

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.



Happy Valentine's Day

A Note From Preferred

In our continued efforts to improve the quality of life for our residents, Preferred Assisted Living is excited to offer the opportunity for outings for our Albuquerque clients to the adult day care center. Often when choosing between a large community and a small one, one of the things that is of concern is the amount of activities offered in a larger community that small communities simply can't compete with....until now. Since we serve such a diverse population with varying ability, we will continue to provide community based activities for those that are unable to travel due to their ability level.

We believe activity, exercise, and socialization is important and we continue to expand our programming in this area. In addition to our Activity Director's regularly scheduled visits in



Team Member Birthdays

Brenda Crouch 2-10
Trish Montoya 2-12
Brenda McWhorter 2-23

Resident Birthdays

2-11 Doris H. TH
2-12 Goldie N. TH
2-18 Edna G. CS
2-20 Debbie J. - WRV
2-26 Leon G. CB
2-28 Helen M. WRV
2-28 Paul S. TH
2--29 Robert 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!!!

each community, we are offering the opportunity for our residents to go to the day center from one - five days per week at a highly discounted rate, and transportation is free!

The activities at the day center are similar to those in the communities; arts & crafts, bingo, gardening, socialization, but going to the day center gives the resident a sense of "getting out" and being able to have a change of day-to-day scenery and getting to interact with others outside of their normal daily routine. In addition to the regular in-house activities, we also offer planned outings to go shopping, Museums, picnics at the park, etc.

In addition to the expansion of the activity program in Albuquerque, we are in the process of expanding our programs in Hatch and Las Cruces as well.

If you are interested in having your loved one participate in the day center program, please reply to this e-mail and we will get you all the necessary information.

Monthly Gathering Join us for Valentine's Day Dessert!

2-17-10 Belinda Quintana
2-6-12 Nancy Dominguez
2-13-12 Rose Bittel
2-22-12 Jaleesa Williams
2-22-13 Stephanie Dodson

*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

Casa del Norte



Did you know.....

The average annual Valentine's Day spending is \$13.19 Billion!!
There are 180 million Valentine's Day cards exchanged
85% of Valentine's Day cards are bought by women
73% of Valentine's Day flowers are bought by men
14% of women send themselves Valentine's Day flowers
61.8% of consumers celebrate this day
Candy is the most popular gift given, followed by flowers, cards, and jewelry

We just want to eat some delicious desserts and share them with you!! Please join us if you can!

Thursday, February 14th at 1:00pm

Robin House

Area Manager:

Andrew Pacheco

apacheco.apal@gmail.com

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

Chanelle Smoots

Feel free to bring your favorite Valentine's Day dessert and share it with us, or just come and enjoy one of ours!

Preferred Assisted Living Community Involvement

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

2013 Dancing Stars Gala

Please join us for an evening of fine dining, dancing and rollicking fun, where your votes decide which local celebrity stakes claim to the Dancing Stars Trophy, all in celebration of those who support our vision: A world without Alzheimer's disease.

Date: Saturday, April 13, 2013

Silent Auction & Cocktail Reception | 6:00PM

Location: Hyatt Regency Albuquerque

Preferred Assisted Living is a Corporate Sponsor for the event and our Marketing Director, Chris Anaya, is honored to be one of this year's "Dancing Stars" for the Alzheimer's Association, NM Chapter. He is committed to raising awareness and funds for Alzheimer research, care and support.

Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 16 million by 2050. Our future is at risk unless we can find a way to change the course of this disease.

He needs your support to do his part! Please make a donation to help the Alzheimer's Association advance research into prevention, treatments and a cure for Alzheimer's. For the millions already affected by the disease, the Association offers

care, education, support and resources in communities nationwide.

Thank you for joining our movement! The end of Alzheimer's disease starts here.

[Click here to Vote for Chris](#)

[Click Here to Purchase Tickets - Be Sure to Choose Chris Anaya](#)

RESOURCE CENTER



Dementia & Communication

Losing the ability to communicate can be one of the most frustrating and difficult problems for people with dementia, their families and carers. As the illness progresses, the person with dementia gradually loses their ability to communicate. They find it more and more difficult to express themselves clearly and to understand what others say.

What NOT to do

Try not to do any of these things:

- **Don't argue with the person. It will only make the situation worse.**
- **Don't order the person around.**
- **Don't tell the person what they can and can't do. Instead, state what they can do.**
- **Don't be condescending. A condescending tone of voice may be picked up, even if the words are not understood.**
- **Don't ask a lot of direct questions that rely on a good memory.**
- **Don't talk about people in front of them as if they are**

not there.

Adapted from Understanding difficult behaviours, by Anne Robinson, Beth Spencer and Laurie White.

Tips from a person with dementia

Christine Boden was diagnosed with Alzheimer's disease at age 46. She now lives with a re-diagnosis of frontotemporal dementia, made when she was 49. She has shared a number of her insights about ways family and carers can help a person with dementia. Christine is also the author of *Who will I be when I die?*, which was the first book written by an Australian with dementia.

Here are some of Christine's suggestions for communicating with a person with dementia:

- **Give us time to speak. Wait for us to search around that untidy heap on the floor of the brain for the word we want to use. Try not to finish our sentences. Just listen, and don't let us feel embarrassed if we lose the thread of what we say.**
- **Don't rush us into something because we can't think or speak fast enough to let you know whether we agree. Try to give us time to respond and to let you know whether we really want to do it.**
- **When you want to talk to us, think of some way to do this without questions, which can alarm us or make us feel uncomfortable. If we have forgotten something special that happened recently, don't assume it wasn't special for us too. Just give us a gentle prompt - we may just be momentarily blank.**
- **Don't try too hard to help us remember something that just happened. If it never registered, we are never going to be able to recall it.**
- **Avoid background noise if you can. If the TV is on, mute it first.**
- **If children are underfoot, remember we will get tired very easily and find it very hard to concentrate on talking and listening as well. Maybe one child at a time and without background noise would be best.**
- **Earplugs may be useful if visiting shopping centres or other noisy places.**

[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](#)



Snapshots!

Due to technical difficulties, we cannot include any snapshots this month but are working on fixing it for next month!



PREFERRED
ASSISTED LIVING INC.



DEL SOL
SENIOR SITTERS ADULT DAY CARE



Casa Bella
RESIDENTIAL CARE FACILITY



COUNTRY SUNSET
ASSISTED LIVING