

# Foster Grandparent Program Newsletter

September 2024

## Message from Dir. Sanchez

**Hello Friends!**

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director



### DSA Administration



**Anna Sanchez**  
Director

**Marina Salazar**  
Deputy Director

**Nikki Peone**  
Associate Director

**Vacant**  
Community Volunteer  
Engagement Manager

### Foster Grandparent Staff

**Marie Llamas**  
FGP Supervisor

**Joni VanMeir**  
Volunteer Coordinator

**Estelle Chavez**  
Office Assistant

### FGP Office

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

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

**JOIN US**

Advisory Council

16 October @ 10:00-12:00pm at Manzano Mesa Multigen 501 Elizabeth. We are looking for 4 FGP volunteers to join the FGP/SCP council. Don't forget to drop off application by Oct 1, 2024 to FGP office.



# FIRST AID & CPR TRAINING

Foster Grandparents Program Scheduled Classes

All Classes will be held at Barelas Senior Center  
**\*Lunch will be provided\***

Training Times:

- 26 Aug @ 8:00 AM - 12:00 PM
- 3 Sept @ 10:30 AM - 1:30 PM
- 23 Sept @ 8:00 AM - 12:00 PM
- 2 Oct @ 8:00 AM - 12:00 PM

**Dates are assigned. Please check with Joni if you aren't sure which day you are signed up for.**

*Training includes:*

- Learn about Emergency Situation
- Basic Life Supports
- Get Started with CPR
- Get Started with First Aid

Taught by: *Leo LaPlante from the CABQ Employee Assistance Program*

*Volunteers have been assigned a specific date for training. If you are unavailable to attend, please call the office right away. **DATE Changes were made due to instructor availability.***

FOSTER GRANDPARENT PROGRAM: 505-764-6421



## Volunteer Badge Policy

Please wear your volunteer badge on the outer most layer of clothing above the waist any time you are in service or on city property. Call Joni with any questions 505-764-6421

# OPTIONAL EVENTS



Where: Barelas Senior Center

When: September 5, 2024

Time: 10:30 - 12:30pm

Water & Snacks will be provided

We will be making baskets and poster to deliver to local fire station around the Albuquerque/Bernalillo County for our upcoming day of service on 9/11. We are looking for **five volunteers** to come help put them together. If you are interested, please call the FGP office to reserve your spot.



**AmeriCorps**

**9/11**

Unite in Service. **Never Forget.**

Where: Barelas Senior Center

When: September 11, 2024

Time: 9:30 - 12:30pm

We will be dropping off baskets and poster to local fire station around the Albuquerque/Bernalillo County for this day of service. We are looking for **four volunteers** to come help deliver the baskets. If you are interested, please call the FGP office to reserve your spot.

# School Spotlight

**George I Sanchez Collaborative  
Community School**  
Est. 2015



The school is located in the southwest mesa and has 1,222 students as of April 2022. They are the first k-8th school in Albuquerque. We just placed our first grandparent here in August.

Thank you for serving  
the children at George I  
Sanchez Collaborative  
School

**Linda Alvarado**  
began serving in August  
2024



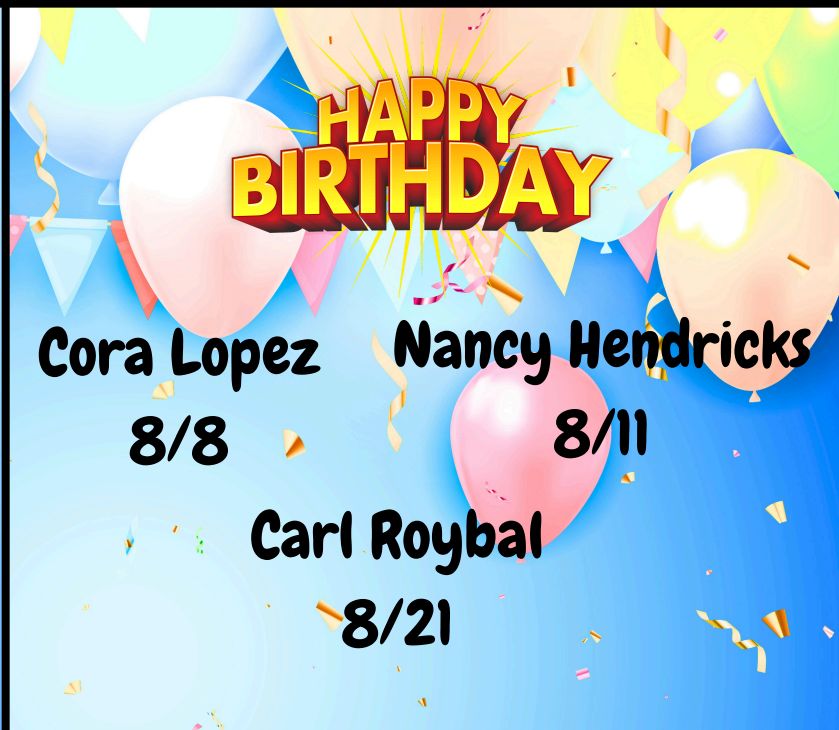
We are happy to  
introduce three new  
volunteers to the  
Foster Grandparent  
Program!



**Joe Lucero**  
**Sandra Perea**  
**Jeanette Gurule**



Office will be closed in  
observation of Labor Day  
Monday, September 2, 2024



**Cora Lopez**  
8/8

**Nancy Hendricks**  
8/11

**Carl Roybal**  
8/21

# Recipe of the month

## Apricot Pastelitos

**Serving Size:** 1 square  
**Total Servings:** 16

### Ingredients

#### Filling:

- 1 pound ripe apricots
- 1/4 cup sugar

#### Crust:

- 3 cups flour
- 1 teaspoon salt
- 3/4 cup oil
- 1/2 cup milk
- 2 teaspoons cinnamon



### Instructions



1. Wash and dry apricots. Remove pit and cut into small cubes. Toss with sugar. Set aside.
2. Sift the flour, then whisk in salt. Create a little well and pour in the oil, then the milk and stir everything together. Once dough starts to form, gently knead it until well mixed and forms a ball.
3. Divide dough in half and roll each half out onto a lightly floured surface about 1/8 inch thick.
4. Line a 9x11-inch or similar sized baking pan with half of the dough. Spread apricot filling evenly on dough, making sure to remove any excess liquid. Place second half of dough on top of filling, pinch the pastry closed at the edges of the pan. Sprinkle with cinnamon. Poke a few vents on top of the pie with a fork.
5. Lightly cover with foil. Bake at 400 degrees for 30 minutes, remove foil and brown for an additional 5 minutes.
6. Cool. Cut into 16 squares to share with family and friends!

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1 square (73g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 6g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 3g	
Vitamin D 0.1mcg	0%
Calcium 20mg	0%
Iron 1mg	6%
Potassium 111mg	2%
* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

# Coloring Page



# Word Search

## September Word Search Worksheet

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

Labor Day

Homework

Patriot Day

Harvest

Migrate

Gourd

School

Leaves

Autumn

Orchard

Acorns

Teacher

Sunflower

Christianity

Aster

Morning Glory

Equinox

September

Apple Pie

Fall

# Menu

## September 2024

**ONE  
ALBUQUE  
ROQUE**

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Cod Fish over Brown Rice w/ Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Brussel Sprouts</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk </li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>♦ Beef Tips in Brown Gravy over Bowtie Pasta</li> <li>♦ Steamed Broccoli</li> <li>♦ Roasted Carrots</li> <li>♦ Pineapple</li> <li>♦ 1% milk </li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>♦ Vegetable Posole w/ Corn, Beans, Peppers, &amp; Green Chile</li> <li>♦ Cauliflower</li> <li>♦ Cornbread</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork</li> <li>♦ Ranch Beans</li> <li>♦ Spinach w/ Onions</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Peach Cups</li> <li>♦ 1% milk </li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>♦ Teriyaki Chicken w/ Stir Fry Vegetables &amp; Soy Sauce</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Brown Rice</li> <li>♦ Mandarin Oranges</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk </li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Parsley Potatoes</li> <li>♦ Green Peas</li> <li>♦ Banana</li> <li>♦ Cornbread</li> <li>♦ 1% milk </li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>♦ Pork Carnitas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Flour Tortilla</li> <li>♦ Grapes</li> <li>♦ 1% milk </li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera w/ Broccoli &amp; Diced Tomatoes/Parmesan</li> <li>♦ Spinach</li> <li>♦ Garlic Breadstick</li> <li>♦ Blueberries</li> <li>♦ Greek Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>♦ Roast Beef w/ Brown Gravy</li> <li>♦ Sliced Carrots</li> <li>♦ Mashed Potatoes</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w/ Gravy</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk </li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken over Brown Rice</li> <li>♦ Sliced Beets</li> <li>♦ Green Beans w/ Mushrooms</li> <li>♦ Banana</li> <li>♦ 1% milk </li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>♦ Chili Bowl: Beef, Beans &amp; Red Chile</li> <li>♦ Succotash</li> <li>♦ Cornbread</li> <li>♦ Fresh Grapes</li> <li>♦ 1% milk </li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>♦ Southwest Omelet: Egg, Cheese, Red &amp; Green Peppers, Onion w/Green Chile</li> <li>♦ Stewed tomatoes</li> <li>♦ Hash Browns</li> <li>♦ Flower Tortilla</li> <li>♦ Peaches</li> <li>♦ 1% milk </li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>♦ Herb Pork Loin w/Gravy over Ancient Grain Blend</li> <li>♦ Cauliflower</li> <li>♦ Sautéed Zucchini</li> <li>♦ Applesauce</li> <li>♦ 1% milk </li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken &amp; Rice Pilaf</li> <li>♦ Corn &amp; Red Peppers</li> <li>♦ Broccoli</li> <li>♦ Yogurt</li> <li>♦ 1% milk </li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ Lemon Butter Sauce</li> <li>♦ Roasted Rosemary Potatoes</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ Pear Cups</li> <li>♦ 1% milk </li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour Pork w/ Stir Fry Vegetables</li> <li>♦ Steamed Cabbage</li> <li>♦ Warm Sliced Apples</li> <li>♦ Whole Grain Dinner Roll w/ Margarine</li> <li>♦ 1% milk </li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>♦ Enchiladas: Cheese, Green Chile, &amp; Corn Tortillas</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Sugar Cookie</li> <li>♦ 1% milk </li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrzzini: Turkey, Spaghetti, &amp; Green Peas</li> <li>♦ Italian Vegetable Blend</li> <li>♦ Breadstick</li> <li>♦ Cherry Cobbler</li> <li>♦ 1% milk </li> </ul>