

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

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



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



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
New Year

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,
SAVE A LIFE!**

A trained bystander is the most likely 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



Month in Review



Flipbooks and Stop Motion Animation Workshop

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 cost with the generous support of



**Sandia
National
Laboratories**

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/aEikWnPY1pnsC8>

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



**United
Way**
United Way of North
Central New Mexico

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 food pantry

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

Decemeber 19, 2025

January 16, 2026

2pm-4:30pm



50's SOCK HOP PARTY

All ages welcome!

January 7th
3:30-5:00 pm

North Domingo Baca
7521 Carmel Ave
(505)764-6475

Get ready to shake your hips and twist those feet in honor of Elvis' birthday!

ONE ALBUQUE RQUE senior affairs

COOKIES WITH A COP

JAN 8 3:30 PM

CELEBRATE NATIONAL LAW ENFORCEMENT DAY WITH COOKIES AND CONNECTION! COME DECORATE WITH APD AND SHARE SOME SWEET MOMENTS.

NORTH DOMINGO BACA
7521 CARMEL AVE 87113

Biscuit Topped Chicken Pot Pie



Prep Time 30 minutes minutes
Cook Time 10 minutes minutes
Total Time 40 minutes minutes
Servings 6 servings
Calories 401 kcal



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 - $\frac{1}{4}$ cup flour - $\frac{1}{2}$ cup white wine or chicken stock - $\frac{3}{4}$ 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 - $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup butter - $\frac{3}{4}$ 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 $\frac{1}{2}$ 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

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

Ball Drop
Herrera
Midnight
Party Hat

Celebrate
Hopkins
New Year
Sparklers

Fireworks
Kiss
New York
Time Square







Happy
McEvoy
Party



JANUARY 2026

**ONE
ALBUQUE
ROQUE**

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
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 1oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 1oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 1oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 5 Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 6 Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 7 Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 8 Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 9 Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 12 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 13 Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 14 Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 15 Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 16 Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
CLOSED 19 	 20 Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 21 Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 22 Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 23 BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 26 Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 27 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 28 Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 29 Green Chile Mac & Cheese w/ Broccoli 5oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 30 Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz