

2024

APRIL NEWSLETTER

North Mesa Senior Recreation Center

1112 N. Mesa St. • 575-885-6487

Inside this issue:

Events & Announcements	Front Cover
Managers Memo	2
Don't miss this	3
What's going around the center	4-5
What's Going On Around Town	6
Spotlight	7
Picture This	8-9
New Members	10
Wanted	11
Save the Date	12
Birthdays	13
Grow your Fitness	14
AAA	15
In Memory	16



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



Special Monthly Events

NMSRC ADVISORY BOARD MEETING

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

Next Meeting:

Wednesday May 8th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of
the month in the Ocotillo Rm.

Monday, May 20th at 3:00pm

Guest Speaker:

New Mexico Representative
Cathrynn N. Brown
House District 55

AARP Defensive Driving

\$20 for member

\$25 for non-members

No Class in May



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
10:00-11:00



Friday, May 24th at noon.

Fourth Friday of the month

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

NATIONAL DAY OF PRAYER

COMMUNITY EVENT

Thursday, May 2nd

5:30PM-Local Food Truck Vendors

7:00PM Worship and Prayer

Walter Gerrells Performing
Arts and Exhibition

4012 National Parks Hwy.
Carlsbad, NM 88220

THIS COMMUNITY EVENT IS FREE ENTRY TO ALL
WHO WOULD LIKE TO COME. HOWEVER, YOU
CAN SUPPORT OUR LOCAL FOOD TRUCKS. MENU
AND PRICES PER PLATE MAY VARY.

Welcome To
Carlsbad
New Mexico

**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 to sign you up to help you get
your home safe in case of a fire.**

—PLEASE JOIN US—



**SPRING
Arts & Craft
FAIR**

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

Indoor Multi-Family SALE

Do you want to get rid of your junk?

Tables are available NOW!

Sign-up at the front desk



GARAGE SALE

Saturday, June 15th

7:00am-Noon

**You can donate your items to the center
to raise funds for our activities**

DONATIONS NEEDED

Sponsored by Friends of North Mesa

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!



SPRING Arts & Craft FAIR

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

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!

NOTICE

There will not be a Sweet Art Class for the month of May. However there will be a class in June.



Monday, May 20th at 3:00PM

This month's guest speaker will be:

**New Mexico Representative Cathrynn N. Brown
House District 55**

**There will be no meeting in
June and July**

Get Fit

For Summer

At 7:45 Monday, Wednesday, and Friday

Aerobics Class

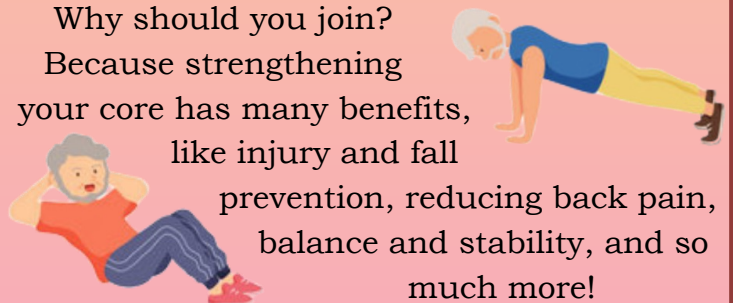
Let's get physical while having FUN!! This Aerobics class helps you do both. So get out of your chair, get your blood pumping, and have great time doing it!



At 8:00 AM on Tuesdays and Thursdays

Core, Strength & Balance Class

Why should you join?
Because strengthening your core has many benefits, like injury and fall prevention, reducing back pain, balance and stability, and so much more!



What's Going On Around the center...

Juanita has classes coming up that you will want to be a part of. The first is on the left. It is a Spring wall decoration and it is in May. The middle one will be for June and is a 4th of July centerpiece. The one on the right is a potholder decoration and it will be in August.



May 16
1:00-3:00



*\$5 Donation
Appreciated*

June 20
1:00-3:00



August 15
1:00-3:00



I Wanna rock!

If you do to, you should talk to the front desk about the Gem and Mineral group and our newly remodeled lapidary where you can cut and polish rocks until your hearts content!

By Appointment only

Open 6-9 , Mon, Tue, & Wed



The paper crafting classes are postponed till further notice.

Thank you!



enhabit
Home Health & Hospice

TIME CHANGE

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

Tuesdays from 10:30-11:30

What's Going On Around town...

Carlsbad Community Concert Association & Burlap to Cashmere Presents

SOUNDS OF SILENCE

MAY 31ST
7:00PM
PR LEYVA AUDITORIUM



Tickets **\$25** at the door

CARLSBAD COMMUNITY CONCERT ASSOCIATION

A ROCK SAILS BY

By Sean Grennan



CARLSBAD COMMUNITY THEATRE

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

June 7th & June 8th



CARLSBAD MAINSTREET
CAVERN FEST
CITY OF CARLSBAD

LIVE MUSIC FOOD TRUCKS VENDORS

This free family-friendly street festival is your summer kick-off event not to be missed!



Relay For Life of Carlsbad
Eddy County

May 3rd & 4th, 2024
Community Celebration at 6PM
Lake Carlsbad Beach Park
Register at relayforlife.org

Contact: Angela Campos 575.200.8582 or
Relay for Life Carlsbad, NM on Facebook



RELAY FOR LIFE



Oscar Fierro

BINGO CALLER



If you like to give credit where credit is due, then it is only right to give the success of Monday Night Bingo at

North Mesa Senior Rec. to Oscar Fierro. More times than not Oscar has been the guiding hand to the many questions on how to run a bingo game. He has called bingo for over four years and now is the Bingo Manager at the Knights of Columbus. Last month on March 6th, he gave out his biggest pay out in the history of his bingo career, which was \$24,750. When asked why he enjoys bingo so much, he humbly stated that he enjoys helping the community, also when people win, especially if it is a first time player.

Oscar was born in Kermit Texas, but was raised in the big town of Jal, NM. He started working at El Paso Gas and the company transferred him to Carlsbad. He has been here for 34 years and raised his two boys and daughter here. He now has two granddaughters, two grandsons, and five

great-grandsons. Aside from his busy bingo schedule of running the Knights of Columbus Bingo and calling bingo at North Mesa, he attends church at Saint Edwards. Oh, and Oscar is a huge Cowboys fan!

Oscar has always been one of our many volunteers that we can always rely on. Whenever a call is made to him, without hesitation his answer is usually "I'll be right there". We are so thankful for him and all the contributions he has made through the years to help our bingo be as successful as it is!



"Picture This"

Volunteer Appreciation Dinner

The goal of this dinner was to let our volunteers know how much we appreciate each and every one of them. We truly hope we succeeded. Even Mayor Lopez attended to thank the volunteers of North Mesa. This was also the last official event Dina served in her role as Manager!



"Picture This"

Sweet Art

These ladies made the cutest little ovens thanks to their leader, Brenda.



Mike Jowers Exhibit

Mr. Jowers graced the lobby with his beautiful work for all the members of North Mesa to enjoy.



Country Gold Line Dancers

Recently, these ladies served as ambassadors for not only North Mesa but our great city, and boy oh boy they made us proud. Thank you ladies!





WELCOME New Members

Becky Hudgins
Chase Hudgins
Daniel Cruz
Elijah Foreman
Gaye Newton
Irma Cruz

Justin Amyx
Kaydenna Stephenson
Linda Lyons
Maren Folsom
Monte Lyons
Rachel Ocha
Rhonda Bannister

Rick Wells
Ruben Romo
Sonja Beauvals
Susie Trevino
Teresa Lopez
Tom Dickman



BOOK NOOK

Danielle Steel has sold over 650 million books internationally, and every one has been a best seller. She also founded and runs two foundations, The Nick Traina Foundation, which helps finance organizations involved with mental illness, child abuse, and suicide prevention. The second was established to assist with the homeless. She writes fiction, historical, romance, and even children's books.



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



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

Strawberry-Banana Pudding Icebox Cake

Ingredients:

1 cup granulated sugar
1/4 cup cornstarch
1/8 tsp. salt
4 large egg yolks
2 cups half-and-half
3 Tbsp. butter
1 Tbsp. lemon zest
1/4 cup fresh juice (from 2 lemons)

27 graham cracker squares (about 2 1/2 x 2 1/2 in.)
4 large bananas, sliced
1 (16-oz.) container fresh strawberries, sliced
1 cup heavy cream
1/4 cup powdered sugar
Crumbled graham crackers and halved strawberries for topping



Whisk together granulated sugar, cornstarch, and salt in a heavy saucepan. Whisk together egg yolks and half-and-half in a small bowl. Add to sugar mixture; whisk until smooth. Bring mixture just to a boil over medium, whisking constantly. Boil 1 more minute, whisking constantly; remove from heat. Add butter and zest; whisk until butter melts. Gradually whisk in juice just until blended.

Cool custard mixture:

Fill a sink or large bowl halfway with ice. Pour custard mixture into a metal bowl; place bowl on ice. Let stand, stirring occasionally, until custard is cold and slightly thickened, 8 to 10 minutes.

Prepare pan:

Line the bottom and sides of an 8-inch square pan with plastic wrap, allowing 4 inches to extend over all sides.

Make cake layers:

Place 9 graham cracker squares in a single layer in bottom of pan to form a large square. (Crackers will not completely cover bottom.)

Place a layer of banana slices, with sides touching, on graham crackers; place a layer of strawberry slices on top of bananas. Spread half of custard on top of strawberries.

Repeat layers once, beginning and ending with graham crackers.

Chill cake:

Pull excess plastic wrap at sides tightly over cake; chill 4 hours or overnight.

Remove cake from pan:

Lift cake from pan, using plastic wrap as handles. Remove plastic and transfer to a serving platter.

Make whipped cream:

Beat cream with an electric mixer on high speed until foamy; gradually add powdered sugar, beating until medium-soft peaks form. Spread on top of cake. Top with crumbled graham crackers and strawberry halves.



Craft Fair

May 10-11
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

ACBL Carlsbad Unit 376

Duplicate Bridge Results
Month of April

April 3 Howell Movement 3 tables

1. Paul Johnson– Keith Fine
2. Judy Pate– Brenda Fox
3. Kelly Wilson– Bob Hickson

April 10 Howell Movement 3 tables

1. Paul Johnson– Judy Pate
2. Regina Ballard– H Ann Brannon
3. Palmer Randall– Jean Randall

April 11 Howell Movement 3 tables

1. Paul Johnson– H Ann Brannon
2. Regina Ballard–Melinna Giannini
2. Judy Oate– Bob Hickson

April 24 Howell Movement 3 tables

1. Regina Ballard– H Ann Brannon
2. Paul Johnson– Keith Fine
3. Shelby Brandon– Brenda Fox

*We have been blessed
and want to say*

*Thank
You*

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

Margaret McClure
Tickets

Monica Fierro
Monetary Donation

Debbie Caughron
Garage Sale

Cyndy Matthews
Vases and Coffee Cups

Prissy Salcido
Coffee

HAPPY BIRTHDAY

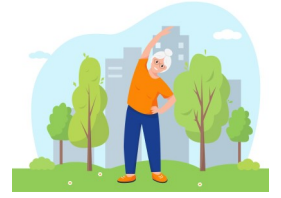
MAY BIRTHDAYS

- | | | | |
|--|--|---|--|
| 1) Sammy Mendez
Pat Brous
Philip Pompa
Patricia Trujillo
Sherri Kurimski
Rick Methola | 8) Farrell Ellison
Gary Winfrey
Susan Houston
Tommy Cooper
Mario Carrasco | 18) Ellen Calentine
Martha Arellanes
Kathy Cole
Michele
Robertson | 26) Palmer Randall
Tina Kincaid
Arnulfo De La
Cerda
Bertha Hernandez
Severa Sanchez
Lisa Navarrete
June Peyton
David Perkins
Cres Ortiz |
| 2) Pat Jones
June Wynn
Mary Parras
Michelle
Rodriguez
LaDallia Keith
Scott Fitch | 9) Vickie Watts
Angie Ramirez
Eileen Tidwell
Michael Bromka
Connie Oliver
Robert Barnes | 19) Yolanda Ellison
Lea Chism
Lisa Bradshaw | 27) Allan Hawkinson
Mary Etta Smith
Winnie Jackson
Chris Laxson
Rosaura Portillo
Evelyn McIntire
Sandy Taylor
Donny Gregory
Pete Garza |
| 3) Art Burt
Robert Cathey
Harley Temple
Jerry Rookstool | 10) Kathy Navarrette
Nanci Tipton
Cheryl Vickers
Yolanda Anaya | 20) Trinidad
Coronado
James Renfrow
Anna Alvarez
Melissa Molinar | |
| 4) Pamela
Saltzgeber
John Lane
John Seidel
Waylon Stevens | 11) David Phillips
Cindy Houghton
Lilly Martinez | 21) Diane Patterson
Nancy Cobb
Devan Lopez
Wayne Bradford
Rebecca Chavez
Joel Norris
Stanley Patchet | 28) Nora Brown
Jimmy Orozco
Elvira Johnson |
| 5) Marilyn Tackett
Pam Roberts
Shirley Bowen
Cecilia Edwards
David Radosevich
Bil Schmidt
Lois M. George
John Angelis | 12) Tillie Belis
Tina Roach
Randy Meade
Lilia Santana
Carolyn Wheat
Alan Atwood | 22) Linda Hernandez
Priscilla Methola
Karen O'Neal
Abel Parraz | 29) Fred Padilla
Pamela Thornton
Hilda Vasquez |
| 6) Erin Armendarez
Daniel Middleton
Victor Lara
Allen Kilgore | 13) Bonnie Guerra
Vanessa Green
Kay Frazier
Andree Fritschy | 23) Ceil Boatman
Karen Killgore
Linda Dunagan
Kent Evans
DeeAnn Eubanks
Russell King
Mary Ellen Jaco
Diane Johnson
Therese
Rodriguez | 30) Tenille Aragon
Jean Tupper
Steven Boulden
Estella Galvan |
| 7) Marilyn Noland
Sonia Herrell
Christine McCraw
Vanessa
Hernandez
Richard Mattson
Wayne Hatfield | 14) Mary Rayroux
Rebecca Mcintire
Melanie Higgins
Peggy Townsend
Iris Wisnoski | 24) Hy Laird
Renee Vigil
Brad Coates | 31) Darla Tafoya
Clemente
Urquidez
Dolores Reynolds
Marilyn Hagen
Linda Aaron
David Wright
Nancy King
Denise Meadors |
| | 15) Calvin Crow
Lora Runner | 25) Elizabeth Gordy
Beverly Weston
Joseph Ortiz
Ray Peters
Anita Chavez | |
| | 16) Anthony Lopes
Jennette
Duplissey | | |
| | 17) Dave Morgan
Donald Campos
Larry Methola | | |



Grow Your Fitness

A little at a time



Taking it easy as you get older? WRONG!

Just about everyone knows that exercise is good for you. Some people can even rattle off reasons it keeps your muscles and joints strong, and how it fights off certain diseases. But how many people can tell you the story of why and how physical activity was built into human biology?

A team of evolutionary biologists and biomedical researchers from Harvard are taking a run at it (sometimes literally) in a new study published this week in PNAS. The work lays out evolutionary and biomedical evidence showing that humans, who evolved to live many decades after they stopped reproducing, also evolved to be relatively active in their later years. The researchers say that physical activity later in life shifts energy away from processes that can compromise health and toward mechanisms in the body that extend it. They hypothesize that humans evolved to remain physically active as they age — and in doing so to allocate energy to physiological processes that slow the body's gradual deterioration over the years. This guards against chronic illnesses such as cardiovascular disease, Type 2 diabetes, and even some cancers.

"It's a widespread idea in Western societies that as we get older, it's normal to slow down, do less, and retire," said Harvard evolutionary biologist Daniel E. Lieberman, the paper's lead author. "Our message is the reverse: As we get older, it becomes even more important to stay physically active."

The research team, which includes Aaron Baggish and I-Min Lee from Harvard Medical School, believes the paper is the first detailed evolutionary explanation for why lack of physical activity as humans age increases disease risk and reduces longevity.

Baggish, 47, who also serves as team cardiologist for the New England Patriots and U.S. Soccer, and Lieberman, 57, are longtime running buddies and often discussed the ideas that went into the paper during 5- to 10-mile morning runs.

The study uses humans' ape cousins as a jumping-off point. The researchers point out that apes, which usually live only about 35 to 40 years in the wild and rarely survive past menopause, are considerably less active than most humans, suggesting that there was selection in human evolution not just to live longer but also to be more physically active.

"We evolved basically from couch potatoes," said Lieberman, who has twice observed wild chimpanzees in Tanzania and been surprised by how much of their day is spent "sitting on their butts, digesting."

This is especially jarring when contrasted with contemporary hunter-gatherers, who average about 135 minutes of moderate to vigorous physical activity a day. That level of movement — about six to 10 times more than average Americans — is thought to be a key

reason hunter-gatherers who survive childhood live about seven decades, approximately 20 years past the age at which humans stop having children, and also enjoy a longer "health span," which is defined as the years of life spent in good health.

Researchers examined two pathways by which lifelong physical activity reallocates energy to improve health. The first involves steering excess energy away from potentially harmful mechanisms, like excess fat storage. The team also identified how physical activity allocates energy to repair and maintenance processes. The paper shows that besides burning calories, physical activity is physiologically stressful, causing damage to the body at the molecular, cellular, and tissue levels. The body's response to this damage, however, is essentially to build back stronger.

This includes repairing tears in muscle fibers, repairing cartilage damage, and healing microfractures. The response also causes the release of exercise-related antioxidants and anti-inflammatories, and enhances blood flow. In the absence of physical activity, these responses are activated less. The cellular and DNA repair processes have been shown to lower the risk of diabetes, obesity, cancer, osteoporosis, Alzheimer's, and depression.

"The key take-home point is that because we evolved to be active throughout our lives, our bodies need physical activity to age well. In the past, daily physical activity was necessary in order to survive, but today we have to choose to exercise, that is to do voluntary physical activity for the sake of health and fitness," Lieberman said.

The research team, which includes graduate students Timothy Kistner and Daniel Richard, hope the study makes that message harder to ignore.

Physical activity levels have been decreasing worldwide as machines and technology replace human labor. A recent study from Lieberman's lab showed that Americans are engaging in less physical activity than they did 200 years ago.

The researchers' advice? Get out of your chair and get some exercise.

"The key is to do something, and to try to make it enjoyable so you'll keep doing it," Lieberman said. "The good news is that you don't need to be as active as a hunter-gatherer. Even small amounts of physical activity — just 10 or 20 minutes a day — substantially lower your risk of mortality."

Juan Siliezar
Harvard Staff Writer
The Harvard Gazette
November 22, 2021

<https://news.harvard.edu/gazette/story/2021/11/age-actively-harvard-researchers-say/>



Recently, one of our members inquired what would be the best cell phone for them. That was a great question and the opportunity arose to find out, and this article was born. Did you know that 92 percent of U.S. adults age 65 years and older own a cell phone? There are so many different options to consider that the website [seniorliving.org](https://www.seniorliving.org) did extensive research, 300 hours in fact and their team came up with the top seven, which you will find below. Senior Living came up with a ranking scale based on **Senior-Friendly features, No long-term contracts, and Price vs. Quality**. If you want to read the article in detail, the website address is <https://www.seniorliving.org/cell-phone/best/>

Here is what Senior Living found:

1. Jitterbug Smart4 from Lively- Best Smartphone for Seniors 
Smartphone designed specifically for seniors
Built-in medical response capabilities
Voice-to-text functionality
From **BEST BUY** Health™
2. Consumer Cellular IRIS Flip- Cheapest Senior- Friendly Cell 
Large keys for texting
Simple flip phone design
Starts at \$69
3. iPhone 15 from AT&T- Most Durable Phone for Seniors 
Large, ultra-clear Super Retina XDR display
Advance smartphone features
Dozens of ways to customize brightness, color, and accessibility feature
4. Samsung Galaxy A15 5G from T-Mobile- Best Battery Life 
Extra-long battery life
High-quality cameras for crystal clear photos
One of the most affordable high-end smartphones on the market
5. Samsung Galaxy Z Flip5 5G from Mint Mobile- Best Smart Flip Phone for Seniors 
Hybrid smartphone and flip phone
Excellent camera quality
Large, easy-to-read screen
6. Apple iPhone SE-Best Small Smartphone for Seniors 
Excellent camera
Affordable iPhone model
Sleek design
7. Jitterbug Flip2 from Lively-Best Flip Phone for Seniors 
Easy-to-use flip phone
Large buttons
Health and safety features
From **BEST BUY** Health™

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



Freddy Fudge
March 23, 2024

On the lighter side...



Motherhood is a fairytale in reverse. You start in a beautiful gown end up cleaning everyone's messes.

It's sad when you sit around waiting for mom to make dinner and then you realize you are the mom.

There's nothing quite like being told I'm wrong by someone who depends on me for food, clothing, and shelter.

"Our teen has decreed we are the 'Worst Parents Ever.' We will hold our coronation ceremony to accept this honor next Friday. Invitations to follow."

Nothing is lost until mom can't find it.

"I told my mom I thought parenting got easier as the kids get older and she laughed so hard she cried a little."

"My tween is mad at me and it could be because of any of the horrible things I did this morning: stood in the kitchen, poured coffee, stared out the window, said good morning, breathed..."

I don't want to sleep like a baby. I want to sleep like my husband.

When your teenager asks for personal space and you remind her that she came out of your personal space.

I asked to switch seats on a plane because I was next to a crying baby. Evidently that doesn't work if the baby is yours.

NMSRC ADVISORY BOARD

Chairperson, Jean Loafman
Juanita Jojola

Vice-Chairperson, Beth Fredrick
Margaret McClure Jay Redman

Bob Rostro

John Caraway

NMSRC STAFF

Morning Attendant—Avelina Childress

Manager—Dina Navarrette
Assistant Manager—Maria Brito

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez