



North Domingo Baca Multigenerational Center

APRIL 2016

VOL 2 ISSUE 4

Fun Days at North Domingo Baca

By Berlinda Trujillo

Spring announces warmer days and fun times to be had. Celebrate with North Domingo Baca this month on the following fun days:



1st Traditionally, April Fool's Day is an opportunity for playing jokes or tricks on one another. The stranger and the more absurd the better. The challenge is to carry out a trick that is believable, if only for a little while. Tricks are most successful if played earlier in the day before a person is wise to what is going on. Younger children are also more gullible. Any tricks or jokes must be harmless and in good taste for the unsuspecting "victim". **Important:** Jokes and gags must be harmless and fun. They must not be dangerous or hurt anyone's feelings. Give your jokes and gags some thought before carrying them out. *Then, have fun by keeping an eye out for things that seem foolish around the building.*

16th Gimme a high five. As a matter of fact, give everyone you see a High Five! The "High Five" is a celebratory slapping of hands atop raised arms. It's been a standard for celebration of sporting victories, special event, competitions and many other activities for decades. It's fun, and easy to celebrate this special day. Give a High Five to everyone you see. This includes friends, family, passersby, and total strangers. The more high fives you give, the better. *We will be giving high fives all day today at North Domingo Baca.*

22nd Jelly Bean Day- Jelly beans date back to at least the 1860's. Advertisements promoted sending jelly beans to

Union troops during the Civil War. The original candy maker is unknown. *Stop by the front desk for a treat of Jelly Beans for you all.*

23rd Take a Chance Day - Life is filled with risks. To get what you want, sometimes you have to take a chance. And, today is created to do just that. Today is the day to take a chance on virtually any object or goal. Will it be love? will it be luck? Or, just lollipops? We hope you fully participate in this day, and that you attain everything you seek. So go ahead and take a chance. As they say "Nothing ventured, nothing gained" *Try a new class at North Domingo Baca today.* May I suggest the Drawing Class that meets from 9-11:00am, Jazzercise 9-10:00am, ZUMBA 9am & 1pm, Beg. Ballroom Dance 10:30 or 11:45 or Core Functions 12-1:00pm.

28th Great Poetry Reading Day - There's lots of poetry out there. Some is good, and some is not so good. Today is intended to read the world's greatest poetry. *Join our Poetry Reading during lunch.*

29th National Arbor Day - is the Tree Planter's holiday, and has been celebrated since 1872. It began in Nebraska, a largely treeless plain back in the 1800's. It is a day to plant and dedicate a tree to help nature and the environment. Millions of trees are planted on this day. *Drop you name and phone number in Arbor Day Box for a chance to win a tree to plant.*

NOTHING BUT FUN IN APRIL!!

"Holiday Insights" 2016 Holidays Calendar from Holiday Insights. Premier Star Co. Web. 13 Mar 2016

Department of Senior Affairs Mission Statement

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

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CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS





City of Albuquerque



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Department of Senior Affairs

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Janie Macias, Youth Program Coordinator

Adriana Ledezma, Office Assistant

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Vacant, Program Asst.

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Helen Martinez , Cook

Marlene Gonzales, Kitchen Aide

Anthony Casaus, General Service

James Habersham, General Service

Vacant, Custodian

North Domingo Baca Multigenerational Center

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Albuquerque, NM 87111

Phone: 505- 764-6475

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Hours of Operation

Monday—Friday	8 am—9pm
Saturday	9 am—3 pm
Sunday	Closed

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Visit our Website:

Northdomingo.weebly.com



Announcements



Pie Social – 11:45 am-1:00 pm, first Friday of the month, April 1, 2016 75¢

Water Feature Construction - Ongoing in the lobby the month of April.

Birthday Cake – 11:45 am-12:30 pm, April 29, 2016.

Smoothie/Yogurt Bar – Starting April 5 from 8-11:30 am on Monday-Friday, where, in addition to the Smoothies and Yogurt Parfaits, you can purchase your coffee (reg or decaf), tea and popcorn.

Lunch Meals – 11:30 am-1:00 pm. Please reserve your meals the day before by 1:00pm. Members 60+ suggested donation \$2, ages 50-59 \$3.25 and under 49 \$7.67.



Spotlight



ASUNM Community Experience brings **Spring Storm 2016** to North Domingo Baca. ASUNM is a student run community service agency at the University of New Mexico. They organize and participate in community service projects. North Domingo Baca was selected to participate in this great service opportunity on April 16, 2016, **Spring Storm**.

The Community Experience holds an annual event in which countless students, Staff and Faculty from UNM participate in a one-day service project. This city-wide service event sends hundreds of volunteers out into the city to help out organizations and clean up important community areas.

We here at North Domingo Baca are grateful for the help we will be receiving through this community service project. It falls at a perfect time for us. Spring is here and our grounds and landscape need some attention. A big shout out to **ASUNM and Spring Storm 2016!!**



Community



VIAL of Life Envelope – Learn how this program allows emergency medical personnel to have access to patient medical information such as medical history and current medications when responding to patients' homes. Please pick up your form and envelope at the front desk.

Bocce Ball – Come join us at North Domingo Baca Park, April 6 and 20th at 1:00 pm. Beginners welcome

April - ABQ 50+ Games Event List

April 2: Race Walk, Tingley Beach

April 9: Road Race, Tingley Beach

April 9: Fun Events, Villela Park

April 15: Tennis, Jerry Cline

April 16: Tennis, Sierra Vista

April 19: Disc Golf, Roosevelt Park

April 20: Golf, Arroya Del Oso

April 23: Horseshoes, Los Altos Park

April 23: Archery, Tijeras Archery

Range



Presentations



Whitewater 101: April 5, 2016 from 7:15-8:30 pm

Whitewater Kayaking is a strategic game that anyone can play--once you learn the rules. This FREE 2 hour classroom overview will introduce you to the types of equipment, maneuvers and concepts to help you be more successful while whitewater kayaking.

Mid-Life Lecture Series: April 11, 2016

from 5:30-7:00 pm - While we often hear others say "oh my aching bones" Dr. Nairn, interventional pain specialist, will explore common pitfalls and causes of pain and the best in prevention and treatment options.



Where Personal Training Falls Short: April 13, 2016 from 6-7 pm

- So often we are very hard on ourselves and have a stream of negative self-talk about our bodies and our appearance. Despite our efforts, we criticize and judge our bodies harshly for not fitting into our image of health and beauty. Expose some of the erroneous thinking patterns that get in the way of being happy with how our bodies are right now.



Senior Health Summit: April 14, 2016, starting at 8:30 am - FREE community event focused on health and wellness for Seniors. **Call 898-3030 to register.**

- Vendor and resource fair opens at 8:30 a.m.
- Senior health and Medicare 101 presentations
- Meet-and-greet with Lovelace Medical Group providers
- Information and resource fair
- Health screenings
- Refreshments

***Schedule your Annual Wellness Exam at the event.**

The Lovelace Care Concierge team will be on hand to help you schedule your appointment or find a Lovelace Medical Group provider.

Living Alone: April 15, 2016 from 10:00-11:30 am

- Living alone can be frightening. This can be a wonderful time in your life. Come learn about all the positive things about living alone.



Release Stress & Reclaim You: April 19, 2016

from 10-11:15 am - If you could help a loved one reclaim the ease and joy that life can be by simply touching 5 points on his/her head, would you like to know those points? Come learn and experience this touch therapy, and leave feeling better.

University of New Mexico Hospital CEO: April 20, 2016 from 9-10:00 am - Topic TBD – call for info 764-6475.

Chinese American Speaker Series: April 23, 2016 from 10:00 am-12:00 pm- ZhiB Bin Hong Hidden Struggles Impacting Local Asian Communities.

Who Will I Be When I Grow Up:

April 29, 2016 from 10-11:30 am

- Visit your inner child. There is always a part of you that should never grow up!



Trips and Hiking



Santa Fe Outlet Mall

Spend a fun day shopping until you drop at the Outlet Mall. Shops include Ralph Lauren, Coach and Tommy Hilfiger. **Tuesday April 12 from 9 am-3 pm, cost \$4.00**



Friday, 4/1/16; Cerrillos Hills Historic Part

– Cerrillos; Rating B (Moderate); Elevation 5700; Vertical 676; Distance 4.6; Travel Time to hike trailhead 1:15 hours; Estimated Return Time 3:03 pm; Cost \$5.00



Friday, 4/15/2016; Arroyo Piedra Lumbre West –

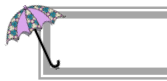
Cabezon; Rating C (Challenging); Elevation 6170; Vertical 450; Distance 4.5; Travel Time to hike 2:00 hours; Estimated Return Time 4:30 pm; Cost \$8.00



Friday, 4/29/2016; Lybrook Badlands West From

South – Cuba; Rating C (challenging); Elevation 6875; Vertical 240; Distance 6.6; Travel time to hike trailhead 2:30 hours; Estimated Return Time 6:33 pm; Cost \$13.00





Volunteers



April 20th - Volunteer Recognition Day

honors the legions of volunteers who dedicate themselves to causes and helping others.

They are making big and small differences in the lives of millions of people all over the world. They are saving lives. They are improving lives by providing assistance in many areas. That is especially true here at North Domingo Baca.

Our volunteers help in many capacities including teaching classes, front desk, computer lab, custodial and kitchen.

Most volunteers do not ask for recognition. They just want to help and to "give back" where they can.

Volunteer activities are energizing and rewarding.

Please consider volunteering. A great way to meet others.



Reflections



MARCH FORTH

Janie Macias, Youth Program Coordinator, enlightened us with this fun fact:

The only day in the calendar that has a command for us is **March 4th**.

When the going gets tough we at North Domingo Baca **MARCH FORTH!**

The encouragement to all is Never Give Up. **MARCH FORTH.**

Karaoke Night

Two of our dedicated volunteers here at North Domingo Baca, Leslie and Daniel, show us how it is done at our Karaoke night.



Special Events



City of Albuquerque, Dept. of Senior Affairs,
Dept. of Cultural Affairs, with De Oro Productions
Presents



Tarde

de Oro



Free Event Thursday, April 28, 2016, 1:30 pm
KIMO Theatre, 423 Central Ave SW

Tarde de Oro is the title of a fresh and exciting production that celebrates the rich, ever-lasting and absolutely unique culture of New Mexico and the American Southwest.

General seating - Doors Open at 1:00 pm
Transportation available - check at front desk

Free Fall Risk Screening North Domingo Baca

Friday, April 1, 2016, 8:30 am to 1:00 pm

Students and faculty from the
UNM Physical Therapy Program
will be conducting free fall risk screenings
(including blood pressure measurements)
for adults 60 years and older.



Asian-American Night

Friday, April 1, 2016

6:00 pm - 8:00 pm

Join us as the Asian-American
group introduces us to their
culture, food, dancing, and more.

Sign up at the front desk.



Let's Do Lunch!

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
28 Bratwurst w/ Sauerkraut Sweet Potato Soufflé Cauliflower & Broccoli Dinner Roll w/ Margarine Muffin 1% Milk	29 Chef Salad w/ Turkey & Ham Pasta Salad w/ Marinated Vegetables Crackers Mandarin Oranges 1% Milk	30 Red Chile Beef Enchiladas Pinto Beans Spinach Tapioca Pudding 1% Milk	31 Chicken Cacciatore Scalloped Potatoes Bread Stick w/ Margarine Pineapple 1% Milk	1 Pollock w/ Tartar Sauce Wild Rice Green Beans w/ Mushrooms Crescent Roll w/ Margarine Banana 1% Milk
4 Spaghetti with Meat Sauce Asparagus Garlic Bread Cold Peaches 1% Milk	5 Chicken Teriyaki White Rice Baby Carrots Whole Wheat Roll w/ Margarine Pear 1% Milk	6 Salmon Caesar Salad Cold Orzo with Red & Green Peppers Wheat Crackers Strawberries 1% Milk	7 Turkey Pot Pie Broccoli w/ Cheese Low Sodium Crackers Warm Apple Crisp 1% Milk	8 Salisbury Steak w/ Mushroom Gravy Steakhouse Mash Potatoes Green Beans w/ Mushrooms Dinner Roll w/ Margarine Chocolate Pudding 1% Milk
11 Sloppy Joes Red Potatoes Brussel Sprouts Apple 1% Milk	12 Carne Adovada Pinto Beans Squash Tortilla w/ Margarine Mandarin Oranges 1% Milk	13 Chicken Alfredo Italian Vegetables Garlic Bread Stick w/ Margarine Banana Bread 1% Milk	14 Open Faced Turkey Sandwich Stuffing w/ Gravy Oriental Vegetables Wheat Crackers Jelly-O w/ Fruit Cocktail 1% Milk	15 Spinach Omelet Fried Potatoes & Onions Stewed Tomatoes Wheat Bread w/ Margarine Cinnamon Applesauce 1% Milk
18 Ham Macaroni & Cheese Beets Dinner Roll w/ Margarine Warm Cherry Cobbler 1% Milk	19 Chicken Salad Sandwich Potato Salad Marinated Cucumber & Red Onions Cantaloupe 1% Milk	20 Beef Tips w/ Rice Asparagus Biscuit w/ Margarine Red Grapes 1% Milk	21 Frito Pie Calabacitas Crackers Granola Bar 1% Milk	22 Pollock w/ Tartar Sauce Sweet Potatoes Green Beans w/ Red Peppers Dinner Roll w/ Margarine Cottage Cheese w/ Pineapple 1% Milk
25 Chicken Stir Fry White Rice Carrot Coins Wheat Bread w/ Margarine Pineapple Chunks 1% Milk	26 Turkey Ziti California Blend Vegetables Cornbread w/ Margarine Pears 1% Milk	27 Chicago Dogs Baked Potato w/ Sour Cream & Margarine Broccoli Fruit Cocktail 1% Milk	28 BBQ Brisket on a Hoagie Roll Baked Beans Mixed Vegetables Low Fat Yogurt 1% Milk	29 Pork Chops w/ Green Chile Sauce Wild Rice Butternut Squash Wheat Roll w/ Margarine Oatmeal Cookie 1% Milk

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.



Janie Macias, Youth
Program Coordinator

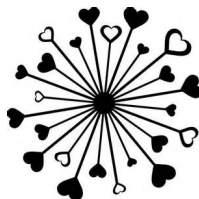


Youth Corner



"I AM ART" CLUB

I am proud to announce that the art club has completed learning how to use basic colors and blending black and white paint.



We are now displaying some of the art pieces along with some pet rocks of the children. These items are being displayed in the front lobby area.

The art club is now going to start new projects, and will need some recycled items



My pet rock!

such as: oat meal boxes or round chip cans.

We will have a collection area in Classroom 5. These items will be for the art students' paint brushes.



Also, any old shirts so that the children will have protection while painting. All items will be appreciated.



Vitalia Cisneros, Art teacher

The Hospital Guild Inc. is a New Mexico non-profit organization with 501(c)(3) status as an organization that assists hospitals in New Mexico and elsewhere.

The organization will be putting together a coloring book. The North Domingo Baca After School Program will participate in this great project.

North Domingo Baca would like to extend the invitation to the community as well. The first meeting will be March 30, 2016

and will continue through the end of the year. (Time to be announced.)

Please look for flyers that will follow.

The Coloring Book will be given to children who are hospitalized during the Holiday Season in select New Mexico children's hospitals and a Tennessee children's cancer hospital. It is a special way to give in the holiday season providing cheer and goodwill.



The Rio Grande Model Railroad Club

What's done down the tracks?

Monthly meetings on the second Saturday Morning of each month from 9:00 am to 11:30 am in the Community Room.

If you are 8-18 years of age and interested in learning about a new hobby, model railroading and railroading can offer many opportunities of interest.

Please Note: Must be accompanied for all entire meetings and work sessions by a parent, relative or guardians. No Exceptions!

Sincerely,
Allen E. Hovey



Friendly Reminder

The Summer Program Lottery Registration will open May 9, 2016 and will remain open until May 20, 2016. The Drawing will be May 21, 2016 at 10:00 am in the main lobby. We will be taking the first 120 kids.

The Summer Program will run from June 13th to July 22nd. If you have any questions contact Janie Macias at 764-6477.



Suggestions

The **Suggestions Box** is located at the doorway to the serving line to the kitchen.

Suggestion: As a member of NDB or any senior center I feel all classes for exercise should be offered FREE!! More members would go to classes and stay healthier. Other Senior Centers ask for donation only! That is how it should be here. \$5 is way too expensive.

Answer: We welcome more instructors that would like to offer classes for free. Please get the word out and have them call the center to offer their services. The Department of Senior Affairs has two facilities that stay open until 9:00 p. m. We offer the opportunity for instructors to offer boomer classes for a fee.

Suggestion: You need to have decaffeinated coffee for those who can't have the regular.

Answer: We are opening the Smoothie Bar in April where you will be able to purchase smoothies, yogurt parfaits, tea, hot chocolate, popcorn and, yes, coffee both regular and decaffeinated.

Suggestion: Childcare for gym users.

Answer: Unfortunately I am unable to act on this request. We do not have the staff to provide childcare.

Suggestion: Would you be able to put a waste basket under the desk where brochures are?

Answer: I will have a waste basket placed as per your suggestion.

Suggestion: Would you please make a sign for the public computers – “Please use head phones or ear buds when listening to videos and playing games”? Thank you.

Answer: North Domingo Baca is a busy place. There are many activities going on at one time. It is crucial that we consider others while conducting our business. It is appreciated if you are using one of the public computers and watching or playing, that has sound that ear bud or head phone is used to minimize distracting others around you. I will put up signs for a short time to get the word out. I will also instruct staff at the desk to inform others regarding distractions.



Mind Your Manners



George Washington wrote down 110 rules he called *Rules of Civility & Decent Behavior*, intended to polish manners. As I read through the book, I thought it was a refreshing reminder of the basic principles of “Decent Behavior.”

Decent Behavior in Company and Conversation

By George Washington

66. Be not forward but friendly and Courteous; the first to Salute hear and answer & be not Pensive when it's a time to Converse.

Do not detract from others nor be overbearing in giving orders.

67. Detract not from others neither be excessive in Commanding.

Do not go where you are not wanted. Do not give unasked-for advice.

68. Go not thither, where you know not, whether you Shall be Welcome or not. Give not Advice without being Asked & when desired do it briefly.

If two people disagree, do not take one side or the other. Be flexible in your own opinions and when you don't care, take the majority opinion.

69. If two contend together take not the part of either unconstrained; and be not obstinate in your own Opinion, in Things indifferent be of the Major Side.

Do not correct others when it is not your place to do so.



Coming in May



Older Americans Month “Blaze a Trail”

Activities to look forward to:

- Trip to the Camino Real Historic Trail Presentation followed by a Trip to the Site
- North Domingo Baca Park Walk
- BINGO Extravaganza
- Share Your Story





Health Promotion



Eating Right for a Healthy Weight

Reaching and maintaining a healthier weight contributes to your overall health and wellbeing. Losing even a few pounds or preventing further weight gain has health benefits. Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips:

Start with a plan for lifelong health. Focus on overall good health—not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed reach realistic goals when you start with one or two specific, small changes. Keep a food and activity log.

Get a personalized eating plan. ChooseMyPlate.gov will suggest a plan that gives you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

Eat at least three meals a day and plan your meals ahead of time. Eating at home, packing a lunch or eating out, an overall daily eating plan helps keep you on track.

Balance your plate with a variety of foods. 1/2 your plate should be filled with fruits/vegetables, about 1/4 with lean meat, poultry or fish, and 1/4 with grains. Add fat-free or low-fat milk, yogurt or cheese.

Start your meal with low calorie foods

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Switch to a smaller plate.

Know when you've had enough to eat. It takes about 20 minutes for your brain to get the message that your body is getting food and to stop feeling hungry. Fast eaters, slow down—give your brain time to get the word.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage calorie intake.

This is the key to an effective weight management plan.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger.

Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness. It helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking. If you are currently inactive, check with your doctor concerning increased physical activity.

Source: eatrightpro.org



Listen to the Quiet



Today
by Billy Collins

If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze
that it made you want to throw
open all the windows in the house
and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,
a day when the cool brick paths
and the garden bursting with peonies
seemed so etched in sunlight
that you felt like taking
a hammer to the glass paperweight
on the living room end table,
releasing the inhabitants
from their snow-covered cottage
so they could walk out,
holding hands and squinting
into this larger dome of blue and white,
well, today is just that kind of day.

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Our Veterans Wall is perpetual.

If you are a Veteran and missed
our Veterans Wall initial
ceremony, it is not too late.
Inquire at the Front Desk.



We want to honor you on our Wall.