

2024

APRIL NEWSLETTER



North Mesa Senior Recreation Center

1112 N. Mesa St. 575-885-6487

National Volunteer week is April 21st –27th

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." Erma Bombeck

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1112 N. Mesa St.
 575-885-6487
 Monday - Friday
 7:00am - 9:00pm
 Saturday & Sunday Closed

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.

-Albert Pike

Special Monthly Events

NMSRC ADVISORY BOARD MEETING

Second Wednesday on the month at 2:30pm in the Library.

Next Meeting:

Wednesday April 10th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of the month.

Monday, April 15th at 3:00pm

Guest Speaker:

**City of Carlsbad Municipal Court
Judge Collis Johnson**

AARP Defensive Driving

\$20 for member

\$25 for non-members

Next Meeting April 26th, 2024

Barbara Brown 575.200.9411



Blood Pressure, Pulse, Oxygen
Blood Glucose on the 1st Tuesday
Tuesday in the Library 10:30-11:30



Blood Pressure, Pulse,
Oxygen, Blood
Glucose Thursday in
the library 10:05-10:55



Friday, April 25th at noon
Fourth Friday of the month

Bring your favorite dish and join us for some food and laughter!

Manager's Memo



Members,

April 21-27, 2024, is National Volunteer Week, a time to recognize the contributions of the folks who so generously give of their time and talents here at North Mesa. We are excited to honor them at our upcoming Volunteer Appreciation Dinner and highlight all of the efforts that are the lifeblood of this center. On the cover, you will find a picture of these amazing people. So, if you see them around, please take the time to say thanks!

We have finalized the purchase of new fitness equipment. So we hope you get a chance to try out the new stuff. If you need help familiarizing yourself, staff is ready to assist.

We are gearing up for some exciting events in the months ahead. We have the Spring Craft Fair on May 10th and 11th, the Garage Sale on June 15th, for which we are graciously collecting donations, and our 4th of July Celebration Luncheon on July 3rd. Mark your calendar so you don't miss the fun! Recently, in the Carlsbad Local there was an article called "Residents Encouraged to Sign Up for Lifesaving Services." Smart 911 is a free service that allows the public to register a safety profile with as much or as little information as you want with emergency services. This info would be readily available to dispatchers in the event of a 911 call, making it possible for first responders to see vital information quickly. This information is protected and private, only accessible during a 911 call. We know this type of information can be overwhelming, so we have invited representatives from Eddy County's first responder agencies to answer any questions or concerns you may have during our next Spring Craft Fair on May 10th and 11th. If you can't make the Craft Fair, they will also be here on May 14th at 1:00 pm. Hope you all take advantage of this great opportunity.

In Appreciation,

Dina



Member and artist, Mike Jowers will have his art work on display April 15– 19 in the lobby. If you want to see his work, make sure to stop by!

MEMBERS:

More and more our books are not finding their way back to our library.

So we have made changes to the Library Check Out Policy: There will be a **3 WEEK** time limit when checking out books. Calls will be made on Fridays as a reminder of books that are overdue. We hope that you will be understanding of these gentle reminders so all our members can enjoy the library.



NMSRC, SMART 911, and EDDY COUNTY EMERGENCY SERVICES

are joining forces for your safety!
NMSRC will host our first responders

MAY 10TH & 11TH AT OUR CRAFT FAIR
&
MAY 14TH AT 1:00PM WITH LIGHT HORS
D'OEUVRES

SMART 911 is a free service that helps emergency responders have access to your vital information. Eddy County officials will be here to help you set this up on your phone.

We will also host Fire Chief Joshua Mack here to sign you up to help you get your home safe in case of a fire.

—PLEASE JOIN US—



ROSWELL
RSC
SKIN
CENTER

FREE SKIN CANCER SCREENING

Please join us
Saturday April 13th
10AM-1:00PM

**CARLSBAD MEDICAL CENTER
RADIATION ONCOLOGY**

2428 W. PIERCE STREET
CARLSBAD, NM 88220

CMC RADIATION ONCOLOGY IS LOCATED ON THE
CAMPUS OF CARLSBAD MEDICAL CENTER BACK
PARKING LOT

575.208.2509

What's Going On Around the center...

Do you want to learn to sew? Are you available in the early afternoon?



PERFECT!! We are looking for those interested to let the office staff know so we can sign you up!

Sweet Art

We are still looking for people interested in helping Brenda teach this class. Please let the front desk know if you are willing to help

SIGN UP IN THE LOBBY!



Brenda will teach you how to make this adorable oven with a cupcake inside on

**FRIDAY
APRIL 19TH
6:00PM**



Monday, April 15th at 3:00PM

**This months guest speaker will be:
City of Carlsbad Municipal Court
Judge Collis Johnson**



Don't miss your chance to join in the fun. We are selling Master Packs at the front desk and on Mondays during Bingo.

MAY 20th @ 6PM

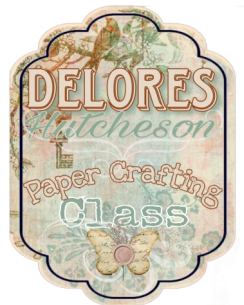


Booths still available for this years

SPRING Arts & Craft FAIR

**FRIDAY, MAY 10th 4pm-9pm
SATURDAY, MAY 11th 9am-4pm**

This handy dandy notebook is Delores's next class project.



**Wednesday
April 17
9:00 AM**



What's Going On Around the center...

Juanita has two classes coming up that you will want to be a part of. The first is on the left. It is a potholder hanger and is in April. The one on the right will be for June and is a 4th of July centerpiece.

Thursday
April 18
1:00-3:00



*\$5 Donation
Appreciated*

Thursday
June 20
1:00-3:00



Don't forget
Friday, April 26th at noon



Our very own City Voices Choir will join us for this potluck. Make sure you come and not only enjoy the wonderful food, but support our choir!



enhabit
Home Health & Hospice

TIME

CHANGE

The Enhabit nurses now have a new time. Effective immediately, they will now come

TUESDAYS

10:30-11:30

What's Going On Around town...

Denim & Diamonds
Saturday April 6
Assistance League of Carlsbad
Pecos River Conference Center 711
Muscatel Avenue
9am-10am
Call 575.885.3333
for more information

BREWS on the PECOS
Micro Beer Festival

SATURDAY, APRIL 27
5 PM – 9 PM
PECOS RIVER VILLAGE
 711 Muscatel Ave

Spaghetti Dinner is Saturday, April 13 2024 at the High School cafeteria again. Tickets this year are \$7 each or 3 for \$20.00. Dinner includes all you can eat spaghetti with Bill's favorite sauce, Italian green beans, bread, salad and dessert. We serve from 11 am to 2 pm and we will deliver 5 or more to a single location. Take out is available. Contact (575) 361-6683 for information.



A ROCK SAILS BY
 By Sean Grennan



Friday, April 26-7:30 **Friday, May 3-7:30**
Saturday, April 27-7:30 **Saturday, May 4-7:30**
Sunday, April 28- 2:00 **Sunday, May 5-2:00**





Mayor's 2nd Annual Miniature Golf TOURNAMENT

April 13th

3 AGE GROUPS:

6-8 years	9-11 years	12-15 years
9:30 AM	Sign up at	1ST 2ND 3RD
CHECK-IN	Carlsbad Municipal Golf	PLACE WINNERS
10:00 AM	Course or	PER AGE GROUP
SHOTGUN START		

REGISTER NOW \$5.00 PER PERSON (INCLUDES GOLF CAP)

For more information call Carlsbad Chamber of Commerce— 575.887.6516

Joe Ortiz

ROCK HOUND



Sitting down with Joe Ortiz is an impressive plethora of hands on history throughout not only his life but stories passed down from his family members. To say it was interesting to interview him would be a ghastly

understatement. Joe Ortiz is a captivating man full of incredible historical stories. This article is just the tip of an iceberg of knowledge and experience to be learned about Joe

Joe was born in the “Bronx” a borough of New York City. He lived there with his Irish mother and Cuban father till the age of 7 when he moved to Miami, then to Oakland, then back to Miami. It wasn’t till he went to college that he finally was in a “small town”. That small town was Danville Kentucky. He went to what was considered “the Harvard of the West,” Center College. One of the oldest colleges in the country. He attended there for a year and a half majoring in Physics and minoring in Art, before becoming interested in politics, and joining the “New Party”. He then moved back to Miami.

He lived in Coconut Grove which was Miami’s version of New York’s Greenwich Village. Because of his active involvement with the New Party, he had many encounters with incredible influencers of the 1970’s including shaking hands with the historic Rosa Parks. This was just one of the many people Joe came into contact with. While in Miami, he worked as a graphic artist and owned a silk screening business. He also learned casting and to hand wrought jewelry from a friend. After a year, he opened his own wholesale business and started

selling to the friend that taught him the trade! While traveling across country in 1977, he stopped to visit his cousin in Colorado. The beautiful Colorado mountains and blue skies made such an impression, Joe moved to Denver a year later. He continued to sell his wholesale jewelry and silk screening until he applied for a job working in a fracture lab. During his time there he had two papers published and became an applied scientist. From there, Joe started working at another laboratory where he met Mansour Akbarzadeh. Mansour moved to Carlsbad to become the associate manager at the Waste Isolation Pilot Plant (WIPP). After a year, Mansour became the manager and offered Joe a position with a 50% pay increase as a laboratory technician. This was an offer he could not refuse, so he moved to Carlsbad. He retired from WIPP as an Assistant Engineer 15 years ago.

While working at WIPP, Joe met Steve Travis. Steve invited Joe to join the Carlsbad’s Gem and Mineral Society. However, it wouldn’t be until the summer after he retired that Joe would go to his first gem and mineral show. He enjoyed it so much he became a member and has been the treasurer for the group since 2012.

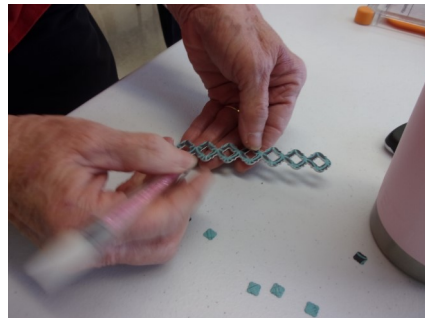


You can find Joe here at North Mesa involved with the Table Tennis group on Monday nights at 6:00, Wednesday nights at 6:00, and Friday morning at 10:00. He is also the leader of the Lapidary group and is always willing to show anyone interested in lapidary how to use the equipment. If you are not familiar with what a lapidary is, it is the practice of shaping stone, minerals, or gemstones into decorative items such as cabochons, engraved gems, and faceted designs. Currently Joe is also writing a book called ‘Daniels Life of Lives’. He describes it as Forrest Gump meets Dr. Strange, meets Star Trek and is about dreams of past lives. We are thankful to have such interesting and talented members from our community call North Mesa home!

"Picture This"

Sweet Art Class

These ladies had such a great time in this class. You could hear them laughing down the hall. Even the Gnome Leprechauns had a good time!



"Hello" Card Class

Dolores taught these ladies how to make this beautifully intricate card. Whoever receives this card is going to feel loved!



"Picture This"



Sunflower Centerpiece

You know when NMSRC Manager, Dina joins a group it is going to be a great one...and it was. These ladies got ready for spring making these beautiful sunflowers in Sherry Princen's class.



Bunny Garden Centerpiece

These ladies are getting ready for Easter in Juanita's class. How cute are these??





WELCOME New Members



Alonzo Rodriguez
 Anthony Sosa
 Barb King
 Betty (Pat) Thurmond
 Bonnie Bollich
 Cassie Bailey
 Charlene Thurmond

Cristina Estrada
 Cynthia Sosa
 Freddy Jiminez
 Irene Huffan
 Jan Easterling
 Janie Muñoz
 Jim Thurmond
 John Sherman

Mary Meredith
 Peggy Grant
 Peter Allen
 Rebecca Contreras
 Scott Fitch
 William Hutchinson
 Yolanda Anaya



BOOK NOOK

Harlan Coben is an American writer of mystery novels and thrillers. The plots of his novels often involve the resurfacing of unresolved or misinterpreted events in the past, murders, or fatal accidents and have multiple twists.

Nine of his novels have been adapted into Netflix series.



WANTED

PICKLEBALL

You can learn to play the fastest growing sport for seniors in the country right here at North Mesa! Show up any Wednesday from 3-5 to learn how to play!

EUCHRE

There is a new game being played here at NMSRC called Euchre. This game is similar to pinochle and bridge. Contact member Lisa Roback if you want to learn and join this group. 575.302.9263

If you have a talent and would like to share it with our members here at North Mesa, please let us know. Volunteers are the heartbeat of our center and we would love to include you!

CHOIR



City Voices Choir

All are welcome!
PRACTICE every
Tuesday & Friday 2pm

If any of these things interest you, stop by the front desk to sign up, or call 575.885.6487

If you came to February's Pot Luck, you may have tasted this delectable dessert. It was so yummy people asked Ann Halford for the recipe, so we decided to just add it to this month's newsletter. We hope you enjoy it as much as we did!

Ann Halford's Graham Cracker Delight

Ingredients:

30 graham crackers
2 cubes butter
1 c. sugar
½ c. milk
1 egg, slightly beaten
1 c. coconut
1 c. graham cracker crumbs
1 c. chopped walnuts

Directions:

Lightly butter the bottom and side of a 9"x13" pan. Cover the bottom of the pan with whole graham crackers. Melt 2 cubes butter in saucepan. Add 1 c. sugar, ½ c. milk, and the slightly beaten egg. Bring all to a boil. Remove from the heat and add 1 c. coconut, 1 c. graham cracker crumbs, and 1 c. walnuts. Pour this mixture over the whole graham crackers. Top this with another layer of whole graham crackers. Refrigerate overnight, then cut and serve.





Craft Fair

May 10-11

North Mesa Senior Rec.

Mega Bingo

May 20

North Mesa Senior Rec.

Cavern Fest

June 7-8

Carlsbad MainStreet

Garage Sale

June 15

North Mesa Senior Rec.

4th of July Celebration

July 3

North Mesa Senior Rec.

Annual 4th of July Celebration & Fireworks

July 4

City of Carlsbad

Green Chile Cheeseburger Cook Off

September 14

Carlsbad Chamber of Commerce

Renaissance Festival

September 27-28

Sponsored by local residents

*We have been blessed
and want to say*

*Thank
You*

*You all are greatly appreciated for
your donations to our center.*

Kay Kurkowski
Puzzles & Books

Candy Westrich
Garage Sale

Paula King
Puzzles

Fran Garrett
Material

ACBL Carlsbad Unit 376

Duplicate Bridge Results
Month of March

March6 Howell Movement 4 tables

1. Regina Ballard– H Ann Brannon
2. Paul Johnson– Keith Fine
3. Nancy Calvani– Judy Pate

March 7 Howell Movement 4 tables

1. Regina Ballard– Nancy Calvani
2. Paul Johnson– H Ann Brannon
3. Judy Pate– Bob Hickson

March 13 Howell Movement 3 tables

1. Regina Ballard– H Ann Brannon
2. Kelly Wilson– Bob Hickson
2. Lee Johnson- Richard Pagano

March 14 Howell Movement 3 tables

1. Regina Ballard– Nancy Calvani
2. Bob Hickson– Judy Pate
3. Paul Johnson– H Ann Brannon

March20 Howell Movement 4 tables

1. Regina Ballard– H Ann Brannon
2. Nancy Calvani– Judy Pate
3. Sally Miller– Linda Dunagan

March21 Howell Movement 3 tables

1. Bob Hickson– Richard Pagano
2. Regina Ballard– Nancy Calvani
2. Paul Johnson– H Ann Brannon

March26 Howell Movement 5 tables

1. Regina Ballard– H Ann Brannon
2. Kelly Wilson– Bob Hickson
3. Nancy Calvani– Judy Pate
3. Palmer Randall– Jean Randall

HAPPY BIRTHDAY

APRIL BIRTHDAYS

- | | | | |
|---|--|--|---|
| 1) Nancy Workman
Ted Martinez
Linda Smith
Shawna Hicks
Tim Jordan
Jane Raney
Marta Gallegos
Kendra Daniels
Christopher Prater | 8) Roy Wilkinson
Rene Lopez
Gene Johnson | 18) Tracy Luscombe
Patricia Bahn | 27) Reba Mitchell
Amy Smith
Karen Melvin
Monica Garcia
Patsy Navarrette
Nancy Orite
Rodolfo Muniz |
| 2) Denise Armstrong
Gina Duran
Jan Ballard
Judy King
Lori Heroux
Luz Moreno | 9) Ken Miller
Jerry Calvani
Mary Ann
Contreras
Alissa Sporkin | 19) Kallene Smith
Virginia
McLemore
Robin Bostick
Cathy Queen
Gilbert Carey | 28) Martha Pena-Parr
Donna Eakin
Carlus Lewis
David Bradley
Holly Paskey
Patsy Navarrette |
| 3) Sarah Stewart
Sally Stade
Helen DeAnda
Lonnie Yielding
Neal Twaddle
Susan Knight | 10) Darlene Hooten
Steve Walker
Nancey Fields | 20) Mary Ann Fine
Marena Leeper
Skip Stambaugh
Melanie Rountree | 29) Jarretta Faust
Tracy Bellah
Wendy Young
Ricky Ross
Kimberly Hiner |
| 4) Mary Ann Marrs
Shelly Wheeler
Benny Gonzalez
Kenneth Harris
Ana Roquemore
Janine Lawson | 11) Pat Turner
Shelly Galindo
Richard Pinching
Jennie Parker | 21) Andrew Twitchell
Tom Hines
Pat Wilburn
Martha Gonzales
Diane Post
Ginny Thomas
Thomas Kirby
Rogelio Murillo | 30) Jane Cornwell
Moises Gonzales
Toby Masters
Kevin Harris
Richard Farrell
Patti White |
| 5) Rodolfo Gonzales
Ronnie Kilgore
LaVern Johnston | 12) Yolanda Cook
Charlie Jurva
Imelda Fierro
Anna Paz | 22) Jenny Fierro
Mark Long
Joan Lamb
Ryan Bowen | |
| 6) Kenneth Smith
Becky Thompson
Ronnie Killgore
Glenda Bushman
Cathi Steele
Chris Ray
Sally Covington
Rebekah Freston | 13) David Tadwater
Vicki Jones
Robert Paskey | 23) Gwenette Bradley
Ruthie Brown | |
| 7) Ted Burkhart
Carla Dungan
George Dunagan | 14) Stacey Daly
Rushy Moore
Virgil Smith
Walt Allery
Cynthia Adams | 24) Catherine
Martinez
William G. Smith
Karin McCoy
Garry Adams
Patty Seidel | |
| | 15) Barbara
Hackenson
Carlos Hadzic | 25) Edward Merkel
Denise Lester
Linda Tanner
Yolanda Sing
Deana Morrill
Jennifer Norris | |
| | 16) Jacob Yanez
Melba Phillips
Valerie McArthur
Eva Hinojos
Maria Torres | 26) Janice Schnorr | |
| | 17) Merle Berry
Herme
Linda Soto
Cheryl Mendez
Judy Lanier
Gary
Waiterscheid | | |

Grow Your Fitness

A little at a time

Brisk walking may reverse signs of brain aging

- **Seniors who walked regularly for 12 weeks had stronger brain function compared to sedentary folks in a new study.**
- **Their brains even showed stronger neural connections after 12 weeks of exercise.**
- **The study builds on previous research that suggests exercise slows aging in the brain and body.**

Staving off early dementia might be as simple as taking a quick walk.

A group of previously sedentary folks in their 70s and 80s — including some experiencing mild cognitive decline — who began briskly walking for 30 minutes four times a week saw improved brain function in just a few months in a new study.

During the small study, published in the Journal of Alzheimer's Disease Reports, 33 participants were given memory tests and then half were placed on an exercise plan for 12 weeks. The researchers varied the walking speed for each participant based on their heart rate, but brisk walking is typically defined as going around 3 miles per hour.

The folks who exercised, including those with cognitive decline, performed better on memory tests after the 12-week period, while the sedentary cohort did not improve. Brain scans of the exercising cohort even showed they had stronger neural connections — a sign of strong brain function — after the 12-week period.

The findings builds on existing research that shows how exercise helps keep our brains sharp as we age. Older folks who exercise three times a week performed significantly better on tests that measure time management and information processing in the brain compared to inactive seniors, a 2018 review of nearly 100 studies indicated. Neuroscientists have found exercise stimulates the growth of neurons in the brain, leading to improved memory.

It's not just data — seniors in their 80s, 90s, and 100s who haven't experienced dementia or cognitive decline credit at least part of their longevity to their commitment to regular exercise, including going on daily walks.

Beyond keeping our brain from aging, exercise helps other parts of our body stay healthy for longer. Older people who spend less time sitting have a lower risk of heart disease and other chronic illnesses.

The best part is you don't need to be a gym rat to get the anti-aging effects of exercise, as the new study suggested. Something as simple as brisk walking might shave 16 years off your biological age, an analysis of genetic data from 405,981 middle-aged UK residents suggested.

J. Carson Smith, a professor of kinesiology at the University of Maryland at College Park and the study's lead author, told the Washington Post "All in all, to keep our minds sharp as we age, "exercise does seem to be key."





Best Medical Alert Systems of 2024

Continuing on with our research for different medical devices that can be used in cases of emergency, this month we are looking into medical alert system devices you can wear on your wrist or around your neck. Here is what we found.

Medical alert systems allow seniors to call for 24/7 help with a push of a button. Sometimes referred to as personal emergency response systems (PERS), they allow seniors to maintain their independent lifestyles and avoid costly hospital bills. Research shows high rates of satisfaction among users.

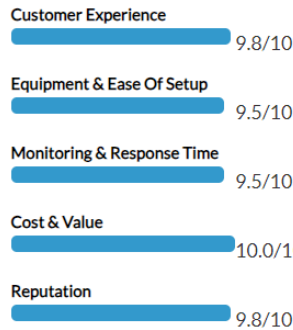
These medical response systems also give families peace of mind. Among older adults, falls are the #1 cause of injury-related death, and the most common cause of injuries and hospital admissions for trauma.

Medical alert systems send help fast when falls happen. The first hour after a fall is called the “golden hour.” That’s because it is vitally important. About 62% of fall victims who do not get medical attention during this critical time won’t be able to live independently after recovery. According to Adult-Gerontology Nurse Practitioner Jenny Sanford, “It’s fairly straightforward: a good fall detection system may help save lives.”

In addition to fall response, medical alert subscribers also tend to spend significantly fewer days in the hospital and spend less on health care services. It’s clear that med alert systems are helpful, yet with many options on the market, choosing the right system can be confusing. We hope this article helps you to navigate your options.

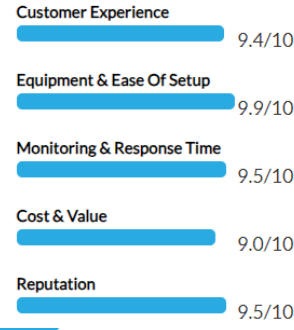
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BAY ALARM MEDICAL ★★★★★ 9.8/10



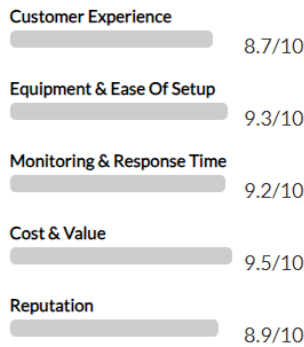
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MEDICAL GUARDIAN ★★★★★ 9.5/10



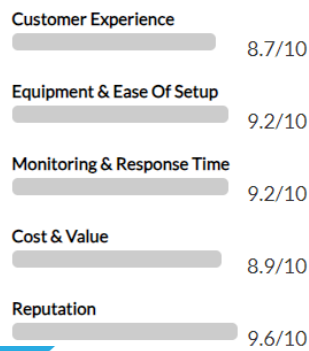
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MedicalAlert ★★★★★ 9.2/10



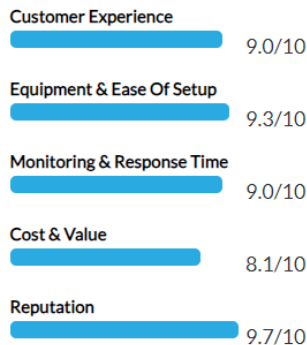
#4

ADT ★★★★★ 9.1/10



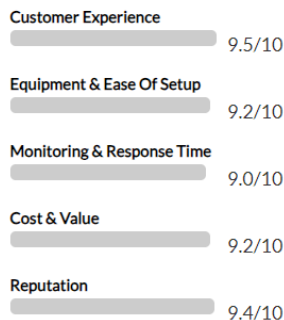
#5

Lifeline ★★★★★ 9.0/10



#6

GETSAFE ★★★★★ 9.0/10



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've lost



Jim Schlueter

February 22, 2024

Larry Bradley

February 29, 2024

Reba Mitchell

March 3, 2024

Jean Santo

March 14, 2024



On the lighter side...



NMSRC ADVISORY BOARD

Chairperson, Jean Loafman
Juanita Jojola

John Caraway

Vice-Chairperson, Beth Fredrick

Margaret McClure

Jay Redman

Bob Rostro

NMSRC STAFF

Manager—Dina Navarrette
Assistant Manager—Maria Brito

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez