



The Silver Lining

July 2012

Locations:

Albuquerque

Casa del Norte
3200 Candlelight Dr NE

Robin House
9909 Robin Ave NE

Tender Heart
4308 Tulane Dr NE

Vista Sandia
8604 Camino Osito NE

West Ridge Village
3130 Vista Grande NW

Willow Wood
1008 Chiricahua SE

Del Sol Senior Sitters
3609 Lafayette NE

Las Cruces

Casa Bella
2919 Spitz St.

What's New At Preferred Assisted Living?

All Albuquerque employees completed the Recreation Through the Ages Activities training with Kim O'Roark, Licensed Recreational Therapist. Kim provided our caregivers with a lot of great ideas to engage our residents no matter what care level they are, as well as training on completing range of motion exercises. In addition, Cloud9 Divine Yoga Studio will be visiting Tender Heart on July 12th to introduce a chair yoga program and assess the needs of our residents. If it goes well, we will be working with them to set up once weekly chair yoga at each location in Albuquerque.

Hatch

Country Sunset
1163 Canal St.

Quick Links...

[Our Website](#)



Team Member Birthdays

7-2 Natalie Duran
7-10 Lorenzo Rios
7-14 Monique Hernandez
7-23 Sissy Iron

Resident Birthdays

7-2 Glossene M. CDN
7-4 Neil S. CS
7-9 Bonnie C. WRV
7-9 Gene H. CB
7-12 Leroy T. DS
7-28 Erika T. TH
7-31 Inez R. VS

Our Management Team:

Casa Bella
Administrator
Jill Shannon
jshannon.apal@gmail.com
Assistant
Ruth Olivas
casabella.apal@gmail.com

Country Sunset
Residential Services
Manager
Brenda McWhorter
country.sunset.apal@gmail.com
Assistant
Dasha Jones

Del Sol Senior Sitters



Caregivers Participate in Activities Training

Preferred Assisted Living Community Involvement



Preferred Assisted Living is honored to be a part of Mountain View Regional's Healthy Woman Event. "Pink Beach Blanket Bingo," is the theme for this year's celebration, which will focus this year's efforts on raising money for the Tough Enough to Wear Pink Campaign. Participants in this year's event will enjoy a Beach party beginning at 5:00 p.m., and continuing until 7:00 p.m. Local Vendors will be on hand to provide health information and screenings, as well as provide fun for members of the whole family, including batting cages and massages.

Who can possibly forget Abby Rike of "The Biggest Loser's" season eight? Abby became an instant fan favorite when she shared the story of losing her family in a fatal car crash, and who triumphantly made a personal comeback by losing 100 pounds, and becoming a motivational speaker and author. Abby Rike will bring her story of triumph center stage right here in Las Cruces, New Mexico. MountainView Regional Medical Center's Healthy Woman Program invites you to come hear Abby speak as a part of their Annual Healthy Woman Anniversary Celebration and visit our vendor booth. The event is scheduled for Thursday July 19 at the Farm and Ranch Heritage Museum

Day Services Coordinator
Chanelle Smoots

**Vista Sandia
Tender Heart**
Area Manager:
Cathy Dominguez
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Assistants:
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Nancy Lopez
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Willow Wood**
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Assistants:
Pearl Martinez
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Susanna Rubio
willowwood.apal@gmail.com
Activities
Vivian Ingersol
vingersol.apal@gmail.com

July Dessert of the Month Gathering



To register for this fabulous event, click the registration link below:

[Register Now!](#)



Preferred Assisted Living's Southern locations will be participating in the Walk to End Alzheimer's in Las Cruces in September. Casa Bella's Administrator, Jill Shannon, is the team leader. Click the link below to join the team or make a donation to help end Alzheimer's.

[Click here to Join the Walk to End Alzheimer's and Support our Team](#)

Resource Center



Often it is not until we are faced with an emergent situation that we start to think about the tough decisions and ask ourselves the tough questions, such as what does my mom/dad want in this situation? Five Wishes is a free publication that guides the family through these questions and helps us prepare for these things in advance.

Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them.
- The kind of medical treatment you want or don't want.
- How comfortable you want to be.

**Wednesday
July 4th**

**Join us
for Red, White
& Blueberry
Shortcake**

*Please RSVP to the community
manager or assistant
manager!!*

**All locations
1:00pm-2:00pm**

- How you want people to treat you.
- What you want your loved ones to know.

Five Wishes is changing the way America talks about and plans for care at the end of life. More than 18 million copies of Five Wishes are in circulation across the nation, distributed by more than 35,000 organizations. Five Wishes meets the legal requirements in 42 states, including New Mexico.

Five Wishes has become America's most popular living will because it is written in everyday language and helps start and structure important conversations about care in times of serious illness.

Five Wishes was introduced in 1997 and originally distributed with support from a grant by The Robert Wood Johnson Foundation, the nation's largest philanthropy devoted exclusively to health and health care. **Five Wishes Online** was introduced in 2011, allowing people to complete Five Wishes on screen and print out a personalized document immediately. With assistance from the United Health Foundation, Five Wishes is now available in 26 languages.

To complete the 5 Wishes online and obtain a printable copy, visit their website at:

[5 Wishes Online](#)

[Alzheimer's/Dementia Support Groups by City](#)

Father's Day Snapshots



We celebrated Father's Day at Preferred Assisted Living with all our "Dad's and Grandpa's" by giving them goody baskets with various treats including Dad's Root Beer, chocolate, and everyone had Ice Cream Sundaes!

FATHER'S DAY
Father's
DAY