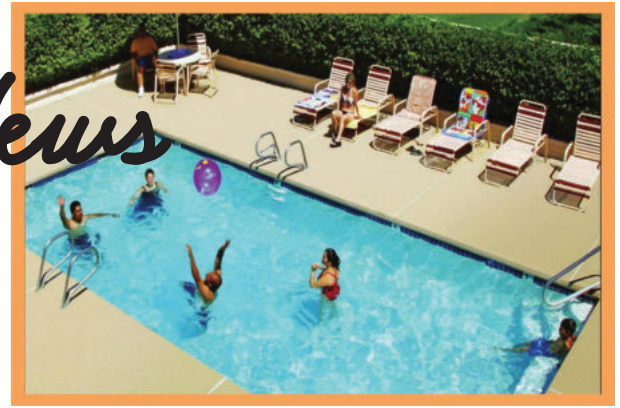




# Community News Meadowbrook

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



## June 2026

### 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 ..... Dwayne Tallada  
Activity Director ..... Cyndi Garcia  
Activity Director - Asst. .... Joe Lyons  
Cleaning ..... Joe Lyons  
Office Admin ..... Brandi Nieto

### IMPORTANT NUMBERS:

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

### GAS METER READS

We will be reading the gas meters on **Saturday, June 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!*

### JUNE BIRTHDAY WISHES FOR:

Leona, Madison, Lance, Glory, Zander, Fairy, Marcel III, Suzanne, Gionni, Jeremia, Michelle, Shelby, Michele, Alexis, Monique, Sammy, Beverly, Linda, Karen, Kara, Katrina, Dahlia, Howard, Beatriz, Brenda, Abraham, Alexis, Elizabeth, Stephen, Nevaeh, Arthur, Joshua, Frank, Joey, Julian, Robbie, Rosa, Victoria, Cooper, Chassity, Hector, Tabetha, Michael, Jeremy, Damian, Helen, Gavin, Ivan, Edwin, Vicenta, Esau!! Wishing you all a HAPPY BIRTHDAY!

### Picnic Power

Salt, pepper and sunlight—eating outside can boost your mood and even improve your brain structure. Whether you choose a picnic, a patio or a park bench, dining al fresco is a way to refresh both your body and mind.

Fresh air is a favorite prescription of caregivers and healthcare professionals alike, but it's also a secret ingredient to make any meal taste better. Being outdoors, especially in nature, can improve sinus health and, therefore, your sense of taste.

Feeling the sunlight on your skin and hearing birds sing is clinically linked to measurably decreased stress. The more relaxed you are while eating, the healthier you are likely to eat and the better you are able to digest your food.

Our picnic tips? Start simple. Have your coffee and breakfast outside watching the sun rise, share a snack with a friend in a park, or try a one-dish dinner on a patio. Checkered blankets and wicker baskets are not required for all the positivity a picnic can offer.

**ENJOY THE SUNSHINE!**

## MEADOWBROOK JUNE HIGHLIGHTS

- 6/6 Bingo Night
- 6/11 Breakfast for Dinner
- 6/13 Ladies' Community Night
- 6/17 Birthday Night
- 6/20 Potluck Night
- 6/21 Father's Day Party

### 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

- 6/2 ..... Chair Exercise
- 6/5 ..... Donut Day
- 6/9 ..... Bingo
- 6/12 ..... Peanut Butter Cookie
- 6/16 ..... Birthday
- 6/19 ..... Crossword
- 6/23 ..... Game
- 6/26 ..... Chair Exercise
- 6/30 ..... Coloring

## THE NAIL LOUNGE NM



*Book Your Appointment*



### Celebrating Freedom

When President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war's end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas — the western-most state at the time — and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country's "second Independence Day" and is marked by a variety of joyous and solemn celebrations.

## Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these items in your diet for a dose of added protection.

*Watermelon and tomatoes.* The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

*Cantaloupe and carrots.* These orange fruits and vegetables have high levels of beta-carotene, which may help boost the skin's ability to defend against sunburn.

*Vitamin C-rich foods.* Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, which is good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

*Salmon and tuna.* Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer.





## Thank a Nursing Assistant

They lend a helping hand all day, every day to men and women across the nation. In June, we get the opportunity to recognize the nursing assistants and certified nursing assistants who provide hands-on, direct care on a daily basis.

Supervised by a licensed or registered nurse, nursing assistants interact with patients or residents, assisting them with tasks such as feeding, bathing, dressing and grooming.

## Brain Bender: Day at the Beach

Leo, Sabrina and Vicky spent a summer day at the beach. Each of them saw a sea creature — starfish, crab and jellyfish — and enjoyed a treat from the concession stand — ice cream, snow cone and hot dog. They also met new friends by joining in an activity — Frisbee, volleyball and flying a kite.

Using the clues below, can you figure out how each of them spent the day?

- Sabrina did not play volleyball, see a crab or eat a snow cone.
- The person who flew a kite also saw a jellyfish.

Because they spend the majority of their time providing hands-on care, nursing assistants often form a close relationship with the people they serve. Their role requires compassion, patience and dedication, qualities that enable them to be a source of emotional support, as well as a vital advocate for quality health care.

From June 11-17, we're given the opportunity to thank these dedicated professionals for their hard work and care. The first day of the commemorative week is always observed as Career Nursing Assistants Day, a nod to nursing assistants who have worked in the field long-term.

- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

*(Answer: Leo saw a crab, ate a hot dog and played volleyball. Sabrina saw a starfish, ate ice cream and played Frisbee. Vicky saw a jellyfish, ate a snow cone and flew a kite.)*



## Fathers of the Fields

In addition to celebrating your own dad this Father's Day, take a moment to recognize a few founding fathers of various fields of study.

*James Madison.* The fourth president of the United States is known as the father of the Constitution, thanks to his strong influence during the development and ratification of the famous document. In response to the nickname, Madison made clear that the Constitution was "the work of many heads and many hands."

*W.C. Handy.* Composer and musician William Christopher Handy earned the nickname "Father of the Blues" by playing a significant role in bringing the genre to a wide audience.

Portrayed by singer Nat King Cole in the 1958 film "St. Louis Blues," Handy also has an annual music festival named after him.

*Alan Turing.* British mathematician Alan Turing designed a precursor to the computer and published influential research, becoming known as the father of modern computer science. In 1950, he proposed a test to determine whether a computer could communicate like a human. The "Turing test" is now a cornerstone of today's field of artificial intelligence.



## Health & Wellness

### Berry Good for You

Stay hydrated during hot weather by snacking on juicy raspberries, blueberries and strawberries. Eat them plain or mixed with yogurt and a little granola for a sweet treat.

### Emotional Resiliency: Half-Full or Half-Empty?

Emotional resiliency is the ability to take life's challenges in stride. Some people are more apt to focus on the negatives, but just like all habits, negative thinking is a pattern that can be changed.

*Focus on the present.*

Making a conscious effort to live in the moment helps you appreciate that moment and avoid mental troubles in the meantime.

*Smile and laugh.* Both actions release feel-good endorphins and reduce stress compounds. Faking it actually works: Studies have shown that just the act of smiling and laughing can "fool" our bodies into being happy.

*Practice!* You won't always succeed in your first efforts. But try, try again, and you'll soon find that events that would have sent you into a stressful spiral are easier to handle.

Sunday	Monday	Tuesday	
<h1>June</h1>	<b>Rent Is Due</b> 1  <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER &amp; POOLS</b> Open 8 AM to 5 PM	2  COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT	
	7  PING PONG NIGHT	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER &amp; POOLS</b> Open 8 AM to 5 PM	8  9  COFFEE KLATCH @ 9 AM - Clubhouse KIDS CHOICE NIGHT
	14  SWIM NIGHT	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER &amp; POOLS</b> Open 8 AM to 5 PM	15  16  COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT
	21  FATHER'S DAY PARTY @ 5 PM	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER &amp; POOLS</b> Open 8 AM to 5 PM	22  23  COFFEE KLATCH @ 9 AM - Clubhouse PING PONG NIGHT
	28  BILLIARDS NIGHT	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER &amp; POOLS</b> Open 8 AM to 5 PM	29  30  COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>3</b></p> <p>BILLIARDS NIGHT</p>	<p style="text-align: right;"><b>4</b></p> <p>AIR HOCKEY NIGHT</p>	<p style="text-align: right;"><b>5</b></p> <p>COFFEE KLATCH @ 9 AM - clubhouse            YOUTH CENTER NIGHT            Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!</p>	<p style="text-align: right;"><b>6</b></p> <p>BINGO NIGHT</p>
<p style="text-align: right;"><b>10</b></p> <p>BOARD GAME NIGHT</p>	<p style="text-align: right;"><b>11</b></p> <p>BREAKFAST FOR DINNER @ 5:30 PM</p>	<p style="text-align: right;"><b>12</b></p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p style="text-align: right;"><b>13</b></p> <p>LADIES' COMMUNITY NIGHT</p>
<p style="text-align: right;"><b>17</b></p> <p>CAKE &amp; ICE CREAM NIGHT</p>	<p style="text-align: right;"><b>18</b></p> <p>SWIM NIGHT</p>	<p style="text-align: right;"><b>19</b></p> <p><b>Juneteenth</b></p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p style="text-align: right;"><b>20</b></p> <p>POTLUCK NIGHT</p>
<p style="text-align: right;"><b>24</b></p> <p>BILLIARDS NIGHT</p>	<p style="text-align: right;"><b>25</b></p> <p>Wii NIGHT</p>	<p style="text-align: right;"><b>26</b></p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p style="text-align: right;"><b>27</b></p> <p>SWIM NIGHT</p>

## 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.

## Wild World: Bumblebee

If you see a plump, fuzzy bee flying around some flowers, you're likely looking at a bumblebee. By beating their wings more than 130 times per second, these insects create their trademark buzzing noise, which shakes pollen loose from flowers and onto nearby blossoms. This unique action is called buzz pollination, which many plants rely on to produce fruit, including tomatoes, eggplants and cranberries. Bumblebees are social like honeybees, but their colonies are much smaller and usually located underground. A bumblebee has two large eyes on the front of its head and three smaller eyes on top, useful when seeking out its favorite colors of flowers, blue and purple.

## 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.

## Esports Explained

Short for electronic sports, esports describes the world of organized video game competitions. Individual players or teams of players face off in the same video games that are popular with at-home gamers.

Fans can watch their favorite players via TV or video streaming or attend live competitions in sold-out arenas. In 2015, the Esports Arena in Santa Ana, Calif., became the first dedicated esports facility in the U.S.

The esports audience has grown to more than 600 million viewers worldwide and global revenues are valued at nearly \$3 billion.

Player earnings vary based on the event and if competitors play solo or as a team. Many professional gamers make tens of thousands of dollars a year, while the best in the world have won millions from a single competition.

Some high schools now have esports teams, and a growing number of colleges offer esports at the varsity level, providing players scholarships.



### 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: Deborah #135
- May: #187 Kathy
- June:
- July:
- August:
- September:
- October:
- November:
- December:

### SOLD #91 2026 SCHULT

PRICE ..... \$103,900  
 SIZE ..... 16 X 76  
 TYPE OF HOME ..... Singlewide  
 SQ. FEET ..... 1216  
 MONTHLY COMM. FEE .... \$626



### 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.



- Desiree Landeros
- Richard Buksa
- John Tortoriello II
- Christie Sloan
- Carla Musser
- Amy Dettman
- Glenda Trager

### A Magical Summer

"Everything good, everything magical happens between the months of June and August." — Jenny Han

**Stop and Smell the ...**  
June is National Rose Month.



### 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!



H A P P Y  
*Father's Day*  
—  —