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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

Welcome to December! Join us for a month filled of holiday celebrations! We will have pictures with Santa on Saturday, December 9th from 2 – 4pm. Everyone will go home with their own picture! We will be having a Ugly Sweater Day for all residents & staff to participate. On Wednesday, December 20th we will be having a pajama & movie day where we will wear our favorite pj's and watch holiday movies throughout the day! We will also have plenty of entertainment, arts & crafts, and other festive things for the holidays!

SAVE THE DATE

(Events of This month)

Every Tuesday

Fancy Nails at 11:00am

Veteran's Coffee Social

Thursday, December 14th

Red Hat Tea Social

Saturday, December 16th 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 December Residents!

Ruth H 12/8

David C 12/12

Carl D 12/12

Irene C 12/23

Peg M 12/23

Etta T 12/23

Dave C 12/26

December Birthday Party

Wednesday, December 17th
at 3:00 pm



Staff Directory of DEPARTMENT HEADS

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Photo with Santa

Saturday, December 9th
2pm - 4pm



*We Are Inviting Families To Come
Get Their Picture Taken With*

Santa

*Everyone will go home with a
4x6 photo.*

*Light Refreshments Will
Be Served*



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2017

Happy Birthday

Ruth H 12/8, David C 12/12, Carl D 12/12, Irene C 12/23, Peg M 12/23, Etta T 12/23, Dave C 12/26

10:00 Weekend workout 11:00 Rosary group 1:30 Catholic Mass with Father Ring 2:30 Creative crafts 3:30 Bingo! 6:30 Board games in the bistro!	3 10:00 Shopping trip to Shaws 10:15 Sit & Get Fit 11:00 Giant crossword puzzle 1:30 Bingo! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	4 10:00 Shopping trip to Walmart 10:15 Sit & Get Fit 11:00 Mind joggers 1:30 Arts & crafts – Sock Snowmen 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	5 10:015 Functional Fitness 11:00 Fancy Nails 1:30 Jewelry making 2:45 Entertainment with Steven King 3:45 Trivia 6:15 Game night	6 10:00 St. John's Rosary 10:30 Gentle Yoga 11:15 Lunch trip for Chinese! 1:30 Pictionary 2:15 Sit & Get Fit 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	7 10:00 Holy Communion with Joan from St. Joseph's 11:00 Giving & receiving 1:30 Arts & Crafts – Homemade sugar scrub! 2:15 Walking club! 3:00 Afternoon Bingo! 6:15 Short Stories with Janet	8 10:15 Balloon Badminton! 11:00 Card games 1:30 Trivia 2:00-4:00 Pictures with Santa! 6:30 Classic T.V. show night Men's choice!	9 10:00 Weekend workout 11:00 Who am I? 1:30 Trivia 2:00-4:00 Pictures with Santa! 6:30 Night at the movies – Men's choice!
10 10:00 Weekend workout 11:00 Rosary group 1:30 Creative crafts – Holiday cards 2:30 Scrabble 3:30 Bingo! 6:30 Board games in the bistro!	11 10:00 Shopping trip to Walmart 10:15 Sit & Get Fit 11:00 Mind joggers 1:30 Arts & crafts – Sock Snowmen 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies	12 10:15 Functional Fitness 11:00 Fancy Nails 1:30 Pictionary 2:15 Sit & Get Fit 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	13 10:00 St. John's Rosary 10:30 Gentle Yoga 11:15 Lunch trip to the Hitching Post 1:30 Jewelry making 2:15 Sit & Get Fit 3:00 Happy Hour 6:30 Night at the movies- Men's choice!	14 10:15 Functional Fitness 11:00 Rummy 1:30 Afternoon sing along 2:15 Walking club! 3:00 Coffee, Tea, & Trivia! 6:15 Bingo night with Janet	15 10:15 Balloon Badminton! 11:00 Do you believe in magic? 1:30 Travelogue – A Journey to the North Pole on the Polar Express! 2:15 Seated strength 3:00 Happy Hour & Entertainment with Warren Phillips! 6:30 Movie Night – Polar Express!	16 10:00 Weekend workout 11:00 Old wives' tales 1:30 Red Hat Tea Social! 2:30 Music Hour 3:30 Bingo! 6:30 Night at the movies – Men's choice!	23 10:00 Weekend workout 11:00 You be the judge 1:30 Laughter yoga 2:30 Scrabble 3:30 Bingo! 6:30 Night at the movies – Men's choice!
17 10:00 Weekend workout 11:00 Rosary group 1:30 Creative crafts – Christmas tree ornaments! 2:30 Penny Ante 3:30 Bingo! 6:30 Board games in the bistro!	18 10:00 Shopping trip to CVS 10:15 Sit & Get Fit 11:00 Jewelry making 1:30 Decorating Christmas cookies! 1:45 Balance & Mobility 2:15 Walking club 3:00 Happy Hour 6:30 Night at the movies Ugly Sweater Day!	19 10:15 Functional Fitness 11:00 Fancy Nails 1:30 Trivia 2:00 Entertainment with Dave Valerio! 3:00 S'more's & Brain Games! 6:15 Game night	20 10:00 St. John's Rosary 10:30 Gentle Yoga 1:30 Protestant Service with Reverend Peter Smith 2:15 Afternoon movie matinee! 3:00 Happy Hour with a Hot Chocolate bar! 6:30 Night at the movies- Men's choice!	21 10:15 Functional Fitness 11:00 Giant crossword puzzle sing-along! 1:30 Afternoon Christmas music sing-along! 2:15 Walking club! 3:00 Wine & Cheese with the E.D.! 6:15 Short Stories with Janet <i>Winter Begins</i>	22 10:15 Balloon Badminton! 11:00 Yahtzee! 1:30 Jeopardy trivia 2:00 Entertainment with Mike Higgins! 3:00 Happy Hour 6:30 Classic T.V. show night Men's choice!	29 10:00 Weekend workout 11:00 Cards Dianne 1:30 Reminiscing 2:30 Yahtzee 3:30 Bingo! 6:30 Night at the movies – Men's choice!	30 10:00 Weekend workout 11:00 Cards Dianne 1:30 Reminiscing 2:30 Yahtzee 3:30 Bingo! 6:30 Night at the movies – Men's choice!
24 10:00 Weekend workout 11:00 Rosary group 1:30 Christmas Trivia 2:30 Melted Snowman Chocolate Bark 3:30 Bingo! 6:30 Board games in the bistro!	25 10:15 Morning exercise! 11:00 Christmas Trivia! 1:30 Afternoon movie matinee – A Christmas Story! <i>Christmas Day</i>	26 10:15 Functional Fitness 11:00 Fancy Nails 1:30 Jane's cooking demonstration 3:00 Brain Games! 6:15 Game night <i>Kwanzaa Begins</i>	27 10:00 Shopping trip to the Dollar Tree 10:00 St. John's Rosary 10:30 Gentle Yoga 1:30 Billionaire Bingo! 2:15 Sit & Get Fit 3:00 Resident Birthday Party! 6:30 Night at the movies- Men's choice!	28 10:15 Educational Lecture with Jane from FOX 11:00 What am I? 1:30 Jewelry making 2:15 Walking club! 3:00 Resident Council Meeting 6:15 Bingo night with Janet	29 10:15 Balloon Badminton! 11:00 Card games 1:30 Grandparent talk 2:00 Entertainment with Rick Olson! 3:00 Happy Hour 6:30 Classic T.V. show night Men's choice!	31 10:00 Weekend workout 11:00 Rosary group 1:30 Bingo! 3:00 New Year's Eve Party! 6:30 Board games in the bistro! <i>New Year's Eve</i>	31 10:00 Weekend workout 11:00 Rosary group 1:30 Bingo! 3:00 New Year's Eve Party! 6:30 Board games in the bistro! <i>New Year's Eve</i>

Traditional

All American wishes everyone a happy and safe holiday season!



New Year's Eve

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

Frequent Flyer activities are highlighted in blue



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

