The Roofing Project is in the final lap but the winter-like weather at the end of April delayed some of our progress. We still have some inspections to complete as well as the stucco work. Clean up of the buildings has begun and we will make sure that all areas around our buildings and the driveway receive proper attention from the contractor.

I have been told that the remediation work at the Ghost Ranch site has begun although I have not received any progress reports. That work and the demolition should take approximately six months to complete. We are still talking to the owners of the property to our east with little change to report. The status of the Desert Inn property remains the same since we have not received any information regarding schedules from the State Land Office.

We have begun our budget process for the next fiscal year beginning July 1, 2017. As I stated in the Resident Association meeting, we have been told to expect a 50% increase in the health insurance premiums paid for employee insurance. That kind of increase takes it out of the realm of affordability and is making us rethink our program. Along with utility, food and other upward trends, I hope to keep any increases to residents within our stated annual range of four percent or less.

We are projecting that the pool will open May 15. That could change if it is snowing!

I just saw a quote that I thought was appropriate, “My head says gym but my heart says tacos!”

Construction on East Buildings.

Photo courtesy of Jo Redmon
Welcome, New Resident!

Franklyn Bruch, Apt 204

Franklyn was born in Carthage, Arkansas, in 1932. The Bruch (pronounced “Bruk”) family moved to Houston and lived there until the outbreak of World War II, at which point his father entered the Navy and his mother returned with their two young sons to Arkansas. Franklyn later earned his degree in forestry at Arkansas A&M, where his future wife, Georgia, was also a student.

Georgia and Franklyn married in 1955 and came to Santa Fe in 1956, when it was a very small town. “You knew everybody and did all your shopping on the Plaza… at a Sears, a hardware store, and a Safeway.” He worked at the state highway department for thirty years, until his retirement in 1986. They owned a home in Casa Solana from 1960 to 2017. After almost 62 years of marriage, they were already planning their move to El Castillo when Georgia took a bad fall. Franklyn says, “I really appreciated how the Health Center got her in so fast,” before their scheduled move. Unfortunately, she passed away before Franklyn settled into his apartment in February. These days, he enjoys golfing, reading, and walking to the Plaza. He has many friends at El Castillo, some of whom laughingly accuse him of hanging out on the Plaza “to panhandle the tourists.”

Franklyn and Georgia have two daughters and one son. Vicki lives in Albuquerque and was a big help when Franklyn moved in. Mona lives in Michigan, where she works in medical research at the University of Michigan. David, who lives in New York State, is a major in the Army Reserves who has been deployed to the Middle East four times. They also have four granddaughters.

The family enjoyed traveling together. They went on cruises, including to Alaska and the Caribbean; visited Disney world several times; flew to Hawaii; and met for a family reunion in Yellowstone. Several years ago, Franklyn and Georgia took a senior bus trip to Mt. Rushmore.

From Housekeeping

Yolanda Martinez

As of late there has been some resident concern about our laundry services damaging linens. As a result, we will no longer provide laundry services and/or guarantee quality service for items that fall into these categories when we receive them:

- Holes/Snags/Torn/Worn
- Discolored
- Frayed
- Fragile/antique
- Stains

If we receive items in this condition, we will return them to you, unwashed, with our reason(s).

Hopefully, this will rectify the concerns. We appreciate your cooperation and understanding in advance.

We are also increasing the price of special laundry services. These prices are 33% of the price of One Hour Martinizing.

- Mattress Pads: $20
- Comforters: $26.60
- Shams: $4.60
- Duvets: $26.60
- Bedspreads: $20

If you have any questions, feel free to contact Yolanda at 995-2124.

New Assistant Director of Nursing

Congratulations and welcome to Elizabeth Rael, RN, our new Assistant Director of Nursing. She is a longtime nurse and has been working in our Health Center since January 2016. Among her duties, Elizabeth will be responsible for transitioning residents to all levels of care, assisting nursing staff with resident care, navigating our electronic charting system and monitoring compliance. She will also assist the Director of Nursing with staff scheduling and share the on-call duties. Stop by and meet her.
How to Have the Conversation

“It is the greatest wisdom, in time of health and strength, to prepare for sickness and death: he that really doth so, his business of dying is half done.”

-Richard Illidge (1636–1709)

O ne certainty in life is death. It’s true, “dying seems so impossible when we are healthy…but…if we haven’t had these discussions, our doctors and families don’t know what we want. When deciding about your end-of-life care, only one thing really matters: Living the end of your life according to your own goals and values.” (Nathan E. Goldstein, MD, assistant professor of geriatrics at Mount Sinai School of Medicine) For many, however, “having the conversation” to discuss these wishes may seem just as impossible as thinking about dying.

When syndicated columnist Ellen Goodman was forced to make painful decisions at the end of her mother’s life, she realized that if only they had talked about it, it would have been easier. Never wanting to “leave the people I love that uneasy and bewildered about my own wishes. It’s time for us to talk.” To that end, in 2010 she and a group of colleagues and other concerned media, clergy and medical professionals met and gave accounts of ‘good’ and ‘bad’ deaths within their circle of loved ones. Over several months The Conversation Project envisioned a campaign to make it easier to initiate conversations about dying. In September 2011, they collaborated with the Institute for Healthcare (IHI), a not-for-profit organization that helps lead improvement of health and health care throughout the world, to make this a reality. Today, there are five “seasoned” law, journalism and media professionals working pro bono with the professional staff of IHI who bring a vast amount of expertise to the project.

The Conversation Project “emphasizes having a conversation on values — what matters to you, not what’s the matter with you” and “is dedicated to helping people talk about their wishes for end-of-life care.” Their hope is to transform our culture from not talking about dying to talking about it and to encourage us to communicate with our loved ones about the kind of care we want or don’t want.

The Conversation Project “emphasizes having a conversation on values — what matters to you, not what’s the matter with you.”

Besides the noteworthy advisors and contributors to The Conversation Project, there are a number of useful resources available on their website: theconversationproject.org. Your Conversation Starter Kit can help make the difficult conversations easier. These kits will be available at our health program. Perhaps we can all have some comfort knowing that we were able to respect our loved ones wishes and help them die the way they chose.

Have you “Had the Conversation?” “It’s always too soon, until it’s too late.”

(Ellen Goodman)
## May Birthdays

**Birthday Celebration:**

- **Wednesday, May 17**
  - Donna Krulitz, May 3
  - John Tucker, May 8
  - Jane Wilton & June Rosenthal, May 9
  - Lindy Manley, Judy Cortlow, AM Abbott & Bette Berry, May 11
- Bob Jones, May 12
- Andy Wells, May 13
- Betty McCown, May 19
- Jo Hughes, May 20
- Lorette Goetz, May 21
- George Burris & Jo Redmon, May 25
- Bette Betts, May 26

## Program Meetings

### Food Committee
- **Monday, May 1, 2pm**
- Dining Room

### Finance Committee
- **Monday, May 1, 2pm**

### Program Committee
- **Monday, May 8, 2pm**
- Cantina

### Residents’ Association
- **Thursday, May 10, 2pm**

### Volunteer Garden
- **Wednesday, May 17, 2pm**

### Health Committee
- **Thursday, May 25, 2pm**

### Buildings & Grounds
- **Friday, May 26, 10:30am**

## Ongoing Activities

### Exercise Classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cardio Strength, 9:30am</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Yoga, 9:30am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Balance &amp; Strength, 4pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dynamic Stretch, 10:30am</td>
</tr>
<tr>
<td>Friday</td>
<td>Strengthen &amp; Stretch, 9:30am</td>
</tr>
</tbody>
</table>

### Banking

<table>
<thead>
<tr>
<th>Day</th>
<th>Bank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>First National Bank, 9-10am</td>
</tr>
<tr>
<td>Thursday</td>
<td>Los Alamos Nat’l Bank, 9:30am, May 11 &amp; 25</td>
</tr>
</tbody>
</table>

### Health

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Blood Pressure Clinic</td>
</tr>
</tbody>
</table>

### Worship Services

<table>
<thead>
<tr>
<th>Day</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Catholic Service (Health Center), 10am</td>
</tr>
<tr>
<td>Sunday</td>
<td>Holy Faith Episcopal (Health Center), 10am</td>
</tr>
<tr>
<td>3rd Thursday</td>
<td>Unitarian Universalist, (won’t meet until Sept.)</td>
</tr>
</tbody>
</table>

### Games

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>3pm</td>
<td>Dominoes (Cantina)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1pm</td>
<td>Bridge (Cantina)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2pm</td>
<td>Cribbage (Cantina)</td>
</tr>
<tr>
<td>Thursday</td>
<td>9am</td>
<td>Mah Jong</td>
</tr>
</tbody>
</table>

### Miscellaneous

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Tuesday</td>
<td>10-11am</td>
<td>Seamstress, Karen Heise</td>
</tr>
</tbody>
</table>

### Art Class

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10am-noon</td>
</tr>
</tbody>
</table>

### Writing Group

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>10am-noon</td>
</tr>
</tbody>
</table>

### El Castillo Singers

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>2-3pm</td>
</tr>
</tbody>
</table>

### Cinema El Castillo

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>7pm</td>
</tr>
</tbody>
</table>

### Mindfulness Group

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>4pm</td>
</tr>
</tbody>
</table>

---

*Seamstress will NOT be here in May*
**Cinema El Castillo**  
**Saturdays, 7pm, Lounge**

**May 6: Moonlight (2016)**

**May 13: Street Cat Named Bob (2016)**
Based on the international best-selling book. The true feel-good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat.

**May 20: The Crying Game (1992)**
Neil Jordon, Stephen Rea, Miranda Richardson, Forest Whitaker. Strikingly original and adult story with Rea as an IRA volunteer who helps capture a British soldier, only to befriend him and later become involved with his lover. What begins as a thriller unexpectedly turns into a poignant and ironic love story, with plot twists that deepen the film’s almost dreamlike power.

**May 27: Hidden Figures (2016)**
This is the incredible untold story of Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monae) brilliant African-American women working at NASA. They served as the brains behind one of the greatest operations in history – the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race, and galvanized the world. A movie all should see.

**Programs**

Unless otherwise noted all programs meet in the Community Room

**Tuesday, May 9, 7pm: Doug & Mac (Puryear & Ozelton)**
Two Old Guys Still Standing: A variety of variations

**Tuesday, May 16, 7pm: ATC School Stringband**
Part of a unique music class offered at ATC called “Acoustic Americana.” Students play and study traditional folk music from all over the U.S. Featuring fiddle, banjo, guitar, mandolin and bass, they’ll take you on a musical tour of America.

**Friday, May 19, 3pm: El Castillo Singers Concert**
Enjoy an afternoon of singing by your friends and neighbors.

---

**Transportation**

- **Tuesday, May 2**  
  Voting (Sugar Tax)  
  Van leaves 10:00am

- **Saturday, May 13**  
  MetLive, Der Rosenkavalier  
  Van leaves 10:00am

- **Thursday, May 18**  
  Lunch out, Compound  
  Van leaves 11:30am

- **Sunday, May 21**  
  Santa Fe Symphony  
  Van leaves 3:30pm

- **Thursday, May 25**  
  Dinner Out, Jinja  
  Van leaves 5:30pm

- **Tuesday, May 30**  
  Zoo Outing  
  Van leaves 10:00am

*$8.00 is required when you sign up to pay for admission and the Zoo train.*

**Save the Date**

**Thursday, May 18, 9:30–11: Large Apartment Tour.**
From Marketing… “A great opportunity to say hello to several registered wait list members and those interested in joining! Thank you to all who have agreed to participate!”

**Tuesday, June 13, 2–4pm.**
Sandra’s annual spring Tea!

**Dry Cleaning**

**Tuesday, May 9 & 23.**
Bring bagged laundry to Anna, Front Office, by 9am.
**Welcamp News**

**BRAIN BOOST**

We are all looking for ways to improve our brain power, right? And, we all know exercise is good for the body? But maybe not so well known is that exercise reaps a multitude of benefits for our brain. The theory is that through exercise the brain receives a greater supply of blood, oxygen and nutrients that boost its health to improve memory, cognitive abilities, and wards off a number of diseases.

In a four-week study done at the University of Canberra, participants were given a variety of brain tests to determine the effects of exercise on the brain. Their research showed evidence of aerobic exercise improving cognitive abilities, such as reading, thinking, learning, and reasoning, while resistance muscle training had significant effects on memory and the brain's ability to plan and organize. The brain was creating new neurons and connections in the brain during exercises while the human growth hormone was activated to create new cells in the body.

So why not boost our brain power by exercising twice a week or more?! Our coaches at Welcamp are here to motivate and educate you about fitness and exercise. Plus, we want to help you set goals and achieve them.

**Landscaping News**

How full, colorful and fragrant all of the gardens have been through this last month. We have continued with spring garden preparation… Weeding, pruning, soil amending and deep watering. There are predicted lows of 29° and 23° for this coming Friday and Saturday. Brrr! We are hoping that the plants do not get terribly damaged, although we may lose some of the new growth and flowers.

We will be activating the irrigation in the next week, weather permitting. Then adding color to the center courtyard planters and open areas in the courtyards. We are looking forward to the coming season.

**Library News**

Most of the books have now been entered into the computer and subjects and images are now being added. Bobby Rugg is doing the thankless task of going through the card catalog and removing cards that belong to books that are no longer in the library. Many of these missing books are left over from the move but some are recently processed and should be in the library.

Please check your bookshelves and return any books that have a spine label.

The library's policy is to allow books to be checked out for up to six weeks and renewed once. If you have a library book that has been in your possession longer than 6 weeks please either return or renew it. Your library staff thanks you.

**Recycle News**

Aren't we the lucky ones! The city is continuing to take glass items from El Castillo. Even though the city is no longer picking up and recycling glass from private homes, we can still have ours picked up. Let's hope that continues.

Reminders: There are no longer recycling bins in the building lobbies for “junk mail.” However, hopefully you will take your junk mail to your apartment and put it with your recyclable items. It may take a little more energy, but it will be well worth it. Also, please remember that old phone books now go into the regular recycle paper bins.

Finally, exciting news! We have scheduled a tour of the Santa Fe Recycling and Transfer Station in June. This will be walking tour with hard hats and should be really interesting.

If you have comments or questions, please contact your new recycling committee co-chairs, Mac Ozelton or Lorene Goering. Happy Spring recycling!
It is the *merry merry* month of May; please try to remember this as you receive and promptly complete your 2017 Emergency Contact form! The forms will be distributed the week of May 22. The format has changed (sorry to those of you who like to run off last year’s form!) and is more in line with the City’s 911 Fridge Facts. We are also going to use a magnetic plastic “pouch” to hold your emergency information and DNR (if you have one), that you will keep on your refrigerator door instead of the Vial. The good news? Your papers fit more easily and are more accessible.

The April *News of the Castle* had a number of errors; among these were the times of the exercise classes (page 7). To clarify – all classes are one-hour in length with the exception of Dynamic Stretch on Thursdays which is 10:30-11am. Monday, Tuesday, and Friday classes meet 9:30-10:30am; Wednesday class meets 4-5pm.

We have found a Yoga instructor, Angela Martinez, who has been highly recommended by one of our residents. This class will begin Tuesday, May 2, 9:30-10:30am in the Community Room. No yoga experience necessary. Angela will teach both chair and mat yoga (bring your own mat). Our new water exercise instructor is Maureen McGinnis. Kari knew her from the Community College and was able to show her our pool and review the exercises and routine that she used. The pool will open mid-May sometime and will meet on Tuesdays and Thursdays, 10:30-11:30am, same as last year. Watch the bulletin boards for the start date.

Parking, both resident and visitor, is an ongoing issue. As your contract states, if you no longer drive your car (even if you have a driver’s license), you no longer have an assigned parking space. Having family or caregivers use your car to drive you places or to do your errands doesn’t count. We appreciate that giving up your car is sensitive and difficult and represents a loss of independence. Regardless, the rule applies to all residents. Please, if you no longer are driving, have your car moved off property so that your space can be reassigned. Thank you for your cooperation.

For the safety, health and well-being of all residents, we are in the process of changing the Independent Resident Caregiver/Companion Policy to be more consistent with the Health Center Caregiver Policy. All caregivers will now be required to have a background check which includes fingerprinting (at the expense of the resident or the private caregiver) and screening with the State of New Mexico Caregiver Online Abuse Registry (COR). Anyone who is listed on the COR website will not be allowed to work with any resident. Also, we will require a current (within six months) negative two-step TB test. Once the caregiver has completed the paperwork and is qualified, the papers will be filed with the Director of Resident Services. Caregivers will then be issued an El Castillo Caregiver name badge (picture and name) to be worn when working on El Castillo campus. The cost of the badge is $10. Once all of the particulars have been put in place we will send a letter that will include the requirements and effective date for compliance.

Finally, the El Castillo Library online address is 18713.rmwebopac.com. This can also be found in the May Resident Directory.

Happy May Day, Cinco de Mayo, Mother’s Day and every day in May!

“The Earth Laughs in Flowers.”
—RALPH WALDO EMERSON

---

**Elkie Reminds You**

...AA Mobile Shredding will be here **Thursday, May 25**.

...Karen Heise, seamstress, will **NOT be here in May**.

...Reflexology, **Tuesdays, 8:30am-1:30pm**. Call Tess (690-2708) to make an appointment.

...Please do not post fliers for concerts and other events on the Building Bulletin Boards. They can go on the Community Bulletin Board in the Cantina.

---

**WHITE ELEPHANT SALE!**

**Thursday, May 25,**
9am–2pm, El Castillo staff only (must wear name badge).

**Friday, May 26,**
9am–1pm, Residents and friends.

Don’t forget to buy **raffle tickets** for Conchita’s Mystery Box! 
50 cents each.
After careful planning, a trip to Abiquiu and tour of Georgia O’Keeffe’s home became a reality. Bode’s General Merchandise and lunch at the Abiquiu Inn were other highlights.

Back row: Randy, our driver.
Second row, L to R: Joan McCoy, Suzanne Wollter, Josie Ozelton, Joanne Pratt, Jim Leopold, Georgia Cooper (organizer of the trip).
Front row, L to R: Betty McCown, Barbara Willson, Helmut Guetler, Ann Aceves, Jill Soens