



“HELP ME TO HELP MYSELF” INDEPENDENCE IN A MONTESSORI ENVIRONMENT



Dr. Maria Montessori created the Montessori approach and philosophy after observing children and discovering that the more children did for themselves, the more purpose and joy they had. The same is true for an Elder in a Montessori Environment. The “Prepared Environment” as it is called in Montessori, supports the person where

they are at and encourages concentration, engagement, and independence. **In the Prepared Environment, the Elders are met with activities that encourage them to do for themselves, whether that means sweeping up in a common area, assisting in folding laundry, setting tables for meals, or choosing to do an always-available activity on a shelf.** Each activity is set up in a way to encourage the Elder to work with it if they choose and to have all materials that may be needed within arm’s reach. **The activities may be as simple as watering plants, but the indirect purpose of the work encourages independence, movement, fine and gross motor skills, sequencing, and overall bring that person joy.** By doing for others what they can do for themselves, we are robbing someone of the joy that they have after completing a task. Independence is a right that the Amaran Care Staff will not take away from our Elders.





Soaking Up the Sun

Founders Club members Lucille and Glenda are settling in nicely here at Amaran. Soaking up the sun with a warm afternoon out on the Sky Terrace Lounge enjoying some fresh popped popcorn and drinks with a few of our amazing care partners. We are so excited to be spending more time outdoors as the summer months roll on in.

Special Treats!



We have started to make special desserts here at Amaran, and our residents are loving it. One of our desserts featured was an Angel food cake with a vanilla and raspberry sauce, and some fresh fruit to go with this hot spring season here in Albuquerque, New Mexico. I can't wait till we have everyone moved in so you can start enjoying every special treat we have for you here at Amaran. See you soon!

By Chef Liliana Quiroz
Director of Dining Services

LETTER FROM THE ADMINISTRATOR

June is a magical time of year when our hot weather is perfect for enjoying the great outdoors during the temperate mornings, hot summer days for water sports and picnics, followed by spectacular evenings with the Sandia Mountains beautifully lit in their "Watermelon" colored glory. June is also bringing the first day of Summer on June 20, 2021 which is officially the longest day of the year. Kayla, our Activities Director and Gina, our Intergenerational Montessori Director are excited to start using our raised garden beds to bring Joy and Opportunity to our residents by planting whatever the residents desire to cultivate in partnership with the children of Montessori One. What a beautiful connection to be able to grow living plants and relationships at the same time! We look forward to an exciting and safe summer season with our residents at Amaran.

MEET OUR NEWEST FOUNDER'S CLUB MEMBER, RAE



Opportunities are not often presented at opportune times. They fall out of the sky, hit you on the head and beg to be given consideration. Unfortunately, when life does not stick to the blueprints, we tend to forgo the chance to do great things thanks to intimidation and inconvenience. The timing just is not right.

Sixty-seven-year-old Rae B. is not one of those people. She stands ready to seize the moment, at any moment. That is how she became a champion harrier long after most people hang up their shoes. Having discovered a talent for running at 49 years of age, and subsequently shattering countless world and American age-group records, she proves that age is simply a state of mind. Although Rae's passion for running remained strong she took a long break away from the sport to focus on other aspects of her life. "After that, it felt like I had finished that chapter, I eventually had three kids and went to the University of Minnesota to earn a degree in design. In hindsight, I wish I wouldn't have taken such a long break." She contends still, "I guess it makes sense; there is something about my whole running career that is kind of off the wall."

After 12 years away from the sport, living in Santa Fe, away from her tight community of fellow runners, Rae decided it was time to return to the world of competitive running at the age of 67. "It was like I just woke up one day and thought, 'I just have to do this,'" she says. "I decided to see what I could do again. There was a feeling of unfinished business." For Rae, Santa Fe was not the ideal setting to restart her training, even though she had a good coach and several Kenyan training partners. The terrain was unpredictable, and the temperatures were punishing. Even so, the unfamiliar location also served as motivation. "In one way running was always my friend," she remembers. "I didn't have to make new friends or please anyone. I did not have to do anything but be myself and train hard. That was a great freedom for me at the time."

Finishing with a new American age-group record (1:06:48) and missing the world record by just 12 seconds, Rae knew she wanted more. The same month she ran the Carlsbad 5000 where she broke the 65–69 world record in 20:44. In February she took down the American age-group record at the Hilton Head Half Marathon in 1:33:43, just 47 seconds off the world record. Nearly all her recent performances surpassed an age-graded percent of 100. This season she has her sights set on the 15K and half marathon 65–69 age-group world records, as well as the marathon record of 3:12:56. Having recently recruited the help of Central Park Track Club's head coach Tony Ruiz and Urban Athletics owner and coach Jerry Macari, she is fighting for a few more medals to add to her collection. While the accolades are rewarding, she touts the education running has provided her as of the most value. "Running refines your values and teaches you to pick yourself up and do it again and again. I have learned so much," she says. She has no plans of cutting that learning process short either, insisting that it is never too late, and you cannot predict when life is going to hand you a chance to do something great.

"There are people who are really young who are old," she says. "Why let yourself get old? Age is just a number." Rae turned 77 on July 27. She is still running.





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Aquarium Month: Online Sea Adventures

Do you have a favorite sea creature? Fearsome sharks? Or jellyfish? Or maybe it's a penguin? Have you ever wondered how long sea turtles live? Or know that otters use "tools" to eat their food? With travel restrictions and social distance limiting attendance, there is no better time to visit your favorite or local aquarium online. Watch your favorite aquatic creatures through live webcams, explore habitats, learn about diets and discover underwater ecosystems and species from around the world by taking a deep-sea aquarium dive from the comfort of your own home!

Start your exploration today at the following aquariums. If you don't see your favorite listed, be sure to google additional

locations. Some of these sites also offer great downloadable activities to keep the fun going!

Shedd Aquarium: Learn about how the Shedd rescues and rehabilitates endangered species. www.sheddaquarium.org

Texas State Aquarium: Check out the unique "Tentacle," "Stingray Lagoon" and "Swamp Tales," exhibits among others close-up encounters. www.texasstateaquarium.org

Monterey Bay Aquarium: Meet their new African penguins or watch a live cam of rescued otter pups. www.montereybayaquarium.org

Ripley's Aquariums: Attend live feeding events and Q&A events with the aquarium teams and educators. www.ripleyaquariums.com/at-home

Georgia Aquarium: Dive deep with a pod of majestic Beluga whales on a live cam. www.georgiaaquarium.org

These virtual encounters are not only educational, fascinating and entertaining to watch, but they also may offer a relief from boredom, overeating and anxiety, so go online and learn some new fun facts about the sea and all of the creatures who call it home!

