

# The Rio Grande

Gracious Retirement Living

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

NOVEMBER 2020

## THE RIO GRANDE STAFF

Managers.....DAVID & MINETTE HARPER  
Assistant Managers ..... RICHARD  
& SANDRA BAUMAN  
Executive Chef ..... JAIME FLORIL-ESPINOZA  
Community Sales .....KRISTIN BRUNSON  
Activity Coordinator .....GINGER WALL  
Maintenance Coordinator.....LEE LARRANAGA  
Bus Driver ..... PAMELA MANNING

## OFFICE HOURS

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

## TRANSPORTATION

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

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

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

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

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

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

HAWTHORN  
SENIOR LIVING

## Welcome New Residents to Your New Home!

We have several new people coming into our community. We can't meet and greet them as we have in the past, so let me introduce you to your new neighbors.

- Daryle Lessard, Room 113
- Aleen Freeman, Room 102
- Carol Sullivan, Room 111
- John Rogers, Room 228
- Jim and Carolyn Brown, Room 325
- Cletus Baudendistel, Room 221

If you see new faces, please extend a warm welcome to our new residents.



*Welcome, new residents, we are so glad you are here.*



## Labor Day

This year our Labor Day celebration was also our Green Chile Festival. We had a drive-by car show and a salsa contest with residents trying five different salsas and voting for their favorite.

We had a water balloon toss out on the back patio. And what would Labor Day be without a cookout? So the kitchen grilled hamburgers and green chile hamburgers out on the grill and of course, watermelon was served. The water balloon toss turned into a water balloon fight. Everyone was drenched but the weather was just right for a water balloon fight.

The car show was a drive-by car show — a couple of laps around the building. They did stop in the back so we could admire and ask about their cars. It was very nice of David Hubbard, the son of one of our residents to arrange for the cars for the parade. Thanks, David, we appreciate you. The whole family got involved in this car parade. Marlyn's daughter joined in on the fun with her minivan. Also, one of the Hubbard's grandson was driving the Mercedes Benz. You talk about keeping it all in the family. They went above and beyond for our residents. A big thank-you to the whole Hubbard family. Dave, you need to loan your sister one of your cars. Ha-ha, I understand you have a few to spare.

After hamburgers and hot dogs, we had our green chile salsa tasting competition. And to get rid of that burn, Dave made his green chile ice cream. The salsa contest was won by Ginger, but of course the other contestants said I cheated. I made queso with green chile instead of just salsa. Sore losers.



*Marlyn's daughter joined in on the family fun.*



*Evan in this beautiful Mercedes*



*This was one of favorites of the crowd — nice ride.*



*Dave in his convertible. Thanks again, Dave, for your help.*



We also had Kevin Whitcombe come by to play and sing for us out under the carport. Chairs were set out in accordance to safe social distancing. Some of the residents decided to stay on their patios and listen to the music. We even had a few couples who enjoyed a dance. We always have a good time when Kevin comes over to play.



*Everyone, duck! Balloons are flying.*



*Come on, Deb, you can get that water balloon in the bucket.*



*Thanks, Kevin, for music under the porch, singalong and a few dancers. Everyone always enjoys it when Kevin can stop by to play and sing for us.*



*Salsa tasting stations, ready to go*

## Different B-I-N-G-O

Since we could not congregate for our usual Bingo games, I tried Bingo a little different. We passed out the cards last Sunday to all residents and the game started Monday. Every day, four numbers were drawn and written on the white board in the Activity Room. Residents had to stop by the Activity Room to check the numbers against their Bingo Cards. Monday four numbers, Tuesday four numbers, Wednesday four numbers, Thursday four numbers and Friday the last four — B-1, I-18, N-32, and G-60. We have a winner — Lou Williams Bingo'd on the N's: N-32, N-37, N-34, and N-33.

Congrats, Lou. Come down and pick out your prize.

## Refer Your Friends

Just a reminder to refer your friends that are looking for a new home to move into The Rio Grande. If your referral moves in, you get a check for \$1,000. That's a nice little incentive to tell all of your friends what a nice place you live in.

It's not hard to sell a place if you love living here. Our best selling tool is our residents, always telling people on tours of the facility that they love living here. Our residents are the friendliest folks around. The Lukes have just lived here a few months and already have one of their friends moving in.



*Rita accepting a check from Dave*

# NOV 2020

## Birthdays

Johnny Vallejos, 1st  
 Scott Houghteling, 4th  
 Joanne Hurd, 8th  
 Bill Thornton, 11th  
 George Denniston, 15th

Barbara Clark, 26th

## Anniversaries

Lou & Vickie Cannavale, 11/25/1974

## Locations

Activity Room, AR  
 Atrium, AT  
 Backyard Patio, BP  
 Billiards, BL  
 Bistro, BI  
 Bus, Bus  
 Chapel, CH  
 Computer Room, CR  
 Dining Room, DR  
 Fitness Center, FC  
 Front Lobby, Lobby  
 Front Yard, FY  
 Gym, Gym  
 Hair By EM-Call For Appointment 505 401-5015, HS Salon  
 Library, LB  
 Movie Theater, MT  
 TV Room, TV

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DAYLIGHT SAVING TIME ENDS</b> 1 9:30 Mass, MT 10:00 Mass, MT 10:30 Mass, MT 11:00 Interdenominational Worship Service, MT <b>2:00 Sequence, BI</b> 3:00 Matinée, MT 3:00 Wii Bowling, AR 3:00 Movie Matinee, MT 	9:30 Exercise with Ginger Chicken Fat, AR 9:30 Rosary, MT 10:00 Walmart, Bus <b>10:00 Exercise with Ginger: Chicken Fat, AR</b> 10:00 Rosary, MT <b>11:00 Adult Coloring, BI</b> <b>2:00 Conversational Spanish Group, TV</b> 2:00 Uno and Sequence Card Games, BI 2:30 Scenic Drive with Pam, Bus 3:00 Bean Bag Baseball, AR 3:00 Movie Matinee, MT 6:45 Movie, MT 7:00 Rummikub, BL	<b>ELECTION DAY</b> 3 9:30 Exercise with Ginger: Weights, AR 9:30 Rosary, MT 10:00 Rio Mart, BI <b>10:00 Exercise with Ginger: Weights, AR</b> 10:00 Rosary, MT <b>10:45 Prize Bingo, DR</b> <b>1:30 Family Feud, BI</b> 2:00 Uno, BI 3:00 Horse Racing, AR 3:00 Movie Matinee, MT 6:45 Movie, MT 7:00 Rummikub, BL	9:30 <b>Exercise: Strength and Balance, AR</b> Rosary, MT <b>10:00 Exercise: Strength and Balance, AR</b> Rosary, MT Dollar Store, Bus <b>10:30 Coffee and Chat Group, BI</b> <b>11:00 Yahtzee, BI</b> <b>2:00 Make Christmas Wreaths, AR</b> <b>2:00 UNO, AR</b> 2:30 Scenic Drive with Pam, Bus 3:00 Movie Matinee, MT 3:30 Blackjack with Ignacio, AR 6:45 Movie, MT 7:00 Rummikub, BL 	9:30 Exercise with Ginger: Resistant Ball, AR 9:30 Rosary, MT 10:00 Rio Mart, BI <b>10:00 Exercise with Ginger: Resistant Ball, AR</b> 10:00 Rosary, MT <b>10:30 Word Search, AR</b> 11:00 Sequence Card Game 1:30 Wii Bowling, AR 2:00 Uno, BI <b>2:00 Gingerbread House Meeting, BI</b> 3:00 Movie Matinee, MT 3:30 Nickels, AR 6:45 Movie, MT 7:00 Rummikub, BL	9:30 Exercise: Tubes and Bands, AR 9:30 Rosary, MT <b>10:00 Exercise: Tubes and Bands, AR</b> Rosary, MT Wal Mart, Bus 10:45 Money Bingo, DR 2:00 Uno <b>2:00 Sequence, BI</b> 3:00 Movie Matinee, MT <b>3:30 Happy Hour!, AR</b> <b>6:45 Friday Night Flick, MT</b> 7:00 Rummikub, BL	9:30 Rosary, MT 10:00 Rosary, MT 2:00 Uno, BI 3:00 Rummikub, TV 3:00 Movie Matinee, MT 6:45 Evening Movie, MT
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## The Heart That Gives, Gathers — to Our Hospital Heroes — Thank You!

All Hawthorn facilities were asked to deliver a “Thank-You” Wreath for first responders or essential workers to thank them for their service. We decided to give our wreath to Rust Medical Hospital. The wreath went to the Tri-Corp Lab. Helen’s daughter is in charge of the lab and said they would love to receive a wreath.

We had a planning meeting the first of the month. Penny, Joan, and Marlyn were there and we all had good ideas about what we wanted to do with our wreath. Since we were giving it to the lab that draws the blood, we decided to do a Halloween wreath instead of the usual fall wreath. We used an orange pool noodle, with a little help from my son, who put PVC pipe inside the noodle and used screws to hold it together. We then added spider webs, spiders, skeleton hands, and bones. It really turned out cute, not too scary. We had Pam take us across the street to the hospital, with Helen’s daughter Tami and a co-worker Carla meet us outside. They were very excited to get the wreath and it was nice meeting Helen’s daughter. Pam, Helen, Marlyn and I delivered the wreath. The Heart That Gives Gathers. Thank you, hospital workers, for taking such good care of our residents and keeping us safe. You are our heroes!



*Helen and Marlyn with the wreath*



*Marlyn, Penny and Joanne brainstorming*



*Helen, Tami, Carla and Marlyn giving the lab our wreath. Thanks go to our local heroes.*



*The heart that gives makes us smile — Tami, Helen, Marlyn and Ginger.*



## Welcome, Autumn

There's no better way to welcome the upcoming cooler weather than with a hot drink. September 22nd was the first day of autumn, so we had Hot Apple Pie Lattes. We gathered in the Grandma Kitchen and I tried out a new recipe on the residents. You heat up the apple cider, add all kinds of spices, add the milk, then into the blender to make it frothy. Top it off with whipped cream and apple pie spices. Everyone really enjoyed them and I had quite a few back for seconds.

I think I'll try Pumpkin Spice Lattes next.

If you would like to share this recipe with your family I added it below.

### Ingredients:

- 1 cup apple cider
- 1 cup whole milk
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon apple pie spice
- Whipped cream (optional)

### Instructions:

1. Bring all of the ingredients to a simmer in a medium saucepan on medium heat. Stir to dissolve sugar.
2. Carefully pour the mixture into a blender. With the center of the blender removed to let steam escape, blend on medium speed until smooth and frothy.
3. Pour into mugs and top with a bit of whipped cream and extra apple pie spice! Enjoy!

This month we will be enjoying pumpkin spice drinks — Pumpkin Spice Chai Tea Lattes and Pumpkin Spice Coffee Lattes. Check the calendar for those special dates.



Finished product turned out very nice. Not too scary.



Marlyn and Sandy working on the wreath

## Special Birthday

We had a special celebration for Stella, who turned 90 in September. We celebrated at Happy Hour, singing "Happy Birthday" and serving her a banana split. Her kids took her out for a birthday lunch to top off her special day.

You go, girlfriend, you look great.



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*Fall in love...*  
**With Our Gracious Lifestyle**

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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