

May



Armchair Travels "Paris in the Spring"

Last month we talked about lifelong learning and how it helps aging adults stay mentally sharp and socially engaged. This, in turn, can help delay symptoms for adults at risk for memory impairment. Mental and social engagement also contribute to a stronger sense of purpose and happiness, which many researchers have found reduces the risk for heart disease and stroke and helps seniors maintain independence longer.

Our Activities Director decided what better way to kick-off our Armchair Travels program in April than with "Paris in the Spring!"

Chanelle and the staff created a "Paris" ambience by decorating with Eiffel Towers, Elegant Table Settings, and by playing a collection of music by French artists. They discussed Paris wearing berets, and looked at photos while sipping

"wine" from elegant glasses and snacking on a fruit, bread and cheese platter ending the celebrations with french pastries!

May's Armchair Travels will take them to Mexico!!





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



Older Americans Month 2014

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

For more information on Older American's Month you can visit their website at:

[Older Americans Month](#)



National Nurses Day, also known as National RN Recognition Day, is always celebrated on May 6th and opens National Nurses Week. National Nurses Week begins each year on May 6th and ends on May 12th, the birth date of Florence Nightingale.

National Nurses Week is one of the nation's largest health care events, recognizing the contributions and commitments nurses make and educating the public about the significant work they perform.

The history of Nurses Day can be traced back to 1953 when Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made, but the following year National Nurses Week was observed from October 11 - 16, marking the 100th anniversary of Florence Nightingale's mission to Crimea.

As most of you know, we have some awesome nurses that visit our residents at

Preferred Assisted Living. Be sure and give them a big thank you when you see or talk to them!!





Snapshots

EASTER CELEBRATIONS

Three decorated Easter eggs are shown: one with pink and white stripes, one with green floral patterns, and one with yellow polka dots. To the right is a cartoon yellow chick with its wings spread, sitting on a purple zigzag pattern.



Like most of us, we know too many people whose lives have been touched by Alzheimer's disease, the nation's sixth-leading cause of death. That's why we're joining the Alzheimer's Association Walk to End Alzheimer's® on 9/6/14 in Las Cruces and 9/27/14 in Albuquerque. We have committed to raising awareness and funds to support Alzheimer's care, support and research, and we need your help. Together, we can become an unstoppable force against this devastating disease. You can help in two ways:

1. **Join Us in Our Fight to End Alzheimer's** by walking with us! Our team is called Preferred Assisted Living Pacesetters.

2. **Help us to Reach Our Goal By Making a Donation**

We hope to make a big contribution in the fight against Alzheimer's by reaching a team fundraising goal of \$2500.00 and we would be so grateful if you would join or sponsor us. Your support of Walk to End Alzheimer's will help the Alzheimer's Association to enhance Alzheimer's care and support and advance critical research for all those affected by this devastating disease. We are walking to make a difference for the future.

We all have a reason to end Alzheimer's.

**To visit our fundraising Web page to sign up or to donate today
click on the links below:**

[Las Cruces Walk Team](#)

[Albuquerque Walk Team](#)



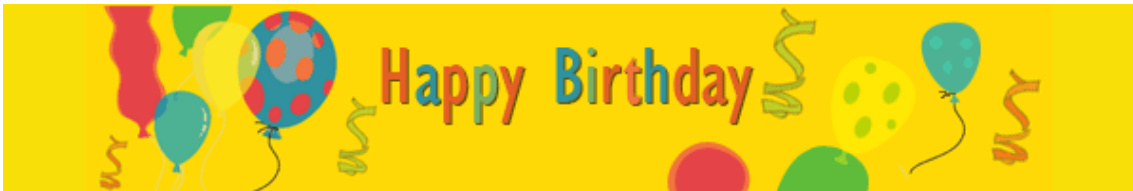
You're Invited....

Join Us For Mother's Day Dessert Potluck

When: May 9th, 1:00pm

Where: All Locations

Bring Your Favorite Dessert, or just join us for ours!!



Resident and Staff Birthdays

- May 8th - Miguel S. - Tender Heart
- May 9th - Shawna Coriz - Willow Wood Staff
- May 10th - Benny G. - West Ridge Village
- May 13th - Ed T. - West Ridge Village
- May 15th - Mickey S. - Casa del Norte
- May 17th - Joe T. - Casa del Norte
- May 18th - Pat A. - Casa Bella
- May 18th - Belinda Quintana - Robin House Staff
- May 21st - Mickey N. - Robin House
- May 21st - Chanelle Smoots - Activities Director
- May 24th - Andrew Pacheco - Area Manager



Thank You for Your Years of Service

- May 1st - Adriana Jimenez - Casa Bella - 3 Years
- May 3rd - Viviana Perez - Country Sunset - 1 Year

Laughter

is the
BEST
medicine.



88 Years Young - Dance On -

Click on the Link Below:

[Like us on Facebook](#)

and hit the like button to receive the latest updates, pictures and activity information at all our locations.



Preferred Locations

Specializing in Care for Dementia and Alzheimer's

Casa Bella - 15 Beds - 2919 Spitz St. Las Cruces
Casa Bella Independent Living - 2 Bedroom Independent Living Apartments - 2915 Spitz - 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:

Chris Anaya - 505-980-5095 (Albuquerque)

canaya.apal@gmail.com

Jill Shannon - 575-642-8787 (Las Cruces/Hatch)

jshannon.apal@gmail.com



6565 Americas Parkway, 2nd Floor Albuquerque, NM 87110

Mailing Address: P.O. Box 14297 Albuquerque, NM 87191

505-884-3830 / 888-884-3830

General Fax: 800-557-3574

Clinical Fax: 800-656-0960

www.apalinc.com

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