

## Helen Ohab

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Dzien Dobry and Buenos Dias from the Land of Enchantment, Las Cruces, New Mexico. It's been almost one year since I left the Midwest and moved half way across the country ... to Las Cruces and into the Village at Northrise (I'm shown here on the left with Dolores). Mind you ... I was not too keen about leaving the Casa ... finally had the Casa doing what I wanted them to do. But, with Dolores and Ed retiring to the Southwest I had few choices.

But I have to admit; Las Cruces is my kind of place. My apartment is comfortable ... new ... and the staff is OK ... but no one speaks Polish. Well at least I can holler at them (sometimes) without them knowing what I'm saying. Kind of fun ... don't you think. Took me a while ... but I finally figured out I was not in Chicago anymore ... couldn't get my favorite radio station (the Polish Hour). Kept getting Latin stations instead ... or worse, country and western. I sort of miss my old live-in helper at the Casa. No one to wait on me hand and foot.

But as I said the staff is OK ... plenty of young fillies running around to assist me in the things I need to do to get through the day. Sometimes when I'm cranky ... and press my "call for help" button, they are a little slow to respond. I suppose they got me figured out that I want to control things over here.



One of my helpers, Amy, just had a baby and that's me (on the right) with little Emily.

I'm feeling pretty good for an "stara baba" ... just the usual aches and pains plus my arthritis in my lower back is giving me some problems and my eye sight is slowly failing, but otherwise not too bad for someone who will be 95 the middle of December. I guess they don't make replacement parts for a 1905 model ... so I'll just have to make do with what I've got.

I miss all my friends in Illinois and the Casa ... I miss by polish Oak Park radio station. I do not miss the cold gloomy weather, because, over here, the sun shines nearly every day. The place where I live ... The Village at Northrise ... consists of three separate buildings. I live at Morningside, which is assisted living (and do I need assistance). It's a two-story building with 70 apartments. I live on the first floor ... end apartment with a patio... great view of the Organ Mountains (if I could only see so well). Currently 42 apartments are occupied with a total of 50 residents, 8 couples, 7 men, 27 women, 2 dogs and 3 cats.

Dolores and Beth, one of the aides, tried growing a tomato plant in a pot on the patio. Between the jackrabbits thinking it was their salad bar, the hot afternoon sun and the grasshopper invasion, not a very good harvest. Nothing like the 1½-pounder in the yard on Walton Street.



I like living here because there's always something going on, bingo three times a week, different entertainment, like Music with Carla, the Munson Senior Citizen Choir and different grade school, high school, boy scout and girl scout groups ... and of course costume parties. Don't I look great in my "cat-woman get-up?" Retired Army chaplain Father Anderson comes by to hold mass service on Saturday mornings ... nice, he does not pass a collection basket.

The food here is fine ... I have three meals a day in a fancy dining room with an excellent staff. I don't like breakfast because I have



to get out of bed and get dressed. I would rather stay in bed and sleep but I have to eat breakfast so I can get my medicine. I have my main meal at 11:30 and a light dinner at 4:30. The rest of the day I nap or think of things to complain about when Dolores calls me in the evening. That's enough to keep any person busy.

At this place, the nurse's aides take very good care of me. Beth calls me her Polish grandma and gives me lots of hugs and kisses. Anita is always smiling when she tells me "You can do it" when I tell her "I can't". Rachel likes to fix my hair, and Dale Ann makes me laugh (she's a part time clown), just to mention a few. I even taught them a few words in Polish (not swear words). Well ... maybe this outpost is not so bad after all ... people here are friendly and treat me nicely.

Well so much for now ... just dictating this "tell all" tired me ... and my naptime is approaching. I think fondly of all my friends back up North. If you care to, you may give me a call at 505-556-0173, or call Dolores at 505-647-5834. I can still hear the phone ring and can reach the receiver ... usually within 8-10 rings. I have some difficulty with my hearing but I'd love to hear from you.

If you are interested in what Dolores and Ed are doing here in Las Cruces visit their web site at [www.rozylowicz.com](http://www.rozylowicz.com). Best wishes for a Merry Christmas and Wesolych Swiat and a Happy New Year. Bye and adios ... Helen