



Make It Happen This Year

New Year's Resolution time.....I stopped making these years ago since most of my resolutions were petty and fleeting. A diet, forgotten. An exercise program, abandoned. For 2014, why not try a resolution that is both enduring and doable?

Volunteer: Interested in the environment? Many retired Americans work with organizations like the National Audubon Society, Earth Watch and the U.S. Forest Service. Have a loved one afflicted with Alzheimer's or Dementia? Volunteer at the NM Chapter of the Alzheimer's Association. Want to do your part to help end senior hunger for those much less fortunate than your loved one? Albuquerque has several organizations involved with the Stop Senior Hunger program. These are just a few of many volunteer opportunities. If you are interested in more information e-mail tayers.apal@gmail.com

Protest something: Have you ever complained about where this world is going? This year, do something about it! If it's your passion, resolve to get involved in politics. Attend city council meetings and protest loudly at the problems you see. Start a petition, attend a rally or write your congressman. Find your passion and protest something!

Make a scrapbook about your life: Do you remember the television show "This Is Your Life"? Each show featured in detail the life of some person. Pretend you're getting ready to be on that show and will need a scrapbook to tell your life story. Where were you born? Who was in your family? What happened to you as a child? When did you marry? You have a great story to tell - and your family and friends will love experiencing it with you through your scrapbook. The Internet is a fabulous place to put together a scrapbook that can be digital, or printed in book form, to pass on to your kids and grandkids. Click this link to a sample of one we made of our grandparents.

[The Story of You!](#)

Letting go of the past and embracing the future is one of the most positive steps a person can take... no matter how old they are. Write down at least one positive thing you would like to see come true this year and move into 2014 with an upbeat and positive attitude.



Our Super Seniors, are a group of seniors who attend various outings throughout the month. Our outings vary from trips to the mall, local museums, zoo, botanical gardens, senior centers and movies just to name a few. Outings are scheduled in advance and based on space availability. If you are interested in your loved one being part of the Super Seniors Group, please contact Tracy at tayers.apal@gmail.com



Mother Teresa said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." At Preferred Assisted Living we believe the ripples, big and small, are what creates change. We are involved in many community projects and look forward to inviting you to join us throughout the year to create your ripple!

Chris Anaya, our Marketing Director, was recently nominated to the Board of the New Mexico Association for the Continuity of Care. NMACC is a non-profit organization dedicated to bringing together a diverse group of providers that, together, strengthen the continuity of care in the health care delivery system for our seniors in New Mexico - Congratulations Chris!

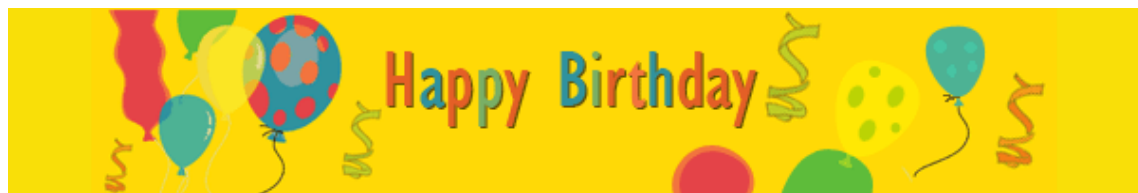
All of the owners, and our administrative staff, sit on various boards and committees that help create change in the communities we serve. Some of these include the NM Alzheimer's Association, The Boy Scouts of America, Rape Crisis Center, Uniting New Mexicans Against Adult Abuse, and Breast Cancer Awareness just to name a few.

Chris Anaya, with the support and assistance from the owners of Preferred, Matt, Lynne and Tracy, is working on a special community project for 2014 - stay tuned for details!

December Celebrations

Many of the great companies we work with, as well as our own fabulous staff, gave their time over the holidays to help make the season bright for all our residents!!

Thank You!!



Resident and Staff Birthdays

- January 1st - Laddie M. - Tender Heart
- January 2nd - Marjorie T. - Vista Sandia
- January 4th - Anna V. - West Ridge Village
- January 5th - Jose A. - Country Sunset
- January 7th - Alicia R. - Country Sunset
- January 9th - Joseph G. - Robin House
- January 15th - Earl R. - Vista Sandia
- January 15th Susana R. - WRV Manager

*January 26th - Melissa C. - Casa Bella Staff
January 29th Jane R - Country Sunset*



Thank You for Your Years of Service

January 1st - Natalie Duran - Country Sunset - 2 Years

January 12th - Arlene Greathouse - Willow Wood - 5 Years

Laughter
is the
BEST
medicine.



You're Never Too Old To Dance!!



Preferred Locations

Specializing in Care for Dementia and Alzheimer's

Casa Bella - 15 Beds - 2919 Spitz St. Las Cruces
Country Sunset - 20 Beds - 1163 W. Canal Street Hatch
Casa del Norte - 8 Beds - 3200 Candlelight Dr., NE Albuquerque
Robin House - 10 Beds - 9909 Robin Ave. NE Albuquerque
Tender Heart - 14 Beds - 4308 Tulane Dr., NE Albuquerque
Vista Sandia - 8 Beds - 8604 Camino Osito, NE Albuquerque
West Ridge Village - 14 Beds - 3130 Vista Grande, NW Albuquerque
Willow Wood - 8 Beds - 1008 Chiricahua, SE, Albuquerque

To view photos of our homes and read more about us, visit us at:

[Preferred Assisted Living Website](#)

For Information on Availability or to Schedule a Personal Tour, Contact:

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