

AUGUST 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 LORI BATES
Maintenance TOBY ANDUJO
Bus Driver DEE MORENO

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.: Open Day and Shopping

Tuesday, 8:30 a.m.-3:30 p.m.: Doctor Visits (Sign Up with Driver)

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

Thursday, 8:30 a.m.-3:30 p.m.: Doctor Visits (Sign Up with Driver)

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



Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these



varieties you may find on summer menus.

Mango — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

Guava — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

Passion fruit — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

Lychee — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.

Join us on Tuesday, August 11th at 3 p.m., when we will be serving tropical fruit smoothies in the Atrium.

Out and About in Nature

Last month we took several outings to get out in the sunshine and enjoy the beautiful outdoors of Albuquerque.

We visited the La Cueva picnic area and trailhead, taking a beautiful stroll at the base of the Sandia Mountains.

We also visited the Los Poblanos Historic Inn and Organic Farm. Set among 25 acres of lavender fields, enormous cottonwood trees and lush formal gardens, Los Poblanos is one of the most magnificent historic properties in the Southwest. The Los Poblanos land was originally inhabited by the Ancestral Pueblo Indians in the 14th century. Many of the original settlers in this area were thought to have come from Puebla, Mexico, a citizen of which is called a "Poblano." The land became part of the Elena Gallegos land grant around 1716. The original ranch land was owned by Ambrosio and Juan Cristobal Armijo through the 19th century but was reassembled by Albert and Ruth Simms in the 1930s. Los Poblanos today encompasses the original headquarters of the 800-acre ranch owned by the Congressman, Albert Simms, and his wife. Ruth Hanna McCormick Simms that extended to the crest of the Sandia Mountains. Our historic inn was their private residence and the center of operations of their dairy, farming, nursery, art businesses and dynamic cultural and educational endeavors. In 1932, Ruth Hanna McCormick Simms commissioned architect John Gaw Meem and numerous WPA artists and craftsmen to renovate the ranch house and create the La Quinta Cultural Center for political and community events and recreation with gardens designed by Rose Greely.

Los Poblanos was a model experimental farm in the 1930s and 1940s. It was home to the original Creamland Dairies, and supplied Albuquerque with a considerable portion of its milk. It boasted one of the finest purebred herds of Guernsey and Holstein cows in the Southwest and played a significant role in building up the dairy industry in New Mexico.

Los Poblanos also experimented with raising sugar beet seeds in an effort to wean American dependence on imported sugar beets. Alfalfa, oats, corn and barley were also grown on the property. On the base of the Sandias, purebred rams were raised with the intention of helping sheep herders of the state improve their flocks. The greenhouse was used as a laboratory for raising new varieties of roses and chrysanthemums commercially.



La Cueva picnic area

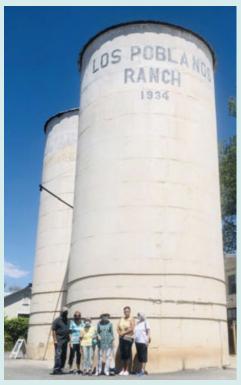


Sandia Foothills at La Cueva picnic area

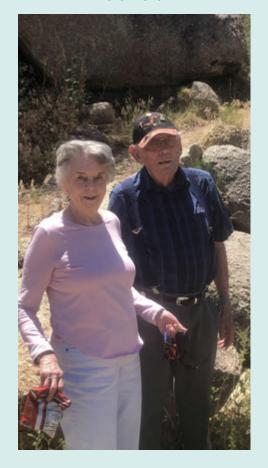


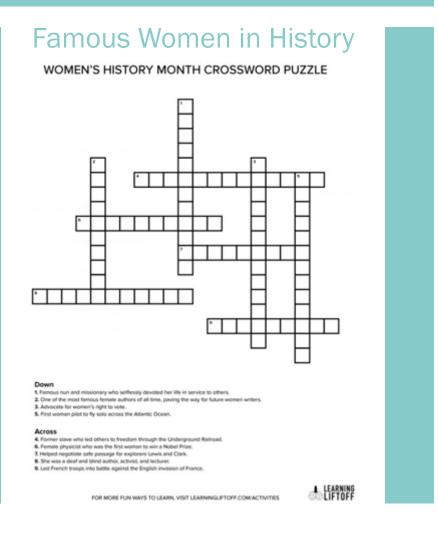
The pond at Los Poblanos





Grain silo





Women's Equality Day

On August 26th, Women's Equality Day honors the hard-fought victory of the women's suffrage movement. But the holiday might not exist if one representative's mother hadn't convinced him to cast the deciding vote to pass the 19th Amendment.

Women's suffrage took nearly one century to fully realize, but time never moved as slowly as it did between the amendment's passage in Congress in 1919 and its introduction as a federal law in 1920.

It all came down to a single vote in the Tennessee legislature on August 18, 1920.

For amendments to pass then, three-fourths of the 48 states at the time needed to ratify it within their own governments. Tennessee, which would've been the 36th state to pass it, was gridlocked.

Harry T. Burn, a 24-year-old state representative, had planned to vote against the amendment. But in his pocket, he kept a letter from his mother, Febb, who'd asked him to "be a good boy" and vote for the amendment that would grant her the right to vote for legislators like her son, according to the National Constitution Center.

AUGUST 2020

Birthdays

Pat Emerick, 1st
Mary Majchezak, 6th
Jim Blumenschein, 7th
Mary Barnes, 11th
Fran Cordova, 11th
Joe Kroeger, 14th
Shirley Cohn, 18th
Mary Weingardt, 19th
Judy Baca, 19th
Pat Hilderman, 30th

Locations

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

"Welcome August a bounty of beautiful beginnings and blissful never-endings of joy, peace, love and happiness, good health and prosperity to you and your loved ones. May your prayers be answered and your dreams come to light in the month ahead."





National Watermelon Day

Made of almost 92 percent water, the fruit is full of vitamins



A and C and antioxidants. So what are you waiting for? Go get yourself a few slices of watermelon to celebrate this delicious holiday.

Watermelon is an ancient food that is believed to have originated in tropical Africa. Historians have found evidence of watermelon cultivation as far back as 4,000 years ago. Today, many varieties of the fruit are grown in warm parts of the world.

A Superfood

Because of its high water content, watermelon is a good thirst quencher. In fact, in the Kalahari desert, where they are called tsamma, watermelons are one of the main sources of water during the dry, hot season. In the past, people crossed the desert only during a good tsamma season.

Some studies have shown that the antioxidants in watermelon — carotenoid and lycopene — can reduce the risk of some types of cancer.

All parts of the fruit are edible — its flesh can be eaten as is, cooked or juiced. In many parts of the world, the rind or the thick green outer covering of the fruit is stewed, fried or pickled. In some parts of China, watermelon seeds are dried and roasted and enjoyed like nuts.

Please join us on Monday, August 3rd, at 3 p.m., for a variety of watermelon treats provided by our Culinary Team

Four Fun Ways to Stay Hydrated

As we move through the summer months, we spend a majority of our time outside with family and friends. However, as the heat rises, it increases the risk for dehydration, which comes from not drinking enough water when it is hot outside. About 60 percent of the human body consists of water and we need to consume a certain amount each day to survive. This is especially important for seniors because, as we age, our body's ability to conserve water decreases. With this in mind, it is important to prevent fluid and electrolyte imbalance in seniors. Here are a few fun ways to stay hydrated this summer.

Infused Water:

The best fluid you can put in your body to stay hydrated is water. However, water can be boring and a chore to drink every day. The sky's the limit when infusing water, including endless combinations of fruits, herbs and vegetables. An additional benefit of infused water is the nutrients gained naturally from the ingredients used to infuse the water.

Make Popsicles:

Throughout the summer, it is most important to stay hydrated since this is the season for outdoor activity and higher temperatures. MadeInNature.com explains that Popsicles are "a great way to stay cool, hydrated and to sneak in healthful ingredients to make your body hum." Although many packaged Popsicles have great amounts of sugar, homemade Popsicles can be utilized to improve the nutritional value of these summer treats.

Hydrate With Foods:

As the heat and humidity rise, staying hydrated can be difficult, especially for seniors who suffer from diabetes. Dehydration is most commonly the result of inadequate water intake, but can happen to many seniors who have diarrhea, excessive sweating, loss of blood or side effects of prescription medications. In

Women's Equality Day (Continued)

So he did. And with his "Aye," the 19th Amendment passed nationwide.

"I knew that a mother's advice is always safest for a boy to follow, and my mother wanted me to vote for ratification," he said, according to the National Constitution Center.

After attempts to delay it, Secretary of State Bainbridge Colby signed it into law at his home on August 26th, though he denied notable suffragettes Alice Paul and Carrie Chapman Catt's requests to film the signing. It was a quiet, but hard-earned win for the women's rights movement.

Rep. Bella Abzug called on Congress to commemorate the date the amendment was passed, and in 1971, "Women's Equality Day" was born.

We encourage all of our ladies to wear women's sufferage colors (purple and white) on August 26th.

source: https://www.cnn.com/2019/08/26/us/womens-equality-day-aug-26-trnd/index.html



addition to increasing your daily intake of water to stay hydrated, eating foods that have a substantial amount of water content can provide the same effects. Such foods include, but are not limited to, lettuce, cucumbers, watermelon, strawberries and celery.

Make Smoothies or Shakes:

Dizziness, headache, confusion, fainting and lethargy are some of the symptoms of mild dehydration. This means that the organs in the body are struggling to do their job properly. You can avoid dehydration with something as simple and tasty as fruit smoothies. Sipping on a smoothie not only hydrates your body but also provides plenty of vitamins, minerals, antioxidants and anti-inflammatory phytochemicals. Although there are many smoothie recipes available, nutritionists at Apollo Hospitals recommend smoothies like the Refreshing Watermelon, Mint and Lime Smoothie, Tropical Coconut and Mango Smoothie, and Savory Splash Tomato, Pear and Cucumber Smoothie to keep you hydrated and in the best health.

Source: https://www.poetswalk-springhills.com/

blogs/four-fun-ways-to-stay-hydrated/

Paloma Landing Fair

Due to the pandemic, this summer has definitely looked a little bit different! The New Mexico State Fair will no longer be taking place so, Paloma Landing is bringing the fair to you! At the Paloma Landing Fair you can expect fun booth games such as a Ring Toss, Ping-Pong Toss, hoops and more, as well as a flower arranging booth. Join us at one of our food booths, which will include snow cones, corn dogs as well as other tasty treats. We will continue to practice social distancing for this fun event so look for booths throughout various common areas of the building. Until the fair begins here are a few fun facts to get you started.

- 1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog.
- 2. A giant butter sculpture of a cow has been an lowa State Fair institution since 1911.
- 3. What popular state fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat.
- 4. Each year the Midwest Dairy Association names a new dairy Princess at the Minnesota State Fair. The Dairy Princess' official title is Princess Kay of the Milky Way. A sculpture of the winner is carved out of a 90 pound block of butter!
- 5. The earliest funnel cakes came from the Pennsylvania Dutch.
- 6. The Minnesota State Fair is known for its many kinds of food on a stick.
- 7. California's State Fair is home to the oldest wine competition in North America, with more than 2,800 entries this year.



ALBUQUERQUE

SPECTATORS AT THE 2016

NEW MEXICO STATE FAIR

- Journal State Fair Edition 8. In 2018, Ohio's State Fair was the first to serve burgers sandwiched between two donuts and topped with onion and
- green peppers.
- 9. Dr. Pepper was originally debuted at a state fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis. 10. You might think cheese when you think of Wisconsin, but the most popular food at the Wisconsin State Fair is hands

The Paloma Landing Fair will be held on Friday, August 28th, at 3 p.m.

down the cream puffs. Over 350,000 of them are sold every year.



8301 Palomas Avenue NE Albuquerque, NM 87109



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

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