



November 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.

Preferred Assisted Living to Host a Family Dynamics Informational Session

What happens when seniors face major life transitions and their adult children are embroiled in painful and unrelenting conflict? Issues like residence decisions, distribution of caregiving responsibilities, safety and health concerns, wills and estates, the sale of the family home, and more can divide a family for years to come. When communication is difficult and critical decisions are put on hold, families may need the help of a skilled mediator to get them "unstuck"

Hatch

Country Sunset
1163 Canal St.

Quick Links...

[Our Website](#)



Team Member Birthdays

11-3 Tosha Davis
11-5 Cathy Dominguez
11-15 Veronica Herrera
11-18 Christopher Anaya
11-19 Lynne Blake
11-22 Crystal Olvera
11-29 Melissa Baca

Resident Birthdays

11-9 Leonard C - WRV
11-17 Dorothy O - RH
11-19 Lucy G - RH
11-20 Mike S - VS
11-27 Annie H - WW
11-28 Dinah M - VS



The following people are celebrating work anniversaries this month with Preferred Assisted Living, Inc., and we want to say congratulations and thank you!!!

Patty Guerra
11-19 5 Years!!

so they can move forward.

Often, as family members age, family dynamics can become more entrenched and complicated. Conflicts that may have simmered below the surface can boil up and make family conversations very difficult. Siblings, dealing with differences in their own geographic, economic and family situations often find working together challenging and they may have spouses who hold strong views of their own. Thoughtful decision-making can seem all but impossible.

We speak to family members daily who are struggling with how to navigate this new situation their family is now in the middle of. If you, or someone you know, are facing some tough family conflicts, we would like to help by either referring you to an eldercare mediation specialist, or by having you attend an informational session. We assure you, these challenges are not unique to your family and having a professional, along with other people in similar situations, to discuss these things with can help your family and ensure it does not negatively impact your loved one who is often caught in the middle.

If you are interested in either a referral or attending a group session, please reply to this e-mail and let us know!

Resource Center

Lewey Body Dementia

What Is LBD?

LBD is not a rare disease. It affects an estimated 1.3 million individuals and their families in the United States. Because LBD symptoms can closely resemble other more commonly known diseases like Alzheimer's and Parkinson's, it is currently widely underdiagnosed. Many doctors or other medical professionals still are not familiar with LBD.

Nancy Lopez
11-22 2 Years!!

Myra Ortiz
11-1 1 Year!!

Brianna Green
11-9 1 Year!!

Anna Consiglio
11-23 1 Year!!

*Thanks for all you do
and for being
fabulous employees
and caregivers!*

Our Management Team:

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Assistant
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Day Services Coordinator
Chanelle Smoots

Vista Sandia
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LBD is an umbrella term for two related diagnoses. LBD refers to both Parkinson's disease dementia and dementia with Lewy bodies. The earliest symptoms of these two diseases differ, but reflect the same underlying biological changes in the brain. Over time, people with both diagnoses will develop very similar cognitive, physical, sleep, and behavioral symptoms.

While it may take more than a year or two for enough symptoms to develop for a doctor to diagnose LBD, it is critical to pursue a formal diagnosis. Early diagnosis allows for important early treatment that may extend quality of life and independence.

LBD is a multisystem disease and typically requires a comprehensive treatment approach. This approach involves a team of physicians from different specialties who collaborate to provide optimum treatment of each symptom without worsening other LBD symptoms. Many people with LBD enjoy significant improvement of their symptoms with a comprehensive approach to treatment, and some can have remarkably little change from year to year.

Some people with LBD are extremely sensitive or may react negatively to certain medications used to treat Alzheimer's or Parkinson's in addition to certain over-the-counter medications.

Who was Lewy?

In the early 1900s, while researching Parkinson's disease, the scientist Friederich H. Lewy discovered abnormal protein deposits that disrupt the brain's normal functioning. These Lewy body proteins are found in an area of the brain stem where they deplete the neurotransmitter dopamine, causing Parkinsonian symptoms. In Lewy body dementia, these abnormal proteins are diffuse throughout other areas of the brain, including the cerebral cortex. The brain chemical acetylcholine is depleted, causing disruption of perception, thinking and behavior. Lewy body dementia exists either in pure form, or in conjunction with

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Willow Wood**

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Activities

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Join Us for Our Annual Thanksgiving Luncheon

We are so very pleased to have the assistance of several local hospice companies that have

other brain changes, including those typically seen in Alzheimer's disease and Parkinson's disease.

[Is it LBD or Something Else?](#)

[Learn More About LBD Symptoms](#)

[Learn More About Diagnosis, Risk Factors, Medication and More](#)

Preferred Assisted Living Community Involvement

8th Annual Family Caregiver Conference

This year's Family Caregiver Conference brings together our community to celebrate and honor the unsung hero: Family members who have had to give up their role as mother, daughter, father, son, husband, wife, to become a caregiver. This annual conference is sponsored by the New Mexico Alzheimer's Association, City of Albuquerque Department of Senior Affairs and the City of Albuquerque/Bernalillo County Area Agency on Aging.

Del Sol Senior Sitters is honored to be offering off-site respite care so caregivers can attend the conference. Please register today by calling 505-266-4473.

This year's conference is being held at Sandia Resort & Casino on Saturday, November 3rd from 7am-4pm.

graciously offered to cater and serve our Thanksgiving Luncheons so that we can show our thanks to our caregivers and allow them to be served for a change!!



Please Join Us!
12:00pm-1:30pm

West Ridge Village 11/12
Willow Wood 11/13
Casa Bella 11/13
Country Sunset 11/13
Casa Bella 11/13
Robin House 11/13
Tender Heart 11/15
Vista Sandia 11/16
Del Sol 11/19

Since this is a catered event, we MUST have RSVPs no later than 11/5.

Please RSVP simply by replying to this e-mail!

Thank You!

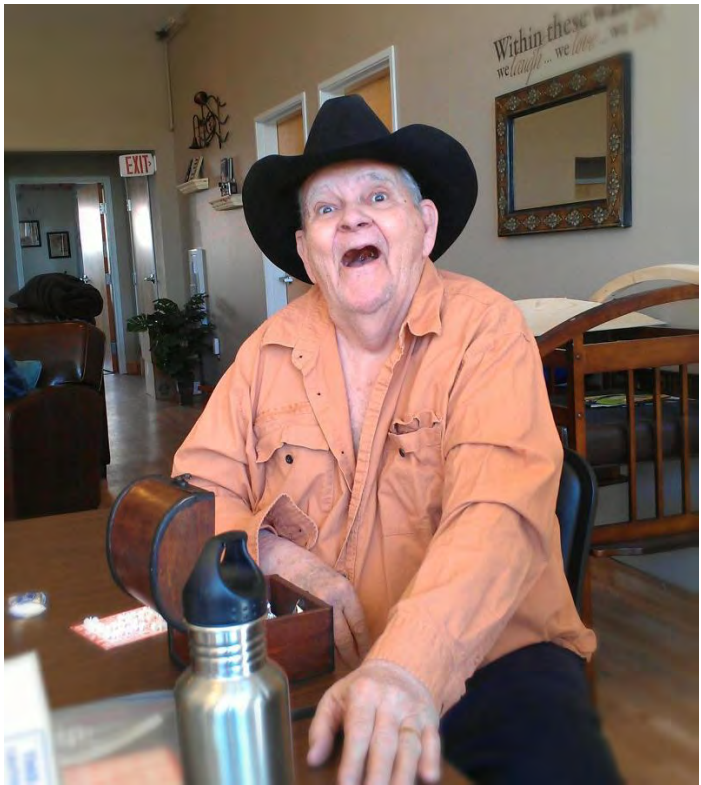
Sign up for the free weekly Alzheimer's Assoc newsletter

Alzheimer's/Dementia Support Groups by City



Snapshots!











Have a great Thanksgiving!!





Casa Bella

RESIDENTIAL CARE FACILITY



COUNTRY SUNSET
ASSISTED LIVING