

January 2013

**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.

**Hatch**

Country Sunset  
1163 Canal St.



## A Note From Preferred

The end of 2012 was so busy for everyone at Preferred Assisted Living that we are a bit late in getting out our January Newsletter! December was filled with some

**Quick Links...**

[Our Website](#)



### Team Member Birthdays

Victoria Yazzie 1-6  
Susana Rubio 1-15  
Cynthia Weaver 1-16  
Jamey Crockett 1-22  
Melissa Charles 1-26

### Resident Birthdays

1-3 Marjorie T. - VS  
1-4 Anna V - WRV  
1-5 Anne B. - CDN  
1-5 Betty H. - CDN  
1-7 Alicia R. - CS  
1-10 Bob P. - CS  
1-15 Earl R. - VS



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

1-12-09 Arlean Greathouse  
1-4-11 Helena Yazzie  
1-1-12 Natalie Duran

great activities from Girl Scout and Boy Scout Christmas Carolers, tree trimming parties, visits from Santa Claus and his Elf sent over by Hospice de la Luz, Christmas Luncheons graciously hosted by Sol Amor Hospice, Ambercare Hospice Albuquerque, Las Cruces and Hatch, Hospice of the Sandias and Hospice Compassus. The holidays always bring out the giving, compassionate spirit of people. As we move into a new year we feel very blessed that Preferred Assisted Living, and all our outside affiliations, have that same kind, caring spirit all year long.

We would like to wish you and your family a happy, healthy new year!

## Monthly Gathering

### Join us for National Pie Day!



The American Pie Council created this day simply to celebrate the pie. National Pie Day is a special day that is set aside to bake and cook all of your favorite pies. On this day, you are also encouraged to bake a few new pie recipes. And

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

**Our Management Team:**

**Casa Bella**

*Administrator*

Jill Shannon

[jshannon.apal@gmail.com](mailto:jshannon.apal@gmail.com)

*Assistant*

Ruth Olivas

[casabella.apal@gmail.com](mailto:casabella.apal@gmail.com)

**Country Sunset**

*Residential Services*

*Manager*

Brenda McWhorter

[country.sunset.apal@gmail.com](mailto:country.sunset.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](mailto:cdominguez.apal@gmail.com)

**Casa del Norte**

**Robin House**

*Area Manager:*

Andrew Pacheco

[apacheco.apal@gmail.com](mailto:apacheco.apal@gmail.com)

*Assistant:*

Judy Secatero

[casadelnorte.apal@gmail.com](mailto:casadelnorte.apal@gmail.com)

**West Ridge Village**

**Willow Wood**

*Area Manager:*

most importantly, it's a day to eat pies!

A great way to celebrate National Pie Day is to bake some pies and give them away to friends, neighbors, and relatives. You never know, you may be starting a tradition of pie giving between your friends and family.

The American Pie Council sponsors the National Pie Championships. Some of the best pie makers in the world enter their pies.

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**Origin of National Pie Day:**

National Pie Day was created by the American Pie Council. The American Pie Celebration began in 1986 to commemorate Crisco's 75th anniversary of "serving foods to families everywhere."

If you would like to help us celebrate "National Pie Day" please join us at the following locations:

Casa Bella	Wednesday, January 23rd 1:00
Casa del Norte	Monday, January 21st 1:00pm
Country Sunset	Wednesday, January 23rd 1:00pm
Robin House	Tuesday, January 22nd at 1:00pm
Tender Heart	Thursday, January 24th at 1:00pm
Vista Sandia	Friday, January 25th at 1:00pm
West Ridge Village	Monday, January 28th at 1:00pm
Willow Wood	Tuesday, January 29th at 1:00pm

Feel free to bake your favorite pie and share it with us, or just come and enjoy one of ours!

**Preferred Assisted Living  
Community Involvement**

Teddy Ashford  
[tashford.apal@gmail.com](mailto:tashford.apal@gmail.com)  
*Assistants:*  
Pearl Martinez  
[westridge.apal@gmail.com](mailto:westridge.apal@gmail.com)  
Susanna Rubio  
[willowwood.apal@gmail.com](mailto:willowwood.apal@gmail.com)  
*Activities*  
Vivian Ingersol  
[vingersol.apal@gmail.com](mailto:vingersol.apal@gmail.com)

ALBUQUERQUE  
**BUSINESS FIRST**

Tracy Ayers, PAL Co-Owner, was named in NM Business Weekly's "People on the Move" for her appointment to the Alzheimer's Association Board of Directors.

Date Added: January 8, 2013

Submission Type: Board of Directors

Board: Alzheimer's Association, NM Chapter

Position: Director

Responsibilities: Strategic Planning, fundraising and approval of the organization's budget.

## RESOURCE CENTER

**alz.org**™ | **alzheimer's**  **association**®

### Savvy Caregiver Program

This free, seven-week class covers the progression of Alzheimer's disease and its behavioral impacts, while delivering practical tools for communication and behavioral intervention. Evidence-based, the class is offered statewide

[Click HERE for dates, times and locations](#)

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

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



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## Can I Deduct Assisted Living Expenses on My Taxes?

This time of year we start to get a lot of questions about whether or not assisted living expenses are tax deductible. While we are not accountants, and cannot give you tax advice, the following websites may give you some insight and something to share with your accountant regarding whether or not you can deduct assisted living expenses.

[Assisted Living Deduction](#)

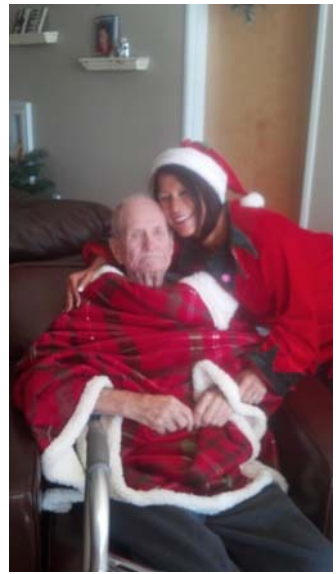
[Assisted Living Deduction Article #2](#)

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## Snapshots!











COUNTRY SUNSET  
ASSISTED LIVING