

# JUBILEE JOURNAL

Third Quarter 2014

## WHAT'S NEW BREAKFAST MEETUP

On Saturday morning, August 2, a gathering of Jubilee residents enjoyed fruit, donuts, bagels, coffee and tea, followed by information on La Vida Felicidad.

La Vida Felicidad is a 30-year old non-profit organization located right here in Los Lunas. La Vida Felicidad provides services for Adults with Developmental Disabilities, Homecare and Adult Day Care for Seniors, as well as Early Intervention (birth to age 3) Services, and a 4-Star Child Care Center. Jubilee homeowner Jim Schnitzler, a Board member of La Vida, introduced the organization's Executive Director, Kathey Phoenix-Doyle, who gave a brief overview of services. Ms. Phoenix-Doyle introduced Susan Ortega, Homecare Services Coordinator, who further explained their home services for Seniors. Their initial in-home consultation, often done by Ms. Ortega, is complimentary, with home care requiring a 2-hour minimum shift at \$16/hour. A Service Fee Schedule was available, with additional handouts further describing the organization and its services.

During a question and answer period, it was stated that their Adult Care services are covered by Medicaid, but not covered by Medicare. However, services are available to anyone, and the cost of their services is lower than comparable services in the area. This is all valuable information, and much welcomed by our community.



## FROM THE EDITOR

Here we are again - three quarters into the year already! It's been a full, busy time at Jubilee. Activities, events, day-to-day happenings occurring all the time. We are so happy to welcome new neighbors, many of whom have taken advantage of so much that our community has to offer. It's great to see them enjoying the swimming pool and spa, playing games, and coming to the parties.

Here's wishing everyone a fabulous holiday season! And let us ring in, and welcome, 2015 in grand Jubilee style, as usual!

JERI FRIEDMAN,  
EDITOR



Jubilee®  
LOS LUNAS

## FOURTH OF JULY BASH

Jubilee celebrated the 4th of July on a grand scale! The evening began with a happy hour, followed by a BBQ dinner, featuring hamburgers, hot dogs, Boca burgers, as well as sides, condiments and desserts. Many thanks to chef Daryl, the Social Team, Slyck, and all the folks who helped with set up and clean up.

Once again, the band “Hit Squad” played really fantastic music. Several residents and guests took advantage of this, and got out on the dance floor to strut their stuff. This band is really awesome, and we hope to see them back again whenever the occasion arises.

The Villa and patio/pool areas were decorated beautifully, and 110 people truly enjoyed the festivities. It really was an amazing event!



## VOLUNTEER EXPERIENCES

We are delighted to feature, for the first time in the Journal, this column on volunteer experiences that Jubilee residents are, or have been, involved in. Enjoy!

Karen Garnich shared a very rewarding volunteer experience she was involved in when she lived in Washington state, which she called her “Sarvey Sundays”.

This was at a wildlife rehabilitation center at the Sarvey Wildlife Care Center in Snohomish County. She was drawn to this by her son who, at the age of 14, saw an educational program at his middle school, and he just knew he wanted to go and work there. At his age, an adult was required to supervise his volunteer work, which Karen agreed to do. She became hooked, and never regretted her decision to accompany him.

She donated her time to this organization for many years, which involved cleaning indoor cages and outdoor enclosures, giving medications, food prep, bathing animals, building and rebuilding fences and habitats of all sorts, bottle and syringe feeding small mammals and birds. Animals of all kinds were there: bears, bobcats, rabbits, herons, swans, ravens - the list goes on and on.

Karen met a lot of dedicated people volunteering at the center, ranging from young teenagers up to older retirees. It’s obvious, from Karen’s account, that it was a very, very rewarding experience, and she would recommend researching such an opportunity in the Albuquerque area, should one be interested.

Another Jubilee resident, Pam Witt, has volunteered with Animal Humane of New

Mexico since 2010. During her tenure, she has cleaned kennels and the cattery, walked dogs, helped with adoptions, new volunteer orientation and community events. She enjoys helping in the Outreach Department, attending community events to educate people about the organization and going out to elementary schools, to teach children how to interact safely with animals.

Animal Humane provides excellent volunteer training, a good support system, and a range of fun activities to participate in as a volunteer. Animal Humane usually asks volunteers to give 8 hours a month, but the Outreach Department waives this requirement, due to how many activities come up on a monthly basis. Animal Humane is always open to accepting more volunteers. There are opportunities to help with direct animal care (dog walking, cat sitting, kennel cleaning, adoption support), as well as helping in the animal food bank, the thrift shop, Outreach events and other areas. If anyone is interested in volunteering, Pam welcomes questions, and offers the website for further info:

(<http://animalhumanenm.org/pets/netp>). Volunteers are always needed to help at the Doggie Dash & Dawdle, the organization's biggest fundraising event which occurs the first Sunday in November. Further information for this can be found at:

<http://animalhumanenm.org/pets/events/doggiedashdawdle/index.php>.

Pam is also involved in the Roadrunner Food Bank, helping to package food that is sent to various schools and outlets around the city to help feed children. The work shifts

usually run about 2 hours, and all protective gear (hair nets, gloves, etc.) is provided. The Food Bank is very grateful for the help.

Please note: if you are involved in, or have been involved in, a volunteer activity you would like to share in future issues, don't hesitate to contact me at: [jerijubilee@comcast.net](mailto:jerijubilee@comcast.net). We are truly grateful to these ladies who have contributed so much as volunteers, as well as appreciate the efforts all volunteers in the Jubilee community put forth.

### AMERICAN BANDSTAND SOCK HOP

On August 16, over 80 residents and guests gathered at the Villa to celebrate the 1950's in style. With "glad rags" on, folks "rocked around the clock" to the music of the day. Familiar tunes were played on a computerized juke box, manned by Slyck. Music was featured both inside and outside, for everyone to enjoy nostalgically, and dance to.



The evening's festivities were hosted by Marilyn Kent and her team. They did a fantastic job of organizing - music, food, decorations, and candy from the 50's abounded in fine form.

There were casseroles, meat loaf, potato dishes, sides, and desserts to fit all palates.

Some ladies donned “poodle” skirts, made famous in the ‘50s, pony tails, saddle shoes, you name it. And some men’s T-shirts’ sleeves were rolled up, with mock cigarette packs folded inside. Very cute, and in keeping with the style of the 50’s!

Barry Avner was the soda man! What a great job he did making ice cream floats with root beer, Coke, strawberry and orange soda! Truly appreciated, Barry!

Many thanks to the hostesses, and all the people who helped set up and clean up, making this a night to remember!



## LABOR DAY

The day began with a small flea market/garage sale type event, from 9 a.m. to noon. Folks brought small items to the pool pavilion, and larger items were available at people’s homes. A lot of beautiful and useful things were presented, and there was a lot of activity all up and down the streets.

Labor Day was further celebrated from 2



to 5 at Jubilee with food, music, dancing and a pool party! The Villa looked really festive - red and white tablecloths, flowers in baskets, and balloons. At least 80 residents and guests attended; indeed, a great turnout.

There were hot dogs, beans, cole slaw, potato salad, veggie kebabs, as well as fun ice cream/fudge bars/ice pops for dessert. People mingled inside and out; folks also listened to music and danced under the pool pavilion. And volleyball was the game of the day in the pool. It was obvious that those volleyball players that participated truly had a blast!

Thank you, Slyck, and the Social Team; another great day of fun and games at Jubilee!

## JUBILEE'S GOT TALENT

It sure does! September 20th - Jubilee's 3rd Annual Talent Night showcased once again just how much talent there is here in our community. We have singers, musicians, comedians, poets - you name it, we can do it!

Over 70 people attended the event, which was organized and hosted by John Trestrail. John has spearheaded Talent Night from the beginning, and he does a fabulous job. In between acts, he also keeps the audience in stitches with a grand array of jokes.

The new sound system is great; many thanks to Slyck for monitoring this, and making sure that every performer was able to project to the fullest.

We look forward to Talent Night #4, in 2015!

## NEW MEXICO SENIOR OLYMPICS

Eleven Jubilee residents qualified for, and competed in, the 35th New Mexico State Senior Games in Roswell this past July. There were over 107 competitive events featured during this 4-day gathering of seniors. "You don't stop playing because you grow old; you grow old because you stop playing."

Both at the national and state levels, the goal is to encourage a healthy active lifestyle for adults 50 years and older. Opportunities abound for folks to get involved at various levels within a variety of sports activities.

Several residents expanded Jubilee's sports involvement from last year; including archery, 8-ball pool, basketball, swimming and talent competition.



*"Jubilee's Got Talent!" 2014*

Jubilee can be proud of those who participated, not only for medals won, but also for representing Valencia County with a competitive spirit, that was also positive, congenial, and supportive of all athletes.

We worked hard, we played hard, and we met wonderful folks! We hope you come and join us for June 2015 in Roswell! (If interested, please contact Nick Blea at:

[nicholasblea@gmail.com](mailto:nicholasblea@gmail.com))

SHELLEY MAJSTEREK



## JUBILEE FALL ACTIVITIES

In the early mornings at the Villa, I can feel the kiss of autumn. The summer is winding down, and all the wonderful fall and winter activities, events, and parties begin to fill our

events, and parties begin to fill our calendars.

We are starting two new fitness classes as our water classes will go on winter break soon. On Mondays, we substitute water aerobics with a cool new class taught by Kathleen Griego and on Wednesdays, Rena Chavez trades her Aqua Zumba for Zumba Toning! These are two result-driven classes... just in time to get you ready for that “ ‘lil Black Holiday Dress”.

Speaking of the holidays and upcoming events, October not only teases us with Halloween, but also the FIESTA JUBILEE: TASTE OF NEW MEXICO marketing event and Salsa Dance on October 10. Native cuisine, wines and micro brews of New Mexico will be showcased, followed by fun and dancing provided by Son Como Son Salsa Band.

Looking into November, we give thanks with our wonderful Thanksgiving Potluck sponsored by the residents. December is a busy month with decorating the Villa, a Holiday Sing-A-Long, the Jubilee Holiday Party, Christmas Eve Soup gathering, the day after Christmas potluck leftovers, and ending with a New Year's Eve bash.

So much to look forward to this 4th quarter and that means...BUSY! With all the rushing around shopping, parties and family visits, we tend to grab a quick fast food someplace. Fast food has a reputation for being high in trans-fat, saturated fat, sodium and calories, while having next to no healthy ingredients. For example, one loaded hamburger and fries contain more saturated fat than you should eat in two days.

However, things are looking up! Over the past few years, many fast food restaurants have made a concerted effort to improve their menus. As a result, many restaurants now offer low-fat options and fresh ingredients. Choose wisely and you no longer have to sacrifice a healthy meal for the sake of convenience.

As an informed consumer, check out the online menus of the fast food places. Look for grilled or broiled lean meat options, as well as fresh or steamed veggies. Be mindful of piling on the extras: sour cream, cheese, salad dressings, and butter. Ask for dressings and toppings on the side, and monitor the amount used. Twenty minutes is the time needed for your brain to get the message that your tummy is full. Eat slowly, chew slowly and your food will digest quicker, resulting in you eating less and being satisfied sooner. While there are healthier options available these days at fast food joints, nothing beats a home-cooked nutritious meal.

Keep in mind that exercise plays a huge part in keeping a healthy lifestyle and maintaining a healthy weight. Contact me if you are interested in setting up a workout plan, in conjunction with a healthy eating regime.

**SLYCK PECENA, NASM CPT &  
SENIOR FITNESS TRAINER**



### SUBMISSIONS TO NEWSLETTER

Articles submitted to the Jubilee Journal are welcome, and will be subject to editorial review and ultimate HOA approval. Please submit to

[jerijubilee@comcast.net](mailto:jerijubilee@comcast.net)

### HOMEOWNER PRIVACY

It is of optimum importance that this editorial staff respect homeowner privacy. In order to achieve that, please note that no one's name/s will appear or be mentioned in the newsletter without prior approval from the individual.

### DISCLAIMER

This newsletter is provided for informational use only. The best available sources were used in its preparation but no guarantee is implied or otherwise represented by the authors as to accuracy of the information contained herein.

### EDITORIAL STAFF

Editor in Chief: Jeri Friedman

Assistant Editors: Shelley Majsterek, Myra Barker, Bob Lacourciere