

# FOSTER GRANDPARENT PROGRAM NEWSLETTER

APRIL 2025

DSA ADMINISTRATION



Happy Spring Everyone,

As winter fades and the sunny days of spring arrive, we're reminded of the incredible contributions you've made to our students' growth throughout the year. With the end of the school year on the horizon, we want to take a moment to express our heartfelt thanks for all that you do. This month, in honor of Volunteer Appreciation, we want to acknowledge the dedication and hard work you put into supporting our students, especially in providing one-on-one assistance in the classroom.

We have received so many kind words from our stations and are truly grateful for your service. Your impact is meaningful, and we appreciate everything you do to make a difference.

Looking ahead, if you're interested in continuing to help over the summer, please let Joni know! There are opportunities available with APS summer school, YDIs, and Multigenerational Centers.

Additionally, end-of-year volunteer evaluations will be sent out to your teachers later this month.

Spring is also a time to enjoy the many outdoor activities Albuquerque has to offer. Whether it's butterfly watching, visiting the zoo, strolling through the Botanic Garden, or exploring local outdoor markets, there's so much to enjoy. And, of course, the patios of our beloved local restaurants and cafes are reopening, perfect for gathering with friends over a meal.

Take this time to enjoy the beauty of Albuquerque, spend time with family and friends, and make time for yourself. You deserve it! Thank you once again for your unwavering support and dedication to our students. Have a wonderful spring!

Your FGP Team,  
Marie, Joni, & Estelle



Anna Sanchez  
DIRECTOR

Shay Armijo  
DEPUTY DIRECTOR

Marina Salazar  
DEPUTY DIRECTOR

Nikki Peone  
ASSOCIATE DIRECTOR

Cristina Romero-Baca  
COMMUNITY VOLUNTEER  
ENGAGEMENT MANAGER

Foster Grandparent Staff

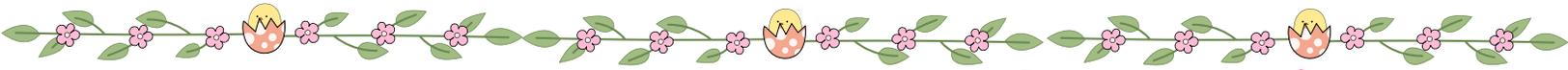
Marie Llamas  
FGP SUPERVISOR

Joni VanMeir  
VOLUNTEER COORDINATOR

Estelle Chavez  
OFFICE ASSISTANT

FGP OFFICE

714 Seventh Street Sw  
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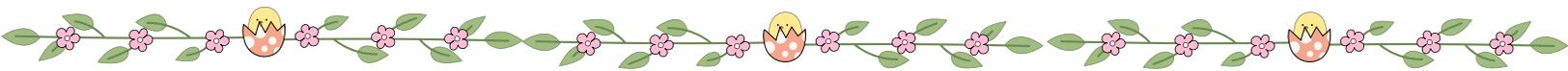
# Volunteer Spotlight



Rupe Tafoya has a phenomenal 30 years of experience in Volunteering with FGP. She joined FGP after the death of her husband thinking she loved children and wanted to keep busy ~ a neighbor's daughter in law gave her FGP information and the rest is history as they say.

She was born in 1934 in Mora County and has lived in New Mexico her whole life. She has 5 children, 3 girls and 2 boys. They all still live in New Mexico, with 4 of them building their lives right here in Albuquerque. She really enjoyed being a mom and raising her children. Now she also has 10 grandchildren and 7 great grandchildren. Adding to those biological children Grandma Rupe has lots of extended/additional unconditional family. Like the teacher she served with for over 25 years and the teachers child who also calls her grandma and even makes sure to still visit when in town. Grandma has been to so many extra events with her added family...she still receives invites to weddings, visits, you name it. She has grown close to so many of the children she serves with...so much so that they remember her as their Grandma for years and years after they have carried on in their education and lives. She currently is serving at Griegos Elementary School with teacher Ms. Ortiz and is described as a blessing.

FGP is happy to have Grandma Rupe as part of our team!



## IMPORTANT APRIL DATES

**April is National Volunteer Month**

**11 April ~ In-Service @ Barelvas Community Center**

**16 April ~ FGP/SCP Advisory Council Meeting**

**18 April ~ FGP Pinning RSVPs are Due**

**20 April ~ Happy Easter**

**Teacher Surveys will be sent out**



## Inclement Weather Policy

Windy and unpredictable Spring!

Please stay safe. The Foster Grandparent Program follows the Albuquerque Public Schools (APS) policy for weather delays and closures. During these occurrences, please check the television, internet, or radio for official closures or delays. For more information refer to your FGP Handbook.

Please call the office if you have any questions or concerns.

## Training Requirements

All FGP Volunteers are required to complete a minimum of 24 hours of training per fiscal year (July - June). If you are low on training hours you will be receiving a call to set up a time to come to the FGP office to complete training hours. This is a grant requirement.

## Happy Birthday!

SANDRA HERNANDEZ  
2 APRIL

ROSIE COLE  
6 APRIL

SYLVIA LUCERO  
4 APRIL

JONI VANMEIR  
7 APRIL

ELOISA MONTANO-CANO  
11 APRIL

LORRIE GALLEGOS  
15 APRIL

SANDRA PEREA  
23 APRIL



# HELLO MY NAME IS

**Wear your FGP**

**Nametag whenever you are in Service. At school, In-services, and special projects for example. Lost tag, please ask for a new one.**



Join the **FGP/SCP Advisory Council!**

Council Member Requirements include attending quarterly meetings, be part of at least one sub-committee such as recruitment or one of the event committees and may serve as a grievance body. We use council members to help in the planning of special projects and events. Council Members do not need to be a senior, it is not required to serve or be part of FGP or SCP in any other capacity, just a want to help these 2 awesome programs serve our community. If you or you know someone that would like to help with our Advisory Committee please contact Joni @ 764-6421.



### E-Waste Recycling Event

WHEN  
APR 26, 2025

08:00 AM - 12:00 PM

WHERE: TINGLEY BEACH (NORTH PARKING LOT)  
1800 TINGLEY DR SW ALBUQUERQUE, NM 87102



THE ABQ BIOPARK IS TEAMING UP WITH ACTENVIRO AND NEW MEXICO COMPUTER RECYCLERS TO HOST AN E-WASTE RECYCLING EVENT - JUST DRIVE THROUGH AND DROP OFF OLD & USED ELECTRONICS!



# Month in Review



## Please Join Us For The

### Foster Grandparent & Senior Companion Programs

# 2025 Annual Pinning Recognition



## Friday, May 9, 2025 11:00 AM ~ 1:30 PM



Indian Pueblo Cultural Center  
2401 12th St NW, ABQ, NM 87104

Please RSVP by April 18, 2025  
505-764-6404





# OLDER AMERICANS MONTH FGP APPRECIATION

## Meet Location

Meet at the Railrunner Montano Station  
130 Montano Road NW, ABQ, NM 87107

Free Parking Available

Transportation Folks ~ Pick up's start 0830  
Montano Station MEET TIME: 0900

**WEDNESDAY, 28 MAY 2025**

Albuquerque to Sante Fe and Back

Lunch at Tomasita's, Sante Fe

Parking at Montano Rd NW and 2nd St NW



Please call the office at 505-764-6404 ~ We need everyone to RSVP so we can complete train and lunch reservations, transportation planning, etc.



# 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](mailto:arosemaestas@cabq.gov).



## MANDATORY IN-SERVICE FRIDAY, APRIL 11TH, 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.

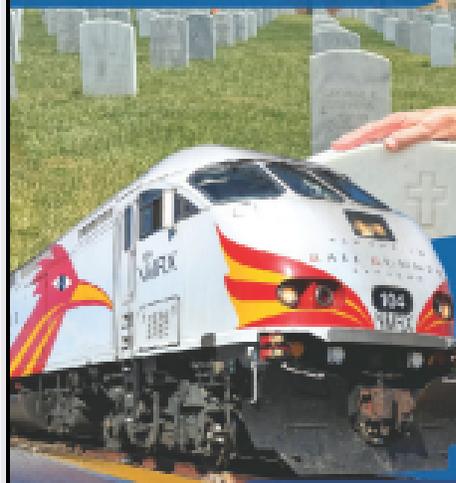


For those on Transportation, Pick-up begins at 9:00a.m.

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

## Free Ride!

Santa Fe  
National Cemetery



### Sign Up at Front Desk



April 9, 2025 | May 14, 2025 | June 11, 2025

## Information and Sign Up at a Senior Center Front Desk

TAYLOR RANCH WITH THE DEPARTMENT OF SENIOR AFFAIRS PRESENTS

VIVA LAS VEGAS

# SENIOR PROM

April 25, 2025  
9:30 A.M. TO 1:30 P.M.

Taylor Ranch Community Center  
4900 Kachina St NW 87120

Limited Spaces Please RSVP to your Coordinator or call by April 16 Any questions please call 505-764-6474



# FREE NIGHT AT THE MUSEUM

## WHEN

APR 17, 2025  
05:00 PM - 08:30 PM

## WHERE

ALBUQUERQUE MUSEUM  
2000 MOUNTAIN RD. NW  
ALBUQUERQUE, NM 87104  
505-243-7255



## DESCRIPTION

CELEBRATE JAZZ HISTORY MONTH WITH ALBUQUERQUE MUSEUM AND NEW MEXICO JAZZ WORKSHOP. JOIN CHARISMATIC MUSICIAN AND MUSIC EDUCATOR FRANK LETO FOR ROOTS OF JAZZ. BACKED BY A JAZZ QUARTET AND DAZZLING DANCERS, LETO TAKES US ON A JOURNEY THROUGH HISTORY, HIGHLIGHTING THE CULTURAL BLENDING THAT HAS MADE JAZZ A UNIQUELY AMERICAN ART FORM.

THIS EVENT IS MADE POSSIBLE IN PART BY THE CITY OF ALBUQUERQUE'S URBAN ENHANCEMENT TRUST FUND AND NEW MEXICO ARTS.

# NATIONAL TAKE A WALK DAY

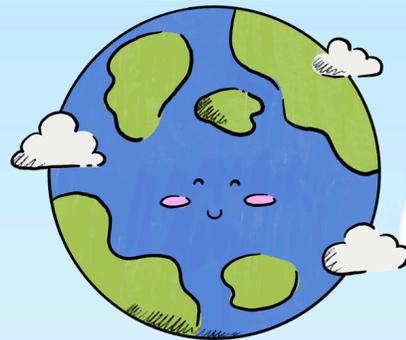
WALKING TOUR



MEETING POINT:  
BARELAS SENIOR CENTER  
10 AM

WEDNESDAY,  
04.02.2025

IT'S SPRING, IT'S APRIL, AND IT'S A BEAUTIFUL TIME TO TAKE A WALK! JOIN US ON A SHORT WALK AROUND TWO PARKS AS WE CELEBRATE 'NATIONAL TAKE A WALK DAY'. PUT ON YOUR WALKING SHOES AND JOIN US!



Let's celebrate

# Earth Day!

Tuesday, April 22nd

08:30 am - 12:30 am

Donate your food scraps to the Barelas Senior Center Compost Site!

Come learn the simple procedures you'll need to follow for putting your food scraps to good use

Attendees will receive a free plant, compliment of senior affairs



Our Home, Our Responsibility  
Barelas Senior Center



# CARIBBEAN JERK PULLED PORK SLIDERS



15m  
PREP TIME

8hr  
COOK TIME

434  
CALORIES

10  
INGREDIENTS



## Ingredients

### Caribbean Jerk Pulled Pork Sliders

3 pounds boneless pork shoulder roast  
1/2 cup orange juice  
1/4 cup cider vinegar  
1/4 cup Caribbean Jerk Chicken Seasoning  
2 tablespoons firmly packed brown sugar  
24 potato slider rolls, toasted

### Tropical Salsa

1 1/2 cups canned crushed pineapple, well drained  
3 tablespoons finely chopped jalapeño pepper  
3 tablespoons orange juice  
1 1/2 teaspoons Caribbean Jerk Chicken Seasoning

## INSTRUCTIONS

1. For the Sliders, place pork in slow cooker. Mix orange juice, vinegar, Seasoning and brown sugar until blended. Pour over pork. Cover.
2. Cook 8 hours on LOW or 4 hours on HIGH.
3. Meanwhile, for the Tropical Salsa, mix all ingredients in medium bowl until well blended. Cover. Refrigerate until ready to serve.
4. Remove pork from slow cooker. Shred pork, using 2 forks. Return pork to slow cooker. Mix and heat with sauce before serving.  
Serve on toasted rolls with Tropical Salsa.

**TIPS AND TRICKS** Note: For less spicy heat in the pulled pork, decrease Caribbean Jerk Seasoning to 3 tablespoons.



### NUTRITION INFORMATION (PER SERVING)

CALORIES 434 - TOTAL FAT 18G - CHOLESTEROL 74MG - SODIUM 319MG  
CARBOHYDRATES 40G - FIBER 4G - PROTEIN 28G



# Easter Word Search

E A T R C H O C O L A T E G H  
G J G E G E A S T E R J E B N  
S G E S A T L H H O D A Y S U  
T F A L N G D E C O R A T E D  
R L E R L A D A B I P O Y S C  
G O G G R Y A C A R R O T E H  
D W E S G I B B U N A N Y S I  
U E P A R A D E J E L T S P C  
C R J L A I N S A H O L I Y K  
K S G E S J R S U N D A Y O A  
L C A R S T A S B A S K E T N  
I K S H J H B U N N Y E G S I  
N G S A U I B L A T I P G S N  
G I N J E N I J E L S O N G G  
S P R I N G T U L I P A G D S



BASKET  
BUNNY  
CARROT  
CELEBRATION  
CHICK  
CHOCOLATE  
DECORATED

DUCKLINGS  
EASTER  
EGGS  
FLOWERS  
GRASS  
HOP  
HUNT

JELLYBEANS  
PARADE  
RABBIT  
SPRING  
SUNDAY  
TULIP



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
<p>31</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamales 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Pork Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Veggie Green Chile Cheeseburger 1ea</li> <li>♦ Diced Potatoes 4oz</li> <li>♦ Succotash 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Garlic Butter Tilapia 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Grapes 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
<p>7</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak 4oz</li> <li>♦ Green Chile Gravy 2oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Asian Diced Pork 3oz</li> <li>♦ Peppers 2oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Fortune Cookie 2ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Breaded Cod 4oz</li> <li>♦ Tarter Sauce 1ea</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
<p>14</p> <ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>♦ Red Chile 2oz</li> <li>♦ Spinach 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Pudding 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Chicken Fajita 4oz</li> <li>♦ Tortilla 2ea</li> <li>♦ Brown Rice 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Bowtie Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Spaghetti 4oz</li> <li>♦ Mushrooms 2oz</li> <li>♦ Roasted Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon 1ea</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Apple 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 
<p>21</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrizzini 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Penne Pasta 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Pork Tamales 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Cheese Omelet 3oz</li> <li>♦ Peppers &amp; Onions 2oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Apple Slices 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken 3oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
<p>28</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak 3oz</li> <li>♦ Gravy 1oz</li> <li>♦ Rosemary Potatoes 4oz</li> <li>♦ Malibu Blend 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Pears 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Garlic Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Cheese Lasagna 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Diced Pork 3oz</li> <li>♦ Gravy 2oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 