

PALOMA LANDING

Gracious Retirement Living

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

MAY 2020

PALOMA LANDING STAFF

Management Team JOHN & JACKIE DAIGH
Management Team LAWRENCE OSIRIS &
SHERRY KONIG
Executive Chef HEATHER SANCHEZ
Community Sales ERICA COSTELLO
Activity Coordinator ERIN COLLINS
Maintenance SAM ORTIZ
Bus Driver DEE MORENO

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.:

Open Day and Shopping

Tuesday & Thursday, 8:30 a.m.-3:30 p.m.:

Doctor Visits (Sign Up with Driver)

Wednesday, 8:30 a.m.-3:30 p.m.: Outings

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

HAWTHORN
SENIOR LIVING

Three Cheers for Our Housekeeping Staff

A massive thank you to all our housekeeping staff for keeping our community safe and beautiful, especially during this unprecedented time. You are appreciated!

Getting to Know You:

Alexa (Nickname:

Alex) — Alexa is a native New Mexican and has worked at Paloma Landing for three years. She has a cat named Angel and a two dogs, Tippy and Apollo. She loves to swim and loves the flower narcissus.



Alexa, Clarice and Jeannie

Clarice (Shorty) — Clarice was born and raised in New Mexico. She loves to draw and write poetry. She has a dog named Roscoe and has the voice of an angel.

Jeannie (Cheena) — Jeannie was born and raised in California. She has two daughters named Bain and Brianna and a son named Wyatt. She loves her two dogs named Buddy and Creed and has an obsession with mustard.



Thank You, Simplicity

Here at Paloma Landing, we would like to take time to thank all of the Health Care professionals on the front lines taking care of those effected by COVID-19.

We would also like to express a special thanks to our onsite Home Health Agency, Simplicity, who has taken special care of our residents at Paloma Landing. We feel this is a wonderful opportunity to get to know the staff who, day in and day out, are providing excellent care to our residents.

Adela: Adela is 25 years old and loves to paint. Many of the residents call her “Bangs.”

Dee: Dee has been married for 20 years and has four children and two grandsons. She loves to read.

Delfinia: Delfinia is graced with many children and grandchildren. She loves her dog and spending time at her home in the mountains.

Katie: Katie loves to watch Gilmore Girls, Supernatural, the Office and Grey’s Anatomy. She dreams of owning and managing her own bed and breakfast one day.

Marie: Marie is on her way to getting her nursing license. She is a car enthusiast and plays hockey.

Syshana: Syshana loves to start off her mornings listening to Beyonce. She is a fan of boxing and is afraid of birds.

Yolanda: Yolanda is from Jemez Pueblo and enjoys traveling and hiking. She is a Broncos fan and loves to watch football and cook.

Carmen: Carmen loves superhero stories and dogs. She dreams of going into business for herself one day.

Lori: Lori loves working with people older and wiser than her. She loves spending time with her cats and dogs and is a huge Star Trek fan.

If anyone needs daily assistance, please free to contact Lori Bates at 505-348-5595



Adela



Katie



Delfinia



Dee



Carmen



Marie Lemelin



Yolanda



Lori



Syshana



Happy Mother's Day — A Thousand Thanks

Mother's Day brings to mind
The thousands of things you did for me
that helped make me happier,
stronger and wiser,
because I had you as a role model.
I'm grateful for all the times
you healed my hurts
and calmed my fears,
so that I could face the world
feeling safe and secure.
I'm thankful for all you showed me
about how to love and give —
lessons that now bring
so many blessings to me
each and every day.
Your sacrifices and unselfishness
did not go unnoticed, Mom.
I admire you, I respect you,
I love you.
And I'm so glad you're my mother!
Happy Mother's Day!
By Joanna Fuchs



Happy Birthday To You!

Lena N. — May 2nd
Emerson — May 4th
Joe R. — May 6th
Frank I. — May 7th
Virginia W. — May 11th
Corrine W. — May 14th
Lucy U. — May 16th
Darrell P. — May 18th
Bill M. — May 23rd
Betty G. — May 26th
Alexa (Employee) — May 30th

Another Year

I'm wishing you another year
Of laughter, joy and fun,
Surprises, love and happiness,
And when your birthday's done,
I hope you feel deep in your heart,
As your birthdays come and go,
How very much you mean to me,
More than you can know.

By Joanna Fuchs

"Happiness can be found even in
the darkest of times, if only one
remembers to turn on the light."

-Albus Dumbledore

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

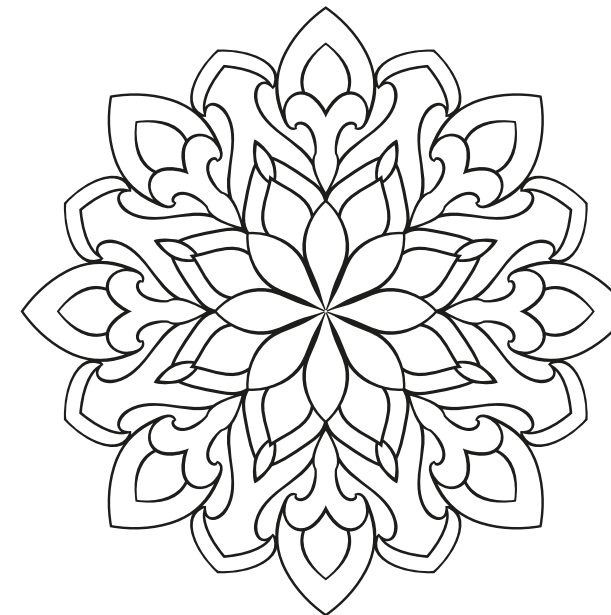


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

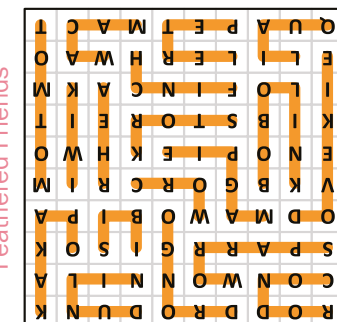
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

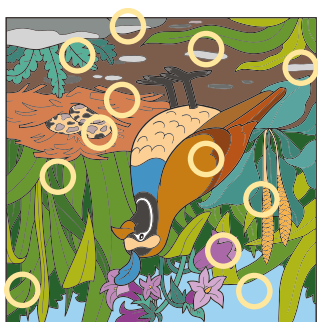
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Best Exercises for Seniors in the Comfort of Your Home

Fitness experts everywhere agree that getting 30 minutes of exercise on a daily basis is key to a healthy lifestyle, no matter your age. Getting regular physical activity keeps your heart and bones strong, improves your strength and flexibility and is a known mood-booster. For seniors who are facing loss of muscle mass which can impair balance, mobility and ultimately, independence, it's vital that you add some physical fitness into your daily routine.



Senior Exercise to Enjoy from the Comfort of Your Home

If you're just getting started back up in a senior fitness routine, it's understandable that you might be slightly hesitant to jump in full speed by joining a gym. However, there are plenty of options for incorporating physical activity into your day, and the best part? These exercises can be done out of the comfort of your own home.

First, before getting started in any type of senior exercise, talk to your doctor about any limitations you may have. For instance, if you recently had any sort of elective surgery, like hip or knee replacement, there are specific exercises you could be doing to ensure you're strengthening your new joint. Likewise, if you have any chronic conditions like arthritis or osteoporosis, you want to be sure you're doing the correct type of fitness plan to help strengthen your joints and bones while helping to alleviate any pain you're experiencing.

What types of home exercise can seniors take part in to help build strength, improve balance and increase flexibility, right from their living room?

Here are just a few of the best options:

Stretches: Stretching is essential before beginning any type of workout to help reduce the risk of injury and prepare your muscles for more strenuous exercises. Take your time, easing yourself into the stretch and avoiding bouncing.

Chair squats: Please consult with your doctor should you have any issues with your knees before doing these. Squats are perfect for strengthening the entire lower body, as well as your core, so it's easier to do things like climb stairs and get in and out of the car. Stand directly in front of a chair, pushing your hips back as you bend your knees to lower your body to the chair while keeping your chest upright. Pause for a moment, even sitting down lightly in the chair if you need to, before returning to a full standing position.

Wall push-ups: Strengthen your arms and chest so you're better able to carry in all those groceries by doing wall push-ups. Face the wall and stand about two feet away, placing your hands on the wall at shoulder height. Keep your body straight, then bend your elbows to your sides to bring your chest close to the wall, letting your heels come off the floor. Press back to straighten your elbows and repeat.

Toe and chair stands: Increase your balance by completing these home exercises for seniors. Sit down in an armless chair and extend your arms parallel to the ground, slowly standing up. Repeat this move 10 to 15 times. For an added benefit to further improve balance, try a toe stand, in which you stand behind the chair and slowly raise up onto your tiptoes. Only use the chair for support as needed.



Knee extensions/lifts: Another great balance exercise is knee extensions, which can be done from a chair. Sit with good posture, keeping your back straight and your knees bent, then slowly extend your leg out in front of you. Hold for a few seconds and then lower back to the starting position. Repeat with each leg for 10 repetitions.

Arm raises: This senior exercise can be done from a standing or seated position and helps increase your upper body strength. Add some light weight or resistance bands for additional benefits. Stand or sit with your feet flat on the floor, holding weights at shoulder height with your palms facing forward, then lift the weights above your head. Try to complete two sets of ten repetitions.

Another fun option: Love music? Pick your tempo and just move to the beat! You may be a great dancer or have two left feet, but who will notice? The faster the tempo, the better the cardio benefit. Use your arms, your legs, bend, stretch, breathe deeply and have fun!

Source: <https://www.asccare.com/best-home-exercise-routines-seniors/>

It Don't Mean A Thing If It Ain't Got That Swing

It's time to get out your dancing shoes for our first Big Band Dance at Paloma Landing. Please join us on Wednesday, June 24th, from 6:30 to 8:30 p.m., for a night of dancing, along with delicious treats provided by our Culinary Team. Our musical guests for the evening will be the swing/jazz group Swing Shift.



Swing Shift

3 Minute Seated Yoga





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.

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