

Foster Grandparent Program Newsletter

March 2026

Message from Foster Grandparent Program

Here comes Spring, let's say goodbye to those dark and gloomy winter evenings, and hello to warmer evenings, better moods and allergies. Allergies, although with some of our light winter seemed to never go away, do tend to get worse in the spring ~ take care of yourself with proper meds (doc approved), drink plenty of water and get lots of rest. Remember March 8th Daylight Savings Time Begins. This day is also International Women's Day, remember to celebrate all of the amazing women in our lives. For many of our FGP volunteers, that means the one looking at you in the mirror too.

March In-Service:

Friday, March 27th @ 10:00 AM

Special Added In-Service:

Tuesday & Wednesday, March 17 & 18 @ 10:00 AM

As you can see above, we are very lucky to be able to add in an additional training on Foundations of Trauma. This training is going to be fantastic and for many folks will be opportunity to catch up on training hours. Also, for any that might be short on their training hours, this is a way to get those hours completed, to avoid having to meet with Joni individually to complete mandatory annual training hours.

Please remember to be respectful of our trainers and briefers. Keep phones on silent or off. Keep any talking to a very minimum while training is active and put all trash into the trash-bin by the door. There is plenty of time to catch up and chat with each other during lunch or after training. We encourage you to use your membership at the Senior Centers. Feel free to check out other spaces and catch up, grab a newsletter, etc. Training room will need to be vacated but there is seating and open spaces throughout the senior center to occupy.

APS Station Closure March 26, Parent/teacher conferences
APS, Charter, and YDI Spring Break is March 30th - April 3rd,
No School.

**Your FGP Team,
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

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





Spotlight

Martha Diaz was born in Tucumcari NM. She was the youngest child in her family by 5 years and always wished she had other kids around her age to play with. She lived with her parents until she got married. She has been at her current address in Albuquerque for 40+ years. Now she has children, grandchildren and great grands. She has a background working at schools within maintenance & upkeep of the facilities such as keeping the yards clean. She always enjoyed being around the kids. Martha is currently serving at YDI Pedro Baca in the pre-kinder class, helping the children to feel safe and ready for kindergarten. The Staff & kiddos already love her. We are lucky to have you as one of our newest FGP Team members. Thank you Martha for all you do.

SOUTH VALLEY MULTIPURPOSE SENIOR CENTER

2026

Senior Dance Social

10am - 1pm

JANUARY 16 FRIDAY New Year's Jive	FEBRUARY 20 FRIDAY Sweetheart Shuffle
MARCH 17 TUESDAY St. Paddy's Step-Along	APRIL 24 FRIDAY Spring into Motion
MAY 5 TUESDAY Cinco de Mayo Muevele	JUNE 18 THURSDAY Summer Solstice Luau
JULY 2 THURSDAY Red, White & Boom Moves	AUGUST 21 FRIDAY National Senior Citizens Day Boogie
SEPTEMBER 18 FRIDAY The September Shindig	OCTOBER 30 FRIDAY The Monster Mash Mingle
NOVEMBER 20 FRIDAY Autumn Amble & Mingle	DECEMBER 31 THURSDAY Winter Wonderland Waltz

2008 Larrazo Rd SW, Albuquerque, NM 87105
For more information please call (505) 468-7341
To reserve your lunch please call (505) 468-7614



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.

SAVE THE DATE ~ ADD TO YOUR CALENDAR

- Mar 5** - Timesheets Due
- Mar 8** - Daylight Saving Time Begins
- Mar 17** - FGP In-Service, St. Patrick's Day,
- Mar 18** - FGP In-Service
- Mar 19** - Timesheets Due
- Mar 20** - Manzano Mesa Mutigen Roadrunner 2-4PM
- Mar 24** - Timesheets Due/Due Early
- March 26** - APS Station Closure/Parent teacher conferences
- Mar 27** - FGP In-Service
- Apr 1** - Rail Runner Appreciation Trip



Happy Birthday

Tila Martinez
March 5th

Josephine Urias
March 18th

Christine Gonzales
March 19th

Edwina Tabares
Advisory Council
March 25th

Juana Rodriguez
March 27th

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

Ensnare Beard Gabbage Festive Legend
Nimble Horseshoe Top hat Stew Proud

Month in Review



Join us for a very special In-Service
Foundations of Trauma-Responsive Care

Samantha Williams, LCSW
Director of the Training Institute
All Faiths Children's Advocacy Center

**Tuesday & Wednesday,
March 17th & 18th 2026**

10:00AM ~ 1:30PM
Lunch will be Provided

**Barelas Senior Center
714 Seventh Street SW, ABQ, 87102**

This foundational training introduces traumaresponsive care principles and practical strategies for professionals and individuals working with children, families, and communities affected by trauma.

RSVP for attendance/Lunch: Call 505.764-6421

Wrapped in Generations



*Generations working together!
Making Tie-Blankets
Blankets to be donated at end of project
Limited Space ~ Sign up Early*

Blanket Making:
Barelas Senior Center
714 Seventh Street SW, ABQ 87102
Tuesday, April 28, 2026 at 9:30 AM
To Participate: call (505) 764-6421
VIA Volunteers: sign up on oneabqvolunteers.com

TRAUMA RESPONSES

FLIGHT FIGHT FREEZE FAWN



Workaholic
Over-thinker
Anxiety, panic, OCD
Difficulty sitting still
Perfectionist
Avoidance
Hyperactivity
Sadness in loneliness

Anger outburst
Controlling
"The bully"
Explosive behaviour
Irritability
Judgement
Slamming door
Self harm

Difficulty making decisions
Feeling Stuck
Dissociation
Isolating
Numb
Shut down
Exhaustion
Indecision
Sleeps a lot

People pleaser
Overwhelmed
No boundaries
Lack of identity
Codependent
Appeasing
Engaging
Self critique



Understand Trauma and Chronic Stress



Explore the Brain-Body Connection



Apply Trauma-Responsive Connection



Build Skills to Strengthen Supportive Relationships



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.



MANDATORY IN-SERVICE

STOP BULLYING



FRIDAY, MARCH 27, 2026

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

10:00 AM - 1:30 PM

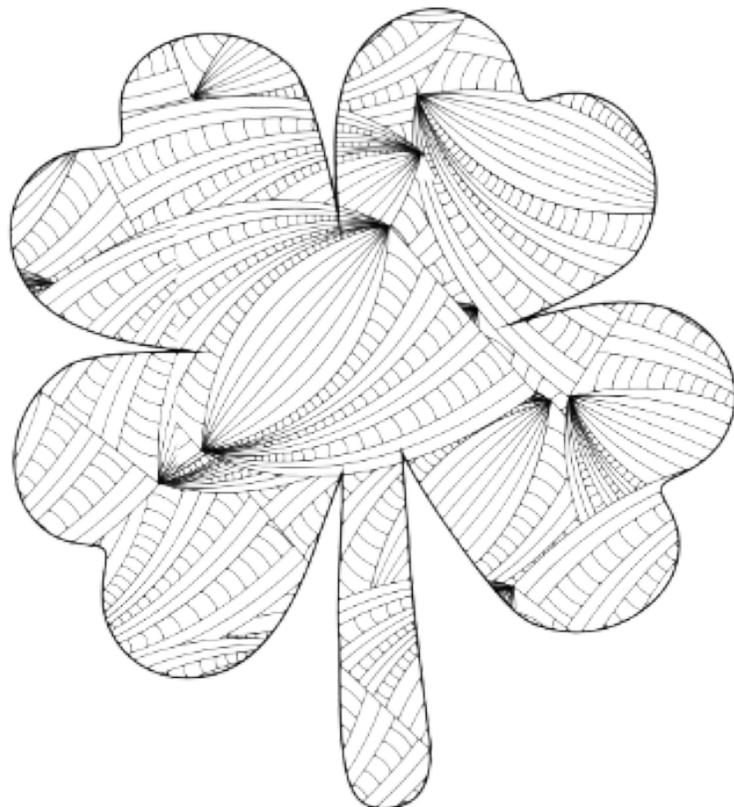
RSVP by March 20th for Meeting & Lunch

Presentation by:
Enlace Comunitario

What is bullying, how to identify and and what to do to help children.

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

For questions & RSVP call 505-764-6421



LUCKY



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.



Crockpot Corned Beef & Cabbage



Prep Time: 10 min, Cook Time: 6hr, Total Time 6hr 10 min = 6 Servings

Ingredients

- 3 carrots , peeled and cut into 3-inch pieces
- 1/2 pound small potatoes, halved
- plus pickling spice packet or 1 tablespoon pickling spice
- 2 8 to 12-ounce beers , (I prefer ale or lagers)
- 1/2 head cabbage , cut into 1 1/2-inch wedges
- 3-4 tablespoons prepared horseradish , to taste
- 1 yellow onion , peeled and quartered
- 1 corned beef brisket , (appx 3-4 pounds),
- 6 sprigs fresh thyme
- 1/2 cup sour cream

Instructions

To Cook in the Slow Cooker:

In a 5-to-6-quart slow cooker, place the carrots, onion and potatoes. Place corned beef, fat-side up, on top of the vegetables and sprinkle with pickling spice. Pour the beers over the vegetables and brisket. Sprinkle with the sprigs of fresh thyme. Cover and cook on high until corned beef is tender, 5-6 hours or 10-12 hours on low.

Arrange cabbage over corned beef, cover, and continue cooking until cabbage is tender, 45 min to 1 hour (or 1 1/2 to 2 hours on low). Thinly slice the corned beef against the grain and serve with the vegetables and cooking liquid with the horseradish sauce.

For the Horseradish Sauce

Mix the sour cream and horseradish together in a small bowl.

Refrigerate for up to 1 week.

Nutrition: Calories: 383kcal | Carbohydrates: 12g | Protein: 23g | Fat: 26g | Saturated Fat: 9g | Cholesterol: 90mg | Sodium: 1900mg | Potassium: 787mg | Fiber: 2g | Sugar: 3g | Vitamin A: 5215IU | Vitamin C: 48.9mg | Calcium: 54mg | Iron: 3mg



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	
 2	 3	 4	 5	 6					
Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz					
 9	 10	 11	 12	 13					
Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz					
 16	 17	 18	 19	 20					
Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Corned Beef & Cabbage 3oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz					
 23	 24	 25	 26	 27					
Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	Mac & Cheese w/ Broccoli 3oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz					
 30	 31	 1	 2	 3					
Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz					