

NOVEMBER 2021 NEWSLETTER



AMARAN
ASSISTED LIVING • MEMORY CARE



Happy Birthday!

Residents

Sharon G. November 12

Carolyn T. November 23

Wishing you a beautiful
day with good health
and happiness.

Upcoming Events

Thursday, November
4th: Monthly Birthday
Party, in Dining Room
at 3pm

Tuesday, November 16th:
Resident Council, in
Activity Room at 3pm

Thursday, November
18th: Wreath making
with Montessori One
Students, time TBA.

Monday, November
22nd and Tuesday,
November 23rd: Help
Montessori One
Students make bags for
the Homeless, time TBA.

A LETTER FROM SANDRA-DEE

It's Fall!

Hello Friends;

Fall is right around the corner: the weather is getting colder, the foliage is changing colors, IT'S PUMPKIN EVERYTHING!

First, allow me to say, 'Thank You' all for welcoming me to the Amaran Community.

I have met most of you and each time you have been gracious and generous with your time.

I am also happy to say we now have a full leadership team, complete with Shannon B., Activities Director, and Sonya D. LPN, Health Services Director. Please do not hesitate to connect with them should you have any activity, or health questions.

Second, to the residents (and their family members) who joined Jennifer, Carrie, and myself on the Sunset Terrace for Balloon Fiesta, I hope the experience was as fun and incredible for you as it was for me. I never get tired of seeing the sky dressed in colorful balloons, and there is something about the sound of the balloon's burner coming on that simply says, "Fall" to me.

Lastly, Sonya and Jennifer are working on setting up our Flu Clinic, as soon as they have dates you will see it posted in and around the community.

Until we see each other in the halls, stay well, and thank you for being so very gracious. I am excited to be here with you.

Regards;

Sandra-Dee Fleming;
Amaran Senior Living Administrator



Welcome!

Let's all give a BIG and WARM welcome to our new neighbors

Linda T.

Joanne W.

Joy R.

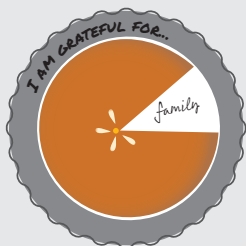
Gratitude Pie Craft

Supplies

- Paper plate
- Construction paper
- Markers
- Scissors
- 1 round fastener

Instructions

Cut a circle from the construction paper that is 1½ inches smaller than the paper plate. Decorate this circle as your favorite pie. Be creative! Cut a slice from this pie paper. Attach your "pie" to the plate with the fastener in the center. Write: "I am Grateful for..." on the inside edge of the paper plate. Write 1-3 things you are grateful for in each of the openings of the pie as you rotate the pie. Display and rotate your pie for all to see during the month of November.



GRAPE DIPPING COOKING DEMO





TAKE YOUR PICK— OF ALL THINGS PICKLE!

The word “pickle” comes from the German word *pokel*, meaning salt or brine, which are two very important parts in the pickling process. Pickling dates back centuries and it has remained a steadfast method of preserving foods over a long period of time. Early settlers used this process to preserve foods, especially over the winter months. Fruits, vegetables, eggs, meat and other foods are submerged in an acidic or salty liquid and sealed, usually in glass jars, making the contents less likely to spoil.

Pickled cucumbers are the most popular due to the variety of options that include dill, sweet, bread and butter, Gherkin, Polish, hot and sour, garlic and candied. Other foods often pickled include eggs, three-bean salad, watermelon rinds, red beets, and a mix of baby onions, carrots and cauliflower. When

there isn't time for the whole pickling and canning process, “quick-pickling” may be a tasty new way to add some zip to your favorite foods. The quick-pickling process consists of adding a splash of white or red vinegar and a pinch of sugar to thinly sliced vegetables and microwaving for 30 seconds.

In recent years, pickles have seen a surge in popularity with pickle-flavored cosmetics, juice, soda, chips, popcorn, liquor, ice cream, nuts, and candy as well as deep fried pickles, pickle-patterned home decor and pickle holiday ornaments. (Traditionally speaking, that pickle ornament will bring a year of good luck!)

Take your pick on November 14, National Pickle Day and open a jar of your favorite pickled item, add to a burger, taco, or pizza, or eat as a side dish. Be adventurous and pick up a new pickle-flavored product and enjoy!

Puzzle & Game Week

Many of us have set traditions for Thanksgiving. Puzzle and



Game Week is the perfect opportunity to begin a new tradition (and lessen screen time) by setting aside some time to play games each day-- or as often as schedules allow. Let each generation choose a different game each day of the week. Be sure games are available for all ages so everyone feels included. Play individually or on teams by pairing different generations of family members together. Game time is sure to be full of laughs and memories.

Classic games:

- Uno
- Connect Four
- Monopoly
- Scrabble
- The Game of Life
- Trivial Pursuit
- Phase 10
- Yahtzee!

Recently popular:

- Exploding Kittens
- Scattegories
- What Do You Meme?
- Apples to Apples
- Tellestrations
- Taboo
- Sushi Go
- Bananagrams



AMARAN

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INSIGHT
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CARING FOR YOURSELF WHEN CARING FOR ANOTHER: SELF-CARE ISN'T SELFISH

You are a caregiver if you care for someone who needs help. Caregiving can be difficult despite the great sense of reward you may feel. To continue being a good caregiver, you need to take care of yourself. One way to do that is to make sure you have consistent breaks from your caregiving responsibilities, called “respite.” Short breaks can be a key part of maintaining your own health.

Respite care allows the caregiver some time off from their caregiving responsibilities. It can take the form of different types of services in the home, adult day

care, or even short-term nursing home care so caregivers can have a break or even go on vacation. Research shows that even a few hours of respite a week can improve a caregiver's well-being. Respite care may be provided by family, friends, or local business.

Still not able to take a break? Consider joining an online support group. It's important for you to have an opportunity to share your experiences with others in similar circumstances and to get support and new resources from them. Also, be sure to let your doctor know that you are a caregiver, especially if your caregiving



responsibilities are making you feel stressed or anxious. Your healthcare provider may be able to suggest support groups offered in your local the community.

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