

Foster Grandparent Program Newsletter

October 2026



Message from Foster Grandparents Program

Greetings! We hope this newsletter finds you in good health as the season changes to cooler days. The leaves began to change color and fall from the trees. The days get shorter as autumn arrives and the hot air balloons in the sky remind us that our state truly has the best skies anywhere in the world.

As the program moves through staffing changes business continues as usual. We have exciting news this month. We welcome Vaisu Bronk, Community Volunteer Engagement Manager to the Department of Senior Affairs to take Cristina Romero-Baca's previously held position. Ms. Bronk, has served on the City of Albuquerque Volunteer Advisory Board for the past six years and has chaired the Mayor's Day of Volunteer Recognition. Her background includes experience in community engagement, strategic partnerships, public relations, event management, grant management, legislative relations and delivering professional development training. She is knowledgeable of the Foster Grandparent Program where she worked as the Volunteerism Manager for our community partner at Albuquerque Public Schools. Vaisu is looking forward to working with you all as she steps into her new role!

We would like to congratulate Nikki Peone on her promotion to Deputy Director of the Department of Senior Affairs. Ms. Peone previously oversaw the Volunteerism Department as Associate Director the last three years. We would also like to welcome Denise Parras, Associate Director. She has served in leadership roles in City and State government, including Deputy Director of Marketing and Public Affairs in the Mayor's Office and in executive public relations/public information roles with the State of New Mexico.

Another important update, we have also had recent turnover of FGP staff. We are currently hiring to fill the FGP Supervisor and the FGP Volunteer Coordinator as soon as possible. Understanding that change can be challenging, we believe that the best is yet to come for the FGP Program. We thank each and every volunteer for your patience and service as we navigate through these changes. Please feel free to contact our office with any questions or concerns and ask to speak with Estelle Chavez, Office Assistant or Nikki Peone, Deputy Director. We are here to support you.

Our next scheduled mandatory FGP In-Service Training is Friday, October 16, 2026 at 10:00am -1:30pm. Please call the FGP office no later than October 13, 2026 to confirm attendance and reserve a lunch meal. The lunch meal menu is listed on the last page of this newsletter.

We have station closures in October, please refer to the next page for updates. The month of October has three pay period due dates; October 1, October 15 and October 29. Stipend reimbursements for hours served will be paid biweekly and reimbursements for meals and mileage/travel will be paid on the third pay period on October 30. We hope you have a wonderful month and we hope you keep warm as the weather temperature drops.

-Sincerely, The Foster Grandparents Program



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

DSA Administration



Anna Sanchez
Director

Marina Salazar
Deputy Director

Nikki Peone
Deputy Director

Denise Parras
Associate Director

Vaisu Bronk
Community Volunteer
Engagement Manager

Foster Grandparent Staff

Vacant
FGP Supervisor

Vacant
Volunteer Coordinator

Estelle Chavez
Office Assistant

FGP Office

714 Seventh Street Sw
Albuquerque, NM 87102
505-764-6404
Email: fgp@cabq.gov

New Station Spotlight: Susie Rayos Marmon Elementary

Susie Rayos Marmon Elementary is a new station named after Susie Rayos Marmon, a renowned Laguna Pueblo Educator who shared traditional stories and taught for decades. Thank you Carl Roybal for serving as a Foster Grandparent at Susie Rayos Marmon Elementary.

Located at: 1800 72nd Street NW,
Albuquerque, NM 87120

Carl Roybal began serving in September, 2018



SAVE THE DATE ~ ADD TO YOUR CALENDAR



October 1, 2026 - Timesheets Due

October 2, 2026 - YDI Planning Day/No school

October 8-9, 2026, CDC Parent Teacher Conferences/No School

October 9, 2026 - APS Fall Break/YDI Parent Teacher Conferences/No school

October 12, 2026 - Indigenous People's Day - No school/FGP Office Closed

October 15, 2026 - Timesheets Due

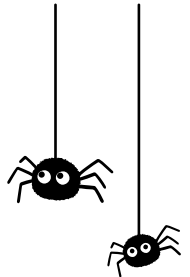
Oct 16, 2026 - Mandatory In-Service Training - Barelas SC @ 10:00 AM

October 19 - October 21, 2026 - Conference on Aging (Rescheduled Optional)

October 21, 2026 - APS PreK Classroom/No school

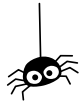
October 29, 2026 - Timesheets Due

October 31, 2026 - HAPPY HALLOWEEN



Volunteer Badge Policy

It is standard operating procedure of the Department of Senior Affairs that all volunteers shall wear a DSA-approved identification badge while on City of Albuquerque Property. ID badges must be worn on the outermost layer of clothing above the waist at all times while volunteering.



Happy Birthday



Oriz Taylor
October 4th



David Cavalier
October 16th

August Month in Review



*We appreciate
all that you do*

Thank you for attending the RSVP Annual
Volunteer Appreciation Breakfast.

Mummy Pretzel Rods



Ingredients:

- 12 count pretzel rods
- 1 cup white candy melts
- 24 count edible candy eyes

Directions:

1. Dip each pretzel rod halfway into melted candy melts.
2. Drizzle more white coating across the pretzel to look like mummy wraps.
3. Add two edible candy eyes.
4. Let set before serving or packaging.

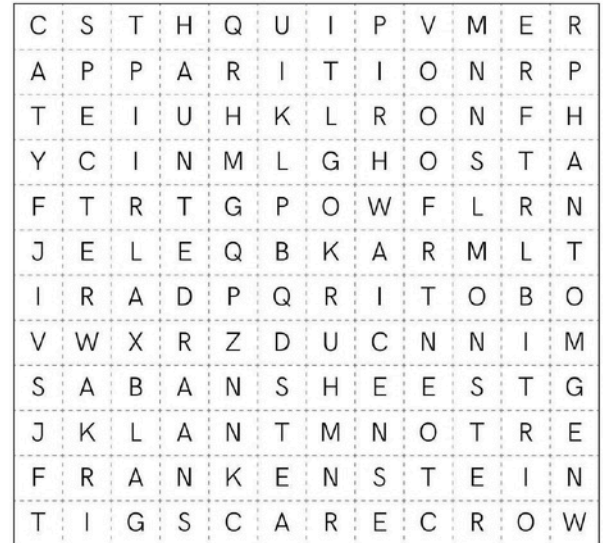


More Halloween recipes can be found at: <https://sarahscoop.com/easy-halloween-treats-with-5-ingredients-or-less/>

Halloween

FIND AND ENCIRCLE THESE WORDS

PUMPKIN	TROLL	MONSTER	GHOST
APPARITION	SPECTER	PHANTOM	FEAR
SCARECROW	BANSHEE	FRANKENSTEIN	HAUNTED



Words can be found horizontally, vertically, and diagonally in all directions.

MondayMandala.com

Mandatory FGP In-Service Training at Barelas Senior Center, October 16, 2026 10:00 am - 1:30 pm

Topic: How Technology Can Help You



Please call the office at 764-6404 to confirm attendance & reserve lunch by October 13, 2026.

Transportation provided to volunteers on transportation roster.

DSA Membership Card

Please have your senior center membership card ready anytime you come into a city facility. Per center policy, you are required to scan the card each time you come into the facility. This will include when coming to Barelas Senior Center for a meeting, In-Service, Etc. Please stop at the front desk & scan in before coming back to the training room or offices.

FGP Month in Review for September



Thank you to our presenter, Brandon Barney from Explora for teaching the volunteers about Animal Adaptations during September's In-Service Training. The volunteers in the photos participated in hands on training where they learned how to adapt as a primate animal, using four fingers instead of the five fingers that humans have. The volunteers enjoyed the activities and enjoyed the community with their peers.



Thank you to Rupe Tafoya, Shelagh Pike, Arturo Pucella, Elva Louissena, (not in attendance Rosemary Chavez, and Tila Martinez) for attending the AmeriCorps Nationwide Celebration alongside, with AmeriCorps Senior Programs, RSVP and SCP. Volunteers were recognized nationally by AmeriCorps Seniors for their long time service with the FGP program. Thank you for your dedication and commitment to service.

Community Outreach Day

Friday, October 16 | 9 a.m. - 1 p.m.

FREE SERVICES

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE, Albuquerque, NM 87113
(Flu Vaccines, Screenings, Education)

Manzano Mesa Multigenerational Center

501 Elizabeth St SE, Albuquerque, NM 87123
(Flu Vaccines, Screenings, Education)

Barelas Senior Center

714 7th Street SW, Albuquerque NM 87102
(Flu Vaccines, Screenings, Education)

Los Volcanes Senior Center

6500 Los Volcanes NW, Albuquerque, NM 87121
(Flu Vaccines, Screenings, Education)

Healthcare for the Homeless

1217 1st St SW, Albuquerque, NM 87102
(Flu Vaccines Only)

To participate in the free services offered for flu vaccines, screenings and education, please arrive early at Barelas Senior Center lobby prior to In-Service Training.

FREE Groceries

For low income seniors



One box per household.
Participants can attend 2 food pantries per month.
Food pantries end when the food runs out.
Doors open 30 minutes prior start of pantry.
All veterans welcome with proof of Veteran status.
In partnership with Silver Horizons.

Raymond G. Sanchez Senior Center - 9800 Fourth St. NW
10:30 a.m. - 12:00 p.m.

Held the 1st Tuesday of every month.

County Extension Building - 1510 Menaul Blvd. NW, 87107
12:30 p.m. - 2:00 p.m.

Held the 2nd Wednesday of every month.

South Valley Multi-purpose Senior Center - 2008 Larrazolo Rd. SW, 87105
12:30 p.m. - 2:00 p.m.

Held the 2nd Friday of every month.

Tijeras Senior Center - 10 Tijeras Ave, Tijeras, NM 87059
10:00 a.m. - 11:30 a.m.

Held the 3rd Tuesday of every month.

Paradise Hills Senior Center - 6001 Paradise Blvd. NW
10:30 a.m. - 11:30 a.m.

Held the 3rd Saturday of every month.

Rio Bravo Senior Center - 3910 Isleta Blvd. SW, 87105
12:30 - 2:00 p.m.

Held the 4th Wednesday of every month.

For questions please call (505) 314-0425

FGP/SCP Advisory Council

Community-minded individuals are needed to serve as Council Members for both the Foster Grandparents Program and the Senior Companion Program. The Foster Grandparent Program has been assisting children in elementary school and the Senior Companion Program provides companionship to seniors in the City of Albuquerque for over 40 years. The purpose of the FGP/SCP 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 505 764-6404 or email fgp@cabq.gov.

Save the Date for FGP Annual Thankful Recognition Luncheon

Thankful recognition is a time to be thankful for all FGP volunteers and our veteran volunteers who serve as Foster Grandparents!

November 6, 2026 at Barelas Community Center
11:00 am - 1:30 pm

Please RSVP by October 23, 2026, 505-764-6404

Formal Invitation to follow





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
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz Pinto Beans 1pc Flour Tortillas 4oz Hot Sliced Apples 2ea 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz Steamed Cauliflower 1oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
CLOSED 12 INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	New Mexican Grown 23 Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz Diced Beets 1ea Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz