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The Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

5520 Wyoming Boulevard NE • Albuquerque, NM
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The Chile Paper

APRIL 2011

DAYS OF THE STARS *Featuring*

Earth, Wind & Fire May 23 & 24, 2011



The "J" is thrilled to announce this year's *Days of the Stars* will be headlined by Earth, Wind & Fire.

Days of the Stars, chaired by Bob Epstein, is the JCC's annual fundraising event. Proceeds of this event benefit:

- Youth and family financial assistance for Early Childhood, Camp, Childcare and Membership (we currently provide over \$100,000 of assistance annually)
- Afterschool programming at six APS Title One Homeless Schools. We provide monthly programming at no cost to the schools or children
- One child from each school receives a full summer camp scholarship including food and transportation

- The battle with youth obesity and fitness. We provide fun and fitness expos featuring fitness testing to a variety of schools at no cost. This includes transportation

The two day event begins Monday, May 23 with the JCC Annual Golf Tournament, chaired by Debbie and Jay Greenhood, at the Sandia Resort Golf Course. Cost is \$160 with lunch and registration beginning at noon and tee-off at 1:30. The fee includes green fees, cart, a terrific "goody bag" (courtesy of Graphic Connection), lunch, dinner and much more. Register at the JCC or give either Tom (348-4511) or Debbie (348-4501) a call for additional information and/or to register.

The event closes on Tuesday evening, May 24 with an incredible evening of music. Rozzi Crane opens for our headliners; Earth, Wind and Fire. This concert is at the Sandia Amphitheatre with doors opening at 6:00 and music beginning at 7:00. Tickets are \$45, \$55, \$65 and \$75 and are on sale at the JCC or via Ticket Master.

Sponsorship opportunities are available and begin at \$250 and there are terrific sponsor packages which include golf, the concert, and more. Contact Jay at 348-4449 for more information on participating as a sponsor.

Our current sponsors include:

- Citadel Broadcasting
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- People's Flowers
- New Mexico Fleet Design

Contact Jay at 348-4449 for sponsorship information

Contributions

In Memory of Elvin Kanter:

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Jane Rothchild

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Annette Marcus

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“Putting Life Back Into My Body”



“Putting life back into my body,” is how 75-year-old Harry Beckhoff describes his recent successes. Harry is a retired Air Force veteran and has always enjoyed being physically active. As member number “11”, Harry is no stranger to the Jewish Community Center and enjoys utilizing the fitness facilities. In fall 2010 Harry made the decision that his current fitness regimen needed a boost. He wanted a program with organized routines, accountability, and training. He found the Body For Life program possessed all these qualities and would help him achieve optimal health.

After twelve weeks of hard work and dedication, Harry's results were astonishing. His body fat was 4% less and he had lost a total of 17 pounds. Complimenting his incredible results, Harry placed 1st in the Body For Life competition. Among his astonishing accomplishments, Harry's doctor gave an A+ on a physical following the program. Harry attributes his success to his trainer, Gary Schancer, who motivated and helped fulfill his fitness goals. He also gave great praise to the whole fitness team and stated that Jess' boot camp was more difficult than his military boot camp in the Air Force.

Harry's family is proud of his accomplishments and he continues to strive for excellent health. He continues his workouts, training, and healthy nutrition to accomplish new goals. Harry's story proves to us all that at any age you can become fit and healthy for life. Congratulations to Harry Beckhoff from the JCC fitness staff!

- Jess Stainsby

We sincerely appreciate your support of the JCC. Please call Jay Jacobs at 348-4449 to learn about all your giving opportunities.

An American Hero



I first met Kenneth Armstrong ten years ago when I chaperoned my son's preschool fieldtrip to the dentist. Little did I know that being a dentist was just one of the many hats he wears.

Kenneth was born in Glasgow, Scotland. In 1969, he came to the United States to do a post doc fellowship at Baylor Medical College in Houston, Texas. He fell in love with America and a medical student, named Margaret. They were married a few years later.

Kenneth became a dentist and has been in private practice for over 23 years. Margaret is a pediatrician at UNM. Wanting to do more to make the world a better place, they joined a group through their church called Impact Nations.

Through Impact Nations "Journeys of Compassion" are made, where they bring in medical/dental care, clean water, filtration sys-

tems, electrical power and pray for healing for the people they meet, in 3rd World Countries. Chickens are also brought in so the villages can have chickens, eggs, learn to raise their own food and become more independent.

Trips to India, the Philippines, Uganda and Burundi, Africa have been eye-opening experiences. In India, the living conditions were civilized and the services were performed in a hospital. All the other trips have required the team to set up clinics by hiking many miles into rural villages with equipment. They are met by hundreds of people waiting for care. Only local anesthesia can be applied because there are no x-rays, drills, suction, etc. The work has to be completed in the two weeks they are there so they have to work long days and sleep under mosquito nets at night.

Kenneth's dream is to go back, stay longer, teach preventative care, and really make a difference.

I asked Kenneth what do you do to prepare yourself for these "Journeys of Compassion"? He told me that you need to step out of your comfort zone and be both spiritually and physically fit. He is adamant that he never would

have been able to do what he does on these trips without the benefits of the Spinning, Full Body Workouts and Pilates classes he attends regularly at the JCC.

Back home in NM, Kenneth recently participated in the Mission of Mercy at the fair grounds, where several dentists, oral surgeons and dental assistants volunteered their services and treated thousands of New Mexicans who needed dentures, teeth pulled, cavities filled and root canals.

On August 13, 2010, Kenneth decided it was time to become a citizen of the country he loves. He is now proud to be an American.

I asked Kenneth why he does these trips. "When we go to these nations, we always see great need and suffering people and we want to help them."

"Someone once told me that at the end of his last days he'd wished he'd taken more risks, I don't want to have that regret", says Kenneth with a smile.

- Lolli Villanueva

Roll Your Way to Feeling Great!



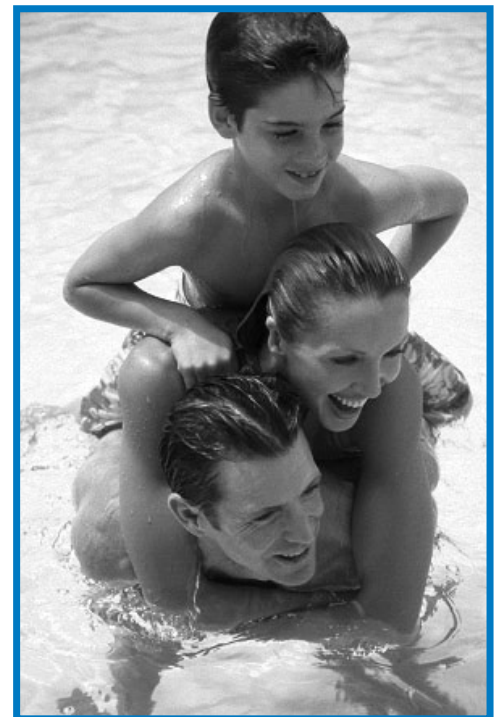
"Foam rolling" is called Self-Myofascial release (SMR) and is a soft tissue therapy, which increases muscle elasticity and helps to break-down soft tissue adhesions and even scar tissue. Muscles need to not only be strong, but also pliable.

Whether you enjoy sports, fitness activities or tasks around the house, you need to have strength through a full, functional range of motion. While regular stretching will improve the length of the muscle, SMR can adjust the tone of the muscle.

So how will you get started?

You can always ask our helpful trainers for advice or attend a Pilates class which often uses this tool, but you can also try it yourself. Use your body weight to apply pressure to the muscle to be released with the foam roll. Roll at a slow pace and actually stop and bear down on the tenderest spots. Once the pain in these spots diminishes, roll the other areas. In order to increase the pressure on the soft tissue, simply apply more of your body weight to the roller. While SMR can be uncomfortable, the release will feel great afterwards!

- Susanna Pier, Wellness & Fitness Director



Register Online Now for Summer Aquatics Programs!

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Why Spin?

Perhaps you've seen them walking out of the Spin studio. Their clothes soaked with sweat, faces flushed, sometimes zombie like. It may make you wonder what in the heck are they doing to those people. Mention Spinning to someone who hasn't had a class and you likely illicit a response of "it's hard." There is certainly a measure of apprehension and fear. Truth is, the JCC's professional instructors use the careful application of scientifically proven technique, energizing music, visualization, encouragement and a motivational group setting to help riders achieve a remarkable workout in just an hour. On average you can expect to cook off a minimum of 500 calories. Granted, to the uninitiated, that first Spin class can be intimidating. There are several adjustments to be made to the bike: fore/aft, foot position, a 25 degree knee bend. And instructors seem to have their own language – find the road, seated climb, standing flat, Vo2 max, AT, MHR... What the heck does it all mean?

While all instructors at the JCC welcome beginners, perhaps the best place for you to start is to take a Spin 101 course. The atmosphere is relaxed and non-competitive. The instructor will make sure your bike is properly adjusted and explain why it needs to be that way. You'll learn all of the core movements, what to wear, what to bring to class, proper hydration, nutrition, and introduce you to program fundamentals. In addition to the academic side of things, the instructor will also design a program that begins to build your fitness level and aerobic base over several weeks, preparing you for the challenges of regular classes.

The tremendous advantages of Spinning are well documented. It's a low impact, high intensity workout that will help promote overall physical and mental health. You can lose weight and increase energy. You'll find the music invigorating and the instructors encouraging. And while Spinning is conducted in a group setting, you'll never feel forced to try and keep up or restricted from driving harder. You are always free to decide your own pace and whether to add or subtract resistance. It's always your ride!

- Clay Wright, Spin Instructor

Do You Need Assistance?

Yes, You can live in your own home!

My mother, Betsy Cuneo, RN, went from being a Critical Care Nurse to a caregiver overnight when her Mother could no longer live independently. The small town her mother had lived in for the past 40 years had no services available and we were unable to find care for her. This was the beginning of a long heartbreaking journey and downward spiral in her health.

We moved her Mother into an independent living facility in Albuquerque. She suffered a stroke, broke her hip and became more confused. We were forced to move her a number of times as her level of need increased. As we searched for a good home that could provide excellence in care, she pleaded to go home, back to her life and friends.

This experience has forever changed our lives. After working in Albuquerque's Hospitals for over 40 years, my mother started For Your Care In-Home Care so others can have the choice to stay in their home and continue to live with dignity.

For Your Care In-Home care offers a wide variety of services ranging from companionship through end of life care, including cooking, light housekeeping, laundry, changing sheets, running errands, assistance with personal hygiene and incontinence management and transportation needs. Our caregivers are experienced in working with clients who have chronic diseases like Parkinson's Disease, Alzheimer's or dementia. Due to our nursing services, we can also assist in post-surgical care.

Let our family assist your family in providing your parents or loved one with quality of life and peace of mind. Let us turn our experience into a positive one for your family. Your goal is care for your loved one and our goal is to help you. We understand the many concerns such as cost and having a caregiver in your home... ask us.

For more information, please visit our website at ForYourCare.com.

Our family has lived and worked in Albuquerque for over 45 years. Owners always answer the phone; we are reachable, reasonable, reliable. Please give us a call at 798-0978.



The JCC is a beneficiary agency of the Jewish Federation of New Mexico.