

The Meadowlark Notes

ACTIVITIES & EVENTS FOR ADULTS 55 & BETTER

PROMOTING POSITIVE AGING

Hello, again!

We are pleased to announce that we are accepting appointments for the following activities to begin Monday, September 21:

- Billiards
- Work-out Room
- ~~Computer Lab~~ (CANCELLED)
- Ceramics (Members only pick-up and drop-off for kiln firing)
- Social Hour on the Patio

To make an appointment and to confirm opening (since things are ever-changing), call (505)891-5018. All other activities will be reintroduced in future phases.

Members will be required to adhere to several new protocols that are put in place for safety, and to minimize the transmission of the COVID-19 virus.

The Sandoval County Meals program will continue with Grab-and-Go meals that can be picked up and eaten at home. Hours for meal pick-up will be Monday-Friday, from 11:30 a.m.-12:30 p.m.

We understand that you have all missed one another, as well as the MSC staff, and we encourage you to reach out to us, and to each other via internet or phone. Please remember that it is safer for you to stay home, and should do so as much as possible.

If you're not quite ready to come to the Center, take this time to leaf through these *Notes* to find fun ideas of activities you can do at home. Take a "trip" to the Wild Spirit Wolf Sanctuary, watch one of our video presentations to learn about how you can explore your family tree or learn about an Enigma machine from WWII. You can also find a word search on page 4 or give us a call to get on the list for the *Warble Wire*, so we can connect you with a friendly voice just to chat.

We also want to let you know that September is National Senior Center Month! Although Meadowlark isn't open in the same manner, we want to recognize the most important part of the Senior Center: YOU! The members. We thank you for your continued support and eager spirit through this tough time!

Sincerely,

The Meadowlark Staff

Important Phone Numbers

Senior Citizen Help/Food Hotline
1(800)432-2080

COVID-19 Testing in Sandoval County

- NextCare, (505)395-5520
- NM Department of Health,
Sandoval County Public Health Office,
(505)867-2291

Coronavirus Hotline: 1(855)600-3453

Non-health related COVID-19 questions: 1(833)551-0518

Sandoval County Meal Site:
(505)896-8311

NOTICE on VOTING

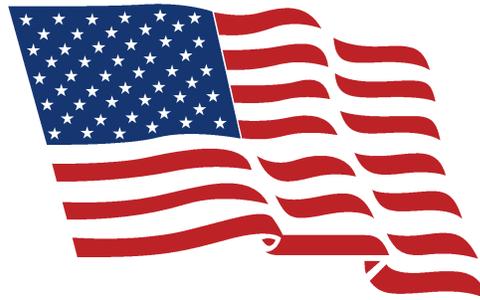
Due to the pandemic, voting will NOT be held at the Meadowlark Senior Center this year. However, the Sandoval County Clerk will be mailing Absentee Ballot **Applications** to all registered voters by September 14, 2020. For more information on voting, you can visit the Sandoval County website at sandovalcountynm.gov, scroll down and select *2020 Election Information* or call (505)867-7577.

Attention Veterans!

In honor of Veterans Day, *The Rio Rancho Observer* is organizing a special project to honor those who have served our country. For those interested, *The Observer* is asking all Veterans, their friends or family members to submit a photo and service information to be published on Sunday, November 8. Submissions should be of Veterans who are current or former residents of Sandoval County. If the photo doesn't show the Veteran in uniform, they will be asking for proof of service.

Information required

- Photo
- Name and Rank
- Branch of Service
- Dates of Service
- Person submitting the information
- Phone number



Submissions can be emailed to editor@rroserver.com or brought in person to *The Observer* office at 409 NM 528, Ste. 101, Rio Rancho. **The deadline for submissions is Thursday, October 29 at 5 p.m.** Late submissions cannot be accepted. For more information, call (505)891-7172.



Watch for these impressive new virtual workshops being presented by Peopleworks-NM in the coming months:

- Grieving life changes
- Caregiver needs in a pandemic
- Spiritual crises

peopleworksnm.org • (505)990-4186

Senior MVD Information

Rio Rancho MVD open by appointment ONLY
Call to make an appointment at (505)896-8367.
The Rio Rancho MVD charges a \$10 transaction fee, CASH ONLY, plus any additional fees.

The following Albuquerque MVD locations are offering Senior Hours (age 79+) on Tuesdays and Wednesdays from 8—10 a.m.

- Eagle Vista
- Montgomery
- Rio Bravo
- Sandia



Vinyasa Yoga

Vinyasa yoga is a gentle flow-style of yoga that is ideal for all levels. Greet the new day in this light, yet invigorating class with customized instruction for each individual. With this, you can adapt your practice to fit your own abilities and intentions. Participants must be able to get up from the mat. This will be a “drop-in” type class. Pre-registration NOT required. Please bring mask, mat, towel and water. Limit 10. First come, first served.



Tuesdays, September 22, 29, October 6 & 13
\$5 cash per class

Veteran's Park from 9—10 a.m.

950 Pinetree Rd SE, Rio Rancho, NM 87124

Speakers & Presentations

We are pleased to announce that video presentations are now available on the City of Rio Rancho, Parks, Recreation & Community Services Facebook page!

Drawing the Duke

with Dick Moots

<https://www.youtube.com/watch?v=Hct7yDjCuuU>

CRACKING ENIGMA

with Dave Levenson

<https://www.youtube.com/watch?v=PhuM3rEVB9M>

Coming September 16

Lane Kirkpatrick on

Endangered Birds:

The Socorro Dove & Condors

And more online video presentations to come!

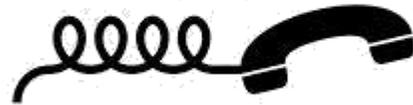
Warble Wire



There are seven types of Meadowlark birds that live across North and South America. The Western Meadowlark found in the Western United States boasts a vibrant yellow belly and chest and a song that is a flute-like *warble*.

Isolation and loneliness have always been a concern for older adults, especially now that we are all dealing with the effects of the coronavirus pandemic, but that's nothing a little *warble* can't help.

If you are experiencing loneliness, or are simply eager to chat, the Warble Wire is here for you! Call (505)891-5018 to get on the list to receive a phone call from a friendly voice to brighten your day!



Vision Loss Support Group

This phone support group is for seniors with vision loss and their family members. Together with fellow members, you will gain a better understanding of vision loss, its impact on daily life, and how it affects independence and relationships. Learn tools, techniques, and coping strategies. This group will be led by Leah Gerlach, MS, CRC, who has been a rehabilitation counselor for 30 years and has been legally blind her entire life.

Call 1-712-432-5610, Code 660#
Every 2nd Tuesday
10:00 a.m.



Musical Madness

O	H	A	T	L	M	P	H	Y	P	S	E	R	O
B	A	R	I	T	O	N	E	M	A	T	D	I	M
I	R	E	K	T	S	O	M	P	I	A	N	O	E
D	M	S	U	R	O	H	C	I	R	Y	H	H	T
P	O	S	Y	H	A	O	E	M	H	Y	E	C	R
K	N	Y	M	A	O	T	L	A	I	T	A	L	O
M	Y	M	E	B	A	R	L	J	M	P	E	T	N
O	O	P	L	A	A	R	O	A	I	P	S	E	O
R	B	H	O	S	R	O	S	Z	L	T	O	M	M
E	A	O	D	S	I	C	A	Z	Y	E	P	P	E
C	L	N	Y	H	A	K	C	O	R	N	R	O	O
N	L	Y	E	N	A	N	O	Y	I	O	A	R	L
C	A	N	E	O	E	R	R	E	C	R	N	B	Y
T	D	T	R	E	C	N	O	C	Y	L	O	T	M

- BARITONE
- ROCK
- MELODY
- SOPRANO
- CELLO
- LYRIC
- BALLAD
- PIANO
- CHORUS
- JAZZ
- HARMONY
- METRONOME
- SYMPHONY
- ALTO
- BASS
- CHOIR
- TENOR
- ARIA
- TEMPO
- CONCERT

Wild Spirit Wolf Sanctuary

Nestled on Candy Kitchen Road in Ramah, NM (Yes! That's the name.) is an animal sanctuary that rescues un-releasable, captive-bred, and unwanted wild canids. Take a look at their Facebook page to meet some of the wolves, wolf-dogs, foxes and more!

https://www.facebook.com/pg/thewildspiritwolfsanctuary/videos/?ref=page_internal



Meet our new van!
Here's Lissette showing off our new "baby."
We can't wait to take you all out in it!

Fall Prevention

Falls Prevention Awareness Day is on September 22. Falls are the leading cause of injury-related emergency visits, and Falls Prevention Awareness Day is used to bring awareness to this public health issue. Falls can cause bruising, hip fractures, and head injuries, and these accidents have the potential to be fatal. You can fall-proof your home with these tips from the experts.

- Keep emergency numbers and/or your cellphone handy.
- Keep electric cords near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects to not be in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors.
- Keep items you often use within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" or ask for help. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Mount grab bars near toilets and on both the inside and outside of your tub and/or shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Use night lights.
- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is adequate lighting at the top and bottom of stairs and on each end of a long hall.
- Keep the areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors.

Flu Shots

get your
Flu Shot



Meadowlark Senior Center will be a drive-thru flu vaccination site for your convenience. Please watch for information on the city website or call (505)891-5018 for confirmed dates and times.



Michele poppin' out of the office for an impromptu popcorn party!

Enjoy these virtual activities put on by local theaters!

Jeopardy!

Presented by Albuquerque Little Theatre
Every Thursday, beginning September 10
<https://albuquerquelittletheatre.org/>

You'll Just Love My Dad

Presented by The Adobe Theater
Watch via Zoom for \$8
September 11—12 @ 7:30 p.m.
September 13 @ 2 p.m.
<https://adobetheater.org/reservations/>

Social Hour on The Patio

Are you alone most of the day? Do you need to connect with others while still social distancing? Meadowlark is introducing a *Social Hour* with a limit of 6 members. You'll meet new people or old friends, and share what you have been up and future plans for 2020. Social Hour is available on Tuesdays and Thursday on the Patio. Participants will be required to maintain 6 feet between each other. Call (505)891-5018 to grab a spot!



Ms. Kay going through a list of people to call for wellness checks.

ECHO Food Program

Commodity boxes are available for people age 60 and over who meet the following income guidelines:

Household size	Gross monthly income
1	\$1,354
2	\$1,832
3	\$2,310

Commodity distribution and registration will occur from 11:00 a.m.—12:30 p.m. in the MSC Parking Lot on the following Mondays: *September 21, October 26, November 23 and December 21.*

For more information and registration requirements, contact ECHO at
www.echoinc.org
 (505)242-6777



RIO METRO
 REGIONAL TRANSIT DISTRICT

Rio Rancho Dial-a-Ride

Rio Rancho Dial-a-Ride is a weekday door-to-door transportation service for Rio Rancho residents ages 62+ and disabled adults ages 18+. You must be registered to use this service.

Service Areas

- Rio Rancho City Limits
- Albuquerque (for medical appointments only)*
- Cottonwood Mall Area*

*For more information, to schedule a ride, fare prices, or to apply, call (505)994-1608.

20 Things to Bring You Joy...RIGHT NOW!

1. Smile :)
2. Write a letter to someone...or yourself... on your best stationary!
3. Take a 5 minute walk
4. Wear a piece of jewelry you haven't worn in a while
5. Get a bouquet of flowers for your table
6. Watch your favorite movie
7. Meditate for 5 minutes...or longer!
8. Bake a treat with a family member or friend
9. Take a bubble bath
10. Have an impromptu dance party!
11. Wear THAT outfit that makes you feel unstoppable!
12. Draw
13. Start a donation box
14. Add some things to that donation box
15. Call or video chat a friend you haven't spoken to in a while
16. Do a good deed
17. Take a nap!
18. Clean
19. Go for an aimless drive
20. Listen to music



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E-mail: info@yncm-abq.com**

\$64 per hour (1 hour minimum) plus a \$15 per-trip fee.

**Membership expired?
MSC Rapid Renewal!**

Call to renew your membership today!



Emery hasn't stopped sharing his contagious smile!

Culinary Corner

TOMATO / BASIL SOUP

Ingredients

1/3 cup of FRESH basil
3 cloves of garlic
1/4 of a medium onion
5 Roma tomatoes
1 teaspoon of salt and pepper
2 tablespoons olive oil

Instructions

Preheat oven to 400 degree F. Slice tomatoes in half, mash garlic cloves, chop onion and put these ingredients in a bowl. Pour 2 tablespoons of olive oil over the veggie mixture and toss. Add salt and pepper and toss again. Spread veggies on a baking sheet and roast in oven for 20 minutes. Take veggies out of the oven and admire them while they cool for 10 minutes. Add veggies and fresh basil to a blender and blend until mixer is creamy. Serve with a grilled cheese sandwich or some toasted bread for a cozy fall meal.

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@RioRanchoParksandRec

- *Video presentations*
- *Activities*
- *Updates and more!*

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Call (505)891-5018 for
information and rates.



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Meadowlark Notes

A Publication of The City of Rio Rancho/Division of Senior Services
Meadowlark Senior Center
4330 Meadowlark Lane SE
Rio Rancho, NM 87124

For uninterrupted delivery of your “Notes,” check your address label for the expiration date. Renew when due. If your label reads 9/20, this is your last issue.

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*For more information, please visit www.retreatnm.com
505-892-9663*

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