a busy time. We are also excited to be bringing more Foster Grandparent volunteers into the program. We are starting to plan for our Thankful Recognition event in November and our Winter Recognition Event in December. More information will follow in a separate flyer.

There are also station closures for APS, ABA, and RioGAFA schools for this coming month. APS will have station closures for Indigenous People's Day, Fall Break, Professional Development Day, and Parent/Teacher conferences. ABA will be closed for Indigenous People's Day and Fall Break. RioGAFA will be closed for Fall Break. Horizon Academy West and YDI centers will be closed for Indigenous People's Day. Please see your timesheet as they are different for each station.

There are many community events that are happening this month that are optional to attend. Prime Time 50+ Expo is on October 11th. There's a Halloween Party at Raymond G. Sanchez Community Center on Friday, October 27th, call the FGP office to reserve your spot. Reservations are required by Friday, October 13th. There is also a Walk to End Alzheimer's being held on Oct 21, 2023, at Mariposa Basin Park. Registration is required please contact Ashley Kay at 505-404-9851 or <https://act.alz.org> if you plan to attend.

We look forward to seeing all of you at our upcoming In-service Training on Thursday, October 26 at Barelvas Community Center. We will have a speaker from ThinkFirst NM. The Topic is, "Talking to Kids about Violence Prevention, Enhancing Youth Leadership Skills."



Have a wonderful month and thank you for all you do.

*Wishing you well,
Marie, Theresa and Estelle*



Happy Birthday!



Oriz Taylor
October 4
Horizon Academy West



Betty Jean Trujillo
October 15
Kit Carson Elementary



Ramon Trujillo
October 17
Kit Carson Elementary

David Cavalier
October 16
Atrisco Elementary



Marjorie Williams
October 18
Barcelona Elementary



School Spotlight

Cochiti Elementary School was established in 1961 and is located in the beautiful North Valley of Albuquerque. It is surrounded by established neighborhoods, many of which were settled in the 1790's as farming communities. Agriculture and other aspects of the Valley's rich history are still evident today. Cochiti and its communities encompass a wide expanse of cultural and socio-economic diversity. Our enrollment is typically around 300 students.



Cochiti Elementary School

**Juana Rodriguez began
serving in June 2017**

**Arturo Purcella began
serving in April 2011**

**Thank you, Grandma Juana and
Grandpa Arturo for serving the
children at Cochiti Elementary!**



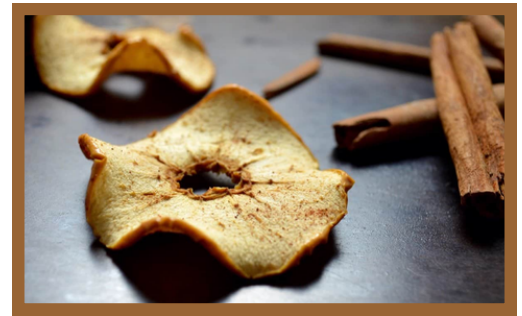
Recipe of the Month

Cinnamon Apple Chips

Servings: 4

Ingredients

- 4 apples (cored and sliced 1/8 to 1/4 inch thick rings)
- 2 teaspoons ground cinnamon
- 1 teaspoon sugar (can be omitted)
- Cooking spray



Instructions

1. Preheat oven to 200° F.
2. Put sliced apples in a large bowl. Coat the apples with the cinnamon and/or sugar.
3. Spray a baking sheet with cooking spray or line with parchment paper. Lay the apples flat on the pan. May require more than one baking sheet.
4. Bake for 2-3 hours* until the chips are dry yet still a bit soft. Allow them to cool completely before placing them in an airtight container for up to 4 days (if they last that long!).

*At higher altitudes, drying time may be 3-4 hours depending on the thickness of the apple slices.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (214g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	20%
Total Sugars 23g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.3mg	0%
Potassium 230mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Upcoming Events

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season! The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations! Please call a Senior Center for a list of items needed. Donations may be dropped off at any CABQ Senior or Multigenerational Center until November 3.

Barelas Senior Center, 764-6436
Bear Canyon Senior Center, 767-5959
Highland Senior Center, 767-5210
Los Volcanes Senior Center, 767-5999
North Valley Senior Center, 761-4025
Palo Duro Senior Center, 888-8102
Manzano Mesa Multi. Gen., 275-8731
North Domingo Baca Multi. Gen., 764-6475



ONE ALBUQUERQUE
senior affairs


Upcoming Events, continued

Medicare Fair Event Series

Optional Event

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Call 505-764-6400 
for more information



Location & Times

North Domingo Baca Multigenerational Center
Wednesday, October 11, 2023, 9 AM - 11 AM

North Valley Senior Center
Wednesday, October 25, 2023, 9 AM - 11 AM

Manzano Mesa Multigenerational Center
Wednesday, November 8, 2023, 9 AM - 11 AM

Los Volcanes Senior Center
Wednesday, November 22, 2023, 9 AM - 11 AM

Prime Time 50+ Expo

Optional Event

Come for the Info. Stay for the Fun

Wednesday, October 11th, 2023

8am – 1:30pm

Embassy Suites Hotel

1000 Woodward Pl NE, Albuquerque, NM 87102



This is an optional event.
Stipend and mileage will be reimbursed for attending.
Volunteers must sign-in at the AmeriCorps Seniors table for credit.

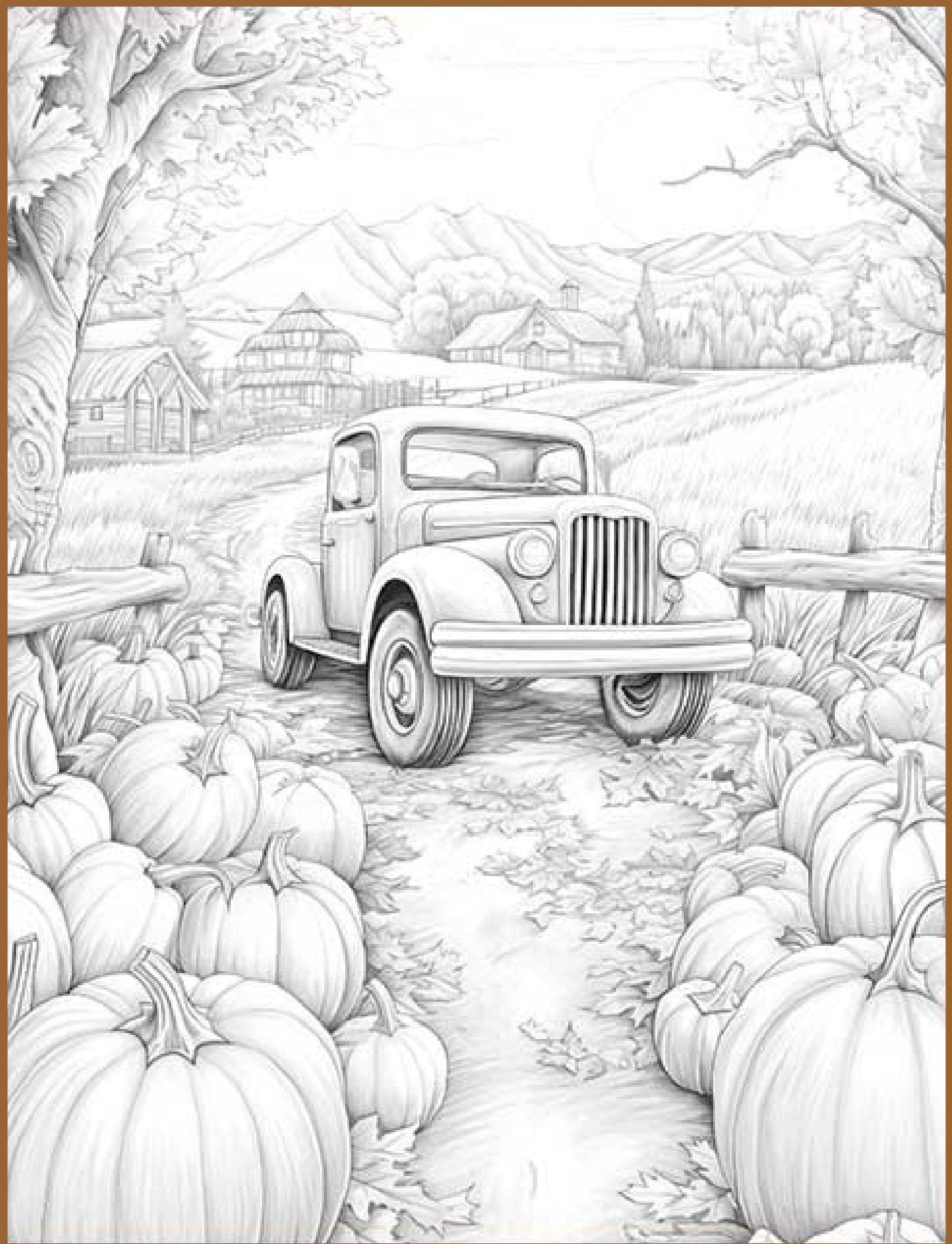
Flyer in the mail

FGP In-Service, Thursday, Oct. 26th

Barelas Community Center, 11:00 am - 2:00 pm

Talking to Kids about Violence Prevention,
Enhancing Youth Leadership Skills

Presented by Helen Sisneros, Trauma Support Program Coordinator
Think First NM Director





International Balloon Fiesta

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

Montgolfier
 Nylon
 Inflation
 Chase
 Tether

Skirt
 Load
 Fan
 Carabiner
 Basket


Sky
 Pilot
 Envelope
 Burner
 Balloon

Landowner
 Gondola
 Crown
 Albuquerque
 Line
 Air
 Crew
 Propane



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
2 <ul style="list-style-type: none"> ◆ Chicken fajitas ◆ Flour tortilla ◆ Ranch beans ◆ Hot sliced apples ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Beef stroganoff w/bowtie pasta ◆ Cauliflower w/red peppers ◆ Breadstick ◆ Chocolate pudding ◆ 1% milk 	4 <ul style="list-style-type: none"> ◆ Omelet w/fajita blend ◆ Stewed tomatoes ◆ Tater tots ◆ Orange ◆ 1% milk 	5 <ul style="list-style-type: none"> ◆ Minestrone soup w/ navy beans ◆ Corn bread ◆ Malibu blend ◆ Mixed fruit cup ◆ 1% milk 	6 <ul style="list-style-type: none"> ◆ Lemon pepper tilapia ◆ Rice pilaf ◆ Calabacitas ◆ Chocolate chip cookie ◆ 1% milk 
9 <p>CLOSED</p> 	10 <ul style="list-style-type: none"> ◆ Sweet & sour pork w/ brown rice ◆ Stir fry blend vegetables ◆ Pineapple upside down cake ◆ 1% milk 	11 <ul style="list-style-type: none"> ◆ Frito pie (beef, pinto beans, chile, cheese, onions) ◆ Fritos ◆ Normandy blend ◆ Peaches ◆ 1% milk 	12 <ul style="list-style-type: none"> ◆ Fish nugget w/tarter sauce ◆ Crinkle cut fries ◆ Carrots & peas ◆ Vanilla pudding ◆ 1% milk 	13 <ul style="list-style-type: none"> ◆ Chicken and rice soup ◆ Cherry cobbler ◆ Spinach ◆ Crackers ◆ 1% milk 
16 <ul style="list-style-type: none"> ◆ Cottage pie: ground beef, mashed potato, peas & carrots ◆ Corn bread ◆ Blueberry crisp ◆ 1% milk 	17 <ul style="list-style-type: none"> ◆ Open faced turkey sandwich w/gravy ◆ Yams ◆ Green beans ◆ Orange ◆ 1% milk 	18 <ul style="list-style-type: none"> ◆ Spaghetti marinara w/ squash ◆ Breadstick ◆ Malibu blend ◆ Peaches ◆ 1% milk 	19 <ul style="list-style-type: none"> ◆ Salisbury steak w/gravy ◆ Brown rice ◆ Peas ◆ Jell-O ◆ Dinner roll w/ margarine ◆ 1% milk 	20 <ul style="list-style-type: none"> ◆ Green chile stew (chicken & potatoes) ◆ Flour tortilla ◆ Pinto beans ◆ Sliced cinnamon apples ◆ 1% milk 
23 <ul style="list-style-type: none"> ◆ Beef tips w/gravy over egg noodles ◆ Brussel sprouts ◆ Peach cobbler ◆ 1% milk 	24 <ul style="list-style-type: none"> ◆ Chicken pot pie w/ biscuit ◆ Diced beets ◆ Ancient grain ◆ Yogurt ◆ 1% milk 	25 <ul style="list-style-type: none"> ◆ Baked potato w/ broccoli, cheese, sour cream ◆ Corn ◆ Baked beans ◆ Apple slices ◆ 1% milk 	26 <ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Orzo pasta ◆ Cauliflower ◆ Orange ◆ 1% milk 	27 <ul style="list-style-type: none"> ◆ Ham Mac & Cheese ◆ Cornbread ◆ Normandy bread ◆ Pineapple ◆ 1% milk 
30 <ul style="list-style-type: none"> ◆ Pork Loin w/gravy ◆ Rice pilaf ◆ Corn ◆ Dinner roll w/ margarine ◆ Pear ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Mummy loaf in swamp water (Meatloaf w/gravy) ◆ Mashed potatoes ◆ Sliced carrots ◆ Jell-O ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Breaded chicken patty w/green chile white gravy ◆ Sweet potato ◆ Green beans ◆ Apple slices w/peanut butter cup ◆ 1% milk 	2 <ul style="list-style-type: none"> ◆ Pot roast w/potato, celery, carrots ◆ Italian blend ◆ Ancient grain ◆ Mandarin oranges ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Omelet w/mushrooms, spinach ◆ Hashbrowns ◆ Vegetable blend ◆ Yogurt ◆ 1% milk 

Raymond G.
Sanchez
Senior Center
9800 North
4th Street

OPTIONAL
EVENT



HALLOWEEN Party



**FRIDAY
OCTOBER 27TH, 2023
9:30 AM -
1:30 PM**

Live Music by Paul Pino &
The Tone Daddies



Dress up and
enjoy live
music, coffee,
lunch,
& snacks

Reserve your
lunch with the
FGP office.
Deadline is:

Friday
the
13th



**ONE
ALBUQUE
ROQUE** senior affairs