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Newsletter | December 2017

Tasty Shakshuka Recipe



With the holidays approaching—we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt

- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin
- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

Serves 4 to 6

ACTIVITY HIGHLIGHT

On December 24th – 30th, we'll be taking a virtual destination trip to the tundra of Alaska! During this month's destination we will be exploring the Alaskan heritage, food, and music! We'll be baking Alaskan dishes, learning the Alaskan Culture, and enjoying the cold weather this holiday season. 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 Patricia P. Pat will most likely be found attending an exercise class or sitting outside on the patio when weather permits. She's always there to lend a listening ear to her fellow residents or to encourage them to join in on an activity that she knows they'll enjoy. Her warm smile and sense of humor would put anyone at ease. Pat loves to socialize with her friends and to make people laugh. Her positive attitude and friendliness makes her a great selection for resident of the month. We're so lucky to have you as a part of our All American Family.



Patricia P. Pat

EMPLOYEE OF THE MONTH



Roger Feliciano

This month's Employee of the Month is Melissa Durango. Melissa is an RCA here at All American, but her warm smile and her will to go above and beyond for her residents is one of the reasons why she's a great person for this title. Melissa is always willing to lend a helping hand, whether that be training a new staff member or lending a listening ear to her residents. Melissa's willingness to help others and her contagious smile makes her a wonderful addition to our team and we could never thank her enough for her hard work and dedication. Your hard work never goes unnoticed. A million thank you's!

SAVE THE DATE (Events in Coming month)

Calling all residents and families, please mark your calendars for this special event.

On Saturday, December 8th at 2 pm – 4 pm Santa Dennis will be visiting All American to get everyone in the holiday spirit with pictures and goodies from Santa. This event will be held in the library, please don't forget to bring your little ones to enjoy this event with your loved one.

Resident Birthdays :

12/05..... Dennis A.	12/10 Patsy H.
12/06 Edward A.	12/19 Beverly D.
12/08 Mary "Paulie" B.	12/28..... Robert T.

Employee Birthdays :

12/01..... Meghan Lucey	12/12 Keny Andrade Jones
12/02 Priscilla Reis	12/14 Margaret Coccia
12/02 Brenda Parker	12/23..... Psalms Vidal
12/11..... Jaimie Sinous	12/28..... Tracy Amaral
12/12 Leah Costa	12/31 Edmilce Lopes
12/12 Kristen Medeiros	



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December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:30 Rosary 10:00 Mass 10:30 First Sunday of Advent 1:00 Patriots' Game 1:30 Bingo 2:30 Hot Cocoa Social 3:00 Ladder Ball Game 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:00 Shopping Trip: Walmart 9:30 Mass 10:00 Strength & Balance 10:45 Jeopardy Trivia 1:30 Candy Cane Games 2:30 Elf on the Shelf Discussion 3:00 Tai Chi 3:30 Happy Hour! 6:30 Movie-Legends of the Fall</p>	<p>9:30 Mass 10:00 Walking Club 10:45 Veteran's Coffee Hour 10:45 Learning about Poinsettia's 1:30 Ageless Grace Talk with Melissa! 2:15 Sit & Fit 3:00 Discussion: Dewey Decimal 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie-The Lucky Texan</p>	<p>9:30 Mass 10:00 Seated Strength Class 10:45 Name that Tune: Holiday Edition 1:30 Mass with Fr. Tom 2:15 Pat Hoye Music Hour 3:30 Happy Hour! 6:30 Movie- "Resident's Choice" 6:30 Bingo</p>	<p>9:30 Mass 10:00 Walking Club 10:45 On this Day: Pearl Harbor 1:30 Winter Night Painting 2:15 Sit & Fit 3:00 Mistletoe Traditions 3:30 Happy Hour! 6:30 Movie-My Blue Heaven</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Nail Painting 1:30 Meditation with Linda 2:00 Stretch with Peter 2:30 Ice Breaker Card Game 3:00 Name 10 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Do You Know Your Pine Needles? 10:30 Word Games 1:30 Candy Cane Rudolph Craft 2:30 Bocce Ball 3:00 Follow Your Nose Game 3:30 Happy Hour! 6:30 Movie-The Enforcer</p>
<p>9:30 Rosary 10:00 Mass 10:30 Various Types of Word Games 1:30 Bingo 2:30 Volleyball Tournament 3:00 Book Club: Ragged Dick 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Miscellaneous Trivia 1:30 Stuffed Holiday Ornaments 2:15 Let's make Egg Nog! 3:00 Tai Chi 3:30 Happy Hour! 6:30 Trip to Lasalette!</p>	<p>9:30 Mass 10:00 Walking Club 10:30 Guided Art Class with Paul Casagrande! 1:30 Making Gingerbread Men 2:15 Sit & Fit 3:00 History of Hanukkah! 3:15 Golf with Peter 3:30 Happy Hour! 6:45 Christmas Caroling with Fellowship Church</p>	<p>9:30 Mass 10:00 Seated Strength Class 10:45 Happy birthday Dick Van Dyke! 11:15 Lunch Trip: Tommy Doyle's Pub & Grill 1:30 Holiday Button Cards 2:45 Yoga 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Sit & Fit 10:45 Daily Art Lecture 1:30 Christmas Concert with Jim Powers! 2:30 Walking Club 3:00 Word Listing 3:30 Happy Hour! 6:30 Movie-White Christmas</p>	<p>9:30 Mass 10:15 Musical Performance: Dick Mandell 1:30 Peanut Butter Kiss Cookies 2:00 Stretch with Peter 2:30 Random Trivia! 3:00 Health Talk with Peter! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Jewelry Making 10:45 Looking at Photography 1:30 Snowflake Craft 2:00 Santa Dennis Visits! 3:30 Happy Hour! 6:30 Movie- Mr. Popper's Penguins</p>
<p>9:30 Rosary 10:00 Mass & Communion 10:30 Book Club: Ragged Dick 1:30 Bingo 2:30 Bocce Ball 3:00 Easy Does it Trivia 3:30 Happy Hour! 4:25 Patriots' Game 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Walking Club 10:15 Dave Valero Holiday Concert 1:30 Discovering Essential Oils 2:00 Strength & Balance 2:45 Television Trivia Game! 3:30 Happy Hour! 6:30 Movie-Just Friends 6:30 Trip to Lasalette!</p>	<p>9:30 Mass 10:00 Walking Club 10:30 Learning about Reindeers 1:30 Pinecone Christmas Ornaments 2:15 Sit & Fit 3:00 Christmas Celebrations Around The World 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie-Miracle on 34th Street</p>	<p>9:30 Mass 10:00 Seated Strength Class 10:45 Christmas Tree Facts 1:30 Peppermint Ornament Craft 2:00 Food Demo with Kevin 2:45 Yoga 3:30 Happy Hour! 6:30 Movie- "Resident's Choice" 6:30 Bingo</p>	<p>9:30 Mass 10:00 Walking Club 10:00 Resident Council 10:00 Michelle's Fashion! 1:30 Make your own Snow Globe! 2:15 Sit & Fit 3:00 Christmas Trivia! 3:30 Happy Hour! 6:30 Movie-Night at The Museum</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Follow Your Nose Game 1:30 Penny Ante 2:00 Stretch with Peter 2:30 Resident Birthday Celebration! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Name 10 10:30 Peanut Christmas Ornaments 1:30 Baking: Swirly Santa Cookies 2:00 Learning about Saint Nick 2:30 Ladder Ball Game 3:00 Let's Play Trivia! 3:30 Happy Hour! 6:30 Movie-Christmas with the Kranks</p>
<p>9:30 Rosary 10:00 Mass 10:30 Twas the Night Before Christmas 1:00 Patriots' Game 1:30 Bingo 2:30pm Christmas Eve Party! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 History of Christmas 1:30 Happy Hour! 3:00 Holiday Movies 6:30 Movie-Santa Clause 2</p>	<p>9:30 Mass 10:00 Walking Club 10:45 History of Kwanzaa 1:30 Baking BlackBerry Cobbler 2:15 Sit & Fit 3:00 Alaskan Wildlife Trivia! 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie-A Charlie Brown Christmas</p>	<p>9:30 Mass 10:00 Seated Strength Class 10:45 Northern Lights Discussion 11:30 Lunch Trip: Hong Kong City Chinese 1:30 Viewing on the TV: Alaska 2:45 Yoga 3:30 Happy Hour! 6:30 Movie- "Resident's Choice" 6:30 Bingo</p>	<p>9:30 Mass 10:00 Walking Club 10:45 Learning about Eskimo's! 1:30 Name that Tune: Holiday Edition 2:30 Winter Concert with Warren Phillips! 3:30 Happy Hour! 6:30 Movie-The Polar Express</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Famous Landmarks of Alaska! 1:30 Raynham Public Library Visits 2:00 Stretch with Peter 2:30 Learning about Igloo's 3:00 Health Talk with Peter! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:30 Book Club: Ragged Dick 1:30 Baking Bread Pudding 2:00 Who Am I? 2:30 Bowling League 3:00 Word Listing 3:30 Happy Hour! 6:30 Movie-How the Grinch Stole Christmas</p>

"Christmas is doing a little something extra for someone."

Charles M. Schultz



Join us December 24th-30th for this month's
virtual destination to the coldest place on earth, Alaska!



Traditional Activities

A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

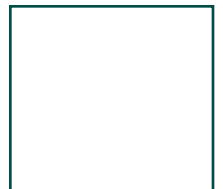
Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

Resident, Kaplan Community 2017



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