

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 Barelás 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

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



Spotlight

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 8th - 9/11 Project Basket Assembly

Sept 11th - 9/11 Basket Deliveries

Sept 12th - FGP In-Service

Sept 18th - **Timesheets Due**

Sept 24th - RSVP Volunteer Appreciation Breakfast

Oct 15th - FGP/SCP Advisory Council Meeting

Oct 17th - FGP In-Service



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



NEW MEXICO CONFERENCE ON AGING 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 other 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



*Together,
We make a
Difference*

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.



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas
Senior Center
Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER
2025

9 am -
3 pm

714 Seventh St SW 87102



ONE
ALBUQUE
RQUE

United
Healthcare

ENGAGE
with Senior Affairs

Month in Review



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

SAVE THE DATE

RSVP

*Appreciation
 Breakfast*

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

2 tablespoons extra-virgin olive oil

1 large yellow onion, chopped

½ teaspoon sea salt

1 (3-pound) butternut squash, peeled, seeded, and cubed

3 garlic cloves, chopped

1 tablespoon chopped fresh sage

½ tablespoon minced fresh rosemary

1 teaspoon grated fresh ginger

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.



Fall Coloring Page























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CORN STALKS
APPLE CIDER
SCARECROW
MUSHROOMS
HALLOWEEN
NOVEMBER
FOOTBALL
PUMPKINS

CARNIVAL
HARVEST
HAYBALE
BONFIRE
HAYRIDE
OCTOBER
CHILLY
RAKING

ORANGE
JACKET
AUTUMN
LEAVES
GOURD
QUILT
FROST
ACORN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1 	2 Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	3 BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	4 Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	5 Beef Tips w/ Gravy 3oz 1oz Bowtie Pasta 4oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8 Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	9 Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	10 Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	11 Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	12 Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15 Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	16 Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	17 Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	18 Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	19 Herb Pork Loin 3oz Gravy 1oz Sauteed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22 Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	23 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	24 Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	25 Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	26 Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 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.