



Home Sweet Home

Please join us for our Home Sweet Home Open House, Friday, August 21 from 3:00 - 5:00 pm at our Amaran Senior Living Welcome Center located at 9300 Holly Ave. NE 87122 in the Montessori Nido building facing the construction site. We will be asking you to vote for your favorite baked goods from locally owned bakeries that may provide a variety of breakfast and dessert pastries for our Cyber Cafe. Please call ahead to reserve your tasting/voting time to ensure proper social distancing and your safety.



A LETTER FROM THE ADMINISTRATOR

As we continue to move forward during this challenging time, I can't help but think of seniors who are isolated and even more so, those who are isolated and living with dementia. Thankfully Jennifer Brush, MA, CCC/SLP has shared tips with us to **SUPPORT MEMORY: CREATING A HOME MEMORY CENTER**

Creating a memory center in the home can create a sense of security and reduce anxiety because the person knows just where to look for important information. We know that the day to day challenges for these people are tremendous and we are glad to share this valuable information to help you create a positive experience for your loved one. Contact us for more information on creating a supportive environment with meaning and purpose in your own home. Please visit our website for this valuable resource at www.amaranseniorliving.com or give us a call at (505) 227-8366 for more information.

THE VIEW IS FANTASTIC! This could be your view from a second-floor apartment at Amaran Senior Living! We are in a convenient location in the NE Heights of Albuquerque with a spectacular view of the Sandia Mountains on one side and a great city lights view at the other end.



Congratulations to the winner of our Freedom BBQ raffle for this 3-burner gas grill!

Amaran Senior Living would like to thank everyone who participated in our Freedom BBQ drive through!

To stay within social distance guidelines, we wore our masks and gloves and individually wrapped hot dogs with condiment packets to avoid cross contamination while visitors stayed in their vehicles. We also handed out a variety of classic ice cream favorites to cool the hot day. A special thank you to all service members who safeguard our freedom.



FREE WEBINAR: DEMENTIA CARE AND COVID-19

BY JENNIFER BRUSH, BONNIE BURMAN, AND JEN PETTIS

This is a not to be missed opportunity!

Changes in long-term care settings as a result of COVID-19 have posed unique, and in some cases, dramatic challenges for those impacted by dementia. As states work to reopen or partially reopen care communities, the common misunderstanding that individuals living with dementia cannot practice social distancing may result in continued unnecessary and harmful isolation.

During this webinar, participants will learn cost effective and responsive strategies that care communities can use to adhere to social distancing and other current health and safety protocols. By implementing the strategies, care communities can decrease social isolation thereby preventing behaviors that can be caused by social isolation and improve quality of life for individuals living with dementia and their loved ones.



Working Together

Amaran Senior Living is proud to announce that we are working with an expert in conjunction with Montessori One and Amaran Senior Living.

Jennifer Brush, MA, CCC/SLP is an award-winning dementia educator, author and consultant.

She is the Director of Brush Development in Ohio and the Program Director of Montessori Education for Dementia St. Nicholas Montessori College in Ireland. Passionate about enriching the lives of people with dementia, Jennifer is on a mission to put the focus of care on the person's preferences, interests and abilities. Jennifer serves on the Association Montessori Internationale (AMI) Advisory Board for Montessori for Aging and Dementia and she is the only AMI Certified Trainer of Trainers for Montessori for Aging and Dementia in the US. Jennifer is the author of the definitive guide, *Montessori for Elder and Dementia Care*.

Now more than ever...

Now more than ever, it is so important that we are taking care of our staff and providing them with effective tools so that they can provide the very best person-centered care.

It's so easy for care partners to forget to take care of themselves.

How can we help staff to take care of themselves in order to avoid burnout or compassion fatigue? Taking six months off to decompress is seldom an option for most people!



Many care partners have so many responsibilities in life that they forget to take care of their personal needs. Self-care is an important aspect of stress management. People who neglect their own needs and forget to nurture themselves are at danger of deeper levels of unhappiness, low self-esteem, and feelings of resentment.

Personally, I have not always been a star pupil when it comes to self-care. I have a habit of burning the candle of both ends and I tend to pick activities for myself that require a lot of movement, like marital arts, but have a very hard time sitting still and being quiet. Recently, I accepted a challenge from a friend that involved meditating for 21 days. I thought it would be terrible (well the first few days it was!), but once I learned to quiet myself, that 15 minutes of meditation felt like taking a power nap! It really made a difference in how I worked and dealt with daily changes. It has made a such a difference for me, that we now begin every staff training in our new Done-for-You Staff Training with a 3–5-minute guided relaxation.

Construction Continues

We are pleased to announce that construction continues to be on track with our expected opening in late October/ early November of 2020. The insulation is in and drywall installation has begun on the third floor. Several of our apartments have large double corner windows to allow as much of the natural light to enter the apartments. We look forward to keeping you updated on our progress monthly and sharing all of the exciting changes as they occur. This will certainly be a special community! Visit our website or give us a call at 505-227-8366 to learn more.



So, here is a gift for you. Sit back, relax, and chill with our guided relaxation video.

Remember, you need to take care of yourself first, before you can take care of others.

All the best,
Jennifer



AMARAN

ASSISTED LIVING • MEMORY CARE

9100 Holly Ave NE, Albuquerque, NM 87122

505-227-8366

AmaranSeniorLiving.com

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WORD SEARCH

Find and circle the 20 words listed below. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!

Q F D E M E N T I A R X J S D W M P A S T R I E S
M F I L M I T Z P L J O L H Y Q L F R E E D O M M
T D K V L M X X X V N E V F P O S I T I V E Z T F
L F U L M J E D J K V Y M W O P P O R T U N I T Y
F A J S K J I I J I M M O N T E S S O R I K H P U
L N R N R L M K T Q P Y Q E G F U A D F Z K F J F
X T W J I Y L R J H P Z F R R V S A F E G U A R D
W A E G Q H O A E M N W P V I E F C O O E N Z B G
O S V I M P X M Q B K K N Z L S K R A V I Y M N C
V T W O P O P E N H O U S E L I G Y I Y J F I O Y
S I M U F T R M I Z X P X C C H R T F O Z C W B S
E C S G Y W F O O C O N S T R U C T I O N P G F O
N N E X H D Q A Y Y E Z K R E E Y F T A L O F H C
I J N E P E Z G Q W K C E A F X Y U T U D B M K I
O L I F N D A N T I J M R F M L P S I T S L Q C A
R Q V C X N K U R H M O E E Z M I E O D S G D E L
G B W R O F H L V U K V Q C A D Q H R T C I C Y J
Q F M S T T X T S X Z U Y G H M N W P T L Y I O K

CONSTRUCTION
DEMENTIA
DISTANCING
EFFECTIVE
EXPERT

FANTASTIC
FREEDOM
GRILL
HOT DOG
ICE CREAM

MONTESSORI
OPEN HOUSE
OPPORTUNITY
PASTRIES
POSITIVE

SAFEGUARD
SENIOR
SOCIAL
SUMMER
SUPPORTIVE



Senior Citizens Day

August 21 is National Senior Citizens Day – a day to honor and show appreciation to our seniors. Although distancing guidelines and visitor restrictions have made it difficult to stay close this year, there are still many ways to stay in touch with your favorite seniors. Get creative with your outdoor social distancing visits (community permitting) and play Tic Tac Toe on a window, dress up in costumes and host a window parade, or bring your pet, lawn chair, and cell phone for a face-to-face window call.

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