

BLE OF CONTEN

FEATURE	

FEATURES

- 3 Kidneys: The Kings of Filtration for Your Pet
- An Artist's Legacy: A Visit to the 6 **Randall Davey Audubon Center** and Sanctuary
- 10 NM Jazz Festival on Tap for September
- 14 Woebegone Waldo



COLUMNS

- 8 Ask a Health Care Professional
- 12 The Doctor Will See You Now
- **15** Journey to Health: Healthy Summer Travel
- 20 Savvy Senior
- 21 The Doc Is In
- 22 Herb Doc



MONTHLY

- 9 Adoptable Pets Of The Month
- Classifieds 16
- 17 Crossword
- 18 Calendar
- **19** Live Entertainment

Locally Owned Woman Owned

publisher@primetimenm.com

Publishing Consultant

Matt Gantner

matt@primetimenm.com

Advertising Executives

Scott Simmons

scott@primetimenm.com

Christopher Hagen

christopher@primetimenm.com

UBLISHING **Art Director Publishers** Ashley Conner & Dana Benjamin

Ashley Conner

Graphic Designer/ House Photographer Dana Benjamin

PRIME TIME

Copy Editor Autumn Gray

Calendar Editor Liz Otero

Home of the 50+ EXPO, Prime Time Monthly, and the **Family Caregivers Resource Guide**

Contributing Writers

Brian D'Ambrosio Eli Follick Dr. Laura Hady Mykel Kirkpatrick Jim Miller Dr. Gerard Muraida Dr. Brooke Parish Dr. Shellie Rosen Shannon Wagers



PrimeTimeNM.com 111 Iron Ave SW Albuquerque, NM 87102 505-242-2428

Cover photo courtesy of Rodney Bursiel

The Publisher does not take responsibility for the accuracy or legitimacy of the advertiser's message or that of the guest writer/columnists or any aspect of the business operation or conduct of the advertisers in the paper



Continuum of Care is Important in a Retirement Community

Consider someone turning age 65 today has almost a 70% chance of needing some type of long-term care services and supports down the road.

A Life Plan Community is the answer.

Enjoy your current active lifestyle and know that you'll have the proper care in the future should your health needs ever change.

New Mexico's Premier Life Plan Communities



(505) 994-2296

La Vida Llena LIFE PLAN COMMUNITY

(505) 293-4001 NeighborhoodRioRancho.com LaVidaLlena.com