



Foster Grandparent Program

Share Today. Shape Tomorrow.

April 2024

Volunteer Spotlight

David Cavalier

The Foster Grandparent Program (FGP) would like to feature Grandpa David Cavalier for the month of April. David the youngest of 9 children was raised in Albuquerque in the North Valley. He describes the relationship with his parents and siblings as being very close during his lifetime. David's brother, Ray Cavalier, was a drummer in a band, "Bobby Martinez and The Blue Jays." He introduced David to music at the young age of 8. David began learning to play the drums by using sticks to bang on trash cans. Soon, David was good enough to play on a real drum set. David eventually played the drums in his brother's band for several years. He became a skilled musician and was able to play with other bands. For example, he played with the band, "Coronados de Albuquerque " David attended elementary and middle school primarily in the North Valley area. David stated that as a youth, his parents were up there in age, and it was difficult to make ends meet. In order to help the family, David started working in the family's "flooring business," "Ray's Flooring" as it was named, primarily laying all types of flooring and carpets for customers.



In 1976, David met his wife of 28 years, and they had a daughter, Juanita. The couple later divorced. David also has a granddaughter named Luna. He describes the relationship with "Little Luna" as very good and that it's a joy to see Juanita and Luna. He will be seeing his family for Easter. This is a time for a reunion with his family that he is looking forward to. In David's spare time, he enjoys fishing. He also enjoys making hand-made wood carving signs.

David learned about the FGP program from his pastor, Flora Padilla, a retired FGP volunteer who has since passed. He is thankful she referred him to the program. David says, that being a FGP volunteer "has changed his life for the better." "It has turned his life around." "It has given new meaning to his life." He encourages anyone 55 years or older to inquire into the FGP program and get involved. David presently serves at Atrisco Elementary School and serves in Ms. Tetta's classroom. He has a good relationship with the students and with Ms. Tetta. He sincerely hopes to continue this very cordial relationship. David will be completing 6 years with the FGP program this year. David states, "Kids will keep you young." Thank you, Grandpa David for your service and commitment to the Foster Grandparent Program.

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



Important Dates



- 3/27 - 4/5 - Spring Break No School - Albuquerque Bilingual Academy
- 3/25 - 4/5 - Spring Break No School - APS
- 3/25 - 4/1 - Spring Break No School - Albuquerque School of Excellence
- 3/21 - 4/1 - Spring Break No School - Horizon Academy West
- 3/29 - 4/5 - Spring Break No School - YDI
- 3/29 - 4/5 - Spring Break No School - Rio Grande Academy of Fine Arts
- 4/19 - Planning Day No School - YDI
- 4/26 - Professional Development Day, No School - APS
- 4/26 - Parent Teacher Conferences, No School - YDI



FOSTER GRANDPARENT PROGRAM & SENIOR COMPANION PROGRAM *Annual Pinning Ceremony*

Invites to follow

Sandra Hernandez

04/02



Sylvia Lucero

04/03



Dina Otero

04/04

Lorrie Gallegos

04/15

Rosie Cole

04/06



In-Service Training

Friday, April 19, 2024

Time: 10:30 am - 1:30 pm

Lunch Provided

**At Barelas Community Center
(Next Door to Senior Center)**

Guest Speaker: Adrien Lawyer

Transgender Cultural Fluency Training



Volunteer Badge Policy

It is standard operating procedure of the Department of Senior Affairs that all volunteers shall wear a DSA approved identification badge while on City of Albuquerque Property.

ID badges must be worn on the outer most layer of clothing above the waist at all times while volunteering.

The FGP badge that was provided to you is acceptable.

50+ SENIOR TECH CONNECT

MANZANO MESA MULTIGENERATIONAL CENTER

APRIL 19, 2024

8:30am - 12:30pm

(505)275-8731

A chance for older adults to explore today's technology

Prizes & Fun Refreshments

Demonstrations

Hands-on Learning

No need to register. Just come!

For more information call

ONE ALBUQUE RQUE senior affairs

diverseIT.

TEENIORS Technology with Empowering Seniors



Earth Day is April 22, 2024



YDI- Centro De Amor Head Start/ Early Head Start

Head Start centers provide a nurturing safe environment for infant, toddlers, preschoolers and Pre-k. Comprehensive services include a multicultural educational program that is tailored to children's individual needs, fosters their self-esteem, and develops cognitive, language, motor, and social skills; medical and dental screenings and follow-up treatment, along with classroom lessons that emphasize a variety of preventative health practices; nutritious meals and snacks eaten in family style settings; evaluation, diagnosis, and special services, in a nurturing mainstreamed classroom environment for children with special needs; and regular field trips where children can enjoy and explore the world around them. This school has been open since 2017 and has a capacity of 190 students. The age range is from birth - Pre-K. This is a year around school.



**Bonnie Gurule
began serving in 2023**



Recipe of the Month

Classic Sesame Noodles with Chicken

Sesame noodles become a satisfying meal with lean chicken and tons of veggies in this quick, healthy noodle recipe. Be sure to rinse the spaghetti until it's cold, then give it a good shake in the colander until it's well drained.

Are you a spiralizing pro? Swap 5 cups of raw zucchini, carrot or other veggie "noodles" for the cooked pasta.

By EatingWell Test Kitchen | Updated on September 19, 2023

Tested by EatingWell Test Kitchen

Cook Time: 20 mins

Total Time: 20 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Diabetes-Appropriate Nut-Free Dairy-Free Healthy Pregnancy
Healthy Aging Healthy Immunity Low-Sodium Low
Added Sugar High-Fiber Heart-Healthy High-Protein Egg-Free
Low-Calorie

Ingredients:

8 ounces whole-wheat spaghetti
3 tablespoons toasted (dark) sesame oil
2 scallions, chopped
1 tablespoon minced garlic
2 teaspoons minced fresh ginger
1 teaspoon brown sugar
2 tablespoons reduced-sodium soy sauce
2 tablespoons ketchup
8 ounces cooked boneless, skinless chicken breast, shredded
1 cup julienned carrots
1 cup sliced snap peas
3 tablespoons toasted sesame seeds

Directions

Step 1

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.

Step 2

Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

Tips

Make Ahead Tip: Refrigerate sauce and noodle mixture separately for up to 1 day; toss together before serving.

Originally appeared: EatingWell Magazine, July/August 2016

Nutrition Facts

Per serving: Serving Size 1 3/4 cups 460 calories; total fat 17g; saturated fat 3g; cholesterol 48mg; sodium 407mg; total carbohydrate 53g; dietary fiber 9g; total sugars 7g; added sugars 2g; protein 29g; vitamin c 16mg; calcium 126mg; iron 5mg; potassium 478mg





Earth Day Word Search



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

AIR
 APRIL
 BOTTLES
 CANS
 CLEAN
 CLIMATE
 COMPOST

CONSERVATION
 EARTH
 ENERGY
 ENVIRONMENT
 LAND
 NATURE
 OCEAN

OXYGEN
 OZONE
 PLANET
 PLANTS
 PLASTIC
 POLLUTION
 PROTECT

RECYCLE
 REDUCE
 REUSE
 TREE
 VOLUNTEER
 WATER

Coloring Page



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
1	2	3	4	5
<ul style="list-style-type: none"> ◆ Salisbury steak w/gravy ◆ Roasted redskin potatoes ◆ Malibu blend vegetables ◆ Fruit mix ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Brown rice ◆ Beets ◆ Dinner roll w/margarine ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey chef salad ◆ Orzo pasta w/red peppers ◆ Croissant ◆ Tapioca pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Bean & cheese burrito topped w/red chile and cheese ◆ Collard greens ◆ Calabacitas ◆ Apple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Pasta w/diced tomatoes ◆ Green beans ◆ Grapes ◆ 1% milk 
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Sloppy joe ◆ Ranch beans ◆ Mixed vegetables ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Diced pork w/BBQ sauce ◆ Butter parsley and red potatoes ◆ Steamed carrots ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey fajitas w/tortilla ◆ Spanish rice ◆ Mexi-corn ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Egg salad sandwich ◆ Cucumber, tomato, red onion ◆ 3 bean salad ◆ Honey dew ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Orzo pasta w/ black olives ◆ Green beans ◆ Chocolate cake ◆ 1% milk 
15	16	17	18	19
<ul style="list-style-type: none"> ◆ Carne adovada ◆ Tortilla ◆ Spinach ◆ Pinto beans ◆ Tapioca pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked chicken ◆ Mashed potatoes ◆ Collard greens ◆ Dinner roll w/margarine ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef patty w/mushroom and Swiss ◆ Mixed vegetables ◆ Cauliflower ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Denver omelet ◆ Stewed tomato ◆ Diced potatoes ◆ Pear ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce ◆ Imperial blend vegetables ◆ Garlic breadstick ◆ Green apple ◆ 1% milk 
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Frito pie ◆ Imperial blend vegetables ◆ Corn chips ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Bratwurst with onion and peppers ◆ Hoagie roll ◆ Baked beans ◆ Diced potatoes ◆ White cake ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork loin ◆ Black eyed peas ◆ Brown rice w/red peppers ◆ Cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ziti w/mozzarella cheese ◆ Mixed vegetables ◆ Garlic breadstick ◆ Apple sauce ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef tips w/noodles ◆ Malibu blend vegetables ◆ Peach crumble ◆ Dinner roll w/margarine ◆ 1% milk 
29	30	1	2	3
<ul style="list-style-type: none"> ◆ Chicken tender w/BBQ sauce ◆ Green beans ◆ Sweet potatoes ◆ Diced peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Fajita blend vegetables ◆ Brown rice ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef stir fry ◆ Steamed carrots ◆ Orzo ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Southwest omelet w/red chile ◆ Diced potatoes ◆ Stewed tomatoes ◆ Cantaloupe ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Diced beets ◆ Baked cinnamon apples ◆ 1% milk 