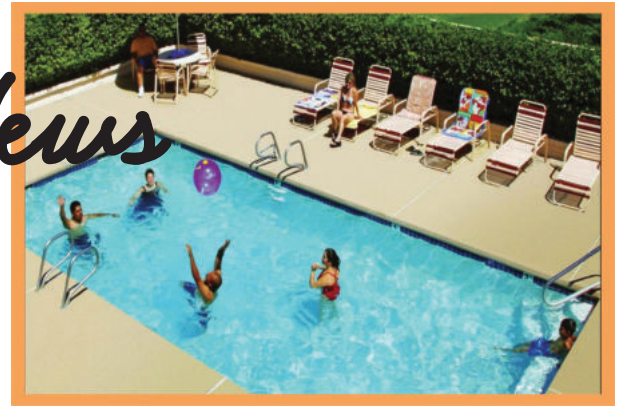




Community News Meadowbrook

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	Zack Sierra
Maintenance Tech	John Barnett
Activity Director	Cyndi Garcia
Activity Director - Asst.	Joe Lyons
Cleaning	Joe Lyons
Office Admin	Sarah Hunter

IMPORTANT NUMBERS:

Meadowbrook Office	821-1717
Meadowbrook Fax	821-4972
Maintenance After-Hours Cell Phone ..	322-4592
NM Protective Force	323-1982
Large Item Pickup	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 **Friday, March 1st**. 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!

March 2024

MARCH BIRTHDAY WISHES FOR:

Beatrice, Martha, Wyatt, Nicholas, Michelle, Patricia, Andrew, Sandra, Kristine, Garrett, Victoria, Serenity, Lisa, Raymond, Magaly, Mykala, Laurel, Jennifer, Sharon, Elijah, Sterling, Michael, Eric, Nicole, Christopher, Talia, Trisha, Jovana, Antonio, Julian, Michael, Alejandro, Jeanette, Linda, Donna, Sandra, Christopher, Ida, Charlie, Liana, Richard, Hailey, Dexter, Elijah, Denise, Alijah, Giselle, Donovan, Lucy, Carlos, Jannete, Patrick, Cassius, Miguel, Aliviah, Cristina, Susanne, Gram, Shelby, Victoria, and Hanna!!!! Wishing you all a HAPPY BIRTHDAY!

Homeowners 4 Corner Inspections

With weather permitting, Management will be conducting 4 corner property inspections on ALL homes. We will be inspecting the home's exterior for painting, repairs, all windows, blinds, decks, siding, sheds and driveways. We will send you notices and give you some time for repair. If you're thinking of doing any home exterior improvements, please contact the office before starting any projects.



Easter Egg Hunt Saturday, March 30th @ 5 pm

MEADOWBROOK MARCH HIGHLIGHTS

- 3/2 Bingo Night
- 3/7 Spaghetti Night
- 3/9 Ladies' Night
- 3/10 Vendor Fair
- 3/13 Birthday Night
- 3/16 Potluck Night
- 3/17 St. Patrick's Day Party
- 3/30 Easter Party & Egg Hunt

COFFEE KLATCH!

Join us Tuesday and Friday mornings, from 9:00-11:00, in the clubhouse! Make sure you sign up for the monthly potluck night!
Thank you.

VEHICLE REGISTRATION & PLATES

Courtesy reminder: All vehicles parked within the Meadowbrook community must have current registration and a license plate; this includes vehicles parked in guest parking. You might have seen new signs around the community to replace the "no parking" signs. Direct Parking Services will now be our vendor for removal of vehicles that are not in compliance with community rules/regulations.

Parking on the street, overnight parking and parking in vacant sites are NOT allowed and will result in having your vehicle tagged and towed without notice at your expense. Make sure your guests park in the designated area.

Direct Parking Services:
505-317-3880



North American Flora

American writer Ralph Waldo Emerson wrote, "Earth laughs in flowers." And when is there a better time to talk about flowers than on the first day of spring? Start the season by learning about some North American flowers.

Black-eyed Susan. This iconic sunny yellow flower with a brown center is native to eastern North America.

Wild columbine. Butterflies and hummingbirds seek out the drooping red petals and showy yellow centers of these eye-catching blooms.

Coneflower. Purple daisy-like petals surround a spiky, orange cone center to form the perfect resting spot for butterflies, bees and songbirds.

Blue wild indigo. A member of the pea family, this perennial grows tall stems of blue-purple flowers that are a favorite of bumblebees.

Creeping phlox. Ranging from white to purple, these five-petal flowers are low-growing and create a beautiful carpet of color.

Golden alexanders. Teeny-tiny yellow blossoms cluster at the end of a green branching stem to form this plant, a cousin of the carrot.

Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don't have to settle for just one day. Here are some ways you can nurture contentment year-round.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental objects.



Women Who Changed the World

Women have significantly shaped the history of both our nation and the world. But very few women have been featured on U.S. currency—until recently, thanks to the American Women Quarters Program.

The U.S. Mint launched the program in 2022, with the goal to release five new quarter designs each year through 2025.

The reverse of each new coin pictures a notable woman from U.S. history who made waves in fields such as civil rights, science and art. Like standard American quarters, these coins feature George Washington on the front, but he's facing right instead of left. Sculptor Laura Gardin Fraser designed this portrait of the president back in 1931.

Writer Maya Angelou was on the first coin released in the series. Other quarters in the program feature astronaut Sally Ride, pilot Bessie Coleman, first lady Eleanor Roosevelt and ballerina Maria Tallchief. Visit [USMint.gov](https://www.usmint.gov) to see the complete list of honorees.

Eat Your Greens

Leafy greens are full of vitamins, minerals and fiber but low in calories and fat. People who incorporate more of these veggies into their diet lower their chances of heart disease and high blood pressure while boosting their brain health and bone strength. Any leafy green is a great food choice, but darker leaves generally have a higher nutritional value. Here are some popular options:

A trendy and nutrient-rich choice is **kale**. This leaf is slightly bitter and, when thrown in a salad, pairs well with fruit. Eat it raw, sautéed or baked into chips.

Select **spinach** for a

mild-tasting soup or smoothie add-in. It's packed with folate, which helps turn food into energy—no wonder Popeye always had a can on hand!

Reach for **romaine lettuce** when making a salad or building a burger. It offers the same pleasant crunch as iceberg lettuce, but with 17 times the amount of vitamin A.

A staple in Southern soul food, **collard greens** provide lots of calcium and vitamin K.



Wit & Wisdom

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

"Through a painting we can see the whole world."
—Hans Hofmann

"If I could say it in words, there would be no reason to paint."
—Edward Hopper

"Painting is just another way of keeping a diary."
—Pablo Picasso

"I don't paint dreams or nightmares, I paint my own reality."
—Frida Kahlo

"I paint as a way of looking for myself in the world."
—Amy Sberald

"And so, every artist dips his brush in his own soul, and paints his own nature into his pictures."
—Henry Ward Beecher

"Life is a great big canvas; throw all the paint you can at it."
—Danny Kaye

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."
—Faith Ringgold

TRASH DAY

Don't forget to put your trash and recycle totes out on the curb on Monday night or early Tuesday morning. Lids must be closed! The city picks up the trash every Tuesday, beginning at 6:00 A.M. If you miss a pickup, you will have to contact the city or wait until the following week.

Remember to store your totes at your homesite, not on the curb. If you have a large item that needs to be picked up, please call 505-768-2000.

Make Speckled Easter Eggs

Try this cool way to color Easter eggs. The best part? No mess!

Add 1 cup of uncooked rice to a zip-close sandwich bag. Add 7 to 10 drops of food coloring (one color) and stir with a spoon. Repeat in separate bags with any other colors you want to use.

Place a hard-boiled egg (shell on!) in one of the bags. Close the bag and gently shake until the egg is colored to your liking. Use tongs to remove the egg and place it somewhere safe to dry. Repeat with remaining eggs.



Sunday	Monday	Tuesday
3 KARAOKE NIGHT	4 CLUBHOUSE & OFFICE Open 8 AM To 5 PM	5 COFFEE KLATCH @ 9 AM - clubhouse Wii NIGHT Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
10 Daylight Saving Time Begins Today! VENDOR FAIR 3-6 PM KID'S CHOICE NIGHT	11 CLUBHOUSE & OFFICE Open 8 AM To 5 PM	12 COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT
17 ST. PATRICK'S DAY PARTY @ 5 PM	18 CLUBHOUSE & OFFICE Open 8 AM To 5 PM	19 Spring Begins Today COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
24/31 KID'S CHOICE NIGHT / EASTER SUNDAY	25 CLUBHOUSE & OFFICE Open 8 AM To 5 PM	26 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT

Wednesday	Thursday	Friday	Saturday
		Rent Is Due 1 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	2 BINGO NIGHT
6 BILLIARDS NIGHT	7 SPAGHETTI NIGHT	8 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	9 COMMUNITY LADIES' NIGHT
13 CAKE & ICE CREAM NIGHT	14 BOARD GAME NIGHT	15 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	16 MEET, GREET & EAT POTLUCK
20 PING PONG NIGHT	21 Wii NIGHT	22 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	23 FAMILY GAME NIGHT
27 POPCORN NIGHT	28 PLAYING CARDS NIGHT	29 COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	30 COMMUNITY EASTER EGG HUNT & PARTY AT 5 PM



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.

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.

Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.

LEASE RENEWALS

Meadowbrook Renters renting a home from us, we love having you as a member of our community, and we hope you plan to stay. You will be notified at least 75 days before your lease expires, and a 60-day notice of inspection will be done prior to signing a lease renewal. We will give you notice on ALL deposit increases prior to renewing your lease. If you are wondering when your lease expires and increase amount, 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.

Splash Into Spring

Happy Holi to all who celebrate this colorful holiday!

Happy Birthday, Barbie!

She's the doll who has it all! With over 250 careers, countless fashion looks and multiple movie appearances—including last summer's live-action smash hit—Barbie is celebrating her 65th birthday in style.

The "Teenage Fashion Model" made her debut on March 9, 1959. Her inventor, Ruth Handler, was inspired by watching her daughter play with adult paper dolls, rather than baby dolls, and realized there was a need for 3D dolls that girls could use to imagine their grownup hopes and dreams. During a European vacation, Handler discovered a doll similar to what she envisioned:

Bild Lilli, who was based on a German comic strip character. At Mattel, the company co-founded by Handler, the doll was modified to make Barbie.

Available as a blonde or brunette and dressed in a black-and-white swimsuit, the original Barbie was an instant hit. In the first year of production, 300,000 Barbies were sold.

Loved for her beauty and style, Barbie has also long been a symbol of girl power. She's often been a pioneer in male-dominated fields, becoming an astronaut, pro tennis player and even president of the United States.

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:

December: #237 Byron

January: #160 Frank & Donna

February: #187 Kathy

March:

April:

May:

June:

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!

OPEN HOUSE

MARCH 16TH 11 AM TO 3 PM

Home #9 2024 CLAYTON

PURCHASE PRICE \$95900

SIZE 16 X 76

TYPE OF HOME Singlewide

SQ. FEET 1216

MONTHLY COMM. FEE \$586



Home #139 2022 CLAYTON

PURCHASE PRICE \$120,000

SIZE 16 X 72

TYPE OF HOME Singlewide

SQ. FEET 1152

MONTHLY COMM. FEE \$586



Welcome
New Residents

Fabian Sanchez
Erica Carter
Meiko Gilliam
Desiree Benavidez

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!

Celebrate

ST. PATRICK'S DAY!



We hope your day is filled with good times,
good friends and good luck.

**OPERATOR NAME: MEADOWBROOK PARK, LTD
NOTICE TO RESIDENTS AND VISITORS
GAS EMERGENCY PROCEDURES**

NATURAL GAS IS ODORLESS AND COLORLESS IN ITS NATURAL STATE. THEREFORE, AN ODORANT IS ADDED TO NATURAL GAS SO THAT ITS PRESENCE CAN BE DETECTED. IF YOU SMELL GAS WHILE OUTSIDE A BUILDING OR INSIDE A BUILDING, PLEASE DO THE FOLLOWING:

GAS SMELL OUTSIDE THE BUILDING OR HOME.

1. Immediately go to the management office or call: 821-1717.
2. The manager or the assistant manager will handle the problem.
3. **DO NOT** attempt to turn off or correct a leaking gas problem yourself.

GAS SMELL INSIDE A BUILDING OR HOME.

1. **LEAVE THE BUILDING IMMEDIATELY.**
2. Go to the manager's office or call the manager from a neighbor's home. If after hours, call 821-1717.
3. **DO NOT** turn any electrical switches on OR off.
4. **DO NOT** use matches, lighters or any gas or electrical appliances.
5. **DO NOT** use any telephones or cell phones inside the home.
6. **DO NOT** open or close windows or shut the front door.

THE MANAGER WILL CALL THE APPROPRIATE AUTHORITIES TO INVESTIGATE AND REPAIR THE GAS LEAK.

NOTICE: Anyone who intends to mechanically excavate within Meadowbrook Park, LTD is required to contact NM 811 to report the excavation. Please provide the operator with the following information: Name of Homeowner, Homesite Number, Location of excavation, reason for excavation and the anticipated date of excavation.

Anyone who desires to manually excavate (dig) within the community is required to contact the Community Business Office **BEFORE** digging and provide the office with a detailed site plan and project scope.

THANK YOU FOR YOUR ASSISTANCE AND COOPERATION.