



December 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

A Note From Preferred

It is so hard to believe we are working on the last newsletter of 2012! As we bring this year to a close we want to thank all the families of our residents for their business in 2012. We know there are many options when looking for assisted living, and we appreciate that you have entrusted us with your loved one!

We also want to remind you that we are here if you need anything, have any questions, or anything else. Our co-owner and Clinical Director, Lynne Blake, is available for formal care

Del Sol Senior Sitters
3609 Lafayette NE

Las Cruces

Casa Bella
2919 Spitz St.

Hatch

Country Sunset
1163 Canal St.

Quick Links...

[Our Website](#)



Team Member Birthdays

- 12-2 Kyla Chavez
- 12-4 Judy Secatero
- 12-8 Dasha Jones
- 12-13 Nina Mora
- 12-17 Marissa Chavez
- 12-21 Ruth Olivas
- 12-27 Marlina Fuller
- 12-28 Elva Diaz
- 12-28 Patty Guerra
- 12-30 Katrina Lechuga
- 12-31 Rose Bittel

Resident Birthdays

- 12-19 Luz G - CDN
- 12-11 Bruce G - CB
- 12-21 Katie M - CB
- 12-29 Patricia M - VS



plan meetings or just for phone calls if you have any questions or concerns at any time!

We hope you all have a safe and happy holiday season!

A Very Special Thank You...

We cannot say enough to thank Chris Anaya, our Marketing Director, for organizing our fabulous Thanksgiving Luncheons. The residents, their families, and even the caregivers got to relax and enjoy a nice meal that was served to them and they even did the dishes!! We would like to thank the following hospice companies and their volunteers who hosted. The food was delicious and their help was surely appreciated by all!

Hospice of the Sandias

Ambercare

Hospice Compassus

Introducing.....

We would like to introduce our new Activities Director, Chanelle Smoots. Chanelle is not new to us or most of you, as she has been with us in different capacities since 2005. Chanelle will be doing activities at all 7 locations in Albuquerque. She is creative, bubbly, artistic, and LOVES to work with our residents! She is a great asset to our activities program and hope you all get a chance to meet her!

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

12-15-11 Valerie Rodriguez

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

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

countrysunset.apal@gmail.com

Assistant

Dasha Jones

Del Sol Senior Sitters

Day Services Coordinator

Chanelle Smoots

Vista Sandia

Tender Heart

Area Manager

Cathy Dominguez

cdominguez.apal@gmail.com

Assistant

Nancy Lopez

enderheart.apal@gmail.com

Casa del Norte

Robin House

Area Manager

Andrew Pacheco

apacheco.apal@gmail.com



Seniors & Holidays

Sharon O'Brien about.com

For most of us, the holidays are a wonderful time to share the joys of family life and friendship. But for many older adults the holidays can be highly stressful, confusing, or even depressing if their mental, physical and emotional needs are not taken into account.

If you have older friends and family members with underlying health issues, you can help them enjoy the holiday season more by following these simple tips, based on advice from specialists in senior medicine at the University of California, San Diego (UCSD) School of Medicine:

Stroll down memory lane. Holidays provoke memories, which can be especially powerful in the later years of life. "Leading authorities have observed that memory and 'life review' are important parts of the aging process," says Barry Lebowitz, Ph.D., deputy director of UCSD's Stein Institute for Research on Aging. "Older people whose memories are impaired may have difficulty remembering recent events, but they are often able to share stories and observations from the past. He suggests using picture albums, family videos and music, even theme songs from old radio or TV programs, to help stimulate memories and encourage older seniors to share their stories

Assistant:
Judy Secatero
casadelnorte.apal@gmail.com

West Ridge Village
Willow Wood

Area Manager:
Teddy Ashford
tashford.apal@gmail.com

Assistants:
Pearl Martinez
westridge.apal@gmail.com
Susanna Rubio
willowwood.apal@gmail.com

Activities
Vivian Ingersol
vingersol.apal@gmail.com



**Join Us for
Our Annual
Christmas
Luncheon**

Please Join Us!

12:00pm-1:30pm

West Ridge Village 12/10
Willow Wood 12/11
Casa del Norte 12/13
Robin House 12/14
Tender Heart 12/17
Vista Sandia 12/18

and experiences.

Choose your words carefully. Try to avoid making comments that could inadvertently embarrass an older friend or family member who may be experiencing short-term memory problems. If an older person forgets a recent conversation, for example, don't make it worse by saying, "Don't you remember?" For example, instead of saying, "Mom, don't you remember that red dress you used to wear at Christmas?" You could say, "Mom, you used to wear the most beautiful red dress every Christmas." Perhaps bring a photo to help her reminisce. Because honestly, when you say, "Don't you remember?" The answer is, no, they don't remember and this will cause them an undue amount of stress.

Reach out. Social connectedness is especially important at holiday times. "Reaching out to older relatives and friends who are alone is something all of us should do," Lebowitz says. "Loneliness is a difficult emotion for anyone."

Preferred Assisted Living Community Involvement

The holiday season is one time of year that those in need are helped the most. Preferred Assisted Living has volunteered in the following capacities as part of our community involvement program:

Warm a Senior's Heart Coat Drive
Be a Santa to A Senior
NMACC Gift Card Donation

If you would like information on how to help, please reply to this e-mail for more information.

Country Sunset 12/18
Casa Bella 12/19

*Please RSVP simply by
replying to this e-mail
no later than 12/5/12*

Thank You!

RESOURCE CENTER

Education Opportunities

December 12th, 12-1pm
Living with Alzheimer's Disease
Alzheimer's Association Office
9500 Montgomery Blvd., NE Suite 121
Albuquerque, NM 87111

Dec. 19, 12-1pm
Caregiver Self-Care
Alzheimer's Association Office 1121 Mall Drive,
Suite C
Las Cruces, NM 88011

[Sign up for the free weekly Alzheimer's Assoc newsletter](#)

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



Snapshots!





