

# Foster Grandparent Program Newsletter

May 2026

## *Message from Foster Grandparent Program*

Welcome May! As we all taper down for the end of the school year, don't forget to Celebrate yourself.

May is Older Americans Month, meaning take time to celebrate all things you. We all appreciate you greatly.

With the end of the school year this also means the regular school year of service is also coming to a close. For anyone wanting to work the summer, either part or all, let Joni know so she can try to set that up with a service location. Not all locations will be open for the summer, although we will still try to make it possible for you to serve at one nearest your home. Also, end of year Evaluations by your teachers is due by May 8<sup>th</sup>.

For all of our Moms and Grandmas in the program, we hope you all have a lovely Mother's Day on May 10<sup>th</sup>.

**CPR Class is mandatory for everyone – you are scheduled for either May 11<sup>th</sup> or 12<sup>th</sup> and training will start at 10AM, please do not be late. See page 4.**

**In-Service is May 22 at 10am with Older Americans Month Celebration to follow at 1:30pm.**

May 25<sup>th</sup> is Memorial Day, please take time to remember all our military service members that died for our freedom and rights.

Thank you to our Veterans and family members.

The last week of May also starts the official beginning of Summer. Remember to drink water, take breaks, get some fresh air, and use sunscreen. Taking care of yourself is the best gift to others, like families, the schools and children that count on your time and knowledge, and the people around you. Let's have a great last month of school and bring those kiddos to the finish line. It is going to be a busy Month, thank you in advance for all you do for FGP, the Schools, and the Community.

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



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  
505-764-6404  
Email: fgp@cabq.gov



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





# Spotlight

Sylvia was honored as Feb 2026 volunteer of the month, and FGP is honored to have her serving as a Foster Grandma. She was drawn to FGP by mistake as she was working giving out lunches for the city of Albuquerque and a lady stopped to ask for directions to Barelmas Senior Center and then proceeded to tell her she was going there to apply for the Foster Grandparent Program. She told her e a little bit about what she was applying for and it sounded interesting. After she got off work that day, she went and picked up an application, filled it out and the rest is history. "I got interviewed, went to orientation and here I am 7 years later." Sylvia was born and raised right here in Albuquerque New Mexico, never lived elsewhere. The farthest she has traveled to is San Diego and Las Vegas Nevada. She has three brothers and two sisters (one brother & one sister have passed). Sylvia's husband Joe was also in FGP and passed a year ago. Joe and Sylvia both worked for the City of ABQ before retiring. Her hobbies include gardening, reading, walking, camping, and traveling. She has one son, one daughter, six grandsons and one granddaughter. One grandson and one granddaughter attend the school that she serves at, Eugene Field. Thank you Sylvia!

## Service Anniversary's Nancy - 5/14/25



### SAVE THE DATE ~ ADD TO YOUR CALENDAR

**May 1 - Annual Pinning Recognition Event**

**May 11 & 12 - Mandatory CPR Training**

May 14 - Timesheets Due

**May 22 - Mandatory In-Service Training**

**May 22 - Older Americans Month Celebration**

May 25 - Memorial Day, Office Closed

May 26- Timesheets Due



### 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.



# HAPPY BIRTHDAY



Shelagh Pike  
May 9<sup>th</sup>

Arturo Purcella  
May 17<sup>th</sup>

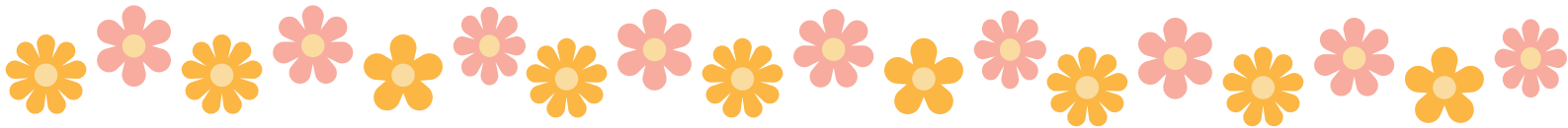
Howard Hirsch  
Advisory Council  
May 16<sup>th</sup>

Martha Diaz  
May 22<sup>nd</sup>



Elva Louissena  
May 29<sup>th</sup>

Rose Mary Chavez  
May 30<sup>th</sup>



## 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 Barelvas Senior Center for a meeting, In-Service, Etc. Please stop at the front desk & scan in before coming back to the training or offices.



## Brown Sugar BBQ Chicken

Servings: 6, Prep 15 min, Cook 4 hrs, total 4 Hrs 15 min



### Ingredients

- 2 lb. boneless skinless chicken breasts
- 1 cup barbecue sauce, plus more for serving
- 1/2 cup packed light or brown sugar
- 1/4 cup bourbon or plain water
- 1/4 cup Italian dressing - 2 tsp. garlic powder
- 1 tsp. paprika - Kosher salt - black pepper
- 6 potato buns - Coleslaw, for serving



- Step 1 In a slow-cooker, combine chicken breasts, barbecue sauce, brown sugar, bourbon, Italian dressing, garlic powder and paprika. Season with salt and pepper.
- Step 2 Toss until coated, then cover & cook on high for 4 hours or on low 6 hours.
- Step 3 Shred chicken, serve on buns, drizzle of bbq sauce & spoonful of coleslaw.



# Mandatory CPR Training

May 11 & May 12 at 10:00am  
Barelas Senior Center

**May 11, 2026**

**Attendance**

- Brenda Batt
- Nancy Blank
- Rose Mary Chavez
- Barbie Garcia
- Christine Gonzales
- Carol Kennedy
- Cora Lopez
- Elva Lououissena
- Janis Lowder
- Sylvia Lucero
- Sandra Perea
- Carl Roybal
- Orlando Sanchez
- Jon Sundell
- Rupe Tafoya

**May 12, 2026**

**Attendance**

- Linda Alvarado
- David Cavalier
- Martha Diaz
- Jeanette Gurule
- Sandra Hernandez
- Patricia Lakes
- Tila Martinez
- Scott Meyer
- Shelagh Pike
- Arturo Purcella
- Juana Rodriguez
- Cervando Tarin
- Oriz Taylor
- Josephine Urias

# FREE Groceries



For low income seniors  
One box per household.  
Participants can attend 2 food pantries per month.  
Food pantries end when the food runs out.  
Doors open 30 minutes prior start of pantry.  
All veterans welcome with proof of Veteran status.  
In partnership with Silver Horizons.

- Raymond G. Sanchez Senior Center** - 9800 Fourth St. NW  
10:30 a.m. - 12:00 p.m.  
\*Held the 1st Tuesday of every month.\*
- County Extension Building** - 1510 Menaul Blvd. NW, 87107  
12:30 p.m. - 2:00 p.m.  
\*Held the 2nd Wednesday of every month.\*
- South Valley Multi-purpose Senior Center** - 2008 Larrazolo Rd. SW, 87105  
12:30 p.m. - 2:00 p.m.  
\*Held the 2nd Friday of every month.\*
- Tijeras Senior Center** - 10 Tijeras Ave, Tijeras, NM 87059  
10:00 a.m. - 11:30 a.m.  
\*Held the 3rd Tuesday of every month.\*
- Paradise Hills Senior Center** - 6001 Paradise Blvd. NW  
10:00 a.m. - 11:30 am  
\*Held the 3rd Saturday of every month.\*
- Rio Bravo Senior Center** - 3910 Isleta Blvd. SW, 87105  
12:30 - 2:00 p.m.  
\*Held the 4th Wednesday of every month.\*



For questions please call (505)314-0425



## Mandatory In-Service Training

**Friday, May 22, 2026**

**10:00AM - 1:30PM**

**RSVP for attendance & Lunch**

Barelas Senior Center: 714 Seventh Street SW, ABQ, 87102

**Older Adult Driver Course:**  
Safety tips, accident information and much more.



**SAFETY TIPS FOR OLDER DRIVERS**

Provided by: UNM Hospital, Injury Prevention Trauma Program



**Questions & RSVP:**  
**Call 505.764.421**



# Older Americans Month Celebration

*May 22, 2026 ~ 1:30-2:30 pm*

*After the In-Service stay to Celebrate  
Older American Month  
Cake & Ice Cream in the Garden*

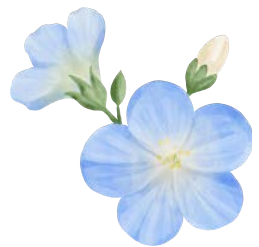
Older Americans Month is a national observance in the USA held every May to recognize the contributions of older adults.

**Celebration Location:**

**Barelas Senior Center Garden**



# Month in Review



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>27</b> Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	<b>28</b> Beef Tips w/ Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	<b>29</b> Pork Loin 3oz Black Eyed Peas 4oz Sweet Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	<b>30</b> Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	<b>1</b> Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
<b>4</b> Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	<b>5</b> Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	<b>6</b> Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	<b>7</b> Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	<b>8</b> Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
<b>11</b> Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	<b>12</b> Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	<b>13</b> Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	<b>14</b> Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	<b>15</b> Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
<b>18</b> Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	<b>19</b> BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	<b>20</b> Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	<b>21</b> Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	<b>22</b> Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
<b>CLOSED</b> <b>25</b> 	<b>26</b> Chicken Tamales 2ea Green Chile 2oz Mushroom/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	<b>27</b> Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	<b>28</b> Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	<b>29</b> Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz

