

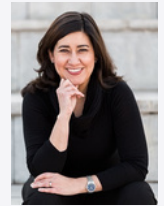
FOSTER GRANDPARENT PROGRAM NEWSLETTER

JANUARY 2025

DSA ADMINISTRATION



HAPPY NEW YEAR EVERYONE!



Anna Sanchez
DIRECTOR

Shay Armijo
DEPUTY DIRECTOR

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DEPUTY DIRECTOR

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OFFICE ASSISTANT

FGP OFFICE

714 Seventh Street Sw
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HERE'S TO A GREAT NEW YEAR...YOUR FGP STAFF,
MARIE, JONI, & ESTELLE



OFFICE WILL BE CLOSED

January 1 - Happy New Year

January 20 - Martin Luther King Jr. Day

AMERICORPS SENIORS FOSTER GRANDPARENT PROGRAM
HELPS KIDS LEARN THROUGH A VARIETY OF WAYS.

Happy

Birthday

ORLANDO SANCHEZ

1/7

RUPE TAFOYA

1/10

*Welcome our Newest
FGP Volunteers*

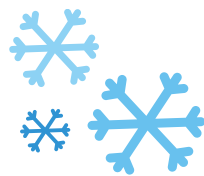
BARBY - WILL BE SERVING AT
LA MESA ELEMENTARY
SCHOOL

BRIDGET - WILL BE SERVING
AT GREIGOS ELEMENTARY
SCHOOL

MARTHA - WILL BE SERVING
AT REGINALD CHAVEZ
ELEMENTARY SCHOOL

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.



Inclement Weather Policy

Winter is here! Please stay safe and warm. The Foster Grandparent Program follows the Albuquerque Public Schools (APS) policy for snow day delays and closures. During these occurrences, please check the television, internet, or radio for official closures or delays. Volunteers serving in the Pueblos are advised to use their judgement and follow the instructions provided by assigned volunteer stations. For more information refer to your FGP Handbook. Please call the office if you have any questions or concerns.

Please remember to always check your timesheets. Important information is on your timesheet. When timesheet says Due, complete with expected schedule, circle lunches, sign, & have school supervisor sign, send/email on time. We no longer have a fax. All FGP timesheets are processed on one invoice...if one timesheet is late, the entire invoice is late.

**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**

ICAN TRAINING WAS FUN!



MANDATORY JANUARY IN-SERVICE

Friday, January 17, 2025

10:00 am - 1:30 pm

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

Join us for a very informational presentation by Helen Sisneros and the STB Trainers with UNMH injury Prevention Program.

Presenting on Violence & Leadership
Facilitating "Stop the Bleed" Training
How to help the youth of today!

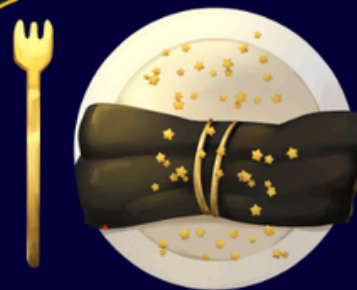
For those on Transportation:
Pick-up begins at 8:45 am

For questions & RSVP
Please call the office
505-764-6404

NORTH DOMINGO BACA

ONE
ALBUQUE
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FAMILY DINNER & MOVIE



JANUARY 17TH
5:30 - 8:00 PM

SERVING

ROTISSERIE CHICKEN ROSEMARY POTATOES CORN W/ RED PEPPERS
GRAPES & SPARKLING CIDER

MEALS ARE SERVED FROM 5:30 PM - 6:30 PM ONLY

WATCHING

YES DAY- PG

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

50's SOCK HOP PARTY



All ages
welcome!

January 8th
3:30-5 pm

North Domingo Baca
7521 Carmel Ave
(505)764-6475

Get ready to shake your hips and twist
those feet in honor of Elvis' birthday!



AmeriCorps
Seniors



ONE
ALBUQUE
RQUE senior affairs

Foster Grandparent Program/ Senior Companion Program Advisory Council Needs your Leadership & Experience

Forming a new Advisory Council, sponsored by the City of Albuquerque Department of Senior Affairs. Community minded individuals are needed to serve as Council Members for two very important programs that have been assisting children & schools and senior to senior companions in the City of Albuquerque for over 40 years.

The purpose of the FGP/SCP Advisory Council is to serve in an advisory capacity to the Program staff in matters affecting planning and formulation of local policy. Council members assist in promoting community support for the Program. The Council helps evaluate the effectiveness of the Program and may serve as a grievance body. Council Members also help in developing local resources through fundraising to supplement the Volunteer Recognition budget.

FGP: Help kids learn and guide students to higher academic achievement. The Foster Grandparent Program (FGP) connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Stipend and mileage available to those that qualify.

SCP: Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program (SCP) aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 10 hours a week. Stipend and mileage available to those that qualify.

More
information :



FGP: 505.764.6421
SCP: 505.764.1007



fgp@cabq.gov
jmstanton@cabq.gov

ONE
ALBUQUE
RQUE

senior affairs

Baked Ziti with Sausage



Prep Time: 25 Min

Cook Time: 30 Min

Yield: 6 Servings

Nutrition Facts

1-1/3 cups: 324 calories, 11g fat (6g saturated fat), 38mg cholesterol, 796mg sodium, 30g carbohydrate (0 sugars, 3g fiber), 26g protein.
Diabetic Exchanges: 3 lean meat, 3 vegetable, 1 starch.

Ingredients

- 1 pound lean ground beef (90% lean)
- 2 medium onions, chopped
- 3 garlic cloves, minced
- 1 jar (28 ounces) reduced-sodium meatless spaghetti sauce
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (12 ounces) tomato paste
- 3/4 cup water
- 2 tablespoons minced fresh parsley
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dried basil
- 1-1/2 teaspoons dried oregano, divided
- 1 package (16 ounces) ziti or 16 ounces small tube pasta
- 1 carton (15 ounces) reduced-fat ricotta cheese
- 2 cups shredded part-skim mozzarella cheese
- 1/2 cup grated Parmesan cheese, divided
- 1/2 cup egg substitute
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

- 1** In a large saucepan, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the spaghetti sauce, tomatoes, tomato paste, water, parsley, Worcestershire sauce, basil and 1 teaspoon oregano. Cover and simmer for 3 hours, stirring occasionally.
- 2** Cook pasta according to package directions; drain. In a large bowl, combine the ricotta, mozzarella, 1/4 cup Parmesan cheese, egg substitute, salt and pepper.
- 3** In two greased 13x9-in. baking dishes coated with cooking spray, spread 1 cup of meat sauce. In each dish, layer a fourth of the pasta, 1 cup meat sauce and a fourth of the cheese mixture. Repeat layers of pasta, sauce and cheese mixture.
- 4** Top with remaining sauce. Sprinkle with remaining Parmesan cheese and oregano. Cover and bake at 350° for 1 hour or until heated through.





Happy New Year



Word Search

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

Ball Drop
Herrera
Midnight
Party Hat





















Celebrate
Hopkins
New Year
Sparklers

Fireworks
Kiss
New York
Time Square

Happy
McEvoy
Party

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>30</p> <ul style="list-style-type: none"> ▶ Texas Chili ▶ Cornbread/Margarine ▶ Succotash ▶ Diced Pears ▶ 1% milk  | <p>31</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork/Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk  | <p>1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p> | <p>2</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk   | <p>3</p> <ul style="list-style-type: none"> ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk  |
| <p>6</p> <ul style="list-style-type: none"> ▶ Salisbury Steak w/ Green Chile Gravy ▶ Sweet Potato Mash ▶ Cauliflower w/ Pepitas ▶ Diner Roll/Margarine ▶ Orange ▶ 1% milk  | <p>7</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk  | <p>8</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk  | <p>9</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Pepitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk   | <p>10</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk  |
| <p>13</p> <ul style="list-style-type: none"> ▶ Beef Tips w/ Gravy Over Bowtie Pasta ▶ Brussel Sprouts ▶ Diner Roll/ Margarine ▶ Yogurt ▶ 1% milk  | <p>14</p> <ul style="list-style-type: none"> ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Mixed Berries ♦ 1% milk  | <p>15</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk  | <p>16</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk  | <p>17</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sauteed Spinach ♦ Diner Roll/ Margarine ♦ Orange ♦ 1% milk  |
| <p>20</p>  | <p>21</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sauteed Spinach ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk  | <p>22</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/ Margarine ♦ Apple Slices ♦ 1% milk  | <p>23</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/ Margarine ♦ Pineapple ♦ 1% milk  | <p>24</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/ Margarine ♦ Pear Slices ♦ 1% milk  |
| <p>27</p> <ul style="list-style-type: none"> ▶ Lemon Baked Tilapia w/ Tartar Suce ▶ Mashed Potatoes ▶ Corn & Edamame ▶ Diner Roll/ Margarine ▶ Apple Slices ▶ 1% milk  | <p>28</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk  | <p>29</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk  | <p>30</p> <ul style="list-style-type: none"> ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk  | <p>31</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk  |