

Share Today. Shape Tomorrow. Foster Grandparent Program

November 2023



Meet Elva Louissena

Elva Louissena was born in Truth or Consequences (T or C), NM. When she was one, her family moved to Albuquerque to find better employment. Her father suffered from asthma and the move was better for his health. Elva attend East San Jose Elementary school until third grade. Her church opened a school at that time and Elva was able to attend there until the eighth grade. She then attended Albuquerque High School. After graduation Elva was employed as a bookkeeper for Ed Black's Chevrolet. She met her future husband soon after and they were married by the end of the year. They were married for over 20 years but sadly Elva's husband passed away. Elva was left with three daughters and one two-year-old son.



Elva went back into the workforce. She needed a job where she would still have time to care for her four children. She found the perfect job working for Albuquerque Public Schools Cafeterias. Her first school was at Del Norte High School. She then worked at Eugene Field Elementary. She really wanted to work at East San Jose Elementary where her son attended and where she attended as a little girl. Once an opening was available, Elva moved schools. During the summers Elva gained employment at APS Central Kitchen and for Bueno Foods, peeling green chile. She also worked at a local department store for the holidays. Elva now has ten grandchildren and one great-grandchild. She dedicated her time to them as well.

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Happening this Month

- November 7th - Election Day
- November 10th - Veterans' Day Observed, Office closed, Schools closed
- November 11th - Veteran's Day
- November 13th & 14th - NM Conference on Aging, Optional event, Stipend paid
- November 17th - FGP Thankful and Veterans' Recognition Event
- November 18th - Ageless Artisan Craft Fair at NDB MC, Optional Event
- November 23rd - Thanksgiving Day Holiday
- November 24th - Day After Thanksgiving, Office and Schools closed

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“Life is like riding a bicycle. To keep balance, you must keep riding.”

Albert Einstein

Meet Elva Louissena, continued.

After her work was done for the day in the cafeteria, Elva would help one of the teachers in the afternoon. The principal mentioned to her that since she is working in the classroom, she should join the Foster Grandparent Program and get paid. Elva had already met the other volunteers serving there because she would give them their lunches every day. After working 30 years for APS, Elva joined the Program and began serving the very next school year in 2012.



“Grandma” Elva loves helping the students and says that is the best part of being a volunteer. She always wanted to work with children as an Educational Assistant and serving as a Foster Grandparent volunteer has given her fulfillment. Some of Grandma Elva’s best friends are also FGP volunteers. Everyone can always see them sitting together at meetings and events. Thank you, Grandma Elva for serving the students in a community that is dear to your heart!



Message from your FGP Team

Happy November!!! October was a busy month with training and activities. As you continue to serve in your stations, please let us know if there are any upcoming events that you would like us to attend at your school. We love to see you all in action and getting recognized at your schools.

In the next few weeks, we want to bring to your attention a few events that are happening. FGP will be hosting our Annual “Thankful” Recognition Celebration on Friday, November 17th from 11 am – 2 pm. During this event, we will also be honoring our Veteran Volunteers. A separate invitation will be forthcoming. Transportation will be provided for those who use that service. If you are unable to attend, notify Estelle.

There is also an Artisan Craft Fair that will be held at North Domingo Baca Multigenerational Center on November 18th from 9:00 am to 1:00 pm. This is an optional event to attend.



The Conference of Aging will be on Monday, November 13 & Tuesday, November 14 with a dance on Monday, November 13th from 5:30 pm - 8:00 pm at The Clyde Hotel. You do not have to attend the dance if you register for the conference. Registration is required to attend this event. Please make sure to call Estelle ASAP if you plan on attending.

This year is soon coming to a close as we look back and see how wonderful and grateful we are to have such wonderful volunteers. We are excited to see all the wonderful activities coming up at your schools and here at FGP. We are extremely grateful for all you do. We are wishing you all well, and grateful to be part of your story. Have a wonderful month filled with happiness and joy!

Wishing you well,
Marie, Theresa and Estelle



Happy Birthday!



Grace Garcia
November 26
YDI Pedro Baca



Linda Alvarado
November 30
Rio Grande
Academy of Fine Arts



Welcome
TO

Our Newest Volunteers!



Bonnie Gurule - will serve at YDI Centro de Amor

Nancy Hendricks - will serve at a NE school

Carol Johnson, returning vol. - will serve at Tomasita ES

Dina Otero - will serve at a North Valley school



Recipe of the Month - Buffalo Cauliflower Bites

Buffalo Cauliflower Bites

Servings: 6

Serving Size: ½ cup

Ingredients

- 1 large head of cauliflower (2 pounds), cut into florets
- 2 Tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 Tablespoon unsalted butter
- ½ cup buffalo sauce*

Instructions

1. Preheat oven to 450° F.
2. In large bowl, combine cauliflower, olive oil, garlic powder, salt, and pepper so all the florets are coated and seasoned.
3. Line a large baking sheet with foil or parchment paper for easy clean up. Spread cauliflower mix evenly on the baking sheet. Bake for 20-30 minutes, turning florets 10 minutes through so they are evenly cooked. Check for doneness at 25 minutes.
4. Melt the butter in the microwave (10-15 seconds) or in a pot on the stove. Whisk in the buffalo sauce. Set it aside.
5. Remove the baking sheet from the oven. Toss cauliflower in the Buffalo sauce until well coated. Put the cauliflower back on the baking sheet. Bake for an additional 5-10 minutes until bubbly.
6. Serve with your favorite dipping sauce. Enjoy!

*To lower sodium content, use low sodium buffalo sauce and leave out ½ teaspoon salt.



Nutrition Facts	
6 servings per container	
Serving size 1/2 cup (179g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 990mg	43%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.2mg	6%
Potassium 460mg	10%

*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.



Grandpa Carl at
Alb. Bilingual Academy
Harvest Festival



Upcoming Events



Veterans Day Parade

Optional Event

Saturday, November 11

Start: 9:00 a.m.

Where: Bullhead Memorial Park

1606 San Pedro Dr. SE

End: 10:00 a.m. at Memorial Park

1100 Louisiana Blvd. SE

Following Parade:

Optional Event

Musical Prelude

10:00 a.m.

Dukes of Albuquerque

Concert Band

Ceremony

11:00 a.m. to 12:30 p.m.

Ageless Artisan Fair

Optional Event

November 18th, 9:00 a.m. - 1:00 p.m.

North Domingo Baca Multi. Gen. Center

7521 Carmel NE, 87113

Come shop and support our senior artists!

Discover unique, one-of-a-kind items such as tin art, woodwork, ceramics, photography, mixed media, jewelry and much more!

Arts & Crafts! Food Trucks! Live Music!

NEW MEXICO 45TH ANNUAL Conference on Aging

ABQ NOV 13-14 2023

Notify staff if you plan to attend

The New Mexico Conference on Aging offers older adults, caregivers, and the specialists who work with them a chance to learn, have fun, and unite. Programs promote independence, dignity, support, and access to community services and resources throughout the state.

CONFERENCE • Monday & Tuesday, November 13-14
National Hispanic Cultural Center
1701 4th Street SW, Albuquerque

DANCE • Monday, November 13
5:30-8:00 p.m.
The Clyde Hotel
330 Tijeras Ave NW, Albuquerque

Thankful Recognition For FGP Veterans and Volunteers

November 17th, 11:00 a.m. to 2:00 p.m.

By invitation only

Best Wester Rio Grande Inn

1015 Rio Grande Blvd NW

FGP Volunteers are required to inform the office
of your attendance or absence

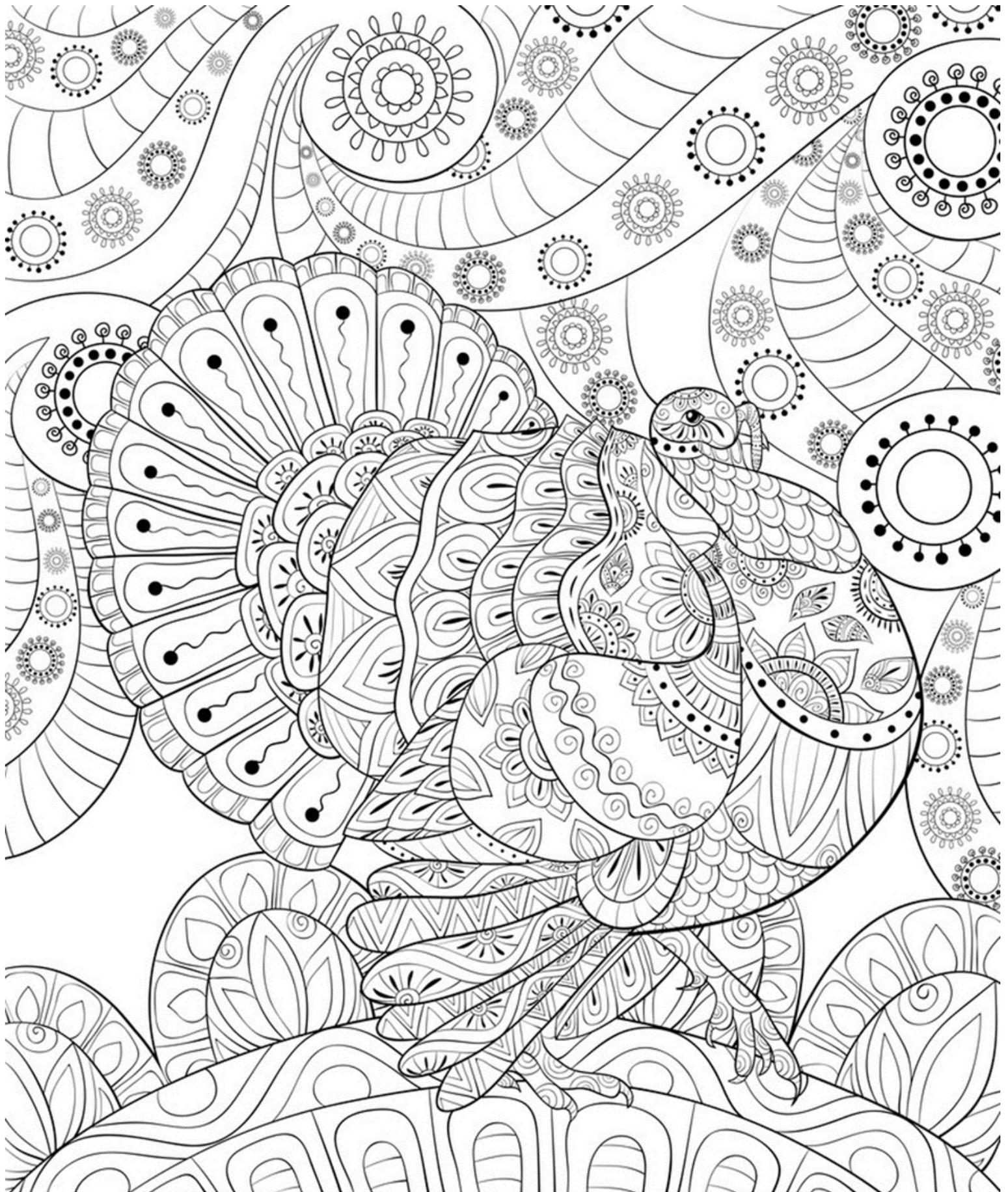


THANK YOU,
VETERANS

Thank you to our
Veterans who are
serving in our
classrooms.

- Orlando Sanchez
- Jon Sundell
- Ramon Trujillo





HAPPY THANKSGIVING

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

APPLE PIE

CHOCOLATE CREME PIE

FAMILY

HOLIDAY

NOVEMBER TWENTY THIRD

PUMPKIN BREAD

SEASONS CHANGE

TRIPLE BERRY PIE

BANANA CREME PIE

CRANBERRY SAUCE

FRIENDS

HOLIDAY TRAVEL

OLIVES

PUMPKIN PIE

STUFFING

TURKEY

BEER

DINNER ROLLS

GRAVY

MASHED POTATOES

PECAN PIE

PUMPKIN STEW

SWEET POTATOES

WINE

CHERRY PIE

FALL LEAVES

GREETING CARDS

MIXED DRINKS

PICKLES

SCARECROW

THE TURKEY SONG

YAMS

November 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
30 <ul style="list-style-type: none"> ♦ Pork Loin w/ gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Pear ♦ 1% milk 	31 <ul style="list-style-type: none"> ♦ Mummy loaf in swamp water (Meatloaf w/ gravy) ♦ Mashed potatoes ♦ Sliced carrots ♦ Jell-O ♦ 1% milk 	1 <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 	2 <ul style="list-style-type: none"> ♦ Pot roast w/ potato, celery, carrots ♦ Italian blend ♦ Ancient grain ♦ Mandarin oranges ♦ 1% milk 	3 <ul style="list-style-type: none"> ♦ Omelet w/ mushrooms, spinach ♦ Hash browns ♦ Vegetable blend ♦ Yogurt ♦ 1% milk 
6 <ul style="list-style-type: none"> ♦ Pork loin w/ gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Diced pears ♦ 1% milk 	7 <ul style="list-style-type: none"> ♦ Ham mac & cheese ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ 1% milk 	8 <ul style="list-style-type: none"> ♦ Breaded chicken patty w/ green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Red apple ♦ 1% milk 	9 <ul style="list-style-type: none"> ♦ Pot roast, potato, celery, carrots ♦ Italian blend vegetables ♦ Ancient grain ♦ Orange ♦ 1% milk 	10 <p style="text-align: center;">CLOSED</p> 
13 <ul style="list-style-type: none"> ♦ Steak fingers w/ white gravy ♦ Red potatoes ♦ Succotash ♦ Sugar cookie ♦ 1% milk 	14 <ul style="list-style-type: none"> ♦ Ham w/ pineapple glaze ♦ Biscuit w/ margarine ♦ Sweet potato ♦ Mixed fruit ♦ 1% milk 	15 <ul style="list-style-type: none"> ♦ Meatball sub sandwich w/ mozzarella ♦ Steak fries w/ ketchup ♦ Normandy blend ♦ Mandarin oranges ♦ 1% milk 	16 <ul style="list-style-type: none"> ♦ Omelet w/ mushrooms & spinach ♦ Hash browns ♦ Stewed tomatoes ♦ yogurt ♦ 1% milk 	17 <ul style="list-style-type: none"> ♦ Green chile chicken enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Vanilla pudding ♦ 1% milk 
20 <ul style="list-style-type: none"> ♦ Cajun salmon ♦ Fettuccine alfredo ♦ Baby carrots ♦ Granny smith apple ♦ 1% milk 	21 <ul style="list-style-type: none"> ♦ Beef w/ peppers & onions ♦ Black beans ♦ Imperial blend vegetables ♦ Banana ♦ 1% milk 	22 <ul style="list-style-type: none"> ♦ Herb roasted turkey w/ gravy ♦ Stuffing w/ gravy ♦ Green bean casserole ♦ Dinner roll ♦ Pumpkin cake ♦ 1% milk 	23 <p style="text-align: center;">CLOSED</p>	24 <p style="text-align: center;">CLOSED</p> 
27 <ul style="list-style-type: none"> ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 <ul style="list-style-type: none"> ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 <ul style="list-style-type: none"> ♦ Beef tip w/ elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 <ul style="list-style-type: none"> ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 <ul style="list-style-type: none"> ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 