



# Foster Grandparent Program Newsletter

February 2026

## *Message from Foster Grandparents Program*

**Happy February, AmeriCorps Seniors,**

Along with some unpredictable weather conditions that February in NM brings, this month also brings some days of joy and reasons to celebrate. Such as Black History Month, national Groundhog Day, Valentine's Day, national love your pet day, and worldwide random acts of kindness week. When so many need a reminder to be kind and loving, we know that FGP volunteers are beaming lights of examples all year round - what you do is making a difference with our youth, and you make us so proud to be part of your journey while participating in the betterment of ABQ youth.

Thank you to everyone who participated in our MLK Special Project Service Day. Department of Senior Affairs Volunteerism teamed up to cover 2 food pantry locations that day and was able to make a difference to so many people receiving those food boxes.

Please remember In-Services are mandatory trainings required by the program for all FGP volunteers. Thank you, everyone, for making sure FGP stays in compliance with your attendance at these trainings.

### **Next In-Service: March 27, 2026**

When you come to In-Services, appointments, etc., have your Senior Membership card readily available - you should be scanning into the facility each time.

2026 AARP Tax Assistance appointments are going fast – AARP membership is not required; it is a free service, available at many senior center sites. A benefit of your Senior Center Membership through FGP. Just call the center near you to make an appointment. Senior Centers: Barelás, North Valley, Bear Canyon, North Domingo Baca, Highland, Palo Duro & Los Volcanes. Additional Sites: Alamosa Community Center (CC), Holiday Park CC, South Valley Public Library, & Taylor Ranch CC.

***Your FGP Team,  
Marie, Joni & Estelle***



## DSA Administration



**Anna Sanchez**  
Director

**Shay Armijo**  
Deputy Director

**Marina Salazar**  
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

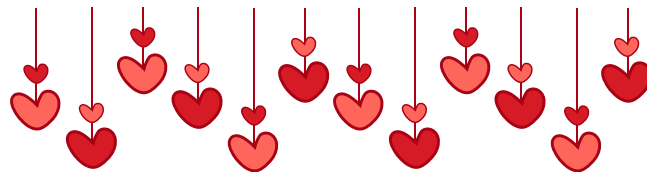
714 Seventh Street Sw  
Albuquerque, NM 87102  
505-764-6412  
Email: fgp@cabq.gov

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





# Spotlight



Janis Lowder is a first-year Foster Grandparent. She is currently serving at YDI Heights. She read about FGP from the articles and posts on the board at the senior center. She loves children and has worked in childcare previously, and felt that FGP matches her skill set.

Janis was born in Pueblo, Colorado, but was moved to ABQ by her parents when she was just 3 years old. She has lived in ABQ most of her life, with some time spent in surrounding areas such as Tijeras, Moriarty, and Sandia Park. She has made numerous trips to California and visited her daughter when she lived in Kentucky. She also took a trip to Boston and the surrounding area to see the area where her grandfather was born in 1888. Janis has 2 brothers (one is a twin) and 2 sisters. Her siblings all live in ABQ except 1 sister who lives in California.

Janis loves to read, watch movies, listen to music, and dance. She also likes to go to craft shows, events in the parks, visit museums, and attend festivals.

**Fun & Interesting facts:** In sixth grade, she was one of the runners in a 440-yard relay team that took first place in the city finals. She also took an auto maintenance course when younger, learned to change oil and flat tires, check batteries, and how brakes work. In the early 90's, Janis worked at a company that advertised subliminal self-help tapes on TV...if you bought and played the tape all night, there was a chance you could quit smoking, lose weight, or be a better golfer. She also worked as a receptionist at a company that manufactured doorknobs and tops for aluminum baseball bats.

Her favorite thing to do is spend time with her wonderful kids and grandkids...although she doesn't get many opportunities to do that. We are happy to have you helping with the children of ABQ and for being part of the FGP Team.

## SAVE THE DATE ~ ADD TO YOUR CALENDAR



**Feb 5 - Timesheets Due**

**Feb 14 - Valentines Day**

**Feb 16- Presidents Day/Office Closed**

**Feb 18 - Ash Wednesday**

**Feb 19 - Timesheets Due**

**Feb 20 - FGP In-Service**

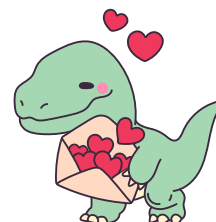
**Feb 20 - Road Runner Foodbank, Manzano Mesa Multigen, 2-4PM**

**Feb 23 ~ Mar 2 - FGP Recertification**

**Mar 20 - Manzano Mesa Mutigen Roadrunner 2-4PM**

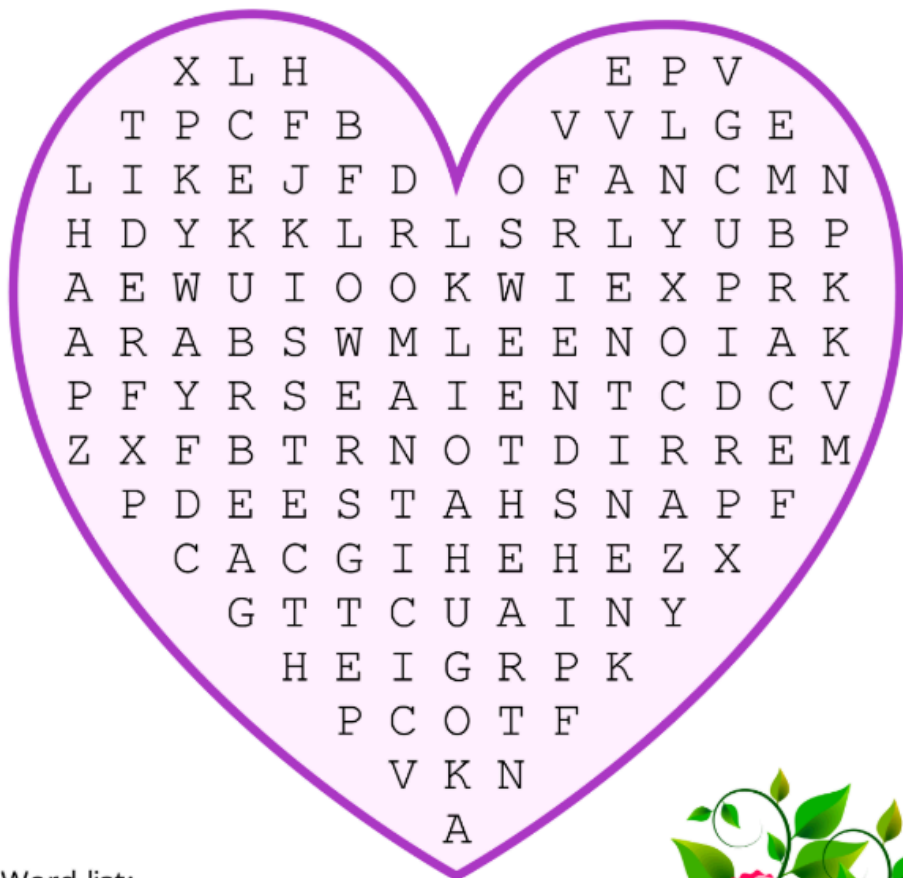
**Mar 27 - FGP In-Service**

**Apr 1 - Rail Runner Appreciation Trip**



Jon Sundell  
Feb 15

Pam Foss  
Feb 27



Word list:

AFFECTION  
CRAZY  
CUPID  
DATE  
EMBRACE

FLOWERS  
FRIENDSHIP  
HEART  
HUG  
KISS

LIKE  
LOVE  
ROMANTIC  
SWEETHEART  
VALENTINE



## 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 outermost layer of clothing above the waist at all times while volunteering.

## DSA Membership Card

Please have your senior center membership card ready anytime you come into a city facility. They will start scanning the card each time you come into the facility. This will include when coming to Barelas Senior Center for a meeting, In-Service, Etc. Please stop at the front desk & scan in before coming back to the training or offices.

## Inclement Weather Policy

Please stay safe. The Foster Grandparent Program follows the APS policy for snow day delays and closures. During these occurrences, please check the television, internet, or radio for official closures or delays. Volunteers serving in the Pueblos are advised to use their judgment and follow the instructions provided by assigned volunteer stations. For more information, refer to your FGP Handbook. Please call the office if you have any questions or concerns.





# Month in Review



## One Pot Chicken Teriyaki Bowl

Servings: 6, Prep: 10 min, Cook: 20 min, Total Time: 30 min

### Ingredients

#### Teriyaki Sauce

1/2 cup soy sauce  
1 tbsp sesame oil  
3 tbsp brown sugar  
4 cloves garlic minced

1 tbsp sunflower or canola oil  
2 cups dried instant rice  
1 Carrot sliced  
1/2 each red & yellow pepper  
1/2 cup Frozen peas  
3 green onions sliced  
1 lb chicken breasts diced  
3 cups chicken broth  
8 mushrooms quartered  
1 small can water chestnuts  
1 cup bean sprouts  
Sesame seeds to garnish

### Instructions

In a large pan/pot, heat oil over med-high heat. Add chicken and 2 tbsp of teriyaki sauce, frying until chicken is just browned. Add rice and chicken broth, bring to a boil, then lower heat to simmer. Cover with a tight-fitting lid and cook for 12-15 min.

Remove lid and add carrots, mushrooms and remaining teriyaki sauce to mixture, cooking for another 2-3 min. Add the rest of the veggies, except for the green onion, and cook for another 5 min, stirring occasionally. Remove from heat and stir in green onions. Serve in bowls and garnish with sesame seeds. Leftovers last up to five days or can be frozen.

### Notes

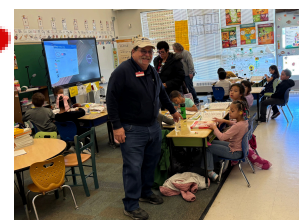
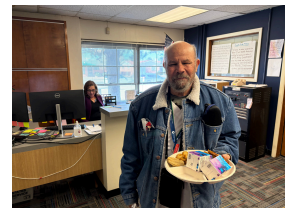
Don't overcook the chicken, rice or veg.

Swap chicken for other protein like beef, shrimp or tofu.

Make it gluten free by substituting regular soy sauce or teriyaki sauce for gluten-free alternatives like tamari or coconut aminos.

### Nutrition

Calories: 320kcal | Carbohydrates: 40g | Protein: 24g | Fat: 7g | Saturated Fat: 1g | Trans Fat: 1g | Cholesterol: 48mg | Sodium: 1616mg | Potassium: 685mg | Fiber: 3g | Sugar: 10g | Vitamin A: 1953IU | Vitamin C: 35mg | Calcium: 46mg | Iron: 4mg





# FOSTER GRANDPARENT PROGRAM MANDATORY IN-SERVICE

FRIDAY, FEBRUARY 20, 2026

10:00 AM - 1:30 PM

BARELAS SENIOR CENTER

714 SEVENTH STREET, ALBUQUERQUE, NM

**ONCE UPON A TIME: STEM IN FAIRY TALES  
PRESENTED BY: EXPLORA!**

HOW MUCH WEIGHT CAN RAPUNZEL'S HAIR HOLD? WHAT  
BRIDGE MIGHT THE THREE BILLY GOATS GRUFF CROSS?

DISCOVER THE ANSWERS AS YOU EXPLORE THE STEM IN YOUR  
FAVORITE FAIRY TALES. DISCOVER READY-TO-GO ACTIVITIES  
FOR YOUR CLASSROOM!

**PLEASE RSVP FOR MEETING & LUNCH  
BY FRIDAY, FEB 13, 2026**

TRANSPORTATION PICK-UP BEGINS AT 9:00 AM  
QUESTIONS & RSVP: CALL 505.764.6421



## SENIOR DAY

NEW  
DATE



FEBRUARY 13, 2026

### Join us at the Roundhouse

Join us on February 13<sup>th</sup> for Senior Day at the Legislature where you can participate in our free resource fair, learn more about New Mexico Aging Services' initiatives, budget requests, and advocate for funding that makes positive impacts in the lives of New Mexicans every day.



**RSVP TO ATTEND SENIOR DAY:**

[www.surveymonkey.com/r/SeniorDayFeb132026](https://www.surveymonkey.com/r/SeniorDayFeb132026)

#### EVENT DETAILS

8:30 AM Check-In and Light Refreshments  
8:30 AM Resource Fair  
9:00 AM Legislative Tours Around the Roundhouse  
11:00 AM Speakers  
12:00 PM Closing

Complimentary T-shirt sponsored by LANL Foundation and tote bag sponsored by AARP New Mexico for the first 300 attendees. Breakfast burritos sponsored by Non Metro New Mexico Area Agency on Aging.

Join a Legislative Tour and connect with your legislator.



FOR GROUP REGISTRATION OR MORE INFORMATION PLEASE VISIT:  
[WWW.AGING.NM.GOV/SENIORDAY](http://WWW.AGING.NM.GOV/SENIORDAY)

# February



## The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of 250 words detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way. Alongside your written story, we ask that you provide a photograph that captures the essence of your relationship.

We will profile submissions throughout 2026 in recognition and celebration!



**Drop entries off at any  
Senior or Multigenerational Center.**

Stories will be collected until February 14, 2026.



senior affairs

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
<b>2</b> Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz 	<b>3</b> Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz 	<b>4</b> Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz 	<b>5</b> Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz 	<b>6</b> Pork Chop 4oz Mashed Potatoes 3oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 
<b>9</b> Chicken Tamales 3oz Green Chile 1oz w/ Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 	<b>10</b> Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz 	<b>11</b> Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 	<b>12</b> Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Cala bac it a s 4oz Pears 4oz 1% Milk 8oz 	<b>13</b> BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz 
<b>CLOSED 16</b> 	<b>17</b> Carne Adovada 4oz Cala bac it a s 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz 	<b>18</b> Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 1% Jell-O 8oz 1% Milk 	<b>19</b> Baked Ziti 4oz Brussel Sprouts 4oz Breaded Pollock 1ea Mushrooms 4oz Mandarin Oranges 8oz 1% Milk 	<b>20</b> Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ 4oz Mushrooms 4oz Mandarin Oranges 8oz 1% Milk 
<b>23</b> Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz 	<b>24</b> Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz 	<b>25</b> Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz 	<b>26</b> Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz 	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 

