

# DECEMBER 2021 NEWSLETTER



**AMARAN**  
ASSISTED LIVING • MEMORY CARE



## Happy Birthday!

### Our Neighbors

Meredith T.	December 08
Marilyn T.	December 08
Carolyn B.	December 12
Gina B.	December 18
Kathryn A.	December 23
Edna K.	December 26

### Team Members

Liliana Q.	December 03
Echo W.	December 05
Melissa T.	December 08

Wishing you a beautiful  
day with good health  
and happiness.



## A LETTER FROM SANDRA-DEE

Dear Amaran Community Supporters;

It's officially Winter!

As many of you know, you are no longer required to call ahead to reserve visitation times. There are no longer any restrictions on the frequency, length, or times for visits with our community members. COVID-19 Infection Control Protocols are still being observed:

- Check-in and out using the kiosk at the front desk;
- Use hand sanitizer stations throughout the communities;
- Wear masks in/around and out of the communities;
- Keep your visit to the apartment/avoid common areas.

Amaran had a wonderful Deck the Halls event with the residents. The trees are up and decorated, the mantles have been adorned with stockings, and cookies have been made.

I hope you were able to join us for Tomato Soup and Grilled Cheese Sandwiches, on December 7th. If you were unable to attend, then please set aside time to come by for some Posole and Biscochitos on Mondays, 12/13 and 12/20. A portion of the proceeds will be donated to the Alzheimer's Association and the rest used to celebrate the Amaran Senior Living Staff.

Thank you all for your continued support, and let's not celebrate December 21st: Humbug Day!

We wish you all a very Merry Holiday Season, and a Happy 2022.

Respectfully;

**Sandra-Dee Fleming;**  
Amaran Senior Living Administrator





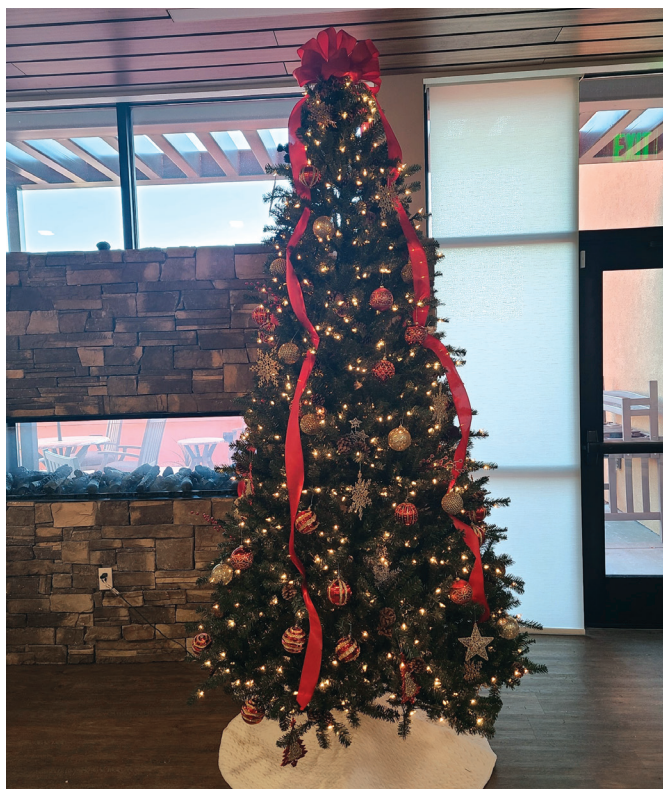
## Employee of the Month December 2021

Darlene Carillo- Receptionist

Darlene is thoughtful, compassionate, and thorough. Darlene is quick to research issues and share what she knows with staff, residents, and families. We are all excited to work with her.



## DECK THE HALLS EVENT





# THANKSGIVING HIGHLIGHTS



## Special Events

December 7- Orchestra Quartet will be here at 4:30pm in the Front Lobby.

December 9- Our Fellow neighbor will be hosting a snowman craft group in the Activity Room. Please sign up at the front desk.

December 10- December Monthly Birthday Party in the Sunset Lounge at 3pm

December 11- ABQ Light Tour at 5:30pm. This is a first come, first serve event. Sign up is REQUIRED.

December 16- Craft Fair, this is a resident lead event! If there are crafts that you wish to sell, set up will be in the Cyber Café at 3pm.

December 20- Resident Council Meeting in the Dining Room at 2pm

December 22- Food Committee in the dining room at 2pm

December 24- Christmas Carols Sing A-Long in the Activity Room at 6pm





# AMARAN

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9100 Holly Ave NE, Albuquerque, NM 87122

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**[AmaranSeniorLiving.com](http://AmaranSeniorLiving.com)**

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## OVERCOME YOUR WINTER BLUES

### **Did you know... 50 to 60 percent of Americans are affected by winter blues?**

This loss of happiness is known as Seasonal Affective Disorder (SAD). There is a broad spectrum of symptoms that can be attributes to the shift in attitude that may include restlessness, insomnia, weight gain, and sadness.

### **Here are a few things you can do to help overcome winter blues:**

- Stick to a daily routine
- Go to bed on time
- Plan your day and make a list of what you want to accomplish and check things off as you accomplish them
- Save challenging projects for when you are feeling the most energized and happy
- Eat healthier foods
- Go for a walk or enjoy some light exercise
- Relax with meditation, massage, light music
- Drink plenty of water
- Use light therapy to extend the hours of daylight in your day



- Call, visit, video-chat with loved ones
- Laugh with friends and family often