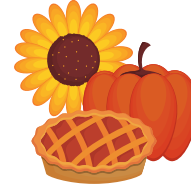
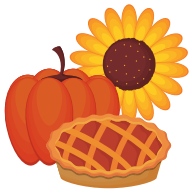


Foster Grandparent Program Newsletter

November 2025



October flew by with all the training sessions and activities, and we're so proud of all the incredible work you continue to do at your stations. As we move into this new month, please don't hesitate to let us know about any upcoming events at your schools. We love having the chance to support you and celebrate your achievements in action!

Looking ahead, we'd like to highlight an upcoming event:

FGP's Annual "Thankful" Recognition Luncheon

Friday, November 14th

11:00 AM – 1:30 PM

During this special gathering, we'll also take time to honor our amazing Veteran Volunteers. Transportation will be provided for those who regularly use that service. If you're unable to attend, please contact the FGP office so we can plan accordingly.

As the year winds down, we're reflecting on all the meaningful moments and the joy of working alongside such dedicated volunteers. We're truly thankful for each of you and excited for all the wonderful things still to come, both in your schools and here with FGP.

Wishing you a joyful, fulfilling November! Thank you for all that you do.



Warm regards,
The FGP Team



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

Meet Scott Meyer, one of our newest volunteers to FGP.

He likes to care for people and help with kids.

He also mentors a neighbor's grandson, 5 years old, and

has really enjoyed it. That experience is what led him to want to participate with FGP.

Scott grew up in Albuquerque with 3 siblings, with dad working in town and mom working out of the home doing babysitting until she went to work for Walmart. He had a good childhood, not rich, but he was happy. Scott bought an ABQ westside home in 1989 and still resides in the same home today. He has a well-developed relationship with the neighbors; you can tell they like him-as they all wave and say hi when he is outside.

Scott loves to help people, mentor children, and his true love is vehicles - they are his passion, his hobby, and his collection. He has collected many over the years and still has a few that he loves to drive and work on. He has a friend with whom he gets together and works on the cars. Scott is also active at his community center, where he actually learn about FGP there. We are happy to have Scott join us here at FGP. He is currently serving at Chaparral Elementary School, Grade 3. Welcome Scott!



SAVE THE DATE ~ ADD TO YOUR CALENDAR

Nov 2nd - Daylight Saving Time Ends (clocks back 1 hour)

Nov 4th - APS schools closed - Election Day

Nov 11th - Veteran's Day Office Closed

Nov 13th Timesheets Due

Nov 14th - Thankful Recognition Luncheon

Nov 19th - Timesheets are turned in early

Nov 27th & 28th - Thanksgiving Holiday Schools/Office Closed





November 11th – Veterans' Day



We would like to take a moment and thank our Veterans who serve as Foster Grandparents!

Orlando Sanchez - Served in the United States Army

Jon Sundell - Served in the United States Navy

Sandra Perea - Served in the United States Air Force

Barby Garcia - Served in the United States Air Force



Your sacrifice, service, and unwavering dedication to our nation and your loved ones are truly admirable. You continue to inspire us all!



ANNUAL THANKFUL RECOGNITION LUNCHEON

**FRIDAY,
NOVEMBER 14, 2025**

11:00 AM - 1:30 PM

BALLOON MUSEUM

9201 BALLOON MUSEUM DR NE, ABQ, NM 87113

PLEASE RSVP BY OCTOBER 31, 2025 505-764-6404

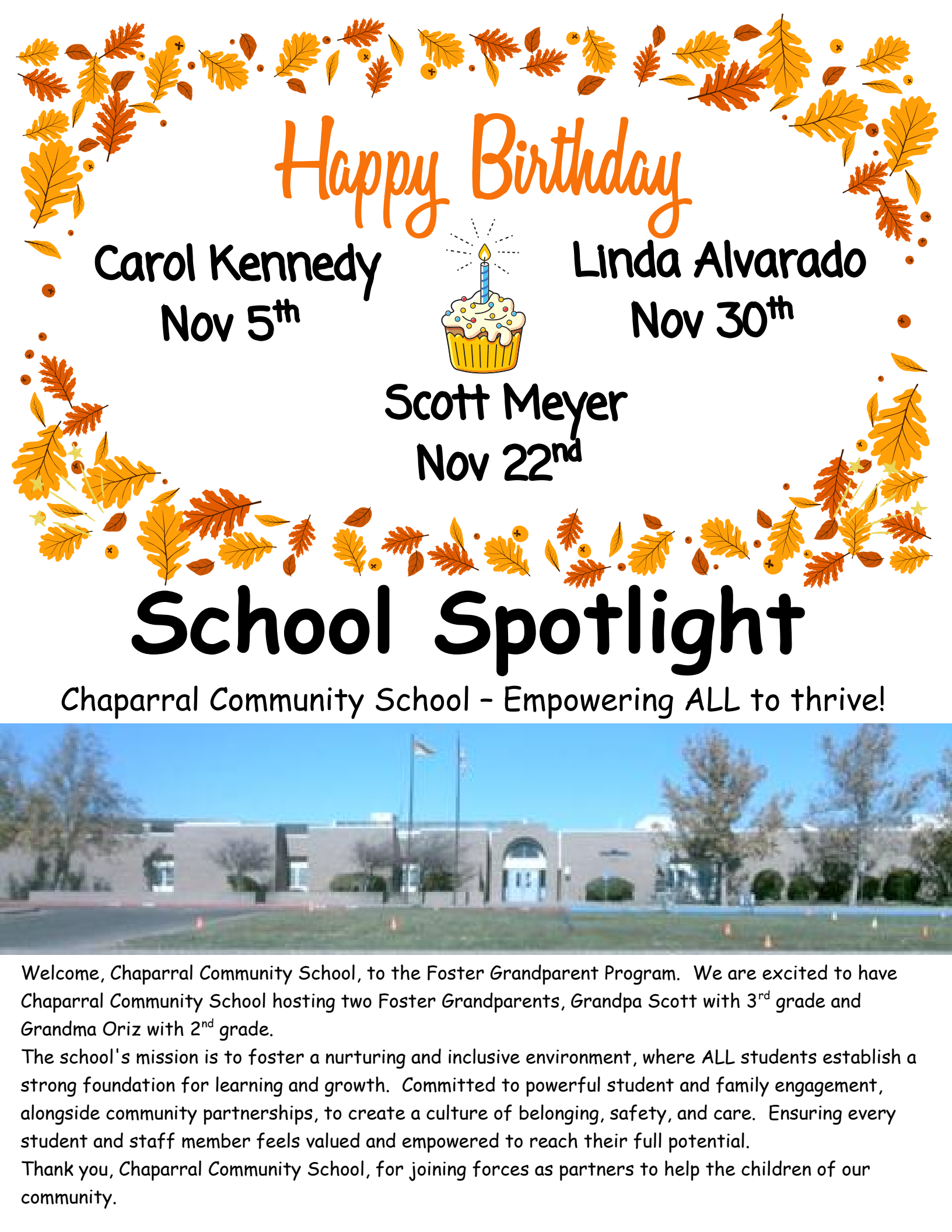
SUPER

BOOM!



AmeriCorps
Seniors

ONE
ALBUQUE
RQUE



Happy Birthday

Carol Kennedy
Nov 5th



Linda Alvarado
Nov 30th

Scott Meyer
Nov 22nd

School Spotlight

Chaparral Community School - Empowering ALL to thrive!



Welcome, Chaparral Community School, to the Foster Grandparent Program. We are excited to have Chaparral Community School hosting two Foster Grandparents, Grandpa Scott with 3rd grade and Grandma Oriz with 2nd grade.

The school's mission is to foster a nurturing and inclusive environment, where ALL students establish a strong foundation for learning and growth. Committed to powerful student and family engagement, alongside community partnerships, to create a culture of belonging, safety, and care. Ensuring every student and staff member feels valued and empowered to reach their full potential.

Thank you, Chaparral Community School, for joining forces as partners to help the children of our community.

ANNUAL HOLIDAY

DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE WITH SENIORS IN NEED THIS HOLIDAY SEASON. DONATIONS WILL BE DELIVERED TO ELDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM. DONATIONS WILL BE DELIVERED TO ELDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

NEW ITEMS NEEDED:

- SCARVES
- SOCKS
- HATS
- BLANKETS
- GLOVES

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER BEFORE NOVEMBER 30, 2025

SCAN QR CODE



FOR AMAZON REGISTRY

ONE ALBUQUERQUE senior affairs

independence at home A SCAN COMMUNITY SERVICE

FOR MORE INFORMATION, CALL (505) 764-6400

NORTH DOMINGO BACA MEMEBERS

DAY OF THE DEAD

JOIN US FOR A MARVELOUS INTERGENERATIONAL MARIGOLD CELEBRATION

ALL AGES WELCOME

FRIDAY, NOVEMBER 3RD 3:30-5 PM

7521 CARMEL AVE NE, ALBUQUERQUE, NM 87113

ONE ALBUQUERQUE

ENGAGE with Senior Affairs

DSA MEMBERSHIP REQUIRED

MEDICARE FAIR

Event Series

ONE ALBUQUERQUE senior affairs

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Locations/Times

Los Volcanes Senior Center
Wednesday, October 8, 2025
9 AM - 11 AM

North Valley Senior Center
Monday, October 20, 2025
9 AM - 11 AM

Manzano Mesa Multigenerational Center
Thursday, November 6, 2025
9 AM - 11 AM

Palo Duro Senior Center
Wednesday, November 19, 2025
9 AM - 11 AM

Call 505-764-6400 for more information



ENGAGE with Wellness

cabq.gov/seniors

Kids science night

ONE ALBUQUERQUE

Tuesday, November 7th
7521 Carmel Ave NE 87113
6 - 8 pm

Please call to register
(505) 764-6475



Ageless Artisan Craft Fair

Saturday | **15** | November
9 AM - 1 PM | 2025

Manzano Mesa

Multigenerational Center
501 Elizabeth St SE, 87123
505-275-8731

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!



North Domingo Baca

THANKSGIVING Family DINNER

Friday, November 21 | 5:30 - 8 pm
7521 Carmel Ave NE 87113



Join Us for Family, Friends & Thanksgiving Dinner!

All ages welcome

All meals will stop serving after 6:30pm

**We will be serving classic Thanksgiving Meals
RESERVATIONS ARE REQUIRED**



Join Us for North Domingo Baca's



VETERANS DAY

CELEBRATION

ON MONDAY, NOVEMBER 10TH 2025



HONORING ALL WHO SERVED

WE WILL CELEBRATE OUR VETERANS
FROM 10:30 AM-11:30 AM
WITH A DEDICATION AND CAKE.



SPONSORED BY:



FRIENDSGIVING



Manzano Mesa Multigenerational Center
501 Elizabeth St SE, 87123
November 21, 2025
6 pm - 8 pm

Don't miss out on the chance to win prizes at our Friendsgiving Bingo Night. This event is free and all ages are welcomed.



Month in Review



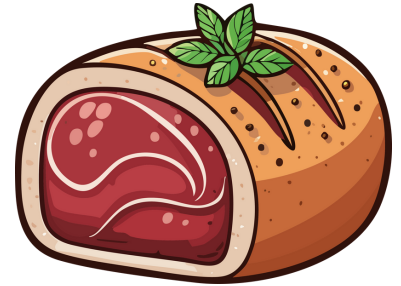


Meatloaf and Mashed Potatoes



Meatloaf is a classic comfort food for many of us, perfect for a chilly fall night. This meatloaf comes together quickly and easily, and includes some hidden veggies! Half the recipe for just one “loaf,” or make two and freeze one for later.

- 1 cup crushed saltines, 25-30 crackers, or Ritz crackers, or bread crumbs
- ⅓ cup milk
- ¼ to ½ cup minced fresh parsley
- 2 large eggs, lightly beaten
- ½ cup finely chopped green bell pepper
- 2 teaspoons onion powder
- 3 garlic cloves, finely minced or 1 teaspoon garlic powder
- 1 tablespoon Dijon mustard
- 3 tablespoons Worcestershire sauce
- 1 ½ teaspoons salt, I use coarse, kosher salt – use slightly less for table salt
- ½ teaspoon black pepper, I use coarse black pepper – use slightly less for finely ground
- 2 pounds ground meat, I use half ground beef/half ground pork (see note)
- Ketchup, as desired
- 2 pounds yellow potatoes
- 4 tbsp butter
- Salt and pepper to taste



Directions: Meatloaf

For the meatloaf, in a large mixing bowl, add the crushed saltines and milk and let the mixture sit for 5-10 minutes. Add the parsley, green pepper, eggs, onion powder, garlic, Dijon mustard, Worcestershire sauce, salt and pepper. Mix well.

Add the ground meat and mix until evenly and well combined. (You can use a food processor for all of the above if you want an even more well-combined spice and meat mixture.)

Preheat the oven to 375 degrees F. Line a baking sheet with foil and lightly grease with cooking spray.

Pile the meat mixture in the middle of the prepared pan and shape into one or two loaves about 9 inches long and 4 inches wide (it doesn't have to be perfect; just try to get it an even thickness throughout).

Spoon ketchup over the meatloaf, if desired. Bake for 45-50 minutes until an instant-read thermometer registers 160 degrees F in the center of the meatloaf.

Loosely tent with foil and let the meatloaf rest for 10-15 minutes before slicing and serving.

Directions: Mashed Potatoes

Peel potatoes if you don't like the skins. Boil potatoes until tender. Drain the potatoes. Add butter to a mixing bowl. Add potatoes. Mash the potatoes by hand, or use an electric mixer. Add salt and pepper to taste. Serve warm with meatloaf.





THANKSGIVING

— WORD SEARCH —



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

— WORD LIST —

ACORN	CARVE	FAMILY	GRATITUDE	PARADE	STUFFING
APPLE	CORN	FARMER	GRAVY	PIE	SUNFLOWER
AUTUMN	CORNUCOPIA	GATHERING	HAM	PILGRIM	THANKGIVING
BLESSINGS	CRANBERRY	GOBBLE	HARVEST	PUMPKIN	TRADITION
BOOTS	FALL	GRACE	HOLIDAY	SHARING	TURKEY

November

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
 3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	 4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	 5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	 6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	 7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
 10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11  VETERANS DAY HONORING ★ ALL WHO ★ SERVED	 12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
 17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	 18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	 19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	 21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
 24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	 25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	 26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	