

TIMELESS

AN EDITORIAL BY RIO TERRA

MARCH 2024

READING IS
*Fun*DAMENTAL

Who said learning stops once you graduate? Let's put the FUN in the fundamentals of reading and encourage lifelong learning in our communities and teams!

RIO TERRA | INDEPENDENT LIVING

Skipper's Cocktail Corner
PINK SQUIRREL

Ingredients:

- 3/4 ounce crème de noyaux, such as Tempus Fugit
- 3/4 ounce white crème de cacao liqueur
- 1 ounce cold heavy cream
- Ice
- Freshly grated nutmeg
- *Substitutions: You can substitute 3/4 ounce amaretto and 1/2 ounce pomegranate juice for the 3/4 ounce crème de noyaux.*

Directions:

1. Place a 5-ounce coupe or a Nick and Nora glass in the refrigerator or freezer for at least 5 minutes.
2. Place 3/4 ounce crème de noyaux, 3/4 ounce white crème de cacao liqueur, and 1 ounce cold heavy cream in a cocktail shaker. Add enough ice to fill the shaker halfway full. Seal the shaker and shake until the outside of the shaker is cold and frosty, about 20 seconds.
3. Pour through a double strainer into the glass. Finely grate nutmeg over the surface.



From the desk of
Gina

Happy Early Spring! It seems we are all happy to feel the weather changes and rid ourselves of the winter blues and chill in the air... Change is upon us with more sunny days and warmer weather. Some people love these changes and others are not necessarily impressed by them.



Either way it is an opportunity to explore what brings you joy in your day.

As we move into the Spring, we all want to feel and see the positive around us. One specific thing we are trying to do to encourage the positive is to get back in touch with nature in a variety of ways. Taking a walk, sitting on the patio or watching a sunrise/sunset does something to our brains and bodies in very positive, uplifting ways. Have you tried one of these lately?

Our senses are a powerful resource for our brains. What we see, hear and feel all around us has a direct activation to our brains and the memories/emotions held there. Paying attention to those senses also helps work through anxiety, depression and anger. For example, what memory or emotion does the smell of freshly cut grass bring to mind? The goal is to enjoy the good things in the world around us more often and not focus on the negative.

What brings you joy?

Sincerely,

Gina Boggs | Senior Executive Director

March 2024 | **DATES TO CELEBRATE**

| | |
|--------------------------------------|------------------------|
| Caregiver Appreciation Day3/3 | Palm Sunday..... 3/24 |
| International Women's Day.....3/8 | Purim..... 3/24-25 |
| Daylight Saving Time Begins.....3/10 | Full Moon..... 3/25 |
| St. Patrick's Day3/17 | Good Friday 3/29 |
| Spring Begins3/19 | Easter 3/31 |

Birthstone - Aquamarine/Bloodstone | Flower
- Daffodil | Zodiac - Pisces/Aries

March 2024

Directors

Gina B.
Executive Director

Angela S.
Business Director

Kelly Y.
Sales and Marketing Director

Nilo P.
Culinary Director

Brian H.
Maintenance Director

Belinda O.
Housekeeping Director

Sheryle Z.
HR Coordinator

Amber D.
Resident Services Director

Ashley S.
Resident Services Coordinator

Toby Wan Kenobi
Lifestyle Director

Kim C.
Pathways Director

RIO TERRA

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New Braunfels, TX 78130
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- SHORT STORY
- TRAVEL

R Y P O R R C Y C Y R R S I F A N T A S R

F R I P Y T S T C O O K I N G E Y H N C I

N T O O Y L N E I M N E C M R I M R I O T

M E M S Y T O I U O C C B I O G R A P H Y

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C O H P S S T M N C R R S H I S T O R Y I

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P S U N E I C S O C R H M I T M M O O I Y

A Y H R R E R H T O V T Y Y C F O N C A M

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G C N E O A E S R T B Y O P A T I I O I N

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I H E I S L C O O K I O S H S Y N E N C S

B M O I Y R N P H I L O S O P H Y A H S Y

R A P B H R E E R R Y E E I K E I P F H L

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Rio Terra - Independent Living

March 2024



| | | | | | | | | | | | |
|--|----|---|----|--|----|--|----|--|----|--|----|
| | | | | | | | | 10:00 Rosary in the Chapel | 1 | 10:00 Exercise - standing / legs - F | 2 |
| | | | | | | | | 10:00 Exercise - yoga - F | | 10:30 Exercise - sitting / weights - F | |
| | | | | | | | | 10:00 Friday Crafting - A | | 11:30 Yahtzee - AL G | |
| | | | | | | | | 1:00 42 Dominoes Club - Gr | | 1:00 42 Dominoes Club - M | |
| | | | | | | | | 1:30 Hand & Foot Cards - A | | 1:30 Farkle - Gr | |
| | | | | | | | | 3:00 Social Hour - Gr | | 2:00 Mexican Train - AL G | |
| | | | | | | | | 6:00 Poker Night at the Clubhouse | | | |
| 9:00 Checkers (AL Garden Room) -G | 3 | 9:00 Storytime by Leigh - AL L | 4 | 9:00 Shopping - Walmart | 5 | 10:00 Exercise - standing / legs - F | 6 | 10:00 New Resident Orientation - A | 7 | 10:00 Rosary in the Chapel | 8 |
| 10:00 St. Peter & Paul - Communion Service - Ch | | 10:00 Exercise - chair yoga - F | | 10:00 Exercise - standing / legs - F | | 10:30 Exercise - sitting / weights - F | | 10:00 Exercise - standing / legs - F | | 10:00 Exercise - yoga - F | |
| 10:30 Stream - Catholic Service - Gr | | 10:30 Exercise - sitting/weights - F | | 10:00 Shopping - HEB | | 10:45 LUNCH OUT - Olive Garden | | 10:30 Exercise - sitting/weights - F | | 10:00 Friday Crafting - A | |
| 11:00 Television- Baptist Church Service- AL Li | | 1:00 42 Dominoes Club - M | | 10:30 Exercise - sitting/weights - F | | 12:30 Musical Bingo / Pizza (free event) | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - Gr | |
| | | 1:00 Mexican Train Dominos - Gr | | 1:30 Shopping - Creekside | | 1:00 Rhythmic Drumming - AL L | | 1:00 Town Hall Meeting - Gr | | 1:30 Hand & Foot Cards - A | |
| | | 1:00 Popcorn Cinema - T | | 2:00 Scattagories - Gr | | 1:30 Farkle - Gr | | 1:00 42 Dominoes Club - A | | 3:00 Social Hour - Gr | |
| | | 1:30 Farkle Game - Gr | | 3:30 Team Trivia - Gr | | 3:00 Social Hour - Cl | | 1:00 Mexican Train Dominos - Gr | | 6:00 Poker Night at the Clubhouse | |
| | | 2:00 Line Dancing with Jennifer - F | | 6:00 Poker Night at the Clubhouse - C | | 3:00 Social Hour - C | | 3:00 Bingo - Gr | | | |
| | | | | | | 6:00 Poker - Gr | | | | | |
| 9:00 Checkers (AL Garden Room) -G | 10 | 9:00 Storytime by Leigh - AL L | 11 | 9:00 Shopping - Walmart | 12 | 10:00 Exercise - standing / legs - F | 13 | 9:00 Hearing Life Clinic - Cl | 14 | 10:00 Rosary in the Chapel | 15 |
| 10:00 St. Peter & Paul - Communion Service - Ch | | 10:00 Exercise - chair yoga - F | | 10:00 Exercise - standing / legs - F | | 10:30 Exercise - sitting / weights - F | | 10:00 Exercise - standing / legs - F | | 10:00 Exercise - yoga - F | |
| 10:30 Stream - Catholic Service - Gr | | 10:30 Exercise - sitting/weights - F | | 10:00 Shopping - HEB | | 10:30 LUNCH OUT - Red Robin (The Forum) | | 10:30 Exercise - sitting/weights - F | | 10:00 Friday Crafting - A | |
| 11:00 Television- Baptist Church Service- AL Li | | 1:00 42 Dominoes Club - M | | 10:00 Bookmobile - L | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - Gr | |
| | | 1:00 Mexican Train Dominos - Gr | | 10:30 Exercise - sitting/weights - F | | 1:00 Discovery Series Presentation | | 1:00 Mexican Train Dominos - Gr | | 1:30 Hand & Foot Cards - A | |
| | | 1:00 Popcorn Cinema - T | | 1:30 Shopping - Creekside | | 1:30 Farkle - Gr | | 3:00 Bingo - Gr | | 3:00 St. Patrick's Day Celebration - Gr | |
| | | 1:00 Activity Meeting- Gr | | 2:00 Scattagories - Gr | | 3:00 Social Hour - C | | 6:00 Poker Night at the Clubhouse | | 6:00 Poker Night at the Clubhouse | |
| | | 1:30 Farkle Game - Gr | | 2:00 Tech Talk- Li | | 6:00 Poker - Gr | | | | | |
| | | 2:00 Line Dancing with Jennifer - F | | 3:30 Team Trivia - Gr | | | | | | | |
| | | | | 6:00 Poker Night at the Clubhouse - C | | | | | | | |
| 9:00 Checkers (AL Garden Room) -G | 17 | 9:00 Storytime by Leigh - AL L | 18 | 9:00 Shopping - Walmart | 19 | 10:00 Exercise - standing / legs - F | 20 | 10:00 Exercise - standing / legs - F | 21 | 10:00 Rosary in the Chapel | 22 |
| 10:00 St. Peter & Paul - Communion Service - Ch | | 10:00 Exercise - chair yoga - F | | 10:00 Exercise - standing / legs - F | | 10:30 Exercise - sitting / weights - F | | 10:30 Exercise - sitting/weights - F | | 10:00 Exercise - yoga - F | |
| 10:30 Stream - Catholic Service - Gr | | 10:30 Exercise - sitting/weights - F | | 10:00 Shopping - HEB | | 10:45 LUNCH OUT - PF Chang's | | 10:30 Exercise - sitting/weights - F | | 10:00 Friday Crafting - A | |
| 11:00 Television- Baptist Church Service- AL Li | | 1:00 42 Dominoes Club - M | | 10:00 Bookmobile - L | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - Gr | |
| | | 1:00 Mexican Train Dominos - Gr | | 10:30 Exercise - sitting/weights - F | | 1:00 Rhythmic Drumming - AL L | | 1:00 Mexican Train Dominos - Gr | | 1:30 Hand & Foot Cards - A | |
| | | 1:00 Popcorn Cinema - T | | 1:30 Shopping - Creekside | | 1:30 Farkle - Gr | | 2:00 Birthday & Anniv. Celebration - Gr | | 3:00 Social Hour - Gr | |
| | | 1:00 Activity Meeting- Gr | | 2:00 Scattagories - Gr | | 2:00 Music w/ Bev & Ed - AL L | | 3:00 Bingo - Gr | | 4:30 Piano by Arlan - D | |
| | | 1:30 Farkle Game - Gr | | 2:00 Tech Talk- Li | | 3:00 Social Hour - C | | 6:00 Poker Night at the Clubhouse | | 6:00 Poker Night at the Clubhouse | |
| | | 2:00 Line Dancing with Jennifer - F | | 3:30 Team Trivia - Gr | | 6:00 Poker - Gr | | | | | |
| | | | | 6:00 Poker Night at the Clubhouse - C | | | | | | | |
| 9:00 Checkers (AL Garden Room) -G | 24 | 9:00 Storytime by Leigh - AL L | 25 | 9:00 Shopping - Walmart | 26 | 10:00 Exercise - standing / legs - F | 27 | 10:00 Exercise - standing / legs - F | 28 | 10:00 Rosary in the Chapel | 29 |
| 10:00 St. Peter & Paul - Communion Service - Ch | | 10:00 Exercise - chair yoga - F | | 10:00 Exercise - standing / legs - F | | 10:30 Exercise - sitting / weights - F | | 10:30 Exercise - sitting/weights - F | | 10:00 Exercise - yoga - F | |
| 10:30 Stream - Catholic Service - Gr | | 10:30 Exercise - sitting/weights - F | | 10:00 Shopping - HEB | | 10:30 LUNCH OUT - Cracker Barrel (San Marcos) | | 1:00 42 Dominoes Club - A | | 10:00 Friday Crafting - A | |
| 11:00 Television- Baptist Church Service- AL Li | | 1:00 42 Dominoes Club - M | | 10:00 Bookmobile - L | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - A | | 1:00 42 Dominoes Club - Gr | |
| | | 1:00 Mexican Train Dominos - Gr | | 10:30 Exercise - sitting/weights - F | | 1:30 Farkle - Gr | | 1:00 Resident Council | | 1:30 Hand & Foot Cards - A | |
| | | 1:00 Popcorn Cinema - T | | 1:30 Shopping - Creekside | | 3:00 Social Hour - C | | 1:00 Mexican Train Dominos - Gr | | 3:00 Social Hour - Gr | |
| | | 1:00 Activity Meeting- Gr | | 2:00 Scattagories - Gr | | 4:30 Entertainment by Arlan Schnacker - D | | 3:00 Bingo - Gr | | 6:00 Poker Night at the Clubhouse | |
| | | 1:30 Farkle Game - Gr | | 2:00 Tech Talk- Li | | 6:00 Poker - Gr | | | | | |
| | | 2:00 Line Dancing with Jennifer - F | | 3:30 Team Trivia - Gr | | | | | | | |
| | | | | 6:00 Poker Night at the Clubhouse - C | | | | | | | |
| 9:00 Checkers (AL Garden Room) -G | 31 | 9:00 Storytime by Leigh - AL L | | | | | | | | | |
| 10:00 St. Peter & Paul - Communion Service - Ch | | 10:00 Exercise - chair yoga - F | | | | | | | | | |
| 10:30 Stream - Catholic Service - Gr | | 10:30 Exercise - sitting/weights - F | | | | | | | | | |
| 11:00 Television- Baptist Church Service- AL Li | | 1:00 42 Dominoes Club - M | | | | | | | | | |
| | | 1:00 Mexican Train Dominos - Gr | | | | | | | | | |
| | | 1:00 Popcorn Cinema - T | | | | | | | | | |
| | | 1:00 Activity Meeting- Gr | | | | | | | | | |
| | | 1:30 Farkle Game - Gr | | | | | | | | | |
| | | 2:00 Line Dancing with Jennifer - F | | | | | | | | | |
| | | | | | | | | | | | |

Fun READING is FUNDAMENTAL

KEY

| | |
|-------------------------|----|
| ACTIVITY ROOM..... | A |
| CLUBHOUSE..... | C |
| CLINIC..... | Cl |
| DINING ROOM..... | D |
| FITNESS ROOM..... | F |
| GAME ROOM..... | Gr |
| LIBRARY..... | Li |
| MULTI PURPOSE ROOM..... | M |
| THEATER..... | T |
| SEWING ROOM..... | Sr |
| LOBBY..... | L |
| FAMILY DINING ROOM..... | Fd |

Good Times at Rio Terra



Chinese New Year



Year of The Dragon



Lunch w/ Chopsticks!



McNay Tour



Chef's Cooking Demo



Canyon Dam Outing



Super Bowl Party



Pick 'Em Champion



Mardi Gras Celebration

How This Texas Town Became One of America's Fastest-Growing Cities

Known for its German roots and its world-famous water park, New Braunfels, Texas, in the thriving corridor between San Antonio and Austin, grew 56 percent over the past decade.

In the not-too-distant past, motorists driving along a stretch of Interstate 35 just northeast of San Antonio were met with vast fields of wildflowers and grazing cows in grassy pastures.

Today, the cattle are gone, replaced with clusters of sleek apartments, gated communities and big-box stores. And New Braunfels, the third-fastest-growing city in America, tucked in one of the fastest-growing regions, finds itself at a crossroads.

"People have found New Braunfels — the word is out," said the city's mayor, Rusty Brockman. "And I think we are going to continue to deal with this growth for a long time."

A once quaint town known for its German roots and the Schlitterbahn water park, New Braunfels grew a whopping 56 percent over the last decade, adding about 32,500 residents.

Naegelin's Bakery, the state's oldest, is thriving with a stream of customers, many of them newcomers. Credit... Christopher Lee for The New York Times.

It was noted by U.S. Census officials last week as an example of a city that experienced significant growth in its perch just outside metropolitan hubs — New Braunfels is between San Antonio and Austin, which also grew at blistering paces over the past decade. There were two others in Texas, a fast-growing state: McKinney, outside of Dallas, and Conroe, which had been enveloped by the sprawling Houston metropolitan area.

In many ways, the story of New Braunfels' expansion is the story of a changing America.

As its population has boomed, with many new arrivals coming from big cities across Texas and states like California, Colorado and New York, the town also became more diverse. The Anglo population has dipped below 60 percent for the first time in recent decades, with Latinos accounting for about 35 percent of residents.

The sheer growth shows no signs of abating.

City officials have set aside at least \$30 million for infrastructure initiatives, in addition to more than \$600 million for water and wastewater projects undertaken by the local utility company. And more money will be needed in the near future, Mr. Brockman said.



In a visible sign of the boom, permits to build new homes exceeded 1,400 last year, a record for the city, said Jeff Jewell, the city's director of economic and community development. More than 10,000 single-family homes were added over the past 11 years and property values have also skyrocketed, with the median home value jumping 73 percent over the past decade, to \$272,000 from \$157,000.

"People have found New Braunfels — the word is out," Mayor Rusty Brockman said. Credit... Christopher Lee for The New York Times.

But there was a time when life was a lot quieter in New Braunfels.

"I still remember when it was nothing but cows over there," said Brittney Marbach, who at 25 no longer recognizes the town she grew up in. "A lot has changed. We are losing our small-town vibe."

German settlers, captivated by the green spaces and the convergence of the Guadalupe and Comal Rivers, founded the town in 1845. Legend has it that the region reminded Prince Carl of Solms-Braunfels, the leader of the settlers, of his old home in Braunfels, Germany. And so he decided to buy a swath of land and name it New Braunfels, near where Native Americans thrived by the water's edge.

The town's German roots are everywhere. The state's oldest bakery, Naegelin's Bakery, still thrives downtown — an area local residents call the Circle — with a steady stream of customers, many of them newcomers and tourists clamoring for the shop's trademark pastry, the apple strudel.

"The growth has been great for business," said Ross Granzin, who now owns the bakery that was founded in 1868.

Other German landmarks include the neo-classical plaza bandstand and Gruene Hall, an iconic and open-air dance floor that has been featured in movies and books and has hosted prominent musicians such as George Strait, Garth Brooks and Brandi Carlile.

New Braunfels's German roots remain visible all over town.

(continued on back cover)

(continued from page 7)

At night, crowds still descend upon biergartens that have been around for decades, now joined by newer bars and restaurants that look more like something one would find in Austin or San Antonio.

Newer residents to New Braunfels have been drawn to the region for its affordable cost of living and by larger employers who have settled there, including several distribution centers and technology companies. Over the past decade, the median household income has jumped to \$90,000 from \$65,000 in Comal County, which includes much of New Braunfels, one of the highest averages in the state.

“We have gone through the roof on every metric,” said Jonathan Packer, president of the Greater New Braunfels Chamber of Commerce. “There are many reasons why people come here.”

The community has also grown more noticeably diverse, with the presence of Latinos particularly evident on the city’s West Side. Residents flock to eateries like El Norteño for typical Mexican dishes, such as menudo, a spicy stew known colloquially as a hangover remedy. This week, a server took orders wearing a red T-shirt that read “Menudo Para La Cruda” or “Menudo For the Hangover.”

The restaurant’s owner, Johnny Aguirre, said he had noticed younger Latinos moving away from more traditional Hispanic enclaves into the city’s newer developments.

“The town is known for its German culture, but people come here for Mexican flavor,” Mr. Aguirre said. “Growth for us has been good. It’s been nonstop business.”

Diversity is evident on the city’s West Side, where locals flock to Mexican eateries like El Norteño.

But so much change — and so fast — has also come with challenges.

Nancy Classen, who grew up in the city and works at the Sophienburg Museum and Archives, said she was willing to keep an open mind about the new arrivals — as long as they did not try to change the town’s identity. New Braunfels, a conservative bastion between progressive cities, is the largest city in Comal County.

Caleb Harris, 36, said he moved to New Braunfels from Utah in 2013, when he foresaw that the region had potential for expansion. He bought a property at a development called the Overlook at Creekside, north of the city’s center, as soon as it broke ground. “I knew it was going to be a good area,” Mr. Harris said.

He is also part of the area’s changing demographics. Mr. Harris, who is white, is engaged to a Black woman who is pregnant with their child. With people who identify as two or more races growing rapidly, not just in Texas but across the nation, his son will be a part of an increasingly diverse state.

In New Braunfels, just more than 3 percent of residents identify as more than one race, according to census data, but that is up from a single percent in 2010. (The number of Americans who identified as non-Hispanic and more than one race grew to 13.5 million from 6 million over the past decade.)

Nearby at the sprawling Creekside mixed-use complex, which used to be a cow pasture, Faith Caddy walked her two dogs, a husky-Labrador mix named Odin and a red heeler named Luna. She recently moved to the city from Colorado, a decision that made great economic sense for her and her 9-month-old boy.

Welcome



Emma P. 207
Donald & JoAnne T. 401C
Beverly B. 314
Mary T. 407

Happy Birthday

MAKE A WISH!

- Grace J. (401)3/2
- Rosario L. (1101C)3/4
- Billye B. (402).....3/6
- Laddie M. (215).....3/8
- Charles W. (309)..... 3/11
- Alice L. (226)..... 3/15
- Sylvia F. (122)..... 3/20
- Harold F. (210) 3/20
- Ben B. (403)..... 3/21
- Cheryle C. (428)..... 3/21
- Mary H. (414) 3/22
- Joyce F. (210)..... 3/22
- Nancy L. (102)..... 3/22
- Gloria S. (222)..... 3/24
- Shirley D. (305)..... 3/25

