

PALOMA LANDING

Gracious Retirement Living

8301 Palomas Avenue NE • Albuquerque, NM 87109 • Phone (505) 243-1979 • www.seniorlivinginstyle.com

JANUARY 2019

PALOMA LANDING STAFF

Management Team JOHN SHEARER &
GWEN CHAMBERS
Management Team AARON & DORYA HOLMES
Executive Chef HEATHER SANCHEZ
Activity Coordinator ERIN COLLINS
Maintenance SAM ORTIZ
Bus Driver JACKIE BREWER
Head Housekeeper DEE MORENO

TRANSPORTATION

Monday, 1:45-4:30 p.m.: Shopping

Tuesday, 9:15 a.m.-2:30 p.m.: Doctor
Visits (Sign Up with Driver)

Wednesday, 11 a.m.: Sandia Casino Trip

Wednesday, 11:30 a.m.-3:30 p.m.:
Activities Outings

Thursday, 9:15 a.m.-2:30 p.m.: Doctor
Visits (Sign Up with Driver)

Friday, 8:45 a.m.-12:30 p.m.: Open Day

HAWTHORN
SENIOR LIVING

Hawthorn Adventure Coming in January

Full Steam Ahead! Beginning the week of January 21st through February 8th Paloma Landing will be boarding a high speed, luxury train, The Hawthorn Express! The Hawthorn Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Kick Off Party on Friday, January 18th, at 3 p.m., to get your Eurail Pass and Travel Itinerary. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Hawthorn Express conductor, Erin Collins, for all the details!





Festival of Mini Trees Event

On December 8th, Paloma Landing held it's second annual Festival of Mini Tree event to support the University of New Mexico's Children's Miracle Network. Nestled in nearly 500,000 square feet of the Barbara

and Bill Richardson Pavilion, UNM Children's Hospital cares for children from around the Southwest. Whether a child needs care for a sudden injury or a chronic, ongoing condition, their family will work with a supportive

staff of experts and volunteers who'll care for them every step of the way. This year, we raised over \$750 for the kids at UNM.



Beehive Homes



Footprints Home Health



Aaron and Dorya Holmes



Paloma Landing



About Seniors Moving



Encompass Home Health



Thank you to the following sponsors:

- Northridge Memory Care
- Beehive Homes
- Heartland Home Health and Hospice
- Hospice de la Luz
- The Retreat at Home
- John Brewer — Keller William Realty
- Encompass Home Health
- Aaron and Dorya Holmes
- The Gudgel Family
- Health South Rehab
- About Seniors Moving
- Footprint Home Care



Hospice de la Luz/The Retreat at Home



Northridge Memory Care



John Brewer/Keller Williams Realty



Health South Rehab



Paloma Landing Housekeeping



The Gudgel Family

JANUARY
2019

Birthdays

Sandra Hall, 1st
Lynn Floersheim, 5th
Pat Neff, 6th
Hazel Johnson, 14th
Juanita Boyce, 24th
Katherine Yates, 28th

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Chapel, CHP
Dining Room, DR
Television Room, TV

"For last year's words belong
to last year's language and next
year's words await
another voice."
—T.S. Eliot

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 1		2	3	4	5
	9:30 Balance Exercise 10:30 New Year's Day Brunch 11:00 Brain Games 4:00 Horse Races: Bring your Quarters! 6:45 Nickels Dice Game 		9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 2:00 Scrabble Group 4:00 Wii Bowling 6:45 Bingo for Cash	9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Bean Bag Baseball 3:30 Blood Pressure Checks 4:00 Arts & Crafts 6:45 ***Movie Night (TV Room), TV	9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 3:00 Book Club Meeting 6:45 Bingo for Cash	10:00 Doughnut Social with the Managers 3:00 Movie Matinee 4:00 Wii Bowling 6:45 Saturday Night Bible Study 6:45 Bridge, TV 
	6 10:00 Music and Worship 1:45 Bingo, AR 3:00 Munch and Mingle, AR 6:45 Uno Card Game 	7 9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 4:00 Bean Bag Baseball 6:45 Bingo for Cash	8 9:30 Balance Exercise 10:15 Smoothie Social 11:00 Brain Games 2:00 Tai Chi 4:00 Horse Races: Bring your Quarters! 6:45 Nickels Dice Game	9 9:30 Strength Training with Weights 10:30 Laughter Wellness with Denise 11:00 Sandia Casino 11:30 Activity/Lunch Out 2:00 Scrabble Group 4:00 Wii Bowling 6:45 Bingo for Cash	10 9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 11:00 Fall Prevention Seminar with Encompass 12:00 Ladies Lunch Out Le Chantilly 2:00 Bean Bag Baseball 3:30 Blood Pressure Checks 4:00 Arts & Crafts 6:45 ***Movie Night (TV Room), TV	11 9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 3:30 Joe and the Starlighters 6:45 Bingo for Cash
	13 10:00 Music and Worship 1:45 Bingo, AR 3:00 Munch and Mingle, AR 6:45 Uno Card Game	14 9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 4:00 Bean Bag Baseball 6:45 Bingo for Cash 	15 9:30 Balance Exercise 10:15 Smoothie Social 11:00 Brain Games 11:30 Men's Club Outing 2:00 Tai Chi 4:00 Horse Races: Bring your Quarters! 6:45 Nickels Dice Game	16 9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 2:00 Scrabble Group 4:00 Wii Bowling 6:45 Bingo for Cash	17 9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Resident Vs. Staff Bean Bag Baseball 3:00 Chef's Corner Culinary Meeting 3:30 Blood Pressure Checks 4:00 Arts & Crafts 6:45 ***Movie Night (TV Room), TV	18 9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 3:00 Hawthorn Adventure Kickoff Party 6:45 Bingo for Cash
20 10:00 Music and Worship 1:45 Bingo, AR 3:00 Munch and Mingle, AR 6:45 Uno Card Game	MARTIN LUTHER KING JR. DAY 21 9:30 Radiate German Edition 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 3:00 German Car Logo Scavenger Home 4:00 Bean Bag Baseball 6:45 Bingo for Cash	22 9:30 Balance Exercise 10:15 Smoothie Social 11:00 German Brain Games 2:00 Tai Chi 4:00 Horse Races: Bring your Quarters! 6:45 Nickels Dice Game	23 9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 12:30 Sausage Fest 2:00 Scrabble Group 4:00 Wii Bowling 6:45 Bingo for Cash	24 9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Bean Bag Baseball 3:30 Blood Pressure Checks 4:00 German Green Week Window Sill Garden  6:45 ***Movie Night (TV Room), TV	25 9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 2:00 Root Beer Making 4:00 Music with Gene Corbin 6:45 Bingo for Cash	26 10:00 Doughnut Social with the Managers 10:00 Book Reading and Signing: Lynn Hesse 3:00 Movie Matinee 4:00 Wii Bowling 6:45 Saturday Night Bible Study 6:45 Bridge, TV
27 10:00 Music and Worship 1:45 Bingo, AR 3:00 Munch and Mingle, AR 6:45 Uno Card Game	28 9:30 Chair Ballet 11:00 Eiffel Tower Building 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 4:00 Bean Bag Baseball 6:45 Bingo for Cash 	29 9:30 Balance Exercise 10:15 Smoothie Social 11:00 French Brain Games 12:30 Resident Birthday Celebration with Larry Freedman 2:00 Tai Chi 4:00 Horse Races: Bring your Quarters! 6:45 Nickels Dice Game	30 9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 2:00 Scrabble Group 3:00 Starry Night Painting with Cheese & Wine Tasting 4:00 Wii Bowling 6:45 Bingo for Cash	31 9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Bean Bag Baseball 3:00 Chef's Corner Culinary Meeting 3:30 Blood Pressure Checks 4:00 Lavender Body Butter Making 6:45 ***Movie Night (TV Room), TV		



Fall Prevention Seminar with Encompass

Falls are the leading cause of deaths related to injury for people age 65 and older. The falls that don't kill you can change your life. Simple falls can decrease your mobility, broken bones may not heal properly and these bones can be more likely to break in the future.

Consider this: one out of three seniors fall every year. Two-thirds who fall will fall again within six months. In 2009, 2.2 million seniors were treated in emergency departments; over 581,000 of these patients were hospitalized.

With these numbers, senior fall prevention should be a priority for both seniors and for those with seniors in their lives.

Seniors at Risk

Falling isn't normal, but for seniors the risks of falling are higher for several reasons:

As seniors, your gait and balance isn't as good as it once was. Your sensory perception may not be as sharp as when you were younger. The use of some medications may affect your balance. Your muscle strength probably isn't what it used to be.

Men are more likely to die from a fall than women. But women are more likely to be injured in a fall than men. For example, hip fracture rates for women are more than twice that for men.

Those age 75 and older who fall are up to five times more likely to be admitted to a long-term care facility for a year or longer than those age 65 to 74.

The chances of serious injury from falling for seniors 85 and older are four times that for those 65 to 74.

Osteoporosis — the thinning of bone tissue and loss of bone density —



increases a person's risk of a hip fracture from a fall.

Results of Falls

- Up to 30 percent of seniors who fall suffer injuries such as hip fractures, hip lacerations or head traumas.
- Falls are the most common cause of brain injuries for seniors.
- Falls are the most common cause of fractures. These include fractures of the hip, spine, forearm, leg, ankle, pelvis, upper arm and hand.
- Seniors who fall may develop a fear of falling. This can lead to a decrease of mobility and can actually increase the risk of falling again.

Senior Fall Prevention

Seniors can take a number of precautions to prevent falls.

- Exercise regularly. Do exercises that will increase leg strength, improve balance and increase flexibility. Consider Tai Chi, yoga and bicycling.
- Review your medications with your doctor or pharmacist. You'll want to reduce or eliminate those that cause dizziness or drowsiness.
- Get your eyes checked by an optometrist at least once a year.
- Lower your hip fracture risk by getting daily-recommended levels of calcium and vitamin D and get screened and treated for osteoporosis.
- Floors: move furniture that's in your way. Use double-sided tape so throw rugs won't slip. Pick up items that are on the floor. Coil telephone and electrical wires next to the

wall. Keep items off the stairs. Fix loose or uneven steps. Make sure your stairway is lighted and have switches at the top and bottom of the stairs. Make sure stair carpeting is secure. Make sure stair handrails are secure and that they're on both sides the entire length of the stairs.

- Kitchen: Keep often used items in lower, easy-to-reach shelves or cabinets. If you have a stepstool, make sure it's solid.
- Bathroom: Put a non-slip mat or self-stick strips on your shower or tub floor. If you need it, install grab bars near the toilet and in the shower. Consider a walk in tub to ensure easy entrance and exit.
- Bedroom: Make sure the path to your bed is clutter free. Install a night-light in your room.
- When using a ladder, make sure both feet and at least one hand are on the ladder.
- Wear shoes inside for better support and grip. Avoid slippers.
- Get up slowly after lying or sitting down.
- Consider buying an alarm you can activate in the event of a fall.

Summary

Senior fall prevention should be a serious topic for seniors and those with seniors in their lives. The statistics show the problem is real and it can be serious. Fortunately, you can mitigate the risks with some preventative measures at home and exercise to strengthen your balance.

Please join us on Thursday, January 10th, at 11 a.m., for a Fall Prevention Seminar with Encompass Home Health.

Source: <https://www.seniorliving.org/healthcare/senior-fall-prevention/>



Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind." By 1966, the club's membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club's online forums.

Please join us on Friday, January 4th, at 3 p.m., in the Library, for Paloma Landing's first book club meeting.



Thank You

A big thank you to our Head Housekeeper Dee Moreno for all her help in making our community beautiful for the holiday season.



January Hawthorn Adventure Activities Not to Miss

Friday, January 18th at 3 p.m. — Kickoff Party

Monday, January 21st at 9:30 a.m. — Radiate German Edition

Monday, January 21st at 3 p.m. — German Car Logo Scavenger Hunt

Tuesday, January 22nd at 11 a.m. — German Brain Games

Wednesday, January 23rd at 12:30 p.m. — Sausage Fest

Thursday, January 24th at 4 p.m. — German Green Week Window Garden

Friday, January 25th at 2 p.m. — Root Beer Making (will be served at 4 p.m. during the Gene Corbin performance)

Monday, January 28th at 9:30 a.m. — Chair Ballet Workout

Monday, January 28th at 11 a.m. — Edible Eiffel Tower Building

Tuesday, January 29th at 11 a.m. — French Brain Games

Wednesday, January 30th at 3 p.m. — Starry Night Painting with Wine and Cheese Tasting

Thursday, January 31st at 4 p.m. — Lavender Body Butter Making



8301 Palomas Avenue NE
Albuquerque, NM 87109



Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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