

2018

JUNE NEWSLETTER

HEAR ON EARTH will be here the 1st Tuesday of each month to help with hearing aid batteries and repair.



Please bring a dish to share so that everyone can enjoy the potluck!



AARP Defensive Driving Class will be held on Friday, June 15th from 8:00 am—Noon. Please contact Barbara Brown at 575-885-9411 if you are interested in taking this class.

The fee is \$15 for AARP members and \$20 for non-members.

AARP Board will meet June 4th at 2:00 pm

AARP will hold their monthly meeting on June 18th at 8:00 pm.

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8 Ball Pool Tournament

Tuesday, June 19th – 5:00 pm

\$5.00 Entry Fee

Sign Up at front desk!



NMSRC Hours

Monday	7:00 am–5:00 pm
Tuesday	7:00 am–9:00 pm
Wednesday	7:00 am–10:00 pm
Thursday	7:00 am–9:00 pm
Friday	7:00 am–10:00 pm
Saturday & Sunday	Closed



If you or someone you know needs help with their utility bill, call:

Low Income Home Energy Assistance Program at 888-523-0051



What's Going On Around Town



Car-A-Fair 2018
Friday, June 1st
Friday Night Cruise 6:00 pm
Saturday, June 2nd
Car Show 8:00 am—3:30 pm
Carlsbad Beach

A judged outdoor car show for motorized vehicles—stock and modified classes for all makes, models, and years. Sponsored by the Carlsbad Automotive Restoration Society (CARS)

Admission: Free

To Register your vehicle call Dave Kump at 575-200-5534 or Steve Angell 575-706-0697. Registration is \$30.



National Trails Day Hike at
Guadalupe Mountains National
Park
Saturday, June 2nd
8:00 am—10:00 am
Frijole Ranch

Celebrate National Trails Day on this 50th Anniversary of National Recreation Trails. Join a ranger and volunteer for a 2.3 mile hike round trip to Smith Springs. Trail is a modern hike loop. Bring water, snacks, and sturdy hiking boots or shoes. After the hike stay for the Frijole Days Music Festival!

Admission: Free (park fees apply) Frijole Ranch (meet at the Frijole Ranch Trailhead) Guadalupe Mountains National Park, Texas Contact Elizabeth Jackson at 915-828-3251 Ext. 2300 for more info



Frijole Days: A Celebration of
Our Heritage
Saturday, June 2nd
8:00 am—5:00 pm
Frijole Ranch

Come for a day of West Texas style fun with live music from Cowboy Poet, The Muletones and Betty Soo as well as the Butterfield Overland Mail in Frontier Texas presentation and book signing by Glen Sample Ely. Plus mule packer demonstrations, frontier games and craft activities for kids and booths staffed by nearby public lands.

Admission: FREE (park fees apply)



Western Frontier Gun Show
Saturday, June 9th
9:00 am—5:00 pm
Sunday, June 10th
9:00 am—3:00 pm
Walter Gerrell's Event Center

Gun and knife show where you can come look, buy, sell, or trade, antique and modern guns, ammo, knives, gun parts, camping, survival, and hunting supplies as well as home and self-protection items, southwest jewelry and collectibles. There's something for everyone!

Admission: \$6 per person Children 10 and under—FREE
 Walter Gerrell's Event Center
 4012 National Parks Hwy



CavernFest 2018
Saturday, June 9th
10:00 am—10:00 pm
Downtown Carlsbad

Come down and spend the day at this fantastic family festival! Live music performed all day on two stages, including Shenandoah! Food trucks, craft vendors, bounce houses, corn-hole, volleyball and a Beer Garden!

Admission: FREE

Beer Garden tickets \$10

VIP Tickets: \$100: 11 am—2 pm

Meet 4 bands, private acoustic performance as well as admission into the Beer Garden.



Annual Gem and Mineral Show
Friday & Saturday, June 15-16
9:00 am—5:00 pm
Sunday, June 17th
9:00 am—3:00 pm
Living Desert Zoo and Gardens
State Park

Carlsbad Gem and Mineral Society invites you to their annual Gem and Mineral Show featuring gems, minerals, rocks, fossils, beads, as well as hand-made jewelry. There will be a silent auction, wheel of prizes, door prizes and more!
 Admission: FREE (park fees apply if entering the park)



**Carlsbad Downtown Farmer's
Market**
Saturdays 8:00—11:00 am
Downtown Carlsbad
102 S. Canal

Come and get fresh fruits,
vegetables and homemade crafts
every Saturday morning
throughout the summer on the
Eddy County Courthouse lawn.
Admission: FREE
102 S. Canal



Ducky Affair
Saturday, June 23rd
11:00 am – 1:00 pm
Carlsbad Elk's Lodge

The 29th Annual Ducky Affair.
Open to the public, but
attendance is not necessary to
win. Purchase your ducky(s) at
various locations throughout
Carlsbad to enter for a chance
to win! Sponsored by the
Assistance League of Carlsbad.
For every \$75 raised, the
Assistance League clothes one
child in need who has been
referred by the Loving and
Carlsbad public school systems.
Tickets: \$5 each



**2018 Carlsbad Chamber of
Commerce Golf Tournament**
Saturday, June 30th
7:30 am—1:00 pm
Lake Carlsbad Municipal Golf
Course
901 N. Muscatel Avenue

Join this 4 person scramble.
Afterwards, enjoy a hamburger
and hot dog lunch!

- 8 am shotgun start
- Longest Drive/Closest to Pin

Entry Fee: \$35 plus Cart and
Green fees

Corporate Sponsors: \$500 &
\$1000

Hole Sponsors: \$100

Contact:

Robert Defer at 575-887-6516 or
575-706-3678 for more
information



Carlsbad Water Park

2018 Improvements!

- Two speed slides
- Significant expansion of the pool area
- Added safety improvements
- Added lockers
- Added shaded areas

HOURS OF OPERATION

Tuesday - Sunday: 11am - 6pm

Closed Mondays - Except for Memorial
Day and Labor Day

The Carlsbad Water Park closes for the
season after Labor Day and opens again
for Memorial Day weekend.

ADMISSION AND FEES

Ages 4 -61: \$5.00

Under 4 and over 61: FREE

Advanced Passes \$90 for 20 tickets,
\$200 for 50 tickets.

Wrist Bands will be provided upon
admission into the facility. Wrist bands
must be worn while in facility.
Transferring wristbands to another
person is prohibited and is cause for
removal from facility.

10 Warning Signs of Alzheimer's

As we age, the thought of Alzheimer's often weighs heavy on our minds. Here are 10 warning signs that you may have a problem and should go see your doctor as soon as possible.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you or someone you know show any of the symptoms of Alzheimer's, please consult your physician and address your concerns with them.

You can find out more information at

www.alz.org

or call the

24/7 Alzheimer's Help Line 1-800-272-3900

June Birthdays

- | | | |
|--|---|---|
| 1) Paul Hill
Helen Parra
Amelia Tully
Lupe Garcia
Irene Acosta
Veronica Armendariz | Jim Taylor
Lata Desai
Setsuko Conner
Shirley Carpenter
William Shane McAnally
Rosina Arrieta | June Peyton
27) Jan Booker
Karen Cole
Debra League |
| 2) Jeannette Harrington | 15) Ozell Cunningham
Erma Melendrez | 28) Sara Ramirez
Debbie Gardner
JoAnne Jaure
Ginger Price
Sondra Lee Gray |
| 3) Roy Peterson
Kimberly Ballard
Lachme Sullesta
Helen Tawater | 16) Julie Carpenter
Joyce Hawkins
Jigger Skillern
Myrga Dennis
Georgia Holguin | 29) Donna Davis
Carrie Perkins |
| 4) David Navarrette
Lee Black | 17) Terry McKenney
Sherry Woolf-Harper
Nelda Stafford | 30) Mary Ann Mullins
Kathleen MacDonald
Joyce Payne
Sybia De Los Santos
Edward Duran
Duane Pearson |
| 5) Rodney Horrocks
Cathy Goad
Tonya Schei
Emma Irizarry | 18) Lorina Hernandez
Bertha McMath
Ima Jo Craig
Cindy Rios | |
| 6) Rex Prather
Yvonne Shorte
Paul Blankenship
Elaine Morgan
Sandra Ybaben | 19) Lester Higgins
James Hazle | |
| 6) Sara De La Cerda
Zenaida Flores | 20) Carl Mc Kinley
John Johnson
Brenda Riley
Ann Beeson
Linda Faulk | |
| 7) Corey Broach
Juan Garza
Meryllyn Robertson | 21) Darlene Trulious
Alicia Borrego
Donna Brown | |
| 8) Loura Horrocks
Hilda Nevarez | 22) David Kayser
Kathy Pirtle
Billy Jojola
Connie Sosa | |
| 9) Arthur Cherry
Cindy Richardson
Beth Jones
Connie Oliver
Kendra Mayes
Veronica Barnhart
Shirley Johnson
Edgar Doyal Rodgers | 23) Siane Johnson
Anthony Lewis
Enrico Kempis
Lee Johnson
Lorraine Strieby
Donald Freisinger | |
| 10) Connie Day
Connie Riley
Gary Waddle
Cheryl Jordan
Freddie Fudge
Kristy Strieby
Angela Thompson | 24) Robert Reid
Howard Ripley | |
| 11) Thomas Blankenship
Kathy Hood
Janey Lynn | 25) Abel Rodriguez
Roxane Wight
Adolfo Alvarez
Dean Vernon
Arlie Hennessee
Bernie Sanchez
Jack Taylor | |
| 12) Juan Dorado
Lori Romero
Carolyn Carpenter
Dick Forrest
Tom Forni
Amelia Jaure | 26) Cres Ortiz
Wally Lester
Karen Ward
Gerri Wiggins
William Alline
Michael Johnson
Melissa Hernandez | |
| 13) Emma Ramirez
Naomi Cunningham | | |
| 14) Rosie Theriault | | |



All About Dad

R J E J S W K N Y R G M X F I F J D C G Y H B S L
D E T P O D A N E C R L A P M T N B F H A M M E R
U N T Y C U Y W O T A O K E I A T N C R D A V A Z
X J E R I S O R H Y N X Y D B V O N D Z Z E N Q D
P Y O A O M J T E I D E I S P T T W H F O K R B I
G V W K N P Z W G Z F F U W M T O U Q N D I R G K
J K L W V O P I L D A H R J L R N A N L P V V S K
R R A O F X I U H X T I V V K T M Y V L B B K L F
P L D K V C U Y S X H E J I I H U S A R A G E G H
L L A B T E K S A B E P N N C Y H P A L F Y V T G
E R A L A B F Y C B R G G F Q L P P Z D Q J W W F
K V K A E Z Q L S F O Z M X A A S G W U H Y P K I
L R O Z J L Z N I Y F O B I R T J I W X A G R Z J
U Q P H A B C T Y R I O F E P U H D L Q B P K W I
X L H Q M K N Y B N S X N O W F H E Y V K S T E E
P B S L F B O C N E H T X E O T Q E R K X R W I O
V H S V D M A F H C I U Q E I T S I X X X C R M P
C O G D F R O O S L N D G Q U X B V O F N N Z W C
N E S I S V I D N G G B S E G O I A O W T S I R A
E S V G V W C G L O L J Z D W R H M L H J T V K S
U X Y F D O R A C L L Z Y Z D Z E X O L K V I L G
V W N O Z S E G R F V V G A Z Z L W N G U H A V G
Q F V T A P P G M O D S I W M T T E Q T U Q V Y G
K V M N F W A C N P L H X D J C A R F M T J L Z N
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Y B X J T N W A P T U A P H W S I H Y R S Z R F T
U N C L E I E H A N D Y M A N E C N O F N I T M S
W A S W F W N K J C K W J A I R E P L X Y R M L W
N X C D B E R P M Z L V C F P B S U N B W W T Y Q

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|------------|-------------|------------|-----------|
| ADOPTED | FOOTBALL | HUSBAND | SAW |
| ADVICE | GOLF | LAWN MOWER | SPORTS |
| AMAZING | GRANDFATHER | LOVE | STRONG |
| BASKETBALL | HAMMER | MISTER | SUPPORTER |
| CARS | HANDYMAN | NEWSPAPER | UNCLE |
| FATHER | HARDWORKING | PARENT | WISDOM |
| FISHING | HUNTING | RESPECT | |

The Friends of North Mesa Senior Recreation Center

accepts donations to help with items for our center that are not in our budget. Memorials or honorarium gifts to the Friends of North Mesa Senior Recreation Center pay a lasting tribute to those who are important to us. Donations are tax deductible and are utilized to improve the center for our members! Donations can be made at the Carlsbad Foundation:

114 S. Canyon Street
Carlsbad, NM
575-887-1131

**Make Checks payable to:
The Friends of North Mesa Senior Recreation
Center Fund**



Remembering those we have lost
Lynn Tusha—05/08/2018



NMSRC Advisory Board

Sally Garner, Chairperson	Beth Frederick
Jean Loafman, Vice-Chairperson	Ysidro Molinar (Moe)
Jigger Skillern	Helen DeAnda
Jay Redman	

Advisory Board Meetings are held on the 2nd Wednesday of every month at 3 pm

On the lighter side...

"Me and my dad used to play tag. He'd drive."
-Rodney Dangerfield

"When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."

-Mark Twain

"You can tell what was the best year of your father's life, because they seem to freeze that clothing style and ride it out."

-Jerry Seinfeld

"I gave my father \$100 and said, "Buy yourself something that will make your life easier." So he went out and bought a present for my mother."

-Rita Rudner

Four-year-old: Tell me a scary story!

Me: One time little people popped out of your mom, and they never stopped asking questions.

Four-year-old: Why?

-James Breakwell

"Having children is like living in a frat house — nobody sleeps, everything's broken, and there's a lot of throwing up."

-Ray Romano

"I've been to war. I've raised twins. If I had a choice, I'd rather go to war."

-George W. Bush



NMSRC Staff

Manager—Dina Navarrette
Assistant Manager—Tina Swindell
Attendants—Angie Mendoza & Kelly Hughes
Facility Maintenance—David Evans