



=====The Silver Lining=====

Preferred Assisted Living Inc. Newsletter

Happy Holidays
December - January
2010 - 2011

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Quick Links...

www.apalinc.com

[E-mail our Activities
Director](#)

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Locations

Casa Bella
2919 Spitz
Las Cruces



Christmas Family Luncheons
12:00 Noon
December

Casa del Norte
3200 Candlelight NE
Albuquerque

Robin House
9909 Robin Ave NE
Albuquerque

Tender Heart
4308 Tulane NE
Albuquerque

Vista Sandia
8604 Camino Osito NE
Albuquerque

West Ridge Village
3130 Vista Grande NW
Albuquerque

Willow Wood
1008 Chiricahua SE
Albuquerque

*Now
Providing
Non-Medical
Home Care*

13th West Ridge Village
13th Vista Sandia
14th Willow Wood
14th Tender Heart
16th Casa Bella (Las Cruces)
20th Casa del Norte
21st Robin House

Plan to attend and share some special time with your family member or friend. Please R.S.V.P. to the house manager so we will know how many guests to count on.



FOCUS ON AN OWNER

Tracy Ayers

Last month we met one of the three owners of Preferred Assisted Living (PAL), Lynne Blake. The two other owners are Matt and Tracy Ayres. Matt and Tracy partnered with Lynne in 2004, to become co-owners of the company. In this newsletter we will focus on Tracy. (Matt, you're up next!)



At PAL, Tracy wears many hats including (but not limited to); coordinating and implementing all staff education and employee programs; quality assurance through regulatory compliance; accounting; payroll; and anything else that comes across her desk!

Another hat that Tracy wears is as president of the Assisted Living Services Organization (ALSO) which is a non-profit, volunteer organization that promotes industry standards through networking, education, and legislative representation.

Tracy recounts that her decision to dedicate her future to senior care comes from a very negative past experience when her family dealt with her grandmother being in a nursing home prior to passing away with cancer. At that point Tracy decided that there had to be a better way to care for the elderly. Years later, as fate would have it, Tracy visited Lynne and saw what she had accomplished with assisted living for seniors. Then Tracy decided to change direction from her teaching career and move to Albuquerque to help expand PAL.

Tracy hails from Las Cruces and Carlsbad. She received a Bachelor's degree from NMSU in Secondary Education and went on to teach high school English in Hatch, New Mexico and Developmental English at the Dona Ana Branch Community College.

Tracy has two children, a son Ryan (26) who lives in Las Cruces and works for PAL; a daughter, Kaitlin (19) who attends Eastern New Mexico University in Portales. Tracy also has a step-daughter, Morgan (17) who is a senior at Mayfield High School in Las Cruces. Matt and Tracy were married in 1999.

**WELCOME
TO ALL
OUR NEW
RESIDENTS
AND THEIR
FAMILIES.**

*Put a smile on your face
this Christmas Season.
It's contagious!*

The 3 stages of man:
He believes in Santa
Claus,
He doesn't believe in
Santa Claus.
He is Santa Claus.

What did one angel say

to another?
Halo there.

What did Santa say
when his toys
misbehaved?
Toys will be toys.

What do the elves sing
to Santa on his
birthday?
*Freeze a jolly good
fellow.*

What do you call a
gigantic polar bear?
Nothing...you just run!

What is black and
white and found in the
Sahara Desert?
A VERY lost penguin.

What nationality is
Santa Claus?
North Polish

Why does Santa have
three gardens?
So he can ho-ho-ho.

What is a skunk's
favorite holiday song?
Jingle Smells

Why is it so cold at
Christmas?
*Because it's in
Decembrrrrrrrrrrr.*

What do aliens say
when they land at the
North Pole?
Take me to your heater.

In her (limited) spare time, she and Matt like to go to the lake in the summer where they like boating and water-skiing. As a former English teacher, Tracy, of course, enjoys reading. Her favorite author is John Steinbeck. Her favorite thing to watch on TV is anything on the Food Network.

Tracy and Matt have two dogs, a Shih Tzu named Bailey and a Bassett Hound named Abby.



Focus on a Resident

Robert Hill

What do you call a bunch of grandmasters of chess bragging about their games in a hotel lobby?
Chess nuts boasting in an open foyer.

Okay....I didn't say they weren't corny, but you gotta admit that at least one of them made you smile.



COMMUNICATIONS

It's always important for family members to be able to contact someone at the house where their relative is. During the admitting process, the family member is given a brochure with the



This month our resident in the spotlight is ROBERT HILL, who is currently a resident at West Ridge Village and formerly a resident at Robin House. Those who know Robert, know him as a friendly man who is very artistic. If you have seen any of his art-work you will know what we mean by artistic.

Robert says he has always liked drawing and painting. After graduation from Alamogordo High School, he went to college to take art classes. Now he continues his art education through self-teaching step-by-step books on special art techniques.

Robert was born in Alamogordo, New Mexico and has fond memories of growing up there. Of course, being so close to White Sands National



Monument, he said that "sand surfing" on waxed surf boards was a favorite summer activity. He also liked swimming and hiking in the canyons around Alamogordo. Another outdoor activity Robert really liked was fishing for trout at Bonito Lake and on the Mescalero Reservation.

He relates good memories of his parents - a mother who took care of him and his

office number and a card with the House Phone number and the House Manager's cell number. If you have misplaced the card, you can call the office during business hours (Monday - Friday 9am - 5 pm) or ask the House Manager to give you the appropriate numbers.

There will always be someone to answer the phone at the house and they will get your message to the House Manager. The PAL office has a 24-hour emergency answering service which will handle calls by contacting an administrator.

The best person to contact to ask questions about your family member, especially regarding medications and care, is the House Manager, because, of course, they have the most direct and continuous contact with the resident. House Managers are on-call so they can be reached at any time. Of course, they do have time off on Wednesday and the weekends when they

siblings and cooked good meals for them. Robert likes cooking and watching the cooking channel. His father was in the Armed Forces and was a fireman in Alamogordo. Robert has 3 brothers and 3 sisters and he is the second to the oldest. As an 11-year old boy, Robert was badly burned when he and his brother started a fire while playing. Robert went into shock and received 3rd degree burns.

Robert has traveled all around the world when he was in the Navy as a boiler technician and a fireman. His ship was the USS Canada. In his almost 4 years in the Navy he traveled to Australia, New Zealand, Hawaii, Europe, Africa, the South Pacific and Hawaii. He has fond memories of his travels and time stationed in Washington State.

Robert's grandfather, Oscar Hill, started the Spanish Baptist church great-grandfather, James Hill, was also a Baptist Preacher. Robert enjoys going to church and reading his Bible and finds solace in reading it when he is scared or upset.

Robert has a whole list of likes and favorites. Blue is his favorite color and he says about his favorite food is carne adovado with beans and rice and good ol' homemade tortillas. Of course, that has to be topped off with sopapillas and honey! Robert enjoys collecting and mastering radio-controlled model cars and trucks.



Dogs are on the list of special little lives with him at West isPrincess and he gift last year. Look at



Robert's likes. He has a Pomeranian pooch that Ridge Village. Her name received her as a birthday the photo of Princess and

have time with their families. They can be reached in an emergency then.

The best time to reach a House Manager is during the following time frame:

Monday, Tuesday and Thursday from 7am to 7 pm and Friday from 7am to 3 pm.

The OFFICE phone number is 884-3830.

Another good option is to contact the House Manager via e-mail. They do check their e-mail regularly and can be of service to communicate with you via the Internet.

Each house has a unique phone number and your House Manager has a cell phone number. You can call the office if you need this information, or contact the House Manager.

Please note that, because of HIPPA guidelines, information on a resident can only be shared with authorized contacts.

then look at the painting Robert did of her from the photo. Pretty good, huh? It's hard to tell which is the photo and which is the painting.

Robert's art talents include painting with acrylics and water colors and drawing with colored pencils and pens and pen and ink.

For the last 12 years or so Robert has resided in Assisted Living homes. He says he likes it at West Ridge Village and one of the main reasons he cited was their good, fresh coffee every morning!



Kudos

Sarah Crutchfield, CSA
Marketing Director

Sarah recently achieved accreditation as a Professional Certified Senior Advisor (CSA). A CSA is a knowledgeable professional who has completed courses designed to educate about seniors as well as meet other requirements including background check and adherence to code of ethics and responsibility.

The certification required that Sarah complete courses covering five key areas that impact the lives of seniors in today's society:

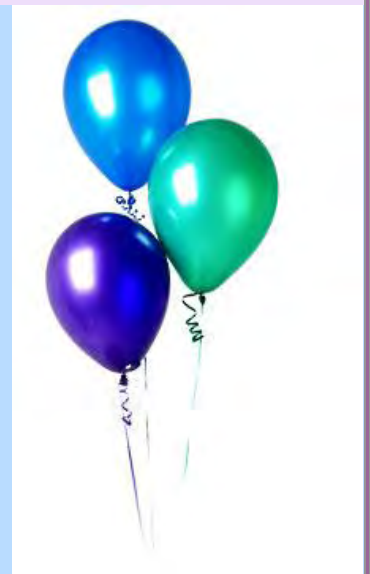
- Social aspects of aging
- Health aspects of aging - physical and mental
- Financial and legal aspects of aging
- Government assistance for seniors
- Ethical communication with seniors

Congratulations to Sarah for investing your time and effort to further your role at Preferred Assisted Living.

December and January Birthdays

Residents and Staff

***If your birthday should be on this list, please let the house manager know so we can celebrate your special day.**



RESIDENTS

DECEMBER

3 Annie Vista Sandia

7	Karen	Robin House
11	Bruce	Casa Bella
21	Katie	Casa Bella

JANUARY

3	Marjorie	Tender Heart
4	Anna	West Ridge Villiage
5	Betty H	Casa del Norte
5	Anne	Casa del Norte
15	Wayne	West Ridge Villiage
15	Earl	Vista Sandia
30	Linda	Robin House

STAFF

12-4 Sharon K.

12-4 Judy S.
12-21 Ruth O.
12-28 Patricia G.
01-26 Melissa C.

CHECK WITH THE MANAGER OF THE HOUSE TO
COORDINATE A BIRTHDAY PARTY FOR YOUR LOVED-ONE.
WE CELEBRATE EACH RESIDENT'S SPECIAL DAY WITH A
CAKE AND A PARTY.

*Happy Birthday to each resident
and staff-member.*

Christmas Humor
for the Dogs

'twas the Night Before Christmas

(doggy version)

It was about time for Christmas, and all through the house
A creature was stirring, but it wasn't a mouse
I knew right away it was my wife's little pup,
She thought we were sleeping, and so she was up

The dog was a gift it was coercion, really,
A woman can pout, 'til a man gets downright silly.
And now the wife was snoozing she was really sacked out
She wouldn't have awoke from less than a shout.

Yes, her in her nightgown, I in my BVDs,
We had finally settled down to catch some Zs
When off in the kitchen there arose such a clatter,
I rolled from the bed to see what was the matter.

Away down the hall, my head in a muddle,
I reached the kitchen...and stepped in a puddle.
The glow from a nightlight illuminated the room,
So how come I stumbled over the broom?

I fell in a sprawl, my legs were not stable.
On the way down, my nose hit the table.
My head was a spinnin' and when I came to rest
Four miniature dog feet stood on my chest.

With a lick and a bark, she bounded away,
Into the living room, she ran to play.
More rapid than mice, that rat terrier ran,
Me on the follow, rolled newspaper in hand.

"Stop, Skeeter! Stop, Dog! Stop, Pup!
Halt, Pooch! Halt, Girl! Oh, come'ere, you mutt!
"Get off the new couch! Now let go of that curtain!
Ohhh...If I ever catch you, you're gonna' be hurtin'"

As winds of a Texas tornado do fly,
She spun round the room, down low and up high.
Then up on the countertop, that puppy went
She stopped for a second. I thought she was spent.

I make a quick lunge, she ducked me and then

Yawned when I dove through the flour bin.
As I drew out my head and was turning around,
She made for the presents, in a single bound.

I was covered with flour, from my head to my toes,

My robe in tatters, and blood on my nose.
A bag full of toys, she grabbed with glee
I nabbed her, I thought, but instead got the tree.

The ornaments, they broke, as they began to fall
The lights, how they fizzled, and that is not all.
When I reached for the plug, to turn the bulbs out,
What flowed through my body, but electricity, so stout!

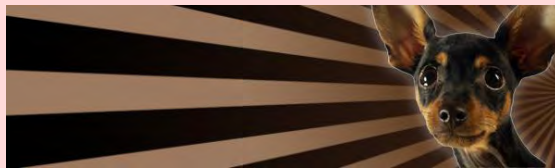
As smoke encircled my head like a wreath,
That dog held my big toe, tight in her teeth.
"Skeeter," I moaned, "I give up. Oh, Skeet, I give in."
So she bit my swollen nose, and nipped at my chin.

She spoke not a word, but went back to work,
Down came the stockings it took just a jerk.
Then up from the hall, came the sound of feet,
Mamma, it seemed was awake from her sleep.

"Now you'll get it pup," I announced with glee.
Then Skeeter walked over and put her little head on my knee.
She looked up at my wife - so innocent - and at me, so, so sad.
And it didn't take long, to know I'd been had.

Then came the wife's voice, so strong and so clear,
"Bill, you leave that puppy alone! You hear!"
And I exclaimed to myself, as they walked out with a strut,
"Don't leave any gifts, Santa, just PICK UP THE MUTT!"

'The night before Christmas' was written by Bill McClellan



GIVING THANKS

A few photos from our Thanksgiving Luncheons
(or about that time).



ALZHEIMER' NEWS

The Allzheimer's web-site has added lots more information for families and caregivers. Check them out at the following web-site.

This month they are honoring caregivers. Caring for someone with Alzheimer's can be overwhelming. Get the information you need to take care of your loved one and yourself.

<http://www.alz.org/nadam/nadam.asp#honor>



**All of us at
Preferred
Assisted Living
wish each and
every one of you
a very Merry**

**Christmas, Happy
Hanukkah, and the best in
the coming New Year 2011.
Season's Greetings!**

Sincerely,



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