

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

JANUARY 2021

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: Open Day

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

HAWTHORN

SENIOR LIVING

Adventure Time!

Swaying palms, powder-fine beaches, and clear blue waters — get ready Paloma Landing Gracious Retirement Living, for a tropical getaway you won't soon forget! Beginning the week of January 17th through February 6th, we will be embarking on an Island-Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island Hopping Kickoff on January 11th, 13th and 15th, to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide, Lori Bates, for all the details!





Kona Coffee

History

Coffee isn't native to Hawaii — it was brought to Kona by Samuel Reverend Ruggles in 1828. He brought Arabica cuttings from Brazil to see how well it would take to the Big Island's climate.

As it turned out, Kona's daily cycle of morning sunshine, afternoon cloud cover, and rich, volcanic soil was perfect for the coffee plants. Consequently, coffee established itself as a major crop in Hawaii by the end of the 1800s.

Health Benefits

One of the health benefits of Kona coffee is for weight loss. It is also due to caffeine, where it has been shown by fat loss supplements, that caffeine is the main ingredient. However, the benefit also is related to healthy heart, because healthy heart is supported by ideal weight or moderation of fat and calories in the body.

While coffee is renowned for its stimulating effects inside the body, it may provide the opposite effects when applied topically. This is thanks to the antioxidants in coffee.

On January 24th, please join us in making our very own Kona Coffee Eye Cream!

Ohana Happy Hour

Ohana is an idea in Hawaiian culture. The word 'ohana' means family in the Hawaiian language, but in a much wider sense, to include not only one's closer relatives, but also one's cousins, in-laws, friends, race, and other neighbors. An ohana is special. The people within it are bound together by genuine compassion, culture, support, loyalty, and love for each other. To become a part of someone's ohana is a great honor.

At Paloma Landing, we become each other's ohana. Join us at 3:15 p.m., on January 19th, for Ohana Happy Hour!

Lori will be making Blue Hawaiian Mocktails!

Tropical Yoga

Ocean Side Yoga

A flowing 'beach' yoga class for all levels. Connect to nature in spirit, create an intention, and start your day with a healthy dose of zen and vitamin sea.

Beach Yoga

Enjoy the collective vibrations of peace and rejuvenation as we practice together in a tranquil setting. Bring a towel, sheet or blanket to practice on.

Sunshine Yoga

Indulge in a creative flow yoga class honoring the solar and lunar energies as the sun dips into the gulf and the full moon rises over the bay. An all levels class that will leave you feeling totally ZEN!

Benefits of Yoga Include ...

- increased flexibility
- increased muscle strength and tone
- improved respiration, energy and vitality
- maintaining a balanced metabolism
- weight reduction
- cardio and circulatory health
- protection from injury



Aloha Hawaii

Welcome to Hawaii, the Aloha state. Hawaii is comprised of a chain of 132 islands. We usually think of the eight main islands when we think of Hawaii. This is not surprising as the other 124 islands only total about 3 square miles in land area.

Hawaii is home of the world's most active volcano, the crater of Kilauea on Mauna Loa. Sandy beaches, towering volcanoes, and lush valleys lure thousands of tourists each year to this tropical paradise.

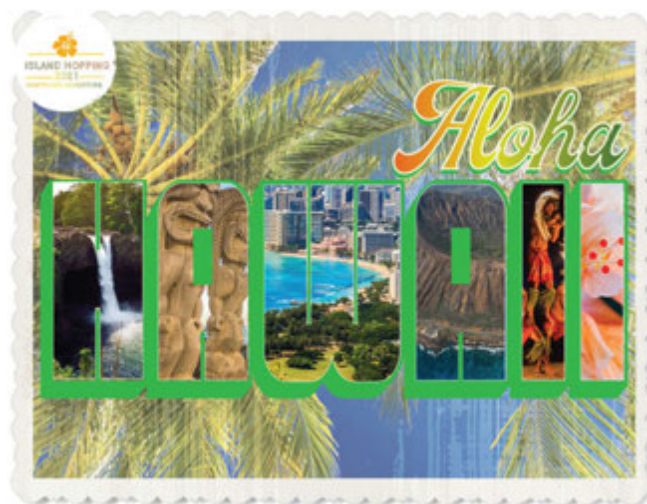
Hawaii is the most ethnically and racially diverse state of any state in the union, a mix that includes Caucasians, Americans of Japanese descent, and Polynesians, among others. Native Hawaiians have held on to many of their customs and traditions despite the influx of non-natives over the years. Hawaii is the only state that has an official native language. Statehood had been proposed many times throughout Hawaii's history, but it was not until 1959 that Hawaii became the 50th state of the United States.

"The Big Island," Hawaii, (4028 sq miles) is home to Kona and Volcanoes National Park; Mauna Kea Observatory at almost 14,000 ft. high towers above all, Capt Cook Bay offers the best snorkel site in the entire state, and Place of Refuge National Park is a cultural must see.

Distances here are huge ... towns are over 100 miles apart. It has 11 climates from arctic to rainforest. It will always say "rain" in the forecast for Hawaii because with these many climates it will rain somewhere on the island every day. The west side is dry and warm, while rain and clouds hover over the stormy east or windward side many days.

The gold coast of the Kohala region is home to some of the most striking resorts in the state. Hilo is old Hawaii of a long ago plantation era and is quaint and folksy and also the rainiest city in the USA, with over 140 inches a year. Hawaii has fewer sandy beaches but as a result has clearer and warmer waters for diving, swimming and snorkeling.

Join us the week of the 18th-22nd; the adventure awaits!



Aromatherapy and Reflexology

Using aromatherapy for anxiety and stress relief is an enjoyable way to ease tension, worry and feelings of panic. When your nerves are getting the better of you, essential oils can provide pleasurable relief to otherwise difficult moments. On January 25th, we will explore scents and herbs that may help you in those moments.

By combining reflexology and aromatherapy, we hope to increase the chance that you might find a blend that works for you.

Hand reflexology is a massage technique that puts pressure on various reflex points around your hands. The belief is that these points correlate to different body parts and that massaging the points can help to relieve symptoms in other areas of the body.

With this union, possibilities are endless.

JAN 2021

Birthdays

Pat Neff, 6th
Gil Cordova, 8th
Rose Allred, 8th
Frank Dooley, 9th
Jean Fisher, 20th
Juanita Boyce, 24th
Mick Dobratz, 27th

Locations

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

Rain or shine our goal is fun. Schedules will remain as printed unless government mandates require changes. We may not be face to face but we will always stay heart to heart.

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR 11:00 Current Events, TV 11:00 Docuseries, AR 2:00 General Store 2:00 Bingo Numbers 2:15 Riddle Me This, AR	2 10:00 Weekend Worksheets for Raffle Winnings
3 10:00 Worship and Music	4 8:00 Rainbow Week Wear Red Today 8:30 <i>Walking Club, AT</i> 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV	5 8:00 Rainbow Week Wear Orange Today 9:15 Balance Class 10:15 Balance Class, AR 11:15 Adult Coloring, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Horse Races, TV	6 8:00 Rainbow Week Wear Yellow Today 9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 2:00 Bingo Numbers 3:30 Brain Teaser, AR	7 8:00 Rainbow Week Wear Green Today 8:30 <i>Walking Club, AT</i> 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Kona Coffee Craft Corner, AR 1:30 <i>Euchre, TV</i> 2:00 Bingo Numbers 2:15 Culinary Demonstration, AR 3:15 Arts and Crafts, AR	8 8:00 Rainbow Week Wear Blue Today 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR 11:00 Current Events, TV 11:00 Docuseries, AR 2:00 General Store 2:00 Bingo Numbers 2:15 Riddle Me This, AR	9 10:00 Weekend Worksheets for Raffle Winnings
10 10:00 Worship and Music	11 8:00 Hawthorn Adventure Kickoff Week 8:30 <i>Walking Club, AT</i> 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Beach Front Creative Writing 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV 3:15 Aloha Hawaii 6ft-A-Party	12 9:15 Balance Class 10:15 Balance Class, AR 11:15 Adult Coloring, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Horse Races, TV 3:15 Pack Master Game	13 9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 2:00 Bingo Numbers 3:15 Bula Fiji 6ft-A-Party 3:30 Brain Teaser, AR	14 8:30 <i>Walking Club, AT</i> 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Kona Coffee Craft Corner, AR 1:30 <i>Euchre, TV</i> 2:00 Bingo Numbers 3:15 Kona Coffee Eye Cream Craft	15 9:15 Ocean Side Yoga 10:15 Ocean Side Yoga 11:00 Current Events, TV 11:00 Docuseries, AR 2:00 General Store 2:00 Bingo Numbers 2:15 Riddle Me This, AR 3:15 Kia Ora New Zealand 6ft-A-Party	16 10:00 Weekend Worksheets for Raffle Winnings
17 10:00 Worship and Music	18 MARTIN LUTHER KING JR. DAY 8:00 Aloha Hawaii Week 8:30 <i>Walking Club, AT</i> 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV 3:15 Monday Maui Mai Tais	19 9:15 Balance Class 10:15 Balance Class, AR 11:15 Adult Coloring, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Horse Races, TV 3:15 Ohana Happy Hour	20 9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 2:00 Bingo Numbers 3:15 Hawaii Hangman 3:30 Brain Teaser, AR	21 8:30 <i>Walking Club, AT</i> 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Diy Lei Craft 1:30 <i>Euchre, TV</i> 2:00 Bingo Numbers 2:15 Culinary Meeting with Chef Heather, AR 3:15 Diy Lei Craft	22 9:15 Sunshine Yoga 10:15 Sunshine Yoga 11:00 Current Events, TV 11:00 Docuseries, AR 2:00 General Store 2:00 Bingo Numbers 2:15 Riddle Me This, AR 4:00 Kauai Movie Night	23 10:00 Weekend Worksheets for Raffle Winnings
24 10:00 Worship and Music	25 8:00 Bula Bula Fiji Week 8:30 <i>Walking Club, AT</i> 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV 3:15 Aromatherapy & Reflexology	26 9:15 Balance Class 10:15 Balance Class, AR 11:15 Adult Coloring, AR 1:30 <i>Bridge, TV</i> 2:00 Bingo Numbers 2:15 Horse Races, TV 3:15 Coconut 6ft-A-Party	27 9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 2:00 Bingo Numbers 3:15 Fiji Trivia (White Board) 3:30 Brain Teaser, AR	28 8:30 <i>Walking Club, AT</i> 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Diy Orchid Craft 1:30 <i>Euchre, TV</i> 2:00 Bingo Numbers 3:15 Diy Orchid Craft	29 9:15 Yoga on the Beach 10:15 Yoga on the Beach 11:00 Current Events, TV 11:00 Docuseries, AR 2:00 General Store 2:00 Bingo Numbers 2:15 Riddle Me This, AR	30 10:00 Weekend Worksheets for Raffle Winnings
31 10:00 Worship and Music						



Coconuts Have Amazing Health Benefits

An important part of self-care is including healthy foods into your diet.

While exploring and relaxing on our Hawthorn Adventure to Fiji the week of January 25th through 29th, we will be consuming lots of coconuts!

You may even say we will be crazy for coconuts ... or nuts for coconuts?

However you'd like to say it, coconuts are a superfood we just can't get enough of.

Coconut milk has loads of vitamin B, vitamin C, and vitamin E, making it a healthy food. The vitamin E and vitamin C are beneficial to the immune system and the B vitamins are good for cellular energy and keep your immune system going strong.

Ways to eat coconuts:

Oil: Coconut oil can be sautéed for various recipes in cuisines from all over the world. It is especially good with seafood and vegetables.

Water: Coconut water is a type of water that can hydrate you well. It can replace potassium lost after exercise and is flavorful for recipes.

Dried flakes: Dried flakes can be toasted and put in granola or sprinkled on top of yogurt dishes. When you buy coconut, you should choose the unsweetened kind.

Sugar: A type of sugar can be obtained from coconut that is high in iron and potassium. It can be substituted for regular white sugar cup for cup.

Milk: One of the benefits of eating coconut as the milk is that it can be used as a milk substitute for smoothies, oatmeal or coffee in the breakfast serving.

Yum!

Bula Fiji

Fiji is a tropical island nation located in Oceania in the South Pacific Ocean and comprises an archipelago of more than 332 islands, 110 of which are permanently inhabited. Fiji is located about two-thirds of the way from Hawaii to New Zealand, and immediate neighbors include Vanuatu, Tonga, and Samoa. The government system is a republic; the chief of state is the president, and the head of government is the prime minister. Fiji has a mixed economy which includes a variety of private freedom, combined with centralized economic planning and government regulation.

The main staples of the traditional Fijian diet are taro root and cassava. Although sago palms are found on some of the Fijian Islands, this plant was never a staple as it was in other nearby islands of the Pacific. Fish and shellfish are still important foods in the current diet, as they were in the past.

Dancing is an important part of traditional Fijian culture. Men and women danced separately. Women's dances often used intricate and delicate hand gestures. Many of the men's dances suggested military exploits and involved aggressive posing with weapons. Both men and women had "sitting" dances. Singing was also important in traditional society. Today, Western-style instruments and singing styles have become popular.

Join us January 25th-29th, as we explore more of Fiji!





The History of the Hawaiian Lei

The lei custom was introduced to the Hawaiian Islands by early Polynesian voyagers, who took an incredible journey from Tahiti, navigating by the stars in sailing canoes. With these early settlers, the lei tradition in Hawaii was born.

Leis were constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bone and teeth of various animals.

In Hawaiian tradition, these garlands were worn by ancient Hawaiians to beautify themselves and distinguish themselves from others. The Maile lei was perhaps the most significant. Among other sacred uses, it was used to signify a peace agreement between opposing chiefs. In a Heiau (temple), the chiefs would symbolically intertwine the green Maile vine, and its completion officially established peace between the two groups.

There are very few “rules” when it comes to wearing a Hawaiian lei. Anyone can wear one, anytime — there need not be an occasion. It is perfectly fine for one to purchase or make a lei for themselves. It is common for locals to have a nut, seed or shell lei on hand to wear on special occasions. And hats are often adorned with flower, fern or feather leis.

There are, however, a couple of “unspoken rules” one should know when receiving a lei for the first time. A lei should be a welcomed celebration of one person’s affection to another. Therefore, always accept a lei, never refuse. The proper way to wear a lei is gently draped over the shoulders, hanging down both in front and in back. It is considered rude to remove a lei from your neck in the presence of the person who gave it to you, so if you must, be discreet.

Fiji Plant Life

Fiji is home to 2,600 species of plant life. Fiji, as well as New Zealand and the other nearby island groups, are known for their highly developed and diversified ferns. At the time of publication, 303 varieties of ferns grow



in Fiji, though 71 percent come from neighboring islands. The rainy tropical forest holds many epiphytes, plants that grow on the limbs of trees high in the rainforest, including several varieties of orchids.

Underwater, Fiji features one of the South Pacific’s largest coral reef systems. Overall, 10 percent of the native plant life is unique to Fiji and cannot be found outside the islands, according to Wildlands Studies, an environmental program affiliated with California State University — Monterey Bay Extended Education. In Fiji, protecting and respecting the islands’ natural resources is a prime public concern, whether from invasive foreign plant and animal life or domestic pollution. Each June, the country celebrates National Environment Week, a time to redirect the country’s thoughts toward diminishing pollution and protecting the islands’ biodiversity. In 2011, Fiji’s cabinet approved a redesign of the country’s currency focusing on 10 iconic varieties of Fijian flora and fauna, one for each coin and note.

In our adventure to Fiji, we will explore many different orchids and ... make our own! Orchids are finicky yet strikingly beautiful flowers. Look for CRAFTS on the last Thursday of the month. We hope to see you there!

Movie Night

Movie nights are coming back with that buttery smell of popcorn and “kick your feet up” feeling. Join us the end of January on Fridays, at 4 p.m., for Movie Night.



8301 Palomas Avenue NE
Albuquerque, NM 87109



It's always Warm at

PALOMA
LANDING 
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

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