



Foster Grandparent Program Newsletter

February 2026

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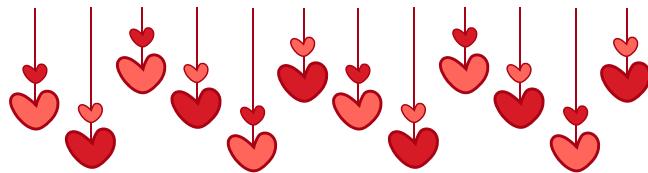
Your FGP Team,
Marie, Joni & Estelle

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

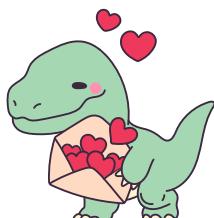
Feb 20 - Road Runner Foodbank, Manzano Mesa Multigen, 2-4PM

Feb 23 ~ Mar 2 - FGP Recertification

Mar 20 - Manzano Mesa Mutigen Roadrunner 2-4PM

Mar 27 - FGP In-Service

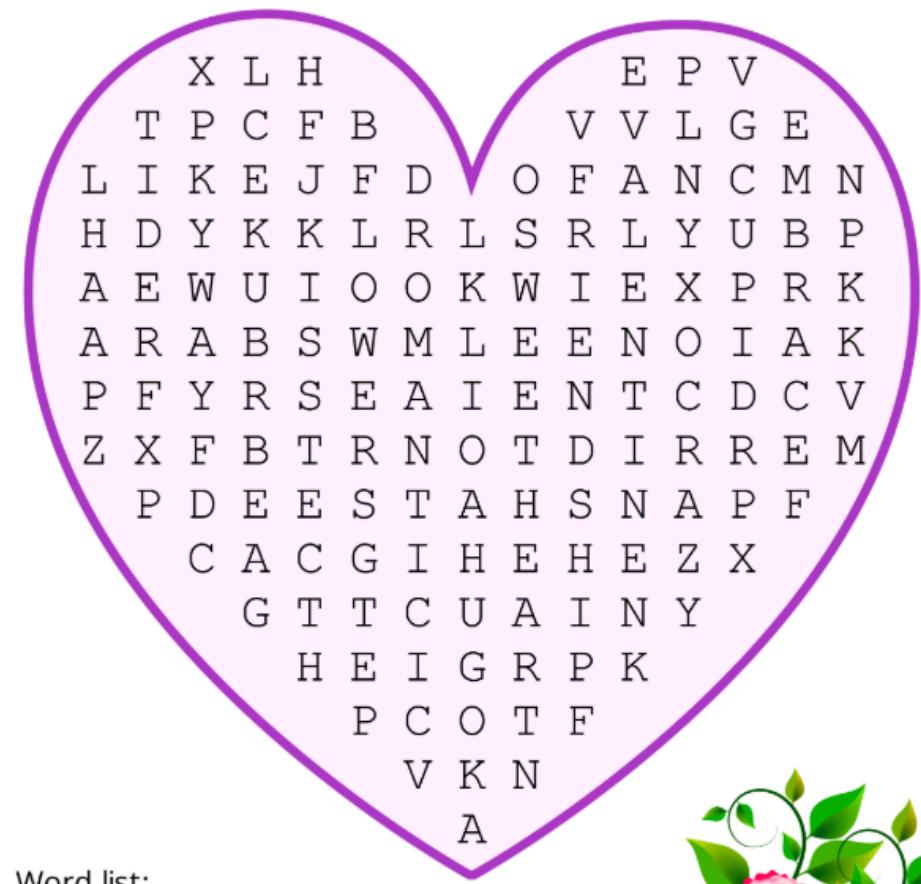
Apr 1 - Rail Runner Appreciation Trip





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

1 tbsp sunflower or canola oil	1 lb chicken breasts diced
2 cups dried instant rice	3 cups chicken broth
1 Carrot sliced	8 mushrooms quartered
1/2 each red & yellow pepper	1 small can water chestnuts
1/2 cup Frozen peas	1 cup bean sprouts
4 cloves garlic minced	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



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senior affairs



SENIOR DAY

NEW DATE



FEBRUARY 13, 2026

Join us at the Roundhouse

Join us on February 13th 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

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

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.

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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
2 Beef Tips over Bowtie Pasta Gravy Zucchini & Squash Dinner Roll Margarine Pears 1% Milk	3 Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Yogurt 1% Milk	4 Sliced Ham PineappleSauce Cauliflower Spinach Cornbread 8oz Banana 1% Milk	5 3oz Pasta Primavera 1oz SteamedBroccoli 4oz DinnerRoll 4oz Margarine 1ea MandarinOranges 4oz 1% Milk 8oz	6 4oz MashedPotatoes PorkChop BrusselSprouts Jell-O 1% Milk 8oz
				
9 Chicken Tamales Green Chile Black Beans Normandy Blend Dinner Roll Margarine Applesauce 1% Milk	10 3oz Mac &Cheese 1oz w/ Ham 4oz SteamedBroccoli 4oz Spinach 1ea Yogurt 1pc 1% Milk	11 3oz Lemon Baked Cod 1oz Tartar Sauce 4oz Brown Rice 4oz Brussel Sprouts 4oz Jell-O 8oz 1% Milk	12 3oz Red ChileCheese Enc h il ad a Spanish Rice Cala bac it a s 4oz RanchBeans 4oz Pears 1% Milk	13 BBQ Baked 4oz ChickenThigh 4oz StewedTomatoes 4oz RanchBeans 4oz NormandyBlend 8oz DinnerRoll 1ea Valentine Cookie 1% Milk
				
CLOSED 	16 Carne Adovada Cala bac it a s Pinto Beans Flour Tortilla Apple slices 1% Milk	17 4oz BakedCod 4oz Falsa 4oz BrownRice 2ea Spinach&Onions 4oz Jell-O 8oz 1% Milk	18 3oz BakedZiti 1pc BrusselSprouts 4oz Breaded 1% Milk 8oz Banana	19 4oz BreadedPollock 4oz TartarSauce 1ea Carrots 4oz GreenBeansw/ 8oz Mushrooms Mandarin Oranges 1% Milk
				
23 Salisbury Steak Mushrooms &Gravy Mashed Potatoes Carrots Brownie 1% Milk	24 Green Chile Chicken Posole Steamed Cauliflower Red Peppers Applesauce Saltine Crackers 1% Milk	25 Meatloaf 4oz w / TomatoSauce 4oz GarlicPotatoes 4oz Succotash 1pc DinnerRoll 8oz Margarine 1% Milk	26 3oz Veggie Green Chile Cheesebu rge r 4oz Sweet Potato Mash 4oz Baked Beans 1ea Yogurt 1% Milk	27 Black Bean Chile Green Beans Brussel Sprouts Jell-O 1% Milk
				

