

# FOSTER GRANDPARENT PROGRAM NEWSLETTER

FEBRUARY 2025

DSA ADMINISTRATION

Dear AmeriCorps Seniors volunteers,

We were recently made aware of conversations at the federal level related to the funding of agency grant, loan, and other financial assistance programs. At this time, we have not received official word from AmeriCorps on how or if these proposed changes might affect our AmeriCorps Seniors FGP, RSVP, and SCP programs. As soon as we receive additional details from AmeriCorps, we will be sure to share that information with you.

Thank you for your continued service.

Cristina Romero-Baca  
Community Volunteer Engagement Manager



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  
Albuquerque, NM 87102  
505-764-6412

Email: [fgp@cabq.gov](mailto:fgp@cabq.gov)

A Message from the FGP Team,

As we settle into a new year, we start looking ahead to see what else this new year has to offer. While you are doing this, remember how much you mean to the community & the children of the next generation. February is often associated with love. The love of volunteering is real. You don't just give your time but your talent, you open your hearts to others, and you surround yourself with the most motivated and inspiring group of volunteers.

YOUR FGP STAFF,  
MARIE, JONI, & ESTELLE

OFFICE WILL BE CLOSED

17 February ~ Presidents Day



AMERICORPS SENIORS FOSTER GRANDPARENT PROGRAM  
HELPS KIDS LEARN THROUGH A VARIETY OF WAYS.

# Happy Birthday!

JON SUNDELL

2/15



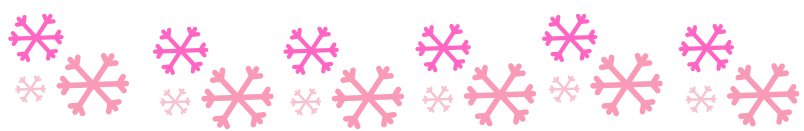
**Please remember to always check your timesheets. Important information is on your timesheet.**

**When timesheet says Due, complete with expected schedule, circle lunches, sign, & have school supervisor sign, send/email on time. We no longer have a fax. All FGP timesheets are processed on one invoice...if one timesheet is late, the entire invoice is late.**



**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**



## Incident 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.



# WELCOME

Please help us welcome three new volunteers to the FGP program.



Barby Garcia  
Serving at  
La Mesa



Bridget Ruiz  
Serving at  
Griegos

Martha Romero  
Serving at  
Reginald Chavez



**HELLO  
MY NAME IS**



**If you are in Service, then you should be wearing your Foster Grandparent Name Tag to trainings, events, service projects, and while you're in service. If you have any questions, please call the office.**



Dear AmeriCorps Volunteer,

You are receiving this email in connection with a national study on virtual volunteering funded by AmeriCorps Office of Research and Evaluation and AmeriCorps Seniors. The University of Maine is surveying AmeriCorps Seniors volunteers (Retired and Senior Volunteer Program, Foster Grandparents Program, Senior Companions Program, and Senior Demonstration Program) about their experiences with technology and volunteering. This includes all volunteers, regardless of whether you consider yourself to use technology in your volunteer assignment(s).

This research is led by Dr. Jennifer Crittenden, Assistant Professor of Social Work at the University of Maine. Dr. Crittenden is currently conducting research on virtual volunteering and technology use among older adults. The aim of this survey is to better understand the perspective of volunteers on these topics.

**Your decision to participate in this survey will not impact your volunteering experience. Participation in the survey is entirely optional.**

- The survey is **anonymous**.
- Participants must be at least 18 years old.
- It will take about 15-20 minutes.
- **At the end of the survey, there will be a link to a form to enter a raffle to win one of ten \$100 Visa gift cards as a “thank you” for your time.**

**Please follow link to participate in the survey:**

[https://umaine.qualtrics.com/jfe/form/SV\\_eSgNwrWcLpTOJ70](https://umaine.qualtrics.com/jfe/form/SV_eSgNwrWcLpTOJ70)

Please visit our project website if you would like more information about our research:

<https://mainecenteronaging.umaine.edu/vvstudy/>

· If you would like to view a PDF copy of the informed consent for this survey, you can find it here:

<https://drive.google.com/file/d/1D8VTXprRXI9eGvPXtv9vp98MTc2kqGjz/view?usp=sharing>

· If you would like to view a PDF copy of the survey questions for this survey, you can find it here:

[https://drive.google.com/file/d/1DChn\\_06zJ\\_JnWs1pWb-B9GGeMHLTvT8j/view?usp=sharing](https://drive.google.com/file/d/1DChn_06zJ_JnWs1pWb-B9GGeMHLTvT8j/view?usp=sharing)

If you have any questions about the research project or this survey, then please contact Dr. Jennifer Crittenden (Principal Investigator) at: [jennifer.crittenden@maine.edu](mailto:jennifer.crittenden@maine.edu).

Sincerely,

Rachel Coleman, PhD, MA, MPP

she/her

Project Manager

Center on Aging, University of Maine

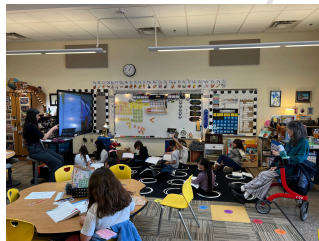


# We Have been Busy...



MLK Special Project

Station Visits



Jan In-Service





# Sweetheart Dance

Featuring:  
Paul Pino & the Tone Daddies



Food! Fun! Dancing!  
Photo Booth!

February 14, 2025  
9:30 am-1:00 pm

**Manzano Mesa  
Multigenerational Center**  
501 Elizabeth St SE, 87123  
for more information call  
505-764-6464

Limited Seating  
Please RSVP to your  
Meal Site  
Coordinator or call  
by  
By February 5, 2025



**MANDATORY**



## FEBRUARY IN-SERVICE

THURSDAY, FEBRUARY 13TH, 2025

Start at 10:30 am

Lunch will be Provided

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

*Presented By: Senior Citizens'  
Law Office*



Scams and Identity Theft

Come learn about:

- Common Scams
- Red Flags to Watch For
- How to Fix Identity Theft



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

*For questions call: 505-764-6421  
If you are unable to attend, please call the office to  
inform of your absence*



## LOS VOLCANES SENIOR CENTER 2025 BILLIARDS TOURNAMENT

**FEBRUARY 26, 2025 | 9 AM – 5 PM**  
**6500 LOS VOLCANES NW 87121**

- Registration starts Jan. 31
- Registration ends Feb. 20
- \$10.00 Entry fee
- Must have current DSA membership

CALL 505-767-5999 FOR MORE INFORMATION  
OR VISIT CABQ.GOV/SENIORS



**AmeriCorps  
Seniors**



### Foster Grandparent Program/ Senior Companion Program Advisory Council Needs your Leadership & Experience

Forming a new Advisory Council, sponsored by the City of Albuquerque Department of Senior Affairs. Community minded individuals are needed to serve as Council Members for two very important programs that have been assisting children & schools and senior to senior companions 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 local policy. Council members assist in promoting community support for the Program. The Council helps evaluate the effectiveness of the Program and may serve as a grievance body. Council Members also help in developing local resources through fundraising to supplement the Volunteer Recognition budget.

**FGP:** Help kids learn and guide students to higher academic achievement. The Foster Grandparent Program (FGP) connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Stipend and mileage available to those that qualify.

**SCP:** Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program (SCP) aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 10 hours a week. Stipend and mileage available to those that qualify.

More information :



FGP: 505.764.6421  
SCP: 505.764.1080



fgp@cabq.gov  
jmstanton@cabq.gov



# CHEESY CHICKEN CHOWDER



**Total Time**  
**Prep: 10 Min.**  
**Cook: 25 Min**



## Ingredients

- 3 cups chicken broth
- 2 cups diced peeled potatoes
- 1 cup diced carrots
- 1 cup diced celery
- 1/2 cup diced onion
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 2 cups whole milk
- 2 cups shredded cheddar cheese
- 2 cups diced cooked chicken

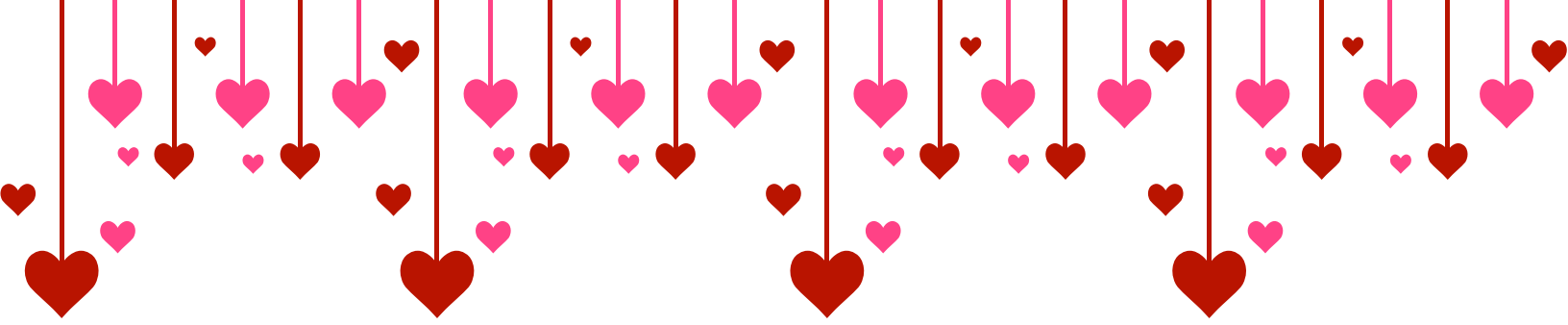
## Directions

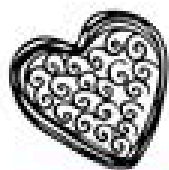
1. In a 4-quart saucepan, bring chicken broth to a boil. Reduce heat; add the potatoes, carrots, celery, onion, salt and pepper. Cover and simmer for 12-15 minutes or until vegetables are tender.
2. Meanwhile, melt butter in a medium saucepan; stir in flour until smooth. Gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Add cheese, stirring until melted; add to broth along with chicken. Cook and stir until heated through.

## Nutrition Facts

1 cup: 322 calories, 19g fat (12g saturated fat), 85mg cholesterol, 1100mg sodium, 18g carbohydrate (6g sugars, 2g fiber), 21g protein.







# Valentine's Day Word Search



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

LOVE  
CHOCOLATE  
PINK  
VALENTINE  
ROSES

CUPID  
FEBRUARY  
RED  
HUG  
FLOWERS

CANDY  
HEART  
SWEETHEART  
CARD  
SWEET







**ONE  
ALBUQUE  
RQUE**

# FEBRUARY 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
<p>3</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Mixed Berries</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Memphis Dry-Rubbed Chicken</li> <li>♦ Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Mandarin Orange</li> <li>♦ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/ Margarine</li> <li>♦ Warm Cinnamon Apple Chunks</li> <li>♦ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Pork Chop</li> <li>♦ Mashed Potatoes</li> <li>♦ Crispy Roasted Brussel Sprouts</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 
<p>10</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Mushroom &amp; Green Beans</li> <li>♦ Diner Roll with Margarine</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Turkey w/ Gravy</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Red Chile Cheese Enchilada</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables/ Calabacitas</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Cod with Tarter Sauce</li> <li>♦ Brussel Sprouts</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Valentine Cookie</li> <li>♦ 1% milk</li> </ul> 
<p><b>CLOSED</b> 17</p> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Baked Ham with Pineapple Sauce</li> <li>♦ Sweet Potatoes</li> <li>♦ 5 Way Vegetables</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Sliced Apple</li> <li>♦ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti</li> <li>♦ Brussel Sprout</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Tilapia with Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 
<p>24</p> <ul style="list-style-type: none"> <li>♦ Red Chile Beans</li> <li>♦ Crispy Roasted Cauliflower with Pumpkin Seeds</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Brownie</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Brown Rice</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>♦ Diced Pork with Gravy</li> <li>♦ Steamed Green Beans</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Veggie Green Chili Cheeseburger</li> <li>♦ Sweet Potato Mash</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Spinach</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 