

PALOMA LANDING

Gracious Retirement Living

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

JULY 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

Luau Coming in August

Ka Lā Kapu means “The Sacred Sun,” which refers to the New Mexico Zia. The owner, Kellie, wanted to incorporate this symbol along with a Polynesian design, to represent both cultures being intertwined.

Please join us on Wednesday, August 28th, beginning at 5 p.m., for a delicious Polynesian buffet, followed by dancing in our courtyard with the Ka Lā Kapu Polynesian Dance Academy.



Ka Lā Kapu dancers at Soda Dam

Kudos to Our Managers

Paloma Landing is a place to call home for many reasons. We are thankful to have such a strong team led by Aaron and Dorya Holmes. We recently received a letter of appreciation that I would like to share.

Dear Aaron and Dorya,

This correspondence is provided to extend our appreciation for your outstanding independent living care, consideration and support as the primary management team at Paloma Landing Retirement Community, Albuquerque, New Mexico, in support of Ms. Nelda G. Baca.

You both provided superior management upon your arrival at Paloma Landing for several months prior to Nelda's transition to Assisted Living in April 2019. Our Mom, Nelda, often stated to us, her sons and immediate family, that you both significantly improved the level of care, consideration and support services to the point that she felt important and appreciated and often, even to this day, bragged about it! Among some of the things she so appreciated were that she was always greeted with loving smiles and cheer, and her needs were attended to beyond expectations, such as helping her with phone service, getting her a better walker, and checking on her welfare.

On behalf of the Baca family, thank you, and well done!

Sincerely, on behalf of Nelda and the Baca family



Snack & Learn With The Hearing and Vision Center

When: Monday, July 29th

Where: Paloma Landing Activities Room

Topic: Hearing Loss

1. Hearing aid cleaning
2. Is hearing loss connected to Dementia and Alzheimer's?
3. Be careful! What to look for when purchasing a hearing aid.
4. Understanding hearing loss
5. How hearing loss affects family dynamics
6. Magnifiers. What you don't see in the stores.



July Culinary Education

Series: Crazy 'bout Corn!

Amazing Corn and All Its Health Benefits!

Since ancient times, corn has played an integral role in human history. Evidence of corn in central Mexico, where it was domesticated from a wild grass, suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the U.S.! Take a look at just a few of the many health benefits of this a-maizing vegetable:



Six Health Benefits of Corn:

1. Corn is a fiber-rich food which is fantastic for digestive health!
2. Corn is Gluten free! Gluten generally can cause bloating, cramping, and other metabolic problems.
3. Eating corn may help lower bad cholesterol: Consumption of corn husk oil reduces LDL cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL).
4. Antioxidants found in corn help prevent macular damage, therefore improving eye health.
5. Phenolic phytochemicals found in corn kernels are able to regulate absorption and the release of insulin into the body, which helps to control diabetes.
6. Corn is a rich source of essential minerals such as potassium (8 percent) and magnesium (31 percent) of daily value, which helps to control hypertension.

Corny Facts:

1. Corn is an ingredient in over 3,000 grocery items.
2. An ear or cob of corn is actually part of the flower and an individual kernel is a seed.
3. With the exception of Antarctica, corn is produced on every continent in the world.
4. Corn is now a completely domesticated plant, so you're unlikely to find it growing in the wild.
5. As well as being eaten by the cob, corn is also processed and used as a major component in many food items like cereals, peanut butter, potato chips, soups, marshmallows, ice cream, baby food, cooking oil, margarine, mayonnaise, salad dressing, and chewing gum.
6. More than 90 million acres of land is dedicated to growing corn.
7. The world record for the tallest stalk is over 33 feet.
8. The starch in corn can be made into plastics, fabrics, adhesives, and many other chemical products.
9. There was no corn in Europe prior to Christopher Columbus' voyages to the new world. While in the West Indies, Columbus traded with the natives and brought corn back to Europe.
10. Corn was once considered to be so valuable that it was used as currency. In North America, the early settlers used corn as money, and they traded it for other items.

Please join us for a variety of activities where we explore the uses of corn. (Please refer to the calendar.)

JULY 2019

Birthdays

Erin Collins, 2nd
(Employee)
Emma Lou Smith, 14th
Dave Bussey, 15th
George Beller, 23rd
Alida Van Der
Geest, 24th

Locations

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

“May we think
of freedom not
as the right
to do as we
please, but as
the opportunity
to do what
is right”.

—Peter
Marshall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</div> <div>10:00 Music and Worship 1:45 Bingo, AR 3:00 Sunday Funday Social Hour, AR</div>	<div>1</div> <div>9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 2:15 Jump in the Line 4:00 Bean Bag Baseball 6:45 Bingo for Cash</div>	<div>2</div> <div>9:30 Balance Exercise 10:15 Smoothie Social 11:00 Dr. Peter Fisk Presents: “Movie Sound” 2:00 Trip to the Movie Theater 2:15 Tai Chi 4:00 Horse Races: Bring Your Quarters! 6:45 Nickels Dice Game </div>	<div>3</div> <div>9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 1:30 Albuquerque Book Van 2:00 Scrabble Group 2:00 New Resident Orientation 4:00 Wii Bowling 6:45 Bingo for Cash 7:00 Poker Night with the Managers</div>	<div>4</div> <div>INDEPENDENCE DAY 9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 12:30 Fourth of July Barbecue 6:45 ***Movie Night (TV Room), TV</div>	<div>5</div> <div>9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 2:00 Adventures in Art Workshop 4:00 Music with Eddie Gonzales 6:45 Bingo for Cash</div>	<div>6</div> <div>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</div>
<div>7</div> <div>10:00 Music and Worship 1:45 Bingo, AR 3:00 Sunday Funday Social Hour, AR</div>	<div>8</div> <div>9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 2:15 Jump in the Line 4:00 Bean Bag Baseball 6:45 Bingo for Cash</div>	<div>9</div> <div>9:30 Balance Exercise 10:15 Smoothie Social 11:00 Brain Games 2:00 Trip to the Movie Theater 2:15 Tai Chi 4:00 Horse Races: Bring Your Quarters! 6:45 Nickels Dice Game</div>	<div>10</div> <div>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 7:00 Poker Night with the Managers</div>	<div>11</div> <div>9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 11:00 FBI Presentation: Avoiding Scams 2:00 Bean Bag Baseball 3:00 Blood Pressure Checks 4:00 Arts & Crafts 6:45 ***Movie Night (TV Room), TV</div>	<div>12</div> <div>9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 2:00 Adventures in Art Workshop 3:30 Music with the Starlighters 6:45 Bingo for Cash</div>	<div>13</div> <div>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</div>
<div>14</div> <div>10:00 Music and Worship 1:45 Bingo, AR 3:00 Sunday Funday Social Hour, AR </div>	<div>15</div> <div>9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 2:15 Jump in the Line 4:00 Bean Bag Baseball 6:45 Bingo for Cash </div>	<div>16</div> <div>9:30 Balance Exercise 10:15 Smoothie Social 11:00 Brain Games 2:00 Trip to the Movie Theater 2:15 Tai Chi 4:00 Horse Races: Bring Your Quarters! 6:45 Nickels Dice Game</div>	<div>17</div> <div>9:30 Strength Training with Weights 11:00 Sandia Casino 11:30 Activity/Lunch Out 12:00 National Hot Dog Day Buffet 2:00 Scrabble Group 4:00 Wii Bowling 6:45 Bingo for Cash 7:00 Poker Night with the Managers</div>	<div>18</div> <div>9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Bean Bag Baseball 3:00 Blood Pressure Checks 4:00 Arts & Crafts 6:45 ***Movie Night (TV Room), TV</div>	<div>19</div> <div>9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 2:00 Adventures in Art Workshop 3:00 Munch and Mingle: Elotes 6:45 Bingo for Cash</div>	<div>20</div> <div>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</div>
<div>21</div> <div>10:00 Music and Worship 1:45 Bingo, AR 3:00 Sunday Funday Social Hour, AR</div>	<div>22</div> <div>9:30 Radiate! 11:00 Yahtzee, AR 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 2:15 Jump in the Line 4:00 Bean Bag Baseball 6:45 Bingo for Cash</div>	<div>23</div> <div>9:30 Balance Exercise 10:15 Smoothie Social 11:00 Dr. Peter Fisk Presents: FDR 2:00 Trip to the Movie Theater 2:15 Tai Chi 4:00 Horse Races: Bring Your Quarters! 6:45 Nickels Dice Game </div>	<div>24</div> <div>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 7:00 Poker Night with the Managers </div>	<div>25</div> <div>9:30 Cardio Drumming 10:00 Catholic Communion, CHP 10:30 Mexican Train Dominoes 2:00 Bean Bag Baseball 3:00 Blood Pressure Checks 3:00 Chef’s Corner Culinary Meeting 4:00 Corn Necklace Making 6:45 ***Movie Night (TV Room), TV</div>	<div>26</div> <div>9:45 Chair Yoga with Erin, AR 11:00 Current Events, TV 2:00 Scrabble Group 2:00 Adventures in Art Workshop 4:00 Music with Gene Corbin 6:45 Bingo for Cash</div>	<div>27</div> <div>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</div>
<div>28</div> <div>10:00 Music and Worship 1:45 Bingo, AR 3:00 Sunday Funday Social Hour, AR</div>	<div>29</div> <div>9:30 Radiate! 11:00 Yahtzee, AR 11:00 Snack and Learn with the Vision and Hearing Center 1:45 Walmart Trip (1st Run) 2:15 Walmart Trip (2nd Run) 2:15 Jump in the Line 4:00 Bean Bag Baseball 6:45 Bingo for Cash</div>	<div>30</div> <div>9:30 Balance Exercise 10:15 Smoothie Social 10:30 Music with the Oasis Entertainers 11:00 Brain Games 12:30 Residents’ Birthday Celebration with Larry Freedman 2:00 Trip to the Movie Theater 2:15 Tai Chi 4:00 Horse Races: Bring Your Quarters! 6:45 Nickels Dice Game</div>	<div>31</div> <div>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 7:00 Poker Night with the Managers 7:00 <i>Movie in the Park “Grease”</i></div>			

Grease Is the Word!

Join us on Wednesday, July 31st, at 7 p.m., for an outdoor movie experience like nothing else. We will be watching the movie "Grease" under the stars, on our 17-foot inflatable movie screen. Popcorn, soda pop and candy are on us!



I Get By With a Little Help From my Friends

Need a little extra help? Simplicity Home Healthcare is here for you. We are here to offer you caregiving services and make life simple for you as your care needs increase. We are excited to get to know each of you as we serve you!

One of the benefits that sets Simplicity Home Healthcare apart from other Home Care Agencies is that they offer 15-minute minimums versus one to two hours offered by other agencies.

Common services that we provide include transportation, medication setup and reminders, laundry services, meal delivery, grooming and personal care services. Come by our office on the Second Floor, or call us at 505-348-5595, to discuss all of our services and see what we can do to help make life a little simpler for you. We look forward to working with you!



National Hot Dog Day Celebration

For the uninitiated, National Hot Dog Day may sound pretty straightforward. It's a celebration of grilled wieners and toasted buns, and the long history this iconic summer meal has had in North America. But there's far more to this pork-based pig-out than that. This July 17th, you'll have the opportunity to learn all about why people come together throughout the hot dog-eating world to celebrate National Hot Dog Day. While the exact history of National Hot Dog Day is as obscure as the ingredients of your uncle's secret dog sauce, we're not too worried about the origins. What's more important these days is the myriad ways people celebrate all over the country. Typically, restaurants or fast food chains will offer deep-discount dogs, while some cities host day-long events to raise money for a specific charity. Here you'll find some of America's most treasured champions: Hot dog eating winners, root beer chugging enthusiasts, and lightning quick wiener dogs, just to name a few.



Join us on Wednesday, July 17th, at 12 p.m., for a hot dog benefit buffet with all proceeds going to the Watermelon Ranch Animal Center, a no-kill animal facility in New Mexico, helping find homes for animals in Sandoval County and Albuquerque. For a donation, you will receive a chance to win a door prize donated from top dog businesses in Albuquerque.

Source: <https://nationaltoday.com/national-hot-dog-day/>

First Steps on the Moon

Fifty years ago on July 20, 1969, half a billion people around the globe watched one of the most significant events of the 20th century: Man walked on the moon.

NASA's Apollo space program was the answer to President John F. Kennedy's 1961 proposal that the U.S. aspire to land a man on the moon by the end of the decade. Scientists and engineers dedicated years of work to make that dream a reality.

With astronauts Neil Armstrong, Buzz Aldrin and Michael Collins aboard, Apollo 11 launched July 16, 1969, from Florida's Kennedy Space Center. Four days later, the lunar module Eagle, with Armstrong and Aldrin aboard, touched down on the moon's surface. Back on Earth, the Mission Control team in Houston cheered as Armstrong radioed the message, "The Eagle has landed."

Six hours later, Armstrong climbed down the module's ladder, stepped onto the moon and famously declared, "That's one small step for a man, one giant leap for mankind." A camera attached to the Eagle broadcast the event, and an estimated 530 million viewers watched the historic moment live.



Avoiding Scams Presentation With the FBI

Senior citizens especially should be aware of fraud schemes for the following reasons:

Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit, all of which make them attractive to con artists.

People who grew up in the 1930s, 1940s and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks, or more likely, months, after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.

Please join us on Thursday, July 11th, at 11 a.m., when the FBI will be at Paloma Landing to present on how to avoid scams.



8301 Palomas Avenue NE
Albuquerque, NM 87109



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.



505-243-1979

