



GET CHEEZY WITH AMARAN

The team at Amaran Assisted Living and Memory Care would like to thank everyone who participated and stopped by the Welcome Center to support our Get Cheezy With Amaran event in celebration of National Cheese Lovers Day, January 13, 2021. Our Dining Services Director, Chef Lily served made to order gourmet grilled cheese sandwiches with a hot cup of tomato bisque that were perfect for the cold, snowy day. The children of Montessori One joined us in making their own grilled cheese lunches and waving to our drive through visitors. Once Amaran is open these same children will be participating with our residents for daily activity in our purpose-built spaces. It's the perfect combination!

Left: Chef Lily and David our Maintenance Director, serving our guests.

A LETTER FROM THE ADMINISTRATOR

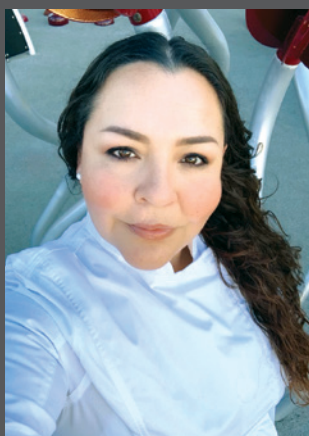
We are thrilled to be closer to opening Amaran Assisted Living and Memory Care! The management team is coming together and I am looking forward to introducing you in person or virtually. Our leadership team is diverse in their skills and talents and are so much more than their title on a name tag. They are truly senior living professionals and I have selected the best of the best in Albuquerque to ensure your experience meets and exceeds your expectations. We are available for your questions and welcome you to visit us at our beautiful Welcome Center by scheduling a visit. Call Carrie at (505) 934-4774.



Children of Montessori One love grilled cheese sandwiches!



Thank you to our community partners for their support.



Meet our Dining Services Director Liliana Quiroz

Chef Liliana
Quiroz is

Amaran Senior Living Dining services Director. She was born in East Los Angeles California, her culinary career began early on, inspired by her Mexican parents and their love and respect for quality and tradition. After graduating from Le Cordon Blue in Los Angeles California in 2007 at age 32, chef Lilly sought opportunities to further develop her own creativity.

Chef's Lily's culinary repertoire flourished while being a patisserie chef under the celebrity chef Marc Quinones at Hotel Adaluz in the heart of downtown Albuquerque NM, where she developed and refined her culinary techniques.

The opportunity to work at Amaran Senior living as the Dining Services director couldn't have come at a much better time. With Covid-19 among us our restaurant businesses were the most affected in the workforce industry. She felt that it was time to spread her wings since she had been furloughed due to the pandemic and share her love of cooking with seniors. "When opportunity and preparation meet - success happens" and this was the case for Chef Lilly. She has a wealth of culinary experience, plans on working with our residents through the Culinary Connections program and will bring an upscale dining experience to our community at Amaran Senior Living.

Upcoming Events

2/3 • Senior 101 - Sweet Expressions

Join us for this presentation where we will discuss the ways we will include the children of Montessori One and Montessori Nido in programs designed to nurture the spirit.

2/24 • Sneak Peak - Small Group Tours



Join us for a small group tour limited to four persons at a time. The wait for opening is getting closer and we are excited to share the progress and highlights of our unique community with you. Schedule your tour with Carrie at (505) 934-4774. Tour dates are Wednesday 2/24, Thursday 2/25] or Friday 2/26]l.

TOUCHTOWN AT AMARAN

Alexa Integration - Community info, accessible by voice – Voice assistants for Amaran Senior Living are designed for ease of use – community members can tap into the information available in your system just by saying "Alexa, Ask My Community."

Make accessing the day's activities, dining and announcements a breeze. Touchtown integrates with Amazon Alexa to make community information readily available by voice to anyone with your community's Alexa skill – residents, families, prospects, and more. It's easy to master and great for residents with visual impairments or low mobility. Yay for accessibility!

Announcements - Keep residents informed at every step. By integrating our Touchtown suite with Amazon Alexa we enable users to ask "My Community" what is going on each day. It's like giving each resident their own

personal assistant to keep their days on track and full of fun!

Dining - Easily connecting our community with what's cookin'! Everyone wants to know what's for lunch – we know, it's the most accessed information on the Touchtown system. Amaran is giving our residents and families what they want! Here are some reasons why community members like asking Alexa what's on the menu:

More Family Dinners - With Alexa, they easily access info that helps them plan their next visit over dinner.

Activities – Touchtown can help get residents up and at 'em with quick access to activities. Being able to simply ask for the day's activities increases the odds residents will get involved! Amaran's Touchtown can also enable residents, family, and friends to "ask my community" what is going on each day – from the comfort of their home. reading



CONSTRUCTION UPDATE



Amaran is pleased to share some updates to the construction happening right now. The bathrooms are nearing completion with the installation of the Montessori inspired storage spaces. The beautiful woodgrain cubbies and drawers help to keep our residents organized and look good too. Our residents are also provided with a digital safe built into the storage areas.

There has also been great progress made to the exterior of the building. The beautiful red panels are almost finished and the Juliet balcony surrounds are installed. We here at Amaran can't wait to see everyone and grow our family!

Schedule your tour now with Carrie at 505-934-4774.



AMARAN

ASSISTED LIVING • MEMORY CARE

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AmaranSeniorLiving.com

Managed by **INSIGHT**
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Montessori Works and Seniors

The American Montessori Society (AMS) defines Montessori “works” as “purposeful activity. Montessori calls all activities ‘work.’ While ‘work’ sounds like a serious endeavor, Dr. Maria Montessori observed that joy was experienced through purposeful play.” The works in a Montessori environment always have a greater intention than what meets the eye. The guide, or teacher, carefully prepares each work to meet the need of a certain person through observation to understand their needs, strengths, and abilities. It is set up in a way that is hands-on, engaging, and brings joy to the individual. Works can be as simple or as complex as needed. They are readily available and accessible at any given time. Works are meant to be done often and for as long as the person wants, without interruption of concentration. This

allows for total engagement and a sense of accomplishment then the work is finished.

Montessori works typically, but not always, are set up in a self-contained tray or area and are in the sequence in which the materials are used to complete the task. The materials are appropriately sized allowing for any ability to use them successfully and without frustration. They are made of natural materials that are beautiful and aesthetically pleasing. The works are designed to help retain cognitive abilities, fine and/or gross motor skills, spoken/written/ read language, along with aiding in emotional support and feeding the spirit. Montessori will be implemented in Amaran in a revolutionary way that will change the way Memory Care and Assisted Living are done.

