



North Domingo Baca Multigenerational Center

MAY 2016

VOL 2 ISSUE 5



Source: U.S. Department of Health & Humans Services/
Administration for Community Living

Speaking of activities, Join North Domingo Baca “Blaze the Trail” with a Presentation by Dave Furbush on **El Camino Real**, the main north-south artery for commerce with Mexico, on May 20 from 10:30-11:30am, followed the next day by a trip to the actual *El Camino Historic Trail Site*.



On May 26, join us as we continue with “Blazing the Trail” as we partner with the U. S. Army on May 26 and host a Department of Senior Affairs **Back to Boot Camp Fun Walk** at the North Domingo Baca Park starting at 9:30am. There will be music, refreshment and fun games to enjoy after the walk.

We older people here at North Domingo Baca aren’t just sitting around — that’s not us ... We keep moving and marching on.

Did You Know?

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.



A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

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



Richard J. Berry, Mayor

Department of Senior Affairs

Jorja Armijo-Brasher, Director

Rhonda Methvin, Mgr. Recreation Div.

North Domingo Baca Staff

Berlinda Trujillo, Center Manager

Thomas Gallagher, Center Supervisor

Janie Macias, Youth Program Coordinator

Adriana Ledezma, Office Assistant

Vacant, Program Asst.

Vacant, Program Asst.

Robert Hastings Program Asst.

Willie Pounds, Program Asst.

Helen Martinez , Cook

Marlene Gonzales, Kitchen Aide

Anthony Casaus, General Service

James Habersham, General Service

Vacant, Custodian

**North Domingo Baca
Multigenerational Center**

7521 Carmel Ave NE

Albuquerque, NM 87111

Phone: 505- 764-6475

Fax: 505- 764-6489

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, May 6, 2016 75¢

Water Feature Construction – We are looking forward to the new water feature currently being constructed in the North Domingo Baca Lobby. The project is scheduled for completion mid May.

Birthday Cake – 11:45 am-12:30 pm, May 27, 2016.

Smoothie/Yogurt Bar – NOW OPEN. Monday-Friday, where you can purchase Smoothies, Yogurt Parfaits, 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



Vial of LIFE (Lifesaving Information For Emergencies)

The City Council Office, Albuquerque Fire Department, and the Department of Senior Affairs have partnered to distribute Vial of Life information cards to Albuquerque residents. This program allows emergency medical personnel to have access to patient medical information such as medical history and current medications when responding to a patient's home.

It is important to have this information readily available to first responders especially in cases that an individual is alone and not able to speak or remember vital medical information.

You can pick up your Vial of Life card at the front desk.



Community



Bocce Ball – Come join us at North Domingo Baca Park, May 4 & 18 at 1:00pm. Beginners welcome.

ABC-Z Improving Place from Planning to Zoning—ABC to Z is an ambitious two-year project to update the Albuquerque/Bernalillo County Comprehensive Plan and to integrate and simplify the city's zoning and subdivision regulations to implement the resulting plan. Join us for a public meeting about the second module of the proposed Integrated Development Ordinance. City staff will discuss design standards that determine the required quality of development. This meeting will offer an opportunity for the public to ask questions of the ABC-Z Project team, provide feedback, share ideas and learn more about the IDO. Learn more at <http://www.abc-zone.com/> **IDO Module 2 Meeting - May 16, 6-7:30 pm:** North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE



Presentations



Mastering Your Mindset: May 2, 2016 from 10:45 until 11:45 am. What if you could position yourself for maximum breakthroughs? A vantage point from where you can get the results you are seeking.

Expressive Arts in Grief: May 6, 2016 from 1 until 3 pm. Join us as we express ourselves through ritual.

UNM Hospitals Community Report Card: May 9, 2016 from 6 until 7:00 pm. Come hear about updates and ask questions about UNMH.

Presbyterian Women's Midlife Education Group: May 9, 2016 from 5:30 until 7 pm. Healthy Eating Means...Confused about the latest hype in gluten free, vegan, paleo and other diet plans? Learn what healthy eating really means and simple way to make the most out of food choices.

Silver Cyber-Safety – Office of New Mexico Attorney General: May 10, 2016 from 10:30 until 11:30 am. This interactive presentation will help adults and seniors understand not only the risks that come with using the Internet, but also the importance of practicing safe online behavior.

Breast and Cervical Cancer Awareness Workshop: May 12, 2016 from 10:30 until 11:30 am. This informative and interactive workshop covers screening, risk factors, ways to reduce risk and cancer-fighting foods (healthy snacks provided).

Death & Dying: May 13, 2016, from 10 until 11:30 am. There are things we need to do as we get older so that our choices and beliefs are followed. Death and dying are still almost taboo in our world. Come to discuss options, choices, and planning for the future. It is your life; you choose.

Swallowing Disorders and Treatment: May 17, 2016, from 10:30 until 11:30 am. Coughing or choking during meals? Attend an informative presentation by Bonnie Crispin, MS-CCC-SP Speech-Language Pathologist.

Reverse Mortgage: May 17, 2016, from 10 until 11:00 am. This is the moment you've been working toward your whole life; saving for the future, building equity, making good choices. Today's the day! Learn more about our reverse mortgage options.

Heart Failure – A Disease of Aging: May 19, 2016 from 10:30-11:30 am. Join us for a discussion on ways to keep your heart healthy at home given the limitations that occur with aging.

El Camino Real Historic Trail Site: May 20, 2016 from 10:30-11:30 am. An interesting presentation on how this historic site served as the main trail for commerce for 300 years. Then join us as we actually go to the site that is not only a museum, but also a conduit for deeper understanding of peoples of Europe, Mexico, and what is now the United States. (must pre-register for trip, cost \$14)



Chinese American Speaker Series: May 28, 2016 from 10 am until 12 pm. "Human Migration", Speaker Ely Yao, PhD & P.E



Coming in June



Beginning Needle Work- Learn the art from the experienced at no charge to you. Class starts June 14, 2016. Please sign up at the front desk.

Fathers Day Jazz n Jam: June 17, 2016 - Come celebrate Father's Day with us as we honor our husbands, fathers and our friend on HIS day.

Summer Recreation Program – It is that time of year, the 6 week Youth Summer Recreation Program starts June 13 and will run through July 22. It will be nice to have the children back with all their activities.



Trips and Hiking



VLA Antennas: The Very Large Array is one of the world's premier astronomical radio observatories. **May 18, 2016 from 9 am-4 pm cost \$14.**

El Camino Real Historical Trail Site: Described as the longest and most extensive archaeological site complex in New Mexico and is the earliest Euroamerican trade in the United States. **May 21, 2016 from 9am-4 pm cost \$14.**

Friday, 5/13/2016; **Mora Flats - Pecos;** Rating C (Challenging) ; Elevation 9222; Vertical 876; Distance 6.1; Travel Time to hike trailhead 2:30 hours; Estimated Return Time 6:18pm; Cost \$10.00

Friday, 5/27/2016; **Oat - Hay Canyons To Bottom Short - Jemez Mountains;** Rating C (Challenging) ; Elevation 8065; Vertical 720; Distance 5.3; Travel Time to hike trailhead 1:50 hours; Estimated Return Time 4:34 pm; Cost \$8.00



Older American's Month

with the



U.S. Army's Bootcamp

Fun Walk

May 26th, 2016

9:30 to 11:30am

North Domingo Baca Park

There will be music,
refreshments, and fun
games

ITALIAN AMERICAN NIGHT



Everyone Is Invited!

May 6, 2016

6:00-8:00pm

Italian—American potluck
experience Italian
heritage, music and food

Sign up at the front desk

Mother's Day Celebration



Help us thank all
those women who
we wouldn't be here
without.

Celebrate those
memories of moms
still here and
moms who are
greatly missed.

North Domingo Baca, Social Hall
Friday, May 13, 2016, 6:00-8:00pm

Please call 764-6475
Or sign up at the front desk



BINGO

is coming to North Domingo Baca
for a Special Session.

Come and try your luck.

Tuesday May 17

1:30-4:30 pm

\$4.00

- 10 Regular,
- 4 Specials,
- 1 Blackout



Let's Do Lunch!

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak w/ Mushroom Gravy Steakhouse Mash Glazed Carrots Wheat Roll with Margarine Apricots 1% Milk	3 BBQ Pork Rice Pilaf Spinach Dinner Roll w/ Margarine Apple 1% Milk	4 Tuna Fish Sandwich= Pasta Salad w/Marinated Vegetables Coleslaw Low Sodium Crackers Grapes 1% Milk	5 Turkey Pot Pie Lima Beans w/ Corn Crescent Roll w/Margarine Warm Cinnamon Peach Slices 1% Milk	6 Chicken Fajitas Spanish Rice Refried Beans Orange Sherbet 1% Milk
9 Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Mixed Vegetables Dinner Roll w/Margarine Chocolate Pudding 1% Milk	10 Bratwurst w/ Peppers & Onion on a Bun Macaroni & Cheese Green Beans w/ Mushrooms Wheat Roll w/ Margarine Cold Peach Slices 1% Milk	11 Chicken Caesar Salad Cold Orzo w/ Peppers Garlic Breadstick Yogurt 1% Milk	12 Sweet & Sour Pork Buttered Noodles Broccoli Biscuit w/ Margarine Pineapple Chunks 1% Milk	13 Beans w/ Chile & Cheese Spanish Rice Scandinavian Vegetables Tortilla w/ Margarine Banana 1% Milk
16 Beef Tacos Pinto Beans w/ Green Chile Calabacitas Mandarin Oranges 1% Milk	17 Pollock w/ Tartar Sauce Sautéed Potatoes & Onions Asparagus Dinner Roll w/ Margarine Jell-O w/ Fruit 1% Milk	18 Chicken Alfredo Beets Wheat Bread Chocolate Cake w/ Powdered Sugar 1% Milk	19 Meatloaf Wild Rice Crinkle Cut Carrots Wheat Roll w/ Margarine Melon 1% Milk	20 Denver Omelet Hash Browns Stewed Tomatoes Wheat Bread w/ Margarine Cold Pears 1% Milk
23 Cheeseburger Ranch Beans Cauliflower & Broccoli Chocolate Pudding 1% Milk	24 Cheese Enchiladas Steamed White Rice Zucchini w/ Corn & Red Peppers Orange 1% Milk	25 Orange Chicken Angel Hair Pasta w/ Tomatoes Oriental Vegetables Whole Wheat Roll w/ Margarine Fruit Cocktail 1% Milk	26 Open Faced Turkey Sandwich Stuffing w/ Gravy Brussel Sprouts Cantaloupe 1% Milk	27 Pork Chop w/ Gravy Au Gratin Potatoes Spinach Dinner Roll w/ Margarine Chocolate Chip Cookie 1% Milk
30 CLOSED HOLIDAY	31 Frito Pie Baby Carrots Wheat Roll w/ Margarine Green Apple 1% Milk	1 Chef Salad Pasta Salad Low Sodium Crackers Mandarin Oranges 1% Milk	2 Spinach Lasagna Italian Vegetables Garlic Breadstick White Cake 1% Milk	3 Chicken Tenders w/ BBQ Sauce Buttered Noodles Mixed Vegetables Crescent Roll w/ Margarine Granola Bar 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.



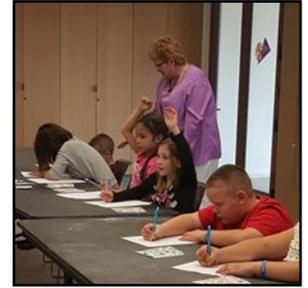
Janie Macias

Youth Program Coordinator

May I Please!

The Month of May has arrived with great prestige and politeness.

I remember growing up in a small town called Greeley, Colorado where all the neighborhood kids would gather together to play, Mother May I. Perhaps you played it too! My point here is to acknowledge how polite we were as kids playing a game that would ask for permission to take small or large steps forward.



The first one to reach the Mother would win and they would be the next Mother in charge to give permission. How Fun! With all that said...

MOTHER MAY WE PLEASE take two steps forward to a Wonderful Month!

Happy Mother's Day!

May 8th is Mother's Day. Mothers may come in many forms such as a dad, a sister, a grandmother perhaps an aunt or a caregiver.

Please take the time to say, Thank You!

May I please set the table?
Setting a table can be very complicated.
A simple place setting for one, please!



The children from NDB After School Program will be hosting an Alice in Wonderland Tea Party on Friday, May 6, 2016 at 3:30pm in the social hall to show their appreciation to their mothers.

May I Please Have This Dance?

North Domingo Baca After School Program will be having their **Kids Dance Explosion!!!** Every Wednesday from May 4, 2016 thru May 18, 2016 with Pilar Alcazar and her Dance Team!



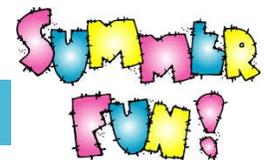
Great Minds Think Together!

The After School Program here at NDB is going strong with Science Projects!

The children have been challenged to research science projects of their choice and make it happen!



Friendly Reminder



The Summer Program Lottery Registration will open May 9th, 2016 and will remain open until May 20th, 2016.

The Drawing will be May 21st, 2016 at 10:00am in the main lobby of NDB. We will be taking the first 120 kids.

The Summer Program will run from June 13th to July 22nd.

If you have any questions, please contact Janie.



Suggestions



Volunteers



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

Suggestion: I recommend making the first (and/or second) parking space in each row closest to the front door handicap parking b/c there are not enough spaces for handicap parking.

Answer: I will contact the City of Albuquerque Municipal Development to see if your suggestion might be an option .

Suggestion: Baca needs more Low Tables. As a handicapped person (and there are many of us using Baca) I cannot get into the high chairs safely. In talking to people at Baca, others say they need low tables also high tables do not help if you are a wheel chair person.

Answer: All our tables in the Classrooms and Social Hall are low tables. In addition to the high tables we have in the hallways we do have low tables throughout the facility. Location may be the problem for you. Please contact me to see how we can place some of the low tables where you need them.



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

- 70. Reprehend not the imperfections of others for that belongs to Parents Masters and Superiors.
- 71. Gaze not on the marks or blemishes of Others and ask not how they came. What you may Speak in Secret to your Friend deliver not before others.
- 72. Speak not in an unknown Tongue in Company but in your own Language and that as those of Quality do and not as the Vulgar; Sublime matters treat Seriously.
- 73. Think before you Speak, pronounce not imperfectly nor bring out your Words too hastily but orderly & distinctly.

SENIORS, GOT TIME?

NEED \$\$\$\$\$?

The Senior Companion Program needs YOU



Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties.

Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members.

Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year.

Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

Call today for more information: Heath Barkley or Rosalie Torres @ (505) 764-1612.

Girl Scout Troop 10185



So excited to see art work by Girl Scout Troop 10185 displayed



High Five!

Awesome Art!





Going Green

People who are "eating greener" include those who grow their own food and compost all their waste, to those who simply take a re-usable bag to the grocery store. We're all interested so here are a few tips to consider.

Eat Fresh Produce in Season

If you're fortunate enough to live in a state with lots of farms like we are in California, then you have access to fresh fruits and vegetables all year-round. Eating in-season, local produce ensures that your food has traveled fewer miles to get to you, which means it's fresher, too.

One way to ensure you're getting in-season produce is to visit your nearest Farmers' Market; you'll also feel good about supporting local farmers. With almost 800 farmers' markets in California, there's likely one near you. Don't live in California, or there isn't a nearby Farmer's Market? Here is a list of seasonal fruits and vegetables you can buy from your local grocery store.

Cook at Home

Eating at home will be doing yourself some good. Cooking your own foods allows you to have more control over the ingredients, likely reducing the calories and salt you eat and ensuring that you're eating a more nutritious meal.

Ditch Overly-Packaged Food

You know what an apple doesn't have? A wrapper. An easy way to go green with your food is to ditch packaged products, which will reduce the packaging waste. You'll likely find yourself eating better, too.

Grow Your Own Food

A little vegetable plot in your back yard can provide a lot of vegetables and fruits. With a backyard garden is a healthy advantage.



Eat a Balanced Diet in the Right Amounts

Remember to eat for your health by eating right-sized, balanced meals from all five food groups. Your waist and your wallet will thank you, and if we all pitched in, we'd consume less food overall, leaving more resources for the planet.

Should I Buy Organic?

Both conventional and organic milk, fruits and vegetables provide the same nutrient value. If organic is a little too pricey, don't skip healthy foods altogether; feel confident that the conventional option is just as nourishing. Also, an organic label does not necessarily make the food healthy.



Ultimately, how green you go is up to you. There are a lot of easy things you can do to help the planet by adjusting your plate. The best part? Most of the changes you make will benefit your own health immediately.

(Healthyating.org)



Listen to the Quiet



Sunset

by Florence Peacock

The setting sun of life gilds with its rays
The unforgotten but far distant days,
The days when youth and hope walked hand
in hand.

It sheds around the past a rosy glow,
That past which never was a present, though
On looking back o'er life it seems to stand

Bathed in a crimson glory,—and old age
Lingers with loving fondness o'er the page
Thus lighted up by memory's golden rays.

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.

**NDB Multigenerational Center
7521 Carmel N.E.
Albuquerque, NM 87113
(505) 764-6475**