

FOSTER GRANDPARENT PROGRAM NEWSLETTER

MARCH 2025

A MESSAGE FROM DIR. SANCHEZ:

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director



DSA ADMINISTRATION



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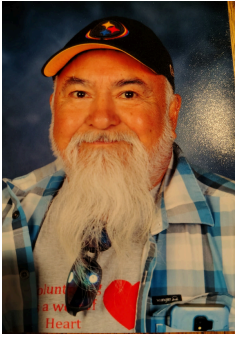
Estelle Chavez
OFFICE ASSISTANT

FGP OFFICE

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Volunteer Spotlight



Meet Joe Lucero, born in Albuquerque NM. He grew up in South Valley with 6 brothers and 1 sister. He graduated from Rio Grande High School. After school, he went to work at his father's shoe repair shop here in ABQ, where he met his wife. Sylvia and Joe have been married for 37 years. They have 1 son and 1 daughter and blessed with 6 grandsons and has a 7th grandchild due in

April, the first granddaughter ~ and will be a total of 8 grandchildren. Joe is a big sports fan.

His favorite teams are the Pittsburgh Steelers, the LA Lakers, and the LA Dodgers.

Joe is a Foster Grandparent Volunteer at Eugene Field Elementary. This is his first school year in FGP and he says he is really enjoying it. We are happy to have you on board Joe!



Annual Income Eligibility Review

AmeriCorps Seniors require all FGP volunteers to complete an Annual Income Eligibility Review. Income eligibility levels for participation are completed every year to ensure that volunteers can continue to receive program benefits, such as stipends. Stipend volunteers cannot exceed program's income eligibility guidelines set by the government.

FGP will be scheduling Annual Income Eligibility Reviews at Barelas Senior Center from March 24 through March 31, 2025.

Bring 1099 tax form and/or other forms that identify any type of income. You will receive your scheduled appointment in the mail.



IMPORTANT MARCH DATES

10 - 14 Mar - Americorp Senior Week

12 Mar - Timesheets Due Early

17 Mar - St. Patrick's Day

19 Mar - FGP In-Service

17-21 Mar Spring Break

24-31 Mar Recertification Week





City of Albuquerque Foster Grandparent Program
Has won Program of Merit from Generations United, an
Intergenerational Program Certification. Generations United
annually recognizes outstanding intergenerational programs
that connect younger and older people in the United States.

We did it! Because we're stronger together
~ Congratulations FGP!

Inclement Weather Policy

Winter is here! Please stay safe and warm.
The Foster Grandparent Program follows
the Albuquerque Public Schools (APS)
policy for snow day delays and closures.
During these occurrences, please check the
television, internet, or radio for official
closures or delays. Volunteers serving in
the Pueblos are advised to use their
judgement and follow the instructions
provided by assigned volunteer stations.
For more information refer to your FGP
Handbook. Please call the office if you have
any questions or concerns.

Happy Birthday

TILA MARTINEZ

5 MARCH

CHRISTINE GONZALES

9 MARCH

JOSEPHINE URIAS

18 MARCH

JUANA RODRIGUEZ

27 MARCH



**Be Heard ~ Have a Say ~Join
the FGP/SCP Advisory Council!**

**You can fill out a self-nomination
form!**

**Call Joni to get the form or stop by
the office and fill one out. Next
Meeting April 16 at North Domingo
Baca Multigenerational Center 10:00-
12:00**

HELLO MY NAME IS

Remember to wear your FGP
Nametag whenever you are in
Service. At school, In-services,
and special projects for example.
If you lose or misplace yours
please ask for a new one.



Look what

we did...



CONNECT. SERVE. IMPACT



THE CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS
PRESENTS

AMERICORPS SENIORS VOLUNTEERISM FAIR & PIE DAY



MARCH 14, 2025

MANZANO MESA
MULTIGENERATIONAL CENTER
501 ELIZABETH ST SE
ALBUQUERQUE, NM 87123

10:00AM-1:00PM

Join us for an exciting and informative event where you can learn about volunteer opportunities with AmeriCorps Seniors and other local organizations. Whether you're ready to commit or just curious, we welcome everyone interested in serving our community.



AmeriCorps
Seniors



ONE
ALBUQUE
RQUE senior affairs

MANDATORY IN-SERVICE WEDNESDAY, MARCH 19TH, 2025

Barelas Community Center
801 Barelas SW, Albuquerque, NM 87102
(Next to Barelas Senior Center)

Start at 10:15am
Lunch will be Provided

Presentation by: Enlace Comunitario
**Dynamics of Domestic Violence: How can we
as volunteers help Children and Families.**

This is 1 of a 2-part training that will be presented to FGP
Volunteers in March (part 1) and April (part 2)



Enlace
Comunitario

For those on Transportation, Pick-up begins at 9:00a.m.

For questions call 505-764-6421
Call the office to RSVP

50+ SENIOR TECH CONNECT

SAVE THE DATE! APRIL 11, 2025

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



SAVE THE DATE for this year's 50+ Senior Tech Connect Fair! This event serves as a chance for older adults to explore today's technology. It's free to attend and open to all seniors. Hosted by the City of Albuquerque's Department of Senior Affairs and Adelante DiverseIT.

If your organization or business would like to be involved, please contact Amber Maestas at arosemaestas@cabq.gov.

Scams Training



How do they want you to Pay?

Legitimate companies will not ask
you to do these!

- Wire Money
- Send gift card numbers or prepaid debit cards
- Send BitCoin/crypto - Cannot be reversed!
- Send check/money order by overnight delivery
- Cash check, send money back (its fake!)
- Apps: Zelle, Venmo (small merchants use, but big companies won't insist on this)

Thank you!
Senior Citizens Law Office

CORNERED BEEF AND CABBAGE



Total Time: 8hrs 15 mins
Prep: 15 mins - Cook: 8 hrs
Servings: 8



Ingredients

- 10 baby red potatoes, quartered
- 4 large carrots, peeled and cut into matchstick pieces
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) cornered beef brisket with spice packet
- 6 ounces beer or chicken broth
- ½ head cabbage, coarsely chopped



Directions

1. Gather all ingredients.
2. Place potatoes, carrots, and onion into the bottom of a slow cooker; add water and place brisket on top of vegetables.
3. Pour beer over brisket; sprinkle over spices from the packet and cover - can use a can of sprite, ginger ale or white grape juice as a substitute - cedar or chicken broth will also work.
4. Cook on High for 7 hours; stir in the cabbage and cook for 1 more hour

Nutrition Facts (per serving)

473
Calories

20g
Fat

50g
Carbs

24g
Protein





St. Patrick's Day

Word Search Puzzle

Music	Holiday	Magic	Charms	Seventeen
Parade	Celtic	Shamrock	Gold coins	Dublin
Ireland	Mischief	Cabbage	Rainbow	Pinch
Legend	Green	Pot of gold	St. Patrick	Leprechaun











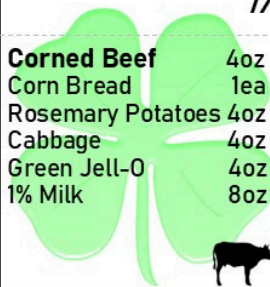











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MARCH 2025

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
3	4	5	6	7
Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz 	Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz 
10	11	12	13	14
Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz 	Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz 	Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz 
17	18	19	20	21
 Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz 	Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz 	Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 
24	25	26	27	28
Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz 	Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz 	Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz 