

The Rio Grande

Gracious Retirement Living

2331 Westside Boulevard S.E. • Rio Rancho, NM 87124 • Phone (505) 994-2800 • www.seniorlivinginstyle.com

MAY 2020

THE RIO GRANDE STAFF

Managers.....DAVID & MINETTE HARPER
Assistant ManagersMORRIS &
BRIDGET GARCIA
Executive ChefJAIME FLORIL-ESPINOZA
Community SalesKRISTIN BRUNSON
Activity CoordinatorGINGER WALL
Maintenance Coordinator.....LEE LARRANAGA
Bus DriverPAMELA MANNING

OFFICE HOURS

Daily: 7:30 a.m.-7:30 p.m.

TRANSPORTATION

Monday, 10:30 a.m.-12:15 p.m.: Shopping

Tuesday & Thursday, 8 a.m.-4 p.m.:
Appointments

Wednesday, 9-11:15 a.m.: Shopping

Wednesday, 11:30 a.m.: Activity/Lunch Outings

Friday, 9-11:30 a.m.: Bank Runs

HAWTHORN
SENIOR LIVING

We Are All in This Together!

With all of the craziness going on around the world now, it's hard to try to go on with any normalcy. But life does go on and we are trying to make a good situation out of a difficult time. We had theme days every day of our lockdown, just to keep the residents guessing what we were going to be wearing every time they opened the door. Playing five-card draw was a challenge, but we got it going and at the end of the first week, whoever had the best hand won a prize. Each day at lunch a playing card was given out to every room. On Friday during our Happy Hour each floor turned in their poker hands and the best hand from each floor was the big winner.

(Continued inside)



Land shark exercising



We Are All in This Together! (Continued)

We've been doing singalongs, hula hooping, horse racing up and down the halls, candy striping with a goodie cart. We had a special appearance from a great white (except ours was blue) and he helped the Activity Director with exercise. Each side of the building had a 15-minute workout, the residents stood out on the balconies and their yard or opened windows. Just to get a little sun and some stretching. It was a nice break from sitting watching TV or, as a lot of residents have been doing, spring-cleaning. Also a big thank-you goes to Helen and Marlyn for helping out and making masks for the staff and some for a few residents. The shortage of masks was making it hard for the staff to be able to change masks as often as we probably should have been. The handmade ones are so much nicer and are washable and can be reused. Also a thank-you to some of the residents' families for supplying bottled water and supplies, which were very appreciated.

Next week we will start a new week with Superhero Day, and other surprises in store. Keep it fun and we will get through this together. We are better together.

Let's all stay safe.

In Search of the Leprechaun!

We had a great time for St. Patrick's Day. Making your own Lucky Parfait was a big hit. Yogurt, then add your favorite toppings. Some of them included the chef's homemade granola, fresh blackberries and, of course, Lucky Charms – magically delicious.

A special Corned Beef and Cabbage Dinner was the dinner special.

It was finished up with brownies with green mint chips. Yum!

Get that green out and put it on or expect to be pinched on St. Patrick's Day. Ha ha!

Everyone was Irish that day.



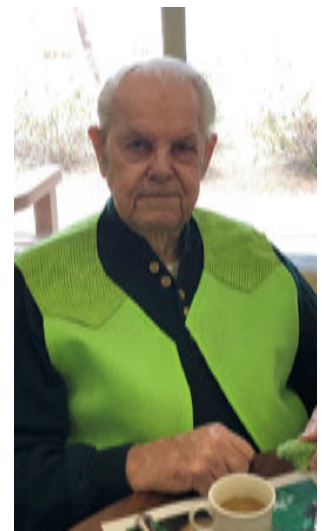
Green bread? Are you sure it's still good? Only for St. Patty's Day!



George and his lucky suspenders



Ernie sporting his lucky hat – any luck, Ernie?



Bud gets in the spirit with all the green.

May Birthdays

Vickie Cannavale, 9th

Beverly Nys, 9th

Betty Schaefer, 9th

Robeta White, 19th

Kitty Norris, 21st

Dolly DeGraff, 23rd



Let's Dig in the Dirt

We planted hyacinths, tulips and daffodils. Three of the early spring flowers. It was National Plant a Flower Day on March 12th. I purchased pots and potting soil and we got our hands dirty being gardeners. We are also getting ready to plant in our raised beds located off the back patio. One of the residents has started tomatoes from seed and we will be planting those plants after Good Friday. We hope we are through with the frost and freezing. According to the good old "Farmers' Almanac" we should be safe.

Here are the ladies having a good time planting our plants. When we were finished the ladies took their plants home with them and are waiting for them to bloom. My hyacinths have already started to bloom, the first sign of spring. We are all ready for it — good-bye, winter.

We are looking forward to those fresh tomatoes. Thanks, Lou.



Hyacinth, an early bloomer



Hair Salon

Hair by Em now accepting walk-ins! To schedule an appointment, contact Em at 505-401-5015.

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.

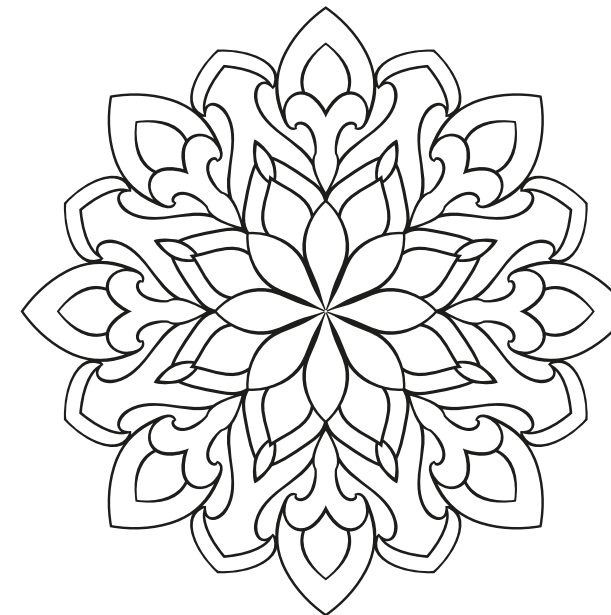


Simple Ways To Practice Mindfulness

- 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.

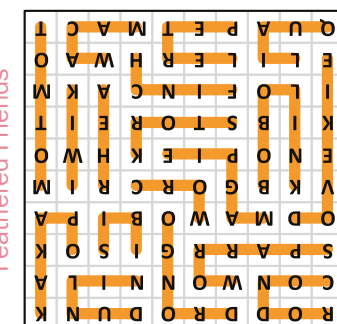
Take a Closer Look

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

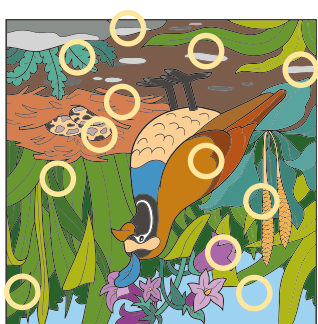
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Looking Forward to Our Wednesday Lunch Bunch

The last couple of Wednesdays in February and the first two Wednesdays in March our Lunch Bunch tried a couple of new restaurants. Our Wednesday Out to Lunch Bunch tries different places and I'm always open for suggestions. The new Bistro that just opened here in Rio Rancho was Lily and Liam Bistro. They are only open for breakfast and lunch and it was standing room only. Thank goodness I called ahead for reservations. It was a quaint small bistro with really different menu items. Everyone enjoyed their meal; we had some try the smothered breakfast burrito, and a couple had the eggs Benedict. The others opted for the variety of sandwiches. Everything is made fresh there, so the bread for the sandwiches was amazing. Everyone gave this place a thumbs up.

Next was a Rio Rancho mainstay, O'Hare's. O'Hare's has been around for awhile, but they make the best Reuben sandwiches. After all it is an Irish Pub. The 17th of every month it's corned beef and cabbage special. All of their food is really good. They have luncheon specials and amazing pasta dishes. Again, everyone gave O'Hare's a thumbs up.

Steel Bender Brewery is another newer restaurant that none of us had been to. It's down in Los Ranchos. The food was very good, the green chili was a big hit, as was the BYO burger with egg on top. Bill tried the French toast with syrup made with one of their ales and raspberries. I tried the fried green chile strips, and then a salad to offset the deep fried addiction. But it was worth it — they were really good and I did share them. No way I could eat all of them. Another thumbs up!

Another favorite was Little Anita's Mexican Kitchen. We went to the one down in Old Town. We had the banquet room all to ourselves. The chili was hot and the sopapillas were amazing. Su had the shrimp cruz salad and that looked great. I tried the stuffed sopapilla and it was stuffed and after I ate it I was stuffed. But it was so good. Another thumbs up with honey dripping off of them.



Lily and Liam Bistro



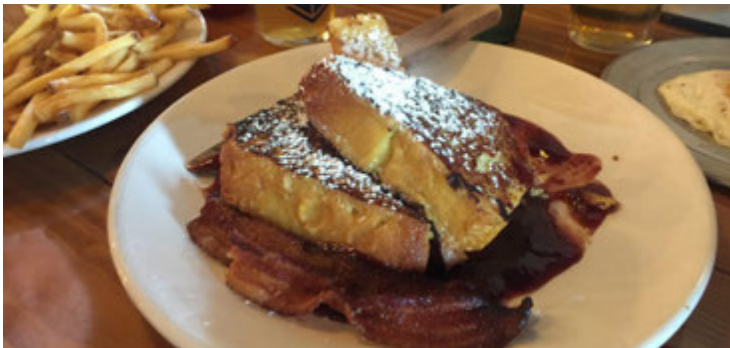
O'Hare's



Steel Bender Brewery



Little Anita's



Bill's French toast — OMG, that looks amazing!



BYO Burger — add green chili and even an egg?



Deep fried green chile strips

How to Handle Scam Calls!

How many of these pesky things do you get every day? One is too many.

We had a retired Rio Rancho police officer come and do a presentation on how to handle scam calls. His advise was to just hang up! If you don't recognize the number do not answer and if you do answer never give anyone any of your personal information. These guys are good; they will give you names of your grandkids, but do not trust anyone asking for: 1. gift cards or 2. Your credit card number for any kind of payment. No government agency will ever ask for payment with a gift card or take your credit card number over the phone.

Officer Hubbard gave all kinds of examples and most of the audience said they had gotten calls like the one he described or they were similar.

Officer Hubbard did mention that scammers seem to target the elderly population.

One nice thing that most of the phone carriers have started doing is having certain numbers that come up on your phone say "Possible Scam." If you keep getting the same number and you know it is a scam call you can block it on your phone.

Just be smart about numbers or people that you do not recognize and just let it go to voice mail. If it's someone that you know or it's a legitimate call they will leave a voice mail.

Be safe, just hang up!



How to handle scam calls — any questions?



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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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