

MARCH 2021 NEWSLETTER



AMARAN
ASSISTED LIVING • MEMORY CARE

CHOCOLATE FANTASY 2021 STEAMPUNK



Upcoming Events

Wednesday, March 3, 2021

2:00p.m. to 2:30p.m.

**Senior 101 - Amenity
Spaces and Montessori**

Join us as we discuss how
we utilize the amenity
spaces to include a
Montessori approach.



Wednesday, March 10, 2021

9:00a.m. to Noon

Amaran Vaccine Clinic

This is the final COVID-19
vaccination clinic for those
who received their first
shot in February.

March 17, 2021

10:00a.m. to 1:00p.m.

Lucky to Serve You

Visit Amaran
Senior Living for a
“Lucky” surprise!



On March 6, 2021, Steampunk: A virtual Chocolate Fantasy will delight guests by offering a virtual experience like none other, an extraordinary online auction, exquisite chocolates, and behind-the-scenes footage of chocolatiers building their amazing sculptures via a YouTube presentation.

At Amaran Assisted Living and Memory Care, we strive to provide a purposeful lifestyle for our residents while connecting them to the things that matter the most. The way our culinary connection works at Amaran is to connect our local farmers, restaurants, local businesses, wineries, distilleries and events to our residents at Amaran. This Year I have been invited for the 3rd time to participate in the New Mexico Chocolate Fantasy 2021 at the New Mexico Museum of Natural History and Science. One of our Founders Club members Dianne Dorn will be

entering the competition as a chocolatier with me this year. I have already put Dianne up to the task by coloring a few pieces of the sculpture. Dianne has been very excited about this competition, and I'm grateful to have helped Dianne by giving back purpose to her life. “Dianne we are going to win this together!!!”

Don't forget to mark your calendars for March 6th and go to www.naturalhistoryfoundation.org/chocolate-fantasy to purchase tickets and get more information about the competition. Our sculpture will be displayed for 2 weeks after the competition for the people's choice award, so go out to the museum and help us win! More information to come on our Facebook page.

**By: Chef Liliana Quiroz,
Dining Services Director**

Meet our Health Services Director Katheryn Ann Koester, RN



Katheryn found her love and passion for working with the senior population at the young age of 15 years old, when she began working

in the dining room of an assisted living and retirement community as a server. After graduating from Manzano High School she began working as a private caregiver. Soon after, looking to broaden her skills and knowledge she began working in an assisted living and retirement community as a Residential Care Assistant and was quickly promoted to Medication Tech, and then Assistant to the Director of Nursing. Wanting to be able to serve the senior community in a greater capacity, she enrolled in nursing school.

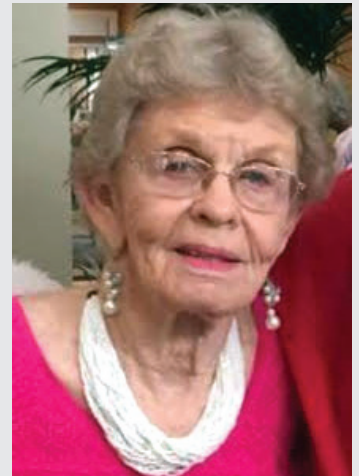
Since graduating from nursing school Katheryn has been honored to care for a diverse group of individuals as a Hospice Case Manager and Hospice Admission Coordinator, Home Health Nurse, Director of Staff Development and Infection Control, Health and Wellness Director, and Urgent Care Floor/Charge Nurse.

Katheryn is a Native New Mexican, born and raised in Albuquerque. In her spare time, she enjoys being outdoors, gardening, camping, baking, and spending time with her 14-year-old daughter Carolyn.

The excitement is building as we get closer to opening day! The interior of Amaran Assisted Living and Memory Care is coming together. I've shared some of the highlights with photos in this edition of the newsletter. The landscaping is near completion to include a water feature near the outdoor dining area, a firepit, a putting green, a pet run and multiple seating areas located along the walking paths for your enjoyment. Our cabinetry features soft closing drawers with beautiful modern hardware. The assisted living apartments all include a safe for your valuables, and the amenity spaces are being completed with upscale finishes. We can't wait to move in!

MEET OUR NEWEST FOUNDER'S CLUB MEMBER, ELAINE

Elaine A. was born and raised in Duluth, Minnesota. She married Lawrence A., who was her husband for 68 years until he passed away in 2017. Shortly after their marriage, they relocated to Minneapolis, Minnesota. They had one child and continued to live in the Twin City area until he retired. Upon retirement, they moved permanently to Stuart, Florida, which was also where her father had retired to. She has lived in



Stuart ever since. She loves the weather and flora of Florida and considers it a tropical paradise. She loves to decorate homes so they moved 4 or 5 times while living there, giving her a chance to decorate another home. They loved to travel in their retirement years, going to many counties around the world. The highlight trip may have been their 50th anniversary trip with their son, daughter-in-law, granddaughter and grandson to Peru where they sailed down the Amazon for a week and then went to Machu Pichu, one of the seven wonders of the world. Her current hobbies include knitting, reading and watching Dr. Phil. She has been convinced by her son to move closer to family, so she is leaving Florida (somewhat reluctantly) to be closer to family including two great grandchildren. She is looking forward to moving here and getting to see family for the first time in over a year.



CONSTRUCTION UPDATE

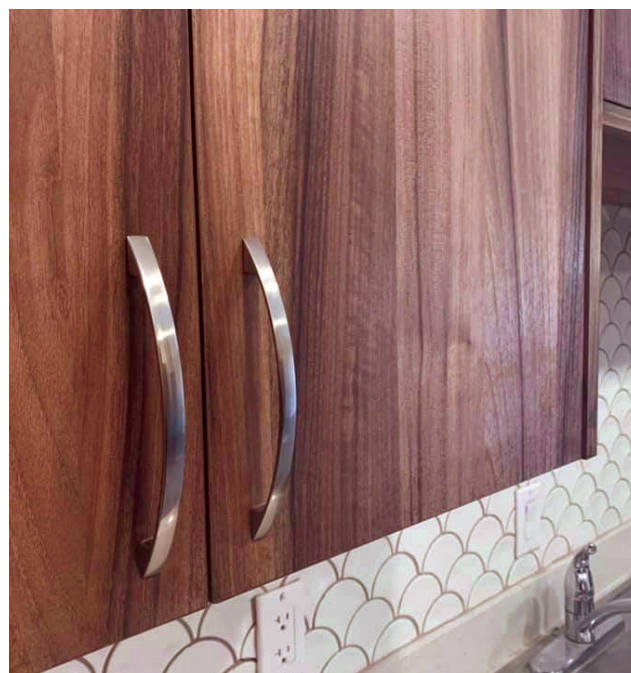
A cool scheme kitchen apartment has a large refrigerator with ice maker and a microwave..



Entry way bench along with cubby for organization and a sitting area to accommodate ease of accessing your shoes.



Washer/dryer combo in every assisted living apartment.



Easy to open cabinet door pulls. Stylish too!

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



AMARAN

ASSISTED LIVING • MEMORY CARE

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AmaranSeniorLiving.com

Managed by **INSIGHT**
♦ SENIOR LIVING ♦

Crochet: An Ideal Craft for People of All Ages

Crocheting has been a favorite craft for generations, and with good reason. Mastering the art of crochet enables you to create wonderful and useable pieces of art, at a very reasonable cost. There is only yarn, a crochet hook, and possibly a crochet pattern. And as a beginner, if you drop a stitch or make a mistake, it is easy to pull the work back to a 'correct' single loop and restart from there.

Over the years, people have taken up and enjoyed the art of crochet for many reasons:

1. Most people who enjoy crocheting find the hobby to be very calming and relaxing.
2. Most crochet enthusiasts find it interesting and rewarding to work with a variety of colors and textures.
3. Creating items of clothing to proudly display, like hats, scarves and sweaters, is incredibly rewarding.
4. Getting together for a crochet party with friends and family can be a great social and socially-distanced activity.
5. Crocheting is portable; you can take your project along, wherever you need to be.
6. People who crochet make the most of their idle time, for example, crocheting while watching television.
7. Completing a crochet project provides a sense of pride and achievement.
8. Crocheting is an inexpensive hobby, and a great way to create beautiful and practical homemade gifts.
9. Self-expression is an important element of crochet, giving the opportunity to design new patterns.

To begin any crochet project, you need to purchase some yarn and



a hook. Crochet hooks come in different sizes and materials. Hook sizes G, H and I are recommended for beginners, as smaller hook sizes are more difficult to manage. Once you get to know the basic techniques, you'll find it can be easy to follow a pattern and complete a simple project, such as a hat. After finishing your first project, challenge yourself and improve your talents by taking on more complicated projects. Before you know it, you will be a seasoned crocheter and thoroughly enjoying your new hobby!