



October is Physical Therapy Month

Physical therapy is treatment of muscles, nerves and body structures. The goal of Physical Therapy is to restore the body to its optimum level of function.

Physical Therapy Benefits

- Enhanced ability to walk
- Improved mobility
- Pain management
- Restoration of balance
- Enhanced ability to transfer
- Strengthening



A LETTER FROM KARILEE

Dear Friends,

I hope you are all enjoying this beautiful weather we have been graced with here in Albuquerque. I sure have enjoyed my time here visiting. If you haven't gotten to check out the Sunset Terrace - be sure to do that. I love sitting out there in the evening.

September has been a very full and productive month for us here at Amaran. We dedicated our flag with the help of the National Guard on 9/11, celebrated National Assisted Living Week, added many new programs and work stations to our activity program, gardening classes with the Montessori ONE students, and received most of our artwork for the wall. I am so proud of the Amaran team. The creativity, dedication, and willingness to step outside of their comfort zone to do what ever is needed in this team is something to be celebrated.

While I have deeply enjoyed my time with everyone at Amaran, I am pleased to announce that your new Administrator, Sandra-Dee Fleming starts the first part of October. I know you are all anxious to get to know her so please see the featured article about her within this newsletter.

Another greatly anticipated new team member, Shannon Barney, who will serve as your Activity Director also starts the first week of October, followed by our new Health Services Director Sonya Davis who starts the latter part of October.

Karilee Baird
Director of Operations
Insight Senior Living



Balloon Fiesta Viewing

Exclusively for Residents

Wednesday, October 6th Starting at 7:00AM

Meet up on the Sunset Terrace as we watch the sky fill with hot air balloons. For more information, contact Gina.



TRY MEATLESS MONDAYS DURING VEGETARIAN MONTH

The meatless meal movement initially began during World War I when meat was scarce and was revitalized during WWII, so more meat could be allocated to the war effort.

This meatless meal idea was once again revived in the early 2000s as “Meatless Mondays,” a health-focused marketing campaign for the USDA. The campaign centered on the idea that even one meatless day per week could help both individuals and society as a whole. On an individual level, Meatless Mondays could reduce the risk of colorectal cancer, prevent type 2 diabetes and cardiovascular disease, and help maintain a healthy

weight, whereas the global goal of Meatless Mondays aims to save water, produce fewer greenhouse gas emissions and reduce our carbon footprint.

Meatless Mondays have continued to grow in popularity and have become championed by celebrity chefs, schools, and restaurants in over 40 countries!

Restaurants and meal kit companies are offering more tasty, flavorful “plant-based meats” than ever before, so if you’ve never tried a meat-substitute or if you are looking for a fresh way to eat more vegetables, now is the time to



try something new!

Green leafy vegetables, whole grains, and fruits (both fresh and dried) combined with protein including chickpeas, tofu, beans, lentils, quinoa, nuts, and seeds help provide and maintain a balanced diet.

Before you add more plant-based choices and/or reduce meat from your diet, be sure to consult with your dietician or physician.



Happy Birthday!

Ruth B.

October 8th

Odalis Valencia

October 31st

Sweetest Day: October 16

The first Sweetest Day in history took place in October of 1921 in Cleveland, Ohio. Organized by a committee of candymakers, all sorts of candies were delivered to low-income people throughout the city with the message that this Saturday in October was the “sweetest day of the year.”

A recent trend has shown that more couples are celebrating Sweetest Day as the male-counterpart to Valentine’s Day. With more gifts bought for women on February 14, such as flowers, perfume, chocolates, and cards, the gift-giving shifts primarily to men during October when more electronics, candy, and sporting event or concert tickets are gifted.

Sweetest Day does not have to be extravagant or include gift-giving, so keep it simple this year—grab your favorite candy, movie, and of course your sweetheart—and enjoy a cozy evening in together!



Breast Cancer Awareness Month

Breast cancer has always been a dreaded disease, but recently, with the increasing knowledge about cures and treatment,

breast cancer can usually be treated if detected early detection.

Research has shown by the age of 20 everyone should begin doing Breast Self Examination (BSE). This method is recommended as it is

easy to do and helps assist in early detection, however it should not be used as a substitute for a yearly breast exam performed by a physician.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.

MEET THE ADMINISTRATOR, SANDRA-DEE FLEMING



Sandra-Dee Fleming's one continuous thread throughout her life has been, and continues to be, helping others.

After graduating with her MBA from UNM Anderson

School of Management, Sandra-Dee found herself working in home health. Utilizing her passion for the healthcare industry and assisting others, she went on to help students find their place as medical assistants. In the last five years, she found her calling to care for seniors as an administrator in skilled nursing, assisted living, and a community of therapists. Amaran Senior Living is where Sandra believes she can be most effective in providing compassionate person-centric support and care to all: residents, family members and staff.

"Seniors represent living history, and I want to be a

part of their future. We are in service to each other."

Sandra-Dee lives in the Village of Corrales with her family, which includes her pets Conan (The Barkbarian) and Sunshine (the lion masquerading as a house cat). In her free time, she enjoys board-games, such as Scrabble, and is an avid reader. You may even find her leading Amaran's Book Club!

As the Administrator, Sandra-Dee is excited to be part of a community that "applauds and celebrates supported independence and sets out to bring social, mental and physical engagement to the seniors in Albuquerque-a place residents and staff can be proud of and excited to be in."



Pool Table Fun

We are so excited to announce that the pool table is here. Stop by on the 3rd floor to play a game with your neighbors!



AMARAN

ASSISTED LIVING • MEMORY CARE

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INSIGHT
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WASHING HANDS PREVENTS ILLNESSES AND SPREAD OF INFECTIONS TO OTHERS

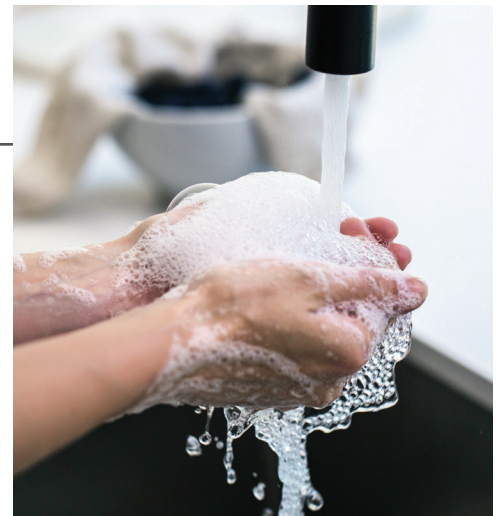
Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body

through the eyes, nose and mouth and make us sick.

- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.



- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Source: [cdc.gov](https://www.cdc.gov)