

May, 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.

Quick Links...  
[Our Website](#)



Team Member  
Birthdays

# 2013 National Assisted Living Week September 8 - 14, 2013



**Theme:  
Homemade Happiness**

The National Center for Assisted Living has announced their 2013 National Assisted Living Week (NALW) theme: "Homemade Happiness", which will be celebrated during the week of September 8 - 14, 2013.

"Homemade Happiness" encompasses the connection that occurs in communities between the staff, residents, and families as they build warm, welcoming, and vibrant homes. Celebrating the passionate commitment of staff and friendships that form between residents, "Homemade Happiness" will be a time to recognize the efforts, small and large, of every individual in a community that turn a residence into home for countless assisted living residents. Join us in holding festive events that highlight the groundbreaking role our profession plays in caring for America's seniors.

As we get closer to NALW, watch for ways you can participate and

Ernestina Ramirez 5-4  
Belinda Quintana 5-18  
Chanelle Smoots 5-21  
Andrew Pacheco 5-24

## Resident Birthdays

Asa F. 5-8 CB  
Benny G. 5-10 WRV  
Marian S. 5-15 CDN  
Joe T. 5-17 CDN  
Mickey N. 5-21 RH  
Penny F. 5-22 TH



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

5/1 Adriana Jimenez  
2 Years!

5/8 Cynthia Weaver  
1 Year!

5/17 Judy Secatero  
3 Years!

*Thanks for all you*

help recognize our staff, residents and families during this celebratory week!



Recently we opened up our Adult Day Care to our own assisted living residents as an additional opportunity for socialization and outings. Many of our residents have taken advantage of this wonderful opportunity and attend the day care 1-3 times per week. During this time, we have had some great outings! If you would like to have your loved one take advantage of some of these opportunities, please feel free to contact Tracy at [tayers.apal@gmail.com](mailto:tayers.apal@gmail.com) or 505-269-4556 for more information!

In addition to the normal Monday - Wednesday - Friday Schedule at the Day Care, the following outings are scheduled for regular attendees:

May 15th- Albuquerque Zoo

May 24th- Classic Car Show @ North Valley Senior Center

Outing spaces are reserved first for the residents that regularly attend day care at least once per week. If additional spaces are available, those that do not attend day care regularly will have a spot reserved.

## Alzheimer's or Dementia and Mother's Day

# 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  
[countrysunset.apal@gmail.com](mailto: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](mailto:cdominguez.apal@gmail.com)  
Assistant  
Tosha Davis  
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Casa del Norte  
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*Assistant:*

Stephanie Dodson  
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West Ridge Village  
Willow Wood  
*Area Manager:*  
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)

Mother's Day is nearly here, and while it's most often a happy day, Mother's Day can be a sad day for many. There are women who desperately want to be a mother, but may be unable to become one. There are many people who have experienced the death of their mother, and feel sharply the pain of their absence on this particular day. Along with these, a growing number of people dread Mother's Day, or at least find it difficult, because they have a Mother with Alzheimer's disease or Dementia.

If your Mother has Alzheimer's or any kind of dementia and you find yourself facing Mother's Day with a sense of sadness or dread, we'd like to help. While this year may be different than years' past due to your Mom's illness, we'd like to help you feel prepared to make Mother's Day as special as possible for your Mother with Alzheimer's.

## Try one of these ideas to create a special day:

1. Take time to look through photo albums from Mom's younger years. If she's able to do so, let Mom share her stories about the pictures. If she's not able to do so, you can tell her about the photos.
2. If your Mother is unable to recognize herself or others in the photos, use this time creatively! Make up stories about the people in the pictures; give them names, imagine where they are going and what they are doing. Don't worry about whether or not any of it is based in reality. You will be surprised at what can come from this type of creative storytelling. The whole family can join in and you may find yourself laughing together in no time!
3. Grab some paint and canvas and let colors do the talking. This exercise will allow you to capture a moment in time with Mom that will speak a thousand words in years to come.
4. Plant a tree or flowers together. Sometimes the tactile stimulation of sunshine on her face, the touch of dirt, and the smell of leaves and flowers gives more to Mom than anything else. Giving life to something together will be a special memory for you!

Most of all, share time with your Mother. Create an experience together, doing something that she will enjoy. Be creative! Seize the moment! Whatever you do, look for a way to provide your Mom with an opportunity for a moment of joy. Your Mother might be different now, but that shouldn't stop you from finding ways to enjoy the moments you have right now.

Please join us for dessert at 1:00pm on

# Mother's Day at all assisted living locations.

## Preferred Assisted Living Community Involvement

Congratulations to Chris Anaya, our "Dancing Star." Chris danced in the 2013 Alzheimer's Association Dancing Stars Gala and raised over \$2000.00 to benefit the NM Chapter of the Alzheimer's Association.



It can't possibly be walk time again! Don't worry, we have some time to prepare, but it's never too early to start! Preferred Assisted Living/Casa Bella in Las Cruces always have a great time at the Las Cruces Walk. We have a great group of family members that walk with us, as well as residents and staff members! If you would like to join our team, or just donate, click on the link below. We would love to see you out there on September 7th at Young Park.

[Alzheimer's Walk Team Preferred Assisted Living](#)

**CHEESE!**

















*Casa Bella*  
RESIDENTIAL CARE FACILITY

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COUNTRY SUNSET  
ASSISTED LIVING