



## LETTER FROM THE ADMINISTRATOR

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Warmer weather brings the need to start thinking about protection from the sun and heat throughout the late Spring and Summer months. We will be striving to protect our residents from the effects of extreme exposure to the elements. Below are some of the precautions we will implement for a safe, healthy Summer season.

### Outings:

- The Amaran Bus will be equipped with a cooler and water during transport.
- Sunscreen will be stocked.
- Residents will be encouraged to take frequent breaks to rest on longer excursions.
- Two large umbrellas will be stocked on the bus for portable sun protection.

### Courtyard:

- During times of extreme heat, the Memory Care Courtyard access will be secured between 10:00 a.m. and 5:00 p.m.
- The residents will still go out several times daily and as requested and/or scheduled with supervision, sunscreen and hydration available.

### Assisted Living Outdoors

- When exiting the community our residents will be reminded about the benefits of wearing sunscreen and staying hydrated while outdoors.

We are excited about the many opportunities available with warmer days and enjoying the beautiful New Mexico great outdoors! Stay safe, protect your skin, and carry water with

## MEMORY BOOKS

Here at Amaran Senior Living and Memory Care, the leadership team and the Care Partners are fully invested in getting to know our Elders in a deep and meaningful way. One of the ways we plan on getting to know everyone is through Memory Books. A Memory Book is just as it sounds, a holder of memories. This simple photo album-type book will encourage engagement between Care Partners and the residents. I, Gina Fox, will be emailing or handing out hard copies of Memory Books for everyone in our community to work on with their family. This can be an engaging and fun activity to do at home or can be done here at the Amaran campus once we are up and running. Not only will all the residents have a Memory Book, so will every person on staff. The entire care team will complete a Memory Book of their own. The connection between our Elder and our Care team will be truly unique and special.

If you are here for a tour and interested, I am happy to share my personal Memory Book if you would like to get an idea of what to expect.

**Gina Fox, Intergenerational Montessori Director.**



## Happy Anniversary!

Ole and Marge Ollila will be celebrating their 57th wedding anniversary this week and are looking forward to being residents of the Amaran Community! After retiring from the USAF in 1972 they moved to Albuquerque where Ole started a second career with General Electric. After a second retirement, they then started Ole's Appliance Service which they owned for 10 years. They are looking forward to the relaxed yet fun environment at Amaran and cannot wait to try the delicious food and many amenities!

## Spring has sprung at Amaran!



Children from the Montessori ONE Academy came by the community for the first time to plant some beautiful flowers in our new flower beds with one of our founder's club members, Dianne Dorn.





## CONSTRUCTION UPDATE

Things are moving along quickly in construction with final touches that are coming along nicely.

One of the many amazing features here at Amaran, our two-way fireplaces have been installed. The flames are created with water vapor and LED lights. These fireplaces have a built-in heater and even sound like a real crackling fire!

## OH, THE PLACES WE CAN GO!

We are so excited to share that our new Intergenerational Montessori Senior Living bus has arrived here at Amaran! Keep your eye out for our bus cruising through Albuquerque.

There are exciting adventures ahead in transportation & Outings for the Amaran Community!



## LET'S FIRE UP THE KITCHEN!



As we get closer to opening day! Here at Amaran we have been doing test runs on our brand-new kitchen equipment. Members from our founder's club have been coming to visit the community and checking things out. They have been showing up so that they get a

feel of their new community starting to come alive and thriving. This week I had the honor of making a 3-course meal for one of our founders, Dianne Dorn. First course was a kale, napa cabbage, broccoli, pepitas and sun-dried cranberries salad, served with a lemon poppy seed vinaigrette. Second course - creamy mash potatoes, sauteed cabbage, and a beer bratwurst. Third course - a gluten free, vegan, sugar free, key lime pie with a raspberry gelato sauce! I am blessed to be here at Amaran and be able to give back to what was given to me as a gift, For the Love of Food!

Chef Liliana Quiroz, Director of Dining Services



# AMARAN

ASSISTED LIVING • MEMORY CARE

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## May 26: Senior Health & Fitness Day

National Senior Health & Fitness Day is a nationwide health and fitness event for aging adults. May 26 recognizes the importance of regular physical activity, and highlights what local organizations are doing to improve the health and fitness of older adults in their communities.

**Seniors need regular exercise to maintain muscle tone**, boost endurance and gain independence. The primary rule is to only provide enough exercise that will stimulate adequate blood flow to all the vital organs, as well as maintain muscle mass. Muscle tends to atrophy during the later stages of a person's life. You should keep hard-earned tissues through both cardiovascular exercises, stretching routines and weight

training. In the beginning, it is important that you do an overall assessment of the senior citizen first, to ensure that he or she can do all the exercises without much trouble.

**Exercise programs should be very flexible, so routines and movements change every week or so, depending on individual progress and feeling.** Striving to maintain or boost strength, flexibility and strength, should be an achievable goal. During the first few sessions, you can ask the professional to help you in assisting the senior go through the different movements.

**Whether following a fitness or yoga workout on YouTube or in a group setting, proper execution is crucial to attain the various objectives and goals.** Be sure to ask a physician or



therapist to go through all of the movements with you when starting an exercise program to make sure all movements are designed to help and not hinder you. Use a log book and fill in all the details of every workout. Logging workouts helps to track your progress and provide accountability, especially when deciding to exercise alone or in a small group.