



Welcome New Team Members!

As you may have heard businesses all over the United States, especially those in healthcare, are experiencing extreme staffing shortages. While we certainly have experienced our own challenges - we have been so incredibly fortunate to have hired some really incredible people here at Amaran that are working hard to learn their new jobs and get to know each of our residents.

Special Events

State Fair Drive-Thru
Thursday,
September 16th
11AM – 1PM

EMBRACE
Support Group
Thursday,
September 30th at 6pm

LETTER FROM THE ADMINISTRATOR

Dear Friends.

It has been a wonderful experience for me to spend time here at Amaran getting to know our staff and residents. I met with our residents formally a couple of weeks ago and learned that what they think is going best at Amaran is our wonderful staff. My heart was filled with joy as I heard things like “always so kind”, “attentive”, “happy”, “work well as a team” and “goes the extra mile”. There were a couple of our team members that were recognized by name that I passed along as a nomination for our first Employee of the Month. I learned a lot from that meeting as well as the time I’ve gotten to spend with everyone here at Amaran.

We continue to develop our activity programming as we get to know our residents better and learn about their interests. You’ll notice our activity room has been rearranged and we’ve added some new arts & crafts supplies, a sewing center and new games. There are some new classes you’ll see on the schedule for next month including Sit & Get Fit Class, Chair Yoga, Tai Chi, Gardening, Painting, and Beer Making. Gina Fox, our Intergenerational Montessori Director will lead many of these activities and classes, as well as different members of our Leadership Team. For example, our Maintenance Director David Beebe will teach some painting classes.

Another enhancement I think you will be happy to learn about is in Dining Services. As we grow, we are able to add more and more to our program. Chef Lilly will soon be introducing a new “Always Available Menu” with many choices, a table side salad cart & hospitality station for in-between meal snacking and beverages.

I love that we all get to grow into the community we envision for Amaran together. Please continue sharing your ideas with us!

Warm wishes,

Karilee Baird
Director of Operations
Insight Senior Living



COVID-19 VISITATION GUIDELINES

We have been very fortunate here at Amaran to remain COVID-19 free despite many of our neighboring Assisted Living & Memory Care Communities having to quarantine while they wait for their residents and team members to recuperate.

We need your help to ensure we continue to be COVID-19 free and maintain compliance with State Guidelines.



Thankfully we are still able to accommodate visitors here at Amaran - but as the state mandates, you must make arrangements for the visit ahead of time and follow certain protocols during your visit.

1. Call ahead to let us know you are coming - you are welcome to visit any day between 10am & 4pm. We are required to limit the number of visitors to the designated areas we have available and keep records of these visits.
2. Upon arrival sign-in through the AccuShield Kiosk and complete the COVID-19 screening.
3. If you are not vaccinated you may visit outside only.
4. If you are vaccinated, you may visit in a designated area inside or in the resident's apartment. You must proceed directly to the visiting area and exit directly upon the conclusion of your visit. Please do not linger in common areas.
5. We can accommodate up to 1 party with 4 guests (including the resident) in our private dining room for a guest meal - when all members of the party are vaccinated.
6. Everyone must wear a mask when in the common areas of our community.

Thank you for being supportive of our team members during these uncertain times. We are all in this together - doing everything we can to keep COVID-19 out of our community. Please give us a call if you have any questions about these policies or our COVID-19 protocols in general.

Happy Birthday!

Bernadette Z.
September 09

Megan B.
September 13

Charmayne R.
September 22

Stephanie K.
September 28

Grandparents Day: Sept. 12

Marian McQuade first brainstormed the idea of honoring the elderly with a "Grandparents Day," which later became a nationally recognized holiday in 1978.

Suggest or help make a homemade card, drawing, or crafty story with your child to give during an in-person visit or via mail as a present for Grandparents Day. Help a child make a phone call or video chat with their grandma, grandpa, or another special older adult in their life to let them know how valued and special they are to your family.





MEET OUR NEWEST FOUNDER'S CLUB MEMBER

A granddaughter, a daughter, a mother, a grandmother and great grandmother, Sharon has been around the block and maybe more than once. She's also an entrepreneur, a traveler, an actress, a pawnbroker, a companion and a friend. She was a Cub scout and Brownie den mother, a coach, a proofreader, a spelling bee mentor. She never yelled louder than a rock concert and never stayed angry long. She's lived a mostly happy and sometimes harsh life

The very early years her relationship with her now departed husband, Marvin, is still a bit of a mystery to our family because if I ask my mother, she will say confidently, "At 14, I was in my

dad's grocery store in Council Bluffs, Iowa when your dad came in. And he got so astonished by my beauty that he decided to introduce himself." My dad told this story differently, "There were two girls who fell in love with me - your mom and the other one. I didn't know how to get away from them. Your mom turned out to be more annoying. And the rest is history!" They were together for the next 61 years and married for 56 of them.

She was her kids' biggest fans (still is), when she was the proverbial baseball mom, always schlepping us to the next game, cheering us on and begging us not to pick the dandelions in right field and to quit kicking pebbles and watch the game! She made sack lunches for school almost every day and to be confident and self-sufficient. Every Saturday was "stuffing day" I mean cleaning day ...She even taught us to cook.

Mom is still a huge bright light and a treasure to her children, her grandchildren, and her great grandchildren. She was always there to provide the right advice. After a particular hard week at work, she once told me; "there are two kinds of people: those who work and those who take the credit". She told me to try to be in the first group; there was less competition there.

We've spent a lot of years together celebrating the holidays, birthdays, Bar and Bat Mitzvahs, naming's and graduations. We've scooped the parts off the mash potatoes where the cats ate from the bowl and cut off the bit where the dog munched on the chicken. We've gotten through the times where the oven quit working on Thanksgiving and borrowed turkey from the neighbor. We watched her perform as Minnie Pearl and bowl like a pro in a weekly league. Each of these activities inspired her children to get involved, get out there and "mix it up" and be a positive influence on their kids. Growing up, we were the house in the neighborhood that all our friends gathered at. We were the ones that turned the broken lamp against the wall and when we were discovered, we got a knowing smile. She was the one who sat in the car in an early fall day while her youngest threw Cheerios at her to make sure her middle son didn't leave Kindergarten again unexpectedly to walk home the 9 miles because we hadn't yet moved. She treated bruises and cuts and black eyes and measles and mumps. What she taught us was: WHAT we do doesn't matter -- THAT we spend time together does. Though only one of the grandkids lives close to her, with phones and Facebook's portal and lots of opportunities to gather throughout the year, we have times to connect. What mom wants most for her 3 children and her 8 grandchildren and their wives and husbands and for their 5 great grandchildren (soon to be 6) is for them to find their own personal joy in doing whatever brings them fulfillment. She wants them to be compassionate and caring (they already are) and to use their various creative gifts to better their own lives and the lives of everyone around them. Above all, she wants them all to know that they are truly loved AND lovable. We are all blessed to be part of her life every day.

Submitted by Sharon's son, Robert



AMARAN

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Tips to Slow the Aging Process

Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.

- **Eat a varied and healthy diet.** Be sure to include plenty of fruits, vegetables and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.
- **Keep moving.** Exercise strengthens muscles and bones and improves digestion, circulation, and appetite.
- **Seek prompt medical care when you're ill or injured.** Listen to your body and take

care of any little problems before they become bigger and complex.

- **Use sunscreen to prevent sunburn.** One of the most significant factors contributing to aging is chronic inflammation of the skin.
- **Quit smoking and avoid secondhand smoke.** Smoking has very damaging effects and increases your risk of cancer and heart disease.
- **Manage stress.** Take time to unwind every day to relieve stress. Try meditation or other relaxation methods.

- **Keep strong relationships.** Maintaining close ties to your family and friends are important to healthy aging.

