

MAY 2022 NEWSLETTER



AMARAN
ASSISTED LIVING • MEMORY CARE

New Activities

Dominoes

Rock Painting

Daily Bread Readings
w/ Cecilia

Upcoming Events

*Shopping Outings are every
Wednesday at 1:30pm. Please
sign up at the front desk.*

May 5: Cinco De Mayo
small celebration in the
Sunset Terrace Bar at 3pm

May 6: Zoo Outing
at 11am, please sign
up at the front desk.

May 6: Activity Committee
Meeting at 3pm in
the Activity Room

May 8: Mother's Day
Brunch on Back Patio

May 13: Sadie's Lunch
Outing at 11am, please
sign up at the front desk.

May 20: Botanical Garden
outing at 11am, please sign
up at the front desk.

May 23: Resident Council
Meeting at 2pm in
the Activity Room

May 25: Food Committee
Meeting at 2pm in
Dining Room

May 27: Tomato Café lunch
outing at 11am, please sign
up at the front desk.

May 27: Getting to know
you social at 3pm in the
Sunset Terrace Bar

A LETTER FROM CARRIE

Hello from Amaran Senior Living –

My name is Carrie Bergs, you might know me as the Sales and Marketing Director here at Amaran. I have had the pleasure of serving the greater Albuquerque area in senior living for the past 20 years and have devoted my career to supporting our aging population. I became an employee with Amaran in the summer of 2020 and have enjoyed watching the community blossom into an inspiring and flourishing Montessori Senior Living community.

I am excited to update you on some changes happening at Amaran. I have been offered an exciting opportunity to step into a new role as interim Administrator, and very eager to support you on this new journey. Although, it will be short term as we look for the next Administrator at Amaran, let me tell you what you can expect. My schedule will remain the same, Monday through Friday 8 AM to 5 PM, and am available to you by phone, email, or a smile at the front reception desk to make an appointment. Please feel free to reach out at any time, as I look forward to hearing from you.

As the warm summer months are upon us and our elders are becoming more active, please remember to stay hydrated and drink plenty of water to remain healthy and safe. Amaran offers fruit flavored water throughout the community for elders and guests to enjoy. I wish you all a wonderful spring season and look forward to continuing to serve this wonderful community.

With Grace,
Carrie Bergs
Interim Administrator





Happy Birthday!

Linda T.	5/4
Frank B.	5/7
JoAnne J.	5/6
Laverne N.	5/10
Alice G.	5/25

**Birthdays make us older, but
it's what we keep in our hearts
that make us stay young.**

~ April Monterrosa

Welcome!

Susan E.
Shirley "Andy" R.
Beatriz V.
Marjorie G.
Elaine I.

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

Cooking Fun!

Cooking Demonstrations
in Casa Dei Maria are
always fun! We bake
and cook our own snacks
throughout the day.



GETTING TO KNOW THE TEAM

GINA FOX, INTERGENERATIONAL MONTESSORI DIRECTOR

Gina Fox discovered her love for Montessori almost a decade ago as a Montessori classroom assistant. Since then, Gina trained and graduated in the first cohort of Primary Study Guides from the New Mexico satellite campus of the Southwest Institute of Montessori Studies. Gina took on the role of Primary guide (teacher) in her own classroom at Montessori One as Amaran Senior Living was being developed by the Patel family. While Gina enjoyed her role as a guide, she loves the consulting role of Intergenerational Montessori Director (IMD) at Amaran where she can support Elders and staff.



CARRIE BERGS, SALES AND MARKETING DIRECTOR

Born and raised in Albuquerque, Carrie had a fulfilling childhood surrounded by her family and her grandparents in a community that she loves.

It was from the many summers she spent with her grandparents, that Carrie grew her passion for helping others and giving back to those around her. At a young age, Carrie started volunteering at a nursing home, devoting her evenings to making the seniors laugh and bringing joy through activities. As Carrie grew, she continued volunteering through high school and decided that a career serving seniors was what she wanted to do.

Carrie started working in the same nursing home she volunteered at as the Activities Director. Carrie went to college and completed her undergraduate degree in Human Services and Management. Her work in Eldercare for the past 20 years has influenced her mission and devotion to helping seniors age in place with the best care possible.



VALERIA MENDOZA, STAFFING COORDINATOR

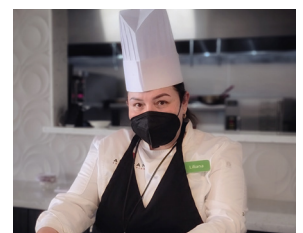
I have been in health care for 10 years, It all started at an assisted living place working my first job as a server at 18. I fell in love with the residents and had a change of career. In 2016 I fell in love with a disease that would have a big impact on my life, dementia and I have a love hate relationship. The disease and residents have a special place in my heart. I am a lover of puzzles and that is how I ended up at Amaran as the Staffing Coordinator and loving every moment.



LILIANA QUIROZ, DIETARY SERVICE DIRECTOR

I went to Le Cordon Blue in Los Angeles California for my culinary degree. Food is passion to me so I will always deposit my love when making it.

"I have this theory that chocolate slows down the aging process...it may not be true, but do I dare take the chance?" -Author Unknown



MORE WONDERFUL TEAM MEMBERS

JENNIFER TRUJILLO, MEMORY CARE COORDINATOR & INTERIM HEALTH SERVICES DIRECTOR

Jennifer Trujillo first began her role in the medical field as a MA in 2005 for 7 years in Taos, NM. She then moved to Albuquerque and wanted to care for elders after caring for her grandparents. After that time, she became involved with a memory care community where she learned about Alzheimer's and dementia. In her role as Memory Care Coordinator along with Interim HSD here at Amaran Senior Living and Memory Care, Jennifer hopes to bring joy and opportunity while maintaining our core values: Wisdom, excellence, purpose, innovation, integrity, grace, gratitude, and synergy. Along with the IMD, Jennifer will oversee the Memory Care Neighborhood along with Assisted Living and will monitor, train, and coordinate the programming and care services for our residents. She is happy and excited to explore this new world of Montessori Theory and how it can aid in the care of our Elders with cognitive impairment.



DAVID BEEBE, MAINTENANCE DIRECTOR

David has been in construction and maintenance for over 20 years. He has been working with seniors for the last 5. In his spare time, he enjoys oil painting and anything to animals.



CARLA JAIME-BUENROSTRO, BUSINESS OFFICE MANAGER

Carla has worked in the Senior Living field caring for seniors for 20 years and has loved every moment of it. She is grateful to have had the honor and opportunity to make a difference in people's lives and to have met so many incredible people that have contributed to her life and helped make her who she is. She is excited to celebrate 10 years of marriage this May with her wonderful husband Carl. She is the proud mother of one son who is her pride and joy. She and Carl have 4 dogs, love to cook together and spend time with family. Some of her favorite things are fresh flowers, vanilla ice cream and a great pen. Carla loves working at Amaran and hopes to continue making beautiful friendships here at Amaran for years to come.



ACTIVITY HIGHLIGHTS



*There is always something that help keep us busy and have fun.
We love to bowl, play billiards, and play board games!*

Employee of the Month - May 2022

We are so happy to have Duli as part of the Amaran team. She is helpful and kind with everyone who comes to the front desk looking for assistance. She loves fashion, art, music and photography. Duli is passionate about her work with those who have been affected by domestic violence and community outreach. One of Duli's favorite places to visit is Pagosa Springs. She always does her best to help where she can and does it all with a smile on her face.



Duli Rivas, Receptionist



AMARAN

ASSISTED LIVING • MEMORY CARE

9100 Holly Ave NE, Albuquerque, NM 87122

505-227-8366

AmaranSeniorLiving.com

Managed by
INSIGHT
♦ SENIOR LIVING ♦

AMARAN SENIOR LIVING ADMINISTRATIVE STAFF

INTERIM ADMINISTRATOR

Carrie Bergs
505.932.7765 X 101

BUSINESS OFFICE MANAGER

Carla Jaime-Buenrostro
505.392.7764 X 102

SALES AND MARKETING

Carrie Bergs
505.932.7763 X 103

MAINTENANCE DIRECTOR

David Beebe
505.932.7754 X 112

INTERGENERATIONAL MONTESSORI DIRECTOR

Gina Fox
505.932.7762 X 104

DIETARY SERVICE DIRECTOR

Liliana Quiroz
505.932.7757 X 109

ACTIVITIES DIRECTOR

Shannon Barney
505.932.7759 X 107

MEMORY CARE COORDINATOR

Jennifer Trujillo
505.932.7750 X 116

INTERIM HEALTH SERVICES DIRECTOR:

Jennifer Trujillo

STAFFING COORDINATOR

Val Mendoza

FRONT DESK

505.932.7766 X 100

EASTER GOODIES!

The students from Montessori One surprised our elders with Easter goodie bags! Thank you, Montessori One!

