



Foster Grandparent Program Newsletter September 2025

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application.

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelas Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025, the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025, and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference, and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025, from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement! Sincerely,

Anna Sanchez, Director Department of Senior Affairs **DSA Administration**



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Welcome Carol!

Carol hails from Bisbee, Arizona, where her journey began. Growing up as the daughter of a miner, she moved frequently, experiencing life 🚧 in every state of the Union except Hawaii and Alaska, as well as in three countries: the United States, Canada, and Mexico.

Carol shares her childhood with one brother and one sister. Her brother currently resides in Grants, NM. She graduated from high school in 1965 and enjoyed participating in field and track events, as well as basketball. Continuing her education, she attended the University of Arizona, NM State, and the College of Santa Fe, ultimately earning a Master's degree from Webster University, NM Chapter.

Throughout her diverse career, Carol has worked as a social worker, in insurance, real estate, accounting, finance, taxes, and risk management. Her passion for learning drives her to pursue continuing education courses.

Carol is an avid sports enthusiast, with a particular fondness for baseball and bowling, and she is a devoted fan of the Arizona Diamondbacks. Her interests also include solving logic problems, sewing, jewelry-making, real estate, fashion, and handbags.

She is a proud mother of one living daughter and has a wonderful grandson who is 28 years old. Both are fortunate to live in the Albuquerque area.

Travel is a shared passion within her family—they all have a love for exploration and enjoy discovering new, exciting, and interesting places and meeting new people.

Please join us in welcoming Carol, who we hope will start her journey with us at Hawthorne Elementary this month. Thank you for becoming a part of our amazing team!



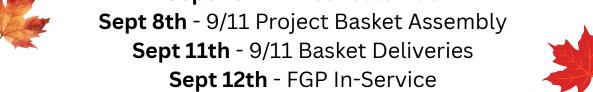
SAVE THE DATE ~ ADD TO YOUR CALENDAR

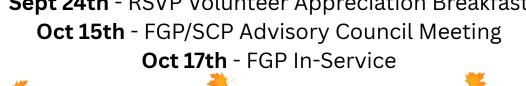
Sept 1st - Labor Day, Office Closed

Sept 4th - Timesheets Due

Sept 18th - Timesheets Due

Sept 24th - RSVP Volunteer Appreciation Breakfast





Wear your FGP Nametag whenever you are in Service. School & In-Service



Patricia Lakes Sep 5th

Barby Garcia Sep 7th



Rosie Lee Cata Sep 9th





ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025
GLORIETA CONFERENCE CENTER

Conference Highlights

Three days of programming featuring:

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and snacks
- Exhibits and networking
- Shuttles to and from Santa Fe and around the venue
- Concert by Al Hurricane Jr.

Resources

- Multi-state agency expo
- On-site benefits sign-up opportunities
- Recreational activities including pickleball, zip lining, nature hikes, crafts and more!

REGISTRATION NOW OPEN AgingInNM.org





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.























ROADRUNNER FOOD BANK

FRIDAY, AUG. 22ND 2:00 PM-4:30PM FRIDAY, SEP. 26TH 2:00 PM- 4:30 PM FRIDAY, OCT. 17TH 2:00 PM- 4:30PM FRIDAY, NOV. 7TH 2:00 PM- 4:30PM FRIDAY, DEC. 19TH 2:00 PM- 4:30PM

Manzano Mesa Multi-Gen 501 Elizabeth St. SE. Abq.

NM 87123

Located in the gym



preciation reaklast

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				



Easy Butternut Squash Soup

Prep Time: 10minutes~Cook Time: 35minutes~Total Time: 45minutes~Serves 6



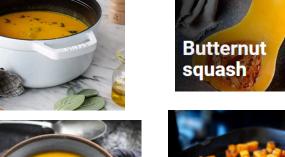
Ingredients

1 large yellow onion, chopped ½ teaspoon sea salt 1 (3-pound) butternut squash, peeled, seeded, and cubed 3 garlic cloves, chopped

2 tablespoons extra-virgin olive oil



3 to 4 cups vegetable broth Freshly ground black pepper for serving: Chopped parsley Toasted pepitas Crusty bread







Instructions

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

PUMPKINS





RAKING

ACORN



MONDAY	TUESDAY	WEDNESDAY	Ĭ	THURSDAY		FRIDAY	
CLOSED 1	2		3		4		5
* * * LAEOR	Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz	Ranch Beans Spinach w/ Onions Dinner Roll Margarine Grapes 1% Milk 40 16 40 40 40 40 40 40 40 40 40 40 40 40 40	oz oz oz ea pc oz oz		4oz 4oz 1ea 4oz 8oz	Beef Tips w/ Gravy Bowtie Pasta Steamed Broccoli Cauliflower Peach Cup 1% Milk	3oz 1oz 4oz 4oz 4oz 1ea 8oz
8	9		10		11		12
Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Brown Gravy Sliced Carrots Mashed Potatoes Breadstick Banana 16	OZ OZ	Pasta Primavera Spinach Diced Beets Mandarin Oranges 1% Milk	4oz	Pork Carnitas Red Chile Pinto Beans Flour Tortillas Warm Apple Slices 1% Milk	3oz 1oz 4oz 2ea 4oz 8oz
¥			*	No.	V		
15	16	1	17		18		19
Meatloaf Gravy Mashed Potatoes Sliced Carrots Dinner Roll Margarine Yogurt 1% Milk 3oz 4oz 4oz 4oz 4oz 1pc	Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz	Succotash 46 Combread 16 Mixed Berries 46	ea oz	Green Chile Southwest Omelet Stewed Tomatoes Diced Hash Browns Peaches 1% Milk	4oz 4oz 4oz 1ea 8oz	Herb Pork Loin Gravy Sauteed Zucchini Dinner Roll Margarine Applesauce 1% Milk	3oz 1oz 4oz 1ea 1pc 4oz 8oz
22	23	2	24		25		26
Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Combread 1ea Yogurt 4oz 1% Milk 8oz	Salisbury Steak Brown Gravy 10z Mashed Potatoes Corn & Edamame Mandarin Oranges 1% Milk 80z	Stir Fry Veggies 44 Brussel Sprouts 46 Dinner Roll 1 Margarine 1 Warm Sliced Apples 4	loz lea pc loz soz	Green Chile Cheese Enchiladas Pinto Beans Spanish Rice Pudding 1% Milk	4oz 4oz	Turkey Tetrazzii Italian Veggie Blen Breadstick Diced Pears 1% Milk	8oz



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.