

AUGUST 2022 NEWSLETTER



AMARAN
ASSISTED LIVING • MEMORY CARE



Happy Birthday!

David B.	8/01
Lorna B.	8/08
Dianne D.	8/15
Luci R.	8/23
Samantha C	8/30

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

~ April Monterrosa

Employee of the Month: Samantha Chacon, Care Partner

She's very polite and has a can-do attitude. She is compassionate, caring, and willing to help wherever she is needed in the community and with our Elders. Her hard work and great dedication don't get unnoticed, she is recognized and loved by her peers and the Elders.

Thank you, Sam!



A LETTER FROM CARRIE

Hello August! I would like to cordially welcome two new Leadership team members to Amaran. We welcome Peter Godeschalk, who is our Sales and Marketing Director. Peter comes to Amaran with years of knowledge in the senior living industry and passion to help folks when needed. I would also like to welcome Jonathan Clare, Amaran's new Resident Care Coordinator for Assisted Living. Please say hello to Peter and Jonathan if you see these very kind gentlemen at Amaran.



The hot days of summer are still persistent in Albuquerque, but at Amaran we plan to cool down with a few exciting things happening. Chef Lily and her team plan to open the Cyber Café on August 9th, with delicious coffee drinks, refreshing bottled juices, and, of course, delicious treats. Chef Lily will also offer house-made sandwiches, salads, fruit salads, and her famous scones and muffins. The foods in the Cyber Café will be for purchase through Amaran's Point of Sale system, in which residents can have the item put on their monthly statement, or guests can use debit or credit card only, as we are a cashless community.

Chef Lily will also be opening our third floor Sunset Terrace Bar and Lounge for residents and guests to enjoy a delicious local spirited beverage. We encourage you to enjoy the breathtaking sunsets and wonderful company of others on our beautiful Sunset Terrace.

August 21st is also World Senior Citizens Day, and we plan to celebrate and recognize all of our elders by making flower arrangements with the children from Montessori ONE Academy. We will be making floral arrangements on the courtyard patio on Friday, August 19th from 9 AM to 11 AM.

I hope you all have a wonderful month ahead and enjoy all that Amaran has to offer.

Best,
Carrie Bergs, Administrator



New Activities

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

Chair Yoga w/ Mary Mondays and Thursdays at 10am in the Activity Room

Friday lunch and other outings, please bring a form of payment (Cash, Credit Card, or Debit Card) you are responsible for your own tickets and meals.

8/05 - Casa San Ysidro Tour Outing at 1:30pm, Please sign up at the Front Desk.

8/10 - Activity Committee meeting in Activity Room at 10:30am

8/12 - Sandia Casino & Lunch Outing at 11am, Please sign up at the Front Desk.

8/12 - Music Entertainment by Eddie Gonzales in the Dining Room at 4pm

8/15 - Resident Council Meeting in the Activity Room at 10am

8/16 - Tinkertown Museum Lunch and Outing at 11am, Please sign up at the Front Desk.

8/19 - Senior Citizen Day Celebration with Montessori One, Flower Arranging at 9am – 11am

8/19 - Pueblo Cultural Center Lunch Outing at 11am, Please sign up at the Front Desk.

8/25 - Music Entertainment by Don Stevenson in the Dining Room at 4pm

8/26 - Unser Racing Museum Outing at 1:30pm, Please sign up at the Front Desk.

8/31 - Culinary Committee Meeting in the Dining Room at 2pm

PHOTO HIGHLIGHTS



We love lending a helping hand in the Dining Room and during Flower Arranging.

MORE PHOTO HIGHLIGHTS



Our Chair Yoga Classes are a hit! Thank you so much to our volunteers, Mary, and Anna, for providing a different form of Exercise.

DINING SERVICES

How to make delish Salmon in the microwave!!! I am having a series of foods that can be made from your apartment with zero hassle and a great way to host in your apartment. This recipe was created with one of our Elders Cecelia Butler. She was asking me how to cook salmon. I promised her that I would definitely add this recipe onto our next article. We can purchase all we need with Albertsons being a hop skip and a jump away. Hope you enjoy it. Don't forget our Culinary committee meeting is on July 27 at 2pm

Salmon With Dill Aioli

Prep & Cook Time: 15 minutes Servings per recipe: 4

Ingredients:

- 4 4oz Salmon with or without skin
- 4 Tablespoon butter
- 4 tablespoon your favorite mayonnaise
- 1/2 lemon, juice
- 2 tablespoons fresh dill or dry dill

Directions:

- In a 9" microwave safe plate, place butter and salmon skin side down, cover, microwave for 7 minutes on high
- In a bowl, whisk mayonnaise, juice of half of lemon, dill salt and pepper to taste
- Spoon sauce over salmon once salmon is done.
- Serve over rice or a side salad
- Provecho!!!

By: Chef Liliana Quiroz-Puga, DSD



Intergenerational Montessori

How do you like to spend your day? One unique concept we support at Amaran is that we encourage the Elders to take control of their day and routine. We ask each person, "How would you spend a day in your own home before moving to Amaran?" and use that information to form their personalized routine. Our activity calendar looks different from other communities because we offer suggested activities based on circadian rhythm, (physical, mental, and behavioral changes that follow a 24-hour cycle) but ultimately, the day is up to you! Gina Fox (IMD) and Shannon Barney (AD) will help each elder personalize their calendar throughout July and August. If you have any questions regarding our programming, please feel free to reach out to either of them.

Health Services

Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean - DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.



AMARAN

ASSISTED LIVING • MEMORY CARE

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Jonathan Clare

FRONT DESK

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CELEBRATE THE KING!

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever as time goes by. August 2022 will mark the 45th anniversary of his passing.

Elvis Facts:

- The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
- He triumphed on television, the concert stage and the silver screen.
- Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame— the only artist with the distinction of being honored by all three.
- It is estimated that Elvis Presley has sold more than one billion records worldwide.
- He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.

Source: graceland.com