



Happy Birthday!

Residents

Jan B.	11/11
Sharon G.	11/12
Betty M.	11/21

Team Members

Joe M.	11/11
Jennifer Y.	11/20
Kaniho S.	11/25
Jadon K.	11/27

Welcome!

Viola V. Alice B.
Keith B.

Employee of the Month:

Kat - Housekeeper

Kat has one daughter, one son, and a grandson. She loves spending time with her family



and is also close with her siblings. She loves to clean and loves Marilyn Monroe. Kat is always very patient with residents and is always looking out for others. She is a ray of light at work every day.

A LETTER FROM JADON

Hello everyone! My name is Jadon Kreinheder, and I am so excited to say that I am the new Executive Director of Amaran Senior Living. While I have met some of you, I wanted to take this opportunity to introduce myself and tell you a little about myself. I started in Long Term Care over 20 years ago as a Resident Care Manager, which is a very similar position to what Jennifer T. and Joe do. This laid such a strong foundation for the rest of my career because I understood our care models from the ground up. I did that for 4 years before I obtained my Administrators license and finally got my first Administrator role. I continued in various Administrator roles before I became a Regional Director of Operations for a company in Seattle, WA. It was my family's time in Seattle that ultimately led us here to Albuquerque. After five hard years in Seattle, my wife and I decided that Seattle was not the place for us. Albuquerque had made our list of possible places to land. So, we did an exploratory trip to Albuquerque in May of 2020. It was a trip through Bandelier National Monument and ending with a soak at Jemez Hot Springs. When we returned home to Seattle, the pandemic struck and one of my communities was the very first Assisted Livings to go into quarantine in the US. The pandemic further ignited our desire to leave the PNW so we made a hard and fast plan that by October 2021, we would be in Albuquerque. I arrived July 24th, 2021, and my wife, Kirstie, arrived September 2nd. Initially our children, Isaiah and Helena stayed behind. In January 2022, we bought our home here in the Heights. Our children both moved out here this year and have an apartment together, so we are empty nesters! We share our home with two dogs, Arnie and Mr. Beans. When not hanging out at home, I love to hike and mountain bike or really anything that gets me outdoors. I had some time between my last position and coming here to Amaran. During that time, I was really hoping that this position would come open here at Amaran, with absolutely no notion that it would but lo and behold, here I am! Albuquerque very quickly became my home, and I am already feeling the same way about Amaran. I look forward to meeting you all in person. We will be hosting an official meet and greet 11/9, so be on the lookout for an invite to join us but in the meantime, feel free to stop by anytime.

Best,
Jadon Kreinheder, Executive Director

FALL FESTIVAL HIGHLIGHTS!

Activity Highlights

November 9th – Friends and Family Night – Meet our new Executive Director Jadon

November 17th – Friends and Family Pizza Night - \$5 for a large slice of pizza, salad, and dessert. Beer and wine for sale for \$6

November 18th – Friends and Family Thanksgiving Dinner - \$20 per person (more details to come)

Dining Services Agenda for This Month:

11/29/22 Culinary Committee 2-3PM in the Theater

11/9/22 and 11/30/22 from 3-4PM in the Theater

I have entered Amaran to compete in the Chocolate Fantasy 2023 hosted by the New Mexico Museum of Natural History and Science. Kitchen staff will be creating a chocolate sculpture made up off 100% chocolate. I am inviting all of our Elders to come and participate or volunteer your time in coming up with creative ideas and to be part of this event. There will be a couple of days this month where we will have a chocolate Fantasy Committee so we can discuss everything chocolate. I invite you to be part of this exclusive event. More details will be provided at the meeting. Hope to see all you there!



Salon Information

Our salon is leased to Stylex. Stylex is not operated by Amaran, but available to Amaran residents, family members, team members and friends.

Salon hours are 9am-1pm Tuesdays, 10am-1pm Thursdays, and by appointment Wednesdays and Fridays.

Contact Information

Lauren (505) 250-4960

Denise (505) 385-6907

Mary (505) 715-7354

Hair and nail services and fees are posted on the door of the salon (located on the 2nd floor near the theater and game room.)

MORE FALL FESTIVAL HIGHLIGHTS!

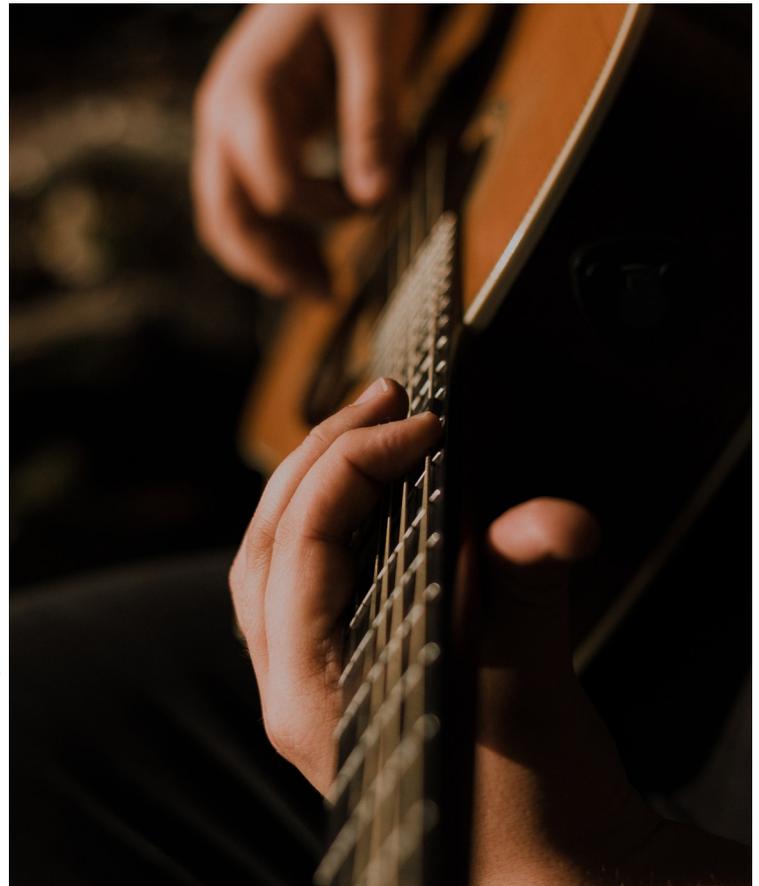


Celebrate Your Unique Talent!

Everyone has a talent that is special to them. Some talents are more commonly shareable, such as musical, artistic, or athletic talent, while others are less noticeable, like having a photographic memory, being able to do complex math in your head, or even having the ability to curl your tongue into an uncommon shape!

With nearly 8 billion people in the world, there is a huge variety of talents to be found among the human population. Your talents deserve recognition, but there isn't always a relevant reason to share them with others. Celebrate Your Unique Talent Day is observed each year on November 24, and it's the perfect opportunity to celebrate the talents that are unique to you! On this holiday, consider holding a talent show with friends or family – you may be surprised by the talents you uncover!

While individual talents have been essential for progress and innovation throughout history, talents don't necessarily need to be useful; seeing someone do anything well is naturally interesting and entertaining to others. Whether your talent is juggling, wiggling your ears, or balancing ten books on your head with ease, take time to celebrate them on Celebrate Your Unique Talent Day!





AMARAN

ASSISTED LIVING • MEMORY CARE

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Joe Maldonado
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STAFFING COORDINATOR:

Coren Anderson
505-932-7759 X 107

FRONT DESK

505.932.7766 X 100

APPLE CIDER DAY

They say an apple a day keeps the doctor away, but a glass of apple cider can rejuvenate the soul. Every year on November 18, we celebrate National Apple Cider Day.

The origin of apple cider dates back to 3,000 B.C., when the Celts in Britain made the beverage using crabapples. Apple cider is made from freshly harvested apples that are mashed and made to resemble applesauce, but pressed to extract fresh juice and fermented. After the fermentation process is done, we get the sweet and spicy apple cider. Due to the high demand for this delicious drink, small farmers started selling their orchards to commercial cider producers in the 19th century.

The best way to celebrate Apple Cider Day is to head out to a local cider mill, farm, or find a locally produced and tasty offering of apple cider.