

# Foster Grandparent Program Newsletter

July 2026

## *A Message from Foster Grandparents Program*

### **Hello FGP Volunteers,**

We hope everyone is enjoying the much needed and deserved break. Can you believe we are halfway through summer break? At the end of July, it will be time to get ready to return to school. Everyone who is not in a year-round station will be given a return-to-school date/time. It is important that no one returns before your appointment. Getting all required documents signed and on file before any returns is very important and required by the program. We are depending on your assistance to abide by the rules and regulations of our program.

July brings with it the celebration of the birth of our wonderful country, along with long, heat-filled days. We hope everyone has a wonderful 4<sup>th</sup> of July weekend, full of fun, family, and friends. Whatever you choose to do to celebrate the day, stay hydrated, wear light clothing, and take breaks in the shade. Your well-being is just as important as the service you provide - we want to see all of you in August for the new school year.

**This month, we celebrate 2 Service Anniversaries. Sandra Perea joined FGP in July 2024 and has been serving at Whittier Elementary School. We also celebrate the return of Shelagh Pike, who rejoined FGP in July of 2024, and serves at Reginald Chavez Elementary School. FGP thanks both of you for all you do for the youth of Albuquerque.**

There is no In-Service in July. Thank you to everyone for completing all of the required training hours for FY26 - you all did an awesome job! Next In-Service is August 14 at 10:00 am at Barelas Senior Center.

Many of the **APS Background renewals are due** by the middle of August - many of you will be receiving a call for an appointment. You will be required to come into the office so we can complete the online applications. You must have an APS clearance before going to school/class - if it is expired, you cannot serve till renewed. Appointments will be set up **July 20-23<sup>rd</sup>**. If these days do not work for you, please let us know so we can schedule an alternate day.

We look forward to seeing all of you soon!



**Your loyal FGP Staff,  
Marie, Joni & 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](mailto:fgp@cabq.gov)

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



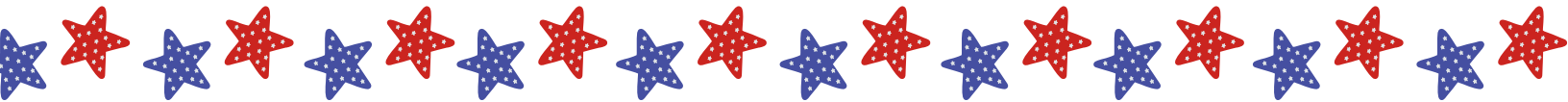
# Spotlight



Meet our newest location partner: Alamosa Child Development Center. Located at 6900 Gonzales SW. CDCs now have a current MOU with FGP and we are lucky to have Alamosa CDC to be the first to participate in the program, with 1 Grandma joining their team in June. The Division of Child and Family Development Services is committed to supporting families working toward self-sufficiency and to raising a generation of healthy, self-realized children.

The City of Albuquerque Child Development Centers promote school readiness by enhancing children's cognitive, social, and emotional development in a safe and age-appropriate learning environment.

Our child development programs are a collaborative effort of Federal, State, and City funding to provide quality care and education for children from birth to 5 years old.



## Save the Date ~ ADD to your Calendar



July 3, 2026 Office Closed, Observance of Independence Day

**July 4, 2026 - Happy Forth of July**

July 4, 2026 - Freedom 4<sup>th</sup> Event - FREE - Balloon Fiesta Park

**July 9, 2026 - Timesheets Due**

July 15, 2026 - Advisory Council Meeting - Barelás SC 10:30 AM

July 15, 2026 Summer Resource Fair - Alvarado Transportation Center

**July 23, 2026 - Timesheets Due**

August 1, 2026 - Free School Supplies - West Mesa CC & Phil Chacon Park

**August 14, 2026 - Mandatory In-Service - Barelás SC @ 10:00 AM**

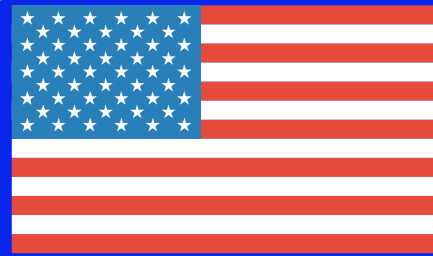


### Volunteer Badge Policy

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

Janis Lowder  
July 19



As you get settled back into your classes and stations, the annual day of service project, 9/11 day of remembrance is quickly approaching. Ask your teachers if you can work on small posters, cards, etc. with the children to honor the Fire Fighters /APD for their service. They will all be given to the ABQ Fire Fighters on 9/11. Never too early to get started on these as we will need all in hand no later than Sept 4, 2026. More information on this special project to come.

## Month in Review





# FOURTH OF JULY

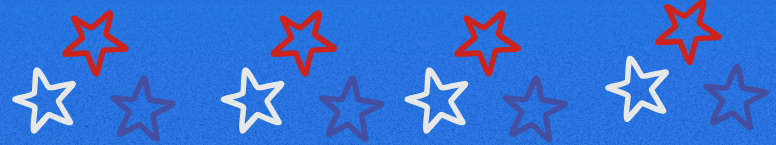
WORD SEARCH



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



- LIBERTY
- NATION
- PARADE
- PARTY
- PICNIC
- RED
- SAM
- SPEECH
- STARS
- SUMMER



## DSA Membership Card

Please have your senior center membership card ready anytime you come into a city facility. They are required to scan the 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 & scan in before coming back to the training room or offices.

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



**FREE**  
**MOBILE**  
*food pantry*

Mobile food pantry for the community  
supplied by Roadrunner Food Bank.

JUNE 26, 2026 2:00PM-4:30PM  
JULY 17, 2026 2:00PM-4:30PM  
AUGUST 21, 2026 2:00PM-4:30PM

## Mocha Overnight Oats

1 serving - 8hrs 5mins



- ¼ cup almond milk - ¼ cup fresh brew coffee
- 1 Tbsp cocoa powder - 1 Tbsp maple syrup
- ¼ tsp vanilla extract - ⅓ cup rolled oats
- 2Tbsp + ¼ cup plain nonfat skyr - salt
- 1Tbsp chia seeds - ¼ oz dark chocolate/shaved

1. In mason jar or small bowl, whisk together almond milk, coffee, cocoa powder, maple, vanilla, pinch salt, and 2 tablespoons cacao nibs. Cover and refrigerate overnight.
2. Stir oats. Top with remaining ¼ cup skyr, drizzle with maple syrup if desired, then dust cocoa powder and sprinkle chocolate on top.



# **FOSTER GRANDPARENT PROGRAM MANDATORY IN-SERVICE**

Friday, August 14, 2026

10:00 AM - 1:30 PM

Barelas Senior Center

714 Seventh Street, Albuquerque, NM



**Mandatory Annual CYFD Training**

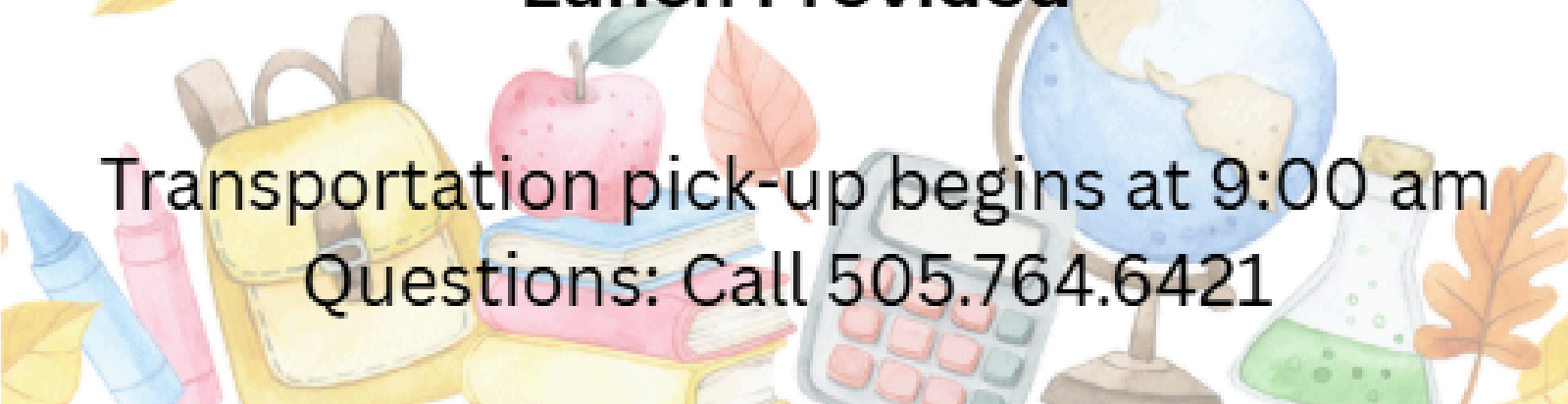
**Back to School Training**

**Program Updates and Information**

**Lunch Provided**

Transportation pick-up begins at 9:00 am

Questions: Call 505.764.6421



**ONE  
ALBUQUE  
ROQUE**

# JULY 2026

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.

I tried something  
**nuev**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> <b>29</b></p> <p>Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz</p>	<p> <b>30</b></p> <p>Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz</p>	<p> <b>1</b></p> <p>BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz</p>	<p> <b>2</b></p> <p>Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz</p>	<p><b>CLOSED 3</b></p> <p></p> <p><b>4TH OF JULY WEEKEND</b></p>
<p> <b>6</b></p> <p>Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz</p>	<p> <b>7</b></p> <p>Greek Pasta Salad 5oz Broccoli Salad w/ Carrots &amp; Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz</p>	<p> <b>8</b></p> <p>Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz</p>	<p> <b>9</b></p> <p>Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 1oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz</p>	<p> <b>10</b></p> <p>Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz</p>
<p> <b>13</b></p> <p>Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz</p>	<p> <b>14</b></p> <p>Teriyaki Chicken w/ Fajita Vegetables 3oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz</p>	<p> <b>15</b></p> <p>Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz</p>	<p> <b>16</b></p> <p>Cheese Omelet w/ Peppers &amp; Red Chile 3oz Stewed Tomatoes 2oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz</p>	<p> <b>17</b></p> <p>Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz</p>
<p> <b>20</b></p> <p>Beef w/ Peppers &amp; Onions 3oz Normandy Blend 2oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz</p>	<p> <b>21</b></p> <p>Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz</p>	<p> <b>22</b></p> <p>BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz</p>	<p> <b>23</b></p> <p>Green Chile Mac &amp; Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz</p>	<p> <b>24</b></p> <p>Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz</p>
<p> <b>27</b></p> <p>Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz</p>	<p> <b>28</b></p> <p>Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz</p>	<p> <b>29</b></p> <p>Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz</p>	<p> <b>30</b> <b>Anti-Inflammatory</b></p> <p>Black &amp; Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz</p>	<p> <b>31</b></p> <p>Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz</p>