

Refer a friend...
Get \$1500!
Contact us for
details.

All
American
ASSISTED LIVING
NOW OPEN

Newsletter | October 2017

Keeping Strength and Mobility Top of Mind – A Fall Can Be Really Bad News

If you're 65 or older, it's very important for you to remain upright. Being a resident at one of our communities means you have access to a tremendous amount of wellness classes, exercise groups, and many ways to keep your strength top of mind.

Falls are a common danger facing people as they age, and a new study shows the importance of avoiding that first one.

The findings, published this week in Annals of Emergency Medicine, showed that more than half the seniors who went to the emergency room (ER) because of a fall either had additional falls, had to be hospitalized, or died within six months.

"Our study shows an even higher rate of adverse events than previous studies have," said lead study author Jiraporn Sri-on, MD, of Navamindradhiraj University in Bangkok, Thailand.

Role of medication

And if an older person happened to be taking psychiatric medication or a sedative, he or she was even more likely to quickly suffer fall-related adverse effects.

"This is concerning because these types of drugs are commonly prescribed for elderly patients in community and residential care settings," Sri-on said.

The study looked at patients 65 or older who were treated in the ER for injuries as the result of a fall. It found that a small minority -- 7.7% -- developed adverse events within a week. For most, it took a little longer for other problems to develop. More than 20% reported additional issues within 30 days while 50% suffered an additional setback within six months.

The statistics

Within that period, 22.6% had at least one additional fall, 42.6% had to revisit the ER, 31.1% required a hospital stay, and 2.6% died.

Sometimes, a fall by an elderly person is caused by an underlying medical condition. The fall is simply a symptom of a larger problem.

But the researchers say medication no doubt plays a significant role in raising the risk. They say besides taking psychiatric drugs or sedatives, patients taking five or more medications were more likely to suffer a fall.

The study concludes that ER personnel have a huge opportunity to reduce the adverse event rate among older patients who have fallen. A simple step, the researchers say, would be to follow existing fall guidelines and educate older patients on safety steps to reduce future falls.



All American Assisted Living-Raynham is committed to creating a residence that fosters communication with the goal of continually improving the services we offer. Your opinions are vitally important to our efforts of constantly increasing the quality of care and services we provide to all our residents. Please keep an eye out for our Annual Resident Satisfaction Survey, please fill it out and let us know how we're doing.

RESIDENT OF THE MONTH

October's resident of the month is Lucille C, you may know her as Clara! Clara can be found around the community trying every activity our program has to offer or spending time with her wonderful family in our common areas. Just one of the many things that makes us feel so grateful for Clara is how selfless she is when helping others. Clara is always sure that her friends are attending activities and happy. Her caring and charismatic attitude is contagious and shines through each one of her family members who comes here and really embraces the All American culture and treats each resident like their own family. Clara, thank you for all of your kindness and being apart of our big happy family, we love you!



Lucille Casey

EMPLOYEE OF THE MONTH



Roger Feliciano

The October employee of the month is Roger Feliciano. Roger is a dining staff veteran, in fact, he has been a team member here since the first day we've been open. This hard earned experience truly shines through in Roger's extraordinary dining room service. Residents, staff and even family members rant over the dining room experience that they get from Roger. When Roger isn't serving tables, cleaning dishes, or helping prep food, he is out and about in the community discussing current events and sports games with residents.

Roger, your outstanding customer service, sense of humor, and ability to always be unforgivingly yourself is just a small part of what makes you such a crucial part of our All American team. Today, and everyday, we hope you feel immensely appreciated. Thank you, from the bottom of our hearts!

SAVE THE DATE (Events in Coming month)

Join us for our annual Halloween "Trick or Treat" event on October 29th 2PM.
Please RSVP so to we have enough treats for everyone. It's going to be "Spooktacular"

Resident Birthdays :

10/8 Ruth S
10/9 William D
10/10 Margaret C
10/15 Lillian S
10/17 Evelyn F
10/30 Thomas M

Employee Birthdays :

10/18 Yolanda Ortiz
10/22 Destiny Tavares
10/23 Rosa Ventura
10/28 Julia Donovan
10/29 Jamari Cintron
10/29 Jessina Evora
10/29 Lisa DeSouza



Staff Directory of DEPARTMENT HEADS

Executive Director

Susy Paiva

Spavia@AllAmericanatRaynham.com

Business Office Manager

Linda Woodward

lwoodward@AllAmericanatRaynham.com

Marketing Director

Leslie Delaney

Ldelaney@AllAmericanatRaynham.com

Resident Care Director

Katie White

Kwhite@AllAmericanatRaynham.com

Food Service Director

Kevin Baker

Kbaker@AllAmericanatRaynham.com

Maintenance Director

Joe Simoes

Jsimoes@AllAmericanatRaynham.com

Director of Activities

Kristen Hart

Khart@AllAmericanatRaynham.com

Rose Lane Coordinator

Destiny Tavares

Roselane@AllAmericanatRaynham.com

Optimal Living Director

Kara Buckley

kara.buckley@foxrehab.org



Find us on
facebook

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:30 Rosary 10:00 Mass 10:45 Welcome to October Trivia 1:00 Patriots' Game 1:30 Bingo 2:30 An Afternoon of Cards 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:00 Shopping Trip: Dollar Tree 9:30 Mass 10:00 Strength & Balance 10:45 Navy's birthday 1:30 Nail Painting 2:00 Tom Madden Performs! 3:00 Tai Chi 3:30 Happy Hour! 6:30 Movie- Click	9:30 Mass 10:00 Veteran's Coffee Hour 10:00 Walking Club 1:30 Mass with Fr. Tom 2:15 Sit & Fit 2:30 Random Trivia Hour 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- A-Team	9:30 Mass 10:00 Seated Strength Class 10:45 Travelogue: Vienna 1:30 Celebrating Oktoberfest 2:45 Yoga 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Walking Club 10:45 Who Am I? 1:30 Baking: Chocolate Cookie Bars 2:15 Sit & Fit 3:00 What Does Your Zodiac Sign Mean? 3:30 Happy Hour! 6:30 Movie- Dead Poets Society	9:30 Mass 10:00 Strength & Balance 10:45 Word Listing 1:30 Making Apple Butter 2:00 Stretch with Peter 2:30 Random Trivia Hour 3:00 Health Talk with Peter 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 This Day in History 10:45 Learning about Squirrels 1:30 Jewelry Making 2:45 National Peanut's Day Discussion 3:30 Happy Hour! 6:30 Movie- Monster-In-Law
8:30 Rosary 9:30 Mass 10:00 Mass 10:45 Funny Jokes & More 1:30 Bingo 2:30 Resident's Choice 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:00 Shopping Trip: Wal-Mart 9:30 Mass 10:00 Creative Arts: Color Your Own Bookmarks 10:45 Columbus Day Trivia 1:30 Columbus Drink Cocktail 2:30 Game Day: Board Games & More 3:00 Random Trivia Hour 3:30 Happy Hour! 6:30 Movie- Phenomenon	9:30 Mass 10:00 Walking Club 10:30 Guided Art Class with Paul Casagrande! 1:30 Tea Party: Tasting different types of Tea 2:15 Sit & Fit 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- Good Fellas	9:30 Mass 10:00 Seated Strength Class 11:00 Lunch Trip: Longhorn Steakhouse 1:00 Easy Does it Trivia 1:30 Yoga 2:30 Entertainment by Mike Messani! 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Walking Club 10:45 Reminiscing: Corner Fall 1:15 Creative Arts: Fall Balloon Bowls 2:15 Sit & Fit 2:45 Discussion Group: How Cars Came About 3:30 Happy Hour! 6:30 Movie- Spideoman	9:30 Mass 10:00 Strength & Balance 10:45 Learning about Friday the 13th! 1:00 Pumpkin Pie Social 2:00 Stretch with Peter 2:30 Word in a Word Game 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Mad Libs 10:45 Daily Horoscope Reading 1:30 Wood Painting 2:30 Pokemo 3:30 Happy Hour! 6:30 Movie- Pale Rider
9:30 Rosary 10:00 Mass 10:45 Halloween Reading: Frankenstein 1:00 Patriots' Game 1:30 Bingo 2:30 Anniversary of The Andy Griffith Show 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Strength & Balance 10:45 Name 10 1:30 Trip to Annapolis Farms! 1:30 Independent Activity: Cards and Puzzles 3:00 Tai Chi 3:30 Happy Hour! 6:30 Movie- One Man's Hero	9:30 Mass 10:00 Walking Club 10:45 Nail Care 1:30 Marissa Key Performs! 2:30 Sit & Fit 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- The Chase	9:30 Mass 10:00 Seated Strength Class 10:30 You Be The Judge Game 1:30 Creative Arts: Making Dog Treats for the Shelter 2:45 Yoga 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Walking Club 10:45 Establishing a Men's Group 1:15 Apple Cider and Donuts 2:00 Stretch with Peter 2:30 Discussion: I Love Lucy Premiere 3:00 Health Talk with Peter 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Strength & Balance 10:45 Book Club 1:30 Creative Arts: Ghost Paper Weights 2:30 Parachute Jump! 3:30 Happy Hour! 6:30 Movie- The Blind Side	9:30 Mass 10:00 Word Games 10:45 Book Club 1:30 Creative Arts: Ghost Paper Weights 2:30 Parachute Jump! 3:30 Happy Hour! 6:30 Movie- The Blind Side
9:30 Rosary 10:00 Mass 10:45 Reminiscing: Corner 1:30 Bingo 2:45 Halloween Reading: Learning about Salem, NH Witch Trials 3:30 Happy Hour with Spooky Drinks! 6:30 Movie- "Resident's Choice"	9:00 Shopping Trip: Family Dollar 9:30 Mass 10:00 Dick Mandell Concert 1:30 Making Hocus Pocus Punch 2:30 Strength & Balance 3:00 Tai Chi 3:30 Happy Hour with Spooky Drinks! 6:30 Movie- Beetle Juice	9:30 Mass 10:00 Walking Club 10:45 Workout Challenge 1:30 Creative Arts: Assembling automobiles and airplanes Halloween Style 2:15 Sit & Fit 2:45 Guess what's in the bowl! Halloween Style! 3:15 Golf with Peter 3:30 Happy Hour with Spooky Drinks! 6:30 Movie- "Caper The Friendly Ghost"	9:30 Mass 10:00 Seated Strength Class 11:00 Lunch Trip: Olive Garden 1:30 Bowling League 2:00 Food Demo with Kevin 2:45 Yoga 3:30 Happy Hour with Spooky Drinks! 6:30 Bingo 6:30 Movie- "Frankenstein"	9:30 Mass 10:00 Sit & Fit 10:45 Name that Tune 1:00 Discovering Essential Oils 2:00 Larry Parker Magic Show 3:30 Happy Hour with Spooky Drinks! 6:30 Movie: Hocus Pocus	9:30 Mass 10:00 Strength & Balance 10:45 Reminiscing: Remember When? 1:00 Rayham Public Library Visits 2:00 Stretch with Peter 2:30 Resident Spooky Birthday Party! 3:30 Happy Hour with Spooky Drinks! 6:30 Movie- "Resident's Choice: Halloween Movie"	9:30 Mass 10:00 Fun Halloween Facts 10:30 Recalling Ghost Stories 1:30 Apple Pie Social 2:30 Who am I Halloween Style! 3:00 Penny Ante 3:30 Happy Hour! 6:30 Movie- "The Addams' Family"
9:30 Rosary 10:00 Mass 10:45 Mount Rushmore Completion Day! 1:00 Patriots' Game 2:00 Family Trick-or-Treating 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Strength & Balance 10:45 Quick Trivia 1:30 Discussion: Music Appreciation 2:00 Duane Sullivan Sings! 3:00 Tai Chi 3:30 Happy Hour! 6:30 Movie- Practical Magic	9:30 Mass 10:00 Walking Club 10:45 Discuss and Recall: Happy Halloween 1:30 All American's Halloween Bash! 2:15 Sit & Fit 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- My Babysitter's a Vampire: The Movie	9:30 Mass 10:00 Seated Strength Class 11:00 Lunch Trip: Olive Garden 1:30 Bowling League 2:00 Food Demo with Kevin 2:45 Yoga 3:30 Happy Hour with Spooky Drinks! 6:30 Bingo 6:30 Movie- "Frankenstein"	9:30 Mass 10:00 Sit & Fit 10:45 Name that Tune 1:00 Discovering Essential Oils 2:00 Larry Parker Magic Show 3:30 Happy Hour with Spooky Drinks! 6:30 Movie: Hocus Pocus	9:30 Mass 10:00 Strength & Balance 10:45 Reminiscing: Remember When? 1:00 Rayham Public Library Visits 2:00 Stretch with Peter 2:30 Resident Spooky Birthday Party! 3:30 Happy Hour with Spooky Drinks! 6:30 Movie- "Resident's Choice: Halloween Movie"	9:30 Mass 10:00 Fun Halloween Facts 10:30 Recalling Ghost Stories 1:30 Apple Pie Social 2:30 Who am I Halloween Style! 3:00 Penny Ante 3:30 Happy Hour! 6:30 Movie- "The Addams' Family"

Thank you to everyone who helped and made Assisted Living Week possible
we couldn't have done it without you!

Please join us for this month's destination week to **Salem, Ma**,
its going to be **spooktacular!**

Why We Get Our Flu Shots in the Fall

With the 2017 flu season just around the corner, you've probably already started getting inundated with reminders to get your flu shot. But why do we get the flu vaccine in the fall? And why do we have a flu season in the fall and winter, anyways?

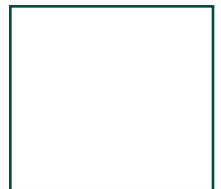
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between December and February, according to the Centers for Disease Control (CDC). Furthermore, the strains of flu virus that are most prevalent change from year to year, which is why new flu vaccines must be formulated almost annually.

The reason that vaccination campaigns begin as early as late August is because it actually takes a while for the flu shot to kick in. "It takes about two weeks after vaccination for antibodies to develop in the body," according to Vaccines.gov. "In the meantime, you are still at risk

for getting the flu. That's why it's better to get vaccinated early in the fall, so you are protected before flu begins spreading in your community."

Even if you don't get a flu vaccine before October, as is considered ideal, public health officials recommend that everyone aged 6 months and older- including pregnant women in any trimester, and those with compromised immune systems such as small children and the elderly, get their seasonal flu shots in order to protect both themselves and those around them.

While Americans are pretty bad at getting their flu shots, public health experts tout their efficacy. Flu vaccine effectiveness can vary widely from year to year since scientists essentially have to try and predict which strains will be most prevalent, but is generally found to reduce flu illness risk by 40% to 60%. The most common side effects are soreness around the injection site, headache, fever, nausea, and muscle aches, and are generally mild.



1084 Broadway, Raynham, MA 02767
508-822-9400 | www.AllAmericanAL.com
