



The Rio Grande

Gracious Retirement Living

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

JUNE 2020

THE RIO GRANDE STAFF

Managers.....DAVID & MINETTE HARPER
Executive Chef.....JAIME 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

Happy Fathers Day!

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972 – 58 years later – that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2020 occurs on Sunday, June 21st, celebrating all you dads out there.

I was born on June 18th, which was Father's Day that year. As I grew up I always said I was his Father's Day present and my dad would say I guess you are better than a tie and everyone would laugh. Well, it took me a long time to figure out he was teasing and everyone got the joke but me. My dad is now 93 and lives in Clovis. Happy Fathers Day, Dad, and I'm still the best Father's Day gift ever.

To all you dads, Happy Father's Day!

From Ginger

A Poem by Henry Maxwell

Dad, you were there at my birth, You gave advice for what it was worth.

You let me decide if I took it or not. You never left me in an awkward spot.

You stuck up for me when I went astray. So Dad, this love is for you on Father's Day.

June Birthdays

LouAnn Asbury, 9th

Marlyn Hubberd, 25th

Richard Heller, 28th

Pete Gonzales, 29th

Bonnie Flowers, 29th



All in This Together

Following guidelines from our governor and also following the proper protocols from the Hawthorn home office has made the past two months a crazy and difficult time for everyone. It has affected all of us in different ways. But, we are all in this together. We have all made major changes in the normal ways we conduct our everyday lives. Nothing is normal these days. We have all learned to enjoy being by ourselves — reading that book you have been meaning to read, going through those drawers and closets, doing that spring cleaning. We have also become very creative with our social distancing — celebrating birthdays through open windows and kids and grandkids talking from the patio. Even doing exercise on the balconies while the Activity Director runs around to each side of the building encouraging everyone to get up and move.

We have had some very creative masks during our mask-up time. Masks with lips on them, mustaches on them, a bunny face for Easter and is that someone's bra? Good job, Helen. Also we have had masks donated from residents and from workers' friends. Time and again, we have pulled together and helped each other. We had a resident's family hoist groceries and supplies up to her balcony with a rope. Whatever works, right?

Even the animals in the hall were following the mandatory face mask and 6 feet apart rules.

We are all going to get through this, and we are going to do it together. Hang tough. As my little grandson said to me, "G'ma, this will blow over soon." Boy! We are ready for this to blow over!



The Easter Bunny did come this year.



I can "bearly" breathe with this on.



No one can duck away from this crazy time.



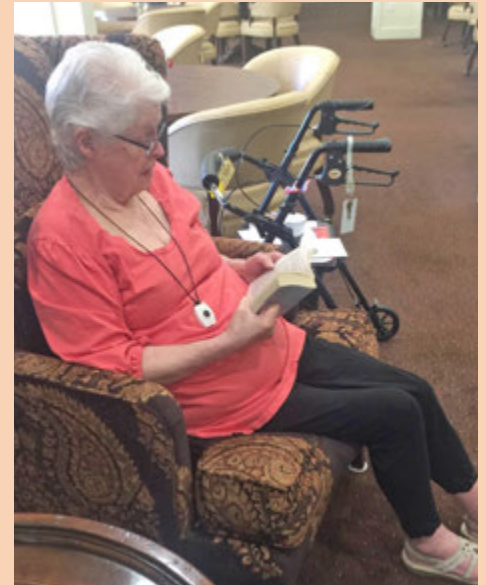
Everyone is following the face mask guidelines.



Here are your paper towels, Mom.



*Is that Super Mario?
No, it's super Lee.*



*Enjoying a good book
by the fireplace*

Different Times

Down to a level 2, this is great!

Back to some kind of normal. Exercise in the morning and afternoon as well. With only five residents allowed in each activity we have learned to be creative. Movie matinees every day and the regular evening movie allows more people to see the movies.

Everyone does enjoy being out and walking around in the fresh air and sunshine.

We had a Safari Hunt in the AR, and no real animals were hurt on this safari. The Chicken Dance and the Hokey Pokey were dances that everyone could do and get a workout without realizing it. With groups of five that turned into a real workout.

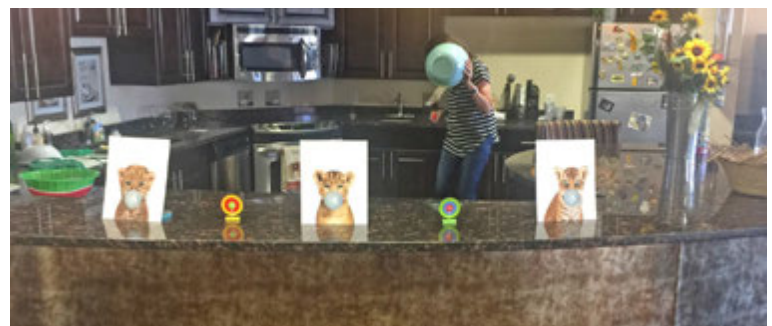
Horse racing is one of the activities that seems to work with the five residents and the 6-foot distance. Again, no horses were in any danger.



*Horse Racing is a big hit.
Bring your quarters.*



Masked and gloved up for a Safari Hunt



Hey, no shooting the arrow retriever. Ouch!

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

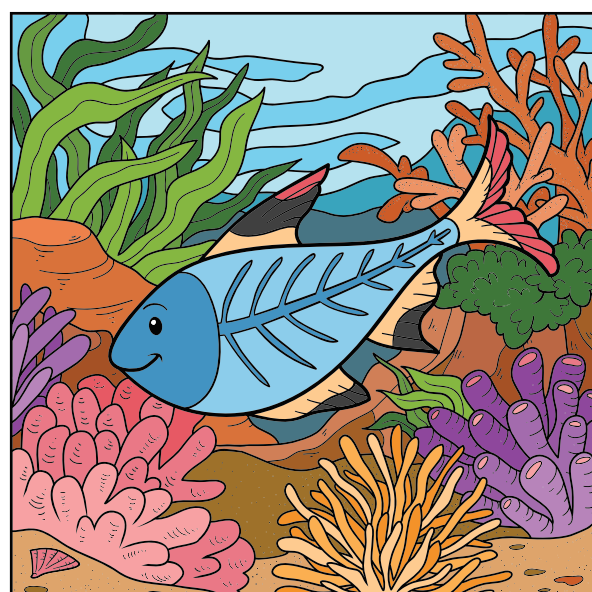
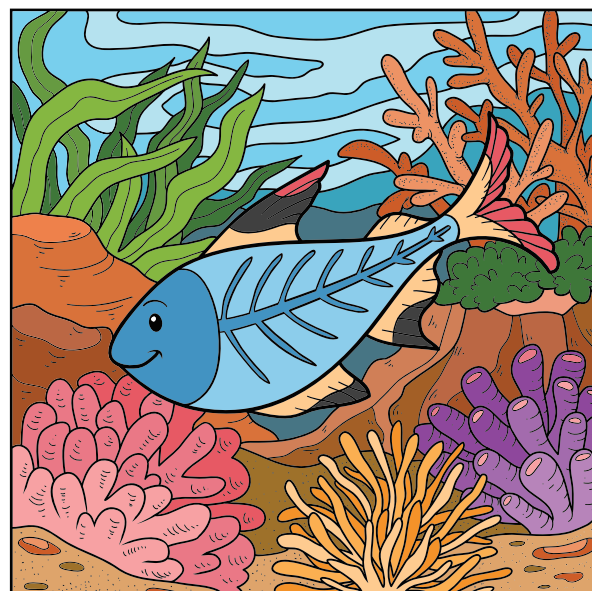
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

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

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Better Together

The staff kept the residents guessing every day with our Crazy Hat Day, Pajama Day, Inside-Out Day, Polka Dots Day, Crazy Hair Day, Favorite Color Day — we did them all. Without any barbers or beauty shops we are all having crazy hair days. And it seems like I've seen a lot more gray hair than usual.

The kitchen staff stayed isolated while we were on level 3 so we hardly saw them at all. But every once in a while one would peek out and I caught them.

They worked extra hard during our level 3 lockdown. Breakfast, dinner and supper all out on time every day and everyone getting fed about the same time every day. Great job, guys — we are better together. Thanks so much for your hard work.

And every day at 3 p.m. we had the snack carts with snacks or drinks or books and magazines. We tried to mix it up. On Baseball Hat Day we had a singalong, "Take me out to the ballgame," to accompany the baseball theme. We had sodas, peanuts and popcorn for the 3 o'clock snack. For Hawaiian Day the staff wore flowery shirts and to go with this theme we served mock cocktails and hula-hooped up and down the halls.



Crazy Hat Day. Good job, Dave.



Is that you, Jaime?



Jason checking out what's going on in Dining Room



Better together — 6 feet apart



Hey, Miriam give us a wave.



Let's Get Creative!

When we went to Level 3 Protocol and residents were restricted to their rooms, planning activities became very challenging. I'm up to that challenge. Candy Striper carts, with crossword puzzle books, Sudoku books, word search books, along with adult color books were just a few of the things on our carts — cards, jigsaw puzzles, movies, personal items and, of course, candy. Everyone looked forward to the ring of that bell in the afternoons.

We also played five-card draw the first week of sheltering in place. Every day at lunch, the residents were given a playing card, and at the end of the week, whoever had the best hand won a surprise gift bag.

Marlyn on the 3rd floor had two-pair, and Al on the 1st floor had a full house.

Residents also made a huge sign to hang off our building so passers-by could read our banner with hand-painted flowers and our heartfelt message to "Stay Strong Rio Rancho." When we were hanging it, cars were honking with encouragement and showing their support.

We are getting thank-you notes and cards from family members of our residents. Also residents are writing notes just to say thank you for taking care of them and keeping them safe and healthy. Anne used her door as a bulletin board with all kinds of thank-you notes. It was always nice serving meals on second floor. Thank you, Anne. Then we had others that were just very comical, like Danny and his prison message. I'm sure the food is much better here, Danny. Just having fun and having a good laugh, always a joker.

Everyone is trying to make the best of this crazy time and have a laugh every chance we get.

Just keep smiling — this will end soon.



Marlyn's two pairs, winner from 3rd floor



Al's full house, 1st floor winner



Santiago cell 207 out on good behavior? No way!



Will work for margaritas. Sure, Ignacio.



Stay strong, Rio Rancho. We are in this together.



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When the world
is staying apart,
we are coming
together.

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