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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

Hello all! This month we will be honoring our Veteran's on Friday, November 10th with a Veteran's ceremony, with Happy Hour to follow. Also, we will be having plenty of entertainment provided by the OPAL's, Bill Burke, Deb Nelson & plenty more! We will also be having our usual shopping outings to Shaw's, CVS, Walmart, & The Dollar Tree. We will be doing plenty of arts and crafts to prepare us for the upcoming holiday, Thanksgiving. Come join us for the month of November and tell us what you're thankful for!



Veterans Day

Honoring All Who Served





Every Tuesday

Fancy Nails at 11:00am

Veteran's Coffee Social

Thursday, November 9th

Veteran's Ceremony

Friday, November 10th at 2:00pm

Red Hat Tea Social

Saturday, November 25th at 1:30pm

Catholic Mass

First Sunday of the month at 1:30pm

Calvary Chapel Service

Second Saturday of the month at
1:30pm

Holy Communion with Joan

First Thursday of the month at 10:15am

Protestant Service

Fourth Wednesday of the month at
1:30pm

Rosary every Sunday at 11:00am &
Every Wednesday with St. John's
at 10:00am

Happy Birthday November Residents!

Maureen S 11/2
Doug D 11/6
Jeanne E 11/13
Jean D 11/13
Barbara F 11/21

Norman G 11/22

November Birthday Party

Wednesday November 29th at 3:00pm



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>November 2017</h1>  <p>ASSISTED LIVING</p> </div>						
5 10:00 Weekend workout 11:00 Rosary group 1:30 Catholic Mass with Father Ring 2:30 Wii sport 3:30 Bingo! 6:30 Board games in the bistro!	6 10:00 Shopping trip to the Dollar Tree! 10:00 Step on it program with Janel 11:00 Name ten 1:30 Arts & Crafts - Shimmering leaves door decor! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	7 10:00 Functional Fitness 11:00 Fancy Nails 1:30 Trivia 2:00 Entertainment with Deb Nelson! 3:00 Brain Games! 4:00 Book club 6:15 Game night	8 10:00 St. John's Rosary 10:30 Gentle Yoga 11:15 Lunch trip to D'Anno's 1:30 Cards Dianne 2:15 Sit & Get Fit 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	9 10:00 Functional Fitness 10:00 Veteran's Coffee Social 11:00 Rummy 1:30 Loaded questions 2:00 Entertainment with Bill Burke! 2:15 Walking club! 3:00 Root beer floats! 6:15 Bingo night	10 10:00 Balloon Badminton! 11:00 Card games 2:00 Veteran's Ceremony with Carriel 3:00 Happy Hour 6:30 Classic T.V. show night	11 10:00 Weekend workout 11:00 A Veteran's Day Discussion 1:30 Calvary Chapel Service 2:30 Laughter Yoga 3:30 Bingo! 6:30 Night at the movies - Men's choice! Veterans Day (US) Remembrance Day (Canada)
12 10:00 Weekend workout 11:00 Rosary group 1:30 Grandparent's talk 2:00 Entertainment with Jen Mello! 3:30 Bingo! 6:30 Board games in the bistro!	13 10:00 Shopping trip to Shaws! 10:00 Sit & Get Fit 11:00 Jewelry making 1:30 Pictionary! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	14 10:00 Functional Fitness 11:00 Fancy Nails 1:30 Name that tune! 3:00 Brain Games! 4:00 Book club 6:15 Game night	15 10:00 St. John's Rosary 10:30 Sit & Get Fit 1:30 Arts & Crafts 2:15 Tai Chi with Janel 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	16 10:00 Functional Fitness 11:00 What am I? 1:30 Afternoon Sing Along! 2:15 Walking club! 3:00 Oven mitt unwrap game! 6:15 Short Stories with Janel	17 10:00 Balloon Badminton! 11:00 Jeopardy Trivia 1:30 Flower arranging 2:15 Seated strength 3:00 Happy Hour 6:30 Classic T.V. show night	18 10:00 Weekend workout 11:00 Scrabble 1:30 Reminiscing 2:30 Dominoes 3:30 Bingo! 6:30 Night at the movies - Men's choice!
19 10:00 Weekend workout 11:00 Rosary group 1:30 Afternoon matinee! - Resident Choice! 2:30 Jewelry making 3:30 Bingo! 6:30 Board games in the bistro!	20 10:00 Shopping trip to Walmart! 10:00 Sit & Get Fit 11:00 Mind joggers 1:30 Bingo! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	21 10:00 Chaboom! 11:00 Fancy Nails 1:30 Travelogue - A Thanksgiving Tribute 3:00 Brain Games! 4:00 Book club 6:15 Game night	22 10:00 St. John's Rosary 10:30 Gentle Yoga 11:00 Lunch trip to Meadowbrook! 1:30 Protestant Service with Reverend Peter Smith 2:15 Sit & Get Fit 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	23 10:00 Functional Fitness 11:00 When you wish upon a bone 1:30 Coffee, Tea, & Trivial 3:00 Bingo!!!	24 10:00 Balloon Badminton! 11:00 A comedic couple 1:30 Old Wife's Tales 2:00 Entertainment with Mike Higgins! 3:00 Happy Hour 6:30 Classic T.V. show night	25 10:00 Weekend workout 11:00 Penny Ante 1:30 Red Hat Tea Social 2:30 3:30 Bingo! 6:30 Night at the movies - Men's choice!
26 10:00 Weekend workout 11:00 Rosary group 1:30 Creative crafts 2:30 Ice cream novelty social 3:30 Bingo! 6:30 Board games in the bistro!	27 10:00 Shopping trip to CVS 10:00 Sit & Get Fit 11:00 Giant crossword puzzle 1:30 Cooking corner - Simple pumpkin muffins! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	28 10:00 Educational Lecture with Jane from FOX 11:00 Fancy Nails 1:30 Random Trivia 2:00 Entertainment with Gary League! 3:00 Brain Games! 4:00 Book club 6:15 Game night	29 10:00 St. John's Rosary 10:30 Gentle Yoga 11:15 Lunch trip to Mia Regazzal 1:30 Pictionary 2:15 Sit & Get Fit 3:00 Resident Birthday Party! 6:30 Night at the movies- Men's choice!	30 10:00 Functional Fitness 11:00 Star of the month - Cooking films! 1:30 Cooking Demonstration with Janel! 2:15 Walking club! 3:00 Resident Council Meeting 6:15 Bingo night	Traditional Happy Birthday! All American Assisted Living wishes everybody a Happy Thanksgiving! Maureen S 11/2, Doug D 11/6, Jeanne E 11/13, Jean D 11/13, Barbara F 11/21, Norman G 11/22	

Calendar is subject to change, Please see daily sheet at Concierge desk for changes in schedule

Frequent Flyer activities are highlighted in blue



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.

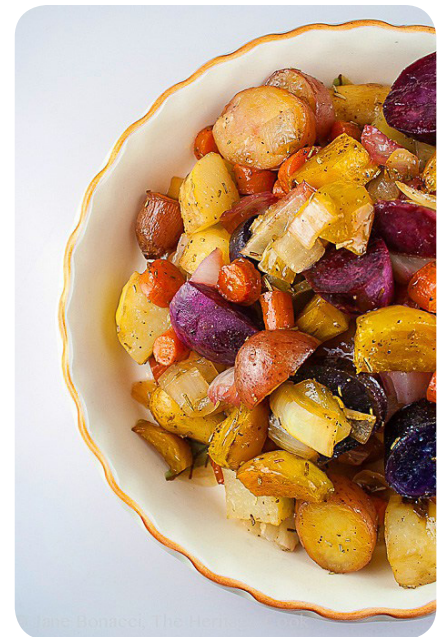
Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything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