

PALOMA LANDING

Gracious Retirement Living

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

MAY 2019

PALOMA LANDING STAFF

Management Team AARON & DORYA HOLMES
Management Team DANNY & LISA SENN
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

Annual Men's Breakfast

Please join us on Saturday, June 15th at 8 a.m. for our annual Men's Breakfast at Paloma Landing. Feel free to invite your male friends or family to this morning of good food and good company. Stay tuned for personal invitations to this event.

"In Flanders Fields," By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Annual Ladies' Tea Party

It's almost Tea Time! Just a reminder that on Saturday, May 11th, at 3 p.m., we will be holding our Annual Ladies' Tea Party at Paloma Landing. Please feel free to invite your female friends or family (limit five). If you did not receive an invitation to this event, please see Erin in Activities. This is a ladies-only event but don't worry, men, we haven't forgotten about you — we will be holding our Men's Breakfast in June.



Miss Sandra



Dell and her five daughters!



Residents Pat and Mary with Mary's daughter Linda



The Meaning of Memorial Day

The History of Memorial Day

Originally called Decoration Day, from the early tradition of decorating graves with flowers, wreaths



and flags, Memorial Day is a day for remembrance of those who have died in service to our country. It was first widely observed on May 30, 1868 to commemorate the sacrifices of Civil War soldiers, by proclamation of Gen. John A. Logan of the Grand Army of the Republic, an organization of former Union sailors and soldiers.

During that first national commemoration, former Union Gen. and sitting Ohio Congressman James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

"We do not know one promise these men made, one pledge they gave, one word they spoke; but we do know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death, and thus resolved all doubts and made immortal their patriotism and their virtue."

— James A. Garfield,
May 30, 1868, Arlington National Cemetery

This event was inspired by local observances of the day that had taken place in several towns throughout America in the three years after the Civil War. In 1873, New York was the first state to designate Memorial Day as a legal holiday. By the late 1800s, many more cities and communities observed Memorial Day, and several states had declared it a legal holiday. After World War I, it became an occasion for honoring those who died in all of America's wars and was then more widely established as a national holiday throughout the United States.

When Is Memorial Day?

In 1971, Congress passed the Uniform Monday Holiday Act and established that Memorial Day was to be commemorated on the last Monday of May. Several southern states, however, officially commemorate an additional, separate day for honoring the Confederate war dead, sometimes referred to as a Confederate Memorial Day: January 19th in Texas; third Monday in January in Arkansas; fourth Monday in April in Alabama and Mississippi; April 26th in Florida and Georgia; May 10th in North and South Carolina; last Monday in May in Virginia; and June 3rd in Louisiana and Tennessee.

Memorial Day is commemorated at Arlington National Cemetery each year with a ceremony in which a small American flag is placed on each grave. Traditionally, the President or Vice President lays a wreath at the Tomb of the Unknown Soldier. About 5,000 people attend the ceremony annually.

On Monday, May 27th at 12:30 p.m., we will be holding our annual Memorial Day BBQ. Beginning with the presentation of colors by the La Cueva JROTC, followed by a tribute to those who we have lost during service time. Stick around for a special musical performance by country music star Bobby Dotson featuring our very own manager Aaron Holmes.

Source: www.pbs.org/national-memorial-day-concert/memorial-day/history/



MAY 2019

Birthdays

Lena Neufeld, 2nd
Joe Rittman, 6th
Frank Iske, 7th
Ken Johns, 8th
Ruth Jensen, 10th
Virginia West, 11th
Darrell Peterson, 18th
Bill Maxie, 23rd
Merritt Rosenthal, 23rd
Jo Barnett, 25th
Alexa, 30th (Employee)

Locations

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

“As we express
our gratitude,
we must never
forget that
the highest
appreciation
is not to utter
words but live
by them.”

—President
John F. Kennedy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>MAY DAY1</div> <div>9:30 Strength Training with Weights</div> <div>11:00 Sandia Casino</div> <div>11:30 Activity/Lunch Out</div> <div>2:00 Scrabble Group</div> <div>4:00 Wii Bowling</div> <div>6:45 Bingo for Cash</div>	<div>2</div> <div>9:30 Cardio Drumming</div> <div>10:00 Catholic Communion, CHP</div> <div>10:30 Mexican Train Dominoes</div> <div>2:00 Bean Bag Baseball</div> <div>3:00 Blood Pressure Checks</div> <div>4:00 Arts & Crafts</div> <div>6:45 ***Movie Night (TV Room), TV</div> 	<div>3</div> <div>9:45 Chair Yoga with Erin, AR</div> <div>11:00 Current Events, TV</div> <div>2:00 Scrabble Group</div> <div>5:30 Prom Candlelight Dinner</div> <div>6:45 Starry Nights Dancing and Desserts</div>	<div>4</div> <div>10:00 Doughnut Social with the Managers</div> <div>3:00 Movie Matinee</div> <div>3:30 Kentucky Derby Party (With Horse Races)</div> <div>4:00 Wii Bowling</div> <div>6:45 Saturday Night Bible Study</div> <div>6:45 Bridge, TV</div>
<div>5</div> <div>10:00 Music and Worship</div> <div>1:45 Bingo, AR</div> <div>3:00 Munch and Mingle, AR</div> <div>4:00 Enchanters Chorus</div> <div>7:00 Poker Night with the Managers</div>	<div>6</div> <div>9:00 Beauty and Wellness Manis and Pedis</div> <div>9:30 Radiate!</div> <div>11:00 Yahtzee, AR</div> <div>1:45 Walmart Trip (1st Run)</div> <div>2:15 Walmart Trip (2nd Run)</div> <div>4:00 Bean Bag Baseball</div> <div>6:45 Bingo for Cash</div> 	<div>7</div> <div>9:30 Balance Exercise</div> <div>10:15 Smoothie Social</div> <div>11:00 Brain Games</div> <div>2:15 Tai Chi</div> <div>4:00 Horse Races: Bring Your Quarters!</div> <div>6:45 Nickels Dice Game</div> 	<div>8</div> <div>9:30 Strength Training with Weights</div> <div>10:30 Laughter Wellness with Denise</div> <div>11:00 Sandia Casino</div> <div>11:30 Activity/Lunch Out</div> <div>2:00 Scrabble Group</div> <div>4:00 Wii Bowling</div> <div>6:45 Bingo for Cash</div> 	<div>9</div> <div>9:30 Cardio Drumming</div> <div>10:00 Catholic Communion, CHP</div> <div>10:30 Mexican Train Dominoes</div> <div>2:00 Bean Bag Baseball</div> <div>3:00 Blood Pressure Checks</div> <div>4:00 Arts & Crafts</div> <div>6:45 ***Movie Night (TV Room), TV</div>	<div>10</div> <div>9:45 Chair Yoga with Erin, AR</div> <div>11:00 Current Events, TV</div> <div>2:00 Scrabble Group</div> <div>3:30 Music with the Starlighters</div> <div>6:45 Bingo for Cash</div> 	<div>11</div> <div>10:00 Doughnut Social with the Managers</div> <div>3:00 Movie Matinee</div> <div>3:00 Ladies’ Tea Party</div> <div>4:00 Wii Bowling</div> <div>6:45 Saturday Night Bible Study</div> <div>6:45 Bridge, TV</div> 
<div>MOTHER’S DAY12</div> <div>10:00 Music and Worship</div> <div>1:45 Bingo, AR</div> <div>3:00 Munch and Mingle, AR</div> <div>7:00 Poker Night with the Managers</div>	<div>13</div> <div>9:30 Radiate!</div> <div>11:00 Yahtzee, AR</div> <div>1:45 Walmart Trip (1st Run)</div> <div>2:15 Walmart Trip (2nd Run)</div> <div>4:00 Bean Bag Baseball</div> <div>6:45 Bingo for Cash</div>	<div>14</div> <div>9:30 Balance Exercise</div> <div>10:15 Smoothie Social</div> <div>11:00 Brain Games</div> <div>2:15 Tai Chi</div> <div>4:00 Horse Races: Bring Your Quarters!</div> <div>6:45 Nickels Dice Game</div>	<div>15</div> <div>9:30 Strength Training with Weights</div> <div>11:00 Sandia Casino</div> <div>11:30 Activity/Lunch Out</div> <div>2:00 Scrabble Group</div> <div>3:00 New Resident Social Hour</div> <div>4:00 Wii Bowling</div> <div>6:45 Bingo for Cash</div>	<div>16</div> <div>9:30 Cardio Drumming</div> <div>10:00 Catholic Communion, CHP</div> <div>10:30 Mexican Train Dominoes</div> <div>2:00 Bean Bag Baseball</div> <div>3:00 Blood Pressure Checks</div> <div>4:00 Arts & Crafts</div> <div>6:45 ***Movie Night (TV Room), TV</div>	<div>17</div> <div>9:45 Chair Yoga with Erin, AR</div> <div>11:00 Current Events, TV</div> <div>2:00 Scrabble Group</div> <div>4:00 Music with Julie Christine</div> <div>6:45 Bingo for Cash</div>	<div>18</div> <div>10:00 Doughnut Social with the Managers</div> <div>3:00 Movie Matinee</div> <div>4:00 Wii Bowling</div> <div>6:45 Saturday Night Bible Study</div> <div>6:45 Bridge, TV</div> 
<div>19</div> <div>10:00 Music and Worship</div> <div>1:45 Bingo, AR</div> <div>3:00 Munch and Mingle, AR</div> <div>7:00 Poker Night with the Managers</div>	<div>20</div> <div>9:30 Radiate!</div> <div>11:00 Yahtzee, AR</div> <div>1:45 Walmart Trip (1st Run)</div> <div>2:15 Walmart Trip (2nd Run)</div> <div>4:00 Bean Bag Baseball</div> <div>6:45 Bingo for Cash</div>	<div>21</div> <div>9:30 Balance Exercise</div> <div>10:15 Smoothie Social</div> <div>11:00 Brain Games</div> <div>2:15 Tai Chi</div> <div>4:00 Horse Races: Bring Your Quarters!</div> <div>6:45 Nickels Dice Game</div>	<div>22</div> <div>9:30 Strength Training with Weights</div> <div>11:00 Sandia Casino</div> <div>11:30 Activity/Lunch Out</div> <div>1:30 Albuquerque Book Van</div> <div>2:00 Scrabble Group</div> <div>4:00 Wii Bowling</div> <div>6:45 Bingo for Cash</div>	<div>23</div> <div>9:30 Cardio Drumming</div> <div>10:00 Catholic Communion, CHP</div> <div>10:30 Mexican Train Dominoes</div> <div>2:00 Bean Bag Baseball</div> <div>3:00 Blood Pressure Checks</div> <div>4:00 Arts & Crafts</div> <div>6:45 ***Movie Night (TV Room), TV</div> 	<div>24</div> <div>9:45 Chair Yoga with Erin, AR</div> <div>11:00 Current Events, TV</div> <div>2:00 Scrabble Group</div> <div>3:00 Pamper Yourself, Lavender Edition</div> <div>6:45 Bingo for Cash</div>	<div>25</div> <div>10:00 Doughnut Social with the Managers</div> <div>3:00 Movie Matinee</div> <div>4:00 Wii Bowling</div> <div>6:45 Saturday Night Bible Study</div> <div>6:45 Bridge, TV</div> 
<div>26</div> <div>10:00 Music and Worship</div> <div>1:45 Bingo, AR</div> <div>3:00 Munch and Mingle, AR</div> <div>7:00 Poker Night with the Managers</div>	<div>MEMORIAL DAY27</div> <div>9:30 Radiate!</div> <div>11:00 Yahtzee, AR</div> <div>12:30 Memorial Day BBQ</div> <div>1:45 Walmart Trip (1st Run)</div> <div>2:00 Music with Bobby Dotson and Aaron Holmes</div> <div>2:15 Walmart Trip (2nd Run)</div> <div>4:00 Bean Bag Baseball</div> <div>6:45 Bingo for Cash</div>	<div>28</div> <div>9:30 Balance Exercise</div> <div>10:15 Smoothie Social</div> <div>11:00 Brain Games</div> <div>12:30 Residents’ Birthday Celebration with Larry Freedman</div> <div>2:15 Tai Chi</div> <div>4:00 Horse Races: Bring Your Quarters!</div> <div>6:45 Nickels Dice Game</div>	<div>29</div> <div>9:30 Strength Training with Weights</div> <div>11:00 Sandia Casino</div> <div>11:30 Activity/Lunch Out</div> <div>2:00 Scrabble Group</div> <div>4:00 Wii Bowling</div> <div>6:45 Bingo for Cash</div>	<div>30</div> <div>9:30 Cardio Drumming</div> <div>10:00 Catholic Communion, CHP</div> <div>10:30 Mexican Train Dominoes</div> <div>2:00 Bean Bag Baseball</div> <div>3:00 Chef’s Corner Culinary Meeting</div> <div>3:00 Guacamole Demo with Chef Heather</div> <div>4:00 Arts & Crafts</div> <div>6:45 ***Movie Night (TV Room), TV</div> 	<div>31</div> <div>9:45 Chair Yoga with Erin, AR</div> <div>11:00 Current Events, TV</div> <div>2:00 Scrabble Group</div> <div>4:00 Music with Gene Corbin</div> <div>6:45 Bingo for Cash</div>	



..... May Culinary Education Series: Meditative May

A Bit About Meditation

Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Many people use it as a way to relax, or to refocus their minds. Practicing meditation is also a fantastic way to keep our minds sharp and it has been linked to a number of physical health benefits including a way to help lower blood pressure (more benefits to be found on the following page!).

Some key things to note about meditation:

- Meditation has been practiced in cultures all over the world for thousands of years.
- Nearly every religion, including Buddhism, Hinduism, Christianity, Judaism, and Islam, has a tradition of using meditative practices.
- While meditation is often used for religious purposes, many people practice it independently of any religious or spiritual practices.
- Meditation can also be used as a psychotherapeutic technique.
- There are many different types of meditation.

Types of Meditation:

Meditation can take on many different forms, but there are two main types: concentrative meditation and mindfulness meditation.

How do these two forms of meditation differ?

- In concentrative meditation, you focus all of your attention on a specific object while tuning out everything else around you. The goal is to really experience whatever you are focusing on, whether it's your breath, a specific word or a mantra, in order to reach a higher state of being.
- Mindfulness meditation includes, among others, both mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT). Mindfulness can target different issues, such as depression, which means that its focus may be different from practice to practice. Overall, it involves the state of being aware of and involved in the

present moment and making yourself open, aware and accepting.

Benefits of Meditation

There are so many wonderful benefits to meditation for our residents. Not only is it beneficial to them mentally, but physically as well. Here are just a few reasons meditation is a great addition to any daily or weekly routine!

1. Better management of stress, anxiety and depression

Several studies suggest that mindfulness meditation can benefit those who struggle with stress, anxiety and depression issues. A literature review conducted in 2014 assessed 47 mindfulness meditation trials that involved around 3,515 participants. The review concluded that meditation is a useful tool that helps relieve symptoms of anxiety and depression. And not only do meditators feel less stressed, their levels of the "stress hormone" cortisol decrease measurably.

2. Increased immunity

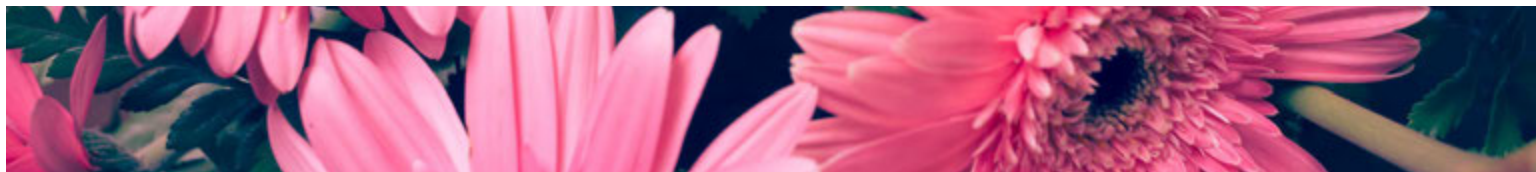
One study performed at Ohio State monitored meditation's effects on seniors. The study concluded that mindfulness and relaxation exercises practiced over the period of one month helped boost patients' lymphocytes, those natural killer cells that improve the immune system. Consequently, the subjects demonstrated better resistance to viruses.

3. Lowered blood pressure

Another benefit for people who practice meditation for health reasons is that mindfulness meditation has been shown to help control blood pressure. According to a study reported in the British Medical Journal, patients who practiced meditation-based exercises had considerably lower blood pressure than those in the control group. Experts believe that meditation reduces the body's responsiveness to cortisol and other stress hormones, which is similar to how blood pressure reducing medications work. It's one of meditation's great health blessings.

4. Better sleep

Meditation practice helps the body learn to relax, a



benefit that continues when it's time to hit the hay. It also trains the mind to settle the attention on an object such as the breath and allow other thoughts and emotions to float by like clouds on a pleasant day. There are also guided meditations that are designed to promote sleep. Harvard Medical School suggests that focusing on a phrase such as "breathe in calm, breathe out tension" beats counting sheep when it's time to sleep.

5. **Improving happiness and general well-being**

A study conducted at the University of Utah suggested that "mindfulness may be linked to self-regulation throughout the day, and that this may be an important way that mindfulness contributes to better emotional and physical well-being."

Please join us on Friday, May 24th at 3 p.m. for a Pamper Yourself with Lavender activity. We will be making lavender candles, linen spray and body scrub.

Beauty and Wellness: They Bring the Spa to You!

Beginning May 6th from 9 a.m. to 12 p.m. and continuing from 1 to 4 p.m., Tracy and Ryan from Beauty and Wellness LLC will bring their "spa" to Paloma Landing. They will be offering complete manicures and pedicures to our residents for a competitive price. Their services include full mani/pedis, foot soak with a sea salt scrub, mud mask, reflexology massage and over 240 nail colors to choose from.

Both Tracy and Ryan have years of experience in the beauty field and are certified medical nail technicians for those residents who have diabetic issues. Also, they specialize in bringing their services directly to your home, office, rehab facilities or even the hospitals.

We will be providing a pricing sheet as soon as available. Please see Erin for further information.

Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction ahuacamolli, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.



Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

Come join us on Thursday, May 30th at 3 p.m., during our Chef's Corner Culinary Meeting for a Guacamole Demonstration with Chef Heather.



8301 Palomas Avenue NE
Albuquerque, NM 87109



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

**PALOMA
LANDING** 
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505-243-1979

