



Foster Grandparent Program Newsletter January 2026

Message from Foster Grandparents Program

Happy New Year, Foster Grandparents!
As we enter into the second half of the school year, we want to remind you of how much impact you have on the children that you serve. For the children, you are what helps them be successful, improve testing scores, and helps them to feel safe while learning.

Many of the children will soon be doing another testing day, just one more of the ways that show the improvement of the children you are serving. When scores return, don't forget to ask your teacher if your children have improved and what else you need to be working on with them to help them improve their end-of-year scores.

Reminder, everyone must meet the training requirements of the program.... next training:

January 23, 2026 - FGP In-Service

Please remember to RSVP for In-Services and let us know if you are a yes/no for lunch.

MLK Day of Service ~ Need FGP Volunteers - please call Joni and let her know if you can help: Jan 21, 26. We are so proud of you all and looking forward to the new year with all of you.

Your FGP Team, Marie, Joni, and 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

<u>Foster Grandparent Staff</u>

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 the FGP Team, Cervando Tarin. Cervando was born in Chihuahua, Mexico. He

has been in the Albuquerque area for over 40 years now.

He was raised with 2 sisters, one older and one his twin. Both sisters also live in the Albuquerque area.

His career history was in the restaurant industry, mostly as a cook, so he knows his way around a kitchen.

Cervando describes himself as a good and happy person who likes to keep healthy and happy. He spends lots of time with his little dog, his little buddy, and always goes on walks with the pup. Keeping them both healthy, they walk miles a week.

He joined the Foster Grandparent Program because he wants to help children, to help them not be afraid of things or happenings going on around them. He is currently serving at Emerson Elementary School, where they are super happy to have him serving with their 1st grade class. Welcome, Cervando, to FGP!

SAVE THE DATE ~ ADD TO YOUR CALENDAR

Jan 1 - Happy New Year/Office Closed

Jan 1-5 - No APS School/Winter Break

Jan 6 - APS Students and FGP Return to Class/School

Jan 7 Charter School/YDI Return to Class/School

Jan 8 - Timesheets Due

Jan 16 - Road Runner Foodbank, Manzano Mesa Multigen, 2-4PM

Jan 19 - Martin Luther King Jr. Day/Office Closed

Jan 21 - FGP/SCP Advisory Council Meeting

Jan 22 - Timesheets Due

Jan 23 - FGP In-Service

Feb 20 - FGP In-Service



Happy Birthday

Orlando Sanchez Jan 7 Rupe Tafoya Jan 10

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 that 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 and 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.





Mandatory In-Service Training

Friday, January 23, 2026

Starting at 10:00AM

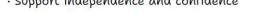
Lunch will be Provide - RSVP for attendance/Lunch

Barelas Senior Center 714 Seventh Street SW, ABQ, 87102

Morning Training: Injury Prevention

Learn How To:

- · Reduce your risk of falling at home and in the community
 - · Improve balance and strength
 - · Make your environment safer
 - · Support independence and confidence



Afternoon Training: Stop the Bleed Training

STOP THE BLEED, A trained bystander is the most likely SAVE A LIFE! Person to save a life in a bleeding emergency.

Provided by: UNM Hospital, Injury Prevention Trauma Program







FGP/SCP Advisory Council Meeting

Our next advisory council meeting will be on

Wednesday, January 21, 2026 at the Barelas Senior Center -Stover Room 10:00am - 12:00pm.

> 714 7th St SW, Albuquerque, NM 87102

























A virtual workshop for educators, librarians, and out-of-school time providers (2 CEU hours)

Discover ready-to-go activities which will support young students' understanding of sequencing and storytelling. Explore digital tools appropriate for learners of all ages.



Virtual. Zoom link sent day before.

Register by Jan 10 for kit pick up or shipment for first 20 registrants. Logins and materials kits can be shared.



Register here:

https://forms.gle/cpxZ3eXi bN2vL96i9

Questions? Email education@explora.us

Tuesday, Jan 20, 2026

2 pm -4 pm

This workshop is offered at no cos



Once Upon a Time: STEM in Fairy Tales

A virtual workshop for educators, librarians, and out-of-school time providers (2 CEU hours)

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!



Virtual. Zoom link sent day before.

Register by Jan 19 for kit pick up or shipment for first 20 registrants.

Logins and materials kits can be shared.



Register here:

https://forms.gle/aEikWnP7YY1pnscS8

Questions? Email education@explora.us

Thursday, Jan 29, 2026

2 pm -4 pm

This workshop is offered at no cost with the generous support of



Explora workshops are available online. If you attend these events, please make sure we get a copy of your certificate. If you need support signing up for these, please call the office & we can help you out. If you want to come into the office to attend any of these trainings, let us know.



ABQ: Jan 2026 Free 1-on-1 Tech Coaching!

RSVP & bring your device & your questions!

Bear Canyon Senior Center	Friday, Jan. 2 3-5p
Santa Barbara Martinez Center	Tuesday, Jan. 6 3-5p
Palo Duro Senior Center	Wednesday, Jan. 7 3-5p
Barelas Senior Center	Thursday, Jan. 8 3-5p
North Domingo Baca Center	Tuesday, Jan. 13 3-5p
Los Volcanes Senior Center	Thursday, Jan. 22 3-5p
North Valley Senior Center	Friday, Jan. 23 1-3p

Manzano Mesa Center......Tues, Jan. 27 1-3p
 Highland Senior Center......Wednesday, Jan. 28 3-5p

RSVP with your Albuquerque center above, or contact Teeniors with any questions!

teeniors@gmail.com | (505) 600-1297

Learn more about our award-winning work at teeniors.com



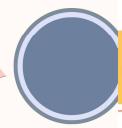


Teeniors are tech-savvy teens &
young adults who help seniors (or
any-aged person) learn technology
through one-on-one, personalized
coaching. Whether it's a smartphone,
computer, or software, their goal is
to empower you--to connect with your
loved ones, engage with your
community, and the world--through
technology, while providing paid,
meaningful jobs for youth in New
Mexico. You can be coached in-person
in NM or online!

MLK DAY OF SERVICE

AMERICORPS SENIORS





Please join us this year for our annual AmeriCorps Senior MLK day of service. This year we will be assisting the hard working organization Road Runner Food Bank. This Volunteer opportunity will require standing, light lifting, attention to detail and team effort to complete the assignment. It will be in a warehouse environment if you are interested in serving please contact the RSVP office at 5057675225. We look forward to another great project! Thank you.

JANUARY 21ST | 10:00AM - 1:00 PM

ROADRUNNER FOODBANK 5840 OFFICE BLVD NE. ABQ NM 87109 505-767-5225





MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731



MOBILE Ood Pan vy

We will have a mobile food pantry for the community supplied by Roadrunner Food Bank.

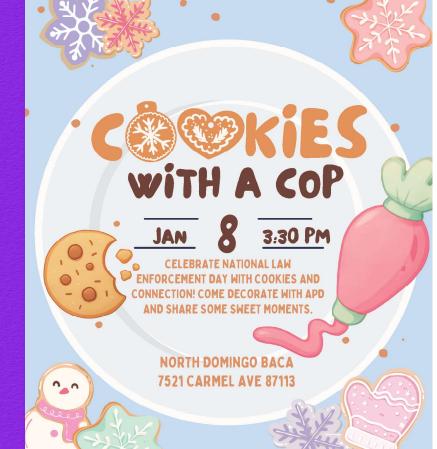
<u>Decmeber 19, 2025</u>

<u>January 16, 2026</u>

ONE ALBUQUE

ROADRUNNER-FOOD BANK





Biscuit Topped Chicken Pot Pie



Prep Time30minutes minutes Cook Time10minutes minutes Total Time 40 minutes minutes Servings6 servings Calories401kcal



Ingredients Filling

2 tablespoon olive oil - One small onion diced - 2 carrots diced - 2 stalks celery diced - 1 clove garlic minced - 2 chicken breasts boneless, skinless, sliced into 2" cubes - 4 cups low sodium chicken stock - ½ cup flour - ½ cup white wine or chicken stock - ³/₄ cup frozen peas - 2 teaspoon fresh thyme leaves (or use dried) -1 teaspoon fresh rosemary leaves chopped - 1 teaspoon fresh sage leaves chopped **Biscuit Topping**

2 cups all-purpose flour - 1 tablespoon baking powder - ½ teaspoon salt ¹/₄ cup butter - ³/₄ cup of beer

Instructions

Heat oil over medium-high In a large cast-iron skillet, or dutch oven Add onion, garlic, carrot, and celery, cooking until vegetables are softened, about 5 minutes Add chicken, and cook, stirring, until browned, about 5 minutes Add chicken stock and bring to a boil

In a measuring cup or small bowl, whisk together flour and wine until you have a smooth paste with no lumps.

Slowly whisk wine mixture into the pot, continuing to whisk until the broth is thickened to a gravy texture and smooth.

> Add thyme, rosemary, sage, and frozen peas. Taste and add salt and pepper as desired.

Reduce heat to low and allow to simmer gently while you make the biscuits

Preheat oven to 400°

In a bowl, combine flour, baking powder, and salt

Add butter, and using a pastry blender, or your fingers, combine until mixture resembles coarse crumbs Add beer, mixing quickly until a smooth dough forms

Roll dough into a ball and on a lightly floured surface, roll out to a ½ inch thickness.

Use a round cookie cutter or a glass to cut dough into circles

Cover the top of the chicken mixture with dough circles, with circles touching, but not overlapping Bake in center of the oven for 10 minutes or until biscuits are golden

Nutrition

Calories: 401kcal | Carbohydrates: 44g | Protein: 17g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 44mg | Sodium: 382mg | Potassium: 685mg | Fiber: 3g | Sugar: 2g | Vitamin A: 3855IU | Vitamin C: 9.9mg | Calcium: 124mg | Iron: 3.3mg





Happy New Year

Word Search



Ball Drop Herrera Midnight

Party Hat

Celebrate

Hopkins New Year

Sparklers

Fireworks

Kiss

New York

Time Square

Нарру

McEvoy

Party

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JANUARY 2026

ONE ALBUQUE RQUE

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 men

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	29		30	¥	31	CLOSED	1		2
Beef Enchilada Red Chile Pinto Beans Succotash Diced Pears 1% Milk	4oz 1oz 1oz 4oz 1ea 8oz	Asian Diced Pork Peppers Rice Pilaf Oriental Veggie Blend Fortune Cookie 1% Milk	3oz 2oz 1oz 4oz 1ea 8oz	Chicken Fajitas Fajita Veggie Blend Spinach w/ Mushroom Ranch Beans Tortilla Pudding 1% Milk	3oz 4oz 4oz 4oz 2ea 4oz 8oz	Per lea	S Control of the cont	Beef Tips Over Pasta Gravy Peas & Carrots Diced Beets Brownies 1% Milk	3oz 2oz 4oz 4oz 4oz 8oz
v	5	**	6	6	7	V	8	4	9
Baked BBQ Chicken Sweet Potato Mash Brussel Sprouts Dinner Roll Margarine Applesauce 1% Milk	3oz 4oz 4oz 1ea 1pc 4oz 8oz	Meatloaf Tomato Sauce Pinto Beans Normandy Blend Yogurt 1% Milk	3oz 1oz 4oz 4oz 4oz 8oz	Turkey Pot Pie Steamed Broccoli Breadstick Baked Pears 1% Milk	4oz 4oz 1ea 4oz 8oz	Cheese Omelet Peppers & Red Chile Diced Potatoes Ranch Beans Peach 1% Milk	40z 40z 40z 40z 40z 80z	Pork Chop Gravy Brown Rice Buttery Peas Mandarin Oranges 1% Milk	30z 10z 40z 40z 40z 80z
	12	¥	13	P	14	V	<i>15</i>		16
Salisbury Steak Mushrooms & Gravy Mashed Potatoes Green Beans with Diced Tomatoes Cupped Pears 1% Milk	40z 20z 40z 40z 40z 80z	Chicken Alfredo Peas Steamed Carrots Steamed Broccoli Yogurt 1% Milk	40z 10z 40z 40z 40z 80z	Green Chile Cheesebur Normandy Blend Cauliflower w/ Red Peppers Jell-O 1% Milk	1ea 4oz 4oz 4oz 8oz	Posole Diced Potatoes Calabacitas Pudding 1% Milk	40z 40z 40z 40z 80z	Sweet & Sour Pork C Brown Rice Stir Fry Peaches 1% Milk	4oz 4oz 4oz 4oz 4oz 8oz
CLOSED	19	***	20	¥	21	V	22		23
MLK, Jr. Dr		Sloppy Joe Brussel Sprouts Diced Potatoes Applesauce 1% Milk	40z 40z 80z	Green Chile Chicken Posole Carrots Broccoli/Cauliflower Vanilla Pudding 1% Milk	40z 40z 40z 40z 80z	Baked Ziti Green Beans with Diced Tomatoes Breadstick Cupped Pineapple 1% Milk	4oz 1ea 4oz 8oz	BBQ Pulled Pork wit Baked Beans Broccoli Combread Mixed Fruit 1% Milk	40z 40z 1ea 40z 80z
X	26	***	27	>	28	V	29	¥	<i>30</i>
Rotisserie Chicken Mashed Potatoes Stewed Tomatoes Brownie 1% Milk	40z 40z 40z 1ea 80z	Carne Adovada Red Chile Pinto Beans Spanish Rice Flour Tortilla Applesauce 1% Milk	3oz 1oz 4oz 4oz 2ea 4oz 8oz	Lemon Baked Cod Tarter Sauce Normandy Blend Brown Rice Dinner Roll Margarine Mandarin Oranges 1% Milk	3oz lea 4oz 4oz lea lpc 4oz 8oz	Green Chile Mac & Ch w/ Broccoli Sweet Potatoes Diced Beets Banana 1% Milk	5oz 4oz	Chicken Parmesan Brown Rice Steamed Carrots Jell-O 1% Milk	40z 40z 40z 40z 80z