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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.

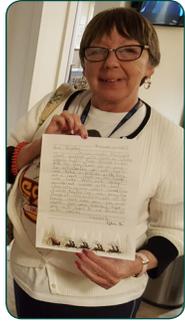
Serves 4 to 6

## ACTIVITY HIGHLIGHT

On Saturday, November 11, All American at Londonderry hosted a day of honor and sacrifice for our well-deserving Veterans. Our day started out with a Veterans Photoshoot where we captured just the first of many stages of our new Veterans Wall. We captured wonderful pictures and each resident received a framed copy. In the afternoon, we held a POW MIA Missing Man Table Ceremony in our Media room/Bistro. Our ceremony included three of our very own Veterans who volunteered their time to assist. We gave out gifts and a fun day was had by all!



# RESIDENT OF THE MONTH



Mary Wolf moved to New Hampshire from sunny side Florida to be closer to her family. Mary has joined our family here at All American since February, where she has made many friends while remaining a very active and engaged resident. She is often found walking and chatting with other residents and her sense of style gravitates to wearing fancy hats! Her involvement in activities include outings on the bus, making crafts, games such as bowling/bocce, and her favorite of all is the entertainment. Mary is a great dancer and loves live music.

Thank you Mary for all you do and congratulations on Resident of the Month!

# SPECIAL EVENTS

On Monday November 13, our residents traveled over to South Londonderry School to visit and read with the first graders! Each resident got to ready a variety of books from animals, to trains, to dinosaurs! We got to learn about a dog named George and a pig named OOlivia! Our residents look forward in returning this month for some Holiday stories!

We will be holding a Ugliest But Prettiest Holiday Sweater Fashion show on Friday, December 15<sup>th</sup> at 1:30 pm. We will have both residents and staff participate and walk the runway to strut their stuff!

## SAVE THE DATE (Events in Coming month)

**Michelle Menagerie Rain Forest Animal Show**

**Thursday, December 7<sup>th</sup> at 2 pm**  
In The Media Room/Bistro

**Holiday Bazaar & Photos w/ Santa**  
**Saturday, December 16<sup>th</sup> from 2 – 4 pm**  
In The Media Room/Bistro

**All American Assisted Living Londonderry Resident Chorus Concert**

**Wednesday, December 20<sup>th</sup> at 10:30 am**  
In The Media Room/Bistro

**Memory Lane Show w/ Curtis**  
**Thursday, December 21<sup>st</sup> at 10:30 am**  
In The Media Room/Bistro

### Resident Birthdays :

Rita Bugeau..... December 9<sup>th</sup>  
Kay Dodge ..... December 12<sup>th</sup>  
Terry Chuckran ..... December 15<sup>th</sup>

Al Bugeau ..... December 24<sup>th</sup>  
Helen St. Onge ..... December 25<sup>th</sup>



## Staff Directory of DEPARTMENT HEADS

**Director of Business Administration**

**Kaitlin Ryan**

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**Director of Community Relations**

**Shannon Bernier**

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**Resident Care Director**

**Isa Beauchamp**

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**Director of Environmental Services**

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**Activity Director**

**Danielle Merrill**

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**FOX Optimal Living Rehab Director**

**Stephen McLean**



Reading With First Graders





# December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Cookie Exchange Week</b> 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 Patriots Vs. Buffalo Bills & Halftime Toss 3:00 Holiday Traditions Quilt Design 4:00 Color & Conversation 6:00 Jigsaw Puzzles	<b>National Sugar Cookie Day.</b> 9:45 Strength and Balance 10:30 Manicures and Mimosas <b>10:30 OUTING: Walmart</b> 1:00 Holiday Carols w/ Kings Choir 2:00 Sports Club 3:00 Happy Hour & Cookie Decorating 4:00 Table Games 6:15 Womens Choice Movie Night	<b>Seasons Greetings</b> 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll <b>1:30 Candy Bar Bingo</b> 2:00 Food Council Meeting 3:00 Dynamic Walking Group 4:00 Entertainment w/ Raubbin Richard 6:15 Resident Choice Movie Night 6:15 Tai Chi	<b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Word in a Word Game <b>11:00 OUTING: Trip To Mary Ann's Diner</b> 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Here To Your Health: GERD Discussion 4:00 Card Games 6:15 Wild Western Movie Night	<b>Thursday Themeday: Wear A Scarf Day</b> 9:45 Sit N Fit 10:30 Resident Council Meeting 1:00 Holiday Stocking Decorating 2:00 Michelle Mangerie: Rain Forest Animals Show 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Comedy Movie Night	<b>Eat A Red Apple Day.</b> 9:45 Strength and Balance 10:30 Holiday Concentration 11:15 Mid Morning Stroll 1:30 Festive Centerpieces For Sunshine 2:30 Chair Yoga 3:00 Happy Hour & Trivia 4:00 Puzzelemania Games 6:15 Mens Choice Movie Night	<b>9:00 OUTING: Breakfast w/ Santa</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Holiday Decorating Party w/ Patti 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
<b>Cookie Exchange Week</b> 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Walking Group 2:00 Caroling w/ Londonderry Womens Club 3:00 Wreath Making 4:00 Color & Conversation 6:00 Jigsaw Puzzles	<b>International Mountain Day</b> 9:45 Strength and Balance <b>10:30 OUTING: Market Basket</b> 1:30 Entertainment w/ Bill Parker 2:00 Create A Snowflake Craft 3:00 Sports Club 3:00 Mountain Day Happy Hour 4:00 Table Games 6:15 Womens Choice Movie Night 8:30 Patriots Vs. Miami Dolphins	<b>National Gingerbread House Day</b> 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Cookie Delivery Happy Hour <b>6:00 OUTING: Pinkerton Choral &amp; Bell Concert</b> 6:15 Resident Choice Movie Night	<b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Word in a Word Game <b>11:45 OUTING: Trip To Vee Dynasty Restaurant</b> 1:00 Communion and Prayer Service 2:00 Sports Club 2:30 Here To Your Health: GERD Discussion 4:00 Card Games 6:15 Wild Western Movie Night	<b>Thursday Themeday: Wear a Blue Shirt Day.</b> 9:45 Sit N Fit 10:30 Out Of The Woods Walking Stick Demonstration 1:30 Culnar Creations: Mini Cheesecake 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! <b>6:00 OUTING: Pinkerton Holiday Concert</b> 6:15 Comedy Movie Night	<b>National Ugly Sweater Day.</b> 9:15 Mens Group 9:45 Strength and Balance 10:30 Caroling & Crafts W/ Londonderry School 12:15 Londonderry School Visits 1:30 Ugly Bar Prentiss Sweater Fashion Show 2:30 Chair Yoga 3:00 Festive Sweaters & Cocktail Hour! 4:00 Puzzelemania Games 6:15 Mens Choice Movie Night	<b>9:45 Saturday Morning Stretch</b> 10:00 Caroling w/ LHS Chorus 10:00 Pack 603 Cubscouts Visits 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Holiday's w/ Santa Party 2:30 Jazz Entertainment w/ Scott C 6:30 Classic Movie Night
<b>9:15 OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:30 Family Movie Matinee: "ELF" 3:00 Word in a Word Game 4:00 Color & Conversation 4:25 Patriots Vs. Pittsburgh Steelers 6:00 Jigsaw Puzzles	<b>National Hard Candy Day.</b> 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 12:15 New Restaurant Lunch w/ Danielle 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesday Happy Hour 4:00 Farkle <b>6:00 OUTING: Gift Of Lights</b> 6:15 Womens Choice Movie Night	<b>9:00 Beauty Salon Opens</b> 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Health Discussion Talk w/ Justin 3:00 Thankyou Tuesday Happy Hour 6:15 Resident Choice Movie Night	<b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Chems Retraeval <b>1:00 OUTING: Trip To Derry Museum of History</b> 3:00 Cocktail & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	<b>First Day Of Winter! Sweater Day.</b> 9:45 Sit N Fit 10:30 Trip Down Memory Lane Show 1:30 Homemade Sugar Scrub 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Polar Express PJ Movie Night & Popcorn!	<b>9:15 Men's Group</b> 9:45 Strength and Balance 11:15 Mid Morning Stroll 1:00 Ballroom Volleyball 2:30 Chair Yoga 3:00 Cocktail Hour & Hot Chocolate Bar! 4:00 Puzzelemania Games 6:15 Mens Choice Movie Night	<b>9:45 Saturday Morning Stretch</b> 10:30 Candy Bar Bingo 1:30 Family Movie Marathon: "A Christmas Carol" 2:30 Hallway Bowling 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
<b>9:15 OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:00 Patriots Vs. Buffalo Bills & Halftime Toss 3:00 Holiday Ballroom Volleyball 4:00 Color & Conversation 6:00 Jigsaw Puzzles	<b>Merry Christmas!</b> 9:45 Strength and Balance 10:30 Christmas Day Word Scramble 11:00 Gift Of Giving Letters 1:00 Holiday Movie Marathon	<b>26</b> <b>Keweenaw Begins.</b> 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Health Discussion Talk w/ Justin 3:00 Thankyou Tuesday Happy Hour 6:15 Resident Choice Movie Night	<b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Chems Retraeval <b>1:00 OUTING: Trip To Derry Museum of History</b> 3:00 Cocktail & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	<b>Thursday Themeday: Wear A White Shirt Day.</b> 9:45 Sit N Fit 10:30 Jewelry Making & Eggog! 1:30 Travel Destination: Trip To The North Pole! 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Comedy Movie Night	<b>9:15 Men's Group</b> 9:45 Strength and Balance 10:30 Cranium Crunches 11:15 Mid Morning Stroll 2:30 Chair Yoga 3:00 Cocktail Hour Karaoke 4:00 Puzzelemania Games 6:15 Mens Choice Movie Night	<b>9:45 Saturday Morning Stretch</b> 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Entertainment w/ Ronnie C 3:00 Happy Hour & Would You Rather 4:00 Scrabble 6:15 Classic Movie Night
<b>9:15 OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:00 APT. Game: Patriots Vs. New York & Halftime Toss 3:00 NYE Scavenger Hunt! 4:00 Color & Conversation 6:00 New Years Eve Entertainment & Toast	<b>31</b> <b>New Years Eve</b> 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 APT. Game: Patriots Vs. New York & Halftime Toss 3:00 NYE Scavenger Hunt! 4:00 Color & Conversation 6:00 New Years Eve Entertainment & Toast	<b>27</b> <b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Chems Retraeval <b>1:00 OUTING: Trip To Derry Museum of History</b> 3:00 Cocktail & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	<b>9:00 Beauty Salon Opens</b> <b>9:30 OUTING: Leach Public Library</b> 9:45 Strength Training 10:30 Chems Retraeval <b>1:00 OUTING: Trip To Derry Museum of History</b> 3:00 Cocktail & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	<b>Thursday Themeday: Wear A White Shirt Day.</b> 9:45 Sit N Fit 10:30 Jewelry Making & Eggog! 1:30 Travel Destination: Trip To The North Pole! 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Comedy Movie Night	<b>9:15 Men's Group</b> 9:45 Strength and Balance 10:30 Cranium Crunches 11:15 Mid Morning Stroll 2:30 Chair Yoga 3:00 Cocktail Hour Karaoke 4:00 Puzzelemania Games 6:15 Mens Choice Movie Night	<b>9:45 Saturday Morning Stretch</b> 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Entertainment w/ Ronnie C 3:00 Happy Hour & Would You Rather 4:00 Scrabble 6:15 Classic Movie Night



**Outings:**  
Please sign up for all outings at the concierge desk. Space is limited!



**IMPORTANT!**  
All activities and times are subject to change without notice.  
Please check daily schedule for the latest updates.

## 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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**ASSISTED LIVING**

1 Button Drive, Londonderry, NH 03053

[www.AllAmericanAtLondonderry.com](http://www.AllAmericanAtLondonderry.com)

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