

# Foster Grandparent Program Newsletter

**December 2024**

## *Message from Dir. Sanchez*

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelas neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.



Sincerely,  
Anna M. Sanchez, Director



## **DSA Administration**



**Anna Sanchez**  
**Director**

**Marina Salazar**  
**Deputy Director**

**Shay Armijo**  
**Deputy Director**

**Nikki Peone**  
**Associate Director**

**Cristina Romero-Baca**  
**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

Email: fgp@cabq.gov

**Sorry We're**  
**CLOSED**

**Office will be closed**

**Wednesday, December 25th & 27th**

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

## Be Heard ~ Have a Say ~Join the FGP/SCP Advisory Council!

You can fill out a self-nomination form!  
Call Joni to get the form or stop by the office  
and fill one out. Next Meeting 15 Jan at Bear  
Canyon Senior Center 10:00-12:00



## HELLO MY NAME IS

If you are in Service, then you should  
be wearing your Foster Grandparent  
Name Tag to trainings, events,  
service projects, and while you're in  
service. If you have any questions,  
please call the office.



Blue Cross and Blue Shield of New Mexico

### CARE VAN® EVENT 9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY  
OCTOBER 23

North Domingo Baca  
Multigenerational  
Center

WEDNESDAY  
NOVEMBER 13

Barelas  
Senior Center

WEDNESDAY  
DECEMBER 4

Palo Duro  
Senior Center

Get valuable insights into your well-being and connect with healthcare professionals. No  
appointment required—take a step towards better health!  
The Medicare 101 will take place from 10 - 11 a.m. inside the center.  
Pre-registration is required for the presentation.

ONE  
ALBUQUE  
RQUE senior affairs

Transportation Provided  
Visit your center's front desk for  
more information or to sign up.

BlueCross BlueShield  
of New Mexico  
A Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company,  
an Equal Opportunity Employer of  
Blue Cross and Blue Shield Association



# HAPPY BIRTHDAY

Maria Martinez  
12/11

Jeanette Gurule  
Dec 20

Leticia Holguin  
12/31



Please remember to always check your timesheets.  
Important information is on your timesheet. When  
timesheet says Due, complete with expected  
schedule, sign, and have school supervisor sign and  
send on time. All FGP timecards must go in  
together...if one is late they are all late.

## Trash in the Class



We are still looking for Grandparents that would be  
interested in giving classroom briefings. The outreach  
initiative team will give you on the job training until you  
are ready to brief on your own. We can't do it without you.

Requires that you are able to drive or have private  
transportation. Want to give it a try or see if its right for  
you - you can attend a briefing/training and then let Joni  
know afterward if you would like to sign up for more.

Call Joni if interested and sign up.







### DECEMBER MANDATORY IN-SERVICE

FRIDAY, DECEMBER 6TH, 2024

Start at 10:30 am

Lunch will be Provided

Barelas Community Center  
801 Barelas SW, Albuquerque, NM 87102  
(Next to Barelas Senior Center)

*Presenter: Angie Jonsson*  
*Food Systems Specialist, SCAN*  
*New Mexico State University*

For those on Transportation, Pick-up begins at 9:00 a.m.

*For questions, please call the office.*  
**505-764-6404**





# Annual Thankful Recognition 2025







Blue Cross and Blue Shield of New Mexico  
**CARE VAN® EVENT** 9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY OCTOBER 23	WEDNESDAY NOVEMBER 13	WEDNESDAY DECEMBER 4
North Domingo Baca Multigenerational Center	Barelas Senior Center	Palo Duro Senior Center

Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!  
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**ONE ALBUQUE RQUE** senior affairs

Transportation Provided  
 Visit your center's front desk for more information or to sign up.

**BlueCross BlueShield of New Mexico**  
A Division of Health Care Service Corporation, a Mutual Legal Insurance Company, an Independent Licensee of the Blue Cross and Blue Shield Association



**ONE ALBUQUE RQUE** senior affairs

# FAMILY Dinner

**MEMBERSHIP REQUIRED**

**December 13, 2024**  
 5:30-8 pm

*Serving Salisbury Steak & Watching Home Alone*

**SIGN UP REQUIRED**

Dinner served until 6:30 pm  
 Movie will start at 6:30 pm

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER  
 7521 CARMEL AVE NE | (505) 764-6475



# KIDS SCIENCE NIGHT

**DECEMBER 6TH**  
 6:00 - 8:00 PM

NORTH DOMINGO BACA  
 7521 CARMEL AVE

DSA MEMBERSHIP REQUIRED

**PLEASE CALL TO SIGN UP!**

**ONE ALBUQUE RQUE** senior affairs



NORTH DOMINGO BACA  
 ANNUAL SHOWING OF

# POLAR EXPRESS

**DECEMBER 20, 2024**  
 STARTING AT 6:30PM

7521 CARMEL AVE NE

FREE SWEET TREATS

**SPECIAL GUEST APPEARANCE**

**ONE ALBUQUE RQUE** senior affairs





# Egg and Veggie Casserole

Ingredients		US	Metric
Nonstick cooking spray		1	
olive oil		2 tbsp	
small onion (diced)		1	
garlic (minced)		2 clove	
medium zucchini (sliced very thin)		1	
large tomatoes (ripe, seeded and chopped)		4	
spinach leaves (chopped)		1 cup	
fresh basil (chopped)		1/2 cup	
fresh parsley (chopped)		1/2 cup	
fresh rosemary (chopped)		1 sprig	
egg whites		12	
fresh mozzarella (cut into cubes)		4 oz	
ground pepper, to taste (fresh )		1	
Dash kosher salt		1	

## How to Make Egg and Veggie Casserole

This is a great dish to serve to company. It serves 8 as a main dish, or more if you cut it into small cubes and use it as an appetizer. You could also bake in a muffin pan to make a perfectly portioned, grab-and-go breakfast.

🕒 55 min cook time 🍽️ 8 servings 🍰 1 slice

### Step-By-Step Instructions:

1. Preheat oven to 350°F.
2. Prep a large casserole dish with nonstick cooking spray.
3. Heat olive oil in heavy frying pan and add garlic and onion. Cook until onion is soft, stirring constantly.
4. Add the zucchini and sauté for another 1–2 minutes.
5. Add the chopped tomatoes and the spinach leaves, cooking for 2 minutes, then add the basil, parsley, and rosemary. Continue cooking until the herbs and spinach are wilted.
6. Combine egg whites, cooked vegetables, and the cheese in a bowl. Add salt and pepper if desired.
7. Pour the mixture into the casserole and bake for 40–45 minutes, or until the frittata is set. Let cool, then cut into 8 equal sized slices.

## Nutrition Facts

8 Servings	
Serving Size	1 slice
Amount per serving	
<b>Calories</b>	<b>120</b>
Total Fat 6g	
Saturated Fat 2g	
Trans Fats 0g	
Cholesterol 5mg	
Sodium 185mg	
Total Carbohydrate 7g	
Dietary Fiber 2g	
Total Sugars 4g	
Added Sugars 0g	
Protein 10g	
Potassium 460mg	
Phosphorous 105mg	

### Reduce Time, Money and Stress

1. Keep it Simple: Healthy and creative meals don't have to be hard to make. A simpler menu often costs less and will be easier to make.
2. Allow your Family to help: Divide jobs among family members. Remember that kids love being in the kitchen! As a team, you can get more done and have more time to enjoy with your family.
3. Stretch recipes by adding other food items: Get more servings out of your favorite recipes! Add rice to soups or stews, frozen vegetables to pasta dishes, or beans to burgers. This can help you serve more meals.
4. Ideas for the Holidays: Try having a holiday brunch. Breakfast foods like eggs are inexpensive and make a great protein for the main dish. You can also try a yogurt parfait bar and let everyone add their favorite toppings.
5. Have a Potluck: Potlucks are a great option for large families or groups of friends. If you are hosting a meal, fix the main dish and ask the rest of the group to make side dishes. It creates less work for you and allows everyone to make and sample each other's creations.







# Winter Word Search



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

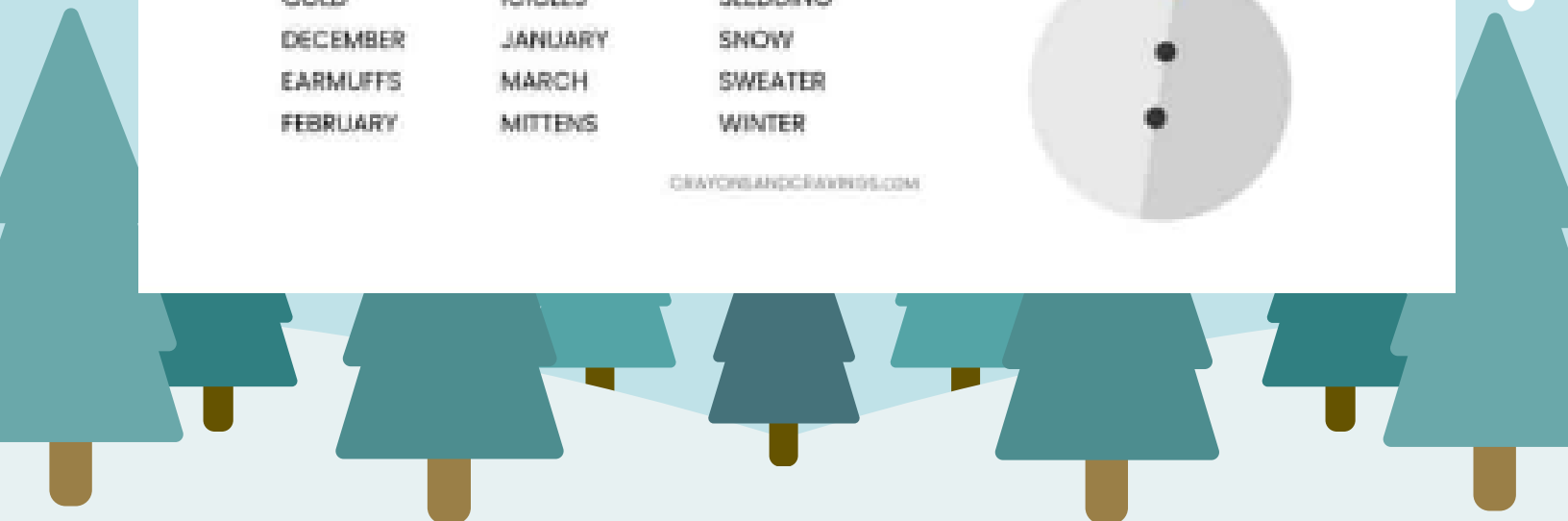
BLIZZARD  
BOOTS  
COAT  
COCOA  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY











FIREPLACE  
FROSTY  
HAT  
ICE  
ICICLES  
JANUARY  
MARCH  
MITTENS

FLOW  
SCARF  
SHOVEL  
SKIING  
SLEDDING  
SNOW  
SWEATER  
WINTER



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Green Chile Gravy</li> <li>♦ Corn</li> <li>♦ Mashed Potatoes</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini</li> <li>♦ Brussel Sprouts</li> <li>♦ Peach Cobbler</li> <li>♦ Breadstick</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Baked Tilapia w/Tarter Sauce</li> <li>♦ Rice Pilaf</li> <li>♦ Green Beans</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Spaghetti/Mushrooms</li> <li>♦ Seasonal Vegetable</li> <li>♦ Breadstick</li> <li>♦ Mixed Fruit Cup</li> <li>♦ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Diced Pork w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Oriental Blend</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 
<p>9</p> <ul style="list-style-type: none"> <li>♦ Beef Stir-Fry</li> <li>♦ Butter Noodles</li> <li>♦ Fortune Cookies</li> <li>♦ Seasonal Fruit</li> <li>♦ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Lemon Baked Salmon</li> <li>♦ White Rice</li> <li>♦ Seasonal Vegetable</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Pork Tamale/Red Chile</li> <li>♦ Pinto Beans</li> <li>♦ Seasonal Vegetable/Calabacitas</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Cheese Omelet / Onions &amp; Peppers</li> <li>♦ Stewed Tomatoes</li> <li>♦ Spinach</li> <li>♦ Apple Sauce</li> <li>♦ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Succotash</li> <li>♦ Tortilla</li> <li>♦ Diced Pears</li> <li>♦ 1% milk</li> </ul> 
<p>16</p> <ul style="list-style-type: none"> <li>♦ Carne Adovada/ Red Chile</li> <li>♦ Spanish Rice</li> <li>♦ Corn w/ Red Peppers</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Turkey &amp; Brown Rice w/ Gravy</li> <li>♦ Green Beans</li> <li>♦ Cauliflower w/ Red Peppers</li> <li>♦ Apple Sauce</li> <li>♦ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Mashed Potatoes</li> <li>♦ Diced Beets</li> <li>♦ Mixed Fruits</li> <li>♦ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli</li> <li>♦ Spinach</li> <li>♦ Cherry Cobbler</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Ground Beef/Potatoes</li> <li>♦ Stewed Tomatoes</li> <li>♦ Cornbread</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 
<p>23</p> <ul style="list-style-type: none"> <li>♦ Baked Cod Fish/ Tartar Sauce</li> <li>♦ Rice Pilaf</li> <li>♦ Carrots</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Ham/Pineapple Glaze</li> <li>♦ Mashed Sweet Potatoes</li> <li>♦ Mixed Vegetables</li> <li>♦ Holiday Cookie</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <p><b>CLOSED</b></p> <p><b>Happy Holidays</b></p>	<p>26</p> <ul style="list-style-type: none"> <li>♦ Veggie Cheeseburger</li> <li>♦ Diced Beets</li> <li>♦ Normandy Blend</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Green Chile Chicken Tamale</li> <li>♦ Pinto Beans</li> <li>♦ Calabacitas</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 
<p>30</p> <ul style="list-style-type: none"> <li>♦ Texas Chili</li> <li>♦ Cornbread/Margarine</li> <li>♦ Succotash</li> <li>♦ Diced Pears</li> <li>♦ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Asian Diced Pork/ Peppers</li> <li>♦ Rice Pilaf</li> <li>♦ Oriental Blend</li> <li>♦ Fortune Cookie</li> <li>♦ 1% milk</li> </ul> 	<p>1</p> <p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>2</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ Red Chile &amp; Peppers</li> <li>♦ Sweet Potatoes</li> <li>♦ Blackeye Peas</li> <li>♦ Dinner Roll/Margarine</li> <li>♦ Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Breaded Cod/ Tartar Sauce</li> <li>♦ Crinkle Cut Fries</li> <li>♦ Peas &amp; Carrots</li> <li>♦ Brownies</li> <li>♦ 1% milk</li> </ul> 