



July, 2013

**Locations:**

**Albuquerque**

Casa del Norte  
3200 Candlelight Dr NE

Robin House  
9909 Robin Ave NE

Tender Heart  
4308 Tulane Dr NE

Vista Sandia  
8604 Camino Osito NE

West Ridge Village  
3130 Vista Grande NW

Willow Wood  
1008 Chiricahua SE

Del Sol Senior Sitters  
3609 Lafayette NE

**Las Cruces**

Casa Bella  
2919 Spitz St.

**Hatch**

Country Sunset  
1163 Canal St.

**Quick Links...**

[Our Website](#)



**Announcing the Newest  
Member of our Management Team**

Preferred Assisted Living is pleased to announce the promotion of Ruth Olivas. Ruth has been with the company since August of 2008. She started as a caregiver at Casa Bella, was then promoted to Assistant RSM, and is now the new Residential Services Manager at Country Sunset in Hatch, NM.

Ruth was born and raised in Las Cruces and spent summers and weekends in Hatch with her grandparents while she was growing up. She is currently pursuing a degree in Business Administration from NMSU with a minor in Healthcare Administration. She says she loves working here and enjoys helping the elderly and spending time with them. She states, "I enjoy working for this company because of the ethical organizational character it shows even behind closed doors. This company shows what the true meaning of the words



### Team Member Birthdays

Natalie Duran 7-2  
Monique Hernandez 7-14  
Lorenzo Rios 7-10

### Resident Birthdays

Bonnie C. 7-9  
Molly F. 7-13  
Glossene M. 7-2  
Neil S. 7-4  
Willa T. 7-22



caring, kindness, dignity and respect."

We feel very fortunate to have Ruth as part of our team!

## Announcing our New Summer Menus!



Capture the summer season on your plate! Beat the heat with our upcoming "cool" menus. Our residents will enjoy the tastes of summer with fresh melons, grilled entrees, sublime salads and more starting July 7th.

GROVEMENUS

Join Us July 16th for National Ice Cream Sundae Day

The following people are celebrating work anniversaries this month with Preferred Assisted Living, Inc., and we want to say congratulations and thank you!!!

Anastasia Ford-Jones  
7/10 - 1 Year  
Chanelle Smoots  
7/25 - 2 Years  
Brandon Yazzie  
7/9 - 1 Year

*Thanks for all you do and for being fabulous employees and caregivers!*

Our Management Team:

**Casa Bella**  
*Administrator*  
Jill Shannon

[jshannon.apal@gmail.com](mailto:jshannon.apal@gmail.com)  
*Assistant*

position open  
[casabella.apal@gmail.com](mailto:casabella.apal@gmail.com)

**Country Sunset**  
*Residential Services*



All Locations 1:00pm

### ***National Ice Cream Month***

*in 1984, President Ronald Reagan declared July as National Ice Cream Month and the third Sunday in July as **National Ice Cream Day.***

*According to the International Dairy Foods Association (IFDA), Reagan signed the proclamation with the request that Americans celebrate ice cream throughout July with "appropriate ceremonies and activities." So that is exactly what we are doing! Bring your favorite flavors and toppings or just join us and share ours!!*

*Manager*  
Ruth Olivas  
[rolivas.apal@gmail.com](mailto:rolivas.apal@gmail.com)

Assistant  
Vanessa Lucero  
[country.sunset.apal@gmail.com](mailto:country.sunset.apal@gmail.com)

**Del Sol Senior Sitters**  
*Day Services Coordinator*  
Cynthia Weaver

**Vista Sandia**  
**Tender Heart**  
*Area Manager:*  
Cathy Dominguez  
[cdominguez.apal@gmail.com](mailto:cdominguez.apal@gmail.com)  
Assistant  
Tosha Davis  
[vistasandia.apal@gmail.com](mailto:vistasandia.apal@gmail.com)

**Casa del Norte**  
**Robin House**  
*Area Manager:*  
Andrew Pacheco  
[apacheco.apal@gmail.com](mailto:apacheco.apal@gmail.com)  
*Assistant:*  
Stephanie Dodson  
[casadelnorte.apal@gmail.com](mailto:casadelnorte.apal@gmail.com)

**West Ridge Village**  
**Willow Wood**  
*Area Manager:*  
Teddy Ashford  
[tashford.apal@gmail.com](mailto:tashford.apal@gmail.com)  
*Assistants:*  
Pearl Martinez  
[westridge.apal@gmail.com](mailto:westridge.apal@gmail.com)  
Susanna Rubio  
[willowwood.apal@gmail.com](mailto:willowwood.apal@gmail.com)



## The Wisest Mind Has Something Yet to Learn...

We believe continuing education is key to growth and success. Preferred Assisted Living is committed to further education for our staff, our residents, our families and ourselves! One of our owners, Lynne Blake, recently attended the 2nd Annual Professional Conference, "Becoming Dementia-Capable Providers" in Santa Fe, sponsored by the NM Alzheimer's Association. Lynne will bring her knowledge back to us by sharing what she learned with our managers and putting these practices into play at each of our homes.

Chris Anaya, Jill Shannon, Matt & Tracy Ayers and Lynne Blake all participated in the 2nd Annual Caregiver Conference for Southern New Mexico in Las Cruces and look forward to the Caregiver Conference in Albuquerque in November.

We encourage the families of our residents to take part in the Alzheimer's Association support groups as well as their Savvy Caregiver Series. Information on these can be found at:

[Support Group Locations](#)

[Education Calendar](#)

# 2013 National Assisted Living Week September 8 - 14, 2013



**Homemade  
Happiness**

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**National Assisted Living Week®**

**Theme:  
Homemade Happiness**

The National Center for Assisted Living has announced their 2013 National Assisted Living Week (NALW) theme: "Homemade Happiness", which will be celebrated during the week of September 8 - 14, 2013.

"Homemade Happiness" encompasses the connection

that occurs in communities between the staff, residents, and families as they build warm, welcoming, and vibrant homes. Celebrating the passionate commitment of staff and friendships that form between residents, "Homemade Happiness" will be a time to recognize the efforts, small and large, of every individual in a community that turn a residence into home for countless assisted living residents. Join us in holding festive events that highlight the groundbreaking role our profession plays in caring for America's seniors.

As we get closer to NALW, watch for ways you can participate and help recognize our staff, residents and families during this celebratory week!



#### Scheduled Outings for July

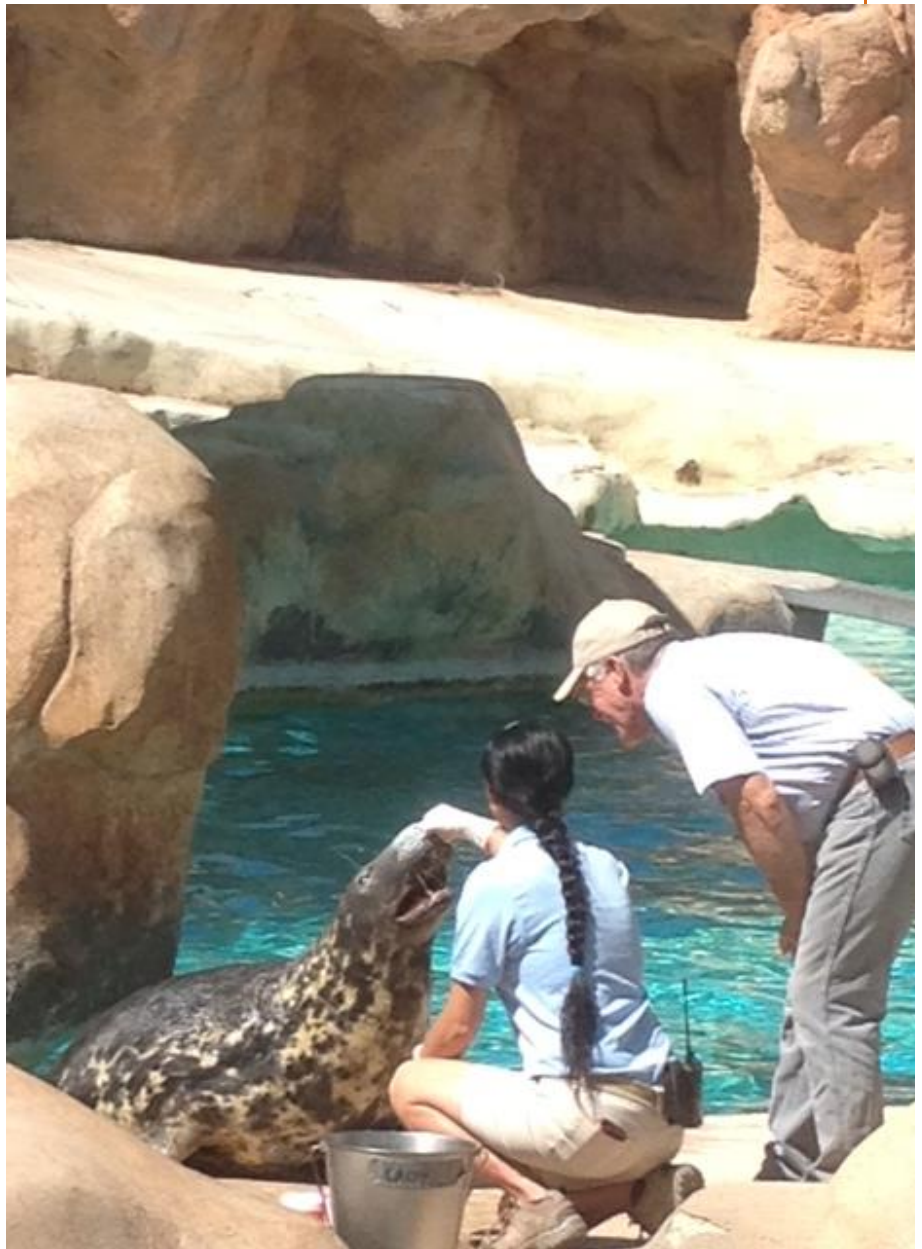
Los Volcanes Senior Center to enjoy lunch, socializing, dances, art classes, and much more.

Zoo, museums & Old Town















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