

JUNE 2022 NEWSLETTER



AMARAN
ASSISTED LIVING • MEMORY CARE

New Activities

Volunteering in MC
Clay Activity
Manicures
Summer Film Festival
on Fridays in Theater
Movie and Lunch
Saturdays in Theater

Upcoming Events

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

5/30 – 6/3 Montessori One
will be out of session

6/3
Activity Committee Meeting
in Activity Room at 3pm

6/3
Papa Felipe's Lunch
Outing at 11am

6/6
Movie Night at 6pm –
8pm Location TBD

6/10
Tingley Beach Outing at 1pm

6/17
Sandia Casino and
Lunch Outing at 11am

6/19
Father's Day BBQ
Lunch at 11:30am

6/20
Resident Council Meeting
in Activity Room at 10am

6/24
Michelangelo's Sistine Chapel
Museum Outing at 1pm

6/29
Food Committee Meeting
in Dining Room at 2pm

A LETTER FROM CARRIE

Hello from Amaran Senior Living –

Can you believe the year is almost half over?
Time sure flies when you are having fun!
With warmer summer days upon us and the
longer evenings are here, we want to
cordially invite you to enjoy your time at
Amaran on our gracious patios.



We have the Al Fresco dining patio off the Assisted Living Dining Room, Cyber Cafe patio off the Cyber Cafe and the Sunset Terrace patio on the third floor. With the hot summer days ahead, please know that we will be offering in person dining in the cyber cafe, Sunset Terrace, Casa dei Maria dining room (Memory Care) and Assisted Living Private Dining Room for a cooler retreat. We continue to encourage and remain six feet physically distant from your neighbor when masks are off. Masks are still required to be worn when in the community.

Amaran will also be celebrating and honoring the special men in our lives on Father's Day, please join us for a delicious BBQ on Sunday, June 19th for lunch from 11:30 AM to 2 PM.

Please call the front desk at (505) 923-7766 to reserve a spot on this very special day.

**With Grace,
Carrie Bergs, Administrator**





Happy Birthday!

Alice G.	6/1
Trevor N.	6/5
Carla B.	6/6
Alice G.	6/6
Gene F.	6/15
Shriti P.	6/17
Crystal O.	6/21
June P.	6/21
Jennifer T.	6/25

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

~ April Monterrosa

Welcome!

Millie McClang –
Let's all give a BIG and
WARM welcome to our
new neighbor!

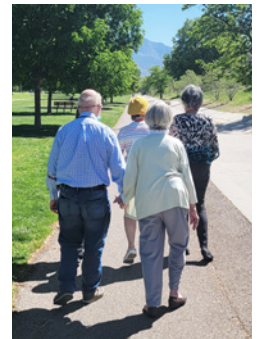
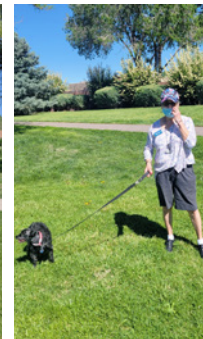
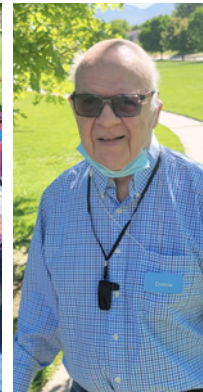
Take preventive steps to
lessen the risk of heat-
related illnesses. There are
the standard tips we
remember: drink plenty of
fluids, stay in dark and cool
places as much as possible,
and stay out of the sun. To
make sure you're staying
hydrated and keeping your
heart happy, follow these
tips recommended by the
American Health Association.

- Drink the right amount for you.
- Keep a water bottle with you.
- Set a reminder to drink water throughout the day.
- Monitor caffeine and alcohol intake.

PHOTO HIGHLIGHTS



The Month of May was good to us



Outings to the Park are fun because of the warm weather.



The Telephone game brought so much memories and a lot of laughter!



Kindred Hospice hosted a snow cone event for our Elders and Montessori One.

MORE PHOTO HIGHLIGHTS



*Congratulations to Carrie Bergs in her promotion to Administrator!
We are all so proud of you!*

As the end of the Fall semester quickly approaches for the students at Montessori ONE Academy (M1), we are ready for all that their summer program has to offer at Amaran! Each summer the kids at M1 take one week to study the food, art, and culture of a different country around the world. This year we will bring a few of these experiences to the Amaran campus to enjoy with our Elders. We are excited to see kids enjoying water day, family cookouts, musical guests, and maybe even a few exotic pets! Stay tuned for the fun summer pictures to come!

Dining Services - Zucchini Ham Frittata

By: Chef Liliana Quiroz, Dining Services Director

Hello my fellow foodies, I will be starting a series of recipes that will promote cooking with the good faithful microwave. I know what you're thinking, "A MICROWAVE!" yes a futuristic machine that cooks your food with the touch of a button. Be sure to clip these recipes and archive them. These recipes'll make your taste buds so happy!

Ingredients:

- 4 cups finely chopped zucchini (3-4) medium
- 1 small onion, chopped
- 4 large eggs
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

- 1 cup shredded cheddar cheese
- 1 cup cubed cooked ham

Directions:

- In a 9" microwave safe pie plate, combine zucchini and onion. Microwave, covered, on high for 3-4 minutes; drain

- In a bowl, whisk eggs, salt and pepper; stir in cheese and ham. Carefully pour over the zucchini mixture. Microwave at 70% power or on high for 8-9 minutes or until a knife inserted in the center comes out clean.

PROVECHO!!!

Employee of the Month - Zak Rockwell



"When I hire staff, I do not just hire to fill in an empty spot. I staff to develop, coach and mentor fresh minds. I was honored to elect one of my kitchen staff for employee of the month. Please help me congratulate Zackery Rockwell. One of the questions I ask while interviewing is "what would you like to get out of working in a kitchen and a community like ours?." His response was "I would like to further my knowledge as a cook". That told me that I needed to hire Zack because he was going to be coachable. Zack has become my protege, and has developed a lot of growth not only in the kitchen but with Montessori work. Not only do I enjoy watching Zack get down to the residents level to talk to them, but his work has not gone unnoticed. The owner Tina Patel brought this to my attention. I always say "do your best always because you never know who is watching, this is called integrity". Thank You Zack for being you and the drive you have to further your knowledge. You have been an enjoyment to mentor. Keep up the phenomenal work because it's going to take you places you've never been before." - Chef Lily



AMARAN

ASSISTED LIVING • MEMORY CARE

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AmaranSeniorLiving.com

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SAY SOMETHING NICE DAY

Words are powerful, and people often remember how your words made them feel. When your kind words are sincere, others may tend to feel more comfortable around you, and you may be more likely to receive nice compliments!

Saying nice things also has a ripple effect, and the people you uplift may be more likely to uplift others if their mood has been improved by your kind words. Ultimately, your small compliment can end up having a big impact! And if someone is having a bad day, saying something nice can potentially turn their entire day around.

Once you start looking, you'll find that there is plenty to compliment! Do you like someone's shoes? Do they look fantastic in the color orange? Did they do a great job on a project? Do you just enjoy their presence? Let them know on June 1 – you can improve someone's day, contribute to making the world a more cheerful place, and make yourself happier in the process.

