

2022

# AUGUST NEWSLETTER

City of Carlsbad ♦ North Mesa Senior Recreation Center ♦ 1112 North Mesa Street ♦ 575-885-6487

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# HAVE A GREAT SUMMER!

**We are bringing BINGO, and Monthly Dances back!**



Every Tuesday starting  
Tuesday, September 20th  
6:00pm—9:00pm

1st Friday of the month starting  
Friday, September 2nd  
6:00pm-9:00pm.



**AARP Board** will not meet until September.

No Meetings in July and August!

**Next Meeting 9-12-22**

**AARP Member** will not meet until September.

No Meetings in July or August!

**Next Meeting 9-19-22**



Health checks of  
Blood Pressure & Pulse  
every Tuesday in the Library  
10:00—11:00



**Hear on Earth** is at the center on the 1st Tuesdays of each month from 9:00 to 11:00 a.m. You can find Howard in the Puzzle room for help with all of your hearing aid needs.

## First Day of School

**August 8th — K, 1, 6, 9 only**

**August 9th— 1st day of school K-12**

Watch out for children in crosswalks & school zones!



**THE NEXT NMSRC ADVISORY BOARD MEETING WILL BE HELD ON: Wednesday, August 10th 2022 at 2:30pm**

\* All agendas and minutes are available for the public to review. See our front desk if you'd like to review one.

### NMSR Hours

Monday - Friday

7:00am - 9:00pm

Saturday & Sunday Closed



# What's Going On Around Town



**Thur. Aug 4 and Sat. Aug 6:  
1-3pm—Carlsbad Public Library**

Card Making Class. Be sure to call the Library to reserve your spot!



**Sat. Aug 6 8:00am  
La Tienda Parking Lot**

Informal Meet and Greet for car, truck, bike enthusiasts. Everyone is welcome!



**Thur. Aug 18 6pm  
Balzano Vineyard**

Art of Charcuterie— Ladies Night Out



**Thur. Aug 4, 11, 18, 25 5:30-7:30pm—  
Eddy County Courthouse Lawn**

Don't forget to head down to the Carlsbad Farmers Market. Come support our local growers and creators!



**Thur. Aug 11—Mon. Aug 15  
Eddy County Sheriffs Posse Arena**

Bigger, Badder, Bolder—15th Anniversary. Join in for bands, tattoo artists and carnival. Don't forget it's FREE to enter!



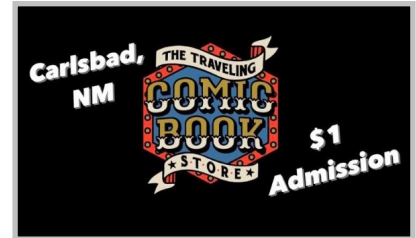
**Fri. Aug 26 and Sat. Aug 27  
Downtown Carlsbad**

The Combat Challenge is designed to simulate actual fire ground conditions that are encountered in routine fire suppression/rescue activities.



**Fri., August 5th 8pm. Halagueno Art Park**

Movie in the park! Dune is a mythic and emotionally charged hero's journey of Paul Atreides. Don't forget a lawn chair!



**Sat. Aug 13 9:00am-3:00pm  
Stevens Inn**

Traveling Comic Book Store— Everything you can find at a comic book store. Admission is \$1.



**Sat. Aug 27 8:00am (Shotgun Start),  
Riverside CC**

Carlsbad Chamber Annual Golf Tournament. To Register Call the Chamber at 575-887-6516 or the Riverside Country Club.

# NMSRC UPCOMING EVENTS



We want to bring back our Monthly Social pot-luck. NMSRC will provide the protein for the first pot-luck. Please let us know at the front desk if you'd be interesting in participating.



## Garage Sale!

Saturday, October 1st from 7am-1pm.

If you have any items you'd like to donate or if you'd like to buy a table to sale your items let the front desk know!



**BINGO is back!** Every Tuesday starting

Tuesday, September 20th

6:00pm—9:00pm



## NMSRC MONTHLY DANCES are BACK!

Join us for the first one—Friday, September 2nd from 6:00pm-9:00pm. If you have a song request stop by the front desk and jot it down for us!



## Save the Date for our November Events!

**Craft Fair**—Friday, November 4th 4:00pm—9:00pm  
and Saturday, November 5th 9:00am—4:00pm

**Veteran's Luncheon**—Thursday, November 10th  
Noon-1:30pm

*\*Please note NMSRC will be closed Friday, November 11th in observance of Veterans Day*

**Thanksgiving Luncheon**—Friday, November 18th  
Noon—1:30pm



# WELCOME New Members

Wayne Bradford

Rodger Cox

Beverly Crawford

Cindy Defer

Robert Defer

Laural Good

Donny Gregory

Norman Gregory

George Gonzalez Jr

Perry Hardin

Troy Hatch

Kim Kinaman

William Ksir

Doug Martin

Dale Parrish

Tina Parrish

Jerry Remler

Jose de Jesus Sambrano

Melissa Statham

David Shirley

Liberty Shirley

Harley Temple

Pamela Thornton

Angie Weisner

Bruce Yates

Cory Yates

Laura Zamora



## BOOK NOOK

Check out our new to us books. We have 5 additions to our Danielle Steel collection and 4 additions to our David Baldacci collection!







*water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health.*

## HOW TO STAY HYDRATED FOR BETTER HEALTH

*Meade, Robert D., J Physiology, 2020*

### **What is dehydration?**

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

### **Why dehydration is more likely to affect older adults**

As you get older, it's even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically dehydrated.

Seniors are more vulnerable to dehydration for a number of reasons:

Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.

Older adults experience body composition changes over time that leave them with less water in their bodies to start with.

Seniors are more likely to take medications that increase dehydration risk.

Additionally—according to a recent study—older adults' bodies don't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

### **Symptoms of dehydration**

Even mild dehydration can cause an array of

uncomfortable and debilitating symptoms.

Understanding the warning signs can help you take action before the situation becomes severe.

#### **Early dehydration symptoms include:**

*Dark-colored urine, urinating less frequently*

*Fatigue, or feeling weak*

*Irritability, dizziness*

*Headaches, dry mouth*

*Muscle cramps in arms or legs*

*Confusion, decreased cognitive function*

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day.

#### **How much water do you need to stay hydrated?**

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. Example, if you weigh 150 pounds, aim to drink 50 ounces of water each day.

It's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking. Certain medications cause the body to flush out more water. And some medical conditions, such as cystic fibrosis, also make people more prone to dehydration.

#### **How to stay hydrated every day**

There are simple steps you can take to get the water your body craves. Below are some ideas to get you started:

**Choose foods with high water content.** If you have trouble drinking fluids, try including water-rich foods with every meal. These

include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions.

**Keep water with you, always.** Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.

**Avoid or reduce your alcohol intake.** Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.

**Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H<sub>2</sub>O by adding slices of fresh lemon, apple, cucumber or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for seniors. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.

**Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

If you're looking for additional tips on how to stay hydrated, ask your healthcare provider. Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

# HAPPY BIRTHDAY

1)	Jane Harrington Bill Crabb Sean Harrison Domingo Armendarez		Charles Dunlap JoDee Lewis Alicia Coate		23)	Richard Self	
2)	Marchelle Lashley John Reiland Ben Molina	12)	Robert Burton Jose Navarrette Rodolfo Parra Albert Dominguez Fernando Florez Irma Pfeifer	17)	Denise Pace Cassandra Arnold	24)	LaDell Stafford Joanna Yeh Deborah Kilgore
3)	Ginger Yerby Kessler Rick Onsurez William Perez Candy Westrich John Leak Loretta Bair Nora Elston Terry Fuson	13)	Joe Martinez Jr. Cathy Reed Daniel Fessenden Vickie Cox Cheryl Todd Brad Herndon Irene Roberts Donald Scheurman	18)	Kenneth Urquidez James Aker Erin Lynch Kiffanie Twitchell Michael Brown Suzanne Wells Diane Esquibel	25)	Patricia Greene Nancy Brockman Danny Florez Albert Brim Buddy Coffee Jim Klaus Jean Stell
4)	Edmundo Hernandez Terry Pirkle Vanessa Lujan Quata Brantley			19)	Heather Sanford Brenda Abernathy Robert Schrock Al Molinar Heather Sanford Marilyn Gossett Elizabeth Ponce Debbie Bailey Doug Martin	26)	Carlos Martinez Debbie Caughron Linda Tipton Roy DeAnda Mike Shores
5)	Tom Huff Cindy Elkins			20)	Albert Castaneda Patty Zink Tammy Kilgore Lynda Parnell Greg McArthur	27)	Carolyn Cage Linda Martin Margie Aragon Alice Vasquez John Tigert Mary Methola Arielle Medrano
6)	Katherine Gunning Levi Taylor Donna Kay Bearden Linda Nowak Marvin Jones	14)	Emilia Q. Williams Dana Chapler Betty Huth Hilda Rodriguez	21)	Francia Pabustan Kristi Hankins Cara Callicoaat Linda Morgan	28)	Jeanette Wallace Sue Plumlee LaVerne Meyer Robbie Pirtle
7)	Mike Cawley Valleri Sepulveda Bryan Gonzalez Johnny Beasley Jennifer Dolan Joyce Smith Veronica Murrill Shelly Hernandez	15)	James Fugate Sybil Scarbrough Maggie McNabb Sally Phillips Delia Martinez Darrell Reed Kelly Wixom Debby Terrazas	22)	Elena Corona Mark Rodriguez Lynna McMillan	29)	Yvette Navarrete Lonnie G. Smith Ken Britt Marilyn Testa LouAnn McCormick Pilae Shipp Ronita McKinley
8)	JoAnn Moore Paula Kaighn Maria Corona Shauna Rodgers Robert Havel Dorinda Gomez Haskell Putman	16)	Jay Redman Linda Lavelle David Hernandez G. Pat Burton Candice Dunlop Rogelio Ybarra Deana Wells Sharon Weston	23)	Richard Self	30)	Damon Williams
10)	Jane Crews Bruce Faulk Edward Funchess Lorenzo Muniz Betty Downs Pat Allen	17)	Denise Pace Cassandra Arnold	24)	LaDell Stafford Joanna Yeh Deborah Kilgore	31)	Tammy Clifton Betty Egbom Dub Murill Pat Courter Leslie Marable Shirley Cottingham Linda Frank-Supka Sheila Grammer
11)	Lisa Roback Stacy Talbot Angie Mendoza Bobbie Alford	18)	Kenneth Urquidez James Aker Erin Lynch Kiffanie Twitchell Michael Brown Suzanne Wells Diane Esquibel	25)	Patricia Greene Nancy Brockman Danny Florez Albert Brim Buddy Coffee Jim Klaus Jean Stell		
				26)	Carlos Martinez Debbie Caughron Linda Tipton Roy DeAnda Mike Shores		

# "Picture This"



Paper crafting with  
volunteer  
Delores Hutchison—  
Working on an  
Accordion Book



## GARAGE SALE

Saturday October 1st 7am-1pm

**We are starting to accept  
donations for our next  
garage sale!**

**Have something you'd like to donate? Check in with the front desk and we'll help you get it set up in the auditorium.**



# GRAND OPENING



**10 a.m. August 26th 2022**

Guest speaker will be Ms. Celia Ruiz, daughter of Congressional Medal of Honor Recipient Alejandro Ruiz

Tours of the newly-remodeled senior center will be provided

Light refreshments will be served

Please RSVP to [mayor.office@cityofcarlsbadnm.com](mailto:mayor.office@cityofcarlsbadnm.com)

Special thanks to the Fairfield Inn and generous local community members



# Veterans We Need Your Help!



We are wanting to collect photos from all our members who have served our country in military service and are veterans. If you have a photo from the past you'd be willing to share and let us make a copy of we'd love to start a collection and showcase our veteran members.

Stop by our front desk with your photo or to just let us know you have past military service.

Thank you for your service and for helping us honor your commitment to our country.

With appreciation,

The North Mesa Senior Rec Staff



## Assistant Manager—Andie Britt



Help us welcome our new Assistant Manager Andie Britt! You may have noticed a new face in the front office—Andie started with us at the beginning of June. She transferred to NMSRC from the Carlsbad Police Department Dispatch Department.

Andie is a Carlsbad native and graduated from CHS in 2005. She attended and graduated from New Mexico State University in Las Cruces with a BA in Sociology and spent 13 years living in Colorado, Louisiana and California before finding her way back to New Mexico.

Andie has had past experience as an event planner, academic advisor, and project manager. When she moved back to Carlsbad in November 2020 she wanted to find a way to give back to the community she grew up in and found her way into 911 Dispatch. While the work was rewarding she wanted to find away to be apart of peoples good days not just their bad ones and she found her way to our center.

Outside of work she enjoys being outdoors, camping, hiking and trying new recipes in her kitchen at home!



# WANTED



## Bridge Players

No experience necessary! Lessons can be accommodated to meet your schedule. Please call 575-200-8446

## Pinochle Players

Let us know if you are interested in playing Pinochle on Tue. & Thurs. 6-8:45pm



Join the North Mesa

## *City Voices Choir*

Everyone welcome!

**PRACTICE every Tuesday & Friday 2pm**

*See Staff or call*

575-885-6487

*for details*



## **Ukelele Students**

Learn to play this fun easy instrument! If you need a Uke we can help! Inquire at the front desk.



## **Photography Enthusiasts**

We are looking for a photography instructor—also please let us know if you are interested in attending a photography class!

## **Are you interested in learning Chess?**

See staff on club meeting and instruction times.



## **Ping Pong Players**

No experience necessary! This friendly group of players would love to teach you how to play this great game. Games are Wednesday 6-8:45 and Friday from 10-Noon.

If interested please see staff at the front desk.



# Find Your Fitness

## 5 EASY RESISTANCE BAND EXERCISES FOR SENIORS FROM AN OCCUPATIONAL THERAPIST



### Benefits of Resistance

#### Training Include:

- Improved muscle tone and strength
- Maintaining mobility and flexibility
- Improved balance and reduced risk of falls
- Improved posture
- Decreased risk of injury
- Pain management
- Increased bone density
- Improved overall wellbeing and mental health
- Overall enhanced performance of everyday tasks

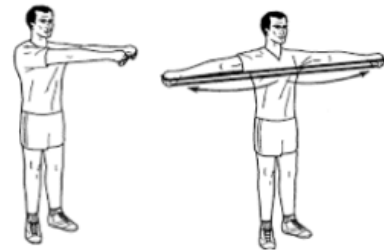
A resistance band is one of the most versatile and convenient pieces of exercise equipment in the home. It can be used in a variety of exercises, is light, and takes up minimal space. There are various colors that represent different tensions. In addition, it can be controlled by the user as in the “tighter” it is pulled the more “resistance” the band provides. Another great benefit of resistance bands is they can be used in sitting or standing to easily modify the exercise.



# Find Your Fitness

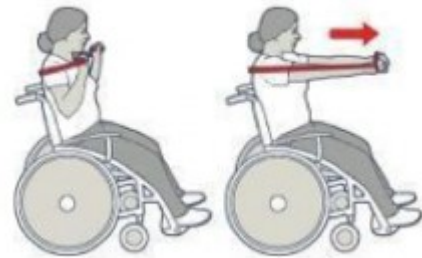
## 1. Chest Pull

In sitting or standing grasp both ends of your resistance band. Keep elbows straight. Extend arms out to sides. Repeat.



## 2. Chest Press

Place resistance band behind both shoulders and grasp ends. Extend both arms in front of your chest. Repeat.



## 3. Squat

While standing step on the middle of the resistance band. Grasp both ends and bend knees into a squat position. When in squat keep back straight, knees behind toes and buttocks out. Repeat.



## 4. Leg Press

In sitting, grasp both ends of resistance band. Place your foot in the middle of the band. Bend knee towards chest then straighten fully. Repeat.



## 5. Calf Press

In sitting place one foot in middle of band while grasping both ends. Extend leg fully. Point toes towards ceiling, then flex towards ground. Repeat.



## Perfect summer recipe

Cucumbers have a high water content of about 95%! Adding them to a meal or snack is a great way to up your hydration.

# Cucumber-Walnut Salad



## Directions

1. Soak 1/2 thinly sliced red onion in ice water, 5 minutes; drain and pat dry. Combine 1 cup chopped toasted walnuts, the red onion, 6 chopped Persian cucumbers, 1/2 cup chopped parsley and 2 tablespoons chopped dill in a bowl. Add 1 teaspoon sugar, 1/2 teaspoon kosher salt and a few grinds of pepper. Drizzle with 2 tablespoons each white wine vinegar and olive oil and toss.

## Beat the heat!

**Carlsbad High School Natatorium  
Summer Pool Hours (Cost: \$4 a  
person/ Monthly Pass \$40)**

### Lap Swim

5:00am—8:30am Monday-Friday

12:00pm—2:00pm Tuesday and  
Thursday

7:00pm—8:30pm Monday -Friday

12:00pm—4:00pm Saturday and  
Sunday

### Open Public Swim

2:00pm—5:00pm Monday,  
Wednesday and Friday

12:00pm—4:00pm Saturday and  
Sunday



## AUGUST ARTS AND CRAFTS CLASSES

**8/3/2022— 9-11:00AM PAPERCRRAFTING: LAST OF 3  
CLASSES WITH DELORES HUTCHISON, ACCORDION  
5x7 ALBUM**

**8/11/2022—11:30-2:30PM PAINTING: DRAGON-  
FLIES ON WINE BOTTLES WITH SHERRY PRINCEN**

**8/15/2022—6:30-8:30PM PAINTING: DRAGONFLIES  
ON WINE BOTTLES WITH SHERRY PRINCEN**

\*No Classes with Juanita Jojola this month—check back in  
September





# Brain Power

When it comes to brain health, keeping our minds active is a really great idea. The brain is "plastic" and can continue to grow, develop, and make connections from before we are born until well into old age. When you challenge your brain with new and effortful activity, you help to build your "cognitive reserve". Invest in your brain by keeping physically active!

Looking to check your work? Stop by the front desk where we keep each months solutions.

### ACROSS

- 1 Rental for some exercise classes
- 8 Vice President Harris
- 14 Make move, as a cartoon
- 15 Grapefruit kin
- 16 \*"Now you see what I deal with every day"
- 18 Clandestine org.
- 19 Shortfin shark
- 20 Facts and figures
- 21 EMT's skill
- 24 More than fix up
- 26 \*"Our goose is cooked"
- 32 Color selection tools
- 33 Defeat badly
- 35 Extended a performance, in a way
- 36 "The Good Doctor" actress Thomas
- 38 "Their Eyes Were Watching God" novelist Zora \_\_ Hurston
- 39 Stereo components
- 40 \*Tools that may make one say, "Damn you, autocorrect!"

- 43 Fly high
- 44 "Jeopardy!" co-host Jennings
- 45 Regarding
- 49 Heavy burden
- 51 Cake mix need
- 54 \*"No idea"
- 59 Desert illusions
- 60 Source of pint-sized beverages?
- 61 Use
- 62 Last stage of a chess match, and what each answer to a starred clue literally has

### DOWN

- 1 Show sleepiness
- 2 Tip jar bills
- 3 \_\_ monster: lizard
- 4 Theater chain initials
- 5 Chairman who led China's Cultural Revolution
- 6 Bank drive-thru device
- 7 Swarm (with)
- 8 \_\_ dragon: lizard
- 9 "Vice" Oscar nominee Adams
- 10 Blend
- 11 "Search Party" actress Shawkat

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54				55					56	57	58			
59									60					
61									62					

- 12 Hay storage area
- 13 Drifting aimlessly
- 15 "\_\_ Face": Lady Gaga hit
- 17 Small fruit pastries
- 21 New Orleans cuisine
- 22 Seabirds that often follow ships
- 23 Solemn ceremony
- 25 Scene not meant to be seen
- 26 Decreases in strength
- 27 Yosemite peak, familiarly
- 28 "The Simpsons" neighbor Flanders
- 29 Kaput
- 30 Solitary sort
- 31 Kuwaiti rulers
- 32 Ballpoint, e.g.
- 34 Faux \_\_
- 36 Tailless primate
- 37 Bottle part
- 39 "So what" shoulder gesture
- 41 \_\_ Tunes
- 42 Leans to one side
- 45 Je t'\_\_: French "I love you"
- 46 Leveling device
- 47 Canvas cover
- 48 Avocado shape
- 50 A few
- 51 Idris of "Luther"
- 52 "Where America's Day Begins"
- 53 "Chicago" star Richard
- 55 Sense of self
- 56 Metal container
- 57 Plus
- 58 Smoke, briefly



## 10 Ways to Save on Groceries

- 1. Use ground chicken in your chili.** Beef and veal prices rose the most of main food groups this year, at 16 percent. Fresh poultry increased less — and it was much cheaper to begin with.
- 2. Plan this Friday for next Tuesday.** A proven way to contain grocery costs is to plan out the week's meals and to buy food from a shopping list based solely on that plan. Friday is a great day for planning, as many stores post their week's discounts and deals that day or the day before.
- 3. Search before you shop.** Flipp is a free phone app that consolidates retail circulars. This makes it a snap to compare your shopping list to circulars from your local supermarkets to determine which store's virtual coupons will save you the most money. You can also use the app to generate your shopping list.
- 4. Make Thursday a "pantry cooking" night.** Americans throw away 30 to 40 percent of our food supply, often because it goes uneaten until it's no longer edible. The antidote: Cook at least one meal a week based entirely on foods lingering in your refrigerator or pantry.
- 5. Have an "eat me first" spot in your fridge.** Designate a shelf or bin in your fridge for all of the leftover food bits (think nubs of cheese, a half serving of pasta, a lemon wedge) or overly ripe foodstuffs that should be eaten before fresher items.
- 6. Yes, order online.** What you might lose in delivery costs often is more than made up by avoiding impulse purchases when browsing a store. The trick: Lower your delivery costs. Look for coupons at sites like CouponFollow.com to find deals, such as \$20 off your first order at Vons, 15 percent off Kroger grocery shipments, and \$10 off your first delivery of \$20 at Instacart.
- 7. Pay with the right card.** Many credit cards offer cash back today, but the amounts often vary by category. Search the Internet for cards that offer the most cash back for groceries; you might find a card that will give you 5 percent back on food purchases. Websites like CardRates and NerdWallet let you compare your card with others.
- 8. Double up with cash-back apps.** With services like FetchRewards, Coupons.com or Ibotta, your grocery purchases earn points toward gift cards for various shopping options such as Amazon, Target and Walmart. Fetch Rewards, for example, has a section where you can see which brands will get you the most points.
- 9. Go all-in on store brands.** Many major grocery chains have greatly expanded their store-brand lines, and their reputation for quality has improved. Chains are highly secretive about who makes their products. But simply compare the ingredients list with name-brand versions to see how close they are. Store brands can run as much as 25 percent less than the name-brand version.
- 10. Use self-checkout.** A study conducted by IHL Consulting Group reveals that people who used self-checkout spent less on impulse purchases. This is likely because shoppers are paying attention to what they're buying, as well as the prices, when they're scanning goods themselves — rather than getting distracted by their phone or the magazine rack while a cashier does it for them.

*We have been blessed and we  
want to say*

*Thank  
you*

*Chip Wentworth*

*Jennifer Girndt*

*Pat Matthews*

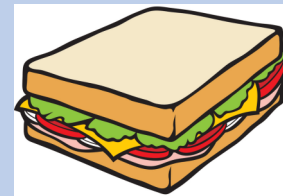
*Fran Garrett*

*Gina Duran*

*D & C Hjeltness*

*Toni Thompson*

### DID YOU KNOW?



On August 6, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it.

# Summer Safety





# Stay Safe this Summer




Make sure you and your family are protected when preparing to enjoy all of the benefits of summer! Over 600 people per year die from heat overexposure in the US. Dehydration and Swimmer's Ear are two of the most common and easily avoidable conditions associated with summer.

## Dehydration


### WHEN DOES IT HAPPEN?

 Your body is exposed to high temperatures in combination with low water intake. 


### SYMPTOMS

 Headache, fatigue, nausea, and when severe, confusion

### PREVENTION

When you are outside, drink at least 8 cups of water per day. Stay indoors when possible, and use SPF 30+. 


### TREATMENT

 Apply cool compress and drink extra water. If serious, seek medical attention.




## Swimmer's Ear


### WHEN DOES IT HAPPEN?

 Extra water in the ear after swimming allows bacterial growth.


### SYMPTOMS

Pain, itching, swelling, impaired hearing, discharge 

### PREVENTION

 Avoid water with high bacteria, and dry off thoroughly after swimming.

### TREATMENT

Your doctor may prescribe antibiotic treatment. Use pain relievers to ease swelling and irritation. 

## On the lighter side...



A waiter gives a gentleman a cup of coffee.

The gentleman takes a sip and spits it out.

He turns to the waiter and says, "Waiter! This coffee tastes like mud!"

The waiter, looking surprised, turns to the gentleman and says, "But, sir, it's fresh ground!"

### 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:

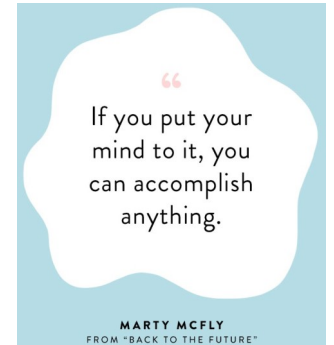
The Friends of North Mesa Senior Recreation

### Remembering those we've lost



**Cookie Fletcher**

**Margo Wood**



### NMSRC ADVISORY BOARD

**Chairperson,** Jean Loafman

Jay Redman

Ysidro Molinar (Moe)

Juanita Jojola

**Vice-Chairperson,** Beth Fredrick

Regina Ballard

Margaret McClure

### NMSRC STAFF

Manager—Dina Navarrette

Assistant Manager—Andie Britt

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez