

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

Preferred Assisted Living Inc. Newsletter **AUGUST 2011**

Locations

Casa Bella
2919 Spitz
Las Cruces

Tender Heart
4308 Tulane NE
Albuquerque

West Ridge Village
3130 Vista Grande NW
Albuquerque

Willow Wood
1008 Chiricahua SE
Albuquerque

Casa del Norte
3200 Candlelight NE
Albuquerque

Robin House
9909 Robin Ave NE
Albuquerque

Vista Sandia
8604 Camino Osito NE
Albuquerque



August Resident-Family Luncheon 12:00 Noon

Casa del Norte	Tuesday	9 th
Vista Sandia	Thursday	11 th
Willow Wood	Friday	12 th
Robin House	Tuesday	16 th
Tender Heart	Thursday	18 th
West Ridge Village	Friday	15 th
Casa Bella	Thursday	18 th

***We'll send off the summer in Luau-style.
Please join us and let us know if you can come.***

Resident Birthdays in August

August 13th	Ina Jean	RH
August 24th	Magdalen	CDN
August 26th	Robert Hill	WRV
August 27th	Betty	CDN

A few party pictures from recent birthday parties at PAL



Inez - Vista Sandia



Erika - Tender Heart



Margaret - Willow Wood

Happiness (according to Preferred Assisted Living Residents)

I've been talking with the PAL residents and I've taken an "informal poll" by asking the question: What is happiness? We have had some good conversations revolving around this. I want to share with family, friends and co-workers the inspirational and wise responses from our dear residents at PAL. These are a sampling from residents at all 6 houses (and I'm not saying who said what).

Happiness is:

- Seeing someone smile
- To love and be loved
- Starting the day telling yourself to be happy
- Consideration and helping hands
- LOVE (this one was the first comment by a number of ladies and gentlemen)
- Being a Christian and loving God
- In your control - you choose to be happy (two ladies at different homes said this)
- Memories
- Clean air
- Petting a puppy in your lap
- Family, friends and especially husband or wife
- Life
- Having people be kind to you and being kind back
- Goodwill and sharing with less fortunate
- Cooperating and participating
- Getting a hug and giving one back
- Things hoped for but not seen
- Seeing the fruits of your work
- Living another day
- Freedom (this was from one of the men who has served in the armed forces)
- Children and grand-children (more than a few said this)
- Pretty music
- Moderation in everything
- Being useful
- Making someone you love happy
- Home
- A choice we make for ourselves
- Blue skies and sunshine
- Heaven

Did you notice that none of our residents gave an answer about happiness being something that is material (like a car, mink coat, money, diamond ring, etc.)? How do YOU answer "happiness is" _____?



Featured Preferred Assisted Living house

Willow Wood

1008 Chiracuahua SE,
Albuquerque, NM

In June's Silver Lining Newsletter, we featured **Casa Bella** Assisted Living in Las

Cruces, NM. For August we are going to take a virtual tour of Willow Wood which is one of the six Preferred Assisted Living homes in Albuquerque. Willow Wood has been a PAL home since 2005. It is a beautiful home just south of Central and a little bit east of Eubank in the Willow Wood neighborhood. The home has five bedrooms, 3 bathrooms and a large living room with a spacious, bright dining/kitchen area. The landscaping in the back yard includes a patio area and walkway surrounded with roses. Willow Wood has a capacity for eight residents and currently there seven lovely ladies living there.

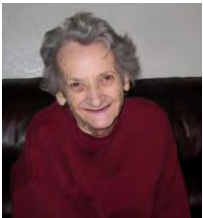
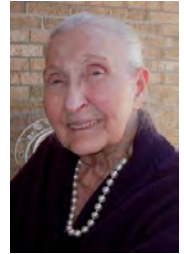


Please meet the ladies:



Margaret has been a resident for three years. We just celebrated her 86th birthday in July. Margaret was born in St Charles, Minnesota. Here in Albuquerque she was a nurse at the VA hospital for many years. Margaret has three children. We love to hear Margaret laugh and she likes watching the birds out the window.

Lela has graced Willow Wood with her presence for over two years. At 94 she is quite spunky and loves to talk. Lela was born in Kansas and reared in Colorado. Lela has three children who live in the area.



Annie is a 77-year-old sweetie who has been at Willow Wood for almost a year now.

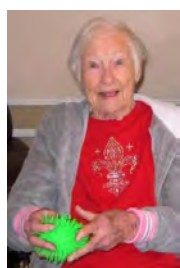
She hales from West Virginia and talks a lot about her mother who was a seamstress.



We enjoy **June** who is usually smiling. June just turned 80 and gets around the house fine. She likes the sun and often stands or sits where it is streaming in the window. Music from the 40's and 50's will get June smiling and toe-tapping.

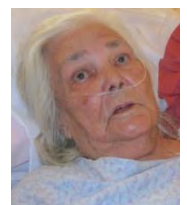


Catherine is a quiet 89-year-old lady who was born in Croatia and came to America with her husband who was an American soldier. She said she came over to America on the Queen Mary. She has two children, a boy and a girl.



Temple (86) is another one of our sweet, smiling ladies. She was born in Davis, Oklahoma and was a housewife married for 65 years and has 5 children. Temple likes to watch TV - especially Bonanza.

The newest lady at Willow Wood is **Alice** who just joined us. She talks about being raised in Tucumcari, NM and knows a lot about that part of the state.



Now meet the Willow Wood staff:



The manager of Willow Wood is **Gabrielle (Gabby)**. Gabby is from Las Vegas, NM and moved to Albuquerque about 7 years ago. Gabby has a 6-year-old son. Gabby has been care giving for 11 years which started when her grandfather got ill and she and her family became caretakers for him. Gabby said she enjoyed taking care of him and felt it did make a difference in his life and hers and gave him a feeling of comfort and safeness and gave her strength and joy to be a caregiver. She said "if it gave my grandfather such joy, imagine what it would do for a complete stranger." Gabby was an assisted living manager for 6 years prior to coming to PAL and has also been a med-tech and pharmacy tech, but returned to her love of caring for the elderly.

Isabel is from El Paso, Texas and has been a CNA for about three years. She enjoys working with the elderly and caring for them. When she isn't at work, she enjoys being with her three children. Mexican food is her passion, especially hot chili. Stuffed sopapillas are mmmm goood!



Arlene has been a caregiver for 6 years, 3 of which have been with PAL. She was born and raised in Albuquerque and has 2 boys. She loves music - especially rnb and gospel. Her hobbies include her kids and cooking. She says God is her strength in life and taking care of people her calling. **Jill** was born and raised in Deming, NM. She has been a caregiver with PAL for about 6 months now.

(No current photo – sorry Arlenen)



Jill has a 4-year-old son and another on the way in February. Her hobbies include: country music, fishing, camping and especially spending time with her son.

Kyla works on the weekends and some nights at Willow Wood. She has literally grown up as a care-giver as her mother, Sharon, has been a care-giver for years and was a caregiver and manager for PAL. Kyla likes cooking.



Jade works weekends at Willow Wood. She lives in Los Lunas and has 4 children.

Aging has it's Perks

(From an on-line article posted on Yahoo last week.)

The saggy, wrinkly view of aging may have a much more positive, and real, counterpart: Getting older has its perks, **lots of them**, from needing less sleep to having better sex. Here's a look at why the crowded candles on your birthday cake, as you enter middle age and beyond, are just plain awesome.

That's right, more time to enjoy life. Seniors need about 1.5 hours less sleep on average than their younger counterparts, according to one study.

Being happy may come down to attitude, studies have shown.

That's great news for older adults, whose brains seem to be wired to remember the good times. A brain-scanning study published in 2010 in the journal *Cortex* revealed that older adults' rose-colored glasses may be linked to the way the brain processes emotional contents. The researchers scanned the brains of participants - young adults (ages 19-31) and older adults (ages 61-80) - as they viewed a series of photographs with positive and negative themes, such as a victorious skier or a wounded soldier. The older adults showed strong connections between the brain regions that process emotions and those known to be important to the successful formation of memories, particularly when processing positive information. The same strong connections weren't found for the younger participants. Aging adults don't just recall blissful moments of the past in vivid colors. It's also becoming apparent to researchers that being old could lend itself to optimism. In one recent study, both old and young participants were shown virtual faces portraying sadness, anger, fear and happiness. Eye-tracking technology revealed the younger participants, ages 18 to 21, focused on the fearful faces, while those ages 57 to 84 zeroed in on the happy faces, avoiding the angry ones.

No diapers. No temper tantrums. No fevers and ear infections. Aging means you get to enjoy grandkids, as if they were your own, but without all of the frustrations. Pop-pop and G'ma can do no wrong in the eyes of grandkids. Research has suggested grandparents can increase the chances of a child surviving during the high-risk period of infancy and childhood in traditional societies. Grandparents recognize the importance of the family and family ties.

And you're good at it, too. A study published in the November 2008 issue of the journal *Pediatrics*, by scientists at the Johns Hopkins Bloomberg School of Public Health, showed that kids cared for by a grandmother were 50-percent less likely to get injured than children cared for by daycare workers, other relatives, or even the child's own mother.

Like a fine wine, older adults have been aged to perfection it seems, at least when it comes to wisdom. As you age, you may have a tougher time tuning out irrelevant information, but this lack of focus can actually boost memory, according to research published in 2010 in the journal *Psychological Science*. More specifically, seniors have the unique ability to "hyper-bind" the irrelevant information, essentially tying it to other information that is appearing at the same time. This type of memory could help older adults with decision-making and problem-solving, the researchers suspect.

Sex drive seems to stay strong as you age. One 2007 study published in the *New England Journal of Medicine* surveyed adults ages 57 to 85, finding more than half of 75- to 85-year-olds reported a roll in the hay at least two to three times a month, and 23 percent reported having sex at least once a week.

Research shows that age brings better skill at managing emotions and dealing with problems. Experience dealing with a lot of conflicts brings skills. In marital or long-term relationships, couples learn what to fight and what to accept. In short, age brings a larger, more tested repertoire for dealing with problems.

Children proudly hold up fingers to tell their age and can't wait until their next birthday. Each birthday was a big event. Adults in their thirties, forties, fifties, and sixties see age as eroding vitality and attractiveness and try to hide and deny their age. After sixty, age starts becoming something to be proud of and gives a sense of accomplishment and achievement. By ninety or 100 there are well-deserved, serious bragging rights.

The story of Peter Pan begins, "All of this has happened before, and all of it will happen again." Age bears witness to cycles of birth, marriage, children and death; of hard times and easy times; of war and peace.

Age brings an understanding of life's rhythms and cycles. A great sense of satisfaction goes with this glimpse into the secrets of the universe.





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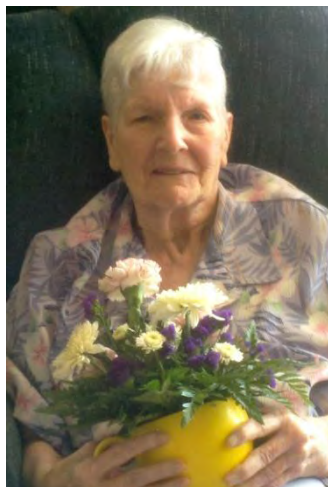
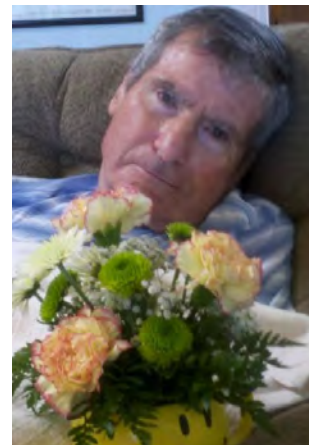
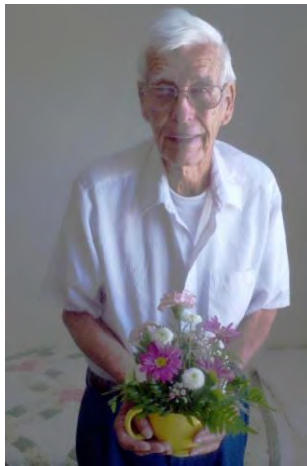
On the lighter side - here's some games older people might play...

- Pin the Toupee on the bald guy
- 20 questions shouted into your good ear
- Simon says something incoherent
- Hide and go pee
- Spin the Bottle of Mylanta
- Musical recliners
- Sag, You're It

July 20 - 26 was FTD's "Make Someone Smile" week. **Cr Blossoms** shop in Las Cruces took it to heart and brought flowers to all the residents at Casa Bella.

I think their "make someone smile" sentiment worked just fine, don't you?

Thank You, Cr Blossoms !!



The Art of Helping Someone with Dementia Make Choices

By Paula Spencer Scott, Caring.com senior editor

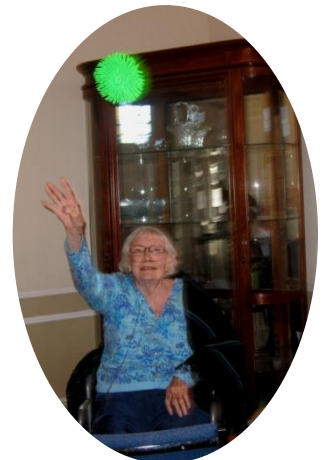
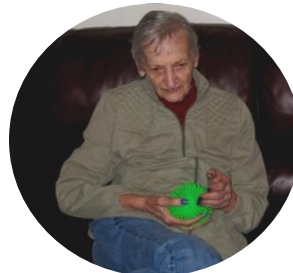
You've probably noticed the person in your care becoming **less able to make the simplest choices**: What kind of cereal to eat? Which sweater to wear? What to do today? Before long, taking any kind of initiative will be impossible, as higher-order thinking becomes more damaged. While some inkling of preferences remains, involve them to the best of your ability.

Here's how:

- ***Don't rush to make all choices for the person.*** The actual choosing matters less than the pleasant feeling that can arise -- and carry over into other behaviors -- from being involved in social give-and-take.
- ***Narrow the options.*** Present two choices: wheat flakes or oatmeal? Take a walk or feed the ducks?
- ***Consider listing your personal first choice last:*** It's typical that the last word heard will be the one played back to you (*oatmeal, ducks*).
- ***Skip intimidating open-ended questions.*** Not, "What do you want to do today?" Instead, "Should we take a drive today or feed the ducks?"
- ***Be patient and don't scold or "talk down" to the person. Tone of voice and body language is easily read by the person and they are sensitive to your attitude!!***



Watch the bouncing ball !



Hi, I just want to introduce myself, for those who don't know me. My name is Davra Clayton and I am the Activities Director for the Preferred Assisted Living homes (all 6 homes in Albuquerque). I've worked for PAL for over 2 1/2 years now and have found a niche with the elders. Both my father and mother have been residents at PAL houses during the past 10 years. Both have gone to be with the Lord now.

My job as the Activities Director is to encourage the residents to make the best of each day, get some exercise and enjoyment. My motto is "it's not the outcome that's important, it's the enjoyment at the time that counts." I really love doing activities with the residents. My favorite activities are...well pretty much any and all, but I do like

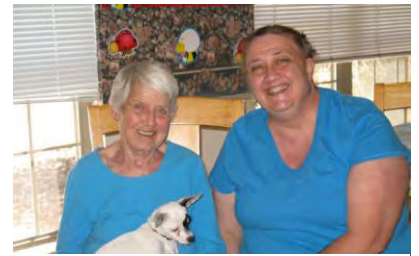
crafts, music, pet therapy, games, what we call "table talk", Bible reading, scrapbooking and gardening,

I'm kind of "in between" the residents and most of the care-givers in age; I'm soon to be 59. I was born in Albuquerque and raised in Cedar Crest and have lived in Las Cruces for 8 years and Texas for 2 years. Now we're back home in the East Mountains. Been married to the same wonderful guy for over 37 years. I have one beautiful daughter and great son-in-law who have two adorable sons who happen to be my grandsons...and the joy of my life! Unfortunately they live way back in New England so you will hear me reminiss about being there (or them being here).

I love all of God's magnificent creation - especially the animals - dogs, cats, birds, mammals of all kinds, reptiles, fish, bugs and butterflies (I think that about covers the animal kingdom.) Also love

plants - all kinds - especially unusual ones and ones that are fragrant - like gardenias. I have a lot of hobbies, but mostly quilting, birdwatching and travel.

In addition to the activities which I currently do at all six houses, I put this newsletter together and send it out monthly. Photography is one of my hobbies too!



My Mom, Blythe, and Me
(Willow Wood 2007)



If you would like to be put on the e-mailing list for the Silver Lining please contact the Activity Director at dclayton.apal@gmail.com



Welcome to our new residents
and their families!
And greetings to those who
have been with us
for a long time.

Sincerely,

Preferred Assisted Living, Inc.

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