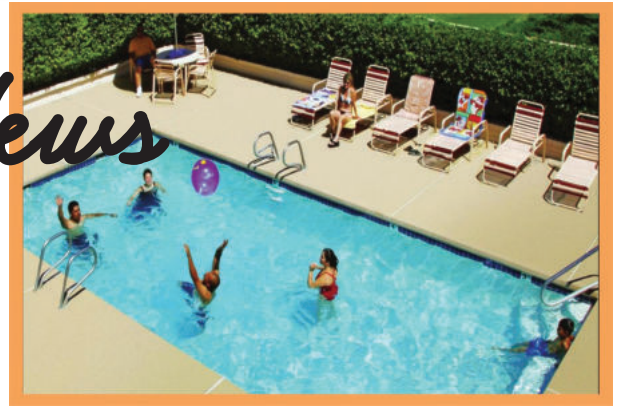




# Community News Meadowbrook



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 .....	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
NM Protective Force .....	323-1982
Large Item & Missed Pick up .....	768-2000
PNM .....	246-5700
Animal Control .....	311
Albuquerque Police - nonemergency ..	242-2677
<a href="http://www.meadowbrooknm.com">www.meadowbrooknm.com</a>	

## GAS METER READS

We will be reading the gas meters on **Wednesday, May 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!

## May 2026

### MAY BIRTHDAY WISHES FOR:

Renee, Brandon, Rex, Soledad, Nicanor, Jacqueline, Sebastian, Natasha, Austin, Howard, Lisa, Martin Jr., Tiana, Rudy, Johnnie, Laurie, Ariel, Endonis, JD, Elijah, Maleni, Lonon, Adiel, Nicolette, Josiah, Larry, Timothy, Lorraine, Eber, Noah, Adrian, Josie, Tristan, Briana, Kayla, Dominic, Hunter, Stephanie, Renee, Briseis, Richard, Blanca, Nicholas, Amaya, Ethan, Sarah, Carmen, Kenneth & Andrew!!

Wishing you all a **HAPPY BIRTHDAY!**



May 5 - Cinco de Mayo Party @ 5:30 pm

## MEADOWBROOK MAY HIGHLIGHTS

- 5/2 Bingo Night
- 5/5 Cinco de Mayo Party
- 5/9 Ladies' Community Night
- 5/10 Mother's Day Tea Party
- 5/14 Chili Dog Night
- 5/16 Potluck Night
- 5/20 Birthday Night
- 5/25 Memorial Day BBQ

### 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

- 5/1 ..... Chair Exercise
- 5/5 ..... Trivia
- 5/8 ..... Let's Celebrate Mothers
- 5/12 ..... Bingo
- 5/15 ..... Word Search
- 5/19 ..... Chair Exercise
- 5/22 ..... Memorial Coloring
- 5/26 ..... Game
- 5/29 ..... Donut Day

## THE NAIL LOUNGE NM



**Brain  
Games**

### The Biggest Buzzwords

Every year during the week after Memorial Day, the country's best spellers in 8th grade and under compete for more than \$50,000 in the Scripps National Spelling Bee. Try your hand at defining recent years' winning words. Answers below include the Merriam-Webster dictionary's definitions of these tricky terms.

#### Winning Words:

- 2025: éclaircissement
- 2024: abseil
- 2023: psammophile
- 2022: moorhen
- 2021: murraya

#### Answers:

- 2025: éclaircissement—a clearing up of something obscure
- 2024: abseil—rappel
- 2023: psammophile—an organism that prefers or thrives in sandy soils or areas
- 2022: moorhen—an aquatic bird (*Gallinula chloropus*) of the rail family that is widespread in the New World, Eurasia and Africa and that has a red bill, red frontal area on the head and a white band on the flanks
- 2021: murraya—a genus of tropical Asiatic and Australian trees (family Rutaceae) having pinnate leaves and flowers with imbricated petals

### Facts Behind the Force

"May the 4th be with you" is the punny greeting for "Star Wars" Day, May 4, which celebrates the iconic film franchise and its signature catchphrase, "May the Force be with you." Both would-be Jedis and never-seen-it Sith Lords can enjoy these behind-the-scenes facts about the films' sound effects.

The "Star Wars" feature films have collected several Oscar wins and nominations for sound. The gargled bellow of Chewbacca, Han Solo's Wookiee copilot and best friend, is a combination of the roars of a badger, lion, seal and walrus. Beloved droid R2-D2's robotic beeps are the coos of a baby processed to sound electronic.

Lightsabers, the space-age swords invented by the franchise, are so well-known for their unique hum that actor Ewan McGregor, who played the young Obi-Wan Kenobi, couldn't help but make the sound when filming fight scenes, which was edited out in production. The lightsaber sound effect is made from a movie projector sample combined with static from an old TV to produce electromagnetic feedback.





## Team Up

Whether it's a pickup game after school or a weekend rec league, many Americans of all ages and fitness levels participate in some kind of team sport. Sure, they're fun, but team sports are good for your health, too—physically and mentally. In observance of Mental Health Awareness Month this May, consider the latest research in mental health benefits for team players.

While regular exercise of any kind is a well-documented mental health boost, team sports pack an extra punch. A 2023 review of nearly 30 different studies found that adults aged 18-84 experienced the most potent individual mental health benefits and social benefits when participating in a team sport versus individual sports.

A 2024 survey by the American Psychiatric Association found that 73% of adults believe sports benefit the mental health of kids and teens, and studies back up this commonly held belief. Research from different countries indicates that kids who play team sports may be less likely to develop addictions.

## Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

"Hope for the best. Expect the worst. The world's a stage. We're unrehearsed," advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

"Be nice to people and kind," now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

"You have to be brave," encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare "EGOT," earning Emmy, Grammy, Oscar and Tony awards throughout her career.



## Melanoma Monday Is May 4

Melanoma is the deadliest form of skin cancer. It may develop in a mole or suddenly appear as a new dark spot on the skin. Early diagnosis is crucial for the successful treatment of melanoma.

To raise awareness of melanoma and other skin cancers, and to encourage early detection through self-exams, the American Academy of Dermatology recognizes the first Monday in May as Melanoma Monday.

In a skin self-exam, you check all the spots on your body. If you notice any changes, you should make an appointment with your dermatologist. To look for changes, follow the ABCDEs of melanoma:

A is for asymmetry, which means the two halves of the spot look different.

B is for border. Check for moles with scalloped, irregular or poorly defined borders.

C is for color. Look for moles that have more than one color, and pay attention to moles that are black, white, red or blue.

D is for diameter. Watch for moles bigger than a pencil eraser.

E is for evolution. A mole or spot that looks different from your others or is changing in shape, size or color is cause for concern.

## Update Resident File

Please update your resident file with your telephone numbers, email address, emergency contact, work phone number and new additions to your household. All residents over the age of 18 need to bring in their driver's license and/or ID. We need a current driver's license for everyone on the resident listing. Thank you.

## Hats Off to This Dance

Mexico's national folk dance "Jarabe Tapatío"—sometimes called the Mexican hat dance in the U.S.—is a traditional courtship dance in which the man places his hat on the floor for the couple to dance around. When the dance ends, the woman uses the hat to cover both dancers' faces, suggesting a hidden kiss.

## A Water Thief of Sleep

About 2,500 years ago, ancient philosopher Plato invented a hydraulic alarm clock named "clepsydra," from the Greek word for "water thief." The water slowly transferred from one container to the next depending on the hours desired for sleeping and then whistled like a teakettle when it was time to rise for Plato's sunrise lectures. Unfortunately for ancient college students, the clepsydra lacked a snooze button.

Sunday	Monday	Tuesday
	<i>May</i>	
3	4	5
BOARD GAME NIGHT	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	COFFEE KLATCH @ 9 AM - clubhouse CINCO DE MAYO PARTY @ 5:30 PM Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
10	11	12
MOTHER'S DAY TEA PARTY @ 5 PM	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT
17	18	19
KIDS' CHOICE NIGHT	<b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	COFFEE KLATCH @ 9 AM - Clubhouse KIDS CHOICE NIGHT
24/31	25	26
BILLIARDS NIGHT / SWIM NIGHT	Meadowbrook Clubhouse & Office Closed for the Holiday. MEMORIAL BBQ @ 12 - NOON POOL AREA Pools Are Open 9 am - 6 pm	COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT

Wednesday	Thursday	Friday	Saturday
		<b>Rent Is Due</b> <b>1</b>  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	<b>2</b>  BINGO NIGHT
<b>6</b>  Wii NIGHT	<b>7</b>  PING PONG NIGHT	<b>8</b>  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	<b>9</b>  LADIES' COMMUNITY NIGHT
<b>13</b>  BILLIARDS NIGHT	<b>14</b>  CHILI DOG NIGHT @ 5:30 PM	<b>15</b>  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	<b>16</b>  MEET GREET & EAT POTLUCK NIGHT
<b>20</b>  CAKE & ICE CREAM NIGHT	<b>21</b>  BOARD GAME NIGHT	<b>22</b>  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	<b>23</b>  FAMILY GAME NIGHT
<b>27</b>  KIDS' CHOICE NIGHT	<b>28</b>  BILLIARDS NIGHT	<b>29</b>  COFFEE KLATCH @ 9 AM - Clubhouse YOUTH CENTER NIGHT	<b>30</b>  KARAOKE 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.

## POOL SEASON IS HERE!!

A reminder: residents must check in at the office during the day and check in with the activity director during the evening hours. You must enter and exit the pool area through the pool gates: there is NO exit through the clubhouse.

Residents must be present with their guests and a limit of 2 guest per household. Anyone under the age of 14 cannot swim without the resident leaseholder. No babysitting is allowed. Non potty trained children must wear a "Lil Swimmer": no diapers are allowed to be worn in the pools. If you lose your pool key, leaseholder can purchase a new key at the office for \$20 by money order or personal check only.

## 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.

## 'The Black Angels'

In honor of Nurses Week (May 6-12), learn about some real-life heroes who risked everything to heal people in need.

A century before the outbreak of COVID-19, another airborne illness caused fear and suffering in the U.S.: tuberculosis. Tuberculosis, also known as TB, killed one in seven people in the U.S. during the 1880s.

In the early 20th century, Sea View Hospital on Staten Island, N.Y., was built to house those infected by TB, which ran rampant in New York City.

Meanwhile, many trained African American nurses struggled to find work during

segregation. Sea View recruited these nurses from the South. These brave nurses answered the call for decades, working 16-hour shifts when the hospital was at 200% of its capacity.

In the early 1950s, the Black Angels, as they came to be known, were entrusted to oversee the first human trials of the TB treatment isoniazid, which local papers later branded a "wonder cure."

To learn more, check out Maria Smilios' biography "The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis."

**National Nurses Day is  
Wednesday, May 6.**

### 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:
- June:
- July:
- August:
- September:
- October:
- November:
- December:

### #91 2026 SCHULT COMING SOON

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



Tiffany Bayles  
 Keeyah Begay  
 Gary Miller  
 Brandi Nieto



### Refer a Friend

#### 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.

#### Happy Cinco de Mayo!

We hope our residents have a bright and festive holiday!

#### \*\*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!

The third Saturday in May honors our nation's military.



### 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!



Celebrating Moms Everywhere

HAPPY  
*Mother's Day*



MEMORIAL DAY

REMEMBER • HONOR  
CELEBRATE