

# FOSTER GRANDPARENT PROGRAM NEWSLETTER

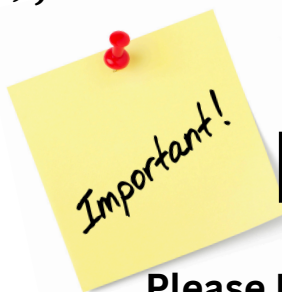
JULY 2025

## Message from FGP

We hope you're enjoying the summer season, filled with cookouts and cherished moments with loved ones. As we approach the end of summer, we understand that many are eager to return to service and make a positive impact in our community.

We're excited to inform you that there are still opportunities to volunteer at various Multigenerational Centers throughout the remainder of the summer and into the upcoming school year. If you're interested in contributing your time and skills, please reach out to Joni for more information. Wishing you a wonderful summer ahead! Take this time to relax and recharge, and we look forward to reconnecting with you next month.

Warm regards,  
Marie, Joni & Estelle



## Notice:

**Please DO NOT start serving at your school until AFTER you have been notified by Joni. Certain procedures must be met before entering the classroom.**

**Thank you**

### 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

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# Volunteer Spotlight



The Foster Grandparent Program would like to introduce Nancy Blank, she is our newest FGP Volunteer. Nancy completed her In-Service training hours on 16 May and we were lucky enough to have her join us on our Rail Runner Trip. When you see her, introduce yourself and welcome her to the team. Nancy was born in Brooklyn, New York, where

she was for the first 5 years of her life. Then the family moved to Long Island. She was raised with 2 brothers. She went to Queens College and majored in English. After college she moved to upstate New York. 2.5 years ago, she moved to Albuquerque for the great weather. She loves the New Mexico sunshine; it makes her happy. She has 1 daughter, age 21 that lives in New York. Has a cat named Eugene that she rescued from a New York shelter. Her professional background is in Libraries, with 25 years' experience in New York and New Mexico.

She practices meditation and even ran a meditation group at the library. She currently goes to the gym daily and is loving it and even started yoga. She also loves to read, always at least 2 books going at a time, usually Sci-fi in nature. She has figured out how to fix two favorites by doing a hike in the Petroglyphs and then going to Old Town for great coffee. A favorite hobby is to make collage art from magazine pictures.

Welcome, Nancy, to the Awesome Foster Grandparent Program, ABQ, NM

## IMPORTANT DATES

**4 July - Independence Day - Office Closed**

**7 July - World Chocolate Day - How Fun!**

**16 July FGP/SCP Advisory Council Meeting**

## SAVE THE DATE

**1 Aug- Last Day of Summer Program at the  
Multigenerational Centers**

**7 Aug - APS Starts**

**8 Aug - Back to School In-Service**

**11 Aug - FGP returns to APS**

**12 Sept - In-Service**

## **Join the FGP/SCP Advisory Council!**

COUNCIL MEMBER REQUIREMENTS INCLUDE ATTENDING QUARTERLY MEETINGS, BEING PART OF AT LEAST ONE SUBCOMMITTEE, SUCH AS RECRUITMENT OR ONE OF THE EVENT COMMITTEES, AND SERVING AS A GRIEVANCE BODY. WE USE COUNCIL MEMBERS TO HELP IN THE PLANNING OF SPECIAL PROJECTS AND EVENTS. COUNCIL MEMBERS DO NOT NEED TO BE A SENIOR, IT IS NOT REQUIRED TO SERVE OR BE PART OF FGP OR SCP IN ANY OTHER CAPACITY, JUST WANT TO HELP THESE 2 AWESOME PROGRAMS SERVE OUR COMMUNITY. IF YOU OR YOU KNOW SOMEONE WHO WOULD LIKE TO HELP WITH OUR ADVISORY COMMITTEE, PLEASE CONTACT JONI @ 764-6421.





**Wear your FGP Nametag  
whenever you are in  
Service.**



## Back To School Supply Drive

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

### Items Needed

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils



Scan to see  
our registry  
on Amazon



Bring Donations to your local senior or multigenerational center before July 31, 2025

For more information call 505.764.1009



**Bridget Ruiz**  
1 July

**Loretta Hoyt**  
29 July

**Martha Romero**  
14 July



SAVE THE DATE

RSVP

## Appreciation Breakfast

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Formal Invitation & Details To Follow

2025

SAVE THE DATE



NEW MEXICO

## CONFERENCE ON AGING

ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025

GLORIETA  
CONFERENCE CENTER

AGINGINNM.ORG





# Month in Review







# Zucchini & Squash Casserole

Healthy, simple, and fabulous, and healthy!

Prep Time: 15 mins - Cook Time: 35 mins

Total Time: 50 mins - Servings: 6

## Ingredients

2 lbs. zucchini & yellow squash, cut into ¼-inch slices

2 ½ Tbsp. olive oil

1 ¼ tsp. salt divided

½ tsp. pepper

⅓ cup Parmesan cheese\* grated

⅓ cup Panko breadcrumbs gluten-free

¼ tsp. garlic powder

2 Tbsp. fresh parsley finely chopped



## Instructions

Preheat oven to 350 degrees.

Cut yellow squash and zucchini into thin, ¼-inch slices.

Sprinkle ½ teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.

Spray a 9-inch square baking dish with non-stick cooking spray.

Alternatively, overlap the zucchini and squash in a row. (See picture.)

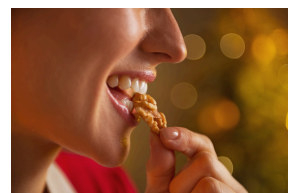
Drizzle olive oil over the zucchini & squash and then sprinkle with salt and pepper.

In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash.

Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.

Remove foil and turn heat to a High broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.

Serve immediately with fresh parsley and enjoy!











# Summer Word Search

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

RELAXATION  
TRAVELING  
HOT  
SUNSHINE  
POPSICLE

BARBECUE  
OCEAN  
BEACH  
SUNBATHE  
GRILLING

VACATION  
SWIMSUIT  
AIR CONDITIONING  
SWIMMING  
ICE CREAM

WATER PARK  
LAKE  
POOL  
CAMPING  
SPEEDBOAT







# JULY 2025

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
30	1	2	3	CLOSED 4
Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion 4oz Salad 4oz Orange 1ea 1% Milk 8oz 	Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	
7	8	9	10	11
Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz 
14	15	16	17	18
Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz  	Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 
21	22	23	24	25
Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz 
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 