

# Foster Grandparent Program Newsletter

April 2026

## *Message from the Foster Grandparents Program*

Hello Spring! FGP has a very busy next couple of months with multiple events and end of the school year activities. Most of our FGP Volunteers will be coming to the end of another school year next month. FGP staff is working on the end of year paperwork and reviews that need to be completed by your teachers/schools prior to end of year. We will be asking you to help us with some of these with teacher reminders, so we get everything needed.

**Wednesday, April 1<sup>st</sup>: Railrunner Trip**

**Wednesday, April 15<sup>th</sup>: FCP/SCP Advisory Council**

**Friday, April 24<sup>th</sup>: In-Service**

**Tuesday, April 28<sup>th</sup>: Wrapped in Generations Project**

**Friday, May 1<sup>st</sup>: Annual Pinning**

During this super busy time, please remember to take care of yourselves: drink plenty of water and get plenty of rest. Be ready for the wacky ABQ spring weather by dressing in layers, keep an umbrella close, wear sunglasses, and remember to wear sturdy, comfortable shoes. Being ready will also help with staying safe - it is projected to be a wet spring.

Reminder for all: please remember to let us know if you are calling out sick for the day or are not going in for some reason. We cannot keep our records updated, and schools informed, if you don't call us. You can always call the office and leave a message at any time.

Get ready for CPR!! That's right, it is that time again. **Everyone will be scheduled for CPR Training on May 11th or 12<sup>th</sup>.** This is required training every 2 years - please keep these dates open and don't miss our assigned date, very important.



*Your FGP Team,  
Marie, Joni and Estelle*

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

### 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



# Spotlight



Welcome to our newest site, Alamosa Pre-Kindergarten Center. We are delighted to have the partnership with our City sites. Alamosa is our first of what we are hoping for many to have a Foster Grandparent serving at their site. Most of the sites contain children, infants - 5 year old. They provide high quality care and education, safe learning environment, child centered learning, early literacy, and school readiness...a perfect fit with the Foster Grandparent Program. We are looking forward to a strong partnership with FGP volunteers serving in the city sites.

## SAVE THE DATE ~ ADD TO YOUR CALENDAR

### Apr 1 - Rail Runner Appreciation Trip

Apr 1 - April Fools Day

Apr 1-3 Spring Break

Apr 5 - Easter

Apr 7 - Free Groceries @ Raymond G Sanchez Senior Center 10:30-12:00

Apr 10 - Free Groceries @ South Valley Senior Center 12:30-2:00

Apr 11 - National Pet Day

Apr 15 - Advisory Council Meeting @ Manzano Mesa Multigen

Apr 15 - Tax Day

Apr 16 - Time Sheets Due

Apr 18 - Free Groceries @ Paradise Hills Senior Center 10:00-11:30

Apr 22 - Earth Day

Apr 22 - Free Groceries @ Rio Bravo Senior Center 12:30-2:00

Apr 24 - FGP In-Service

Apr 26 - 33<sup>rd</sup> Annual South Valley Pride Day, Westside CC 11:00-4:00

Apr 28 - Wrapped in Generations Special Project

Apr 30 - Time Sheets Due

May 1 - FGP/SCP Annual Pinning





# Happy Birthday

**Sandra Hernandez**  
April 2<sup>nd</sup>

**Sylvia Lucero**  
April 3<sup>rd</sup>

**Joni VanMeir**  
April 7<sup>th</sup>

**Sandra Perea**  
April 23<sup>rd</sup>

**Kathy Crawley**  
Advisory Council  
April 15<sup>th</sup>



## 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 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.



# Tropical Chia Smoothie

Servings: 2 8hr 15mins, Cal/Serving: 55

### Ingredients

2 Tbsp finely shredded coconut  
2 ripe mangoes, peeled/cut  
½ cup frozen passion fruit pieces  
1 cup cashew milk/milk of choice  
2tsp maple syrup  
1tsp vanilla extract  
¼tsp salt  
2 Tbsp chia seeds

1. Heat oven or toaster oven to 350 degrees. Spread coconut on small parchment-lined baking sheet. Bake, tossing halfway through, until golden brown, 3-3 ½ min. Let Cool.
2. In blender, puree mangoes, passion fruit, milk, maple syrup, vanilla, and salt until smooth.
3. Place chia seeds in medium bowl and whisk in mango mixture. Refrigerate overnight.
4. Stir coconut into chia-mango mixture, adjusting consistency with more milk if necessary. Divide between glasses.

# Amazing AmeriCorps Week Happenings!



# You Are Invited

## Foster Grandparent Program & Senior Companion Program

# 2026 Pinning Recognition

Friday, May 1, 2026  
11:00 am ~ 1:30 pm

Dress Code: Black & White (optional)

Los Duranes Community Center  
2920 Leopoldo Rd NW, ABQ, NM 87104



**VOLUNTEERS IN ACTION**

**E-WASTE COLLECTION EVENT**

Celebrate Earth Day by safely recycling your old or unwanted electronics. Declutter your home and help reduce electronic waste in our community.

Hosted by the Department of Senior Affairs Volunteers In Action (VIA) Program in partnership with the Solid Waste Department.



Wednesday, April 22, 2026

9:30 am - 1:30 pm

North Domingo Baca Multigenerational Center  
7521 Carmel Ave NE  
Albuquerque, NM 87113

**Items Accepted**

- Small Office Electronics
- Old Computers
- Laptops
- Printers
- Cellphones
- DVD/VHS
- Thumb Drives
- Keyboards/Mice
- Hard Drives
- Cameras
- Scanners
- Cables/Cords

**Not Accepted**

- Batteries of Any Kind
- Paint
- Microwaves
- CRT monitors
- Used motor Oil
- Propane bottles



**FGP APPRECIATION**

**RAILRUNNER & LUNCH TRIP**

**Meet Location**

Meet at the Railrunner Montano Station  
130 Montano Road NW, ABQ, NM 87107

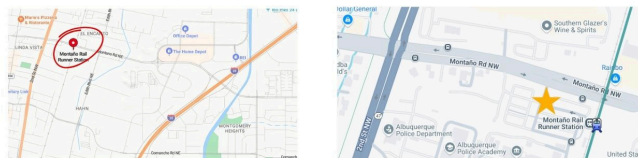
Free Parking Available

Transportation Folks ~ Pick up's start 0730  
Montano Station MEET TIME: 0900

**WEDNESDAY, APRIL 1, 2026**

Albuquerque to Santa Fe and Back  
Lunch at Tomasita's, Santa Fe

**Parking at Montano Rd NW and 2nd St NW**



Please call the office at 505-764-6421 ~ We need everyone to RSVP so we can complete train and lunch reservations, transportation planning, etc.



**MANDATORY IN-SERVICE**

FRIDAY, APRIL 24, 2026

Barelas Senior Center: 714 Seventh St SW, Albuquerque, NM 87102

10:00 AM - 1:30 PM

RSVP by Friday, April 17<sup>th</sup> for meeting & lunch

Presentation by: Enlace Comunitario

**Recognizing Trauma in Youths**

Fight flight FREEZE



**Fight**

Moving towards the danger or threat, e.g. anger, frustration, rage, perfectionism, aggression, control.

**Flight**

Moving away from the danger or threat, e.g., anxiety, panic, overthinking, escaping, distracting, avoiding.

**Freeze**

Tonic immobility, deer in headlights, wanting to move towards or away from the danger or threat but can't, e.g. stuckness, procrastination, doom scrolling, difficulty making decisions, urgency/exhaustion cycle.

**Fawn**

Averting the threat or danger by appeasing and pleasing, e.g. people-pleasing, self-abandoning, co-dependency, playing small, lack of identity, avoiding conflict.



For those on Transportation, Pick-up begins at 9:00a.m.

For questions & RSVP call 505-764-6421

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

**Easter Day**  
Word Hunt



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

- BASKET
- BUNNY
- CANDY
- CARROT
- CHICKS
- CHOCOLATE
- DAFFODIL
- DECORATE
- EASTER
- EGGS
- FLOWER
- HUNT
- JELLYBEANS
- PARADE
- SPRING
- SUNDAY



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>30</b> Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	<b>31</b> Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	<b>1</b> Chicken Tetrizzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	<b>2</b> Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	<b>3</b> Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz
<b>6</b> Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	<b>7</b> Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	<b>8</b> Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	<b>9</b> Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	<b>10</b> Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
<b>13</b> Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	<b>14</b> Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	<b>15</b> Chicken Fajita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	<b>16</b> Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	<b>17</b> Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
<b>20</b> Carne Adovada w/ Red Chili 3oz Spinach 2oz Pinto Beans 4oz Tortilla 4oz Vanilla Pudding 2ea 1% Milk 1pc 8oz	<b>21</b> Beef Fajita Meat w/ Gravy 4oz Mashed Yams 1oz Collard Greens 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 1ea 8oz	<b>22</b> Mushroom Swiss Beef Patty 4oz Normandy Blend 1ea Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	<b>23</b> Spaghetti w/ Marinara Sauce 4oz Imperial Blend 2oz Garlic Bread Stick 4oz Apple Slices 1ea 1% Milk 1ea 8oz	<b>24</b> Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 8oz
<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 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 4oz Margarine 1ea Pear 1pc 1% Milk 4oz 8oz	<b>29</b> Pork Loin 3oz Black Eyed Peas 4oz Sweety 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>MAY 1</b> Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz

