

# Foster Grandparent Program

Aug 2024

## *A Message from your FGP Team*

Hope this finds all of you having a wonderful summer break and everyone is well rested and ready for the new school year.

Remember to stay hydrated, use your water bottle! Dehydration can cause multiple health issues, and seniors are more likely to suffer from dehydration 40% more than others. So, drink lots of water, stay healthy and stay hydrated!

Just a reminder that it is very important that you attend the mandatory back to school In-Service training. New school year assignments will be given out, new information, Senior Center membership paperwork and so much more will all be covered at this training. We are also super excited to be offering the Trama Sensitive Lens Training at the In-Service this month.

Reach out to us if you have any questions. Hope you had a great summer and we can't wait to see you all very soon!

*Your FGP Team,  
Marie, Joni, & Estelle*

### Inside this Issue

Announcements	pg. 2
Spotlight	pg. 3
Information	pg. 4
Recipe of the month	pg. 5
Station Visits	pg. 6
Coloring Page	pg. 7
Word Search Puzzle	pg. 8
Menu	pg. 9

### 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

## ***CPR - Saves Lives***

CPR/First Aid Training is being scheduled for everyone. Training must be done in small groups - we will be contacting you with information on date and time. It is very important that you do not skip your day as these spots are pre-set and paid for.

CPR training is important because it can save lives. CPR helps keep blood and oxygen flowing. Performing CPR can double or even triple a person's chance of survival. CPR is a vital lifesaving skill. CPR classes provide formal training and teach crucial techniques.

### **Volunteer Badge Policy**

Wear your volunteer badge when you are in service or on city property. Call Joni with any questions...505-764-6421

## ***Reminder!***

Mandatory In-Service  
Back to School In-Service will be Wednesday - Friday: 7, 8, & 9 Aug, 10:00-1:30. Lunch will be provided. Assignments, amazing training, senior center annual membership, and lots more. Location will be Don Newton Taylor Ranch Community Center,, 4900 Kachina St NW, ABQ, 87120.

## ***VOLUNTEERS NEEDED***

Foster Grandparents Needed.

We are trying to grow our program - if you have someone in mind please let us know!

**FGP's needed to be Presenters  
for the Recycle**

**Program...interested?**

Joni at 505.764.6421



## ***Happy Birthday!***

**Nancy Hendricks - 11 Aug**

**Cora Lopez - 8 Aug**

**Carl Roybal - 21 Aug**



# Spotlight

***The National Hispanic Cultural Center*** is a division of the New Mexico Department of Cultural Affairs and is further supported by the National Hispanic Cultural Center Foundation. A Cultural Home for the Diverse Identities that Shape the Community.

We are dedicated to the preservation, promotion and advancement of Hispanic culture, arts and humanities. The Center presents exhibitions, lectures, book readings, performing arts and educational programming that are meaningful to the local community. It offers the Hispanic, Chicano and Latinx artist a place to present their work and bring it to the national stage. The NHCC is committed to making a cultural home for the diverse identities that shape the community.

The National Hispanic Cultural Center welcomes seniors to participate in a series of free art workshops this summer. Local artists will lead participants through workshops and help everyone create a piece they will treasure. No previous art experience required.

These workshops are part of the NHCC's Siempre Creativo program, which provides free multidisciplinary arts programs for seniors throughout the summer.

#### Available Workshops:

Monotype Printing with Artist Carol C. Sánchez: August 7

1:30 pm – 3:30 pm

Explore various ways of applying inks and paints to create unique images.

Relief Printmaking with Artist Carol C. Sánchez: August 14

1:30 pm – 3:30 pm

Design, cut, and print your inspirations onto paper.

Mixed Media Design in Nature with Artist Catalina Salinas: August 21

1:30 pm – 3:30 pm

Explore nature using pencils, acrylic markers, and paints on a canvas

Mixed Media Mandalas with Artist Catalina Salinas: August 28

1:30 pm – 3:30 pm

Create your own mandala designs using watercolors, colored pencils, and Sakura Gelly Pens

1701 4th St SW, Albuquerque, NM 87102 · 1.1 mi

(505) 246-2261

Register at [nhccnm.org](http://nhccnm.org)

The National Hispanic Cultural Center Foundation is excited to promote this event. These workshops are generously supported by Presbyterian.



# *Did you know?*



## CUCUMBERS

1. Cucumbers are low in calories and high in water content.
2. Most of the beneficial nutrients in cucumbers are found in the skin. This includes potassium, vitamin K, magnesium and fiber.
3. When purchasing cucumbers, look for cucumbers that are medium to dark green, firm, and slender. Avoid bulging cucumbers because they are likely filled with large seeds.
4. Store unwashed cucumbers in the refrigerator for up to a week. Before eating, wash cucumbers under cool, running water to remove visible dirt.
5. Cucumbers are commonly grown in home gardens in New Mexico. Using the NMSU Publication Growing Zones, Recommended Crop Varieties, and Planting and Harvesting Information for Home Vegetable Gardens in New Mexico <https://pubs.nmsu.edu/circulars/CR457B/>, you can find out when to plant cucumbers and other fruits and vegetables in your garden.
6. There are many varieties of cucumbers but the most common are slicing, pickling, and English cucumbers.

**GET MORE FRUITS & VEGGIES**

**Stretch your food dollars with Double Up Food Bucks New Mexico! Get more fruits and vegetables when you spend your SNAP EBT Card dollars at participating farmers' markets, farm stands, mobile markets, and grocery stores. It's easy with Double Up Food Bucks!**

**NMSU**  
New Mexico State University  
College of Agricultural, Consumer and Environmental Sciences  
Cooperative Extension Service

**ican**  
Incentives for Eating & Nutrition

**SNAP-Ed**  
New Mexico

Cucumber is a nutritious fruit with a high water content. Eating cucumber may help lower blood sugar, prevent constipation, and support weight loss.

To maximize cucumber's health benefits, eat the peel, too.

To learn more about how the Double Up Food Bucks program works and to find a participating outlet near you visit:

<https://www.doubleupnm.org/>

# This Month Cucumber

## TZATZIKI

### Ingredients

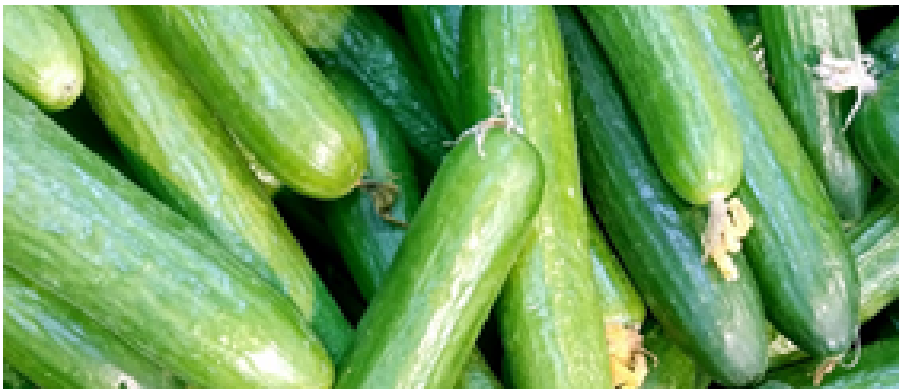
- ½ cup grated cucumber
- 1 cup plain whole milk Greek Yogurt
- ½ tablespoon lemon juice
- ½ tablespoon olive oil
- 1 garlic clove, minced
- ¼ teaspoon salt
- 1 tablespoon dried dill
- 1 tablespoon dried mint (optional)



## INSTRUCTIONS

1. Wash cucumbers under cool water.
2. Grate cucumbers with a hand grater or food processor.
3. Put grated cucumber in a clean dish towel and squeeze out any extra liquid.
4. Put all ingredients in a bowl and mix thoroughly.
5. Cover and refrigerate until ready to use.

Tips: Serve Tzatziki as a tasty dip for fresh vegetables or pita chips, add to a grain bowl or wrap, or with grilled meats.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 TBSP (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0.4mg	<b>2%</b>
Potassium 70mg	<b>0%</b>
<small>* 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.</small>	



# July Site Visits



Lets  
have  
**FUN!**



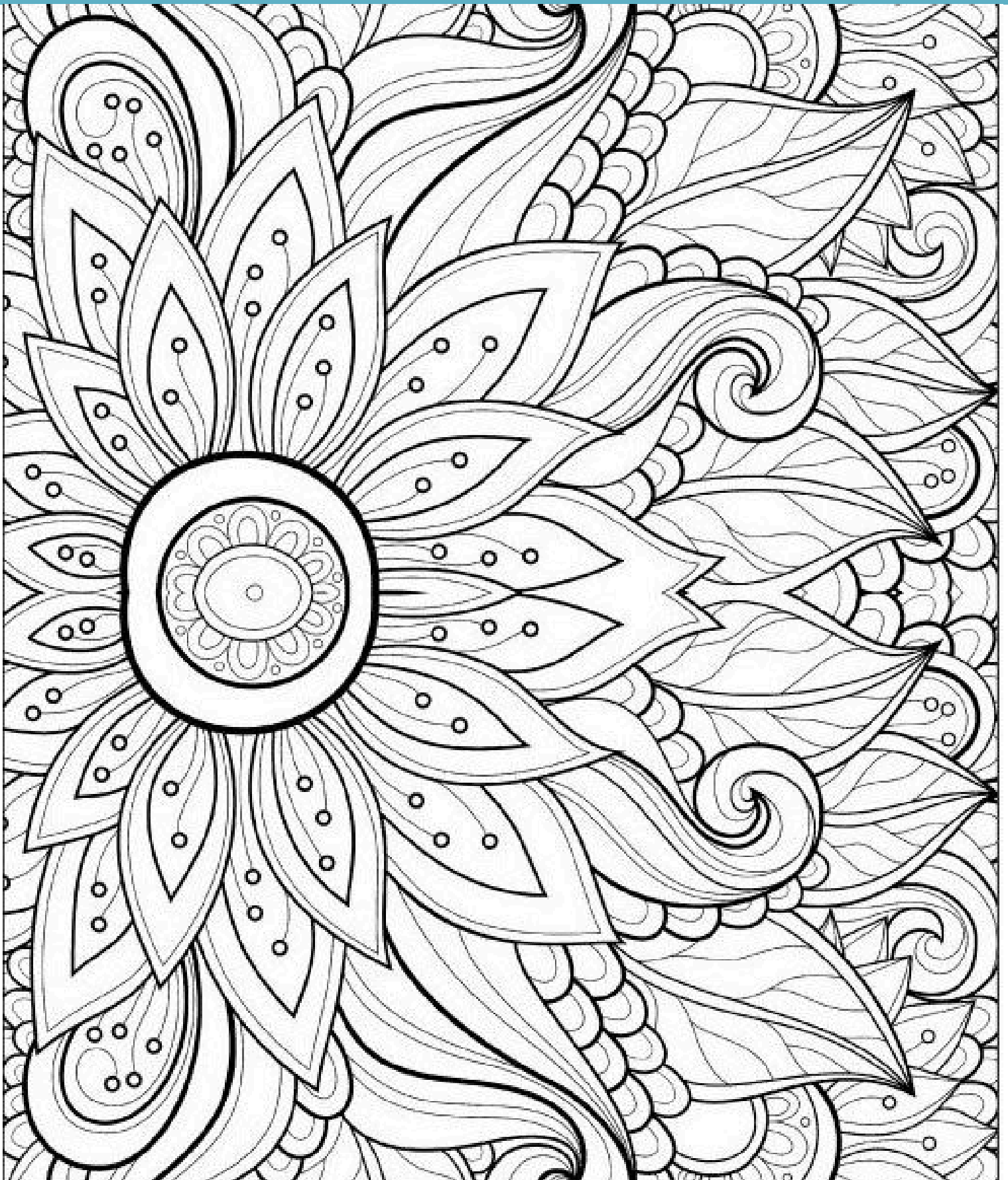
Volunteering

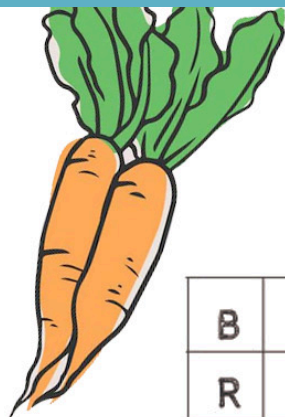


Play  
time

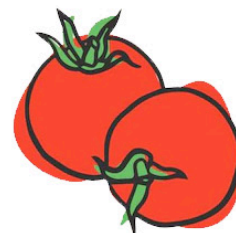


# *Stay Calm and Color On*





# Healthy Food

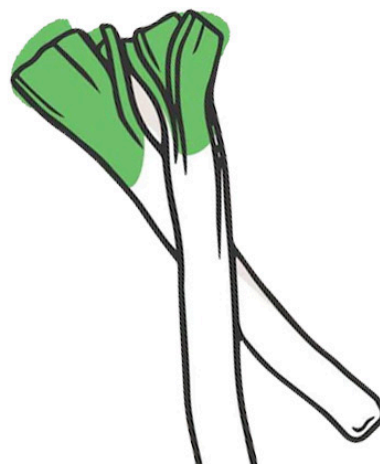
























B	A	K	A	P	R	I	C	O	T	S	K	U	C
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	M	T	E
A	I	O	S	M	A	T	S	I	P	V	N	W	R
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B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



MILK  
 AVOCADO  
 CANTALOUPE  
 GINGER  
 ARTICHOLES  
 APPLE  
 BROCOLLI  
 BANANA  
 CHEESE  
 CHERRY  
 BREAD  
 APRICOTS

RASPBERRY  
 CRANBERRY  
 LEMON  
 LIME  
 FIG  
 ONION  
 SPINACH  
 SQUASH  
 GARLIC  
 PEANUTS  
 SHELLFISH  
 SALMON  
 CRAB



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
<ul style="list-style-type: none"> <li>◆ Philly cheesesteak</li> <li>◆ Steamed carrots</li> <li>◆ Whole grain hoagie</li> <li>◆ Warm cinnamon apples</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Meatloaf w/ tomato gravy</li> <li>◆ Garlic roasted potatoes</li> <li>◆ Succotash</li> <li>◆ Whole grain dinner roll</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spaghetti w/ marinara sauce</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Roasted vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salmon w/ pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk</li> </ul> 
5	6	7	8	9
<ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour pork w/ stir fry vegetables and pineapple</li> <li>◆ Brown rice</li> <li>◆ Green peas</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef tips w/ brown gravy</li> <li>◆ Spinach w/ onions</li> <li>◆ Sweet potatoes</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Lime fish tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed carrots</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Mushroom Swiss veggie burger</li> <li>◆ Mixed vegetables</li> <li>◆ Tater tots w/ ketchup</li> <li>◆ Yogurt</li> <li>◆ Whole grain bun</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken alfredo</li> <li>◆ Zucchini w/ red peppers</li> <li>◆ Steamed broccoli</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 
12	13	14	15	16
<ul style="list-style-type: none"> <li>◆ Pollock over brown rice</li> <li>◆ Malibu blend vegetables</li> <li>◆ Green peas</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spaghetti w/ meatballs</li> <li>◆ Green beans</li> <li>◆ Zucchini</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken salad w/ bell pepper, celery, onion</li> <li>◆ Fresh cucumber slices</li> <li>◆ Coleslaw</li> <li>◆ Whole grain bread</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheese omelet w/ red chile</li> <li>◆ Stewed tomatoes</li> <li>◆ Diced potatoes</li> <li>◆ Biscuit w/ margarine</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Roasted pork loin w/ brown gravy</li> <li>◆ Scalloped potatoes</li> <li>◆ Carrots</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Pears</li> <li>◆ 1% milk</li> </ul> 
19	20	21	22	23
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/ brown gravy</li> <li>◆ Roasted rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ BBQ pork</li> <li>◆ Baked beans</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Canned apricots</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Shredded seasoned chicken w/ brown rice</li> <li>◆ Sweet potatoes</li> <li>◆ Green beans</li> <li>◆ Red grapes</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Vegetable lasagna</li> <li>◆ Steamed carrots, broccoli, cauliflower</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked garlic tilapia w/ ancient grain blend</li> <li>◆ Brussel sprouts</li> <li>◆ Corn w/ bell peppers</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 
26	27	28	29	30
<ul style="list-style-type: none"> <li>◆ Sliced ham</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Cornbread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken &amp; veggie stir fry w/ soy sauce</li> <li>◆ Buttered linguini noodles</li> <li>◆ Green beans w/ mushrooms and French onions</li> <li>◆ Fresh pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Fish &amp; potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain dinner roll w/ margarine</li> <li>◆ Warm sliced apples</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Eggplant parmesan w/ ziti pasta</li> <li>◆ Steamed broccoli</li> <li>◆ Carrots &amp; zucchini</li> <li>◆ Fresh strawberries</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green chile cheese burger</li> <li>◆ Tater tots w/ ketchup</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain bun</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 