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Newsletter | November 2017

Recognizing Signs of Depression in Your Loved One

Going into fall leads to less daylight and earlier darkness. This change can onset seasonal depression in some people. That being said, it is important to look for warning signs.

Aging brings changes to older adults' lifestyles. With stressful life events such as the death of a spouse, worrying about having enough money for retirement, and dealing with chronic health conditions, it's understandable that some seniors may feel down from time to time.

However, depression is not a normal part of the aging process. Depression interferes with daily life and may have an impact on seniors' energy levels, sleeping habits, appetites and more. Many older adults may not even realize what they're feeling is more serious than just sadness or negativity. It can be tough to break out of the rut depression brings, but with the right support and treatment, your loved one can get back to enjoying a happy, fulfilling life.

Because of the negative health effects associated with depression, it's important to be able to identify the signs of clinical depression. These signs include:

- Loss of interest in activities previously enjoyed
- Social isolation or no desire to spend time with friends or family
- Sudden weight loss or loss of appetite
- Changes in sleep habits: trouble falling or staying asleep or sleeping more than normal

- Neglecting to take care of themselves, forgetting to take meds or change their clothes
- Lack of energy and motivation
- Having difficulty concentrating or staying focused
- Slower movements or speech
- Behaving out of character, being moody or irritable
- Loss of self-esteem

It's important to recognize that depression is also a side effect of some common medical conditions in seniors like stroke, diabetes, dementia, heart disease, multiple sclerosis and some cancers.



ACTIVITY HIGHLIGHT

All American at Londonderry hosted a Trick or Treating extravaganza for the little ghouls and goblins! Children were seen throughout the hallways dressed as spider man, ghostly goblins, Ninja Turtles, to even Winnie the Pooh! The residents had a blast passing out candy and dancing to the spooky Halloween music! We painted faces, colored pumpkin pages, enjoyed refreshments, and played Halloween bean bag toss!



RESIDENT OF THE MONTH



Milly Noone

Milly Noone has been a Massachusetts Native since she was a little girl! Milly was born and raised in Cambridge by her Irish decent parents! She worked as a Telephone Operator for AT&T for three years in Waltham. Milly met her husband George, while he was serving in the Army during World War II. They raised three children, one girl and two boys. She became a sister of Notre Dame for many years, while learning both French and Spanish. Both George and Milly were known travelers and they backpacked all of Europe. She will even have a wonderful story

to share with you!

Milly enjoys participating in all the activities offered here at our community and she always brings a smile to the table! We thank you Milly for choosing to be this months Resident Spotlight!

Meet Our New Activity Director Danielle Merrill!



Danielle Merrill

Hello everyone! I have resided in New Hampshire all of my life and I currently live in the nestled mountain area of Greenfield, NH. I received my Bachelors and Masters Degree from New England College and Plymouth State University. My background is in exercise science and health promotion. Currently, I hold certificates in Personal Training and Group Fitness Instruction. I currently teach at the local YMCA as an Instructor.

Prior to All American, I served as the Enrichment Coordinator at Birch Heights Independent Living Facility in Derry, NH. My love and passion for enrichment has grown over the past years.

My enjoy traveling, reading, bicycling, fulfilling my yoga practice, and spending time with family and friends.

SAVE THE DATE (Events in Coming month)

We Honor Our Veterans

Saturday, November 11th at 10:00/2:00 pm
in the Media Room

Pinkerton Academy Jazz Concert

Wednesday, November 15th at 6:00 pm
Outing Trip

Floral Design w/ Karen

Thursday, November 16th at 1:30 pm
in the Conference Room

Elvis Is Back In Town Entertainment

Friday, November 24th at 3:00pm
in the Bistro

Resident Birthdays :

Richard Stebbins..... November 4th
Fern Bennett November 12th
Jeffrey Law..... November 15th
Doris Bissonette..... November 16th

Janet Young November 17th
Patricia Bollard November 25th
Lois Fusco..... November 28th
Bernie Dodge November 29th



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FOX Optimal Living Rehab Director

Stephen McLean



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November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:15 OUTING: Catholic Mass at St. Jude's</p> <p>10:00 TV Catholic Mass</p> <p>1:30 Color & Conversation</p> <p>3:00 Friends Home Videos</p> <p>6:00 Jigsaw Puzzles</p>	 <p>9:00 Early Bird Walking Group</p> <p>9:45 Strength and Balance</p> <p>10:30 Manicures and Manicures</p> <p>10:30 OUTING: Walmart</p> <p>2:00 Sports Club</p> <p>3:00 Margarita Monday</p> <p>6:15 Women's Choice Movie Night</p>	<p>9:00 Beauty Salon Opens</p> <p>9:45 Sit N Fit</p> <p>10:30 Hymn, Sing and Gospel</p> <p>1:30 Candy Bar Bingo</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Trivia Tuesday Happy Hour</p> <p>6:15 Fireside Chat w/ Danielle</p>	<p>All Saints Day</p> <p>9:00 Beauty Salon Opens</p> <p>9:00 Early Bird Walking Group</p> <p>9:45 Strength Training</p> <p>10:30 Chorus Rehearsal</p> <p>11:30 OUTING: Leach Public Library</p> <p>1:30 Chorus Rehearsal</p> <p>2:00 Sports Club</p> <p>3:00 Wine Down Wednesday</p> <p>6:15 Wild Western Movie Night</p>	<p>Thursday: Theme: Wear a Flannel Day</p> <p>9:45 Sit N Fit</p> <p>10:30 Resident Council Meeting</p> <p>1:30 Thankful Tree</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Cheers! Happy Hour!</p> <p>4:00 Scrabble</p> <p>6:15 Comedy Movie Night</p>	<p>9:15 Mens Group</p> <p>9:45 Strength and Balance</p> <p>2:00 Entertainment w/ Brian C.</p> <p>2:30 Chair Yoga</p> <p>3:00 Cocktail Hour</p> <p>4:00 Scrabble</p> <p>6:15 Mens Choice Movie Night</p>	<p>9:45 Saturday Morning Stretch</p> <p>10:30 Candy Bar Bingo</p> <p>1:30 Walking Group</p> <p>2:00 Indoor Bocce Ball</p> <p>3:00 Happy Hour</p> <p>6:30 Classic Movie Night</p>
<p>9:15 OUTING: Catholic Mass at St. Jude's</p> <p>10:00 TV Catholic Mass</p> <p>1:30 Crafting w/ Patty</p> <p>3:00 Bean Bag Toss</p> <p>6:00 Jigsaw Puzzles</p> <p>8:30 Pinpoint Game</p>	<p>9:00 Early Bird Walking Group</p> <p>9:30 Reading at Lindenderry School</p> <p>9:45 Strength and Balance</p> <p>10:30 Manicures and Manicures</p> <p>10:30 OUTING: Market Basket</p> <p>1:30 Culinary Creations: Mini Pecan Pies</p> <p>2:00 Sports Club</p> <p>3:00 Entertainment w/ Bill P.</p> <p>6:15 Women's Choice Movie Night</p>	<p>9:00 Beauty Salon Opens</p> <p>9:45 Sit N Fit</p> <p>10:30 Hymn, Sing and Gospel</p> <p>1:30 Candy Bar Bingo</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Trivia Tuesday Happy Hour</p> <p>6:15 Fireside Chat w/ Danielle</p>	<p>9:00 Early Bird Walking Group</p> <p>9:00 Beauty Salon Opens</p> <p>9:45 Strength Training</p> <p>10:30 Chorus Rehearsal</p> <p>1:00 Communion and Prayer Service</p> <p>2:00 Sports Club</p> <p>3:00 Wine Down Wednesday</p> <p>6:00 OUTING: Pinkerton Academy Jazz Concert</p>	<p>Thursday: Theme: Wear a Tie Day</p> <p>9:45 Sit N Fit</p> <p>1:30 Floral Design Class w/ Karen</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Cheers! Happy Hour!</p> <p>4:00 Scrabble</p> <p>6:15 Comedy Movie Night</p>	<p>9:15 Mens Group</p> <p>9:45 Strength and Balance</p> <p>10:30 Hysterical</p> <p>2:30 Chair Yoga</p> <p>3:00 Cocktail Hour Karaoke</p> <p>4:00 Scrabble</p> <p>6:15 Mens Choice Movie Night</p>	<p>9:45 Saturday Morning Stretch</p> <p>10:30 Candy Bar Bingo</p> <p>1:30 Walking Group</p> <p>2:00 Indoor Bocce Ball</p> <p>3:00 Happy Hour</p> <p>6:30 Classic Movie Night</p>
<p>9:15 OUTING: Catholic Mass at St. Jude's</p> <p>10:00 TV Catholic Mass</p> <p>1:30 Paints Game & Halloween Toss</p> <p>6:00 Jigsaw Puzzles</p>	<p>9:00 Early Bird Walking Group</p> <p>9:45 Strength and Balance</p> <p>10:30 Manicures and Manicures</p> <p>10:30 OUTING: Walmart</p> <p>1:30 OUTING: Trip To NH State House</p> <p>2:00 Sports Club</p> <p>3:00 Entertainment w/ John M.</p> <p>6:15 Women's Choice Movie Night</p>	<p>9:00 Beauty Salon Opens</p> <p>9:45 Sit N Fit</p> <p>10:30 Hymn, Sing and Gospel</p> <p>1:30 Candy Bar Bingo</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Trivia Tuesday Happy Hour</p> <p>6:15 Fireside Chat w/ Danielle</p> <p>6:15 Resident Choice Movie Night</p>	<p>9:00 Early Bird Walking Group</p> <p>9:00 Beauty Salon Opens</p> <p>9:45 Strength Training</p> <p>10:30 Chorus Rehearsal</p> <p>1:00 Communion and Prayer Service</p> <p>2:00 Sports Club</p> <p>3:00 Wine Down Wednesday</p> <p>6:15 Wild Western Movie Night</p>	<p>Thanksgiving</p> <p>Thursday: Theme: Wear Harvest Colors Day</p> <p>9:45 Sit N Fit</p> <p>11:15 Thanksgiving Family Feast Meal</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Cheers! Happy Hour!</p> <p>4:00 Scrabble</p> <p>6:15 Comedy Movie Night</p>	<p>9:15 Mens Group</p> <p>9:45 Strength and Balance</p> <p>2:00 Balloon Volleyball</p> <p>2:30 Chair Yoga</p> <p>3:00 Elvis Is Back In Town Entertainment</p> <p>4:00 Scrabble</p> <p>6:15 Mens Choice Movie Night</p>	<p>9:45 Saturday Morning Stretch</p> <p>10:30 Candy Bar Bingo</p> <p>12:30 OUTING: Derry Holiday Parade</p> <p>1:30 Walking Group</p> <p>2:00 Entertainment w/ Chuck Andre</p> <p>3:00 Happy Hour</p> <p>6:30 Classic Movie Night</p>
<p>9:15 OUTING: Catholic Mass at St. Jude's</p> <p>10:00 TV Catholic Mass</p> <p>1:30 Paints Game & Halloween Toss</p> <p>3:30 Crafting w/ Patty</p> <p>6:00 Jigsaw Puzzles</p>	<p>9:00 Early Bird Walking Group</p> <p>9:45 Strength and Balance</p> <p>10:30 Manicures and Manicures</p> <p>1:30 Travel Destination Off To Plymouth Rock</p> <p>2:00 Sports Club</p> <p>3:00 New Resident Mix & Mingle</p> <p>6:15 Women's Choice Movie Night</p>	<p>9:00 Beauty Salon Opens</p> <p>9:45 Sit N Fit</p> <p>10:30 Hymn, Sing and Gospel</p> <p>1:30 Jackpot Bingo</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 Trivia Tuesday Happy Hour</p> <p>6:15 Fireside Chat w/ Danielle</p> <p>6:15 Resident Choice Movie Night</p>	<p>Lets Go Thanks From Deane Expo</p> <p>9:00 Early Bird Walking Group</p> <p>9:45 Strength Training</p> <p>10:30 Chorus Rehearsal</p> <p>1:00 Communion and Prayer Service</p> <p>2:00 Sports Club</p> <p>3:00 Here's To Your Health Fair, Manicures & Dentists</p> <p>3:00 Wine Down Wednesday</p> <p>6:15 Wild Western Movie Night</p>	<p>Thanksgiving</p> <p>Thursday: Wear A Fall Day</p> <p>9:45 Sit N Fit</p> <p>10:30 We Go Thanks Photo Op</p> <p>2:30 Dynamic Walking Group</p> <p>3:00 New Arrivals & Queens Brunches & Happy Hour</p> <p>4:00 Scrabble</p> <p>6:15 Comedy Movie Night</p>	<p>Travel Destination</p> <p>Trip To Plymouth Plantation!!</p> 	<p>Outings</p> <p>Please remember to sign up at the concierge. Space is limited.</p>

Favorite Thanksgiving Side ... Maple-Roasted Root Vegetables #FallFest

Thanksgiving is the mother of all meals in America. The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year..

Ingredients

- 1 fennel bulb, fronds discarded, cored and sliced
- 2 sweet potatoes, peeled and cubed
- 5 carrots, tops trimmed, and chopped
- 3 Russet potatoes, peeled and cubed
- 4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)
- 4 red potatoes, cubed
- 1 large onion, peeled and cubed
- 3 tbsp organic olive oil
- 3 tbsp pure maple syrup
- 1 tbsp fresh or dried rosemary
- Kosher salt and freshly ground black pepper
- 2 tbsp maple-vinegar, optional

Instructions

Set a rack in the center of the oven and preheat to 350°F.

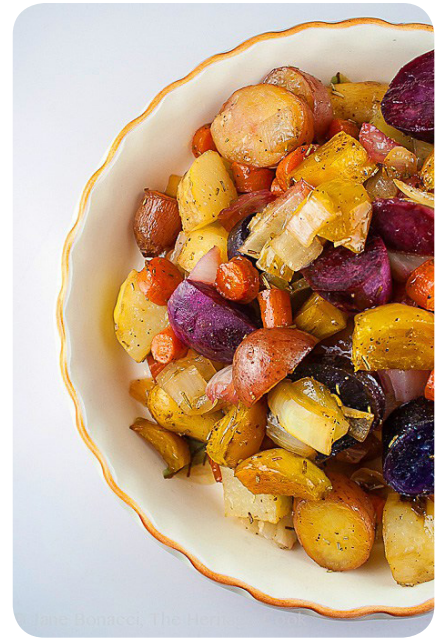
Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup.

Place pan in the hot oven and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces.

Remove from the oven, toss again, and serve hot.

If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance.

Serves 8-10



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