

Foster Grandparent Program Newsletter

October 2025

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



Happy October!

Fall is officially here, the temperatures are cooling down, the leaves are changing, and the skies are filled with colorful balloons once again. We have a full calendar of events this month and are looking forward to an engaging and active season.

We're beginning preparations for our Thankful Recognition Luncheon in November. Stay tuned for more details coming soon!

We're also inviting more members of our community to join the FGP/SCP Advisory Council. If you know someone who would be interested in giving just a few hours each quarter to support our programs and make a positive impact in the community, please share Joni's contact information with them. In addition, we are continuing our efforts to grow our team of FGP volunteers, so please spread the word.

We're excited to see you at our upcoming In-Service Training on Friday, October 17, at Barelas Senior Center. This month, we'll welcome a guest speaker from Explora, presenting on "Engineering with Recyclables."

We also have an optional in-service scheduled for October 1st & 3rd, from 9:00 am - 12:30 pm at Barelas Senior Center. We'll be participating in a Zoom presentation hosted by All Faiths Children's Advocacy Center, focused on the "Nurtured Heart Approach." If you're interested in attending this session, please contact Joni to get on the list.

As always, we wish you a wonderful October and look forward to seeing you soon!

Wishing you well,
Marie, Joni & Estelle



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



Spotlight



Reginal Chavez Elementary School

We are Respectful, Responsible, and Safe / A Community School

Reginald F. Chavez Elementary, nestled in Albuquerque's Old Town neighborhood, is a school with deep roots in the community and a strong commitment to student growth, bilingual education, and cultural enrichment. Serving students from Pre-K through 5th grade, Chavez offers dual-language instruction in Spanish and English, giving children not just academic skills, but also fluency in two languages and a grounding in their cultural heritage. We are proud to share that Reginald Chavez Elementary is currently hosting two FGP volunteers who are contributing their time and talents to support the school, whether through tutoring, mentoring, or helping with enrichment and community events. Their presence helps further the school's mission to create a respectful, responsible, and safe environment where every child can thrive.



Martha Romero
began serving in
January, 2025



Shelagh Pike
began serving in
January, 2025



SAVE THE DATE ~ ADD TO YOUR CALENDAR

Oct 1st & 3rd - In- Service **optional** call if you are interested in attending

Oct 2nd, 16th, 30th - Timesheets Due

Oct 10th - Fall Break APS

Oct 13th - Indigenous Peoples' Day Schools/Office Closed

Oct 15th - FGP/SCP Advisory Council Meeting at Barelas Senior Center

Oct 17th - FGP In-Service at Barelas Senior Center



Oriz Taylor
Oct 4

Happy Birthday



Marie Llamas
Oct 10

Betty Jean Trujillo
Oct 15

David Cavalier
Oct 16

Marjorie Williams
Oct 18



WOW!

SAVE THE DATE

BOOM!

POW!

**FGP
ANNUAL THANKFUL
RECOGNITION
LUNCHEON**

Formal Invites to Follow
Friday, November 14, 2025
Kindness is Our Superpower!

AmeriCorps Seniors | ONE ALBUQUE senior affairs

29th Annual
PRIME TIME
MONTHLY MAGAZINE
50+
EXPO

Don't miss...
The Largest Health Fair in New Mexico!

Wednesday,
October 8th 2025!
8:30AM - 1PM
At Embassy Suites (Lomas & I-25)

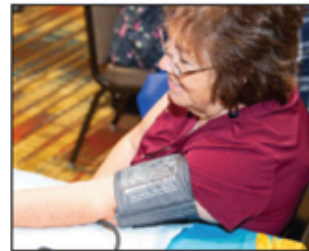
- Free Event -

Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Call 505-242-2428 or Visit PrimeTimeNM.com



BROUGHT TO YOU BY PRESENTING SPONSOR



AND



Ageless Artisan Craft Fair 2025

The Ageless Artisan Craft Fair 2025 will be held on November 15, 2025, from 9 a.m. to 1 p.m. at the Manzano Mesa Multigenerational Center. This free event is open to all and will feature over 50 senior artists showcasing their unique handcrafted items, including tin art, woodwork, ceramics, jewelry, photography, and more. Family-friendly activities on site for all guests to enjoy. For more information, guests can visit the Manzano Mesa Multigenerational Center

department of senior affairs 3rd annual

AGE FRIENDLY SUMMIT: AGE-INCLUSIVE EMPLOYMENT



keynote speaker
PAULA GETZ
Founder, NM-New

DATE AND TIME
Friday, October 31, 2025
10:00 AM - 2:30 PM

LOCATION
CNM WORKFORCE CENTER
5600 Eagle Rock Road NE,
ABQ NM

ABOUT THE EVENT
Join us as we bring local experts, employers, hiring professionals, elected officials and older job seekers together for a deep dive into what makes age-inclusive hiring such smart business.

WHO SHOULD ATTEND

- Employers
- 50+ Job Seekers
- H.R. Professionals
- Supervisors
- Policy Makers
- Community Leaders

Secure your spot today and join us for this invaluable session! Lunch will be provided

FREE
REGISTRATION

For more information or to register

ajvallejos@cabq.gov
(505) 768-3630

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ALBUQUE
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brought to you by NM-NEW CNM Ingenuity, AARP New Mexico and City of Albuquerque Senior Affairs Department

FGP/SCP Advisory Council

Community-minded individuals are needed to serve as Council Members for two programs that have been assisting children in schools and senior-to-senior companions in the City of Albuquerque for over 40 years. The purpose of the Foster Grandparents/Senior Companion Program Advisory Council is to serve in an advisory capacity to the Program staff in matters affecting planning and formulation of program policy. Council members assist in promoting community support for the Program, evaluating the effectiveness of the program, and may serve as a grievance body. Council Members also help in developing local resources through fundraising. For more information, call 505-764-6421 or email fgp@cabq.gov.

Mac-O-Lantern and Cheese Bowls

Ingredients:

Kosher salt

6 medium orange bell peppers

8 ounces elbow macaroni

1 ¼ cups half and half

8 ounces cream cheese, at room temperature

4 ounces mild cheddar, shredded (about 1 ½ cups)



1. Bring a large pot of generously salted water to a boil. Fill a large bowl with ice water.
2. Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until just tender, 2 to 3 minutes. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face into one side of each pepper.
3. Return the water to a boil, add the macaroni and cook until al dente, about 6 minutes. Reserve 1 cup of the pasta water and drain (don't rinse the pasta).
4. Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until reduced to about ¾ cup, about 10 minutes. Add the cream cheese and stir until melted. Whisk in the Cheddar until all the cheese is melted and the sauce is smooth.
5. Off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Season with salt if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.



HALLOWEEN WORD SEARCH

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

HALLOWEEN

GOBLIN

SKELETON

MONSTER

GHOST

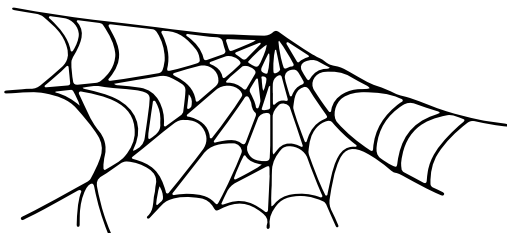
SPIDER

VAMPIRE

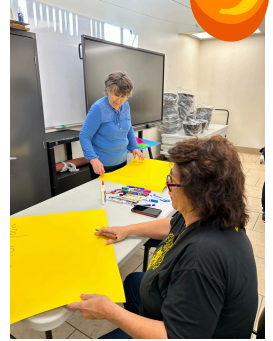


Nutritional Analysis Per Serving

Serving Size	1 of 6 servings
Calories	483
Total Fat	29 g
Saturated Fat	17 g
Carbohydrates	41 g
Dietary Fiber	4 g
Sugar	10 g
Protein	16 g
Cholesterol	84 mg
Sodium	635 mg



Month in Review



Unite in Service. *Never Forget.*



Thank you for all you do!
From your Friends at
ABQ Senior Affairs!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 29 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 4oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 

