Foster Grandparents Program Newsletter

November 2026

A Season of Gratitude: Celebrating Our Foster Grandparents

Dear Foster Grandparents,

As we enter November and look ahead to the holiday season, we're reminded of the importance of connection, kindness, and gratitude. This time of year offers an opportunity to reflect on the people who make a difference in our lives and the many ways we support one another.

Each day, you bring patience, encouragement, wisdom, and care into the lives of the children you serve. Whether you're helping a child learn something new, offering reassurance, or simply being a trusted presence, your contributions matter. The relationships you build help children grow in confidence and feel supported as they learn and develop.

I'm excited to introduce myself as the new Manager of Community and Volunteer Engagement for the Department of Senior Affairs. My background includes work in education, nonprofit organizations, business, and government, with a focus on community engagement and bringing people together to make a difference. I look forward to meeting you, hearing about your experiences, and learning more about the important work you do.

As we approach the holidays, we know this season can bring both joy and challenges. The consistency, compassion, and encouragement you offer mean so much to the children you serve—not just during the holidays, but throughout the school year.
Please know that your time and commitment are valued.

As you enjoy the weeks ahead, I hope you find time for the people and traditions that bring you happiness. Thank you for sharing your time, experience, and hearts with the next generation. I look forward to getting to know you and supporting your meaningful work.

Wishing you a wonderful Thanksgiving season filled with warmth, connection, and gratitude.

With appreciation,
-Vaisu



DSA Administration



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I am an AmeriCorps Senior Volunteer serving with the City of Albuquerque to help students succeed in school.

Foster Grandparents Program Newsletter



Carol Kenndy
Nov 5



Scott Meyer
Nov 22

Make a Difference Behind the Scenes: Join the FGP/SCP Advisory Council!

Help shape the future of programs that make a difference in the lives of children and older adults. The City of Albuquerque's Foster Grandparent Program and Senior Companion Program are looking for community-minded individuals to serve on their Advisory Council. With more than 40 years of service to the community, these programs support elementary school children and provide companionship to older adults throughout Albuquerque.

Advisory Council members play an important role in helping these programs thrive. Members advise program staff on planning and policy, promote community support, evaluate program effectiveness, help address grievances when needed, and develop local resources through fundraising.

Your experience, ideas, and community connections can help these programs continue making a difference. Consider joining the Advisory Council and helping strengthen the support available to children and older adults in our community.

Interested in learning more? Call 505-764-6404 or email fgp@cabq.gov.

FGP/SCP Advisory Council November meeting has been canceled. The next Advisory Council meeting is January 20, 2027 at Barelas Senior Center at 10:30 am.



Save the Date ~ ADD to your Calendar

November 03, 2026 Election Day (APS & ABA Charter School, Station Closure)
November 06, 2026, Thankful Recognition at Barelas Community Center
November 11, 2026 Veteran's Day (APS, ABA Charter School & YDI Station Closure)
November 12, 2026 - Timesheets Due
November 18, 2026 - Timesheets Due Early (before station closures)
November 23-November 25, (APS & YDI Station Closures)
November 25 (ABA Charter Station Closure)
November 26, 2026 - HAPPY THANKSGIVING! (All schools Station Closure/FGP Closed)
November 27, 2026 Day after Thanksgiving (All schools Station Closure/FGP Closed)

Rupe Tafoya is Volunteer of the Year!

Recognized at the NM Conference on Aging, hosted by the Aging and Long Term Services Department (ALTSD)





NM ALTSD Cabinet Secretary Emily Kaltenbach presents the Compassion in Action Volunteer of the Year Award to Rupe Tafoya at the October 2026 New Mexico Conference on Aging.

Congratulations
Grandma Rupe

ONE ALBUQUERQUE senior affairs

HOLIDAY

DONATION DRIVE

THE DEPARTMENT OFSENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE WITH SENIORS IN NEED THIS HOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

New Items Needed:

- Hats
- Socks
- Gloves
- S car ves
- Blankets*

*Handmade Blankets Must Be New



BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER
DONATION PERIOD
NOVEMBER 1-30, 2026
For More Information Call
505-764-6400

Scan below to shop the Amazon Wish List



Buttery Toasted Pecan Recipe

Ingredients:

¼ Cup of Butter (Salted or Unsalted),
4 Cups Pecan halves
1 Tbsp. Kosher Salt
½ tsp. Ground Red Pepper, (Optional)

Directions:

1. Preheat oven to 325 degrees
2. Toss together the butter and pecans
3. Transfer to a jelly-roll pan, and back for 25 minutes or until roasted, stirring halfway through.
4. Sprinkle with salt and pepper and cool before serving.

https://www.southernliving.com/recipes/toasted-pecans



Mandatory
FGP In-Service Training at Barelas Senior Center,
December 18, 2026
10:00 am - 1:30 pm

Topic: Estate Planning with Senior Citizens Law Office



Please call the office at 764-6404 to confirm attendance & reserve lunch by December 14, 2026.
Transportation provided to volunteers on transportation roster.

DSA Membership Card

Please have your senior center membership card ready whenever you visit a City facility. Per center policy, you are required to scan the card each time you come into the facility, including when visiting Barelas Senior Center for meetings, in-service training, etc. Please stop at the front desk to scan your card before proceeding to the training room or offices. Thank you!

ONE ALBUQUERQUE

November

As part of the New Mexico Grown state initiative, every Thursday, theDepartment ofSeniorAffairswillfeaturea vegetarian mealthat incorporateslocally sourcedfruits,vegetables,beans, orchile intothemenu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatball Sub 1ea Sandwich Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	**3** Ham 3oz P ineappleGlaze 2oz Cauliflower 4oz SweetPotatoMash 4oz DinnerRoll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	**4** ChickenFajitas 4oz StewedTomatoes 4oz PintoBeans 4oz FlourTortillas 2ea Applesauce 1ea 1% Milk 8oz	**5** GreenChile 4oz Mac&Cheese 4oz DicedBeets 4oz BrusselSprouts 4oz Orange 1ea 1% Milk 8oz	**6** Steak Fingers 4oz WhiteGravy 2oz Edamame 4oz Cornw/Peppers 4oz Yogurt 4oz 1% Milk 8oz
9 Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	**10** PorkLoin 3oz Gravy 2oz VeggieRicePilaf 4oz Spinach 4oz DinnerRoll 1ea Margarine 1pc DicedPears 4oz 1% Milk 8oz	**CLOSED** **11** 	**12** Fettuccini Alfredo 4oz w/ Peas 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	**13** Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16 Teriyaki Pork 4oz Brown Rice 4oz Stir FryVegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	**17** Beefw/ Peppers & Onions 3oz 2oz Sliced Beets 4oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	**18** BBQBaked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	**19** Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	**20** Breaded Pollock 4oz TarterSauce 1ea SteamedPotatoes 4oz BrusselSprouts 4oz Orange 4oz 1% Milk 8oz
23 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	**24** Carne Adovada Red Chile 3oz 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	**25** Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	**CLOSED** **26** 	**CLOSED** **27**
30 Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	**1** Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	**2** Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	**3** Green Chile Veggie 4oz Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	**4** BlackBeanChili 4oz GreenBeans 4oz BrusselSprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz