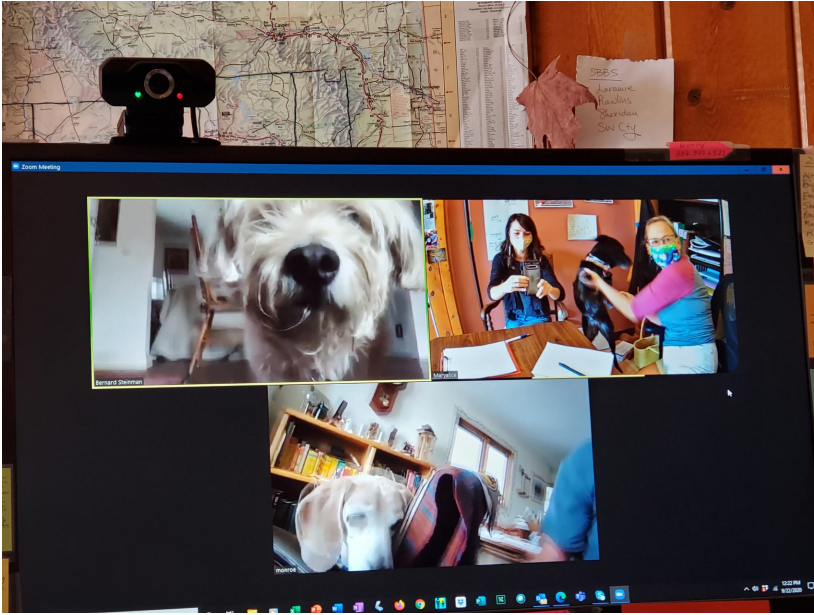


Just For You...

NOVEMBER 2020

FOSTER GRANDPARENTS OF THE WYOMING ROCKIES

FOSTER GRANDPARENTS GO VIRTUAL!



During these unprecedented times, many schools around the country are turning to virtual learning. We are proud to share that many of our Foster Grandparents are stepping out of their comfort zone in order to continue serving the mission of AmeriCorps Seniors and The Foster Grandparents of the Wyoming Rockies!

Pictured here is a Zoom meeting with Anela and her human Opa Frank; Ivy with her human Maryalice, and Rascal, who adopted one of our very own FGWR Advisory Council members, Bernard Steinman.



November is
**National Diabetes
Awareness Month**

Visit diabetes.org/greaterthan for virtual events, recipes, & more - all month long!



BIRTHDAYS

Frank Monroe

November 26

UPCOMING TRAININGS

All in-person trainings are postponed until further notice.

TIMESHEETS DUE

Monday
November 30



LIEAP helps Wyoming residents pay for heating bills during the winter months! Applications can be found online at:
WWW.LIEAPWYO.ORG



**AmeriCorps
Seniors**

ANNOUNCEMENTS

- Please submit your timesheet **by the last day of the month that you work**, it makes it easier on us! THANK YOU!
- Timekeeping forms can be emailed *or if in Laramie*, dropped into the building mailbox (not under the door of the office, as we have to make an appointment to enter the building).
- Anyone who is doing any activity with their schools or teachers should submit a regular timesheet.
- If you email Maryalice the timekeeping forms, she will **ALWAYS** respond with confirmation that she got it. If she didn't respond, she didn't get it and it is up to you to follow through with your timesheet.
- If you email your timesheet, no need to drop off or mail in the original!



"Be present in all things,
and thankful for all things."

– Maya Angelou

Did you know the first Macy's Thanksgiving Day Parade in 1920 had no balloons? The iconic balloon's first appeared in the 1927 Macy's Thanksgiving Day Parade. The photo above, from Good Housekeeping, shows what those first giant balloons looked like!

RECIPE: Warm Potato Salad

INGREDIENTS:

- 1 lb small new potatoes
- 1 tbsp Dijon mustard
- 1 tbsp whole-grain mustard
- 2 tbsp rice vinegar
- 2 tsp red wine vinegar or sherry vinegar
- 2 tbsp minced shallots
- 4 tsp extra-virgin olive oil
- 2 tbsp chopped Italian parsley
- ¼ tsp kosher or sea salt
- ¼ tsp black pepper

DIRECTIONS:

- Put the potatoes in a saucepan, add water to cover and bring to a boil over high heat.
- Reduce the heat to medium and cook, uncovered, until potatoes are tender, 15-20 min.
- Drain and let stand until just cool enough to handle. (Omit the step and use Glad or Ziploc steam bags for quick cooking and clean-up.) Cut each potato in half (or quarters, if potatoes are large).
- In a small bowl, whisk together mustards, vinegars and shallot until well blended.
- While whisking, slowly drizzle in the olive oil to make a thick dressing.
- Stir in the parsley, salt and pepper.
- Pour the dressing over the warm potatoes, mix gently and serve immediately.
- Makes 6 servings.

NUTRITION FACTS: 89 calories, 3g fat, 15g carbohydrates, 3g protein