

Foster Grandparent Program

Newsletter

October 2024

Message from FGP Team

Happy October! The seasons are changing, the weather is cooling down and the balloons are up. Many different events are happening this month. We are still looking for Seniors to join the Advisory Council. If you are interested, turn in your application before Oct 1, 2024. We are starting to plan for our Holiday Thankful Recognition. More information about this event will be included in a flyer at a later time. We are looking for volunteers for the trash to class to present at different schools. Please contact Joni if you are interested.

There are also station closures for APS and ABA for Fall Break for this coming month. APS will have station closures for Indigenous People's Day, Fall Break, and Professional Development. YDI Centers will be closed for Indigenous People's Day. Please see your timesheet for your station closures.

Happening this month that are optional to attend. Prime time 50+ Expo is October 9th. There is a Harvest Party at Raymond G. Sanchez Community Center on Friday, October 25th please call our office to reserve your spot by Oct 16th. Walk to End Alzheimer's is October 19th you need register online, you can call our office and we can help you with this.

We look forward to seeing you all at our upcoming In-Service Training on Wednesday, October 23. We will have a speaker from CYFD and UNM Early Childhood Services Center, more information to come in a flyer soon.

Have a wonderful month and thank you for all you do.



*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

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

JOIN NOW

Advisory Council

16 October @ 10:00-12:00pm at Manzano Mesa Multigen 501 Elizabeth. We are looking for 4 FGP volunteers to join the FGP/SCP council. Don't forget to drop off application by Oct 1, 2024 to FGP office.

HELLO MY NAME IS

Volunteer Badge Policy

Please wear your volunteer badge on the outer most layer of clothing above the waist any time you are in service or on city property. Call Joni with any questions 505-764-6421

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. The schedule has already been set for the rest of the school year and you can pick the dates/schools you would like to brief at. We have a great partnership to educate within this awesome program, but we can't do it without you.

Requires that you are able to drive or have private transportation - must be able to drive to different sites/schools to do the briefings. 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 or let Joni know if its not for you. Call Joni if interested and she will get you signed up.



October In-Service Mandatory Training

Wednesday, October 23rd

Location: Albuquerque Toy Lending Library
5816 Isleta Blvd SW, 87105

Time: 10:30-1:30 pm

CYFD providing some great training on child abuse along with UNM Early Childhood Services Center providing great info.

Lunch will be provided

MORE INFORMATION TO COME



ONE ALBUQUERQUE senior affairs
RAYMOND G SANCHEZ
PRESENTS

harvest festival



SIGN UP TO RESERVE YOUR SEAT!
REGISTER WITH YOUR MEAL
SITE COORDINATOR
OR CALL 505-764-6474 BY OCTOBER 16TH
RAYMOND G. SANCHEZ COMMUNITY CENTER | 9800 4TH ST NW 87114

- TREATS
- VENDORS
- COSTUME CONTEST
- RAFFLE PRIZES
- CARNIVAL GAMES



OCTOBER 25TH 9AM - 1:30PM
LIVE MUSIC BY PAUL PINO & THE TONE DADDIES

Optional Events



46TH ANNUAL NEW MEXICO CONFERENCE ON AGING

OCTOBER 28, 2024 | ALBUQUERQUE

A full day of programming featuring:

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance information
- Medical equipment demonstrations
- Exhibitor networking
- Accessible venue, ASL interpreters

SOLD OUT



Registration now open!

Visit [AginginNM.org](https://aginginNM.org) for more information and to register



Prime Time 50+ Expo Come for the info. Stay for the Fun.

The Prime Time 50+ Expo is a free health fair that brings together both readers and advertisers for a day of fun, education and product demonstration. With giveaways, guest speakers, live entertainment, free flu shots, free health screenings, free transportation and more, this is an event not to be missed!

Wednesday – October 9th, 2024

8am – 1pm

Location: Embassy Suites – 1000 Woodward
Pl NE, Albuquerque, NM 87102

(Lomas & I-25)

SPEAKER SESSIONS

FLU SHOTS (while supplies last)

FREE HEALTH SCREENINGS

FREE ENTERTAINMENT & MUCH MORE!

This is an optional event. Stipend and mileage will be reimbursed for attending. Volunteers must sign-in at the AmeriCorps Seniors table for credit



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



2024 Walk to End Alzheimer's Saturday, October 19, 2024

Schedule of Events:
9:00 am Registration
9:30 am Ceremony
10:00 am Walk

Location: Mariposa Basin Park, 4900 Kachina St
NW, Albuquerque, NM 87120

To register for this event please visit
<https://www.alz.org/newmexico>

This is a free event!

ALZHEIMER'S  ASSOCIATION®

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

Welcome to the Neighbor-Hub!

Discover your neighborhood Resources nearby. Explore our interactive map to uncover a diverse array of community resources and services provided by the City of Albuquerque and other community partners. Gain access to support and activities offered at community centers, meal sites, libraries, museums, parks, and open spaces or connect with our local first responders.

Scan the QR Code and explore!

SCAN ME



Bernalillo County

Fall Harvest Festival for Seniors 50+

Join us for a day of food, fun, music and activities

Thursday, October 3, 2024

8:30 a.m. – 2 p.m.

Registration:

Please follow instruction below to pre-register:

- Rio Bravo Senior Center – Sign-up with Maria Munoz
- South Valley Multi-Purpose Senior Center – Sign-up at the Front Desk
- Los Padillas Community Center – Sign-up at Front Desk

Event will start at the Historic Guttierrez Hubbell House

6029 Isleta Blvd SW at 8:30 – 10 a.m.

- Bernalillo County Sherriff's Posse horseback Color guard
- Free Coffee and Danishes
- Hubbell House Tours and historic presentation

Seniors will be shuttled down the street to the Historic Pajarito Meal Site

6080 Isleta Blvd SW. Starts at 10 a.m. – 2 p.m.

- Live Music
- Cake Walk
- Canning and pickling interactive demonstrations (Please pre-register)
- Authentic New Mexican Lunch
- Fresh fruit and vegetables giveaway

Parking and Shuttle service provided via participating centers.

HAPPY Birthday

Bonnie Gurule 10/1

Oriz Taylor 10/4

Marie Llamas 10/10

Betty Jean Trujillo 10/15

David Cavalier 10/16

Ramon Trujillo 10/17

Majorie Williams 10/18



**Office will be closed in
observation of
Indigenous Peoples' Day
Monday, October 14, 2024**

Look What we Did!

Site Visits



State of the City

Recruitment Activities



Senior Picnic Day



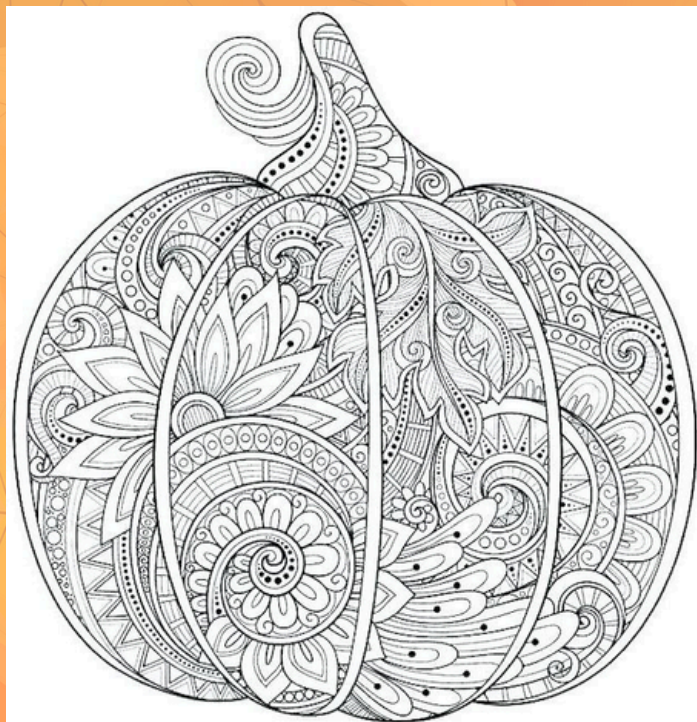
9/11 Day of Service Project



State Fair



Coloring Page



Word Search



HALLOWEEN

WORD SEARCH PUZZLE

BAT
CANDY
CARVE
COSTUME
GHOST
HARVEST
HAYRIDE
HAUNTED
MOON
NIGHT
ORANGE
PARTY
POTION
PUMPKINS
SCARE
SCREAMS
SKULL
SPIDER
SPOOKY
TRICKS
WEB
WITCH
ZOMBIE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Recipe of the month

Spaghetti Squash Burrito Bowl

4 Servings

Ingredients

2 medium **spaghetti squash** (about 2 pounds each)
2 Tbs **oil**, olive or canola
1 can (15 oz) **black beans**, drained and rinsed
2 cups **frozen corn**, thawed and drained
3 cups **frozen peppers/onions mix**, thawed and drained
 $\frac{1}{2}$ cup **salsa**, low sodium
1 tsp **cumin**
 $\frac{1}{2}$ cup **shredded cheese**, cheddar, fiesta, or other is fine

Optional: Green onions, additional salsa, cilantro, nonfat plain Greek yogurt, avocado, Jalapeños



Nutrition Information

Serving Size: $\frac{1}{2}$ spaghetti squash

Calories: 440
Total Fat: 13g
Saturated Fat: 4g
Protein: 16g
Sodium: 510mg
Carbohydrates: 72g
Added Sugar: 0g
Fiber: 18g

Instructions


1. Preheat the oven to 375°F.
2. Cut stem off each spaghetti squash, then slice squash in half lengthwise. Scoop out seeds and dark orange stringy pulp with a spoon.
3. Brush with olive or canola oil, and place cut side down on a baking sheet lined with foil. Bake for about 45 min, or until flesh is easy to pierce with a fork.
4. Use a fork to scrape the inner fleshy part of each squash half, creating your "noodles". Spoon $\frac{1}{4}$ of the beans, corn, peppers/onions, salsa, and jalapeño into each squash half. Sprinkle cumin on each, then toss to combine.
5. Top each half with shredded cheese, then stick (cut side up) back in the oven on the baking sheet for about 10 minutes, or until cheese is melted and mixture is heated throughout.
6. Serve straight from the squash, topped with green onions, cilantro, or any other items you like!

Menu

OCTOBER 2024

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
30	1	2	3	4
<ul style="list-style-type: none"> ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk 
7	8	9	10	11
<ul style="list-style-type: none"> ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk 
14	15	16	National Pasta Day 17	18
INDIGENOUS PEOPLES' DAY 	<ul style="list-style-type: none"> ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans) ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk 
21	22	23	24	25
<ul style="list-style-type: none"> ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken Pot Pie 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk 
28	29	30	31	1
<ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	<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 	<ul style="list-style-type: none"> ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk 