

August, 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

Las Cruces

Casa Bella  
2919 Spitz St.

Hatch

Country Sunset  
1163 Canal St.

Quick Links...  
[Our Website](#)



## Music & Memories

Many studies have been done related to the use of music with those that suffer from dementia. More recently, therapists have discovered that we all have a "music memory" that seems to function well, even in spite of a debilitating illness such as Alzheimer's or dementia. Seniors suffering from this disease can find a much needed respite with music when it taps into this memory and suddenly seems as familiar as the faces around them used to be. ("Relaxing Music and Mealtime: A Useful Strategy to Decrease Agitation Among Residents with Dementia" Sandee Lynn Hicks Moore, MN, RN)

We are constantly researching and finding ways to enhance the lives of our residents. You will notice that music is always played at meal times, as research shows music during meal time can decrease meal time agitation as well as enhance the dining experience.

Tender Heart recently had a nice visit from a volunteer choir. The residents all enjoyed it, tapping their feet to the music and grinning from ear to ear! If you, or someone you know, has a volunteer musical group that would like to visit our homes please contact us by replying to this



## Team Member Birthdays

Valerie Rodriguez 8-1

Graig Boyd 8-2

Gabriel Salcido 8-3

Anna Consiglio 8-1

Laurel Smith 8-18

Roberta Waquie 8-19

Linda Maine 8-26

Ruby Montes 8-31

## Resident Birthdays

Frank D 8-5

Juan H 8-9

Ina Jean D 8-13

Barbara L 8-17

Magdalen M 8-24

Robert H 8-26

e-mail! Most homes have a piano and the most appreciative audience you will ever find!



**Announcing our New  
Summer Menus!**



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

Linda Maine  
August 23rd - 2 Years

Ruth Olivas  
August 11th - 5 Years

Andrew Pacheco  
August 22nd - 2 Years

Susana Rubio  
August 24th - 2 Years

*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)



Last month we shared with you that our new summer menus would be starting. This photo was submitted by Jill Shannon, Casa Bella Administrator. It was prepared by one of Casa Bella's newest caregivers, Laurel Smith. If you would like to preview a sample of one of August's menus, click on the link below.

[Sample August Menu](#)

GROVEMENUS

Join Us August 20th to  
Celebrate National Lemon  
Meringue Pie Day!

Lemon  
Meringue Pie is a type of baked pie made with a pastry base,

Assistant

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

Country Sunset  
Residential Services Manager  
Ruth Olivas  
[rolivas.apal@gmail.com](mailto:rolivas.apal@gmail.com)

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

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)



lemon curd filling, and a fluffy meringue topping. The dessert has been enjoyed since Medieval times, but the recipe for meringue was not perfected until the 17th Century!

[Lemon Meringue Pie Recipe](#)

All Locations 1:00pm



It's Walk Time!! Preferred Assisted Living will have a "Walk to End Alzheimer's Team" at the Las Cruces walk on September 7th.

If you would like to join our team, or donate to this wonderful cause, click on the link below!

[Preferred Assisted Living/Casa Bella Walk Team](#)

Dates/Times for walks across the State are:

[Statewide Walks](#)

Alzheimer's Association Resource Links:

[Support Group Locations](#)

[Education Calendar](#)

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



**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!



P.O. Box 14297  
Albuquerque, NM 87191  
505-884-3830  
[www.apalinc.com](http://www.apalinc.com)