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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

New York, New York! On November 26th-30th, we'll be taking a virtual destination trip to New York City! During this month's destination we will be exploring New York's culture, art, and music! We'll eating out at Papa Ginos, enjoying our lights on event, discussing the Big Apple, and listening to the musical talents of Pat Hoyer! We're very excited for this destination week and looking forward to these engaging activities for everyone!



RESIDENT OF THE MONTH

This month's resident of the month is Herbert B. Herbert will most likely be found attending an exercise class or lending a helping hand to his fellow resident's. He's very caring and emphatic, he's always there to listen to a friend in a time of need. Herbert loved to play golf and spend time with his loved ones, especially his wife whom he took care of. Herbert, your positive attitude and your outlook on life makes you a great selection for resident of the month. We're so lucky to have you as a part of our All American Family.



Lucille Casey

EMPLOYEE OF THE MONTH



Roger Feliciano

This month's Employee of the Month is Eli Cunningham. Eli is part of our dining staff here at All American. Eli has a wonderful sense of humor and is always interacting with the residents and making them laugh. He lends a helping hand to all of the dining staff in a time of need. Eli's smile is contagious and consistent positive outlook under any circumstance is why he's a great addition to our team! We could never thank him enough for his hard work and dedication to All American and our residents. Your hard work never goes unnoticed! You're a great asset to our team.

SAVE THE DATE (Events in Coming month)

Please join us for our Veteran's Day celebration on November 11th at 10:15am with live entertainment from Richie Burn's. Today will be a day of celebration for those who served. Following live entertainment we'll be having a flag raising ceremony in honor of our Veteran's.

Resident Birthdays :

11/5 Rose P
11/9 Marguerite D
11/9 Carol D
11/14 Robert L
11/18 Eveleen S
11/18 Elizabeth "Betty" S
11/28 Robert B

Employee Birthdays :

11/3 Kim Robinson
11/5 Maria Vieira
11/19 Brooke Spina
11/20 June Perry



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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.

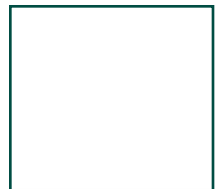
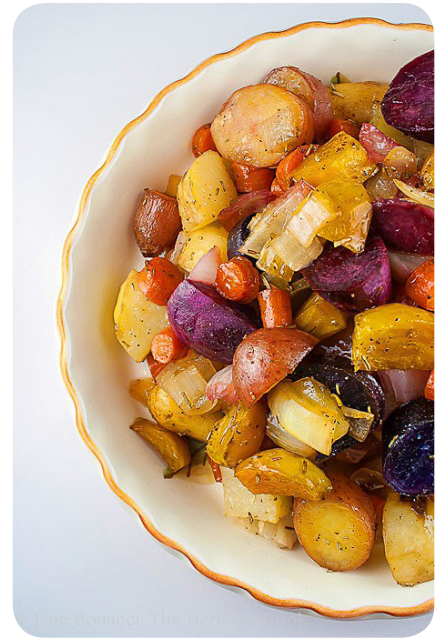
Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything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