

Foster Grandparent Program

Newsletter

November 2024

Message from FGP Team

It's starting to feel more like fall each day. The leaves are falling, and the trees are turning many beautiful colors. It was wonderful to see all of you at the training in October. I hope you gained some great knowledge from this training.

Our Annual Thankful Recognition will be held on Friday, November 8th, from 10:30 a.m. to 1:30 p.m. During this event, we will be honoring our Veteran program volunteers. You should have received your invitation. Transportation will be provided for those who use transportation on a regular basis. If you are unable to attend, please notify Estelle by Friday, November 1. We look forward to seeing you all there.

We also have included other events that are happening in the month of November that are being hosted by Senior Affairs. We are so grateful to have you all in our program. We are very thankful to spend time talking with and visiting you at your sites. We hope you have a wonderful Thanksgiving filled with family and friends.



*Wishing you well,
Marie, Joni and Estelle*



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

we're
CLOSED

**Office will be closed for Veterans Day,
Monday, Nov 11 and
Thanksgiving, Thur/Friday, 28/29 Nov 2024**



**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 1000-
1200**



Foster Grandparent Program

Join us to Celebrate FGP Volunteers
and Honor FGP Veterans who
Serve in the Program for our annual
Thankful Recognition Celebration.



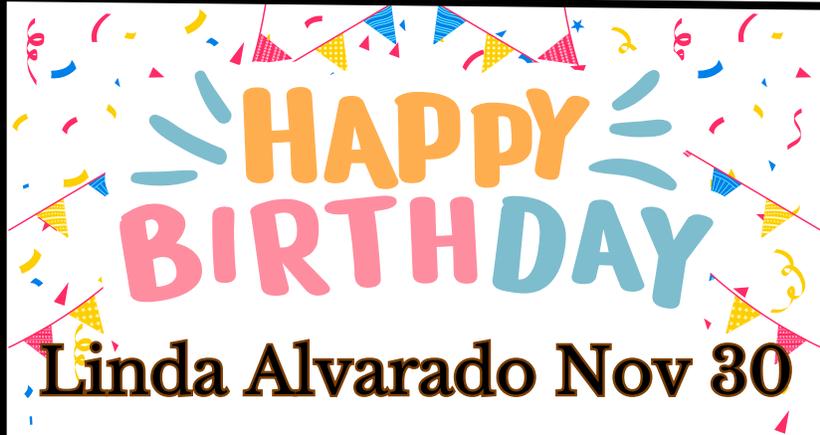
November 8 2024, 10:30 am - 1:30 pm

Golf & Event Center at Balloon Fiesta Park
9401 Balloon Museum Drive NE 87113

(not at the Balloon Museum - look for the signs to Event Center)

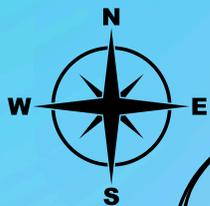
**HELLO
MY NAME IS**

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.



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.



**9401 Balloon
Fiesta Park NE
Albuquerque NM
87113**



thank you Veterans

Sandra Perea
Orlando Sanchez
Jon Sundell
Ramon Trujillo

October In-service Information

Free Classes for Early Childhood Educators & Partners
www.nmels.org

Information for Early Childhood Programs and Families
www.newmexicokids.org

Information & Locations of NM PreK Programs in NM
www.newmexicoprek.org

For more information on available trainings or to register for trainings, please visit, www.nmels.org. For questions, please email nmels@unm.edu For the Trainer Registry, call 505-250-6725 or Contact for more information:

Luisa Massey: Luisamassy@unm.edu 505-974-1747



VETERANS DAY
Monday, November 11th 2024

9:00 a.m. to 10:00 a.m.
Veterans Day Parade

10:30 a.m. to 12:30 a.m.

Please join us for an all-new experience honoring our Veterans, with music provided by the Dukes of Albuquerque Concert Band

NEW MEXICO VETERANS MEMORIAL PARK
1100 Louisiana Blvd SE Albuquerque, NM

FOR MORE INFORMATION:
505-768-4496

ONE ALBUQUE RIQUE
New Mexico Veterans Memorial



Veterans Day
★ Parade ★

November 11, 2024

Start @ 9:00 am

USS Bullhead Memorial Park
1606 San Pedro SE, 87108

End @ 10:00 am

New Mexico Veterans Memorial Park
1100 Louisiana SE, 87108

For more information: ttozier@cabq.gov To participate:





Annual Senior Holiday Donation Drive

The Department of Senior Affairs is collecting donations of NEW items to share with seniors in need this holiday season.

Donations will be delivered to older adults enrolled in our Care Coordination program. Help us spread some holiday cheer with your generous donations to homebound seniors!

Bring donations to your local senior or multigenerational center before November 27, 2024

NEW Items needed:

- Protein Drinks
- Adult Depends
- Scarves, hats, and socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming sets
- Tissue & Toilet Paper

QR Code



Scan to see our registry on Amazon

For more information, drop-off locations hours and directions, please call

(505) 764-6400



Ageless Artisan Craft Fair



NOVEMBER

SATURDAY

16

9AM-1PM

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE, 87123
505-275-8731

Just in Time for the Holidays!

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!



ONE ALBUQUERQUE



MEDICARE FAIR Event Series

ONE ALBUQUERQUE senior affairs

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Locations/Times

North Domingo Baca Multigenerational Center
Thursday, October 17, 2024
9 AM - 11 AM

Barelas Senior Center
Friday, October 25, 2024
9 AM - 11 AM

Santa Barbara Martineztown Multigenerational Center
Friday, November 8, 2024
9 AM - 11 AM

Highland Senior Center
Friday, November 22, 2024
9 AM - 11 AM

Call **505-764-6400** for more information

cabq.gov/seniors



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.

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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 the Blue Cross and Blue Shield Association

PRIME TIME PUBLISHING

ONE ALBUQUERQUE senior affairs

Friendsgiving

BINGO

47 9 56 34 17

FREE

NOVEMBER 1, 2024
6:00PM - 8:00PM

Manzano Mesa Multigenerational Center
 501 Elizabeth St SE, 87123

sign up at front desk or call (505)275-8731

North Domingo Baca

THANKSGIVING

Family DINNER

Friday, November 22 | 5:30 - 8:00 pm

7521 Carmel Ave NE 87113

Join us for a night of family fun!

ONE ALBUQUERQUE senior affairs

All meals will stop serving after 6:30pm
We will be serving classic Thanksgiving Meals

RESERVATIONS ARE REQUIRED

Events Happening in November

ONE ALBUQUERQUE senior affairs

Palo Duro Senior Center

DIA DE MUERTOS

Special Performance by Casa Flamenca!

1 DE NOVIEMBRE
 Friday, 12:00 noon

CASA FLAMENCA

NORTH DOMINGO BACA MEMEBERS

DAY OF THE DEAD

JOIN US FOR A MARVELOUS INTERGENERATIONAL MARIGOLD CELEBRATION

FRIDAY, NOVEMBER 1ST
2:45 PM - 5:00 PM

7521 CARMEL AVE NE, ALBUQUERQUE, NM 87113

ONE ALBUQUERQUE senior affairs

Recipe of the month



Mexican Ground Beef Skillet

Serves 2

Prep Time: 10 Min - Cook Time: 20 Min - Total Time: 30 Min

Ingredients

1/3 tablespoon olive oil

1/6 med yellow onion minced

1/3 lb. 85% ground beef

1 tablespoons taco seasoning

2/3 tablespoons green chiles

5 oz. canned black beans drained and rinsed

1/3 cup quick-cooking brown or white rice

1/3 tablespoon minced garlic

2/3 large bell peppers diced

1/6 cup tomato sauce

1/2 cups beef broth any kind

1/6 cup Mex shredded cheese

Instructions

Heat olive oil over medium/high heat in a large nonstick skillet*. When olive oil is fragrant, add garlic, onion, and bell pepper. Sauté for 3-5 minutes. Then, move veggies to the side and add in ground beef. Sauté ground beef for 7-9 minutes, or until fully cooked. Mix everything together in the pan. Once the beef is fully cooked, add taco seasoning, tomato sauce, green chiles, and black beans and cook for a few minutes. Then, add in quick-cooking rice and broth. Bring to a boil over medium/high heat. Once boiling, turn down to low and cover. Let simmer for around 20 minutes or until the rice has softened and absorbed the majority of the liquid. Sprinkle cheese on top of skillet and either let melt naturally or pop it in the oven at 400°F for a few minutes to fully melt cheese.

Serve beef skillet with chips!

Notes

Skillet size: used a 16-inch skillet, but if you use something smaller, just make sure it is deep enough. A dutch oven would work perfectly!

Nutrition information includes our homemade taco seasoning recipe.

Nutrition: Calories: 379kcal | Carbohydrates: 28g | Protein: 27g | Fat: 16g | Fiber: 6g | Sugar: 4g

Coloring Page



Word Search

THANKFUL FOR . . .

G C A R T C H O C O L A T E
M P E L E C T R I C I T Y F
R J S V S T L A U G H T E R
I N S P I R A T I O N G O E
A P E E L S E W E V O L Y E
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S X D D E O D O R A N T I O
E T N E M Y O L P M E M R M
R Q I E C H O I C E S L U U
F C K M A S G N I V A S C S
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ART
CHOCOLATE
CHOICES
CLEAN WATER
DEODORANT
ELECTRICITY
EMPLOYMENT
FAMILY
FREEDOM

FRESH AIR
FRIENDS
GOOD HEALTH
GPS
HOME
INSPIRATION
KINDNESS
LAUGHTER
LOVE

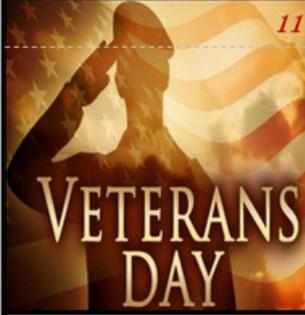
MUSIC
PETS
SAVINGS
SECURITY
SLEEP
SUNSHINE
TIME
WIFI
WISDOM



NOVEMBER 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>28</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
<p>4</p> <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
<p>18</p> <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
<p>25</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	