

Foster Grandparent Program Newsletter



June 2026



A message from the Department of Senior Affairs Director

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

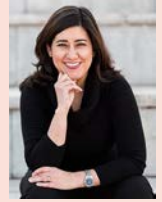
While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

Sincerely,

Anna Sanchez, Director



DSA Administration



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



Message from Foster Grandparents Program

As we welcome the summer season, I want to take a moment to personally thank each of you for the incredible dedication, kindness, and compassion you bring to the Foster Grandparent Program every day. Your commitment continues to make a lasting difference in the lives of the children, schools, and communities we serve.

This school year has been filled with growth, learning, and meaningful connections.

Whether you spent time helping a child build confidence in reading, offering encouragement during challenging moments, or simply being a caring and consistent presence, your impact cannot be measured. The love, patience, and wisdom you share truly change lives.

Summer is also a time to reflect, recharge, and celebrate all that we have accomplished together. We are proud of the work our volunteers continue to do throughout Albuquerque Public Schools, Albuquerque Bilingual Academy, and our partner sites across the community. Your service represents the heart of the Foster Grandparent Program and the spirit of AmeriCorps Seniors.

As we prepare for the upcoming school year, we are excited for new opportunities, trainings, events, and continued partnerships. We encourage you to enjoy your summer, spend time with family and friends, stay safe in the heat, and take time for yourself.

Your well-being is important to us.

Thank you again for your dedication, reliability, and the joy you bring to the children you serve. We are truly grateful to have such an amazing group of volunteers.

Wishing you a fun, relaxing, and safe summer!

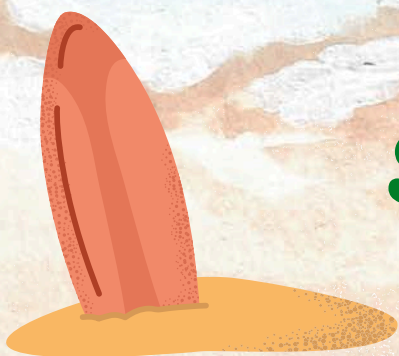
With appreciation,

Happy Summer from your FGP Team!

Marie, Joni, and Estelle

Service Anniversary's

Juana Rodriguez - 6/17/2017



IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS
WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training from June 1 to June 5, 2026:

Manzano Mesa Multigenerational Center ~ North Domingo Baca Multigenerational
Center

Santa Barbara Martineztown Multigenerational Center ~ Los Volcanes Senior Center

Los Volcanes Sports and Fitness Center ~ Palo Duro Senior Center

Palo Duro Sports and Fitness Center

Normal business hours will resume on June 6, 2026, for Manzano Mesa, North
Domingo Baca, Los Volcanes, and Palo Duro Centers facilities.

Normal Business hours will resume on June 8, 2026, for Santa Barbara
Martineztown. During this time, meal services will be available at our
other locations: Barelas Senior Center ~ North Valley Senior Center

Highland Senior Center ~ Bear Canyon Senior Center

Thank you for your cooperation!



Save the Date ~ ADD to your Calendar

Jun 11 - Time Sheets Due

Jun 19-Juneteenth/Office Closed

Jun 21 - Happy Father's Day

June 24 - Time Sheets Due

Volunteer Badge Policy

Per Department of Senior Affairs policy, all volunteers must 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.

HAPPY BIRTHDAY

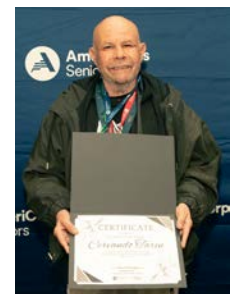
Estelle 6/26



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.

Month in Review



Crockpot Mac & Cheese

Ingredients

2 cups uncooked elbow macaroni 4 tablespoon butter
2½ cups grated cheddar cheese ½ cup sour cream
1 (10.75-ounce) can condensed cheddar cheese soup
½ teaspoon salt 1 cup whole milk pepper

Instructions

Bring water to a boil and cook macaroni for 6 minutes. Drain and set aside.

In a medium pan, mix butter and cheese until cheese melts. Add sour cream, soup, salt, milk, and pepper until combined.

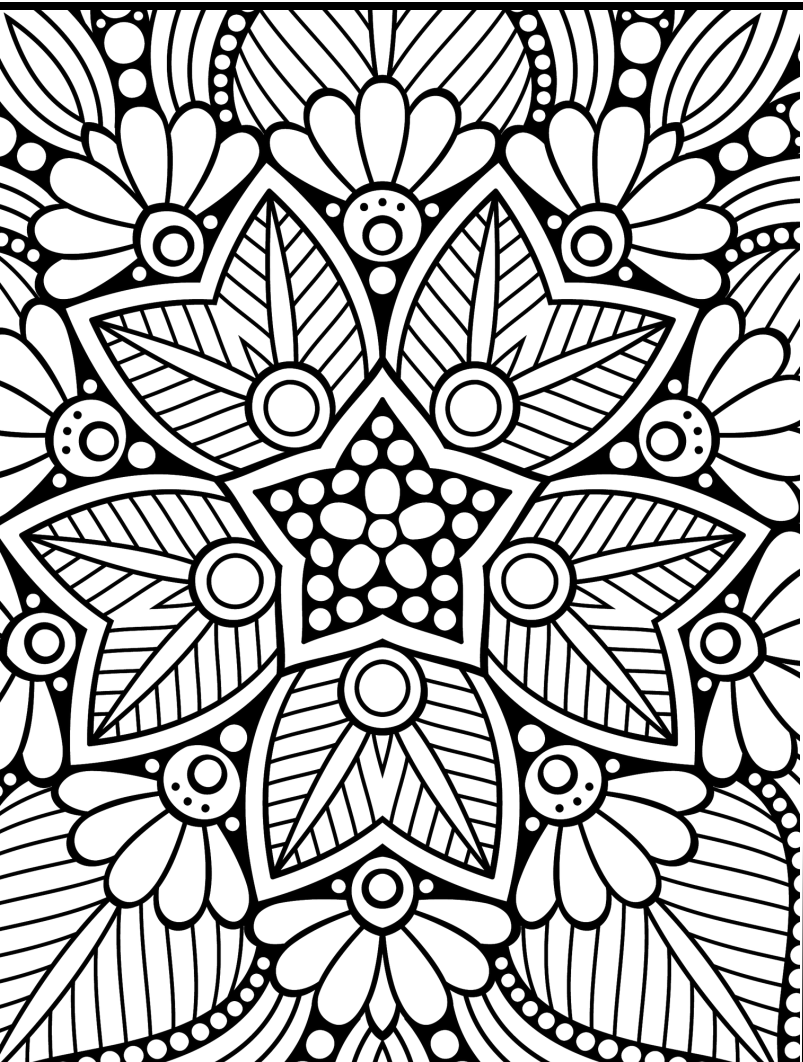
Add this mixture to the slow cooker along with the cooked macaroni. Mix until combined and cook on low for 2 hours, stirring every once in a while.

Serve: 8, Prep 15 min, Cook 2 hrs, total 2 Hrs 15 min

SUMMER WORD SEARCH

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

WORD BANK: HOT PLAY SUN
BBQ ICE CREAM POOL SUNGLASSES
BEACH JUMP POPSICLE SWIM
CAMPING KITE SAND SWING
FUN PICNIC SUMMER VACATION



Mocha Overnight Oats

1 serving - 8hrs 5mins



¼ cup almond milk - ¼ cup fresh brew coffee
1 Tbsp cocoa powder - 1 Tbsp maple syrup
¼ tsp vanilla extract - ½ cup rolled oats
2Tbsp + ¼ cup plain nonfat skyr - salt
1Tbsp chia seeds - ¼ oz dark chocolate/shaved

1. In mason jar or small bowl, whisk together almond milk, coffee, cocoa powder, maple, vanilla, pinch salt, and 2 tablespoons cacao nibs. Cover and refrigerate overnight.
2. Stir oats. Top with remaining ¼ cup skyr, drizzle with maple syrup if desired, then dust cocoa powder and sprinkle chocolate on top.

Menu

**ONE
ALBUQUE
RQUE**

JUNE 2026

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.

*I tried something
nuevo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz	2 Greek Pasta Salad 4oz Cucumber/Red Onion 4oz Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	3 Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz	4 Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	5 Beef Steak /Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz
8 Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	9 Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz	10 Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz	11 Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz	12 Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz
15 Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	16 Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	17 Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	18 Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz	CLOSED 19
22 Red Chile Beef 4oz Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz	23 Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz	24 Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	25 Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz	26 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz
29 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	30 Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	1 BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	2 Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	CLOSED 3

