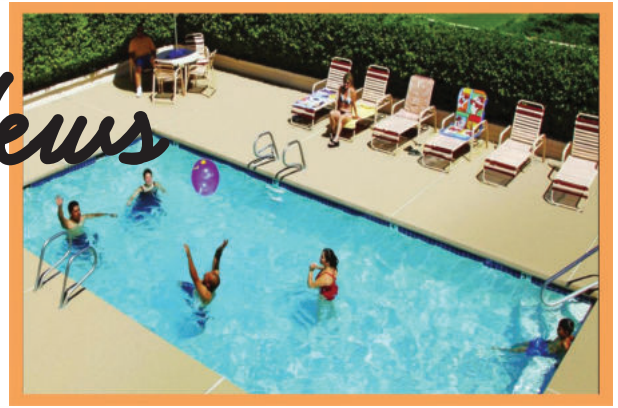




Community News Meadowbrook

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



MEADOWBROOK

7401 San Pedro Drive NE
Albuquerque, New Mexico 87109

Office Hours

Monday - Sunday 8 a.m. - 5 p.m.

MEADOWBROOK TEAM

Manager	Josie Lujan
Assistant Manager	Karrie Vigil
Maintenance Supervisor	Abel Veleta
Maintenance Tech	Brian Smith
Maintenance Tech	Trista Simplicio
Activity Director	Cyndi Garcia
Activity Director - Asst.	Joe Lyons
Cleaning	Joe Lyons
Office Admin	Brandi Nieto

IMPORTANT NUMBERS:

Meadowbrook Office	505-821-1717
Meadowbrook Fax	505-821-4972
Maintenance After-Hours Cell Phone ..	322-4592
Valley Protective Service	505-323-1072
Large Item & Missed Pick up	505-768-2000
PNM	505-246-5700
Animal Control	311
Albuquerque Police - nonemergency ..	242-2677
www.meadowbrooknm.com	

GAS METER READS

We will be reading the gas meters on **Monday, July 20th**. Please make sure to leave your gate unlocked and your dog inside your home.

Reminder: This area needs to be cleared of stored items and cleaned of all debris at all times. Please do not attach anything to the gas meter. This area is a NO parking area and you shouldn't block access in case of an emergency. Thank you!

July 2026

JULY BIRTHDAY WISHES FOR:

Michael, David, Sid, Tegan, Wade, Victor Jr., Cheyanne, Kaeli, Matthew, Mariah, Craig, Carlos, Fredrick, Donna, Justin, Amber, Vincient, Deanna, Jaelynn, Michael, Jolene, Jose, Natalie, Marcella, Gracia, Carl, Ethaniel, Joshua, Miguel, Karmen, Susan, Maria, Luther, Katana, Daniel, Sammy, Keeyah, Jose, Carla, Gladys, Guillermo, Camille, Enrico, Michelle, Rafael, Andrys, Irving, Sophia, James, Thomas, Jasmine, Iliana, Gregorio, Andrew, Brianna, Marcus, & Traci!!! Wishing you all a **HAPPY BIRTHDAY!**



Meadowbrook Office will be closed July 4th for the holiday. Pools will be open from 9 am - 6 pm. 4th of July BBQ will be at 12 (noon) on the East side of the pool area.

Fireworks are not allowed in the community. Hope you ALL have a safe holiday.

Be Cool at the Pool

We want all of our residents to enjoy our pool. To ensure that everyone has a safe and pleasant swimming experience, please observe the rules posted and be courteous to other swimmers. Thanks!

MEADOWBROOK JULY HIGHLIGHTS

- 7/4 4th of July BBQ
- 7/11 Bingo Night
- 7/16 Spaghetti Night
- 7/18 Ladies' Community Night
- 7/19 Vendor Fair
- 7/22 Birthday Night
- 7/25 Potluck Night

COFFEE KLATCH!

Join us Tuesday and Friday mornings, from 9:00-11:00, in the clubhouse! Check out our new calendar listed below: Come out and enjoy friends and bring your great ideas for future activities.

COFFEE KLATCH MONTHLY EVENT CALENDAR

- 7/3 Coloring
- 7/7 Bingo
- 7/10 Word Search
- 7/14 Chair Exercise
- 7/17 Ice Cream
- 7/21 Game
- 7/24 Trivia
- 7/28 MAD LIBS
- 7/31 Coloring

THE NAIL LOUNGE NM



The Ground Zero Gunboat

In July 2010, construction workers building the new World Trade Center, where the Twin Towers stood before 9/11, found something unexpected: a shipwreck.

The vessel, nicknamed Ground Zero Gunboat, was quickly extracted, studied and preserved as best as possible. Experts determined that the ship was built during the American Revolution era in Philadelphia, maybe even from the same white oak trees used to build Independence Hall, where the Declaration of Independence and Constitution were signed.

Historians and scientists believe the boat was made to patrol shallow waters but may have traveled as far as the Caribbean. In spite of extensive study, it's still a mystery as to how the boat ended up in Lower Manhattan.

The Ground Zero Gunboat now permanently resides at the New York State Museum, where visitors were invited to watch the preservationists reconstruct the ship in 2025. The ship is a much-anticipated piece of the museum's celebration of America's 250th anniversary.

Stamps For Approval

What did Charlie Chaplin, Amelia Earhart and Queen Elizabeth II all have in common? A love for postage stamps. Stamp collectors have plenty to celebrate on July 1. On that day in 1847, the first U.S. postage stamps were issued, featuring Founding Fathers Ben Franklin and George Washington. Since then, the U.S. Postal Service has released these famous stamps.

Inverted Jenny. In 1918, the U.S. Postal Service issued a stamp to celebrate the first U.S. airmail service, featuring a blue Curtiss JN-4 airplane, nicknamed a "Jenny." A sheet of 100 stamps was printed incorrectly, with the airplane upside down. The stamps cost 24 cents in 1918, but the rare error prints have been sold at auction for millions.

Elvis Presley. First released in 1993, the stamp featuring the King of Rock and Roll still holds the record for best-selling commemorative stamp. Experts estimate that nearly 125 million Elvis stamps were saved.

Scratch and sniff. In 2018, the Postal Service introduced the first-ever scratch and sniff stamps for when people "care enough to scent the very best."





Fostering Friendships

Older adults have extra reason to recognize the importance of social connection on World Friendship Day, July 30.

First, the concerning news: a 2023 advisory by the U.S. Surgeon General warned Americans about the loneliness epidemic, noting adults aged 65 and older experience the highest rates of social isolation. The study found that lacking social

connection was as dangerous as smoking 15 cigarettes a day.

Here's the good news. The advisory also found that maintaining healthy social connections increased survival rates up to 50%. In a study published in the "Journal of the International Neuropsychological Society," socially active participants lessened their risk of cognitive decline by 70%.

Psychologists recommend that late-life adults socialize according to their interests and energy levels. For folks who are experiencing overwhelming isolation, call the Institute on Aging's 24/7 Friendship Line at (888) 670-1360.



Health & Wellness



Our Bodies' Water Ways

It's important to stay hydrated throughout the year, but it's especially important during warm weather. Water is essential for many of the body's organs and functions. Here's a rundown of all the ways water keeps your body working well:

Heart. Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water can also help with maintaining a healthy weight and regulating blood pressure, both of which reduce

stress on the heart.

Brain. Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, as well as help prevent fatigue and headaches.

Digestion. Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.



Wit & Wisdom

"Liberty, when it begins to take root, is a plant of rapid growth."

—George Washington

"Creativity is the greatest expression of liberty."

—Bryant H. McGill

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."

—Rosa Parks

"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."

—Pearl S. Buck

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech."

—Benjamin Franklin

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."

—Alexander Hamilton

"Liberty is worth paying for."

—Jules Verne

"You can only protect your liberties in this world by protecting the other man's freedom."

—Clarence Darrow

World Sarcopenia Day Is July 4

Sarcopenia, the gradual age-related loss of muscle, affects an estimated 11% to 50% of adults ages 80 and older. Common symptoms include weakness, tiring easily, trouble climbing stairs, poor balance and falls. Health care providers often recommend resistance-based training and a healthy, protein-rich diet to counter sarcopenia, but all individual treatment plans should be discussed with a doctor.

The First Perfect 10

On July 18, 1976, 14-year-old Nadia Comaneci from Romania became the first gymnast in Olympic history to score a perfect 10 after her performance on the uneven bars at the Montreal Summer Games. She went on to earn six more 10s and win three gold medals at that year's Olympics. Due to gymnastics scoring changes made in 2006, it is no longer possible for a gymnast to achieve a perfect 10.

Happy Livers and Knees Full of Love

Ancient Mesopotamians had so much love in their ... livers. Researchers studying texts from 3,000 years ago have found that people related love to their livers and knees, in the same way that people across cultures today often relate love to the heart.

Sunday	Monday	Tuesday
	<i>July</i>	
5 KIDS' CHOICE NIGHT Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM To 5 PM	7 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
12 SWIM NIGHT	13 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM To 5 PM	14 COFFEE KLATCH @ 9 AM - Clubhouse PING PONG NIGHT
19 VENDOR FAIR 3 -6 PM BOARD GAME NIGHT	20 Read Gas Meters CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM To 5 PM	21 COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
26 BILLIARDS NIGHT	27 CLUBHOUSE & OFFICE & FITNESS CENTER & POOLS Open 8 AM To 5 PM	28 COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT

Wednesday	Thursday	Friday	Saturday
Rent Is Due 1 BOARD GAME NIGHT	2 PING PONG NIGHT	Independence Day (Observed) 3 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	Independence Day 4 4th of July BBQ @ 12 Pools Are Open 9 am - 6 pm NO Fireworks Are Allowed in the Community.
8 AIR HOCKEY NIGHT	9 SWIM NIGHT	10 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	11 BINGO NIGHT
15 KIDS' CHOICE NIGHT	16 SPAGHETTI NIGHT @ 5:30 PM	17 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	18 LADIES' COMMUNITY NIGHT
22 CAKE & ICE CREAM NIGHT	23 Wii NIGHT	24 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	25 EAT, MEET & GREET POTLUCK
29 POPCORN NIGHT	30 PING PONG NIGHT	31 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	

SERVICE REQUESTS

All service requests need to be called into the office. Please do not stop employees out in the field to give details on a work order. We will make sure they are processed and given to the maintenance staff to address the issue.

MAINTENANCE AFTER-HOURS CELL PHONE

If you have an emergency utility problem after hours, please contact our on-call maintenance at 505-322-4592. They will respond to the call as soon as they can.

VALLEY PROTECTIVE SERVICES

We have a new courtesy patrol that is patrolling our community every day from 8 pm to 6 am. You can reach them at 505-323-1072. If you have an emergency, please contact 911. Thank you.

Towel Drying Tip

Reusing bath towels or beach towels a few times before washing them is a smart way to save energy and lighten your load on laundry day. But humid weather can make air-drying time slow. Speed up the process by spreading the towel out to dry rather than hanging it on a hook. Do the same with towels that are slightly damp from the dryer, so they'll stay fresh longer.

LEASE RENEWALS

Meadowbrook Renters renting homes from us, we love having you as members of our community, and hope you plan to stay. You will be notified at least 75 days before your leases expire, and a 60-day notice of inspection will be done prior to signing lease renewals. We will give you notice about ALL deposit increases prior to renewing your lease. If you're wondering when your leases expire and about increase amounts, please contact the office. All lease renewals will be scheduled for 60-day, 6 month and pre-renewal inspections.

Homesite leases renew automatically on an annual

basis. On-site transfers are approved (with conditions) via Community Manager and/or Regional Manager. Notices to vacate will only be taken on the first of the month. (Correct form is found in the office.)

Call or stop by the office to discuss your options!

REFER A FRIEND!

Your friends are great friends; wouldn't it be better if they were your neighbors, too? Get paid to bring them in! We have a great referral program! Applicants must mention and write down your name and space number at the first visit on the guest card.

A Revolutionary Rebel

The young American Revolutionary Robert Shurtleff had a secret: the Massachusetts infantryman was really Deborah Sampson, nicknamed Molly for her beardlessness by her unsuspecting comrades.

Sampson spent her childhood as a ward and then an indentured servant. She educated herself, and after turning 18, worked as a teacher and a weaver.

After Sampson enlisted in the Continental Army in disguise, she was assigned to serve as a scout in the dangerous "Neutral Ground" between British and American-held land, where raiders wreaked havoc on local

citizens. Legend has it that Sampson was shot during a raid and left the bullet in her shoulder rather than risk being discovered.

In 1783, Sampson's gender was discovered by a treating physician after she passed out due to high fever, resulting in her honorable discharge. After the war, Sampson married a farmer and went on a speaking tour in New England.



EARLY BIRD WINNER

Make sure you cut out the coupon and bring it to the office by the 1st of the month. If you're on Epay for the 1st, please bring in your coupon. We will enter your name into the drawing for a FREE lunch on us!!

LUNCH ON US

LUNCH WINNERS:

January: #73 Danielle

February: #35 Michelle

March: #237 Byron

April: #135 Deborah

May: #187 Kathy

June: #169 Lanny

July:

August:

September:

October:

November:

December:

****EARLY BIRD****

PAY YOUR RENT ON OR BEFORE THE 1ST AND GET A CHANCE TO WIN A FREE LUNCH. PRESENT THIS COUPON WITH YOUR RENT CHECK. ****YOU MUST TURN IN A COUPON TO WIN****

NAME

LOT NUMBER

PHONE NUMBER

THERE'S A WINNER EVERY MONTH!



REFER A FRIEND!

Your friends are great friends; wouldn't it be better if they were your neighbors, too? Get paid to bring them in! We have a great referral program! Applicants must mention and write down your name and space number at the first visit on the guest card.

Hot Diggity Dog!

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Positive Thought

"Some of the best memories are made in flip-flops." —Kellie Elmore

Just Sold



LOOKING FOR A SIGN?

Use ours for the highest price and the fastest sale.

Thinking of making a move this year, but you're not sure how to list your home?

Meadowbrook will sell your home faster and for a higher value than any of our competitors.

We only sell homes at Meadowbrook.

We have more showings, our professional marketing generates an average of 10 community tours per week.

93%

Our average sales price vs listing price.

VISITS

Average 12 community tours per week.

BE SURE

Take the guesswork and the worry out of selling your home.

Give our Licensed Professionals a chance to earn your business.

Contact us Today for a FREE No Obligation Conversation.
Please Call Josie: (505) 821-1717

Thinking of Selling Your Home?

Give me a call and let me **SELL** it for you. Make your appointment!

HAPPY *Independence* ★ DAY ★



"This Month In History" JULY

1929: The first hotel built at a U.S. airport opens in Oakland, Calif.

1933: Major League Baseball holds its first All-Star Game at Chicago's Comiskey Park.

1964: President Lyndon B. Johnson signs the Civil Rights Act into law.

1970: "American Top 40" debuts on seven radio stations. Created and hosted by Casey Kasem,

the countdown of the most popular songs in the U.S. is now heard all over the world.

1986: The 100th anniversary of the Statue of Liberty is commemorated with a four-day celebration in New York City.

1994: Crayola introduces a scented version of its crayons, called Magic Scents.

2000: At age 24, Tiger Woods wins the British Open and becomes the youngest golfer to complete a career grand slam in the sport.

2019: Marvel Studios' superhero blockbuster "Avengers: Endgame" overtakes the 2009 sci-fi epic "Avatar" as the world's highest-grossing movie of all time. "Avatar" reclaimed the spot in 2021 after it was rereleased in China.